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Heute sind Kryptowährungen zu einem globalen Phnomen geworden, das den meisten Menschen bekannt ist. Obwohl sie immer noch irgendwie geeky und nicht von den meisten Leuten, insbesondere Neuankmmlingen, verstanden werden, entschlseln Informationen in diesem Buch die geheimnisvolle Welt der Kryptowahrung und wie man sie meistert.Egal, ob Sie Informationen ber Kryptowahrung, Trading, Mining und Shopping mit Kryptowährungen suchen, KRYPTOWHRUNG 101 bietet Ihnen einen Leitfaden, der Ihnen hilft, das Beste aus dem Markt fr Kryptowährungen zu machen, und leicht verstdliche Schritte, wie Sie das Gelernte umsetzen knnen in Aktion

Genug von stressigen und anstrengenden Diäten? Sie wollen endlich Ergebnisse? Dann ist heute ihre Chance gekommen! Nutzen Sie die Gelegenheit und holen Sie sich dieses Buch für 2,99e statt für den regulären Preis von 4,99e.Sie können das Buch ganz einfach auf ihren Pc, Kindle Lesegerät, Smartphone auch von unterwegs aus lesen!In diesem Buch werden Sie entdecken...Wie auch Sie in den zauberhaften Genuss von schnellen Fettverlust und gleichzeitig köstlichen Essen kommen können mithilfe der Low Carb Ernährung! Erfahren auch sie das unglaubliche Potential einer kohlenhydratreduzierten Ernährung, um endlich ihre Traumfigur zu erreichen! Hier ist eine Vorschau über die Inhalte des Buchs... Einfache Erklärung der Low Carb Ernährung Wie auch Sie Schritt für Schritt Abnehmen können mit einer kohlenhydratreduzierten Kost Welche Rolle Kohlenhydrate in der Ernährung spielen Wie auch Sie ohne Hunger und mit viel Spaß Schlanker werden können Die 7 goldenen Regeln der Low Carb Diät tolle Rezeptideen zum Nachkochen Einfache Anleitung zum Anwenden von Low Carb Erfahren Sie was sie bisher am erfolgreichen Abnehmen gehindert hat Und noch viel, viel mehr! *BONUS* - Enthält 30 köstliche Rezepte für das Frühstück, den Mittag oder zum Abendbrot! Sichern Sie sich Ihre Version noch heute!Nutzen Sie ihre Chance und holen Sie sich ihr Buch für den reduzierten Preis von 2,99e!...Und kommen Sie noch heute in den Genuss der Low Carb Diät!Tags: Low Carb für Anfänger, Low Carb, Abnehmen ohne Kohlenhydrate, Abnehmen mit Low Carb, Fettverbrennung, Low Carb Rezepte

This comprehensive and authoritative guide will teach you the DAX language for business intelligence, data modeling, and analytics. Leading Microsoft BI consultants Marco Russo and Alberto Ferrari help you master everything from table functions through advanced code and model optimization. You'll learn exactly what happens under the hood when you run a DAX expression, how DAX behaves differently from other languages, and how to use this knowledge to write fast, robust code. If you want to leverage all of DAX's remarkable power and flexibility, this no-compromise "deep dive" is exactly what you need. Perform powerful data analysis with DAX for Microsoft SQL Server Analysis Services, Excel, and Power BI Master core DAX concepts, including calculated columns, measures, and error handling Understand

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evaluation contexts and the CALCULATE and CALCULATETABLE functions Perform time-based calculations: YTD, MTD, previous year, working days, and more Work with expanded tables, complex functions, and elaborate DAX expressions Perform calculations over hierarchies, including parent/child hierarchies Use DAX to express diverse and unusual relationships Measure DAX query performance with SQL Server Profiler and DAX Studio

As a holistic veterinarian and scientist, Dr. Gary Richter helps dog and cat owners to navigate the thicket of treatment options and separate the fact from the fiction. He wants us to use what actually works, not just what Western science or alternative medicine say "should" work. This multifaceted approach to health is known as integrative medicine. Dr. Richter examines traditional medicine from many cultures alongside modern medical techniques, describing the best of complementary care and the best of conventional veterinary medicine. Every treatment he recommends has the backing of scientific research or years of successful outcomes in his clinical practice. After explaining the treatment, he offers specific recommendations for an integrative approach to common diseases, including allergies, skin conditions, diabetes, heart disease, and cancer. A holistic approach to health includes nutrition, as it sets up the foundation for your pet's health. Dr. Richter cuts through the hype in the pet-food world and explains how to choose the best commercial foods and supplements, and even includes both raw and cooked dog- and cat-food recipes for general diet as well as to treat specific needs. He also explains how we can use the right foods and supplements to "hack" the body's processes, including the immune system.

Activate your weight-loss autopilot--use the power of simple intermittent fasting to lose the pounds and keep them off, from Hollywood trainer and #1 New York Times bestselling author Jorge Cruise. Timing is everything when it comes to losing weight. Or, as celebrity trainer Jorge Cruise explains: When we eat is as important as what we eat. Building on the scientifically proven but hard-to-sustain day-on, day-off technique known as "intermittent fasting," Cruise has developed a revolutionary masterplan that simplifies your calendar and eliminates between-meal hunger. He divides every day into two easy-to-remember nutritional zones: a 16-hour evening and overnight "burn zone" (semi-fasting) followed by an 8-hour "boost zone" (eating). Ingeniously, his plan also includes "bumper foods" that can be consumed in either zone--around the clock--to keep you satiated and burning fat throughout. You'll never be hungry if you don't really ever have to fully fast! Backed by the very latest research and client-tested for optimal results, The Cruise Control Diet unlocks the key to dramatic results with * recipes for deliciously unexpected boost zone foods, such as Portobello Mini Pizzas, Zoodle Spaghetti & Meatballs, Sheet Pan Salmon & Asparagus, and even Almond Butter Cookies * high-fat, no-sugar burn-zone recipes for craving-quenching foods like Double Chocolate Fudge Mousse and Vanilla Chai Tea Latte * weekly menus and handy grocery lists to take the guess work out of the equation * candid testimonials from Cruise's clients and test-panel participants * an optional burn-zone exercise program with instructional photos With The Cruise Control Diet you'll automate your diet and finally conquer weight loss forever! Featuring a foreword by Brooke Burke and an introduction by Jason Fung, M.D. Praise for Jorge Cruise "Jorge gets it right. His recipes make eating smart easy. I recommend them highly."--Andrew Weil, M.D., #1 New York Times bestselling author of Why Our Health Matters "Jorge knows how to make weight loss simple and easy without feeling hungry."--Tyra Banks, model, actress, CEO, and New York Times bestselling author "Recipes from my friend Jorge Cruise--where healthy food meets great flavor."--Emeril Lagasse, chef, restaurateur, and New York Times bestselling author

"ES IST EINSAM AN DER SPITZE" Zu diesem Satz hast du auf Seminaren zustimmend genickt? Hast du ihn in einem Buch grün markiert oder in einem Facebook-Post geliked? Dann habe ich eine 90% Chance, dass du (noch) kein Leader bist und eine 99% Chance, dass dein Unternehmen führungslos den Marktmechanismen ausgeliefert ist. Dieser Satz ist Bullshit! - Kein Mann ist jemals alleine an die Spitze gelangt. Kein Mann kann sich alleine dort halten. Dr. Alexander Madaus räumt in seinem neuen Werk kompromisslos ehrlich mit den Vorurteilen auf, die Menschen davon abhalten, Unternehmen wirklich zu führen. In einer Welt, in der Wahrheit konsequent und gezielt vernichtet wird und die Blender und Faker das Kommando übernommen haben, beweist Madaus als Gründer der Rising King Academy, dass es auch anders geht. Ganz anders. Wo Heerscharen von Coaches mit Sprüchen und Anweisungen "motivieren", die sie selber nie auch nur im Ansatz erfahren und gelebt haben, beweist Madaus mit einer kleinen Gruppe von Männern, dass es möglich ist, authentisch und der Wahrheit verpflichtet unternehmerisch erfolgreich zu sein. Die Ergebnisse dieser Gruppe potenzieren die herkömmlichen Ideen von Erfolg. In diesem Buch lüftet Madaus das Geheimnis dieser Männer: Du bist nicht alleine. Jedem von uns geht oder ging es so. Es spricht nur niemand darüber. Männer, die sich der Wahrheit und kompromisslosen Bereitschaft verschrieben haben, das Spiel zu gewinnen, sprechen darüber. Miteinander. Seit Jahrtausenden. Dieses Buch liefert die ultimativen Informationen, die du benötigst, um dein Unternehmen so aufzubauen und zu gestalten, dass es unaufhaltsam wird. DU wirst unaufhaltsam sein. Du kannst dich jederzeit entschließen, ein Leader zu werden. Es wird Zeit, aufzustehen. Zeit, ein König zu werden. Dieses Buch ist der erste Schritt - wenn ein Mann mutig genug ist.

Updated and expanded with more than 80 pages of new content! Improve your athletic performance, extend your athletic career, treat stiffness and achy joints, and prevent and rehabilitate injuries--all without having to seek out a coach, doctor, chiropractor, physical therapist, or masseur. In Becoming a Supple Leopard, Dr. Kelly Starrett--founder of MobilityWOD.com--shares his revolutionary approach to mobility and maintenance of the human body and teaches you how to hack your own movement, allowing you to live a healthier, more fulfilling life. This new edition of the New York Times and Wall Street Journal

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bestseller has been thoroughly revised to make it even easier to put to use. Want to truly understand the principles that guide human movement? Becoming a Supple Leopard lays out a blueprint for moving safely and effectively through life and sport. Want to learn how to apply those principles to specific movements, whether you are doing squats in the gym or picking up a bag of groceries? Hundreds of step-by-step photos show you not only how to perform a host of exercise movements, such the squat, deadlift, pushup, kettlebell swing, clean, snatch, and muscle-up, but also how to correct the common faults associated with those movements. Frustrated because you can't perform a certain movement correctly due to range of motion restrictions? Breaking the body down into 14 distinct areas, Starrett demonstrates hundreds of mobilization techniques that will help you resolve restrictions and reclaim your mobility. Unsure how to put it all together into a program that addresses your individual needs? This updated edition lays out dozens of prescriptions that allow you to hone in on a specific limitation, a nagging injury, or an exercise fault that you just can't seem to get right. It even offers a 14-day full-body mobility overhaul. Performance is what drives us as human beings, but dysfunctional movement patterns can bring the human body to an abrupt halt. Often, the factors that impede performance are invisible even to seasoned athletes and coaches. Becoming a Supple Leopard makes the invisible visible. Whether you are a professional athlete, a weekend warrior, or simply someone wanting to live healthy and free from physical restrictions, this one-of-a-kind training manual will teach you how to harness your athletic potential and maintain your body. Learn how to perform basic maintenance on your body, unlock your athletic potential, live pain-free...and become a Supple Leopard. This step-by-step guide to movement and mobility will show you how to:

- Move safely and efficiently in all situations
- Organize your spine and joints in optimal, stable positions
- Restore normal function to your joints and tissues
- Accelerate recovery after training sessions and competition
- Properly perform strength and conditioning movements like the squat, bench press, pushup, deadlift, clean, and snatch
- Build efficient, transferable movement patterns and skill progressions from simple to more advanced exercises
- Identify, diagnose, and correct inefficient movement patterns
- Treat and resolve common symptoms like low back pain, carpal tunnel, shoulder pain, and tennis elbow
- Prevent and rehabilitate common athletic injuries
- Use mobilization techniques to address short and stiff muscles, soft tissue and joint capsule restriction, motor control problems, and joint range of motion limitations
- Create personalized mobility prescriptions to improve movement efficiency

Get under the armour of the Iron Man and find out everything you want to know about this billionaire, genius, super-hero. Discover every thrilling twist and turn in the Iron Man story- Stark's scientific genius, the tragic death of his parents, his secret life as a crime-fighter, his personal struggles and demons, his involvement with the Avengers hero team, his lovers, allies and his enemies, such as Black Widow, Titanium Man and the Mandarin. Packed with incredible comic-book art, a fact-packed timeline detailing key events in Iron Man's life and a comprehensive index - this is what every Iron Man fan has been waiting for.

It takes time and patience to bake the perfect cake. Preparation and practice are the key ingredients. Mich Turner's Cake School aims to provide all of the essential tools, techniques and instructions to make flawless cakes every time.

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