



cover subjects such as graphic design, theater, branding, fine art, photography, interior design, writing, acting, film, how to start careers, business and legal forms, business practices, and more. While we don't aspire to publish a New York Times bestseller or a national bestseller, we are deeply committed to quality books that help creative professionals succeed and thrive. We often publish in areas overlooked by other publishers and welcome the author whose expertise can help our audience of readers. The only book to cover customizing all of the essential garments and accessories from head to toe, *The Complete Guide to Customizing Your Clothes* breaks down the latest design trends for each fashion item, from dresses and skirts to t-shirts, shoes and bags by profiling designers in the field and showcasing the work of emerging talent. Hundreds of designs on fashion items are photographed in stunning detail to stimulate and inspire the budding designer, and are also illustrated together as part of complete looks that can be replicated or reworked. Throughout the book the processes and techniques used to create each design are discussed alongside inspiring and beautiful photographs. Masterclasses on a fantastic range of techniques provide practical advice on how to apply your designs to clothing and accessories using screenprinting, embroidery and batik, fabric painting and stencilling. Emerging digital print technologies are also discussed, as are innovative ways of combining traditional fabrics with plastics and even electronics. A resource section acts as a quick guide to the properties of different fabric types and the techniques and materials that can be used with them. Gallery spreads are also included to showcase examples of each technique and interviews with inspiring artists and designers such as Jil Sander, Martin Margiela, NOKI and many more complete this fabulous resource. Master Square Enix's critically acclaimed RPG *Octopath Traveler* with this comprehensive guide! Explore every corner of Orsterra with the help of this complete guide which includes insight and explanation of the main narrative as well as boss strategies for each of the games' eight protagonists! Dive deeper with detailed environment maps, subquest information, and beautiful illustrations that fully realize *Octopath Traveler's* HD-2D graphics with exclusive explanations and commentary from the development team. Dark Horse Books and Square Enix present a faithful localization of the original Japanese volume, offered in English for the first time! Whether you're a first-time player or looking to take your game to one hundred percent completion, this guide book is not to be missed! A RENOWNED BRAIN EXPERT SHARES THE SIMPLE TRICKS THAT WILL FUTURE-PROOF YOUR MEMORY Memory gets worse with age - right? A fact of life. But what if we told you that wasn't necessarily true? That memory decline isn't inevitable. In *The Complete Guide to Memory*, renowned neurologist and bestselling author Dr Richard Restak distils the wisdom of an entire career into a one-stop guide to the science of memory. Drawing on cutting-edge neuroscience, case studies, famous anecdotes and more, he offers tips and tricks for anyone who wants to strengthen their memory, protect themselves from diseases like Alzheimer's and think smarter. Learn how to boost your memory through techniques like: -Mind mapping and making lists -Reading more novels than non-fiction -'Chunking' several pieces of information together to make them easier to remember -Choosing manual methods over technological solutions like phones and GPS Packed full of information for anyone curious about the power of their memory, this is the only guide you need to train your memory and make it stronger. The twenty-first century edition of this groundbreaking work presents authoritative health and nutrition information available in an easy-to-use format and a friendly, engaging tone. "An excellent guide for those wishing to make smarter dietary choices."—Andrew Weil, M.D., author of *Healthy Aging* Decades of practical experience and scientific research from Dr. Elson Haas and Dr. Buck Levin are compiled into one encyclopedic volume that features newly expanded chapters on special supplements, lifestage programs, and breakthrough medical treatment protocols for fatigue, viruses, weight management, and mental and mood disorders such as anxiety, ADHD, and depression. Part One gives a detailed analysis of the building blocks of nutrition: water, carbohydrates, proteins, fats and oils, vitamins, minerals, and other nutrients. Part Two evaluates food and diets, discussing every food group and most diets around the world. A special chapter on the environment and nutrition raises awareness and offers guidance about food additives, industrial chemicals, food irradiation, electro-pollution, and other health and ecological issues. Part Three brings all of this nutritional information together, showing readers how to make wise and commonsense choices while building a healthy diet. A personalized eating plan for the year, the Ideal Diet is both seasonally and naturally based, and a healthy lifelong diet. Part Four contains specific nutritional and life-style therapies for enhancing all stages of life and suggests treatments for common conditions and diseases such as aging, menopause, bone loss, weight loss, and cancer by focusing on nutritional applications: thirty-two special diet and supplemental programs. Anyone interested in enhancing wellness, eating right, treating illness naturally, and living in harmony with nature will find *Staying Healthy with Nutrition* to be the ultimate handbook for optimal health and vitality. Are you intent on capturing the perfect sunset? A budding photojournalist? Or ready to take your holiday snaps to the next level? *The Complete Guide to Digital Photography* is your definitive guide to taking, processing and printing sharper, more colourful and better looking pictures. Ian Farrell's expert tips take you from the basics of using your camera to advanced darkroom techniques with 52 step-by-step projects including portraits, landscapes, still-life images, fast-moving objects and photographing live events. Introducing you to the latest software and techniques and featuring technical tips, interviews with the professionals, troubleshooting and over 400 inspirational images, the *Complete Guide to Digital Photography* is the ultimate master class in digital photography. Contents include: Portrait photography, Landscape photography, Street photography, Nature and wildlife, Dynamic live action, Special effects, Macro photography, Travel photography, Wedding photography, Digital darkroom, Colour management, Sharpening, High dynamic range, Skin smoothing, Printing your images, Making a portfolio, Your first exhibition, Selling your photographs. Many people find English grammar daunting: if you are one of them, then this is the book for you. *The Complete Guide to Grammar* is an indispensable guide for all native English speakers who were not taught formal grammar, and who have ever wondered about the correct use of a word or phrase. It is also an invaluable learning tool for students of ...

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