
Read Book 2013 Guide Pub Good The

Eventually, you will agreed discover a extra experience and attainment by spending more cash. still when? pull off you acknowledge that you require to get those every needs bearing in mind having significantly cash? Why dont you try to acquire something basic in the beginning? Thats something that will guide you to comprehend even more with reference to the globe, experience, some places, gone history, amusement, and a lot more?

It is your extremely own times to play a part reviewing habit. in the middle of guides you could enjoy now is **2013 Guide Pub Good The** below.

KEY=2013 - LIU HINES

The Good Pub Guide 2013

Random House Once again organized county by county, **The Good Pub Guide** is as invaluable as ever. Its comprehensive yearly updates and countless reader reports ensure that only the very best pubs make the grade. Here you will find classic country pubs, town-centre inns, riverside retreats, historic gems and exciting newcomers, plus gastropubs, and pubs specialising in malt whisky or own-brew beer. Find out the top pubs in each county for beer, dining and accommodation, and discover the winners of the coveted titles of Pub of the Year and Landlord of the Year. Packed with information, **The Good Pub Guide 2013** is a fund of honest, entertaining and indispensable information. Whether you are planning a night out, a weekend away, holidaying in the UK or looking for a local pub, Alisdair Aird and Fiona Stapley have it covered.

The Good Pub Guide 2020

Random House Britain's bestselling travel guide for over 35 years and the only truly independent pub guide of its kind. ***Featured in the Guardian, the Times and Mail Online and on BBC Radio 4*** The 38th edition of this much-loved book is as irreplaceable as ever. Organised county by county, its yearly updates and reader recommendations ensure that only the best pubs make the grade. Here you will not only find a fantastic range of countryside havens, bustling inns and riverside retreats, but also pubs known for their excellent food, some specialising in malt whiskey and craft beers. Discover the top pubs in each county for beer, food and accommodation, and find out the winners of the coveted titles of Pub of the Year and landlord of the Year. Packed with hidden gems, **The Good Pub Guide** continues to provide a wealth of honest, entertaining and up-to-date information on the countries drinking establishments.

The Good Food Guide

Good Beer Guide

CAMRA Ltd Britain's best-selling and fully independent beer & pub guide is back with updated listings for 2013.

Woodforde's Pub Guide & Ale Trail

2013

The Pub Guide 2013

Aa Pub Fully updated guide to over 2,000 traditional countryside inns, taverns, gastro-pubs and welcoming hostelries, carefully selected on merit with no charge for entry. The guide also features inspected and rated accommodation. Each entry includes information on opening times, prices and food. There are also useful symbols throughout, such as AA Rosettes and Stars to indicate the quality of food and accommodation and a wine glass to identify where a range of wines are available by the glass.

CAMRA's Good Beer Guide 2013

Now in its 40th year, this guide is fully revised and updated with details of more than 4,500 locations across the UK serving the best real ale—from country inns to urban-style bars and backstreet boozers More than just a pub guide, this is a complete book for beer lovers. Completely independent, with no entry fees for listings, it is revised and updated yearly by CAMRA's 110,000 members. Along with pub reviews and information, the guide has a unique Breweries Section which lists more than 600 breweries—micro, regional, and national—that produce real ale in the UK, and the beers they brew. Pub entries give details of the beers served, food, pub history, architecture, transportation links, beer gardens, accommodation, disabled access, and facilities for families. Tasting notes for the beers, compiled by CAMRA-trained tasting teams, are also included. A full-color, 36-page features section at the front contains informative and interesting articles relating to beer, pubs, and brewing. The 39th edition was named 2nd in the "Best Beer Book" category at the Gourmand Cookbook Awards.

Eating Out in Pubs 2013

Michelin Travel Publications

Michelin Must Sees London

Michelin Travel & Lifestyle The eBook version of **Must Sees London** by Michelin details the unmissable sights of the city. This guide spotlights London's essential attractions for a 24-hour visit, a weekend or longer. Take in the sights: Buckingham Palace, Big Ben, and Tower Bridge. Enjoy the highlights of the British Museum, National Gallery, Science Museum and more. Shop Oxford Street from Marble Arch to Leicester Square. You'll find a choice of restaurants for any budget. This concise, activity-based guide helps you do it all with its detailed maps, recommended hotels and Michelin Must Sees' star-rating system.

The Sydney Morning Herald Good Pub Food Guide 2013

Mental disorders : diagnostic and statistical manual

Safety at Street Works and Road Works

A Code of Practice

This publication sets out the statutory requirements for signing, lighting, and guarding at street works and road works. This is the core reference manual for utility companies, local authorities, street work contractors and others whose day-to-day business involves street works (works by statutory undertakers and other utility companies etc) and road works (works to maintain or repair road infrastructure). The code, which covers all of the UK and includes national variations, is now compulsory for highway/road authorities in England, Wales and Northern Ireland. It applies to all single carriageway roads and dual carriageways with a speed limit of 40 mph or less. The code is now divided into three parts: Basic Principles, Operations, and Equipment and Vehicles; site layout diagrams have been redrawn to make them easier to understand. There is: increased emphasis on using risk assessment and guidance on what to consider in such assessments; strengthened guidance on providing for pedestrians and cyclists and new guidance on traffic control measures related to road closures, one-way working and temporary road obstructions; enhanced advice on other traffic control measures including works near tramways and railways, and mobile/short duration works; and updated advice on high visibility clothing and the signing and conspicuity requirements for work vehicles. Effective from 1 October 2014 when it will supersede the 2001 edition (ISBN 9780115519581).

Ketogenic Diet Crash Course

Seriously Simple 7 Day Guide to Beating Cravings Whilst Turning Stubborn Fat into Energy

NaturalWay Publishing **How to Turn Your Body into a Fat-Burning Machine** Do you like what you see in the mirror? Are you avoiding social situations, dressing room mirrors or romantic advances because of how you feel about your body? Are you missing out on life? Not being able to enjoy simple activities with your loved ones? What if there really is an effective way to lose 5, 10, 30 or more pounds? If you're reading this then it's a sign that you're ready for a change. Everything happens for a reason and today is your day. Being trim and healthy is very attractive, no matter how we look at it, and highly valued in our society. This we cannot change, but we can take complete control of our own body. Step into your new body. Imagine getting compliments from friends, co-workers and members of the opposite sex. How does that feel? This guide cuts through the misconceptions about the low-carbohydrate diet, giving you the facts and figures, and taking all the guess-work out of losing weight. But this is not just a guide about losing weight - it's specifically crafted for optimally losing fat. Robert M. Fleischer has distilled years of research and experience to make it not only possible for you to look your best, but to do it in an easy and enjoyable way. In "Ketogenic Diet Crash Course" you'll discover: The difference between the Ketogenic diet and the Atkins diet, and how to avoid a mistake many people make unknowingly The no.1 cause of belly fat, and how to get rid of it easily (this piece of information alone is almost priceless) How to use technology you already have at your fingertips to make your weight-loss journey a lot easier and more effective How to boost your metabolism and burn more fat How to train your body to use fat instead of carbs How to get results with a low-carb diet without starving yourself

Collecting Qualitative Data

A Field Manual for Applied Research

SAGE **Providing a practical and step-by-step guide to collecting and managing qualitative data, this book focuses on the three most often used forms of qualitative methods: participant observation, in-depth interviews, and focus groups. Designed to be very applied, this textbook includes many checklists and tips for how to use each technique while doing research. It also includes numerous real-life examples and cases so that the reader will benefit from seeing the broader picture. Collecting Qualitative Data: A Field Manual is intended both for beginning researchers and the more experienced research collector.**

Michelin Green Guide London

Michelin Travel & Lifestyle **This eBook version of the Green Guide London by Michelin features the best of the city's varied cultural character, top attractions, shopping and eating-places. Star-rated attractions, color photographs, maps and an expanded Central London Museums section allow travelers to plan their trip carefully or be spontaneous. Explore the city's hidden corners on a walking tour, take in the view from Greenwich Observatory, or head out of town to Windsor Castle or Wimbledon. Wherever you go, Michelin's celebrated star-rating system makes sure you see the best.**

The Behaviour Change Wheel

A Guide to Designing Interventions

Designing Interventions' brings together theory-based tools developed in behavioural science to understand and change behaviour to form a step-by-step intervention design manual. This book is for anyone with an interest in changing behaviour regardless of whether they have a background in behavioural science.

Britain's Best Real Heritage Pubs

Pub Interiors for Outstanding Historical Interest

Among the 260 pubs collected here, there are unspoilt country locals, Victorian drinking palaces and mighty roadhouses. The book has features describing how the pub developed, what's distinctive about pubs in different parts of the country, how people a century ago could expect to be served drinks at their table, and how they used the pub for take-out sales in the pre-supermarket era. There is a bonus listing of 70 pubs that, while not meeting CAMRA's national criteria for a heritage pub, will still thrill visitors with their historic ambience."

Handbook of Skin Ultrasound

CreateSpace **The first practical handbook of skin ultrasound! Thought for beginners and advanced ultrasound users wishing to strengthen their knowledge in skin ultrasound Ideal for dermatologists, sonographers, radiologists, aesthetic physicians and plastic surgeons.**

Ultimate Paranormal Guide

CreateSpace **Today the entire world is at our fingertips, not too long ago libraries, and the knowledge inside books were our only source. Now we can carry the entire library, and more in a tablet lighter, and smaller than a single book. We have the tendency to rely entirely on our computers as our only source of knowledge; we take for granted that there will be electrical power as needed, and spoiled by the ease and availability of Wi-Fi or Wi-MAX wherever we go connecting our devices to the world. While doing research in the field, we are sometimes at locations where power is at a premium, or does not exist at all; then you have questionable or unreliable cellphone service without reliable power those devices are useless, and inevitably start to shut down. In these situations its time to break out the pencil and paper. This book contains paranormal terminology from different fields, historical facts, people and events for research and educational purposes. ISR created this book as a handy quick pocket reference guide when doing research in the field. If you needed one book to take with you that would come in handy in the middle of nowhere, this would be that book.**

Successful Qualitative Research

A Practical Guide for Beginners

SAGE **This accessible, practical 'how to' guide provides students with a step-by-step toolkit of the why, when and how of qualitative methods, for anyone studying qualitative research or doing a research project.**

Explore Your Options

A Personal Guide to Self-Help Psychotherapy

CreateSpace **This book is a compilation of techniques used in psychotherapy, put together in an easy-to-read format to apply to everyday problems-of-living. This guide can be used to deal with a simple problem or as a way to transform your life. Have you ever wondered what goes on in the privacy of a therapist's office? Besides talking about things not shared with others, there are therapeutic strategies led by the therapist to effect changes in an individual's life. These changes are intended to help you deal more effectively with problems-of-living. Dr. Swan takes you inside the therapist's office and shares the strategies you may encounter if you go for help.**

30 Days to Sell

CreateSpace **Nominated for a Small Business Marketing Book award!. You have 30 days to convert a user to a paying customer starting NOW. The clock is ticking. What will you do? Collecting and analysing the messaging and strategies the leading e-commerce, software and service companies use as they convert trial users to customers in the most important 30 days after sign-up. Each company's strategy is broken down and presented in an easy to use and understand visual guide. 30 days to sell is a must buy if you are looking to automate and improve new customer conversion. This book covers: Activation campaigns from the world's leading web companies. Easy reference guide - what message to send and when. Full page examples of each marketing message. Steal ideas from successful entrepreneurs, marketers and growth hackers. Two new bonus chapters showcasing more activation campaigns.**

The Airplane Effect

Jamaica Footprint Focus Guide

Footprint Travel Guides The extravagantly beautiful island of Jamaica has it all. From the creative and rhythmic culture to the abundant and colorful vegetation, this island exudes vibrancy. Footprint Focus provides invaluable information on transport, accommodation, eating and entertainment to ensure that your trip includes the best of this spectacular island. • Essentials section with useful advice on getting to and around Jamaica. • Comprehensive, up-to-date listings of where to eat, sleep and play. • Includes information on tour operators and activities, from the tranquillity of the Blue Mountains to exploring lively Kingston. • Detailed maps for Jamaica and its key destinations. • Slim enough to fit in your pocket. With detailed information on all the main sights, plus many lesser-known attractions, Footprint Focus Jamaica provides concise and comprehensive coverage of one of the Caribbean's most lively islands.

The Guide to Winning Elections

What the Insiders Won't Tell You, the Citizen, about Politics and Government...

Createspace Independent Publishing Platform A practical, hands on guide to getting involved in the political process from the precinct to the general election. The Guide covers organization, fundraising, public relations, on and offline candidate and issue promotion, social and mobile media and overall campaign strategy. The Guide is perfect for the novice and the professional political activist or potential candidate or campaign worker. If you are interested in being successfully involved in politics, advocating an issue or running for office you must read this book!

The Private Sector and Organized Crime

Criminal Entrepreneurship, Illicit Profits, and Private Sector Security Governance

Taylor & Francis This book contributes to the literature on organized crime by providing a detailed account of the various nuances of what happens when criminal organizations misuse or penetrate legitimate businesses. It advances the existing scholarship on attacks, infiltration, and capture of legal businesses by organized crime and sheds light on the important role the private sector can play to fight back. It considers a range of industries from bars and restaurants to labour-intensive enterprises such as construction and waste management, to sectors susceptible to illicit activities including transportation, wholesale and retail trade, and businesses controlled by fragmented legislation such as gambling. Organized criminal groups capitalize on legitimate businesses beleaguered by economic downturns, government regulations, natural disasters, societal conflict, and the COVID-19 pandemic. To survive, some private companies have even become the willing partners of criminal organizations. Thus, the relationships between licit businesses and organized crime are highly varied and can range from victimization of businesses to willing collusion and even exploitation of organized crime by the private sector - albeit with arrangements that typically allow plausible deniability. In other words, these relationships are highly diverse and create a complex reality which is the focus of the articles presented here. This book will appeal to students, academics, and policy practitioners with an interest in organized crime. It will also provide important supplementary reading for undergraduate and graduate courses on topics such as transnational security issues, transnational organized crime, international criminal justice, criminal finance, non-state actors, international affairs, comparative politics, and economics and business courses.

Formatting Briefs in Word

Formatting Briefs in Word explains how to create all the elements of a legal brief in Microsoft Word. Written by a lawyer for lawyers, paralegals and law students, readers will find this book invaluable for creating the best formatted briefs possible. While good formatting will not save a terrible brief, it will enhance a good one; and a good brief can be destroyed by poor formatting. Every page of this book is devoted towards solving the problems of formatting briefs. Topics include how to set up Word for legal writing; font selection; page layout; formatting using styles; creating tables of contents and authorities; and creating cover pages. Conformance with court rules is stressed throughout. This is an intermediate to advanced book on Word. The reader is expected to know already Word basics. This book takes the reader to a higher skill level.

Accident Book

On Purpose

Selling Your Company with Intention and Purpose

On Purpose, Selling Your Company With Intention And Purpose! was written as a guide for the small business owner to understand the steps involved in the process of selling a company for maximum value. Most business owners will only sell a company once or twice in a lifetime making them inexperienced at best. Hiring a business broker is one of the last steps you'll take in selling your company. I wrote this book so you can better understand the steps you need to take to begin the process of selling a company and maximize the value for all parties. I pull back the curtain and shed light on important aspects of selling that most buyers don't understand until it's too late. I arm you with the insight and experience needed to prepare yourself and your company for sale and successfully work through the sales process. After reading this book, you will be able to plan confidently and follow through with a successful sale of your company.

Handbook on Complexity and Public Policy

Edward Elgar Publishing 'Over recent years Complexity Science has revealed to us new limits to our possible knowledge and control in social, cultural and economic systems. Instead of supposing that past statistics and patterns will give us predictable outcomes for possible actions, we now know the world is, and will always be, creative and surprising. Continuous structural evolution within such systems may change the mechanisms, descriptors, problems and opportunities, often negating policy aims. We therefore need to redevelop our thinking about interventions, policies and policy making, moving perhaps to a humbler, more 'learning' approach. In this Handbook, leading thinkers in multiple domains set out these new ideas and allow us to understand how these new ideas are changing policymaking and policies in this new era.' - Peter M Allen, Cranfield University, UK

The Ultimate Guide to the UBE (Uniform Bar Exam) Redesigned

Aspen Publishing Addressing the relative newness of the UBE, The Ultimate Guide to the UBE provides a detailed approach to the exam, utilizes real students' past bar exam answers (including real bar exam scores), and includes commentary from expert contributors for added insight and perspective on how students can improve their own exam writing scores. In the past decade the UBE has gone from being adopted by merely a few jurisdictions to over 40, including Massachusetts, New York, Illinois, and Texas, and soon Pennsylvania in July of 2022. This encompasses a large percentage of students taking the Bar Exam. It also means that many students, as well as bar prep professionals, have questions about the UBE. We seek to provide one guide that addresses everything anyone would want to know about the UBE, most importantly, how to prepare for it. Melissa Hale, and Antonia (Toni) Miceli, and Tania Shah are experts in bar exam preparation, each having taught in the field for over a decade. As the UBE becomes more prevalent, we encounter more and more people with questions about how the UBE works and how best to prepare for each section of the UBE. This book is intended to be a "one-stop shop" for all things UBE! Professors and students will benefit from: Addressing the relative newness of the UBE, this guide provides a step-by-step process for tackling each section of the exam, utilizing real students' past bar exam answers (including real bar exam scores), and employing expert contributors' commentary for added perspective. The straightforward approach of this book appeals to students, and includes: outlines, charts, easily digestible content, and good humor to engage students in material that might otherwise seem dry or overwhelming. Above all, students want to see what an actual exam answer looks like, not just be told how to write the "perfect" (and mostly impossible) essay answer. In the Ultimate Guide to the UBE, students can see what real bar exam takers did under timed conditions. They can read expert commentary on real bar exam answers, and step into the shoes of a bar exam grader by critiquing real bar exam answers themselves. Students can see, firsthand, what separates a score of 1 from a score of 3 from a score of 6 out of 6, and learn how to push their own score up the grading scale. Memorizing rules separate from the essay-writing process is not a winning strategy; practicing writing an essay while looking up the rules enables students to hone their analysis skills and learn the rules. The online appendices provide all the substantive law students need to complete the questions in this book, allowing students to focus on the skill development piece of bar review, rather than guessing the applicable rule.

Creating Character

Bringing Your Story to Life

All fiction is character-driven, according to William Bernhardt. How can you use characters to create dynamic fiction that will captivate readers? This book explains the relationship between character and plot, and how the perfect melding of the two produces a mesmerizing story.

Remaking Home Economics

Resourcefulness and Innovation in Changing Times

University of Georgia Press These new essays, relevant for a variety of fields--history, women's studies, STEM, and family and consumer sciences itself--take current and historical perspectives on home economics philosophy, social responsibility, and public outreach; food and clothing; gender and race in career settings; and challenges to the field's identity and continuity.

Handbook of Research on Pedagogical Innovations for Sustainable Development

IGI Global Summary: "This book brings together case study examples in the fields of sustainability, sustainable development, and education for sustainable development"--

Best Guide on Lupita Nyong'o- Bar None - 90 Success Secrets

Emeroe Publishing Important Lupita Nyong'o news! This book is your ultimate resource for Lupita Nyong'o. Here you will find the most up-to-date 90 Success Facts, Information, and much more. In easy to read chapters, with extensive references and links to get you to know all there is to know about Lupita Nyong'o's Early life, Career and Personal life right away. A quick look inside: Yale School of Drama - Notable alumni, 12 Years a Slave (score), BET Awards 2014 - Best Actress, Black Reel Award for Best Supporting Actress, 17th Hollywood Film Awards - 2013 winners[<http://www.hollywoodawards.com/winners-database/honorees-search/?winnerKeywordwinnerYear2013winnerCategory> The Hollywood Film Awards] Linked 2014-11-16, San Diego Film Critics Society Awards 2013 - Best Supporting Actress, 19th Critics' Choice Awards - Best Supporting Actress, 72nd Golden Globe Awards - Presenters, St. Louis Gateway Film Critics Association Awards 2013 - Best Supporting Actress, Shuga (Kenyan TV series) - Season 1 (2009), Village Voice Film Poll - Best Supporting Actress, List of Yale University people - Film, MTV Movie Award for Best Performance - 2014 MTV Movie Awards2014, Brett Dalton - Early life, Iowa Film Critics Awards 2003 - 2013, MTV Africa Music Awards 2014, Shadeism - Photoshop, magazines, and advertisements, 86th Academy Awards - Ceremony information, Cinema of Mexico - Actors, 2014 MTV Movie Awards - Opening Scene Cameos, Online Film Critics Society Awards 2013 - Best Supporting Actress, Academy Award for Best Supporting Actress - International presence, Nairobi, Kenya - Literature and film, Crystal Clarke, Academy Award for Best Actress in a Supporting Role - History, MTV Movie Award for Best Performance - Male - 2014 MTV Movie Awards2014, and much more...

What Stress Can Do

Whether it's your daily dealings at work or a pervasive concern for your physical safety, the stress you regularly experience may actually be more harmful than the threat that triggered it. Not only can it lead to isolation and an erosion of happiness, stress can be biologically harmful, bringing about health issues, such as heart disease, high blood pressure, ulcers, and strokes. In short, successfully managing stress could be nothing less than a life-or-death situation. Now, professional biofeedback practitioner Harry L. Campbell presents "What Stress Can Do," his unprecedented guide to the importance of minimizing everyday stress in order to short-circuit its many serious side effects. What's more, his easy-to-implement recommendations enable you to do so without use of any drugs. Recent data on the prevalence of stress documents that as much as 90 percent of all doctors' office visits are related to stress. However, with the right skills and perspective, you can preempt the physical fallout from the tolls of daily life, and gain new mastery over your mind. The time is right to take a step back, breathe easy, and once and for all address all that ails you.

Traffic Engineering Handbook

John Wiley & Sons Get a complete look into modern traffic engineering solutions Traffic Engineering Handbook, Seventh Edition is a newly revised text that builds upon the reputation as the go-to source of essential traffic engineering solutions that this book has maintained for the past 70 years. The updated content reflects changes in key industry standards, and shines a spotlight on the needs of all users, the design of context-sensitive roadways, and the development of more sustainable transportation solutions. Additionally, this resource features a new organizational structure that promotes a more functionally-driven, multimodal approach to planning, designing, and implementing transportation solutions. A branch of civil engineering, traffic engineering concerns the safe and efficient movement of people and goods along roadways. Traffic flow, road geometry, sidewalks, crosswalks, cycle facilities, shared lane markings, traffic signs, traffic lights, and more—all of these elements must be considered when designing public and private sector transportation solutions. Explore the fundamental concepts of traffic engineering as they relate to operation, design, and management Access updated content that reflects changes in key industry-leading resources, such as the Highway Capacity Manual (HCM), Manual on Uniform Traffic Control Devices (MUTCD), AASHTO Policy on Geometric Design, Highway Safety Manual (HSM), and Americans with Disabilities Act Understand the current state of the traffic engineering field Leverage revised information that homes in on the key topics most relevant to traffic engineering in today's world, such as context-sensitive roadways and sustainable transportation solutions Traffic Engineering Handbook, Seventh Edition is an essential text for public and private sector transportation practitioners, transportation decision makers, public officials, and even upper-level undergraduate and graduate students who are studying transportation engineering.

The Guide to Powerpoint 2013

CreateSpace The guide to Powerpoint 2013 is one of the series of books covering various topics of science, technology and management published by London School of Management Studies. The book will cover the introduction to the Topic and can be used as a very useful course study material for students pursuing their studies in undergraduate and graduate levels in universities and colleges and those who want to learn the topic in brief via a short and complete resource. We hope you find this book useful is shaping your future career, Please send us your enquiries related to our publications to press@lsms.org.uk London School of Management Studies www.lsms.org.uk

Delaplaine's 2013 Guide to South Beach

Createspace Independent Pub A Guide to South Beach written by a food, wine and travel writer who has lived there for 25 years. He doesn't list a thousand restaurants -- only the ones he likes (or detests), from overpriced 5 Star eateries with attitude to the tiniest bodega where the food is superior, and you get a smile with it. NOTE: this book focuses on South Beach ONLY, and except for a few restaurant, shopping and attraction listings, areas in Miami are NOT covered. If you're interested in Miami, you will want the "Miami & South Beach" edition instead of this one. This edition is designed to be easier to use than the bigger book. An unparalleled insider's view of South Beach. RESTAURANTS - LODGINGS - SHOPPING - ATTRACTIONS. Also - a selective list of things to do that you might not have thought about. A unique view of Miami from someone who's been there and done it and continues to do it every day! Current Guides available: 2013 Guide to South Beach (covers South Beach only) 2013 Guide to Key West & the Florida Keys 2013 Guide to Fort Lauderdale 2013 Guide to Las Vegas 2013 Guide to Orlando & Walt Disney World Delaplaine's 2013 Guide to San Francisco

Throwing It

Createspace Independent Pub "Throwing It" is a novel written by Jay Tando. It is a fictional story about a football player's life spanning his high school years finding romance in the Seattle dance clubs and following him through his professional football career taking him all over the world 1984 - 2013 Also available as an e-book on Amazon here: <http://www.amazon.com/Throwing-It-ebook/dp/B00APRS5ZA/>