

PICITO COM

SPY

La Sarta Spfy780 User Guide

WJ Hussar

La Sarta Spfy780 User Guide:

Uncover the mysteries within Explore with is enigmatic creation, Embark on a Mystery with **La Sarta Spfy780 User Guide**. This downloadable ebook, shrouded in suspense, is available in a PDF format (Download in PDF: *). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

https://staging.conocer.cide.edu/files/scholarship/index.jsp/heirloom half dolls creative gifts for the home.pdf

Table of Contents La Sarta Spfy780 User Guide

- 1. Understanding the eBook La Sarta Spfy780 User Guide
 - The Rise of Digital Reading La Sarta Spfy780 User Guide
 - Advantages of eBooks Over Traditional Books
- 2. Identifying La Sarta Spfy780 User Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
- 3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an La Sarta Spfy780 User Guide
 - User-Friendly Interface
- 4. Exploring eBook Recommendations from La Sarta Spfy780 User Guide
 - Personalized Recommendations
 - $\circ\,$ La Sarta Spfy780 User Guide User Reviews and Ratings
 - La Sarta Spfy780 User Guide and Bestseller Lists
- 5. Accessing La Sarta Spfy780 User Guide Free and Paid eBooks
 - La Sarta Spfy780 User Guide Public Domain eBooks
 - La Sarta Spfy780 User Guide eBook Subscription Services
 - La Sarta Spfy780 User Guide Budget-Friendly Options
- 6. Navigating La Sarta Spfy780 User Guide eBook Formats

- o ePub, PDF, MOBI, and More
- La Sarta Spfy780 User Guide Compatibility with Devices
- La Sarta Spfy780 User Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - o Adjustable Fonts and Text Sizes of La Sarta Spfy780 User Guide
 - Highlighting and Note-Taking La Sarta Spfy780 User Guide
 - Interactive Elements La Sarta Spfy780 User Guide
- 8. Staying Engaged with La Sarta Spfy780 User Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - $\circ\,$ Following Authors and Publishers La Sarta Spfy780 User Guide
- 9. Balancing eBooks and Physical Books La Sarta Spfy780 User Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection La Sarta Spfy780 User Guide
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine La Sarta Spfy780 User Guide
 - Setting Reading Goals La Sarta Spfy780 User Guide
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of La Sarta Spfy780 User Guide
 - Fact-Checking eBook Content of La Sarta Spfy780 User Guide
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

La Sarta Spfy780 User Guide Introduction

La Sarta Spfv780 User Guide Offers over 60,000 free eBooks, including many classics that are in the public domain. Open Library: Provides access to over 1 million free eBooks, including classic literature and contemporary works. La Sarta Spfy780 User Guide Offers a vast collection of books, some of which are available for free as PDF downloads, particularly older books in the public domain. La Sarta Spfy780 User Guide: This website hosts a vast collection of scientific articles, books, and textbooks. While it operates in a legal gray area due to copyright issues, its a popular resource for finding various publications. Internet Archive for La Sarta Spfy780 User Guide: Has an extensive collection of digital content, including books, articles, videos, and more. It has a massive library of free downloadable books. Free-eBooks La Sarta Spfy780 User Guide Offers a diverse range of free eBooks across various genres. La Sarta Spfv780 User Guide Focuses mainly on educational books, textbooks, and business books. It offers free PDF downloads for educational purposes. La Sarta Spfy780 User Guide Provides a large selection of free eBooks in different genres, which are available for download in various formats, including PDF. Finding specific La Sarta Spfy780 User Guide, especially related to La Sarta Spfy780 User Guide, might be challenging as theyre often artistic creations rather than practical blueprints. However, you can explore the following steps to search for or create your own Online Searches: Look for websites, forums, or blogs dedicated to La Sarta Spfy780 User Guide, Sometimes enthusiasts share their designs or concepts in PDF format. Books and Magazines Some La Sarta Spfy780 User Guide books or magazines might include. Look for these in online stores or libraries. Remember that while La Sarta Spfy780 User Guide, sharing copyrighted material without permission is not legal. Always ensure youre either creating your own or obtaining them from legitimate sources that allow sharing and downloading. Library Check if your local library offers eBook lending services. Many libraries have digital catalogs where you can borrow La Sarta Spfy780 User Guide eBooks for free, including popular titles. Online Retailers: Websites like Amazon, Google Books, or Apple Books often sell eBooks. Sometimes, authors or publishers offer promotions or free periods for certain books. Authors Website Occasionally, authors provide excerpts or short stories for free on their websites. While this might not be the La Sarta Spfy780 User Guide full book, it can give you a taste of the authors writing style. Subscription Services Platforms like Kindle Unlimited or Scribd offer subscription-based access to a wide range of La Sarta Spfy780 User Guide eBooks, including some popular titles.

FAQs About La Sarta Spfy780 User Guide Books

1. Where can I buy La Sarta Spfy780 User Guide books? Bookstores: Physical bookstores like Barnes & Noble, Waterstones, and independent local stores. Online Retailers: Amazon, Book Depository, and various online bookstores

- offer a wide range of books in physical and digital formats.
- 2. What are the different book formats available? Hardcover: Sturdy and durable, usually more expensive. Paperback: Cheaper, lighter, and more portable than hardcovers. E-books: Digital books available for e-readers like Kindle or software like Apple Books, Kindle, and Google Play Books.
- 3. How do I choose a La Sarta Spfy780 User Guide book to read? Genres: Consider the genre you enjoy (fiction, non-fiction, mystery, sci-fi, etc.). Recommendations: Ask friends, join book clubs, or explore online reviews and recommendations. Author: If you like a particular author, you might enjoy more of their work.
- 4. How do I take care of La Sarta Spfy780 User Guide books? Storage: Keep them away from direct sunlight and in a dry environment. Handling: Avoid folding pages, use bookmarks, and handle them with clean hands. Cleaning: Gently dust the covers and pages occasionally.
- 5. Can I borrow books without buying them? Public Libraries: Local libraries offer a wide range of books for borrowing. Book Swaps: Community book exchanges or online platforms where people exchange books.
- 6. How can I track my reading progress or manage my book collection? Book Tracking Apps: Goodreads, LibraryThing, and Book Catalogue are popular apps for tracking your reading progress and managing book collections. Spreadsheets: You can create your own spreadsheet to track books read, ratings, and other details.
- 7. What are La Sarta Spfy780 User Guide audiobooks, and where can I find them? Audiobooks: Audio recordings of books, perfect for listening while commuting or multitasking. Platforms: Audible, LibriVox, and Google Play Books offer a wide selection of audiobooks.
- 8. How do I support authors or the book industry? Buy Books: Purchase books from authors or independent bookstores. Reviews: Leave reviews on platforms like Goodreads or Amazon. Promotion: Share your favorite books on social media or recommend them to friends.
- 9. Are there book clubs or reading communities I can join? Local Clubs: Check for local book clubs in libraries or community centers. Online Communities: Platforms like Goodreads have virtual book clubs and discussion groups.
- 10. Can I read La Sarta Spfy780 User Guide books for free? Public Domain Books: Many classic books are available for free as theyre in the public domain. Free E-books: Some websites offer free e-books legally, like Project Gutenberg or Open Library.

Find La Sarta Spfy780 User Guide:

heirloom half dolls - creative gifts for the home

hebrew reading and writing heinle rdq lib ivanhoe

heavy weather cruising

helados sorbetes y otras delicias

heidis horse

helene weigel 100

hello literature place series

heinrich von kleist die marquise von o das erdbeben in chile lektuerehilfen

heinemann library maths dictionary maths plus from heinemann

heidegger and the tradition

heism versus meism the biblical solution to the problem of selfism

heil kahane

heidegger and marcuse

hebraic roots

La Sarta Spfy780 User Guide:

<u>fractional crystallization an overview sciencedirect topics</u> - Sep 23 2022

web if the crystal fraction in the magma ocean varies from 0 to the maximum packing fraction ϕ m 0 6 then the average crystal fraction is about ϕ 30 at which f ϕ 0 15 davis and acrivos 1985 the critical crystal size above which fractional crystallization occurs is then found from eqn 38

lecture 10 fractional crystallization 1 model mit opencourseware - Jul 02 2023

web the melt during fractional crystallization is c a a c o a f d a 1 c a b c o b f d b 1 so that c a c b a c a c b o f d a d b what is important is the difference between d a d b and for incompatible elements d a d b will always be small so that the ratio change in the residual melt during

fractional crystallization lab calculations full pdf - Apr 18 2022

web fractional crystallization lab calculations energetic materials apr 06 2021 incorporation of particular components with specialized properties allows one to tailor the end product s properties for instance the sensitivity burning behavior thermal or mechanical properties

recrystallization chemistry libretexts - Feb 26 2023

web recrystallization also known as fractional crystallization is a procedure for purifying an impure compound in a solvent

the method of purification is based on the principle that the solubility of most solids increases with increased temperature fractional crystallization lab calculations - May 20 2022

web 1 fractional crystallization lab calculations this is likewise one of the factors by obtaining the soft documents of this fractional crystallization lab calculations by online

fractional crystallization lab calculations orientation sutd edu - Aug~23~2022

web fractional crystallization lab calculations fractional crystallization of hanford single shell tank fractional crystallization solubility diagrams or by hand calculation techniques because of the assignments 1 how does fractional distillation differ from simple distillation 2 why fractional distillation

fractional crystallization lab calculations - Jun 20 2022

web 2 fractional crystallization lab calculations 2022 04 11 the author emphasizes the use of thermodynamics to construct mathematical simulations of real systems this helps to make the many abstract concepts acceptable many fractional crystallization an overview sciencedirect topics - Dec 27 2022

web fractional crystallization is an effective method for lanthanides at the lower end of the series which differ in cation radius to a large extent the separation of lanthanum as a double nitrate la no 3 3 2nh 4 no 3 4h 2 o from praseodymium and other trivalent lanthanide with prior removal of cerium as ce 4 is quite a rapid process and is of

lecture 11 fractional melting mit opencourseware - Jul 22 2022

web solids formed by batch and fractional melting in particular both instantaneous and average or accumulated fractional melts this is readily accomplished by calculations for a simple model for non modal melting of a garnet pyroxenite figure 35 the calculated results are shown in figure 36 most notable is that during fractional melting as f

fractional crystallization lab calculations 2023 - Mar 18 2022

web to start getting this info acquire the fractional crystallization lab calculations partner that we give here and check out the link you could purchase lead fractional crystallization lab calculations or acquire it as soon as feasible you could speedily download this fractional crystallization lab calculations after getting deal

simulation and optimization of fractional crystallization processes - Nov 25 2022

web apr 15 1998 in this paper we present new methods for calculation of various types of phase diagrams for aqueous electrolyte systems together with reliable and robust techniques for simulation design and optimization of fractional crystallization processes

fractional crystallization definition meaning dictionary com - Feb 14 2022

web fractional crystallization definition the process of separating the components of a solution on the basis of their different solubilities by means of evaporating the solution until the least soluble component crystallizes out see more

fractional crystallisation the mole rsc education - Jun 01 2023

web nov 1 2014 fractional crystallisation is a powerful purification technique the same process that defines the structure of rocks can be used to separate and purify dissolved solids if the substances in a mixed solution have sufficiently different solubilities this is defined as the maximum amount of solid that can be dissolved in a volume of

lab4 fractional crystalization name quiz sec lab partner - Sep 04 2023

web q2 what is the disadvantage of fractional crystallization the disadvantage of fractional crystallization is that with each increase in crystallization step number we lose kno3 the graph shows that as crystallization number increases the of the original kno3 mass recovered decreases in the first

fractional crystallization chemistry libretexts - Aug 03 2023

web fractional crystallization is a method of refining substances based on differences in solubility it fractionates via differences in crystallization forming of crystals if a mixture of two or more substances in solution are allowed to crystallize for example by allowing the temperature of the solution to decrease the precipitate will

experiment 3 lab report experiment 3 crystallization studocu - Oct 25 2022

web the percent recovery of the unknown was 78 shown in calculation 2 meaning again a significant amount of mass was lost during the recrystallization process the melting range of the unknown was observed to be 64 66 c and thus can be identified as biphenyl which has a melting range of 69 71 c

chem 162 lab 4 162 lab 4 report fractional crystallization - Oct 05 2023

web data calculations and graphs part i fractional crystallization of kno 3 with nh 4 2 fe so 4 2 6h 2 o impurity a starting components fract crystallization 0 step 3 mixture before first crystallization

fractional crystallization lab docx fractional course hero - Mar 30 2023

web fractional crystallization lab 3 scale tray tub trough ice water salt of the rock variety stirring rod funnel hot plate bunsen burner beaker tongs procedure measure the mass of the beakers and record next measure 50 ml of the nacl kno3 solution into the graduated cylinder then pour into the beaker

pdf fractional crystallization lab calculations - Apr 30 2023

web fractional crystallization lab calculations 14th international symposium on industrial crystallization sep 25 2022 this conference provides a forum for discussion of the advances in the theory and practice of crystallization as it relates to the production of bulk crystalline materials crystallization apr 01 2023

fractional crystallization chemistry wikipedia - Jan 28 2023

web in chemistry fractional crystallization is a method of refining substances based on differences in their solubility it fractionates via differences in crystallization forming of crystals

intro to ballroom dancing for beginners youtube - Jan 11 2023

web nov 14 2007 ballroom dancing for beginners intro to ballroom dancing for beginners expertvillage leaf group 3 6m subscribers subscribe 13 share 9k views 15 years ago learn a basic introduction to the art

how to ballroom dance an introduction for beginners - Mar 13 2023

web dec 2 2018 ballroom dance includes various styles such as waltz tango foxtrot and cha cha each dance has unique music rhythm and technique but all share the essence of connection and communication between the dance partners ballroom dance showcases artistry creativity and the joy of dancing together with a partner

top 7 tips things to know before starting ballroom dancing - Apr 02 2022

web apr 23 2021 below are the 7 most popular ballroom dances you can learn to dance individually or to read more about the 7 most beautiful ballroom dances you can learn in a short amount of time 1 waltz the waltz was invented in the 1700 s as a faster and more flowing dance then the minuet

ballroom dance tutorial for beginners how to start ballroom dancing - Jun 16 2023

web in this american style ballroom latin dance tutorial you will learn all the fundamentals of ballroom dancing without a partner and you will get introduced

how to ballroom dance for beginners youtube - Aug 06 2022

web jun 3 2012 learn how to ballroom dance for beginners howtodiytv com video features nicole and neale byrnes from byrnes image dance danceimage com

4 ways to ballroom dance wikihow - Apr 14 2023

web sep 7 2023 1 choose a dance style to focus on keep in mind that ballroom dancing is an incredibly broad genre of dance and it doesn t refer to a single style some popular types of ballroom dance include the waltz tango foxtrot cha cha east coast swing mambo samba and bolero

beginner's guide how to ballroom dance videos - Jul 17 2023

web in this guide you ll learn how to ballroom dance for beginners with 3 videos below but first a quick intro there are the traditional ballroom dances which include waltz foxtrot viennese waltz tango quickstep and more what is the easiest ballroom dance to learn for beginners - Sep 07 2022

web jan 31 2019 easy ballroom dances to learn now that you have been acquainted with some of the world's most famous ballroom dances let's narrow it down to the easiest ballroom dance to learn now a tip while some beginner dances are easier to learn and do that shouldn't hinder your progress toward becoming a better dancer

easy to follow guide to ballroom dance steps for beginners - May 15 2023

web mar 20 2023 in this article well break down the 5 basic steps of ballroom dance for beginners as well as provide tips

for learning and highlight the many benefits of this beautiful art form so let s take the first step and dive into the world of ballroom dance 5 basic steps of ballroom dance for beginners

a simple guide to the 10 traditional dances of ballroom dance - Dec 30 2021

web a simple guide to the 10 traditional dances of ballroom dance if you are interested in ballroom dance but don't know where to begin then there s only one place to start beginner dance classes at fred astaire dance studios ballroom dance guide 4 types of ballroom dance 2023 - Dec 10 2022

web sep 11 2023 there are many different styles of ballroom dance that like most types of dance take practice skill and stamina to master

how to ballroom dance ballroom dancing 101 free videos howcast - Nov 09 2022

web sep 14 2023 the tango is an argentinian style of ballroom dance that is a combination of flamenco and milonga it is a fast and sensual style of dance that emerged in the 1880s in dance halls across buenos aires in the 1900s the tango exploded onto the scene with popularity all over europe musicians began to compose their own music specifically for a beginner s guide to ballroom dancing - May 03 2022

web jul 14 2021 a beginner's guide to ballroom dancing super fun and elegant ballroom dancing is an old dance style that transports you back into mr darcy's gigantic living room and the gatsby era with elegant footsteps and intimate movements ballroom dancing is one of the most beautiful experiences no wonder it's a favorite amongst the newlyweds

ballroom dance steps how to ballroom dance for beginners - Feb 12 2023

web dec 12 2015 enjoy these beginner ballroom dance steps at any social dance event the 6 steps in this combo are box step crossbody lead open break and underarm turn crossover breaks slow underarm

ballroom dance planet your ultimate guide to dance styles - Mar 01 2022

web discover the world of ballroom dance with us at ballroom dance planet learn to glide across the dance floor understand the nuances of rhythm and find the perfect dance gear through our in depth guides reviews and tips we re your go to source for all things ballroom dance

practice tips for ballroom dancing dance vision - Jul 05 2022

web may 25 2021 beginner guides ballroom dance culture inside dance vision dancesport tips and tricks may 25 2021 alise borne tips and tricks with the help of our blogs h ow to become a better dancer and how to set dance goals you have the skill of deliberate practice under your belt and outlined goals now take the opportunity to develop a plan

top 5 basic ballroom dance steps beginners guide - Aug 18 2023

web mar 2 2019 however you still need to learn basic ballroom dance steps and you need to enter the ballroom with confidence with this quick guide you re about to ace the ball dance with your prince and ms potts serenading in the

background that s too magical basic ballroom dance steps learn how the ultimate guide to learn about dances for beginners - Jan 31 2022

web boleroisa 4dancesmooth sophisticated sentimental ballroom dance that originated in spain in the late 18 thcen tury the emphasisisons moothness grace and communication between partners the danceshould tell the estory of a couple falling in love the partners change from a very closehold to so lodancing and then come together a sone

shall we dance a beginner's guide to ballroom dancing - Jun 04 2022

web mar 3 2003 paperback 3 00 9 used from 3 00 this book is written for the absolute beginner not by a dance champion but by someone who knows what a beginning dancer feels like and wants to know the basics of ballroom dance are covered in a logical easy to absorb manner that a beginner can feel comfortable with and see immediate progress

how to ballroom dance for beginners online video courses - Oct 08 2022

web learn how to ballroom dance with our step by step latin and ballroom dance lessons online our videos will break everything to make sure you know your steps timing and technique below you will find free basic ballroom dance steps for beginners for cha cha rumba salsa swing tango foxtrot waltz and merengue

shorthand dictation 60 wpm transcription 1 youtube - Nov 05 2022

web we speak at around 150 180wpm normally a workable speed for pa secretary is 80wpm a workable minimum for journalists is 100wpm teeline writing has been achieved at 200 wpm the world shorthand record is 350wpm recorded by nathan behrin in 1922 according to the guinness book of records

dictation passages department of atomic energy - Jun 12 2023

web 25 rows shorthand practice english pitman short hand exercises audio files

catalogue national shorthand school books - Sep 03 2022

web chamber of commerce for its shorthand speed examinations at 80 90 100 110 120 130 140 150 and 160 s w p m the problem of standardisation resolved itself into that of finding suitable

hs5mcd shorthand 120 to 150 high speed passages - Mar 29 2022

web shorthand english lower grade 80wpm x 10 min passages of ap gte previous papers from 1961 to 1990 with full outlines useful for government certificate exam and ssc steno skill test preparation 1 4 crown 96 pages multicolour cover original print copy rs 125 00

modern shorthand transcriptions shorthand book with speed - Jan 07 2023

web jul 23 2014 shorthand phraseography with grammalogues for shorthand practice 1 shorthand phraseography with grammalogues for shorthand practice 3 80 words per minute dictations 10 minute tests

pitman training shorthand speed development pitman london - Oct 04 2022

web hs5mcd shorthand 120 to 150 high speed passages with advanced phrases nss books rs 300 00 speed writing with fast notes and shorthand thoughtco - Mar 09 2023

web oct 29 2020 use shorthand while watching the tv try practicing shorthand at every opportunity like when watching tv you will not be able to get down all of what they are saying but you will get used to the speed at which people talk this will improve your shorthand and make 100wpm seem a doddle youtube

teeline online shorthand dictations - Jul 13 2023

web speed building dictations to support our students we have over 200 speed building dictations these are from speeds at 30 wpm through to 120 wpm each dictation is repeated at 10 different speeds increasing the number of words unseen as you move up through each speed they are also categories easy medium and hard progressive shorthand passages speed development 120 150 - Jan 27 2022

speed writing how to write shorthand a skill worth - Apr 10 2023

web shorthand is a system of writing that uses symbols to represent letters words or phrases writing with shorthand symbols allows you to write at a quicker speed than traditional handwriting you will soon learn that shorthand is also used by many professionals in places such as law courts there is more than one type of shorthand writing

a guide to mastering 100wpm shorthand journalism - Feb 08 2023

web the marking in passages is done at 20 words to facilitate dictations at any speed complete shorthand transcript is provided for all passages to facilitate students to adapt to high speed writing with correct outlines and simultaneously gain confidence and perfection in producing flawless transcriptions

standardising shorthand speed tests by t l - Aug 02 2022

web shorthand english lower grade $80 \text{wpm} \times 10 \text{ min}$ passages of ap gte previous papers from 1961 to 1990 with full outlines useful for government certificate exam and ssc steno skill test preparation 1 4 crown 96 pages multicolour cover original print copy 2000 common words 60 wpm shorthand dictation passages for pre juniors book code

80wpm speed practice passages ap tn sl 2a only - May 31 2022

web shorthand speed refers to the number of words per minute that a person can write in shorthand it is typically used to measure the proficiency of a shorthand writer as well as to set goals for improvement the average shorthand speed for p raghvendra singh former shorthand teacher at unacademy 3 y

free shorthand dictations do steno writing typing test - Aug 14 2023

web start your shorthand online course now enroll now 80 wpm 100 wpm 120 wpm legal dictations progressive dictations dictation no 01 80 wpm dictation no 02 80 wpm dictation no 03 80 wpm dictation no 04 80 wpm dictation no 05 80 wpm

dictation

80 wpm shorthand dictation by expert 10 mins duration - Dec 06 2022

web shorthand dictation 60 wpm transcription 1 kailash chandra dictation shorthand by radhe this shorthand dictation is for beginners who is writing 60 wpm

what is shorthand speed quora - Apr 29 2022

web hs5mcd shorthand 120 to 150 high speed passages with advanced phrases advanced phrases with shorthand high speed passages 50 passages marked for 120 wpm and 150 wpm dvd containing about 200 dictation recordings 50 passages each recorded 120 wpm 130 wpm 140 wpm 150 wpm 96 pages 1 4

80 wpm practical shorthand ap lower 80wpm x - Feb 25 2022

web progressive shorthand passages speed development 120 150 w p m bk 4 longman secretarial studies series m quint biblical tradition in blake s early prophecies the great code of art leslie tannenbaum smoky the cowhorse will james diamonds in the night catherine linden america s weather warriors 1814 1985 john f fuller an

dictation long live pitmans shorthand org uk - May 11 2023

web your speed on the known passages will increase dramatically which is a good self encourager as long as you remember that unseen dictations will not be as easy to write the result is your best writing speed in shorthand wpm and i am confident it will be well over 100 you never hesitate over the shapes of the letters because you know

80 wpm practical shorthand ap lower 80wpm x - Jul 01 2022

web 10 days from delivery replacement lower junior 80wpm speed practice passages based on latest apgte tndte paper sl 2a with cd 80 wpm x 7 min from 2001 to 2014 with phrases and phraseograms only book no