

Html5 The Missing Manual Matthew Macdonald

Compared to industrial-strength database products such as Microsoft's SQL Server, Access is a breeze to use. It runs on PCs rather than servers and is ideal for small- to mid-sized businesses and households. But Access is still intimidating to learn. It doesn't help that each new version crammed in yet another set of features; so many, in fact, that even the pros don't know where to find them all. Access 2007 breaks this pattern with some of the most dramatic changes users have seen since Office 95. Most obvious is the thoroughly redesigned user interface, with its tabbed toolbar (or "Ribbon") that makes features easy to locate and use. The features list also includes several long-awaited changes. One thing that hasn't improved is Microsoft's documentation. To learn the ins and outs of all the features in Access 2007, Microsoft merely offers online help. Access 2007: The Missing Manual was written from the ground up for this redesigned application. You will learn how to design complete databases, maintain them, search for valuable nuggets of information, and build attractive forms for quick-and-easy data entry. You'll even delve into the black art of Access programming (including macros and Visual Basic), and pick up valuable tricks and techniques to automate common tasks -- even if you've never touched a line of code before. You will also learn all about the new prebuilt databases you can customize to fit your needs, and how the new complex data feature will simplify your life. With plenty of downloadable examples, this objective and witty book will turn an Access neophyte into a true master.

Unlock the secrets of Access 2013 and discover how to use your data in creative ways. With this book's easy step-by-step instructions, you'll learn how to build and maintain a full-featured database and even turn it into a web app. You also get tips and practices from the pros for good database design—ideal whether you're using Access for business, school, or at home. The important stuff you need to know Build a database with ease. Organize and update lists, documents, catalogs, and other types of information. Create your own web app. Let your whole team work on a database in the cloud. Share your database on a network. Link your Access database to SQL Server or SharePoint. Customize the interface. Make data entry a breeze by building your own templates Find what you need fast. Search, sort, and summarize huge amounts of data in minutes. Put your info to use. Turn raw info into well-formatted printed reports. Dive into Access programming. Automate complex tasks and solve common challenges.

Whether you're a budding blogger or seasoned web designer, WordPress is a brilliant tool for creating websites--once you know how to tap into its impressive features. The latest edition of this jargon-free Missing Manual shows you how to use WordPress 5.0's themes, widgets, and plug-ins to build just about any kind of site. The important stuff you need to know: Setting up WordPress. Configure WordPress on your web host or get it running on your home computer. Create

your site. Get hands-on instructions for building all types of websites, from blogs to business sites with ecommerce features. Mix in multimedia. Add picture galleries, slideshows, video clips, music players, and podcasts. Add features. Select from thousands of plug-ins to enhance your site's capabilities, from contact forms to a basic shopping cart. Build a truly unique site. Customize a WordPress theme to create a site that looks exactly the way you want. Attract an audience. Use SEO, site statistics, and social sharing to reach more people. Stay safe. Use backup and staging tools to protect your content and avoid catastrophe.

A comprehensive guide to Access 2007 helps users become comfortable with the new user interface and tabbed toolbar, as well as learn how to design complete databases, maintain them, write queries, search for data, and build attractive forms for quick-and-

Puzzles and brain twisters to keep your mind sharp and your memory intact are all the rage today. More and more people -- Baby Boomers and information workers in particular -- are becoming concerned about their gray matter's ability to function, and with good reason. As this sensible and entertaining guide points out, your brain is easily your most important possession. It deserves proper upkeep. Your Brain: The Missing Manual is a practical look at how to get the most out of your brain -- not just how the brain works, but how you can use it more effectively. What makes this book different than the average self-help guide is that it's grounded in current neuroscience. You get a quick tour of several aspects of the brain, complete with useful advice about: Brain Food: The right fuel for the brain and how the brain commands hunger (including an explanation of the different chemicals that control appetite and cravings) Sleep: The sleep cycle and circadian rhythm, and how to get a good night's sleep (or do the best you can without it) Memory: Techniques for improving your recall Reason: Learning to defeat common sense; logical fallacies (including tactics for winning arguments); and good reasons for bad prejudices Creativity and Problem-Solving: Brainstorming tips and thinking not outside the box, but about the box -- in other words, find the assumptions that limit your ideas so you can break through them Understanding Other People's Brains: The battle of the sexes and babies developing brains Learn about the built-in circuitry that makes office politics seem like a life-or-death struggle, causes you to toss important facts out of your memory if they're not emotionally charged, and encourages you to eat huge amounts of high-calorie snacks. With Your Brain: The Missing Manual you'll discover that, sometimes, you can learn to compensate for your brain or work around its limitations -- or at least to accept its eccentricities. Exploring your brain is the greatest adventure and biggest mystery you'll ever face. This guide has exactly the advice you need.

Unlock the secrets of this powerful database program and discover how to use your data in creative ways. With this book's easy step-by-step process, you'll quickly learn how to build and maintain a complete Access database, using

Access 2013's new, simpler user interface and templates. You also get practices and tips from the pros for good database design—ideal whether you're using Access for school, business, or at home. The important stuff you need to know: Build a database with ease. Store information to track numbers, products, documents, and more. Customize the interface. Build your own forms to make data entry a snap. Find what you need fast. Search, sort, and summarize huge amounts of information. Put your data to use. Turn raw info into printed reports with attractive formatting. Share your data. Collaborate online with SharePoint and the Access web database. Dive into Access programming. Get tricks and techniques to automate common tasks. Create rich data connections. Build dynamic links with SQL Server, SharePoint, and other systems.

If you can build websites with CSS and JavaScript, this book takes you to the next level—creating dynamic, database-driven websites with PHP and MySQL. Learn how to build a database, manage your content, and interact with users. With step-by-step tutorials, this completely revised edition gets you started with expanded coverage of the basics and takes you deeper into the world of server-side programming. The important stuff you need to know: Get up to speed quickly. Learn how to install PHP and MySQL, and get them running on both your computer and a remote server. Gain new techniques. Take advantage of the all-new chapter on integrating PHP with HTML web pages. Manage your content. Use the file system to access user data, including images and other binary files. Make it dynamic. Create pages that change with each new viewing. Build a good database. Use MySQL to store user information and other data. Keep your site working. Master the tools for fixing things that go wrong. Control operations. Create an administrative interface to oversee your site.

Microsoft Office is the most widely used productivity software in the world, but most people just know the basics. This helpful guide gets you started with the programs in Office 2013, and provides lots of power-user tips and tricks when you're ready for more. You'll learn about Office's new templates and themes, touchscreen features, and other advances, including Excel's Quick Analysis tool. The important stuff you need to know: Create professional-looking documents. Use Word to craft reports, newsletters, and brochures for the Web and desktop. Stay organized. Set up Outlook to track your email, contacts, appointments, and tasks. Work faster with Excel. Determine the best way to present your data with the new Quick Analysis tool. Make inspiring presentations. Build PowerPoint slideshows with video and audio clips, charts and graphs, and animations. Share your Access database. Design a custom database and let other people view it in their web browsers. Get to know the whole suite. Use other handy Office tools: Publisher, OneNote, and a full range of Office Web Apps. Create and share documents in the cloud. Upload and work with your Office files in Microsoft's SkyDrive.

If you don't know about the new features available in HTML5, now's the time to find out. This book provides practical information about how and why the latest version of this markup language will significantly change the way you develop for the Web. HTML5 is still evolving, yet browsers such as Safari, Mozilla, Opera, and Chrome already support many of its features -- and mobile browsers are even farther ahead. HTML5: Up & Running carefully guides you through the important changes in this version with lots of hands-on examples, including markup, graphics, and screenshots. You'll learn how to use HTML5 markup to add video, offline capabilities, and more -- and you'll be able to put that functionality to work right away. Learn new semantic elements, such as `<h1>`, `<h2>`, and `<h3>`, and Meet Canvas, a 2D drawing surface you can program with JavaScript Embed video in your web pages without third-party plugins Use Geolocation to let web application visitors share their physical location Take advantage of local storage capacity that goes way beyond cookies Build offline web applications that work after network access is disconnected Learn about several new input types for web forms Create your own custom vocabularies in HTML5 with microdata

Everything you need to build websites with the newest versions of HTML and CSS If you develop websites, you know that the goal posts keep moving, especially now that your website must work on not only traditional desktops, but also on an ever-changing range of smartphones and tablets. This step-by-step book efficiently guides you through the thicket.

Teaching you the very latest best practices and techniques, this practical reference walks you through how to use HTML5 and CSS3 to develop attractive, modern websites for today's multiple devices. From handling text, forms, and video, to implementing powerful JavaScript functionality, this book covers it all. Serves as the ultimate beginners guide for anyone who wants to build websites with HTML5 and CSS3, whether as a hobbyist or aspiring professional developer Covers the basics, including the different versions of HTML and CSS and how modern websites use structure and semantics to describe their contents Explains core processes, such as marking up text, images, lists, tables, forms, audio, and video Delves into CSS3, teaching you how to control or change the way your pages look and offer tips on how to create attractive designs Explores the jQuery library and how to implement powerful JavaScript features, such as tabbed content, image carousels, and more Get up to speed on HTML5, CSS3, and today's website design with this practical guide. Then, keep it on your desk as a reference!

The author explores how peer-to-peer design ideas can be integrated into existing .NET applications.

A guide to Google provides information on search techniques, the Google toolbar, preparing a Web site for Google, and Google AdSense.

Cascading Style Sheets can turn humdrum websites into highly-functional, professional-looking destinations, but many designers merely treat CSS as window-dressing to spruce up their site's appearance. You can tap into the real power of

this tool with CSS: The Missing Manual. This second edition combines crystal-clear explanations, real-world examples, and dozens of step-by-step tutorials to show you how to design sites with CSS that work consistently across browsers. Witty and entertaining, this second edition gives you up-to-the-minute pro techniques. You'll learn how to: Create HTML that's simpler, uses less code, is search-engine friendly, and works well with CSS Style text by changing fonts, colors, font sizes, and adding borders Turn simple HTML links into complex and attractive navigation bars -- complete with rollover effects Create effective photo galleries and special effects, including drop shadows Get up to speed on CSS 3 properties that work in the latest browser versions Build complex layouts using CSS, including multi-column designs Style web pages for printing With CSS: The Missing Manual, Second Edition, you'll find all-new online tutorial pages, expanded CSS 3 coverage, and broad support for Firefox, Safari, and other major web browsers, including Internet Explorer 8. Learn how to use CSS effectively to build new websites, or refurbish old sites that are due for an upgrade.

Whether you're a budding blogger or seasoned Web designer, WordPress is a brilliant tool for creating websites, once you know how to tap its impressive features. The latest edition of this jargon-free Missing Manual shows you how to use WordPress 3.9's themes, widgets, plug-ins, and souped-up editing and multimedia tools to build just about any kind of site. The important stuff you need to know: Create your site. Get hands-on, A-to-Z instructions for building all types of websites, from classy blogs to professional-looking ecommerce sites. Add features. Choose from thousands of widgets and plug-ins to enhance your site's ease of use, looks, and performance. Mix in multimedia. Add picture galleries, slideshows, video clips, music players, and podcasts to your pages. Attract an audience. Create automatic content feeds, sign up site subscribers, and help readers share your posts on social media. Fine-tune your content. Analyze site statistics to improve your content and reach, and to optimize your site for search engines. Go Mobile. Choose a theme that automatically reconfigures your site for mobile devices. Build a truly unique site. Learn how to customize WordPress themes to create a site that looks exactly the way you want it to.

HTML5 is more than a markup language—it's a collection of several independent web standards. Fortunately, this expanded guide covers everything you need in one convenient place. With step-by-step tutorials and real-world examples, HTML5: The Missing Manual shows you how to build web apps that include video tools, dynamic graphics, geolocation, offline features, and responsive layouts for mobile devices. The important stuff you need to know: Structure web pages more effectively. Learn how HTML5 helps web design tools and search engines work smarter. Add audio and video without plugins. Build playback pages that work in every browser. Create stunning visuals with Canvas. Draw shapes, pictures, and text; play animations; and run interactive games. Jazz up your pages with CSS3. Add fancy fonts and eye-catching effects with transitions and animation. Design better web forms. Collect information from visitors more

efficiently with HTML5 form elements. Build it once, run it everywhere. Use responsive design to make your site look good on desktops, tablets, and smartphones. Include rich desktop features. Build self-sufficient web apps that work offline and store the data users need.

Windows Vista is Microsoft's most important software release in more than a decade. It offers users an abundance of new and upgraded features that were more than five years in the making: a gorgeous, glass-like visual overhaul; superior searching and organization tools; a multimedia and collaboration suite; and above all, a massive, top-to-bottom security-shield overhaul. There's scarcely a single feature of the older versions of Windows that hasn't been tweaked, overhauled, or replaced entirely. But when users first encounter this beautiful new operating system, there's gonna be a whole lotta head-scratchin', starting with trying to figure out which of the five versions of Vista is installed on the PC (Home, Premium, Business, Enterprise, Ultimate). Thankfully, *Windows Vista: The Missing Manual* offers coverage of all five versions. Like its predecessors, this book from New York Times columnist, bestselling author, and Missing Manuals creator David Pogue illuminates its subject with technical insight, plenty of wit, and hardnosed objectivity for beginners, veteran standalone PC users, and those who know their way around a network. Readers will learn how to: Navigate Vista's elegant new desktop Locate anything on your hard drive quickly with the fast, powerful, and fully integrated search function Use the Media Center to record TV and radio, present photos, play music, and record any of the above to DVD Chat, videoconference, and surf the Web with the vastly improved Internet Explorer 7 tabbed browser Build a network for file sharing, set up workgroups, and connect from the road Protect your PC and network with Vista's beefed up security And much more. This jargon-free guide explains Vista's features clearly and thoroughly, revealing which work well and which don't. It's the book that should have been in the box!

This fast-paced book teaches you the basics of Access 2007 so you can start using this popular database program right away. You'll learn how to work with Access' most useful features to design databases, maintain them, search for valuable nuggets of information, and build attractive forms for quick-and-easy data entry. The new Access is radically different from previous versions, but with this book, you'll breeze through the new interface and its timesaving features in no time with: Clear explanations Step-by-step instructions Lots of illustrations Larger type Plenty of friendly advice Ideal for small businesses and households, Access runs on PCs and manages large stores information, including numbers, pages of text, and pictures -- everything from a list of family phone numbers to an enormous product catalog. Unfortunately, each new version of the program crammed in yet another set of features -- so many that even the pros don't know where to find them all. Access 2007 breaks the mold: Microsoft changed the user interface by designing a tabbed toolbar that makes features easy to locate. One thing that hasn't improved is Microsoft's documentation. Even if you find the features you need, you still may not know what to do with them. *Access 2007 for Starters: The*

Missing Manual is the perfect primer for small businesses with no techie to turn to, as well as those who want to organize household and office information.

The world's most popular spreadsheet program is now more powerful than ever, but it's also more complex. That's where this Missing Manual comes in. With crystal-clear explanations and hands-on examples, Excel 2013: The Missing Manual shows you how to master Excel so you can easily track, analyze, and chart your data. You'll be using new features like PowerPivot and Flash Fill in no time. The important stuff you need to know: Go from novice to ace. Learn how to analyze your data, from writing your first formula to charting your results. Illustrate trends. Discover the clearest way to present your data using Excel's new Quick Analysis feature. Broaden your analysis. Use pivot tables, slicers, and timelines to examine your data from different perspectives. Import data. Pull data from a variety of sources, including website data feeds and corporate databases. Work from the Web. Launch and manage your workbooks on the road, using the new Excel Web App. Share your worksheets. Store Excel files on SkyDrive and collaborate with colleagues on Facebook, Twitter, and LinkedIn. Master the new data model. Use PowerPivot to work with millions of rows of data. Make calculations. Review financial data, use math and scientific formulas, and perform statistical analyses.

After years of using spacer GIFs, layers of nested tables, and other improvised solutions for building your web sites, getting used to the more stringent standards-compliant design can be intimidating. HTML and XHTML Pocket Reference is the perfect little book when you need answers immediately. Jennifer Niederst-Robbins, author Web Design in a Nutshell, has revised and updated the fourth edition of this pocket guide by taking the top 20% of vital reference information from her Nutshell book, augmenting it judiciously, cross-referencing everything, and organizing it according to the most common needs of web developers. The result is a handy book that offers the bare essentials on web standards in a small, concise format that you can use carry anywhere for quick reference. HTML and XHTML Pocket Reference features easy-to-find listings of every HTML and XHTML tag, and every Cascading Style Sheet value. It's an indispensable reference for any serious web designer, author, or programmer who needs a fast on-the-job resource when working with established web standards.

Learn how to build interactive, data-driven websites—even if you don't have any previous programming experience. If you know how to build static sites with HTML, this popular guide will help you tackle dynamic web programming. You'll get a thorough grounding in today's core open source technologies: PHP, MySQL, JavaScript, and CSS. Explore each technology separately, learn how to combine them, and pick up valuable web programming concepts along the way, including objects, XHTML, cookies, and session management. This book provides review questions in each chapter to help you apply what you've learned. Learn PHP essentials and the basics of object-oriented programming Master MySQL, from database structure to complex queries Create web pages with PHP and MySQL by integrating forms and other HTML features Learn JavaScript fundamentals, from functions and event handling to accessing the Document Object Model Pick up CSS basics for formatting and styling your web pages Turn your website into a highly dynamic environment with Ajax calls Upload and manipulate files and images, validate user input, and secure your applications Explore a working example that brings all of the ingredients together

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Offering an updated overview of the latest version of the popular spreadsheet program, an informative manual covers the entire gamut of how to build spreadsheets, add and format information, print reports, create charts and graphics, and use basic formulas and functions, and includes helpful tips and step-by-step instruction in using the new user interface and tabbed toolbar. Original. (All Users)

A guide to Google provides information on search techniques, the Google toolbar, preparing a Web site for Google, Gmail, Google groups, and Google AdSense.

Need to learn HTML and CSS fast? This best-selling reference's visual format and step-by-step, task-based instructions will have you up and running with HTML in no time. In this updated edition author Bruce Hyslop uses crystal-clear instructions and friendly prose to introduce you to all of today's HTML and CSS essentials. The book has been refreshed to feature current web design best practices. You'll learn how to design, structure, and format your website. You'll learn about the new elements and form input types in HTML5. You'll create and use images, links, styles, and forms; and you'll add video, audio, and other multimedia to your site. You'll learn how to add visual effects with CSS3. You'll understand web standards and learn from code examples that reflect today's best practices. Finally, you will test and debug your site, and publish it to the web. Throughout the book, the author covers all of HTML and offers essential coverage of HTML5 and CSS techniques.

A guide to HTML5 covers such topics as markup, Web forms, audio and video, Canvas, CSS3, data storage, offline applications, and JavaScript.

Galaxy S4 is amazing right out of the box, but if you want to get the most of out your S4 or S4 Mini, start here. With clear instructions and savvy advice from technology expert Preston Gralla, you'll learn how to go online, play games, listen to music, watch movies & TV, monitor your health, and answer calls with a wave of your hand. The important stuff you need to know: Be connected. Browse the Web, manage email, and download apps through WiFi or S4's 3G/4G network. Navigate without touch. Use Air Gestures with your hand, or scroll with your eyes using Smart Screen. Find new ways to link up. Chat, videochat, and add photos, video, or entire slideshows to text messages. Get together with Group Play. Play games or share pictures, documents, and music with others nearby. Create amazing images. Shoot and edit photos and videos—and combine images from the front and back cameras. Keep music in the cloud. Use Google Play Music to store and access tunes. Check your schedule. Sync the S4 with your Google and Outlook calendars.

CSS3 lets you create professional-looking websites, and this manual shows you how to take your HTML and CCS skills to the next level with tips, tricks, and step-by-step instructions to build web pages that look great and run fast on devices and screens of all sizes.

Build interactive, data-driven websites with the potent combination of open source technologies and web standards, even if you have only basic HTML knowledge. In this update to this popular hands-on guide, you'll tackle dynamic web programming with the latest versions of today's core technologies: PHP, MySQL, JavaScript, CSS, HTML5, and key jQuery libraries. Web designers will learn how to use these technologies together and pick up valuable web programming practices along the way—including how to optimize websites for mobile devices. At the end of the book, you'll put everything together to build a fully functional social networking site suitable for both desktop and mobile browsers. Explore MySQL, from database structure to complex queries Use the MySQLi extension, PHP's improved MySQL interface Create

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dynamic PHP web pages that tailor themselves to the user Manage cookies and sessions and maintain a high level of security Enhance the JavaScript language with jQuery and jQuery mobile libraries Use Ajax calls for background browser-server communication Style your web pages by acquiring CSS2 and CSS3 skills Implement HTML5 features, including geolocation, audio, video, and the canvas element Reformat your websites into mobile web apps

Beginning HTML5 and CSS3 is your introduction to the new features and elements of HTML5—as a web developer you'll learn about all the leaner, cleaner, and more efficient code available now with HTML5, along with some new tools that will allow you to create more meaningful and richer content. For everyone involved in web design, this book also introduces the new structural integrity and styling flexibility of CSS 3—which means better-looking pages and smarter content in your website projects. For all forward-looking web professionals who want to start enjoying and deploying the new HTML5 and CSS3 features right away, this book provides you with an in-depth look at the new capabilities—including audio and video—that are new to web standards. You'll learn about the new HTML5 structural sections, plus HTML5 and CSS3 layouts. You'll also discover why some people think HTML5 is going to be a Flash killer, when you see how to create transitions and animations with these new technologies. So get ahead in your web development through the practical, step-by-step approaches offered to you in Beginning HTML5 and CSS3.

JavaScript lets you supercharge your web pages with animation, interactivity, and visual effects, but learning the language isn't easy. This fully updated and expanded guide takes you step-by-step through JavaScript basics, then shows you how to save time and effort with jQuery--the library of prewritten JavaScript code--and the newest innovations from the jQuery UI plug-in.

The Definitive Guide to HTML5 provides the breadth of information you'll need to start creating the next generation of HTML5 websites. It covers all the base knowledge required for standards-compliant, semantic, modern website creation. It also covers the full HTML5 ecosystem and the associated APIs that complement the core HTML5 language. The Definitive Guide to HTML5 begins by tackling the basics of HTML5, ensuring that you know best practices and key uses of all of the important elements, including those new to HTML5. This section also covers extended usage of CSS3, JavaScript, and DOM manipulation, making you proficient in all core aspects of modern website creation. The final part of the book covers the associated W3C APIs that surround the HTML5 specification. You will achieve a thorough working knowledge of the Geolocation API, web storage, creating offline applications, and the new drag and drop functionality. The Definitive Guide to HTML5 also dives into the key media enhancements of HTML5 and its surrounding technologies: Canvas, video and audio.

You can easily create a professional-looking website with nothing more than an ordinary computer and some raw ambition. Want to build a blog, sell products, create forums, or promote an event? No problem! This friendly, jargon-free book gives you the techniques, tools, and advice you need to build a site and get it up on the Web. The important stuff you need to know: Master the basics. Learn HTML5, the language of the Web. Design good-looking pages. Use styles to build polished layouts. Get it online. Find a reliable web host and pick a good web address. Use time-saving tools. Learn free tools for creating web pages and tracking your visitors. Attract visitors. Make sure people can find your site through popular search engines like Google. Build a community. Encourage repeat visits with social media. Bring in the cash. Host Google ads, sell Amazon's wares, or push your own products that people can buy via PayPal. Add pizzazz. Include audio, video, interactive menus, and a pinch of JavaScript.

Whether you're a budding blogger or seasoned web designer, WordPress is a brilliant tool for creating websites--once you know how to tap into its impressive features. The latest edition of this jargon-free Missing Manual shows you how to use WordPress's themes, widgets, and

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plug-ins to build just about any kind of site. The important stuff you need to know: Set up WordPress. Configure WordPress on your web host or get it running on your home computer. Create your site. Get hands-on instructions for building all types of websites, from blogs to business sites with ecommerce features. Jazz it up. Add picture galleries, slideshows, video clips, music players, and podcasts. Add features. Select from thousands of plug-ins to enhance your site's capabilities, from contact forms to a basic shopping cart. Build a truly unique site.

Customize a WordPress theme to create a site that looks exactly the way you want. Attract an audience. Use SEO, site statistics, and social sharing to reach more people. Stay safe. Use backup and staging tools to protect your content and avoid catastrophe.

Presents an easy-to-read guide on the human body, its major organs and their functions, and common illnesses and diseases.

Provides information on creating a Web site, covering such topics as HTML, style sheets, frames, graphics, attracting visitors, JavaScript, and blogs.

A guide to WordPress provides bloggers with everything they need to know to build, design, manage, and customize their blogs, including step-by-step coverage of everything from installation and security to publishing and customization, as well as themes, widgets, and plug-ins.

What, exactly, do you know about your body? Do you know how your immune system works? Or what your pancreas does? Or the myriad -- and often simple -- ways you can improve the way your body functions? This full-color, visually rich guide answers these questions and more.

Matthew MacDonald, noted author of *Your Brain: The Missing Manual*, takes you on a fascinating tour of your body from the outside in, beginning with your skin and progressing to your vital organs. You'll look at the quirks, curiosities, and shortcomings we've all learned to live with, and pick up just enough biology to understand how your body works. You'll learn: That you shed skin more frequently than snakes do Why the number of fat cells you have rarely changes, no matter how much you diet or exercise -- they simply get bigger or smaller How you can measure and control fat That your hair is made from the same stuff as horses' hooves That you use only a small amount of the oxygen you inhale Why blood pressure is a more important health measure than heart rate -- with four ways to lower dangerously high blood pressure Why our bodies crave foods that make us fat How to use heart rate to shape an optimal workout session -- one that's neither too easy nor too strenuous Why a tongue with just half a dozen taste buds can identify thousands of flavors Why bacteria in your gut outnumber cells in your body -- and what function they serve Why we age, and why we can't turn back the clock What happens to your body in the minutes after you die Rather than dumbed-down self-help or dense medical text, *Your Body: The Missing Manual* is entertaining and packed with information you can use. It's a book that may well change your life. Reader comments for *Your Brain: The Missing Manual*, also by author Matthew MacDonald: "Popular books on the brain are often minefields of attractive but inaccurate information. This one manages to avoid most of the hype and easy faulty generalizations while providing easy to read and digest information about the brain. It has useful tricks without the breathless hype of many popular books."-- Elizabeth Zwicky, *The Usenix Magazine* "...a unique guide that should be sought after by any who want to maximize what they can accomplish with their mental abilities and resources."-- James A. Cox, *The Midwest Book Review - Wisconsin Bookwatch* "If you can't figure out how to use your brain after reading this guide, you may want to return your brain for another."-- *The Sacramento Book Review*, Volume 1, Issue 2, Page 19 "It's rare to find a book on any technical subject that is as well written and readable as *Your Brain: The Missing Manual*. The book covers pretty much anything you may want to know about your brain, from what makes it up, through how it develops to how to mitigate the affects of aging. The book is easy reading, fact packed and highlighted notes and practical applications. So if you want to learn more about your brain, how it works, how to get the best out of it or just want to stave off the ravages of Alzheimers (see chapter ten for details of how learning helps maintain your brain) then I can't recommend this book highly

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enough."-- Neil Davis, Amazon.co.uk "MacDonald's writing style is perfect for this kind of guide. It remains educational without becoming overly technical or using unexplained jargon. And even though the book covers a broad scope of topics, MacDonald keeps it well organized and easy to follow. The book captures your attention with fun facts and interesting studies that any person could apply to their own understanding of human ability. It has great descriptions of the brain and its interconnected parts, as well as providing full color pictures and diagrams to offer a better explanation of what the author is talking about."-- Janica Unruh, Blogcritics Magazine

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