

How To Be Your Own Bodyguard Self Defense For Men And Women From A Lifetime Of Protecting Clients In Hostile Environments

How To Be Your Own Best Friend
How to be Your Own Contractor and Save Thousands on Your New House Or Renovation While Keeping Your Day Job, with Companion CD-ROM
Be Your Own Beautiful
How to Host Your Own Web Server
How to Be Your Own General Contractor
Be Your Own Amazing Genie
How to Be Your Own Stockbroker
A Beautiful Anarchy: How to Create Your Own Civilization in the Digital Age
Creating Your Own Way to Happiness
How and When to Be Your Own Lawyer
How to Be Your Own Therapist
Be Your Own Brand
I, Spy
The Fireside annual [afterw.] pictorial annual [formerly Our own fireside] conducted by C. Bullock
Be Your Own Guru
How to be Your Own Herbal Pharmacist
101 Ways to Be Your Own Best Friend: A Guide to the Art of Fully Living
How to Build Your Own Home
How to be Your Own Therapist
Be Your Own Doctor
Be Your Own Lobbyist: How to Give Your Small Business Big Clout with State and Local Government
Be Your Own Shaman
Be Your Own Boss
How To Be Your Own Script Doctor
How to Be Your Own Best Tennis Pro
365 Ways to Be Your Own Life Coach
The Journey to Be Your Own Best Friend
How to Be Your Own Genie
Be Your Own Dating Coach
How to be Your Own Lawyer in a Non-Criminal Case in the USA
Are You Ready to Be Your Own Boss
How To Be Your Own Literary Agent
How To Be Your Own Finance Planner in 10 Steps
Be Your Own Best Friend: The Glorious Truths of Being Female
How to Be Your Own Best Friend
Be Your Own Astrologer
Ascendant - Aries
Be Your Own House Contractor
Be Your Own Brand: Achieve More of What You Want by Being More of Who You Are (Large Print 16pt)
Assert Yourself!
How To Be Your Own Management Guru

How To Be Your Own Best Friend

How smart a manager are you? How good are you at leveraging your knowledge and skills in order to provide value for your business and your customers? How smart is your management team when it comes to understanding both the fundamentals of business, and new trends? How to be your own Management Guru is the perfect answer to those looking to master the fundamentals of managing in the modern world: how to make and implement strategy; how to understand and respond to customer needs; how to manage and get the best out of people; and above all, how to use knowledge. Drawing on both business research and examples of best practice from around the world, past and present, How To Be Your Own Manager Guru will help readers to manage more effectively, and to do business the smart way.

How to be Your Own Contractor and Save Thousands on Your New House Or Renovation While Keeping Your Day Job, with Companion CD-ROM

Be Your Own Beautiful

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Catch the happy and cheerful energy that exists everywhere! You can learn how to use that special energy to be your own genie, granting your own wishes and creating a happy and positive life. By relying on yourself, you will become stronger in your spirit as you strive to better yourself. By learning how to positively respond to all of the messages coming at you each day, you will become stronger. Through stories and lessons, you'll learn ways to focus your thoughts and gain positive self-empowerment. You'll put yourself in charge of your own happiness, and you'll find yourself feeling better about yourself. Are you ready to begin this incredible journey? Learn how to live happily and fully. You are unique—one of a kind. *Be Your Own Amazing Genie* will help you to understand you are important and able to achieve your own wishes. The message is simple and straightforward: take control of your own destiny through your actions. Become your own genie now!

How to Host Your Own Web Server

How to combine herbs to address all aspects of specific ailments. Linda Page has been saying it for years: Good food is good medicine. Now, in her new revolutionary cookbook set, she presents the latest information about the problems with today's food supply and shows how to use food as medicine, for healing, and for wellness.

How to Be Your Own General Contractor

NEW EDITION, REVISED AND UPDATED In this second edition of their classic book on personal brand David McNally and Karl Speak show that developing a personal brand is not about constructing a contrived image. Rather, it is a process of discovering who you really are and what you aspire to be. The hallmark insight of this new edition is that the best way to establish a strong and memorable brand is to make a positive difference in the lives of others through making lasting impressions that build trusting relationships. McNally and Speak take you through the process of identifying the key components of your brand, conveying that brand to the world, checking how closely your brand aligns with important relationships in your life—particularly your employer—and assessing your progress along the way. This thoroughly revised and updated edition features new material on how to use social media to build a powerful personal brand and case studies of individuals whose personal brands have changed the world. "Squarely delivers where other books have left off by creating a genuine self-understanding and a strong picture of the person you are and want to become to create real sustainable personal change." --Stephen Weiss, Former President EDMC Online Higher Education and Former President and COO Capella Education Company "A strong personal brand is paramount for effective leadership. *Be Your Own Brand* is a powerful and practical guide for building deep and meaningful relationships." --Perry Cantarutti, Senior Vice President, Europe, Middle East, Africa, Delta Air Lines "Be Your Own Brand, when applied within a business organization, has the power to accelerate the pace of organizational brand development tremendously." --Taras K. Rebet, President, West Europe, Otto Bock HealthCare GmbH "From this book you'll experience deep introspection and discover your own brand which will surely ignite personal and professional growth." --Heather Backstrom, Employee Development Manager, Moog, Inc. Aircraft Group

Be Your Own Amazing Genie

How to Be Your Own Stockbroker

Now you can save costly attorney fees and handle non-criminal legal matters on your own with this handy guide. Written by an experienced lawyer, this ebook will help you know how to defend against legal claims, or how to bring such claims yourself. It describes how to think like a lawyer, how to understand legal claims, where and how to conduct legal research, how courts work and how to file documents at court and handle court appearances. The second half of the book contains specific guidance on a variety of civil matters including bankruptcy, collections, contracts, estate planning and probate, divorce and other family law matters, labor and employment, landlord/tenant, partnerships and corporations, personal injury, real estate including foreclosures, and municipal claims. Best of all, this volume is written in simple, clear language that anyone can understand. With this guide you can save your hard earned money, rather than paying hundreds of dollars an hour for an attorney.

A Beautiful Anarchy: How to Create Your Own Civilization in the Digital Age

Creating Your Own Way to Happiness

You've had what seems like a million tennis lessons, but you get out on the court and it all goes away. You revert back to old habits and what made sense in the clean green and white world of the tennis pro is lost out there on the gritty high school courts where you are losing again to Hacker Charlie. You get steamed, throw your racket and go home frustrated. This book addresses the problem of getting what you learn in lessons out onto the court where you are hitting the ball with an actual opponent. The book challenges you to take charge of your own growth as a tennis player. It presents a system of ""point projects"" to help you systematically gather tennis knowledge and effectively incorporate it into actual play situations. This system is applicable to tennis practice, practice matches, match warm-ups, and during competitive match play. The book includes a number of sample point projects on every major stroke for you to try, plus a goal-setting chapter to give you the beginnings of an overall plan for self-improvement built around your own list of point projects. For less than the cost of one tennis lesson, you can double the value of all your other lessons, and start to become your own (best) tennis pro. Praise for How to be Your Own Best Tennis Pro ""Paul Stokstad's book puts the attention of the player where it belongs: on self-development. Only by taking a serious look at your own game, by pulling apart and examining the details of every stroke, can you put it all together again as a bigger and better game. The book has an interesting, systematic method of analysis that should take any player to a new level of understanding of their own game and of tennis in general."" -Jack Kramer

How and When to Be Your Own Lawyer

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How to Be Your Own Therapist

How to Be Your Own Literary Agent takes the mystery out of book publishing for any writer, published or not. Richard Curtis -- a top literary agent for more than thirty years -- provides a comprehensive practical overview of the publishing process, from submissions to contract negotiations to subsidiary rights to marketing, publicity, and beyond. He also gives away trade secrets and invaluable wisdom -- candid advice that can be found nowhere else. Now completely revised and expanded, How to Be Your Own Literary Agent is essential reading for all writers. * Big publishers, small publishers, self-publishers, e-publishers: how to keep up in a rapidly changing business * The new breed of busy literary editors: how to find them and know what they're looking for * What the electronic revolution means to you, and how to take advantage of it * How to know your "publishing" rights and negotiate effectively * How to have a say in your book's design, jacket, and promotion * How book chains and superstores have altered publishing -- and what that means for you

Be Your Own Brand

Life coaches aim to support and encourage their clients in their personal and professional growth by helping them to identify and achieve their goals. Good coaches don't give advice, but help the client to find the answer for themselves. But they are expensive. With this book, you can transform your life with no financial outlay other than the cover price. Using the author's eight steps to success you'll learn how to: - Choose your goals - Use the power of your mind - Build desirable personal qualities into yourself - Evaluate your current situation - Consider your options - Take action in order to succeed - Monitor your progress - Plug into the power of Persistence

I, Spy

A complete guide to financial success that can save money immediately, by the popular founder of America's largest discount brokerage company.

The Fireside annual [afterw.] pictorial annual [formerly Our own fireside] conducted by C. Bullock

The phrase "be your own best friend" is a well-known saying primarily because this approach really works. Being your own best friend develops self-reliance and self-compassion. It gives you the strength to become the director and producer of your own life-and it can even help you enrich relationships with others. This practical guide to living life to its fullest offers insights, anecdotes, unique exercises, and daily practices that can help you see all the possibilities in life. You can discover ways to make big decisions with confidence; find peace and satisfaction in life; build self-discipline and self-esteem; relieve stress; and accomplish your goals. When you reframe negative thoughts into positive ones, you can boost your chances of a positive outcome. You can better understand ways to care for your mind, body, and spirit-and appreciate and enjoy the precious gift of you.

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Be Your Own Guru

This book is a how-to manual for anyone wanting to build their own home. This is the first and possibly the only book you will need to purchase on the topic. Many books deal with how to do the actual construction. But very few deal with the all-important management of the building process. It is not a technical manual, but rather a guide to establishing and managing a home building project. Written by a licensed, professional contractor, this book steps you through the process, including selecting the right plans, obtaining a construction loan, hiring sub-contractors, and managing the entire home building process.

How to be Your Own Herbal Pharmacist

A detailed guide to the planning and execution of home building or renovation, with tips on design, pouring foundations, installing floors, walls, and roofing, hiring subcontractors; and includes checklists on an accompanying CD-ROM.

101 Ways to Be Your Own Best Friend: A Guide to the Art of Fully Living

Have you ever wanted to be your own private eye? Have you ever wanted to track down long-lost relatives or people who've scammed you? Have you ever wanted to know if your kids really are where they say they are? Or if your significant other is cheating on you? Or how to locate assets in order to collect on a judgment? In *I, Spy*, world-renowned private investigator Dan Ribacoff will show you how. With decades of experience in public safety, private investigation, and credibility assessment, Dan will teach you: The do's and don'ts of surveillance How to conduct a stakeout--from what to wear to what to bring How to track down anyone anywhere How to collect and interpret evidence How to tell if someone is lying How to utilize informants How to protect your home, your valuables, and your privacy How to go off-grid, for now or forever How to know if you're being stalked The fundamentals of garbage retrieval And much, much more! Learn the art of private investigation from a pro. With Dan's time-tested tips and stories of true crime detection--straight from the gritty streets of New York City--you'll be hot on the trail in no time!

How to Build Your Own Home

1921 Questions and answers on how the doctor lived on raw foods! Anyone who is interested in the raw food regime will benefit by these questions and answers. the author gives as his concepts: Fasting, bathing, friction hip-bath - with illustrations on.

How to be Your Own Therapist

Self-help tools that work with--or without--the aid of a therapist How to Be Your Own Therapist provides tools for those who want to replace

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unhealthy behaviors with actions that bring satisfaction and success. Drawing from her 20 years as a licensed therapist, Dr. Patricia Farrell has developed an approach that enables individuals to manage their own lives by reclaiming the personal power to take action. With intelligence and insight, Dr. Farrell shares the innovative techniques and exercises that promote successful results in her own patients--patients whom Farrell quickly enables to move into independent problem-solving action. Also included here are dozens of proven self-assessment tests, compelling case studies, and helpful symptom-identification sidebars. Her "power tools" include how to: Fire one's parents Quit whining Make lots of mistakes Stick up for oneself

Be Your Own Doctor

After years of suppressing and denying his true self, Radleigh Valentine had a revelation- "The sparklier I am, the more magical my life becomes." Thus started a spiritual journey that led Radleigh to becoming the internationally renowned speaker, best-selling author, and spiritual intuitive that he is today. Now Radleigh distills all he's learned over the decades through messages from the universe, angels, and his own experiences to show you how to manifest and live the magical life that you were meant to have. Radleigh discusses the components of a magical life and offers practical advice and exercises to support you in several areas- Getting in touch with your "inner genie" to make your wishes come true Signs from the universe- how to read the messages you're receiving every day Daily, weekly, and monthly strategies for making your life more magical How to speak to the angels and why these angelic messengers want to help you Discovering your identity- examining your beliefs to choose only those that truly serve you Manifesting what you really want and how to turn an adversity into a blessing Finding love and managing the relationships in your life How to Be Your Own Genie will help you to choose joy and live a life of gratitude, bringing magic into every day.

Be Your Own Lobbyist: How to Give Your Small Business Big Clout with State and Local Government

This book is a celebration of Your best friend Your cheerleader Your soulmate YOU

Be Your Own Shaman

This fascinating book takes you on a one-of-a-kind journey into the esoteric world of healing. You might not realize it, but just about everyone is a natural-born healer! In fact, you probably already have some of the paranormal abilities related to this gift. For example, you may know who's calling before you answer the phone, or be able to sense what others are thinking or feeling. But you can further develop your inner talents and become your own shaman, capable of healing whatever ails you and effecting change in someone else's energy field and body. In Master Healer Deborah King's uniquely informative work, you will learn both Eastern and Western concepts and techniques from the earliest recorded healing practices some 5,000 years ago all the way up to modern times with John of God in Brazil and King's own powerful cutting-edge approach. You'll find out how to protect yourself from psychic attack, and how to get beyond any limiting beliefs you may hold.

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Self-knowledge leading to self-mastery is the ultimate quest, the pivotal adventure of a lifetime. Become the person you always knew you could be by taking this magical tour into the heart of healing!

Be Your Own Boss

By the time you complete this book, your financial life will have taken new shape! You will have worked on 10 different areas of your financial life, in the same way a financial planner works with you. The book has the ability to guide you on how to plan the 10 most important areas of your financial life. There are two types of investors in India: those who plan their financial life and those who plan nothing and just let their financial live move with the flow. The second group is extremely large, and this book is targeted at this group. Many investors who are DIY (Do It Yourself) investors can use this book to plan their financial life and be their own financial planners at some basic level. The book has the 3 elements of education, planning and action items all packed into one. Written for the common person, in simple language, the book deals with the most important financial worries and questions. Manish Chauhan s first book 16 Personal Finance Principles Every Investor Should Know was a great hit and well received by readers. The previous book taught investors the basics of personal finance. This book is a natural progression of that concept where you focus on actions and completing things in your financial life. The book is free from technical jargon yet has strong content, which is currently missing in the personal finance space. Grab your copy right now and give a new power to your financial life.

How To Be Your Own Script Doctor

Hold your head high and fill your heart with hope. The book shows you how to resist outer and inner voices that tell you you're unworthy. Do not let the pessimism of the world drown you in the message of despair. Though you are imperfect, you are far more gifted than you are faulty. Nobody in the world is perfect and Dr. Paul Hauck shows you how to accept yourself as you are. If you have ever felt infuriated or manipulated by other people, this book will inspire you to stand up for yourself successfully and handle them calmly.

How to Be Your Own Best Tennis Pro

365 Ways to Be Your Own Life Coach

What is real, lasting happiness? How does one achieve it? And why are so many people holding themselves back? At the heart of this profound, simple, beautiful book is the wisdom of Mildred Newman and Bernard Berkowitz, married psychoanalysts who encourage readers to both love themselves and to confront life's hardest truths. A classic for more than three decades, How to Be Your Own Best Friend has already changed millions of lives. Now, open up your mind, and let it change yours. Praise for How to Be Your Own Best Friend "I want to tell

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you that it's magic, but the whole point of the book is that there is no magic. So instead let me simply say that I can't live without it."--Nora Ephron "A wonderful prescription for the blahs . . . an antidote to weariness, discouragement or loneliness."--Los Angeles Times "What the Berkowitzes unearthed . . . is a too-often-forgotten form of human intercourse called getting to know me."--Chicago Tribune "A kind of psychiatric pep talk . . . directed at people who [are] learning how to operate themselves."--The New York Times "Seductively jargon-free, presented in neat question-and-answer format."--Houston Chronicle

The Journey to Be Your Own Best Friend

From filing small claims paperwork and using a law library to preparing a case and conducting a trial, readers learn basic legal techniques to handle their own civil claims.

How to Be Your Own Genie

Be Your Own Dating Coach

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How to be Your Own Lawyer in a Non-Criminal Case in the USA

In this second edition of their classic book on personal brand David McNally and Karl Speak show that developing a personal brand is not about constructing a contrived image. Rather, it is a process of discovering who you really are and what you aspire to be. The hallmark insight of this new edition is that the best way to establish a strong and memorable brand is to make a positive difference in the lives of others through making lasting impressions that build trusting relationships. McNally and Speak take you through the process of identifying the key components of your brand, conveying that brand to the world, checking how closely your brand aligns with important relationships in your life - particularly your employer - and assessing your progress along the way. This thoroughly revised and updated edition features new material on how to use social media to build a powerful personal brand and case studies of individuals whose personal brands have changed the world. "Squarely delivers where other books have left off by creating a genuine self - understanding and a strong picture of the person you are and want to become to create real sustainable personal change." - Stephen Weiss, Former President EDMC Online Higher Education and Former President and COO Capella Education Company "A strong personal brand is paramount for effective leadership. Be Your Own Brand is a powerful and practical guide for building deep and meaningful relationships." - Perry Cantarutti, Senior Vice President, Europe, Middle East, Africa, Delta Air Lines "Be Your Own Brand, when applied within a business organization, has the power to accelerate the pace of organizational brand development tremendously." - Taras K. Rebet, President, West Europe, Otto Bock HealthCare GmbH "From this book

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you'll experience deep introspection and discover your own brand which will surely ignite personal and professional growth." - Heather Backstrom, Employee Development Manager, Moog, Inc. - Aircraft Group

Are You Ready to Be Your Own Boss

How can this book help me? It will help you to believe in yourself and instill confidence to make the right choices in a relationship or marriage. It will motivate you to change your life if necessary. It will make you become happier and more content with life. First and foremost you must believe in yourself. You must be able to say: "I can do anything I want to in life and believe it." I want to learn about myself and another person so I can make the right decision for my future. I am divorced or widowed and want to start my life over. I am living single and need some suggestions to improve my life and cope with the loneliness. I am in a marriage and want ideas to make it better. I am under stress and need some ideas to control it. I want to learn how to improve my communication skills. I want to improve my image and networking skills. I want some ideas on coping with the death of a loved one. All of a sudden I am single - now what do I do? I need help caring for a loved one. I need to learn how to grieve and move my life forward. Creating Your Own Way To Happiness

How To Be Your Own Literary Agent

This book is the businessperson's guide to influencing government decisions without incurring the cost of a professional lobbyist, at a time when those decisions are, increasingly, a key to survival. □ Real-world advocacy examples □ Tip sheets, including "How to Work a Public Meeting," "Setting Expectations for Your Lobbying Effort," and "Don't Waste Your Money" □ "For Example" sidebars, such as "Time-Wasters and Turnoffs" and "The 5 Biggest Mistakes" □ "You Try It" exercises □ Model advocacy materials, including letters, emails, scripts, testimony, press releases, and more □ Sample laws, policies, and forms □ A "Learn the Language" glossary decoding some of the key jargon used in local and state government □ Resource guides for small businesses seeking government contracts

How To Be Your Own Finance Planner in 10 Steps

Have you ever wondered how difficult it would be to host your own web server or web site on your own computer for everyone on the internet to see? Why pay the \$24.95 monthly fee when you can do it yourself for \$1.00 a month or better yet FREE!!! This book will show you the steps needed to host your own web server, Screen shots of the applications that you will configure, key terms that you may hear, all in a simple to understand format.

Be Your Own Best Friend: The Glorious Truths of Being Female

Be Your Own Beautiful ~ is a book dedicated to inspiring women of all ages and nationalities to always find the beauty within themselves

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while learning to love who they are. It is important that, as women, we face our insecurities so that we are able to embrace the fullness of our purpose and who God originally destined us to be. Being a woman who has struggled most of my life with anger, it became important to me to find the root of this anger because it had turned me into a person that many people didn't want to be around, including myself. I chose to share my story because I desire to help as many young ladies/women break free from the pain of their past while embracing the Rare Beauty that awaits within. Once that Rare Beauty is found, I guarantee you will realize that YOU are not an illusion of beauty but the definition of it.

How to Be Your Own Best Friend

"A Beautiful Anarchy: How to Create Your Own Civilization in the Digital Age is Jeffrey Tucker's rhapsodic hymn to the digital age, and a call to use the tools it has granted us to enhance human freedom. and reduce and end intellectual dependency on the state. It shows that every truly valuable aspect of our lives extends not from politics and the regime, but from our own voluntary choices. The aims of A Beautiful Anarchy are: 1) to draw attention to the reality that surrounds us but we hardly ever bother to notice, much less celebrate; 2) to urge a willingness to embrace this new world as a means of improving our lives regardless of what the anachronistic institutions of power wish us to do; 3) to elucidate the causes and effects that have created this new world; and 4) to urge more of the good institutions that have created this beautiful anarchy. This books covers the uses of social media, the blessed end of the nation-state, the way the government is destroying the physical world, the role of commerce in saving humanity, the depredations of nation-state monetary policy, the evil of war and the lie of national security, and private societies as agents of liberation. And it offers a hopeful prognosis for a creative and productive world without central control. The book is topical, pithy, and anecdotal, yet points to the big ideas and the larger picture to help frame the great economic and political debates of our time." --from book description, Amazon.com.

Be Your Own Astrologer Ascendant - Aries

Covering the pros and cons of starting your own business, "Are You Ready to Be Your Own Boss" is a unique and and different approach to the "typical" business book in circulation today. Filled with honest and to the point information, it's easy reading will help the firt-timer decide if self-employment is the right choice for them.

Be Your Own House Contractor

Extensive research has proven that both personal and business success have more to do with emotional and spiritual intelligence than hard graft, perseverance or even good old common sense. The bad news is that no-one can 'give you' either emotional or spiritual intelligence. But the good news is that - because those intelligences are already lying dormant deep within you - you can learn how to harness these powers for yourself. Effectively you'll become your own guru - and once you've discovered how to tap into your hidden resources, you'll find yourself rapidly shortening the learning curve to both happiness and profits! Written in an engaging style by former journalist Olivia Stefanino, Be Your

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Own Guru is intriguing, inspiring and above all, accessible. Personal anecdotes and real-life case studies will be incorporated into an overall 'program' which will enable readers to be their own guru in less than two months!

Be Your Own Brand: Achieve More of What You Want by Being More of Who You Are (Large Print 16pt)

A relationship coach in a book Ever wondered why you make the same dating mistakes time after time? What seemed so promising at first simply dwindled into yet another disappointment. Or do you rarely get beyond the first or second date? Do you yearn for a long-term relationship but find yourself drifting from relationship to relationship? Or do you feel trapped when you really just want to have fun? Taking a step back from your busy life while taking a good yet honest and dispassionate look at yourself is never easy. Be Your Own Dating Coach is an upbeat, positive and humorous look at understanding yourself better, increasing your self-esteem, having more fun and getting the relationships you want and deserve. In short, it will show you how to coach yourself to a better love life. Written in two halves, one for men and one for women.

Assert Yourself!

An assertion training program comprised of discussions of and exercises in all forms of self-expression.

How To Be Your Own Management Guru

Want to save money on your building or remodeling project? How to be Your Own General Contractor will help homeowners save potentially thousands of dollars! This easy-to-follow guide provides the knowledge and ability you must have to become your own general contractor and complete any type of project with confidence. Inside, homeowners will find: bull; Tricks of the trade learned over the years by professional Bob Emmick that will help to avoid costly mistakes and time. bull; A guide through every aspect of your project. bull; Assistance in hiring and dealing with subcontractors, as well as guidance for those who would rather hire a general contractor. Emmick skillfully guides readers through an entire house project, helping the average homeowner to manage his or her own project no matter the size. Homeowners with little or no experience will walk away from How to be Your Own General Contractor with valuable knowledge that will help them now as well as in the future.

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