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KEY=X029 - RILEY JACK

PARENTOLOGY

EVERYTHING YOU WANTED TO KNOW ABOUT THE SCIENCE OF RAISING CHILDREN BUT WERE TOO EXHAUSTED TO ASK

Simon and Schuster An award-winning scientist offers his unorthodox approach to childrearing: “Parentology is brilliant, jaw-droppingly funny, and full of wisdom...bound to change your thinking about parenting and its conventions” (Amy Chua, author of *Battle Hymn of the Tiger Mother*). If you’re like many parents, you might ask family and friends for advice when faced with important choices about how to raise your kids. You might turn to parenting books or simply rely on timeworn religious or cultural traditions. But when Dalton Conley, a dual-doctorate scientist and full-blown nerd, needed childrearing advice, he turned to scientific research to make the big decisions. In *Parentology*, Conley hilariously reports the results of those experiments, from bribing his kids to do math (since studies show conditional cash transfers improved educational and health outcomes for kids) to teaching them impulse control by giving them weird names (because evidence shows kids with unique names learn not to react when their peers tease them) to getting a vasectomy (because fewer kids in a family mean smarter kids). Conley encourages parents to draw on the latest data to rear children, if only because that level of engagement with kids will produce solid and happy ones. Ultimately these experiments are very loving, and the outcomes are redemptive—even when Conley’s sassy kids show him the limits of his profession. *Parentology* teaches you everything you need to know about the latest literature on parenting—with lessons that go down easy. You’ll be laughing and learning at the same time.

THE SNOW KILLINGS

INSIDE THE OAKLAND COUNTY CHILD KILLER INVESTIGATION

McFarland Over 13 months in 1976-1977, four children were abducted in the Detroit suburbs, each of them held for days before their still-warm bodies were dumped in the snow near public roadsides. The Oakland County Child Murders spawned panic across southeast Michigan, triggering the most extensive manhunt in U.S. history. Yet after less than two years, the task force created to find the killer was shut down without naming a suspect. The case "went cold" for more than 30 years, until a chance discovery by one victim's family pointed to the son of a wealthy General Motors executive: Christopher Brian Busch, a convicted pedophile, was freed weeks before the fourth child disappeared. Veteran Detroit News reporter Marney Rich Keenan takes the reader inside the investigation of the still-unsolved murders--seen through the eyes of the lead detective in the case and the family who cracked it open--revealing evidence of a decades-long coverup of malfeasance and obstruction that denied justice for the victims.

ARCADE CATASTROPHE

Simon and Schuster Nate and his friends think the new Arcadeland, where tickets can earn jets, tanks, subs, and race cars, is totally cool, until they learn that the arcade owner is hiding a secret.

COURAGEOUS DREAMING

HOW SHAMANS DREAM THE WORLD INTO BEING

Hay House, Inc Modern physics tells us that we're dreaming the world into being with every thought. Courageous Dreaming tells us how to dream our world with power and grace. The ancient shamans of the Americas understood that we're not only creating our experience of the world, but are dreaming up the very nature of reality itself—that is, "life is but a dream." When you don't dream your life, you have to settle for the nightmare being dreamed by others. This book shows how to wake up from the collective nightmare and begin to dream a life of courage and grace, a sacred dream that shamans throughout time have known and served. Alberto Villoldo reveals ancient wisdom teachings that explain how to birth reality from the invisible matrix of creation; and reveals how we can interact with this matrix to dream a life of peace, health, and abundance. He shows us that courage is all that is required to create the joy we desire!

THE FORGER'S SPELL

A TRUE STORY OF VERMEER, NAZIS, AND THE GREATEST ART HOAX OF THE TWENTIETH CENTURY

Harper Collins Profiles the dramatic art hoax through which a small-time Dutch painter conned a reviled Nazi leader by creating works that impersonated those of famed artist Jan Vermeer, a seven-year deception during which the forger hid his

mediocre artistic abilities through psychologically manipulative practices. 30,000 first printing.

THE PERILS OF PLEASURE

PENNYROYAL GREEN SERIES

Avon A rescued rogue . . . Scandal has rocked the city of London. Colin Eversea, a handsome, reckless unapologetic rogue is sentenced to hang for murder and, inconveniently for him, the only witness to the crime disappears. Then again, throughout history, the Everseas have always managed to cheat fate in style: Colin is snatched from the gallows by a beautiful, clever mercenary. A captivating captor. . . . Cool-headed, daring Madeleine Greenway is immune to Colin's vaunted charm. Her mission is not to rescue Colin but to kidnap him, and to be paid handsomely for it. But when it becomes clear that whoever wants Colin alive wants Madeline dead, the two become uneasy allies in a deadly race for truth. Together, they'll face great danger—and a passion neither can resist.

ELECTRONIC FILTER DESIGN HANDBOOK

McGraw-Hill Companies Still the number one resource for designers in the field, the Third Edition of this classic Handbook is extensively revised and updated to reflect the enormous recent advances in electronic filter design... while maintaining the overall emphasis on practi

BUSINESS ANALYSIS FOR BEGINNERS

JUMP-START YOUR BA CAREER IN FOUR WEEKS

Mohamed Elgendy Business Analysis for Beginners is a comprehensive hands-on guide to jump-starting your BA career in four weeks. The book empowers you to gain a complete understanding of business analysis fundamental concepts and unlock the value of a business analyst to an organization in identifying problems and opportunities and finding solutions. Learn how to define the business needs and apply the most effective tools and techniques to elicit, analyze and communicate requirements with business stakeholders. Business analysis in a nutshell - gain a comprehensive understanding of business analysis fundamental concepts and understand the value of a business analyst to an organization in identifying problems and opportunities and finding solutions.Scope definition & requirements management techniques - learn how to define the business needs and the most effective tools and techniques to elicit, analyze and communicate requirements with business stakeholders. Your BA toolkit - in addition to our step-by-step guide to all business analysis tasks, this book provides a thorough explanation of the different models & methodologies of Software Development Life Cycle (SDLC) and business process modeling. Our guide to kick-starting your BA career - we have included virtually every type of interview question you might face. After each chapter, you will find an interview cheat sheet to help you ace interview rounds and land your BA role.

ANATOMY OF THE SACRED

AN INTRODUCTION TO RELIGION

Prentice Hall For one-semester, undergraduate courses in Introduction to Religion and Comparative Religion, and more advanced courses dealing with issues in the theoretical study of religion. This comprehensive introduction to the nature and variety of religious phenomena, belief, and practice (1) explores the issues in religious studies, (2) examines the universal forms of religious experience, (3) offers a cross-cultural study of a broad range of classic types of religious belief and practice in terms of the seven basic concepts of a religious world view, and (4) surveys the challenges faced by religions today.

LEARNING FROM LOSS

A TRAUMA-INFORMED APPROACH TO SUPPORTING GRIEVING STUDENTS

Heinemann Educational Books

THOUGHTS INSPIRED BY THE A.A. SCOTTISH RITE DEGREES

THREE DECADES OF BANKING, 1889-1919

FPGA PROTOTYPING BY VHDL EXAMPLES

XILINX SPARTAN-3 VERSION

John Wiley & Sons This book uses a "learn by doing" approach to introduce the concepts and techniques of VHDL and FPGA to designers through a series of hands-on experiments. *FPGA Prototyping by VHDL Examples* provides a collection of clear, easy-to-follow templates for quick code development; a large number of practical examples to illustrate and reinforce the concepts and design techniques; realistic projects that can be implemented and tested on a Xilinx prototyping board; and a thorough exploration of the Xilinx PicoBlaze soft-core microcontroller.

CATARACT CITY

Atlantic Books Ltd Cataract City, a dead-end border town overlooking Niagara Falls. Owen Stuckey and Duncan Diggs are fast friends as kids - united by wrestling, go-karts, and metal bands - but as they grow into young men, their once simple affection competes with the tensions created by their respective circumstances. Owen, born to relative privilege, seems destined to get out of the city, while Duncan, honest but hard, is hurtling along the rails towards a future working the assembly line at the soulless biscuit factory, The Bisk. As Duncan becomes more and more desperate to escape, he finds himself at opposite ends of the law to Owen, and as the coils of the city creep ever tighter around the two friends, they find themselves struggling not to break free, but simply to survive.

THE OTHER ME

Penguin “Who hasn't wondered what alternate versions of their lives might look like?...As relatable as it is suspenseful cleverly exploring adulthood, identity, and shifting realities.” —Margarita Montimore, USA Today bestselling author of *Oona Out of Order* An inventive page-turner about the choices we make and the ones made for us. One minute Kelly's a free-spirited artist in Chicago going to her best friend's art show. The next, she opens a door and mysteriously emerges in her Michigan hometown. Suddenly her life is unrecognizable: She's got twelve years of the wrong memories in her head and she's married to Eric, a man she barely knew in high school. Racing to get back to her old life, Kelly's search leads only to more questions. In this life, she loves Eric and wants to trust him, but everything she discovers about him—including a connection to a mysterious tech startup—tells her she shouldn't. And strange things keep happening. The tattoos she had when she was an artist briefly reappear on her skin, she remembers fights with Eric that he says never happened, and her relationships with loved ones both new and familiar seem to change without warning. But the closer Kelly gets to putting the pieces together, the more her reality seems to shift. And if she can't figure out what happened on her birthday, the next change could cost her everything...

EVENT-RELATED BRAIN POTENTIALS

BASIC ISSUES AND APPLICATIONS

Oxford University Press on Demand This new volume brings together a wealth of information on event-related potentials of the brain, an area which has grown increasingly important as researchers attempt to understand the workings of the human brain using noninvasive imaging techniques. The volume addresses the neurophysiological bases of ERPs, brain stems and cognition, as well as applications. It will be of interest to a wide range of researchers in perceptual, cognitive, and motor behavior.

COLLECTED POEMS IN ENGLISH

Macmillan Presents the collected English poems of the former Poet Laureate of the United States who was exiled from his native Russia, only to go on to win the Nobel Prize for Literature in 1987. Reprint.

LOVE, HATE AND KNOWLEDGE

THE KLEINIAN METHOD AND THE FUTURE OF PSYCHOANALYSIS

BLACK LACE QUICKIES 10

Random House Quickies - a collection of bestselling short, sexy erotica from *Black Lace* Anything can happen on a trip to Brighton, even before you leave the train ... The greediest girls lust for glory ... Different uniforms lead to different roles ... On holiday, sex can be volcanic ... There's nothing like sex in the office ... Some door-to-door jobs have unforeseen perks ... Indulgent, sensual, taboo, outrageous and

always, always erotic, Black Lace short stories are the best in modern sexy fiction. Fun, irreverent and deliciously decadent, this arousing little anthology of our erotica is a showcase of the diversity and imagination of modern women's erotic desires. So dip into the most entertaining erotic fiction around.

THIS BOOK DOES NOT CONTAIN WEED REVIEWS

A CANNABIS LOGBOOK FOR KEEPING TRACK OF DIFFERENT STRAINS, THEIR EFFECTS, SYMPTOMS RELIEVED AND RATINGS.

This notebook allows you to log your cannabis and marijuana experiences - Write down and keep track your all-time strains favorites over many weed generations and variations. This guided herbal weed diary will help you to keep track o your experimentation with different strains and potencies and finding what works best for you. This notebook makes a great gift for medical marijuana users and marijuana bar budtenders. *****USE AMAZON LOOK INSIDE FEATURE TO CHECK IT OUT***** Book Feature: Strains Category of Indica, Hybrid and Sativa selection Symptoms Relieved section Effects & Strength Level section Taste Diagram Ratings and many more 120 Pages Matte cover paperback perfect bound

THE COMPANY DAUGHTERS

A HEART-WRENCHING COLONIAL LOVE STORY

Bookouture 'Blew my mind... so magically written and most of all that it is based on true events... a hard-hitting, soul-crushing book... I loved every moment of it... immersive, heart-wrenching, I feel emotional writing this review.' Goodreads reviewer, 5 stars Wanted: Company Daughters. Virtuous young ladies to become the brides of industrious settlers in a foreign land. The Company will pay the cost of the lady's dowry and travel. Returns not permitted, orphans preferred. Amsterdam, 1620. Jana Beil has learned that life rarely provides moments of joy. Having run away from a violent father, her days are spent searching for work in an effort to stay out of the city brothels, where desperate women trade their bodies for a mouthful of bread. But when Jana is hired as a servant for the wealthy and kind Master Reynst and his beautiful daughter Sontje, Jana's future begins to look brighter. Then Master Reynst loses his fortune on a bad investment, and everything changes. The house is sold to creditors, leaving Jana back on the street and Sontje without a future. With no other choice, Jana and Sontje are forced to sign with the East India Company as Company Daughters: sailing to a colonial Dutch outpost to become the brides of male settlers they know nothing about. With fear in their hearts, the girls begin their journey - but what awaits them on the other side of the world is nothing like what they've been promised... Based on true history, this is a gripping and unputdownable historical novel, perfect for fans of *Girl with a Pearl Earring*, *The Miniaturist* and *The Indigo Girl*. WINNER OF THE 2021 GOLDEN CROWN LITERARY SOCIETY AWARD FOR DEBUT FICTION. FINALIST FOR THE 2021 BISEXUAL BOOK AWARDS. LONGLISTED FOR THE 2021 HWA DEBUT CROWN AWARD. What readers are saying about *The Company Daughters*: 'Blew my mind... a book I've told so many people about purely because I'm still in disbelief that it exists, that it's so magically written and most of all that it

is based on true events... a hard-hitting, soul-crushing book of a woman's struggle to survive... I loved every moment of it. Breathlessly, and in a way that took up my entire brain... immersive, heart-wrenching, and I feel emotional writing this review.' Goodreads reviewer, 5 stars 'From the moment I started reading The Company Daughters, I was captivated by this historical tale. Although it does contain a love story, it's not a romance...This was a gripping read.' Goodreads reviewer 'This book is so stunningly tender and beautiful, all mixed in with some seriously tragic and heart-wrenching events... Rajaram is an extremely skilled writer, and I love her writing style... The themes of sisterhood and female love were so present in this book and I found it very moving.' Goodreads reviewer 'I was enchanted by this book! It's a delightful read that will have your emotions all over the place.' Goodreads reviewer 'I love historical fiction, and this book touched on a topic and time I knew nearly nothing about...There's love, there's loss, there's surviving, there's thriving... It was a very beautiful book.' Goodreads reviewer 'The Company Daughters is a beautifully written love story... a perfect example of the power of human will and the endurance and hope that love can give a person.' Goodreads reviewer, 5 stars 'This book has a beauty and grace to it. The author's writing just flows off the page, and although there are struggles and upsets by the time you close the book over you are filled with a warm glow.' Goodreads reviewer 'A powerful and insightful read. I look forward to reading more historical work by Samantha Rajaram!' Goodreads reviewer 'Heartbreaking... a moving book... vivid, with amazing characters... This is a great read.' Goodreads reviewer

EFFECTIVE BUSINESS COMMUNICATIONS

ETERNAL KISS

MARK OF THE VAMPIRE

Penguin View our feature on Laura Wright's Eternal Kiss and take her quiz. Raised by the Breed, Nicholas Roman wants to stop the Eternal Order of Vampires from controlling his life, and using other males from his bloodline-including possibly his son-for their vicious reign. Only a beautiful vampire stranger can help him. But what are her true motives? Watch a Video

CRITICAL THOUGHTS FROM A GOVERNMENT MINDSET

Chartridge Books Oxford The chapters in 'Critical Thoughts From A Government Mindset' have been grouped into three categories: strategic management; e-government development and practices; and identity management. In the first section, the book covers 'Corporate Government Strategy Development', and 'Customer Relationship Management'. Key Features: Is highly topical - examines subjects that are of great current interest to governments and practitioners worldwide; comprehensive, detailed and thorough theoretical and practical analysis; covers issues, and sources rarely accessed, on books on this topic. The Author: Dr Al-Khouri is the Director General (Under Secretary) of the Emirates Identity Authority: a federal government organisation established to rollout and manage the national identity management infrastructure program in the United Arab Emirates.

Readership Scholars, practitioners, business executives and government/economic policy makers worldwide, and especially those with an interest in the Middle East. Contents Strategic management - Corporate government strategy development: a case study; Customer relationship management: proposed framework from a government perspective E-government - E-government strategies: the case of UAE; E-government in Arab countries: a six-staged roadmap to develop the public sector; E-voting in UAE FNC elections: a case study Identity management - Identity and mobility in a digital world; Data ownership: who owns my data? Triggering the smart card readers' supply chain

THE GUIDE TO WRITING FANTASY AND SCIENCE FICTION

6 STEPS TO WRITING AND PUBLISHING YOUR BESTSELLER!

Adams Media Science fiction and fantasy is one of the most challenging--and rewarding!--genres in the bookstore. But with New York Times bestselling author Philip Athans and fantasy giant R. A. Salvatore at your side, you'll create worlds that draw your readers in--and keep them reading! Just as important, you'll learn how to prepare your work for today's market. Drawing on his years of experience as one of the most acclaimed professionals in publishing, Wizards of the Coast editor Athans explains how to set your novel apart--and break into this lucrative field. From devising clever plots and building complex characters to inventing original technologies and crafting alien civilizations, Athans gives you the techniques you need to write strong, saleable narratives. Plus! Athans applies all of these critical lessons together in an unprecedented deconstruction of a never-before-published tale by the one and only R. A. Salvatore! There are books on writing science fiction and fantasy, and then there's this book--the only one you need to create strange, wonderful worlds for your own universe of readers!

BASIC CONDUCTING TECHNIQUES

Routledge From the publisher. Basic Conducting Techniques is a practical and innovative textbook that provides sound, time tested procedures and material for the beginning conducting class. Students and professors have responded enthusiastically to the hands-on, conductor competency approach of this student-oriented textbook with its clearly stated objectives and performance tests.

VETERINARY CLINICAL PATHOLOGY

A CASE-BASED APPROACH

CRC Press *Veterinary Clinical Pathology: A Case-Based Approach* presents 200 cases with questions for those interested in improving their skills in veterinary clinical pathology. It emphasises an understanding of basic pathophysiologic mechanisms of disease, differential diagnoses and recognition of patterns associated with various diseases or conditions. Topics discussed include haematology, clinical chemistry, endocrinology, acid-base and blood gas analysis, haemostasis, urinalysis, biological variation and quality control. Species covered include the cat, dog and horse, with

additional material on ruminants. Cases vary in difficulty, allowing beginners to improve their clinicopathologic skills while more complicated cases, or cases treating unfamiliar topics, are included for experienced readers. This book is a helpful revision aid for those in training as well as for those in practice who are pursuing continuing education. It is also a valuable resource for veterinary nurses and technicians.

STARTING AND RUNNING A BUSINESS ALL-IN-ONE FOR DUMMIES

John Wiley & Sons Written by a team of business and finance experts, *Starting & Running a Business All-In-One For Dummies* is a complete guide to every aspect of setting up and growing a successful business. Featuring straight-talking advice on everything from business planning and marketing, managing staff and dealing with legal issues, to bookkeeping and taking care of tax obligations, this book is your one-stop guide to turning your business plans into profit. This amazing all-in-one guide brings together specialists in finance, bookkeeping, planning, marketing and sales, staffing, taxation and more, all of them eager to share their hard-won expertise with you. Discusses ways to identify new business opportunities and how to put together a business plan Get the scoop on securing the financing you need to get started Includes tips on finding, managing, and retaining excellent staff Offers information on marketing and selling your products or services

THICKER THAN MUD

Wipf and Stock Publishers Adam Drascher, a Jewish archaeology professor at a small Jesuit college in the Bronx, is at a standstill: Adam is in love with his former mentor, though he knows that relationship has no future, and though his tenure decision is approaching, Adam has little to show for his efforts studying the cult of the dead in ancient Israel. Everything changes for Adam when he discovers a tablet that sheds light on the Healers, shadowy underworld figures in Canaanite myth and in the Bible, on the same day that he loses his grandfather, the man who raised him. As Adam mourns for his grandfather and labors to interpret the text of the tablet, he unearths family secrets that test his loyalties and entangle him in the police investigation of an old family friend.

TONY NORTHRUP'S ADOBE PHOTOSHOP LIGHTROOM 5 VIDEO BOOK: TRAINING FOR PHOTOGRAPHERS

Tony Northrup Combining the benefits of video training and book learning, *Tony Northrup's Lightroom 5 Video Book* gives you over 12 hours of video and 250 pages of written content. When you can set aside the time, start the videos on a smartphone, tablet, or PC, and work alongside Tony & Chelsea in Lightroom. When you'd rather learn away from your PC, or you just want to quickly look something up, search the eBook or flip through the paperback book to find the information you need. Similar video training costs well over \$120 or more, or worse, requires you to pay a monthly membership fee that might cost you thousands. Similar books cost over twice this amount. You also get over 150 Lightroom presets, which usually cost

more than \$100, and access to our private Lightroom group on Facebook so you can ask questions and get feedback. Tony covers every aspect of Lightroom in-depth, but structures his teaching so that both beginner and advanced photographers can learn as efficiently as possible. If you just want a quick start, you can simply watch the first video or read the first chapter and you'll be organizing and editing your pictures in less than an hour. If you want to know more about a specific feature, switch to that video or flip to that chapter in the ebook. If you want to know everything about Lightroom, watch the videos and read the book from start-to-finish.

TILDEN MEMORABILIA

A SERIES OF HISTORICAL LETTERS

THOUGHTREAL

For Washington, DC Police Detective Brittany Johnson, this was no ordinary triple homicide. It had political implications: the three victims belonged to a diaspora community dealing with increased tension from another ethnic community based in the melting pot of the Nation's Capital. Yet this case was not merely political, but strange. The three dead men were armed and forensics showed that they fired several rounds at their attacker. How did they miss? What exactly killed them? As Johnson digs deeper, she will encounter both the very pinnacle of existential fear and the summit of passionate, unconditional love.

TODDLER SLEEP TRAINING

THE NO-CRY SLEEP SOLUTION FOR TODDLERS AND PRESCHOOLERS

The toddler stage can be one of the most fun, but sometimes it can be hard to be kind and gentle and at the same time get them to follow some house rules!

A GARDEN OF SAND

Carroll & Graf Destitution, hunger, cruelty, rootlessness—all the odds stand against Jacky, the young boy at the center of this powerful, popular American classic, yet still he prevails. Resourcefully, doggedly, Jacky nurtures his spirit of independence, his capacity to love, and his faith in a nation's dream in a journey that takes him from Wichita to Corpus Christi and from poverty to possibility.

THIS LITTLE LIGHT OF MINE

Cartwheel Books An illustrated version of the uplifting song, with sheet music and a compact disc.

TRADITIONAL FRYER RECIPES COOKBOOK

THE COMPLETE COOKBOOK FOR SMART PEOPLE ON A BUDGET TO PREPARE DELICIOUS FRIED MEALS

Carla Waters ★ 55% OFF for Bookstores! ★ Are you having a hard time letting go of those fatty foods, but still want to lose weight? And I know you had tasty dinners

with the loved ones and there a few or more extra pounds "on board"! That's why I focused on creating the one and only air fryer cookbook that you'll ever need to replace fatty deep-fried snacks with healthier, delicious, and diet-friendly alternatives! Energizing breakfasts recipes No-fuss lunch and dinner recipes to keep "cheating" Craveable vegetarian and meatless recipes Great variety of appetizers and desserts Lots of protein recipes - poultry, pork, beef, and seafood Savory side dishes, and snacks What are you waiting for? Buy it NOW and let your customers get addicted to this amazing book!

TIME TO GET BASTED

THANKSGIVING TÜRKEI BIER FOODIE GET BASTED NOTIZBUCH LINIERT 120 SEITEN FÜR NOTIZEN ZEICHNUNGEN FORMELN ORGANIZER TAGEBUCH

Dieses Tagebuch ist ein perfektes Geschenk für Freunde und Familie, männlich oder weiblich. Weitere Merkmale dieses Notizbuches sind: - 120 Seiten - 6x9 Zoll - mattes Cover Dieses Buch ist zum Schreiben geeignet. Es hat die perfekte Größe, um es überallhin mitzunehmen, zum Aufzeichnen und Notieren.

BULLETPROOF YOUR SHOULDER

OPTIMIZING SHOULDER FUNCTION TO END PAIN AND RESIST INJURY

Gatekeeper Press * move your shoulder better *make your shoulder joint more stable *end shoulder pain * get strong shoulder muscles *increase shoulder proprioception *get a strong rotator cuff * keep your shoulder from getting hurt or injured *improve overhead sports performance A "bulletproof shoulder" is a shoulder that is pain-free and resistant to injury - and you can have one too - Bulletproof Your Shoulder will show you how. In less than 100 pages, readers will learn about the Bulletproof Shoulder program - a series of simple and powerful exercises you do at home or in the gym, that take a few minutes a day to do - yet create powerful changes in your shoulder tissues making it bulletproof to pain and injury. Recommended for chronic shoulder pain, athletes, workers who do repetitive arm activities, or anyone who simply wants to get rid of or avoid shoulder problems.