
Samsung Tab Pc Manual Guide

Galaxy S5

Samsung Galaxy Tab a Complete Manual

Android Tablets For Dummies

My Samsung Galaxy Tab 2

Samsung Galaxy User Manual Tab S6

GoPro MAX: How To Use GoPro Max

NOOK Tablet: The Missing Manual

Samsung Galaxy Tab 4 User Manual

Droid 2: The Missing Manual

Droid X2: The Missing Manual

Amazon Fire Phone: The Missing Manual

Windows 10

How to Do Everything Samsung Galaxy Tab

Galaxy S4: The Missing Manual

InfoWorld

Samsung Galaxy Tab S7 and S7 Plus User Guide

Galaxy S II: The Missing Manual

Big Book of Windows Hacks

Droid X: The Missing Manual

Flash CS6: The Missing Manual

Android Mobile Computing Using Samsung Tablets and Smartphones Running Android 2.3

NOOK HD: The Missing Manual

Samsung Galaxy Book Flex User Manual

NOOK Tablet: The Missing Manual

Building and Managing E-book Collections

Excel 2013: The Missing Manual

Ainsley and Owen

Samsung Galaxy Note For Dummies

Samsung Galaxy Tab S7 and S7 Plus User Guide for the Elderly (Large Print Edition)

Amazon Fire Phone: The Missing Manual

Galaxy Tab: The Missing Manual

Windows 8 Hacks

Samsung Galaxy Tab S For Dummies

Managing and Maintaining Your PC

Motorola Xoom: The Missing Manual

Galaxy S5: The Missing Manual

Samsung Galaxy Tab Survival Guide: Step-by-Step User Guide for Galaxy Tab: Getting Started, Downloading FREE eBooks, Using eMail, Photos and Videos, and Surfing Web

NOOK HD: The Missing Manual

Galaxy Tab

Samsung Tab Pc Manual Guide

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BISHOP SLADE

Galaxy S5 John Wiley & Sons

Ready to unleash the Droid 2? This entertaining guide helps you take full command of Motorola's sleek new device to get online, shop, find locations, keep in touch, and much more. Every page is packed with useful information you can put to work right away, from setup to troubleshooting, with lots of valuable tips and tricks along the way. Get organized. Sync your contacts, calendar, and email with your Google Calendar and Outlook accounts. Go online. Make your phone a portable hotspot or a modem to get your laptop online. Be productive. Use Google docs to create and edit documents, spreadsheets, and presentations. Play music. Purchase music from Amazon and sync your Droid 2 with Windows Media Player. Capture photos and video. Edit your photos and share everything you shoot—instantly.

Samsung Galaxy Tab a Complete Manual "O'Reilly Media, Inc." Introduces the major features of the Samsung Galaxy S5 smartphone, covering such topics as texting, videochat,

accessing the Internet, downloading apps, sharing pictures, playing music and videos, and using maps.

Android Tablets For Dummies Samsung Galaxy Tab 4 User Manual Are you a new Samsung Galaxy Tab 4 owner who wants to get the most out of your new tablet? This guidebook will help you learn how to get more from your Samsung Galaxy Tab 4 device whether it is the 7, 8, or 10-inch model. Here what you'll learn inside this guide and helpful tablet user's manual: - Getting started with the Samsung Galaxy Tab 4. - How to create contacts in the Tab 4. - How to use the Tab 4 as an IR remote. - Hidden features, tips & tricks on Samsung Galaxy Tab 4. - Taking photos and video with the Samsung Galaxy Tab 4. - Common troubleshooting issues and how to resolve them. - A look at some of the best free apps to install to take your phone to the next level. - A look at the best free game apps for your phone. - Samsung Galaxy Tab 4 accessories to enhance your tablet, and much more! Buy your guide now, and you'll learn all of the above and more in this book, which features screenshots straight from the Galaxy Tab 4 and step-by-step instructions on the processes involved in unleashing more powerful features of the tablet! This is a must-have eBook to get for any Galaxy Tab 4 user who wants

to take their device to the next level and get more out of their tablet! **Please note this book is for owners of the American version of the Galaxy Tab 4 tablets sold in the United States and may not apply to versions of the device in other countries.** Samsung Galaxy Tab S7 and S7 Plus User Guide Samsung didn't leave out the tablet lovers upon its recent gadgets releases in early August 2020. Samsung released various smart devices and gadgets this August, and one of the smart devices is what this guide is talking about. The Samsung Galaxy tab S7 and S7 Plus is a new evolution to the Samsung tab series. This new device is alternatively called the pocket PC by users as it resembles a portable personal computer. This new tablet device is unique; a tablet has never been this better, Samsung has hit the market again, and all tablet lovers are dying to get this unique portable personal computer. The Samsung galaxy tab S7 and S7+ tablets are very light weighted, no need to worry about carrying heavy phones; the tablet is slim and very elegant with beautiful exterior designs and finishing. The AMOLED super screen is one of a kind and would allow gamers and movie lovers to be glued with their tasks for hours. Both adults and kids would find the Galaxy Tab S7 and S7+ very useful; kids can use it to catch up on school drawings and artistic works, watch children shows, play games and read textbook applications on a wide colorful screen. If you have a child who loves smart devices, buying the S7 tab for him/her would make them very happy, and they'd be able to develop specific skills when using the device. Adults can also use the Galaxy tab S7 as a portable and movable personal computer; it can be used for all kinds of office works like using the Microsoft suites and other office applications. The tab would serve as a great portable PC next to your immovable real computer, so you can always catch up on your jobs. This guide brings you all the information, details, features, and How-Tos of the new Samsung galaxy tab S7 and S7+; the guide contains everything you need to know about this newly released device. Below are some of the things you'll learn when you read this guide: Starting Up your galaxy Tab S7 and S7+ The new Book Cover Keyboard Software version of the tabs Battery Capacity of the tabs How to Use Smart Switch to get old files The Tab S7 and S7+ Cameras The Book Cover Keyboard RAM and Storage capacity Processor and Performance New Galaxy Tab S7 and S7+ S-Pen Features The Galaxy Tabs and YouTube Premium Canva and Canva Pro How to Insert SIMCARD in the tab S7 and S7 Plus How to insert a memory card in the tab S7 and S7+ How to take a screenshot and a screen record Hide your home navigation keys How to install apps and uninstall them Google Apps How to set Dark mode Setting the Blue light filter How to adjust font size and change font style Biometric Security Biometric and security features of Samsung Galaxy tab S7 and S7+ Using the smart lock feature How to check for software updates Using gestures and motions How to set App Timers How to enable wind-down mode Device optimization How to scan for virus and malware How to change the language Accessibility features Troubleshooting And much more... Reading this guide gives you the edge over your Galaxy tab S7 and S7+ Click the Orange BUY NOW WITH 1-CLICK BUTTON on the top right corner and Download FREE with Kindle Unlimited!!! You won't regret you did See you inside!!! Samsung Galaxy Tab S7 and S7 Plus User Guide for the Elderly (Large Print Edition) Samsung didn't leave out the tablet lovers upon its recent gadgets releases in early August 2020. Samsung released various smart devices and gadgets this August, and one of the smart devices is what this guide is talking about. The Samsung Galaxy tab S7 and S7 Plus is a new evolution to the Samsung tab series. This new device is alternatively called the pocket PC by users as it resembles a portable personal computer. This new tablet device is unique; a tablet has never been this better, Samsung

has hit the market again, and all tablet lovers are dying to get this unique portable personal computer. The Samsung galaxy tab S7 and S7+ tablets are very light weighted, no need to worry about carrying heavy phones; the tablet is slim and very elegant with beautiful exterior designs and finishing. The AMOLED super screen is one of a kind and would allow gamers and movie lovers to be glued with their tasks for hours. Both adults and kids would find the Galaxy Tab S7 and S7+ very useful; kids can use it to catch up on school drawings and artistic works, watch children shows, play games and read textbook applications on a wide colorful screen. If you have a child who loves smart devices, buying the S7 tab for him/her would make them very happy, and they'd be able to develop specific skills when using the device. Adults can also use the Galaxy tab S7 as a portable and movable personal computer; it can be used for all kinds of office works like using the Microsoft suites and other office applications. The tab would serve as a great portable PC next to your immovable real computer, so you can always catch up on your jobs. This guide brings you all the information, details, features, and How-Tos of the new Samsung galaxy tab S7 and S7+; the guide contains everything you need to know about this newly released device. Below are some of the things you'll learn when you read this guide: Starting Up your galaxy Tab S7 and S7+ The new Book Cover Keyboard Software version of the tabs Battery Capacity of the tabs How to Use Smart Switch to get old files The Tab S7 and S7+ Cameras The Book Cover Keyboard RAM and Storage capacity Processor and Performance New Galaxy Tab S7 and S7+ S-Pen Features The Galaxy Tabs and YouTube Premium Canva and Canva Pro How to Insert SIMCARD in the tab S7 and S7 Plus How to insert a memory card in the tab S7 and S7+ How to take a screenshot and a screen record Hide your home navigation keys How to install apps and uninstall them Google Apps How to set Dark mode Setting the Blue light filter How to adjust font size and change font style Biometric Security Biometric and security features of Samsung Galaxy tab S7 and S7+ Using the smart lock feature How to check for software updates Using gestures and motions How to set App Timers How to enable wind-down mode Device optimization How to scan for virus and malware How to change the language Accessibility features Troubleshooting And much more... Reading this guide gives you the edge over your Galaxy tab S7 and S7+ Click the Orange BUY NOW WITH 1-CLICK BUTTON on the top right corner and Download FREE with Kindle Unlimited!!! You won't regret you did See you inside!!! Galaxy S II: The Missing Manual

Provides more than two hundred tips on ways to modify the Windows XP and Vista operating system, applications, and hardware associated with it.

[My Samsung Galaxy Tab 2](#) "O'Reilly Media, Inc."

Unleash the powers of the Amazon Fire phone with help from technology guru Preston Gralla. Through clear instructions and savvy advice, this fast-paced, engaging guide shows you how to make the most of Fire phone's innovative features—including Firefly, Dynamic Perspective, one-handed gestures, and integration with Amazon Prime. The important stuff you need to know: Gain control with Dynamic Perspective. Tilt your phone to scroll, move your head to play games, and explore maps in 3D. Take pictures further. Capture high-res, panoramic, and moving (lenticular) photos. Shoot HD video, too. Shop with ease. Use Firefly to identify music, videos, and other items, and go straight to the product's Amazon page. Get the apps you want. Load up on games and apps for productivity, health and fitness, and social networking from Amazon's Appstore. Solve problems right away. Get live tech support from Amazon via video chat with the Mayday help feature. Carry the Cloud in your hand. Access Prime Instant Video, your Kindle library, and your uploaded photos and

videos.

Samsung Galaxy User Manual Tab S6 "O'Reilly Media, Inc."

Use this friendly, full-color guide to make the most of the extraordinary Samsung Galaxy Note device! The Samsung Galaxy Note is the first mobile device that successfully bridges the gap between a modern smartphone and a tablet. Nicknamed "phablet", it has an array of features that could intimidate you without the help of this plain-English guide! Dan Gookin shows you how to set up and configure the Galaxy Note and use the revolutionary "S" software that allows you to draw directly on the screen with the special stylus, or "S Pen". You'll also learn to use both phone and tablet features, get online and use the web, text, make calls, shoot photos, get GPS directions, and all the rest, easily! The Galaxy Note is a revolutionary concept that combines smartphone and tablet technology; this guide demystifies the complex technology so you can take advantage of every feature. Shows how to set up and configure the device, work with the interface, and use the unique "S" software to write or draw directly on the touchscreen. Covers all the phone features, including voicemail and texting, as well as basic tablet features such as web browsing, e-mail, and social media. Explores how to use the camera, make notes, get directions, play music, synchronize and share content, use apps, and more. Written by immensely popular author Dan Gookin, known for both technical expertise and his friendly, easily understood style. *Samsung Galaxy Note For Dummies* is just what you need to help you get up and running with your fabulous new "phablet".

GoPro MAX: How To Use GoPro Max "O'Reilly Media, Inc."

Learn everything you need to know to master your GoPro MAX 360 camera in this guide book from the #1 AMAZON BEST SELLING AUTHOR on how to use GoPro cameras. Written specifically for GoPro Max, this is the perfect guide book for anyone who wants to learn how to use the GoPro Max camera to capture unique 360 and traditional videos and photos. Packed with color images, this book provides clear, step-by-step lessons to get you out there using your GoPro MAX camera to document your life and your adventures. This book covers everything you need to know about using your GoPro MAX camera. The book teaches you: *how to operate your GoPro Max camera; *how to choose settings for full 360 spherical video; *how you can tap into the most powerful, often overlooked settings for traditional video; *tips for the best GoPro mounts to use with GoPro Max; *vital 360 photography/cinematography knowledge; *simple photo, video and time lapse editing techniques for 360 and traditional output and *the many ways to share your edited videos and photos. Through the SEVEN STEPS laid out in this book, you will understand your camera and learn how to use mostly FREE software to finally do something with your results. This book is perfect for beginners, but also provides in depth knowledge that will be useful for intermediate camera users. Written specifically for the GoPro MAX camera.

NOOK Tablet: The Missing Manual O'Reilly Media

This Samsung Galaxy Tab manual provides step-by-step instructions on how to do everything with your Samsung Galaxy Tab FASTER. You will also unlock hidden secrets of your Galaxy Tab such as how to download FREE games and FREE eBooks and send an email from your device. This Galaxy Tab guide includes: - Getting Started - Button Layout - Organizing Home Screen Objects - First-Time Setup - Turning the Galaxy Tab On and Off - Navigating the Screens - Setting Up Wi-Fi - Making Voice Calls - Making Video Calls - Setting Up an Email Account - Logging In to the Application Market - Managing Photos and Videos - Sending Pictures via Email - Setting a Picture as Wallpaper - Viewing a Slideshow - Importing Pictures Using a PC - Importing Pictures Using a Mac - Viewing a Video - Using Email - Changing the

Default Signature - Setting the Default Account - Saving a Picture or Attachment - Managing Contacts

Samsung Galaxy Tab 4 User Manual FriesenPress

Get the most out of Samsung's Galaxy S5 smartphone right from the start. With clear instructions from technology expert Preston Gralla, this Missing Manual gives you a guided tour of Samsung's new flagship phone, including great new features such as the fingerprint scanner, heart rate sensor, and Download Booster. You'll get expert tips and tricks for playing music, calling and texting, shooting photos and videos, and even getting some work done. The important stuff you need to know: Get connected. Browse the Web, manage email, and download apps from Google Play through WiFi or 3G/4G network. Keep in touch. Call, text, chat, videochat, conduct conference calls, and reach out with Facebook and Twitter. Capture and display images. Shoot, edit, show, and share photos, slideshows, and high-definition videos. Play and manage your music. Buy music from Google Play or Amazon and listen to it with Galaxy S5's Music app. Work anywhere. Access your files, company network, calendar, and contacts—and work with Google Docs. Connect to Google Maps. Use geolocation and turn-by-turn drive directions to find your way. Stay fit with S Health. Use this built-in app to keep track of fitness goals, walking, heart rate, blood pressure, and more.

Droid 2: The Missing Manual American Library Association

Written by best-selling PC repair author and educator Jean Andrews, the seventh edition of *A+ Guide to Managing and Maintaining Your PC*, International Edition maps fully to CompTIA's 2009 A+ Exam objectives. This full-color guide is the most complete, step-by-step book available for learning the fundamentals of supporting and troubleshooting computer hardware and software. At the same time, it prepares readers to successfully pass the A+ 220-701 and 220-702 exams. The new edition is formatted to support any teaching style and course format, featuring an essentials-to-practical reorganization within each chapter and inclusion of new tabs distinguishing exam content. Further content and live demonstrations with Jean Andrews are available on the accompanying CD, making this new edition a total solution for PC repair.

Droid X2: The Missing Manual John Wiley & Sons

You can build everything from simple animations to full-fledged iPhone, iPad, and Android apps with Flash CS6, but learning this complex program can be difficult—unless you have this fully updated, bestselling guide. Learn how to create gorgeous Flash effects even if you have no programming experience. With Flash CS6: *The Missing Manual*, you'll move from the basics to power-user tools with ease. The important stuff you need to know: Learn animation basics. Turn simple ideas into stunning animations—in the very first chapter. Master Flash's tools. Learn the animation and effects tools with clear explanations and hands-on examples. Use 3D effects. Rotate objects and make them move in three dimensions. Create lifelike motion. Use the IK Bones tool to simulate realistic body movements and other linked motions. Build apps that work anywhere. Create apps just for iOS or Android devices—or one app that works on mobile devices and desktops. Add multimedia. Incorporate your own audio and video files into Flash. Create rich interactive animations. Dive into advanced interactivity with easy-to-learn ActionScript examples.

Amazon Fire Phone: The Missing Manual Kaisanti Press

Motorola Xoom is the first tablet to rival the iPad, and no wonder with all of the great features packed into this device. But learning how to use everything can be tricky—and Xoom doesn't come with a printed guide. That's where this Missing Manual comes in. Gadget expert Preston Gralla helps you master your Xoom with step-by-step instructions and clear explanations. As with all Missing Manuals, this book offers refreshing, jargon-free prose

and informative illustrations. Use your Xoom as an e-book reader, music player, camcorder, and phone. Keep in touch with email, video and text chat, and social networking apps. Get the hottest Android apps and games on the market. Do some work with Google Docs, Microsoft Office, or by connecting to a corporate network. Tackle power-user tricks, such as barcode scanning, voice commands, and creating a Wi-Fi hotspot. Sync your Xoom with a PC or a Mac.

Windows 10 "O'Reilly Media, Inc."

Annotation: Unleash the powers of the Amazon Fire phone with help from technology guru Preston Gralla. Through clear instructions and savvy advice, this fast-paced, engaging guide shows you how to make the most of Fire phones' innovative features, including Firefly, Dynamic Perspective, one-handed gestures, and integration with Amazon Prime. The important stuff you need to know: Gain control with Dynamic Perspective. Tilt your phone to scroll, move your head to play games, and explore maps in 3D. Take pictures further. Capture high-res, panoramic, and moving (lenticular) photos. Shoot HD video, too. Shop with ease. Use Firefly to identify music, videos, and other items, and go straight to the products' Amazon page. Get the apps you want. Load up on games and apps for productivity, health and fitness, and social networking from Amazon's Appstore. Solve problems right away. Get live tech support from Amazon via video chat with the Mayday help feature. Carry the Cloud in your hand. Access Prime Instant Video, your Kindle library, and your uploaded photos and videos.

How to Do Everything Samsung Galaxy Tab "O'Reilly Media, Inc."

Explains the features and uses of the Nook Tablet, including interface basics, using it as an e-reader, obtaining reading material, playing media, downloading apps, using the Web, using social media, and troubleshooting problems.

Galaxy S4: The Missing Manual "O'Reilly Media, Inc."

Droid X2 has more power and better graphics than its predecessor, but it still doesn't offer a printed guide to its amazing features. This Missing Manual helps you dig deep into everything Droid X2 can do. Learn how to shop, keep in touch, play with photos, listen to music, and even do some work. Unleash the power of this popular device with expert advice. The important stuff you need to know: Get organized. Sync Droid X2 with Google Calendar, Exchange, and Outlook. Go online. Navigate the Web, use email, and tap into Facebook and Twitter. Listen to tunes. Play and manage music using Droid X2's Music app and Google's Music Cloud Player. Shoot photos and video. View and edit photos, slideshows, and video in the Gallery. Connect to Google Maps. Use geotagging and get turn-by-turn directions. Stay productive. Create, edit, and store documents with Google Docs and Microsoft Office.

InfoWorld Delmar

A Quick and Easy Guide to Maximize the Samsung Galaxy Book Flex: Are you looking for a user manual that will help you SETUP and Master your Samsung Galaxy Book Flex? Are you looking for a manual that will expose you to all the amazing features of your device? Then get your hands on this book and have an amazing time using your device. The Galaxy Book Flex is clearly the star of the show here. It's the first laptop to use Samsung's patented QLED display technology, bringing its quantum dot goodness into the fold. The Galaxy Book Flex can be used as both a notebook and a laptop courtesy of its versatile hinge. While both the Flex and Ion come with 10th Gen Intel chips, the Flex gets Ice Lake chips based on the newer 10nm architecture. There are many other factors that make up the overall goodness of the device. We got a chance at handling the device and we are presenting our User Guide to help you maximize your device. This book is written in simple and clear terms with a step-by-step approach

and with tips and tricks that will help you to master your Samsung Galaxy Book Flex within the shortest period of time. Add this book to your library NOW!

Samsung Galaxy Tab S7 and S7 Plus User Guide "O'Reilly Media, Inc."

This book provides an overview and analysis of current and emerging trends of the use and development of the e-book. Readers will learn best practices to guide them in developing library policies and procedures involving the acquisition, purchase, collection development, cataloguing and retention of e-books.

Galaxy S II: The Missing Manual John Wiley & Sons

Combine a world-class e-reader with a top-notch tablet—then add know-how from technology guru Preston Gralla—and you have the perfect recipe for portable entertainment. Packed with clear instructions and helpful illustrations, this book gets you up to speed on the NOOK Tablet so you can enjoy ebooks, magazines, games, apps, TV shows, and movies right away. The important stuff you need to know: Relax with a book. Load your NOOK library with ebooks, comics, and interactive books for kids. Play with apps. Enjoy the games and apps everyone's talking about. Go online. Browse the Web and check your email with built-in WiFi. Be social. Share books and recommendations with your NOOK Friends and Facebook and Twitter contacts. Take in a show. Watch movies and TV series, and listen to your favorite music anywhere. Read all about it. Subscribe to a variety of magazines and newspapers.

Big Book of Windows Hacks "O'Reilly Media, Inc."

Are you a new Samsung Galaxy Tab 4 owner who wants to get the most out of your new tablet? This guidebook will help you learn how to get more from your Samsung Galaxy Tab 4 device whether it is the 7, 8, or 10-inch model. Here what you'll learn inside this guide and helpful tablet user's manual: - Getting started with the Samsung Galaxy Tab 4. - How to create contacts in the Tab 4. - How to use the Tab 4 as an IR remote. - Hidden features, tips & tricks on Samsung Galaxy Tab 4. - Taking photos and video with the Samsung Galaxy Tab 4. - Common troubleshooting issues and how to resolve them. - A look at some of the best free apps to install to take your phone to the next level. - A look at the best free game apps for your phone. - Samsung Galaxy Tab 4 accessories to enhance your tablet, and much more! Buy your guide now, and you'll learn all of the above and more in this book, which features screenshots straight from the Galaxy Tab 4 and step-by-step instructions on the processes involved in unleashing more powerful features of the tablet! This is a must-have eBook to get for any Galaxy Tab 4 user who wants to take their device to the next level and get more out of their tablet! **Please note this book is for owners of the American version of the Galaxy Tab 4 tablets sold in the United States and may not apply to versions of the device in other countries.**

Droid X: The Missing Manual "O'Reilly Media, Inc."

A quick and easy reference to get the most out of your Android tablet. It's not a computer and it's not a smartphone—so what in the world is it? Whether you're new to Android or new to tablets altogether, you're about to experience mobile computing like never before with this fun, full-color guide! In *Android Tablets For Dummies*, you'll find clear, easy-to-follow explanations for making sense of all the features native to Android tablets, as well as model-specific guidance. Inside, trusted tech guru Dan Gookin—who wrote the very first *For Dummies* book in 1991—walks you through setting up your Android tablet, navigating the interface, browsing the web, setting up email, finding the best apps, and so much more. No matter which Android tablet tickles your fancy, this hands-on guide takes the intimidation out of the technology and gives you everything you

need to make the most of your new device. Set up your tablet, configure the Home screen, and get connected Surf the web, send and receive email and texts, and use video chat and social media to keep in touch with family and friends Have fun with photos, videos, games, eBooks, music, and movies Get up and running with the Nougat Operating System If you're eager to learn the ins and outs of your Android device—but don't want to

pull your hair out in the process—this one-stop guide has you covered.

[Flash CS6: The Missing Manual](#) "O'Reilly Media, Inc."

Provides a basic introduction to the tablet computer, covering topics such as getting online, navigating the Web, downloading apps, using Facebook and Twitter, playing music, setting up email.

Best Sellers - Books :

• [Beyond The Story: 10-year Record Of Bts By Bts](#)

• [Flash Cards: Sight Words](#)

• [Love You Forever By Robert Munsch](#)

• [World Of Eric Carle, Around The Farm 30-button Animal Sound Book - Great For First Words - Pi Kids](#)

• [November 9: A Novel](#)

• [It Ends With Us: A Novel \(1\) By Colleen Hoover](#)

• [Killers Of The Flower Moon: The Osage Murders And The Birth Of The Fbi](#)

• [The Five-star Weekend By Elin Hilderbrand](#)

• [Heart Bones: A Novel By Colleen Hoover](#)

• [Young Forever: The Secrets To Living Your Longest, Healthiest Life \(the Dr. Hyman Library, 11\) By Dr. Mark Hyman Md](#)