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Building Findable Websites Aarron Walter,2009-02-02 This is not another SEO book written for marketing professionals Between these covers you ll find practical advice and examples for people who build websites aiming to reach their target audience Each chapter will introduce you to best practices and fresh perspectives on how to accomplish these simple yet indispensable goals Help more people find your site Help users find content within your site Encourage return visits The path this book travels through the villages of Web standards accessibility and contemporary technologies like Ajax APIs Flash and microformats You ll find the big ideas behind these technologies and real world examples illustrating that you don t have to compromise the user experience to create search engine friendly findable websites Although this book illuminates a broad range of findability strategies one common theme pervades Web standards compelling content improved findability more successful sites You ll find even more findability guidance on the book s companion website <http://buildingfindablewebsites.com> including 5 bonus chapters

Sober Starting Today Workbook Deborah Sosin,2024-03-01 Packed with instantly accessible and engaging mindfulness based exercises Sober Starting Today Workbook offers a clear compassionate pathway for anyone seeking to overcome problematic alcohol or drug use With this workbook readers will learn effective strategies for pursuing sobriety and achieving freedom from addiction beginning on day one

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Healing Racial Stress Workbook for Black Teens Jessica S. Henry,Farzana T. Saleem,Dana L. Cunningham,Nicole L. Cammack,Danielle R. Busby,2023-08-01 Racial stress resulting from

discrimination can negatively impact teens emotional physical and mental health with lifelong consequences This workbook offers Black teens evidence based strategies to manage emotions in the face of race based stress due to microaggressions implicit bias overt racism and vicarious racism and provides tools to help teens feel empowered to resist racism and thrive throughout their lives A Workbook for Kids Who Worry Anna Scetinina,2025-01-02 Today s kids face unprecedented challenges and often struggle with anxiety and worry as a result This engaging workbook is packed with fun and creative activities based in acceptance and commitment therapy ACT a proven effective treatment in reducing anxiety in children this fully illustrated workbook teaches kids ages 5 to 12 how to cope with chronic worry and stress by developing a flexible mindset With this kid friendly guide children will feel empowered and more confident to face their fears and live joyfully

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