Jump Start Getting Started With Aspen Plus V8

Prairie & Plains States Getting Started Garden Guide contains all of the information you need to choose the best plants in Oklahoma, Kansas, Nebraska, Iowa, South Dakota, and North Dakota. Novice gardeners, new homeowners, and those new to the area will find it invaluable, but more experienced gardeners and home landscapers will also fall in love with this book. Prairie & Plains States Getting Started Garden Guide features the region-specific plant palette unique to this area, including plants that can withstand cold winters and drying winds. Gardeners in this wide geographic space share many problems and concerns. Annuals, bulbs, groundcovers, lawns, ornamental grasses, perennials, roses, shrubs, trees, and vines are profiled, in detail, with four-color photos showing each plant's attributes. Basic gardening chapters cover the information beginning to intermediate gardeners need to know to garden with confidence.

Offers a program for reducing the side effects of antidepressants--including weight gain, sexual dysfunction, and energy loss--without taking more drugs.

This text offers practical insights for English teachers, especially novice educators, to incorporate into their classroom lessons.

Over the last six seasons of The Biggest Loser, you've watched as contestants shed pounds, got healthy, and dramatically changed their lives for the better. In fact, you may have been so inspired by the show's remarkable success stories that you've considered embarking on your own weight loss journey. If you're looking to get healthy now, there's good news: You don't have to spend time at the ranch to benefit from The Biggest Loser magic. The Biggest Loser 30-Day Jump Start brings all of the secrets of the ranch right into your own home. The Biggest Loser experts—the same ones who advise the contestants—are here to walk you through a 30-day plan that will kick off your weight loss and help you build new, healthy habits. In this book you'll find easy-to-follow menus, recipes, exercise plans, and motivation for each day of the week. You'll also find helpful tips and advice from past Biggest Losers who have been in your shoes, including the nine contestants from Season 7 who left the ranch early to follow this very plan at home. So far, the Biggest Losers have lost more than a combined 10,000 pounds. But for each of them, the journey started with a commitment: to health, to weight loss, and to themselves. The first steps toward a healthier future are in this book—what are you waiting for? Make the commitment, take the leap—and begin your 30 day jump start today!

The skills of digital librarianship are more crucial than ever, and these same skills are in high demand outside the field, from tech startups undertaking digitization projects to digital humanities centers bringing together professors, computer scientists, and information technologists. Map out your career in this fast-growing field with the full range of perspectives gathered in this clear, concise overview of the core concepts and competencies of digital librarianship. Twenty-one experienced practitioners from a variety of settings offer realistic views of today's job market, typical project dynamics, and employer expectations. Whether you're a new graduate just starting out or a seasoned professional transitioning from a more traditional area such as cataloging or archives, you'll benefit from this book's valuable coverage of topics such as * Activities and roles of the digital librarian, including management of digital projects and collaboration * Developing and using transferable skills * Becoming familiar with metadata * How digital librarians are re-shaping scholarly publishing * The concept and framework of digital preservation best practices * Technical competencies such as XML and content management systems Familiarity with digital practices is increasingly important for all information professionals, and this book offers a solid foundation in the discipline.

Most students who are starting out on guitar want to be able to make chords, play songs, jam with others in a band, but they're not interested in delving deeply into the theory behind the chords yet. Students often ask me "what theory do I need to know just to get by?" If you're like those students, this book is for you. It will help you get started building and strumming chords with just the little bit of theory that you need to get by. But don't be fooled - it's a useful and powerful "little bit." In this book you will learn how to build hundreds of chords through a simple "5-1-3" system which I have laid out for you with many illustrations and step-by-step instructions. You will also learn how the notes are distributed throughout the guitar and how they relate to building chords. This will give you a huge advantage in learning more advanced concepts, build confidence in your playing ability, and jump-start you on your way to playing the guitar.

This title is one of the "Essentials" IT Books published by TechNet Publications Limited. This Book is a very helpful practical guide for beginners in the topic , which can be used as a learning material for students pursuing their studies in undergraduate and graduate levels in universities and colleges and those who want to learn the topic via a short and complete resource. We hope you find this book useful in shaping your future career.This book will be available soon...

PLEASE PROVIDE COURSE INFORMATION PLEASE PROVIDE

Many entry level PHP developers want a quick path to glory, a shortcut to "knowing PHP." Too many books and tutorials go straight into a pre-made, awful environment that just wants you to code, with no regard for security, version control, or other absolutely essential practices. This book is aimed at the absolute beginner who wants to start learning PHP, but aims to set you up with a thorough understanding of what makes for a good, modern, adaptable PHP environment before you start diving into PHP itself. This book will cover a the essential building blocks of a good PHP environment, including covering topics such as: The anatomy of a web request The importance of a good IDE Using Composer for package management Version control with Git and GitHub Deployment and hosting options Using virtual machines Build a sample app from scratch and deploy it -- the right way And much more!

21 Jump-Start DevotionalGetting Started on Your Incredible Christian Life!Bethany House Pub

Dojo has been described as the JavaScript toolkit for programmers that's easy enough for designers to pick up. This book will introduce the foundational concepts of using Dojo to increase efficiency when developing modern websites that utilize Document Object Model (DOM) manipulation, Ajax, animations, effects, and widgets. Dojo basics Animations and effects Widgets with Dijit

This expanded edition goes beyond advice on making a living as a business writer to include the more creative forms of writing. There are new chapters on writing and selling poems, short stories, novels, and essays, plus a new section on cartooning. Existing chapters have been brought up to date. You learn to start, run, and build a freelance writing business doing whatever type of writing you prefer.

Jump Start 7 & 8 is written specifically to reflect the content and values behind the Level 5 Victorian (Australia) Essential Learning Standards for Health and Physical Education. This engaging text provides the appropriate balance between Health and Physical Education, and includes stimulating activities with strong links to other domains, particularly communication, thinking processes,

interpersonal development and personal learning. This highly visual new text features: * A diverse range of fun, practical activities for individuals and groups that incorporate a range of learning styles * The most contemporary issues and up-to-date information available * In-depth coverage of key issues, including identity, relationships, food and nutrition, harm minimization, movement and manipulative skills and components of fitness * A user-friendly approach to using ICT *

Jump Start Rails provides you with a fun and yet practical introduction to Rails, an incredibly popular framework that makes it possible to quickly develop incredibly powerful web applications with Ruby. This short book covers Rails 4, the latest version of the framework, and while it's not intended to be a completely comprehensive Rails guide or an in-depth Ruby tutorial, it will quickly get you up to speed with Rails and give you the confidence to start experimenting on your own. The book is built around a real-life example project: a personal portfolio site. It's a fun and easily understandable project that is used to demonstrate the concepts outlined in the book in a practical way. This is a clear, approachable and very easy-to-follow book that will get you to to speed with Rails in no time.

Miles McPherson, former NFL football player and founder of the nationally known "Miles Ahead Youth Crusades, offers a step-by-step journey through the Book of John for young people ages 12 to 18, specifically designed to help them "jump-start" their faith.

Over 60 recipes to help you learn digital forensics and leverage Python scripts to amplify your examinations About This Book Develop code that extracts vital information from everyday forensic acquisitions. Increase the quality and efficiency of your forensic analysis. Leverage the latest resources and capabilities available to the forensic community. Who This Book Is For If you are a digital forensics examiner, cyber security specialist, or analyst at heart, understand the basics of Python, and want to take it to the next level, this is the book for you. Along the way, you will be introduced to a number of libraries suitable for parsing forensic artifacts. Readers will be able to use and build upon the scripts we develop to elevate their analysis. What You Will Learn Understand how Python can enhance digital forensics and investigations Learn to access the contents of, and process, forensic evidence containers Explore malware through automated static analysis Extract and review message contents from a variety of email formats Add depth and context to discovered IP addresses and domains through various Application Program Interfaces (APIs) Delve into mobile forensics and recover deleted messages from SQLite databases Index large logs into a platform to better query and visualize datasets In Detail Technology plays an increasingly large role in our daily lives and shows no sign of stopping. Now, more than ever, it is paramount that an investigator develops programming expertise to deal with increasingly large datasets. By leveraging the Python recipes explored throughout this book, we make the complex simple, quickly extracting relevant information from large datasets. You will explore, develop, and deploy Python code and libraries to provide meaningful results that can be immediately applied to your investigations. Throughout the Python Digital Forensics Cookbook, recipes include topics such as working with forensic evidence containers, parsing mobile and desktop operating system artifacts, extracting embedded metadata from documents and executables, and identifying indicators of compromise. You will also learn to integrate scripts with Application Program Interfaces (APIs) such as VirusTotal and PassiveTotal, and tools such as Axiom, Cellebrite, and EnCase. By the end of the book, you will have a sound understanding of Python and how you can use it to process artifacts in your investigations. Style and approach Our succinct recipes take a no-frills approach to solving common challenges faced in investigations. The code in this book covers a wide range of artifacts and data sources. These examples will help improve the accuracy and efficiency of your analysis—no matter the situation.

Get a Jump Start on building applications with Foundation today! Developed by Zurb, Foundation is a hugely popular CSS framework that's making the once-arduous process of crafting responsive web designs a breeze! Foundation was the first open-source front-end framework to be responsive, the first to be semantic, as well as the first to take a mobile-first approach. Read this book and discover why Foundation is fast becoming a favorite tool of top web designers. In just one weekend with this hands-on tutorial, you'll learn how to: Integrate Foundation into your projects Understand the basic Foundation template Utilize Foundation's impressive array of built-in components Work with Foundation's grid Customize Foundation to work with any project And much more!

This short SitePoint book provides readers with a fun and yet practical introduction to Sinatra, a framework that makes web development with Ruby extremely simple. It's not intended to be a completely comprehensive guide to the framework or an in-depth Ruby tutorial, but will quickly get you up to speed with Sinatra and give you the confidence to start experimenting on your own. The book is built around a real-life example project: a content management system. It's a fun and easily understandable project that is used to demonstrate the concepts outlined in the book in a practical way. This is a clear, approachable and very easy-to-follow book that will get you to to speed with Sinatra in no time.

All the tips and tools you need to start, grow, and sustain a successful forensic psychology practice Getting Started in Forensic Psychology Practice is the first book of its kind aimed at those mental health professionals and recent graduates interested in entering the growing and lucrative field of forensic psychology. User-friendly and full of helpful tips, this handy guide provides you with tools and techniques for starting a thriving forensic psychology practice, or incorporating a forensic specialty into your current practice. This comprehensive resource includes information on: * The difference between clinical and forensic practice * Advantages and disadvantages of forensic practice * Preparing for forensic psychological practice * Planning a forensic psychology business * How to market your practice * What lawyers look for in forensic psychologists as expert witnesses> * Ethics, professional competence, and risk management issues * Performing evaluations * Testifying in court and depositions In addition, Getting Started in Forensic Psychology Practice also features several helpful appendices that include sample evaluations and reports, as well as detailed discussions of child custody evaluation and assessment. Covering everything from advice on how to dress for court to major concerns such as the problems of insanity defenses, Getting Started in Forensic Psychology Practice puts the best solutions and information at your fingertips. Whether you're a recent graduate or a seasoned practitioner, this invaluable resource will help you minimize the uncertainty of establishing your forensic practice while maximizing the rewards.

The purpose of ASP.NET JumpStart is to show readers the practical applications of .NET and ASP.NET by illustrating how to build Web-based applications using Web Forms and Web Services. Emphasis will be on good programming standards and practices. The reader will be taken from an introduction of the VB .NET language to intermediate topics

through a step-by-step approach, which gives the reader the opportunity to try out the practices presented in each chapter.

Real estate day trading is using the Internet to buy and sell houses without leaving home. In many cases, the investor closes on a house and resells it the same day. Readers will learn the author's system for how to buy and sell 5-10 houses a month in today's market, using the Internet, phone, fax, and email to analyze, research, and find the properties, buyers, and others needed for the transaction. Author Larry Goins has personally done deals in nine different states and has students in the US, Canada, Australia, New Zealand, Japan, China, Israel, the Philippines, and Denmark. Day trading can be used for wholesaling properties to other investors, retailing, lease options, short sales, foreclosure investing, etc. The basic steps are: Search online for potential properties to make offers on, using specific techniques for finding the right ones. Once an offer is accepted, usually within 1-2 weeks, put it on paper using clauses included in the book, and get the property inspected by a rehab contractor to get a free estimate of how much the repairs will cost. This is done by finding reputable contractors online and through referrals from realtors and through autoresponders. Order an appraisal. Sell it fast! Using the buyers list you have built on the internet through email marketing groups, social networking sites, blogs, free classified sites, bank-owned property sites, and more, send an email with the details of the property and instructions on how they can get the property under contract. Usually within two hours several potential buyers will reply. Set up a closing to buy it and to sell it on the same day; closings are about 30 minutes apart. By it at 10:00 and sell it at 10:30, for example. There are many ways to fund and close on the property. The book will contain step-by-step, easy processes for assignments, options, flex options, simultaneous closings, using hard money, private money, cash partners, and credit partners, none of which will require an investor's own cash or credit. With praise from New York Times Bestselling Author Dr. Albert Lowery, Robert Shemin, Frank McKinney and foreword by Michael E. Gerber. Larry Goins (Lake Wylie, SC; www.larrygoins.com) is one of the real estate industry's most popular speakers. He buys and sells 5-15 houses a month all over the US, in today's difficult market, from the comfort of his office. Larry speaks live an average of twice a week and holds two to three teleconferences a week. He is licensed as a mortgage lender, mortgage broker, real estate broker, and general contractor in North and South Carolina. Larry served as President (2003 & 2004) of the Metrolina Real Estate Investors Association in Charlotte, NC, a not-for-profit organization that has over 350 members (it is also the local chapter of the National Real Estate Investors Association). He has been investing in real estate for over 20 years.

Digital collections have already changed the ways users access and interact with an institution's materials. And small or medium-sized libraries, archives, museums, and historical societies face a unique set of challenges in regards to digital collections. They may have been unable to jump on the digitization bandwagon at its beginning due to competing priorities or lack of resources, and may now be struggling to get a digitization program in place to meet the evolving needs and expectations of their own users. The good news is that digital projects can scale down to fit the size of any organization. Providing an entry point for librarians, archivists, and curators who are new to digitization, Monson's well-researched guide shows how even smaller institutions can successfully endeavor to make their content digitally accessible. Clearing aside the jargon and acronyms to hone in on the practicals, this book will help readers get a digitization program off the ground, offering guidance on how to efficiently harness existing workflows, especially in departments seeing a decline in workload;the pros and cons of the two common service models for state and regional digital repositories;how to evaluate and choose among the digital asset management systems, comparing four proprietary and six open source systems;hardware options for image capture;choices in metadata models MODS, VRA Core, Dublin Core Element Set, and EAD;understanding the characteristics of various file formats and using them effectively to create master and derivative files;bitstream copying, data redundancy and other strategies to safeguard digital files against media degradation and technological obsolescence; andSection 108 copyright exemptions for cultural heritage institutions.This easy-to-follow guide to digitization fundamentals will ensure that readers gain a solid grasp of the knowledge and resources available for getting started on their own digital collection projects.

This short book provides a practical introduction to HTML5. HTML (HyperText Markup Language) is the predominant language of web pages. Originally developed as a way to describe and share scientific papers, HTML is now used to mark up all sorts of documents and create visual interfaces for browser-based software. With HTML5, however, HTML has become as much an of API for developing browser-based software as it is a markup language. In this book, we'll talk about the history of HTML and HTML5 and explore its new features. It covers: HTML5 basics Multimedia Canvas and SVG HTML5 applications HTML5 APIs HTML5 is required knowledge for every professional web designer and developer. This book will quickly get you up to speed with the fundamentals of HTML5 and give you the confidence to start experimenting on your own.

Are you using YouTube to reach new customers for your business? If not consider these statistics: * More than 1 billion unique visitors to YouTube every month * Each month, more than 6 billion hours of video is watched * 100 hours of video are uploaded each minute * YouTube reaches more adults aged 18-34 than any cable network * Every second there are approximately 49,296 videos being viewed around the world * YouTube is the second largest search engine, right behind Google. If you are serious about growing your business, establishing your expertise in your market and attracting new customers, this step guide is for you.

Processing opened up the world of programming to artists, designers, educators, and beginners. This short book gently introduces the core concepts of computer programming and working with Processing. Written by the co-founders of the Processing project, Reas and Fry, Getting Started with Processing shows you how easy it is to make software and systems with interactive graphics. If you're an artist looking to develop interactive graphics programs or a programmer on your way to becoming an artist, this book will take you where you want to go. Updated with new material on graphics manipulation, data, and for the latest version of Processing.

Get a Jump Start on PHP today! PHP is a key server-side technology in web development, enabling you to quickly and simply develop

interactive, usable and engaging websites and applications. In just one weekend with this SitePoint book, you'll learn how to: Install all of the software you need to begin developing PHP applications Understand PHP functions and syntax Build a complete, working PHP application from scratch: a simple social networking app Plus you'll discover how to use modern techniques such as MVC and REST

Social media sensation, fitness trainer, and sports nutritionist Natalie Jill offers her popular 7 day jump start program for weight loss, with recipes and tips

A practical and concise introduction to CoffeeScript, a programming language that compiles into JavaScript and that makes working with JavaScript easier. The book lays out the basics of the language, its syntax, and the interesting features that set it apart from JavaScript. It should satisfy anyone with an intermediate level of understanding of JavaScript who needs a conceptual and practical introduction to CoffeeScript. The book is based around a practical project, leading you through the building of a simple HTML-based 2D game, and explaining the language's philosophy, syntax, and features step-by-step along the way. You'll be able to see results on-screen from the very beginning, starting with a simple JavaScript drawing function transformed into CoffeeScript. The game's code is based on well- understood principles and prior art, using common, simple programming patterns that are easy to grasp while also demonstrating CoffeeScript's expressiveness. This is a fun and fast-paced book that rewards you for each completed step with interesting game features. You will finish the book with the sense of accomplishment that comes from building something fun, as well as having gained a solid understanding of CoffeeScript and an interest in exploring its more advanced features.

Learn the fundamentals of PowerShell to build reusable scripts and functions to automate administrative tasks with Windows About This Book Harness the capabilities of the PowerShell system to get started quickly with server automation Learn to package commands into a reusable script and add control structures and parameters to make them flexible Get to grips with cmdlets that allow you to perform administration tasks efficiently Who This Book Is For This book is intended for Windows administrators or DevOps users who need to use PowerShell to automate tasks. Whether you know nothing about PowerShell or know just enough to get by, this guide will give you what you need to go to take your scripting to the next level. What You Will Learn Learn to verify your installed version of PowerShell, upgrade it, and start a PowerShell session using the ISE Discover PowerShell commands and cmdlets and understand PowerShell formatting Use the PowerShell help system to understand what particular cmdlets do Utilise the pipeline to perform typical data manipulation Package your code in scripts, functions, and modules Solve common problems using basic file input/output functions Find system information with WMI and CIM Automate IIS functionality and manage it using the WebAdministration module In Detail Windows PowerShell is a task-based command-line shell and scripting language designed specifically for system administration. Built on the .NET Framework, Windows PowerShell helps IT professionals and power users control and automate the administration of the Windows operating system and applications that run on Windows. PowerShell is great for batch importing or deleting large sets of user accounts and will let you collect a massive amount of detailed system information in bulk via WMI (Windows Management Instrumentation). Getting Started with PowerShell is designed to help you get up and running with PowerShell, taking you from the basics of installation, to writing scripts and web server automation. This book, as an introduction to the central topics of PowerShell, covers finding and understanding PowerShell commands and packaging code for reusability, right through to a practical example of automating IIS. It also includes topics such as installation and setup, creating scripts, automating tasks, and using Powershell to access data stores, registry, and file systems. You will explore the PowerShell environment and discover how to use cmdlets, functions, and scripts to automate Windows systems. Along the way, you will learn to perform data manipulation and solve common problems using basic file input/output functions. By the end of this book, you will be familiar with PowerShell and be able to utilize the lessons learned from the book to automate your servers. Style and approach A practical learning guide, complete with plenty of activities, examples and screenshots.

Full-color plant photos and complete step-by-step growing instructions for the native plants of Texas.

Get a Jump Start on version control with Git today! Most engineers we meet prefer Git over other distributed version control systems. These systems let you store different versions of project files and directories, so you can roll back to an earlier one if something goes wrong. And since they're distributed, they smooth the path for dev team collaboration. But what is it about Git that makes it mission-critical on so many web projects? Spend just one weekend with this hands-on tutorial, and you'll know the answer. Understand Git's core philosophy. Get started with Git: install it, learn the basic commands, and set up your first project. Work with Git as part of a collaborative team. Use Git's debugging tools for maximum debug efficiency. Take control with Git's advanced features: reflog, rebase, stash, and more. Use Git with cloud-based Git repository host services like Github and Bitbucket. See how Git's used effectively on large open-source projects. Git was created by Linus Torvalds, who invented Linux, so it comes with the best credentials. What are you waiting for? Get a jump start on Git today.

Companies today are under increasing pressure to deliver shareholder value by squeezing as much as possible from their limited available resources. As one of these resources, workers are being asked to do more for less, and all within the same work week, leaving many of them looking for new ways to become more productive with their time. The Complete Idiot s Guide to Getting Things Doneanswers the call by giving readers the tools they need to increase their efficiency and effectiveness in the workplace. From putting out fires to attacking long-term goals, and everything in between, readers are exposed to the fundamental principles of personal productivity.

The completely revised and updated national bestseller. "You can lose weight on any diet, but if you want to keep it off, read Thin for Life, 2nd Edition."—Shape In this new edition of the acclaimed bestseller, award-winning nutritionist Anne M. Fletcher incorporates exciting recent scientific research to show that permanent weight loss is far easier than is commonly believed. Whether you want to lose 10 pounds or 100, Thin for Life will help you master your weight problem by sharing the techniques of the real experts—hundreds of women and men who have lost weight for good. Their hard-won wisdom has been distilled down into ten Keys to Success that will change your body—and your mind . . . Believe that you can become thin for life Take the reins Do it your way Accept the food facts Nip it in the bud Learn the art of positive self-talk Move it to lose it Face life head-on Get more out of life Don't go it alone "Anyone who has tried and failed to lose unwanted pounds and keep them off should read this book."—Jane Brody, New York Times personal health columnist, from the foreword

Windows Live Movie Maker is a small but powerful movie editing application from Microsoft. It is a complete rewrite of the old Movie Maker software with a new audience in mind. The focus of this new edition is on giving you the power to quickly create movies and slideshows to share with your friends and family. The movies can be a combination of your favorite pictures and home movies set to your own soundtrack. You can add cool effects to transition between scenes, and captions to add a narrative to your movie. With Movie Maker, users can: Edit digital video and photos, including adding music and narration Apply animation effects to videos and photos Create DVDs for personal use, including menu systems for navigation

Fun and engaging electronics projects just for kids! Do you have a cunning kid who's curious about what goes on inside computers, phones, TVs, and other electronic devices? You may just have a budding Edison on your hands—and what

better way to encourage their fascination with electronics than a book filled with projects they can complete on their own? In Getting Started with Electronics, your child will follow simple steps to safely create cool electronics projects using basic materials that can easily be found at online retailers or hobby shops. Just imagine your child's delight as they use clips, switches, resistors, capacitors, and more to create circuits that control light and sound! From building a nifty LED flashlight to tuning in to a local radio station using a homemade tuner—and more—your little electronic wiz's world is about to get a whole lot brighter! Features vivid designs and a short page count Focuses on your child experiencing a sense of accomplishment Projects introduce core concepts while keeping tasks simple Teaches electronics in a safe environment Built for the youngest of learners from the makers of the trusted For Dummies brand, you can feel good about giving your child a book that will spark their creativity.

Get a Jump Start on the popular CSS preprocessor Sass today! Using Sass, you can write your stylesheets in a more concise, dynamic, and readable way, and cut down many of the tedious repetitive tasks that come with writing vanilla CSS. Sass simplifies your stylesheets, adding some useful features missing from CSS. Most importantly, Sass will save you time. This book provides a thorough introduction to Sass for the beginner. In it, you'll learn: What preprocessors are and how they can be useful Installation and getting started Variables, mixins, and functions Loops and conditions Nesting Extend Warnings & errors Project architecture The Sass ecosystem And more!

Get a Jump Start on working with MySQL today! MySQL is an extremely popular open source relational database management system that that powers many of the applications on the Web. Discover why MySQL's speed, ease of use, and flexibility make it the database of choice for so many developers. In just one weekend with this hands-on tutorial, you'll learn how to: Get started with MySQL Store, modify, and retrieve data Work with multiple tables Connect to your database through code Program the database Back up your data

Master the easier, smarter way to achieve ketosis Done properly, intermittent fasting will put your body into a state of ketosis where it burns fat instead of glucose for energy. It's a very effective and safe way to lose body fat while retaining muscle mass. Detailing everything you need to know to start intermittent fasting today, this book offers practical advice on how to integrate it into your lifestyle and tips to make your fast go smoothly. Intermittent fasting isn't a restrictive diet. You can eat the foods you want! What changes is when you eat, not what you eat. There are no meals to track or calories to count, and it will actually lower your food expenses! Guiding you step by step through the entire process, Jump Start Ketosis explains how to: • Ramp up your "fat-burning machine" • Avoid feeling weak or lethargic • Lower your insulin levels • Turn stored food into energy • Lessen your hunger cravings