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The technical detail and practical focus ensures that this book will be a vital purchase for all students, and an essentia reference for any experienced carpenter or joiner. In many countries and sectors, public procurement is developing from a functional orientation to an effective socio-economic policy lever. There is a great interest among managers and academics to learn from other countries' and other sectors' change initiatives and how they dealt with the challenges they encountered. This text provides such learning opportunities, presenting case studies of public procurement, covering diverse nations, sectors and issues. The cases are combined with editorial commentary and contextualizing chapters to assist the student reader in understanding this complex topic. The text combines descriptions of cases of public procurement with cross case analysis to draw out the key dimensions to enable further examination of the central themes. Each case study concludes with three questions to aid its use as a teaching and training text. Edited by a team of internationally recognised experts in the field this innovative text illustrates the strategies and innovations within public procurement on a global scale and highlights common problems that all countries encounter. Public Procurement is vital reading for anyone with an interest in this topical area. This complete guide to life coaching reveals what life coaching IS, how to coach yourself and others effectively and how to create and sustain a successful coaching practice. Leading you through a comprehensive programme of Advanced Life Coaching Skill The Life Coaching Handbook is the essential guide for life coaches, and a key sourcebook for NLP practitioners, human resources managers, training professionals, counsellors and the curious. Curly Martin is a professional life coach, author, trainer and internationally qualified NLP Master Practitioner. Coaching for more than twenty years, her clients include celebrities, CEOs, directors and doctors. A clear, simple meditation method on practicing mindfulness for insight, which takes us to our goal of liberation, the end of all suffering. Discarding any striving or ambition to attain something, the

refined guidance that Mahasi Sayadaw provides in this book will lead practitioners to systematically and gradually purify their minds of attachment, aversion, and delusion and to realize the successive stages of enlightenment, culminating in the attainment of enlightenment (nibbana). Mindfulness and Insight is an excerpt of two key chapters from the comprehensive, authoritative Manual of Insight, which expounds the doctrinal and practical aspects of mindfulness (satipatthana) and the development of insight knowledge (vipassana) up to and including nibbana. In Manual of Insight, Mahasi Sayadaw acknowledged that these two chapters alone offer suitable guidance on our own journey of awakening by realizing path knowledge, fruition knowledge, and nibbana, particularly for those with little or no knowledge of the Pali scriptures. Part 1, "The Development of Mindfulness," offers comprehensive instructions for developing mindfulness based on the Buddha's teachings on the four foundations of mindfulness, as outlined in the highly regarded Discourse on Mindfulness (Satipatthana Sutta). Part 2, "Practical Instructions," provides guidance in both the practices preliminary to undertaking insight meditation and in developing insight knowledge, ranging from initial practices to advanced levels of practice. Discover the great advantages and benefits of working in the medium film format or with the large digital sensor units in Hasselblad digital cameras and digital backs. Presented in an easily accessible format, this book shows the working and manipulation of the various cameras. Detailed illustrations dissect the equipment and provide insight into the ways in which these superb cameras and lenses are best utilized to create professional quality images. This edition of the Manual will bring you up to date with the latest features available within the popular Hasselblad camera systems emphasizing that camera and lens are the most important tools for creating exciting images whether you work digitally or with film. The complete Hasselblad camera system is discussed by renowned author and Hasselblad insider, Ernst Wildi, who provides a solid foundation of both traditional photography and digital capture techniques.

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