
Celebrated journalist R. W. (“Johnny”) Apple was a veteran political reporter, a New York Times bureau chief and an incisive and prolific writer. But the role he was most passionate about was food anthropologist. Known both for his restless wideopen mind and an appetite to match, Apple was also a culinary scholar: witty, wide-ranging and intensely knowledgeable about his subjects. Far Flung and Well Fed is the best of legendary Times reporter Apple's food writing from America, England, Europe, Asia and Australia. Each of the more than fifty essays recount extraordinary meals and little-known facts, of some of the world's most excellent foods—from the origin of an ingredient in a dish, to its history, to the vivid personalities—including Apple's wife, Betsey—who cook, serve and eat those dishes. Far Flung and Well Fed is a classic collection of food writing— lively, warm and rich with a sense of place and taste—and deserves to join the works of A.J. Liebling, Elizabeth David, M.F.K. Fisher and Calvin Trillin on the bookshelf.

The Wish List

The Big 3-0 is looming, but there's so much still to do... The brilliant new novel from the Sunday Times Top 10 bestselling author There are six months left of Emma Reiss's twenties. . . and she has some unfinished business. Emma and her friends are about to turn thirty, and for Emma it's a defining moment. Defined, that is, by her having achieved none of the things she'd imagined she would. Her career is all wrong, her love life is a desert and that penthouse apartment she pictured herself in simply never materialised. Moreover, she's never jumped out of a plane, hasn't met the man she's going to marry, has never slept under the stars, or snogged anyone famous - just some of the aspirations on a list she and her friends compiled fifteen years ago. As an endless round of birthday parties sees Emma hurtle towards her own thirtieth, she sets about addressing these issues. But, as she discovers with hilarious consequences, some of them are trickier to tick off than she'd thought… Praise for All The Single Ladies: 'Close the doors, open a bottle of wine, get out the chocs and enjoy this wonderfully witty read. Jane Costello at her best' Milly Johnson 'Jane Costello earned her place on the bestsellers list with her witty, colourful and fast-paced style. All The Single Ladiesproves that she certainly hasn't lost her touch ' Heat

The Lumineers Easy Piano Collection

(Easy Piano Personality). 15 easy to play piano arrangements from Denver Folk Rock Band, The Lumineers: Angela * Cleopatra * Donna * Flapper Girl * Flowers in Your Hair * Gale Song * Gloria * Ho Hey * It Wasn't Easy to Be Happy for You * Life in the City * Ophelia * Salt and the Sea * Sleep on the Floor * Stubborn Love * Submarines.

Nmap: Network Exploration and Security Auditing Cookbook

Over 100 practical recipes related to network and application security auditing using the
powerful Nmap About This Book Learn through practical recipes how to use Nmap for a wide range of tasks for system administrators and penetration testers. Learn the latest and most useful features of Nmap and the Nmap Scripting Engine. Learn to audit the security of networks, web applications, databases, mail servers, Microsoft Windows servers/workstations and even ICS systems. Learn to develop your own modules for the Nmap Scripting Engine. Become familiar with Lua programming. 100% practical tasks, relevant and explained step-by-step with exact commands and optional arguments description Who This Book Is For The book is for anyone who wants to master Nmap and its scripting engine to perform real life security auditing checks for system administrators and penetration testers. This book is also recommended to anyone looking to learn about network security auditing. Finally, novice Nmap users will also learn a lot from this book as it covers several advanced internal aspects of Nmap and related tools. What You Will Learn Learn about Nmap and related tools, such as Ncat, Ncrack, Ndiff, Zenmap and the Nmap Scripting Engine Master basic and advanced techniques to perform port scanning and host discovery Detect insecure configurations and vulnerabilities in web servers, databases, and mail servers Learn how to detect insecure Microsoft Windows workstations and scan networks using the Active Directory technology Learn how to safely identify and scan critical ICS/SCADA systems Learn how to optimize the performance and behavior of your scans Learn about advanced reporting Learn the fundamentals of Lua programming Become familiar with the development libraries shipped with the NSE Write your own Nmap Scripting Engine scripts In Detail This is the second edition of ‘Nmap 6: Network Exploration and Security Auditing Cookbook’. A book aimed for anyone who wants to master Nmap and its scripting engine through practical tasks for system administrators and penetration testers. Besides introducing the most powerful features of Nmap and related tools, common security auditing tasks for local and remote networks, web applications, databases, mail servers, Microsoft Windows machines and even ICS SCADA systems are explained step by step with exact commands and argument explanations. The book starts with the basic usage of Nmap and related tools like Ncat, Ncrack, Ndiff and Zenmap. The Nmap Scripting Engine is thoroughly covered through security checks used commonly in real-life scenarios applied for different types of systems. New chapters for Microsoft Windows and ICS SCADA systems were added and every recipe was revised. This edition reflects the latest updates and hottest additions to the Nmap project to date. The book will also introduce you to Lua programming and NSE script development allowing you to extend further the power of Nmap. Style and approach This book consists of practical recipes on network exploration and security auditing techniques, enabling you to get hands-on experience through real life scenarios.

Zabbix Network Monitoring Essentials

If you are an experienced network administrator looking for a comprehensive monitoring solution that will keep a watchful eye on networks, then this book is for you.

Network Intrusion Analysis - Methodologies, Tools, and Techniques for Incident Analysis and Response

Nearly every business depends on its network to provide information services to carry out essential activities, and network intrusion attacks have been growing increasingly frequent and
severe. When network intrusions do occur, it's imperative that a thorough and systematic analysis and investigation of the attack is conducted to determine the nature of the threat and the extent of information lost, stolen, or damaged during the attack. A thorough and timely investigation and response can serve to minimize network downtime and ensure that critical business systems are maintained in full operation. Network Intrusion Analysis teaches the reader about the various tools and techniques to use during a network intrusion investigation. The book focuses on the methodology of an attack as well as the investigative methodology, challenges, and concerns. This is the first book that provides such a thorough analysis of network intrusion investigation and response. Network Intrusion Analysis addresses the entire process of investigating a network intrusion by: *Providing a step-by-step guide to the tools and techniques used in the analysis and investigation of a network intrusion. *Providing real-world examples of network intrusions, along with associated workarounds. *Walking you through the methodology and practical steps needed to conduct a thorough intrusion investigation and incident response, including a wealth of practical, hands-on tools for incident assessment and mitigation. Network Intrusion Analysis addresses the entire process of investigating a network intrusion: Provides a step-by-step guide to the tools and techniques used in the analysis and investigation of a network intrusion. Provides real-world examples of network intrusions, along with associated workarounds. Walks readers through the methodology and practical steps needed to conduct a thorough intrusion investigation and incident response, including a wealth of practical, hands-on tools for incident assessment and mitigation.

**Applied Network Security Monitoring - Collection, Detection, and Analysis**

Applied Network Security Monitoring is the essential guide to becoming an NSM analyst from the ground up. This book takes a fundamental approach to NSM, complete with dozens of real-world examples that teach you the key concepts of NSM. Network security monitoring is based on the principle that prevention eventually fails. In the current threat landscape, no matter how much you try, motivated attackers will eventually find their way into your network. At that point, it is your ability to detect and respond to that intrusion that can be the difference between a small incident and a major disaster. The book follows the three stages of the NSM cycle: collection, detection, and analysis. As you progress through each section, you will have access to insights from seasoned NSM professionals while being introduced to relevant, practical scenarios complete with sample data. If you've never performed NSM analysis, Applied Network Security Monitoring will give you an adequate grasp on the core concepts needed to become an effective analyst. If you are already a practicing analyst, this book will allow you to grow your analytic technique to make you more effective at your job. Discusses the proper methods for data collection, and teaches you how to become a skilled NSM analyst. Provides thorough hands-on coverage of Snort, Suricata, Bro-IDS, SiLK, and Argus. Loaded with practical examples containing real PCAP files you can replay, and uses Security Onion for all its lab examples. Companion website includes up-to-date blogs from the authors about the latest developments in NSM.

**Sams Teach Yourself ICLOUD in 10 Minutes**
Presents information on using the iCloud computing software, covering such topics as configuring iPhones, iPads, iPods, and Macs for iCloud services, transferring documents between different devices, using Photo Stream, and downloading iTunes store purchases.

**Lethal Circuit - A Michael Chase Spy Thriller**

For Lee Child, Robert Ludlum, and Clive Cussler Fans Being a backpacker is easy. It's the bullets that are hard. Michael Chase didn't fly halfway around the world to lie on the beach and sip Mai Tais. He went to China to find his father. But when Michael finds himself caught between dueling spy agencies, every belief he holds dear is questioned, every notion is examined, and every relationship is tested. Michael didn't plan it this way. The events he finds himself part of were set in motion long before he was born. Generations ago, the invention of a radical new technology almost helped the Nazis win WWII. Now, seventy years later, the technology that would have resulted in Hitler's victory is close to being unearthed in the Chinese hinterland. If it is, everything that we know will be transformed forever. One secretive group will stop at nothing to keep that from happening. Since their first meetings in the days of the Samurai they've kept their radical agenda hidden. But as Michael discovers, nothing stays hidden forever. Michael's friends are few. His foes are many. And his chances of success are slim. If he's going to survive, he'll have to throw away everything he thinks he knows and start anew. Because there's more at stake than just his father now. And everyone of us is at risk.

**MICHAEL CHASE CIRCUIT SERIES IN ORDER:** Lethal Circuit -- Book One in the bestselling Michael Chase Circuit Series. Blown Circuit -- Book Two in the Michael Chase Circuit Series. Quantum Circuit -- Book Three is soon to be released. If you would like to be notified prior to its release, you can add your name to the email list here: eepurl.com/JGiSf

**Manual of Psychosocial Rehabilitation**

Psychosocial Rehabilitation is a comprehensive ready-reference for mental health practitioners and students, providing practical advice on the full range of interventions for psychosocial rehabilitation. It contextualises the interventions described and provides pointers to enable the reader to explore the theory and research. This manual recognises the wide-ranging impact of mental illness and its ramifications on daily life, and promotes a recovery model of psychosocial rehabilitation and aims to empower clinicians to engage their clients in tailored rehabilitation plans. The book is divided into five key sections. Section 1 looks at assessment covering tools available in the public domain, instruments, scoring systems, norms and applications for diagnosis and measurement of symptoms, cognitive functioning, impairment and recovery. Section 2 covers the full range of therapeutic interventions and offers advice on training and supervision requirements and evaluation of process, impact and outcome. Section 3 provides manuals and programs for intervention effectively provided as group activities. Section 4 explains how to design a full programme that integrates therapeutic interventions with group programmes as well as services provided by other agencies. The final section looks at peer support and self help, providing manuals and resources that support programmes and interventions not requiring professional or practitioner direction.