

# YU LIBRARY BULLETIN

Issue # 27



**February 2023**

# LIBRARY BULLETIN

## نشرة المكتبة

**February, 2023    Number: 27**

**Here** at Al Yamamah University Library, we are always striving to improve the services we provide to our Library users. The current Library bulletin contains a list of databases and other print publications (English/Arabic) received in the Library during the Academic Year and much other useful information available in this bulletin. We hope you will find something of interest, and we welcome any feedback that will help us make subsequent issues more useful to you. We feel you will benefit from our timely information by having it delivered instantly via-email and YU website.

You are always welcome to visit us and use any items you find interesting that are available in the library.

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**The LIBRARY is the repository of knowledge, a place of learning, study and gateway to information, and is thus the cornerstone of all educational activities at Al-Yamamah University.**

## Books added in the library collection – AY 2022=2023

1	Housing+ : on thresholds, transitions, and transparencies	Wietzorrek, Ulrike
2	Time-saver standards for interior design and space planning	De Chiara, Joseph, Panero, Julius; Zelnik, Martin,
3	The houses of Louis Kahn	George H Marcus; William Whitaker
4	Le Corbusier et Pierre Jeanneret : Œuvre complète 1910-1929 Vol.1-8	Willy Boesiger
5	Neufert Architects' Data	Neufert, Ernst; Neufert, Peter
6	A Global History of Architecture	Francis D. K. Ching , Mark M. Jarzombek, Vikramaditya Prakash
7	Building Structures Illustrated: Patterns, Systems, and Design	Ching, Frank; Onouye, Barry; Zuberbuhler, Douglas
8	BuckyWorks : Buckminster Fuller's ideas for today	J. Baldwin
9	Time-saver standards for landscape architecture : design and construction data	<a href="#">Harris, Charles W.</a> ; <a href="#">Dines, Nicholas T.</a> ; <a href="#">Brown, Kyle D.</a>
10	Time-saver standards for architectural design : technical data for professional practice	<a href="#">Watson, Donald</a> , <a href="#">Crosbie, Michael J.</a>
11	Precedents in Architecture: Analytic diagrams, Formative Ideas, and Parts	Roger H. Clark, Michael Pause
12	Key urban housing of the twentieth century: plans, sections, and elevations.	Hilary French
13	Modern concrete construction manual : structural design, material properties, sustainability	Peck, Martin
14	Modern architecture and other essays	Vincent Scully , Neil Levine
15	The London town garden, 1700-1840	Longstaffe-Gowan, Todd
16	Kenzo Tange. Architecture for the World	Yukio Lippit (Author), Seng Kuan (Editor)
17	Visual planning and the picturesque	Nikolaus Pevsner; Mathew Aitchison
18	Notations: diagrams & sequences.	Bernard Tschumi
19	Building Seagram	Phyllis Lambert
20	Schindler, Kings Road, and southern California modernism	Robert Sweeney, Judith Sheine
21	Tradition and invention in architecture : conversations and essays	<a href="#">Stern, Robert A. M.</a>
22	Islamic art and architecture 650-1250	<a href="#">Ettinghausen, Richard</a> ; <a href="#">Jenkins, Marilyn</a> , <a href="#">Grabar, Oleg</a> ; <a href="#">Grabar, Oleg</a> ,
23	Art and architecture in Italy, 1600 to 1750	Wittkower, Rudolf
24	The superlative city : Dubai and the urban condition in the early twenty-first century	Kanna Ahmed
25	The Architecture and memory of the minority quarter in the Muslim Mediterranean city	Miller, Susan Gilson; Bertagnin, Mauro (editor)
26	Studies in Tectonic Culture: The Poetics of Construction in Nineteenth and Twentieth Century Architecture	Frampton Kenneth, Cava John
27	Understanding architecture : a primer on architecture as experience	Juhani Pallasma and Robert McCarter

28	Max Bill's View of Things: Die Gute Form: An Exhibition. 1949	Max Bill, Jakob Bill, Claude Lichtenstein
29	James Stirling : revisionary modernist	Amanda Reeser Lawrence
30	A critic writes : essays by Reyner Banham	Mary Benham, Benham Reyner,
31	Masterpieces from the department of Islamic art in the Metropolitan Museum of Art (Arabic Edition)	Mariam D. Ekhtiar and Priscilla B. Soucek
32	The architecture of Paul Rudolph	Timothy M. Rohan
33	Arts of the City Victorious : Islamic art and architecture in Fatimid North Africa and Egypt	Jonathan M. Bloom
34	How to study public life	Jan Gehl , Birgitte Svarre
35	God is the light of the heavens and the earth : light in Islamic art and culture	Jonathan M. Bloom
36	Bauhaus Twenty - 21: An Ongoing Legacy	Gordon Watkinson
37	God is beautiful and loves beauty: the object in Islamic art and culture	Sheila Blair, Jonathan Bloom
38	Architecture Competition Annual 2006	Archiworld (Jeong, Kwang-Young)
39	Energy efficiency refurbishments : principles, details, examples	Clemens Richarz and Christina Schulz
40	Mies van der Rohe The Built Work	Carsten Krohn
41	The Architect`s Studio Companion: Rules of Thumb for Preliminary Design	Edward Allen, Joseph Iano
42	A Visual Dictionary of Architecture	Francis D.K. Ching
43	Space Planning Basics	Mark Karlen , Rob Fleming
44	Architecture: Form, Space, & Order	Francis D.K. Ching
45	Architectural Graphic Standards,	American Institute of Architects, Dennis j. Hall (editor-in-chief)
46	Basics Fire Safety	Diana Helmerking
47	Systemic Architecture: Operating Manual for the Self-Organizing City	Marco Poletto , Claudia Pasquero
48	Observations on modern gardening : an eighteenth-century study of the English landscape garden	Thomas Whately, Michael Symes
49	The art and architecture of Islam, 1250-1800	Sheila Blair; Jonathan Max Bloom
50	Oasis: Modern Desert Homes Around the World	Tillett Io Wright
51	Tschumi Parc de La Villette.	Anthony Vidler, Bernard Tschumi
52	Peter Zumthor: Buildings and Projects 1985-2013	Thomas Durisch , Zumthor Peter
53	Sebastiano Serlio on architecture. Volume 1,. Books I-IV of 'Tutte l'opere d'architettura et prospetiva'	Sebastino Serlio,
54	Site planning : international practice	Gary Hack
55	Structure and Design	G. G. Schierle
56	Environmental design sourcebook : innovative ideas for a sustainable built environment	McLean, William (William F.); Silver, Pete
57	Architecture : design notebook	Peter A. Fawcett
58	Clip, stamp, fold : the radical architecture of little magazines, 196X to 197X	Beatriz Colomina, Craig Buckley
59	Your private sky : R. Buckminster Fuller, the art of design science	Fuller, R. Buckminster
60	The inevitable specificity of cities : Napoli, Nile Valley, Belgrade, Nairobi, Hong Kong, Canary Islands, Beirut, Casablanca	ETH Studio Basel
61	Architecture of the Renaissance	Leonardo Benevolo



62	Future Office: Next-generation workplace design	Nicola Gillen
63	Garden culture of the twentieth century	Leberecht Migge, David H. Haney
64	Islam : a thousand years of faith and power	Jonathan Bloom and Sheila Blair
65	Experiencing architecture	Steen Eiler Rasmussen
66	Architecture in Motion The history and development of portable building	Robert Kronenburg
67	Out of water : design solutions for arid regions	Liat Margolis and Aziza Chaouni
68	BIG. Formgiving. An Architectural Future History	William Gibson
69	Origins, imitation, conventions : representation in the visual arts	James S. Ackerman
70	Event-cities 2	Bernard Tschumi
71	Fundamental concepts of architecture : the vocabulary of spatial situations	Alban Janson and Florian Tigges
72	Folding Architecture: Spatial, Structural and Organizational Diagrams	Sophia Vyzoviti
73	Architecture and Utopia: Design and Capitalist Developmentt	Manfredo Tafuri
74	Ways to modernism: Josef Hoffmann, Adolf Loos and their impact (German and English edition)	Josef Hoffmann, Adolf Loos
75	On the art of building in ten books	Leon Battista Alberti
76	Studio craft & technique for architects	Miriam Delaney , Anne Gorman
77	Conversations with architects : in the age of celebrity	Vladimir Belogolovsky
78	Architecture in a climate of change : a guide to sustainable design	Peter F. Smith
79	The strange death of architectural criticism : Martin Pawley collected writings	Martin Pawley(author), Jenkins, David(editot)
80	Cities for a small planet	Basic Books
81	Mechanical and Electrical Equipment for Buildings	Walter T. Grondzik ,Alison G. Kwok
82	Architectural styles : a visual guide	Margaret Fletcher ,Robbie Polley
83	Architecture school: three centuries of educating architects in North America.	Joan Ockman, Rebecca Williamson
84	Event-cities 3	Bernard Tschumi
85	Living in the endless city : the Urban Age project by the London School of Economics and Deutsche Bank's Alfred Herrhausen Society	Burdett and Sudjic Ricky
86	The architecture concept book	James Tait
87	Less is enough : on architecture and asceticism	Pier Vittorio Aureli
88	The dot-com city : silicon valley urbanism	Alexandra Lange
89	Bruno Taut, Master of colourful architecture in Berlin	Bruno Taut
90	Thinking architecture	Peter Zumthor
91	Basics Freehand Drawing	Florian Afflerbach
92	The Dome of the Rock	Oleg Grabar
93	Folding techniques for designers : from sheet to form	Paul Jackson
94	Basics : Architectural presentation	Bert Bielefeld, Isabella Skiba
95	The writings of Josep Lluís Sert	Josep Lluís Sert ,Eric Mumford, Mohsen Mostafavi
96	Space, time and architecture : the growth of a new tradition	Giedion and Sigfried
97	Journey to the East	Le Corbusier, Ivan Zaknic (editor)

98	Design process in architecture : from concept to completion	Geoffrey Makstutis
99	The formation of Islamic art	Oleg Grabar
100	Ideas and integrities : a spontaneous autobiographical disclosure	R. Buckminster Fuller and Jaime Snyder
101	Young-old : urban utopias of an aging society	Deane Simpson
102	OfficeUS : Atlas	Ashley Schafler, Eva Franch I Gilabert, Ana Miljacki
103	Passive solar buildings	J. Douglas Balcomb
104	Warped space : art, architecture, and anxiety in modern culture	Anthony Vidler
105	Detail in contemporary glass architecture	Virginia McLeod
106	Encyclopedia of Detail in Contemporary Residential Architect	Virginia McLeod
107	Elements of architecture	James Westcott, Rem Koolhaas
108	Detail in contemporary concrete architecture	David Phillips ,Megumi Yamashita
109	Time-saver standards for urban design	Donald Watson
110	Introduction to architectural technology	Pete Silver, William McLean
111	Detail in contemporary landscape architecture	Virginia McLeod
112	Complexity and contradiction in architecture: With an introd. by Vincent Scully	Robert Venturi
113	Morphosis, 2004-2018	Thom Mayne
114	Metric handbook : planning and design data	Pamela Buxton
115	Building to Educate: School Architecture & Design	Sibylle Kramer
116	UNStudio	Falk Jaeger, Christian Richters,
117	The Penguin dictionary of architecture and landscape architecture	Hugh Honour, John Fleming
118	Differences : topographies of contemporary architecture	Ignasi De Sola-Morales, Graham Thompson, Sarah Writing
119	London architecture	Marianne Butler
120	101 things I learned in architecture school.	Matthew Frederick
121	Structures: Or Why Things Don't Fall Down	J. E. Gordon
122	Understanding architecture : an introduction to architecture and architectural history	Hazel Conway, Rowan Roenisch
123	Radical games : popping the bubble of 1960s' architecture	Lara Schrijver
124	Future living : collective housing in Japan	Claudia Hildner,
125	Changing ideals in modern architecture 1750-1950	Peter Collins
126	Privacy and publicity : modern architecture as mass media	Beatriz Colomina
127	Building : 3000 years of design engineering and construction	William Addis
128	Modern architectural theory : a historical survey, 1673-1968	Harry Francis Mallgrave
129	Architecture, nineteenth and twentieth centuries	Henry-Russell Hitchcock
130	Richard Meier, architect : 2013/2017	Richard Meier
131	Marketing: an introduction	Gary Armstrong , Philip Kotler
132	Walking and mapping : artists as cartographers	Karen O'Rourke
133	Alvar Aalto: architecture, modernity, and geopolitics	Eeva-Liisa Pelkonen
134	Skyscrapers: structure and design	Matthew Wells

135	Le Corbusier: An Atlas of Modern Landscapes	Jean-Louis Cohen, Le Corbusier, Mardges Bacon
136	Energy design for tomorrow = : Energy Design für morgen	Klaus Daniels and Ralph Hammann
137	Bauhaus 1919-1933: workshops for modernity.	Barry Bergdoll, Leah Dickerman
138	Welcome to the Hotel Architecture	Roger Connah, Lebbeus Woods
139	Constructing green : the social structures of sustainability	Rebecca L. Henn ,Andrew J. Hoffman , Nicole Woolsey Biggart
140	From rules to constraints	Luis M. Mansilla and Emilio Tuñón
141	How to thrive at architecture school : a student guide	Neil Spiller
142	Construction and design manual mobile architecture	Kim Seonwook and Pyo Miyoung
143	Future Systems	Sudjic, Deyan
144	A history of architecture : settings and rituals	Spiro Kostof
145	Smart Buildings: Technology and the Design of the Built Environment	Ron Bakker
146	Mies van der Rohe, 1886-1969 : the structure of space	Claire Zimmerman and Peter Gössel
147	Future schools : innovative design for existing and new buildings	Nick Mirchandani, Sharon Wright
148	Think like an architect : how to develop critical, creative and collaborative problem-solving skills	Randy Deutsch
149	The classical language of architecture	John Summerson
150	Site analysis : diagramming information for architectural design	Edward White
151	RETHINK Design Guide: Architecture for a post-pandemic world	Nicola Gillen, Pippa Nissen
152	New urban housing	Hilary French
153	Key houses of the twentieth century : plans, sections and elevations	Colin Davies
154	The Grotta House by Richard Meier	Meier, Richard , Scott Frances(Photographer)
155	Arts & Architecture, 1945-54: The Complete Reprint, 10 Volumes	David Travers
156	Environmental Psychology for Design	Dak Kopec
157	Garden Cities of To-Morrow	Ebenezer Howard, Sir; Frederic J Osborn; Lewis Mumford
158	Siteless: 1001 Building Forms	François Blanciak
159	Renzo Piano Building Workshop: Complete Works Volume 3	Peter Buchanan
160	Facades - Building Envelopes for the 21st Century	Dirk U. Hindrichs and Winfried Heusler
161	Elements of architecture	Reem Kolhaas
162	The design of lighting	Peter Tregenza, David Loe
163	The structural basis of architecture	Bjorn N. Sandaker, Arne P. Eggen, Mark R. Cruvellier
164	Marshall and worthing's the construction of houses	Duncan Marshall, Derek Worthing, Nigel Dann, Roger Heath
165	Louis I. Kahn in conversation : interviews with John W. Cook and Heinrich Klotz, 1969-70	Prown, Jules David
166	Building systems : design, technology, and society	Kiel Moe, Ryane E. Smith

167	A History of Energy: Northern Europe from the Stone Age to the Present Day	Bent Sorensen
168	Economy and architecture	Juliet Odgers, Mhairi, McVicar, Stephen Kite
169	Basics interior architecture 04 : elements and objects	Graeme Brooker & Sally Stone
170	Architectural theories of the environment : posthuman territory	Ariane Lourie Harrison
171	Collaborations in architecture and engineering	Clare Olsen , Sinéad, Mac Namara
172	The contradiction between form and function in architecture	John Shannon Hendrix
173	Fundamentals of sustainable development	Niko Roorda
174	Ecohouse : a design guide	Sue Roaf, Manuel Fuentes
175	Material strategies in digital fabrication	Christopher Beorkrem
176	Translucent building skins : material innovations in modern and contemporary architecture	Scott Murray
177	Richard Rogers: The Pompidou Centre	Kester Rattenbury, Samantha Hardingham
178	Eco-Urbanity: Towards Well-Mannered Built Environments	Darko Radovic
179	Renewable Energy Resources	John Twidell, Tony Weir
180	Vernacular Architecture: Towards a Sustainable Future	C. Mileto, F. Vegas, L. García Soriano, V. Cristini
181	Elements of parametric design	Robert Woodbury
182	Le Corbusier: Ideas & Forms (New Edition)	William Curtis
183	Culture, Architecture and Nature: An Ecological Design Retrospective	Sim Van der Ryn
184	City design : modernist, traditional, green, and systems perspectives	Jonathan Barnett
185	Understanding architecture through drawing	Brian Edwards
186	Frank Gehry	Migayrou, Frederic (editors)
187	Grounds and envelopes : reshaping architecture and the built environment	Michael U. Hensel, Jeffrey P. Turko
188	Modeling and visualization with AutoCAD	Suining Ding
189	City futures in the age of a changing climate	Tony Fry
190	Cladding of buildings	Alan J. Brookes, Alan J. Brookes, Maarten Meijs,
191	Parametric building design using Autodesk Maya	Ming Tang
192	Environmental Psychology for Design	Dak Kopec
193	Twenty-five buildings every architect should understand	Simon Unwin
194	The art of structures : introduction to the functioning of structures in architecture	Aurelio Muttoni
195	Photoshop for interior designers : a nonverbal communication	Suining Ding
196	Human Factors in the Built Environment	Linda L. Nussbaumer
197	Skins, envelopes, and enclosures : concepts for designing building exteriors	Mayine Yu
198	An introduction to sustainability : environmental, social and personal perspectives	Martin Mulligan
199	Zaha Hadid Architects : Heydar Aliyev Center	Zaha Hadid Architects
200	Eames : beautiful details	Eames, Charles



201	Case Study Houses	Elizabeth A.T. Smith
202	Sustainable Landscape Planning	Paul Selman
203	Gated communities : social sustainability in contemporary and historical gated developments	Edited Samer Bagaeen,
204	Sustainability in Architecture and Urban Design	Carl Bovill
205	Renewable Energy Engineering and Technology	V. V. N. Kishore
206	Reviving Critical Planning Theory	Tore Øivin Sager
207	Good cities, better lives : how Europe discovered the lost art of urbanism	Peter Hall
208	Cities for people, not for profit : critical urban theory and the right to the city	Neil Brenner, Peter Marcuse, Margit Mayer
209	Social housing, disadvantage, and neighbourhood liveability : ten years of change in social housing neighbourhoods	Michelle Norris
210	Architecture and capitalism : 1845 to the present	Peggy Deamer
211	Architecture and energy : performance and style	Braham, William , Willis, Daniel
212	A landscape of architecture, history and fiction	Jonathan Hill
213	Beyond smart cities : how cities network, learn and innovate	Tim Campbell
214	Sustainable collective housing : policy and practice for multi-family dwellings	Lee Ann Nicol
215	Concrete from archeology to invention, 1700-1769 : the Renaissance of Pozzolana and Roman construction techniques	Roberto Gargiani
216	The rhetoric of modernism : Le Corbusier as a lecturer	Tim Benton
217	Developing property sustainably	Sara Wilkinson, Sarah Sayce, Pernille
218	The formal basis of modern architecture	Eisenman, Peter
219	Steven Holl : color, light, time	Steven Holl, Jedi Safint-Tria, Sanford Kwinter,
220	Introducing architectural theory : debating a discipline	Korydon Smith
221	Principles of solar engineering	D. Yogi Goswami
222	Fundamentals of Lighting	Susan M. Winchip
223	Architecture and systems ecology : thermodynamic principles of environmental building design, in three parts	William W. Braham
224	Patrick Geddes and town planning : a critical view	Noah Hysler-Rubin
225	Basics Architecture 03: Architectural Design	Jane Anderson
226	Designing sustainability : making radical changes in a material world	Stuart Walker
227	Prototype : design and craft in the 21st century	Louise Valentine
228	Basics interior architecture 02 : context + environment	Graeme Brooker & Sally Stone
229	Basics Landscape Architecture 02: Ecological Design	Nancy Rottle,Ken Yocom
230	Basics Interior Architecture 05: Texture + Materials	Russell Gagg
231	Basics Architecture 02: Construction + materiality	Lorraine Farrelly
232	Creating Child Friendly Cities: Reinstating Kids in the City	Brendan Gleeson, Neil Sipe
233	Small, medium, large, extra-large : Office for Metropolitan Architecture, Rem Koolhaas, and Bruce Mau (S,M,L,XL)	Koolhaas, Rem, Sigler, Jennifer
234	Structure and form in design : critical ideas for creative practice	Michael Hann

235	Graphic design for architects : a manual for visual communication	Karen Lewis
236	Lighting by design 2e	Christopher Cuttle
237	Building dynamics : exploring architecture of change	Branko Kolarevic, Vera Parlac
238	Rough guide to sustainability : a design primer	Brian Edwards
239	Bim demystified : an architect's guide to Building Information Modelling/Management (BIM)	Steve Race
240	Site and composition : design strategies in architecture and urbanism	Enis Aldallal, Husam AlWaer, Soumyen Bandyopadhyay,
241	Practice : architecture, technique + representation	Stan Allen
242	Architectural colour in the professional palette	Fiona McLachlan
243	Architectural Topographies: A Graphic Lexicon of How Buildings Touch the Ground	Tomà Berlanda
244	Affordable and social housing : policy and practice	Paul Reeves
245	Landscape theory in design	Susan Herrington
246	The pedestrian and the city	Hass-Klau, Carmen
247	Exploring the boundaries of landscape architecture	Simon Bell, Ingrid Herlin, Richard Stiles,
248	Convergence : an architectural agenda for energy	Kiel Moe
249	Seeing and making in architecture : design exercises	Taiji Miyasaka
250	Agriculture in urban planning : generating livelihoods and food security	Mark Redwood
251	Property development	Richard Reed, Sally Sims
252	Designing tall buildings : structure as architecture	Mark Sarkisian
253	Doing disability differently : an alternative handbook on architecture, dis/ability and designing for everyday life	Jos Boys
254	Composition, non-composition : architecture and theory in the nineteenth and twentieth centuries	Jacques Lucan
255	Elements of architecture : from form to place	Pierre von Meiss
256	Urban ecosystems : understanding the human environment	Robert A. Francis, Michael A. Chadwick
257	What is Lean Six Sigma?	Michael L. George, David T. Rowlands, Bill Kastle
258	Cambridge English for engineering	Mark Ibbotson
259	Methods, standards, and work design	B. W. Niebel and A. Freivalds
260	Financial institutions management : a risk management approach	Saunders, A. and Cornett, M. M
261	Engineering economy	Leland Blank Anthony Tarquin
262	Options, futures, and other derivatives	John C. Hull
263	Principles of marketing	Philip Kotler and Gary Armstrong
264	Product design and development	Ulrich, K.T., Eppinger, S.D.
265	Fundamentals of modern manufacturing : materials, processes, and systems	Mikell-p-groover
266	Operations and supply chain management	Jacobs, F. Robert; Chase, Richard B.
267	Strategic Corporate Social Responsibility: sustainable value creation	David Chandler
268	Options, futures, and other derivatives	John C. Hull
269	Business Ethics for Better Behavior	Jason Brennan, William English,

270	Government and Not-for-Profit Accounting: Concepts and Practices	Michael H. Granof,
271	Employee Training and Development	Raymond A. Noe
272	Strategic Management: A Competitive Advantage Approach, Concepts and Cases,	Fred R. David, Forest R. David
273	Technical Communication	Mike Markel, Stuart A. Selber
274	Becoming a Critical Thinker: For Your University Studies and Beyond	Sarah Birrell Ivory
275	Longman Academic Writing Series 4: Essays, with Essential Online Resources	Alice Oshima and Ann Hogue
276	Simulation with Arena	David W. Kelton
277	Basics of engineering economy	Leland Blank and Anthony Tarquin,
278	Lean Six Sigma : combining Six Sigma quality with lean speed	Michael L. George
279	Additive Manufacturing Technologies	Gibson, Ian, Rosen, David,
280	Reverse engineering : an industrial perspective	Raja, Vinesh, Fernandes, Kiran J
281	Introduction to Human Factors and Ergonomics	Bridger, R. S.
282	MOST ® work measurement systems	K.B. Zandin,
283	Advanced Financial Accounting.	Theodor E. Christensen, David M. Cottrel
284	Marketing strategy	O. C. Ferrell , Michael Hartline, Bryan W. Hochstein
285	Marketing research	V. Kumar and Robert P. Leone
286	Modern database management	Jeffrey Hoffer, Ramesh Venkataraman, Heikki Topi
287	Modeling and analysis of manufacturing systems	Ronald G. Askin
288	Computerized manufacturing process planning systems	Hong-chao Zhang, Leo Alting, Zhang Hong-chao Zhang
289	Industrial safety and health management	Asfahl, C. Ray
290	Project Management with CPM, PERT and Precedence Diagramming	Joseph J. Moder , Cecil R. Phillips
291	Occupational safety management and engineering	Willie Hammer , Dennis Price
292	Facilities planning	James A. Tompkins , John A. White , Yavuz A. Bozer , J. M. A. Tanchoco
293	Introduction to Human Factors and Ergonomics	Bridger, R. S.
294	Adaptive reuse of the built heritage : concepts and cases of an emerging discipline	Bie Plevoets, Koenraad Van Cleempoel
295	Architecture history and theory in reverse : from an information age to eras of meaning	Jassen Callender
296	Living architecture, living cities : soul-nourishing sustainability	Christopher Day , Julie Gwilliam
297	Colour and light : spatial experience	Karin Fridell Anter, Ulf Klaren (Editor)
298	Design for mental and behavioral health	McCuskey Shepley
299	Person-centered health care design	Kopec, Dak
300	Designing schools : space, place and pedagogy	Kate Darian-Smith , Julie Willis
301	Architecture and systems ecology : thermodynamic principles of environmental building design, in three parts	William W. Braham

302	Digital vernacular : architectural principles, tools, and processes	James Stevens , Ralph Nelson
303	Space, place, and territory : a critical review on spatialities	Fabio Duarte
304	Open architecture for the people : housing development in post-war Japan	Shuichi Matsumura
305	Making places for people : 12 questions every designer should ask	Coffin, Christie; <u>Young, Jenny</u>
306	Masonry design	McMullin, Paul W.; Price, Jonathan S.
307	The hierarchy of energy in architecture : energy analysis	Srinivasan, Ravi; Moe, Kiel
308	Inclusive design : implementation and evaluation	Maisel, Jordana; Basnak, Megan; Smith, Korydon H., Steinfeld, Edward
309	Managing quality in architecture : integrating BIM, risk & design process	Charled Nelson
310	Drawing from practice : architects and the meaning of freehand	J. Michael Welton
311	Multi-unit housing in urban cities : from 1800 to present day	Katy Chey
312	Public interest design education guidebook : curricula, strategies, and SEED academic case studies	Lisa M. Abendroth
313	The new public library : design innovation for the twenty-first century	Thomas R. Hille
314	The sustainable tall building : a design primer	Philip Oldfield
315	Steel design	Paul W. McMullin, Jonathan Price
316	Saving the planet by design : reinventing our world through ecomimesis	Ken Yeang
317	Urban experience and design : contemporary perspectives on improving the public realm	Hollander, Justin B.
318	Shadow : the architectural power of withholding light	Simon Unwin
319	Fluid space and transformational learning	Kyriaki Tsoukala
320	Philosophical difference and advanced computation in architectural theory : from less to more	Jefferson Ellinger
321	Architectural theory of modernism : relating functions and forms	Ute Poerschke
322	Net zero energy building : predicted and unintended consequences	Ming Hu
323	Materiality and architecture	Sandra Loschke
324	Designing public spaces in hospitals	Nicoletta Setola , Sabrina Borgianni
325	Shedding new light on art museum additions : front stage and back stage experiences	Altaf Engineer, Kathryn H. Anthony
326	Building the architect's character : exploration in traits	Kendra Schank Smith and Albert C. Smith
327	Architecture and Silence (Routledge Research in Architecture)	Christos P. Kakalis
328	Worship Sound Spaces: Architecture, Acoustics and Anthropology (Routledge Research in Architecture)	Christine Guillebaud and Catherine Lavandier
329	Architecture and Anthropology	Adam Jasper
330	Creating the Productive Workplace	Derek Clements-Croome
331	Beyond Sustainable: Architecture's Evolving Environments of Habitation	Ryan Ludwig



332	Open Architecture for the People: Housing Development in Post-War Japan (Routledge Research in Architecture)	Shuichi Matsumura
333	The Ideal of Total Environmental Control: Knud Lönberg-Holm, Buckminster Fuller, and the SSA (Routledge Research in Architecture)	Suzanne Strum
334	Designing for Socialist Need: Industrial Design Practice in the German Democratic Republic (Routledge Research in Architecture)	Katharina Pfützner
335	Designing with Society: A Capabilities Approach to Design, Systems Thinking and Social Innovation	Scott Boylston
336	Pathways to well-being in design : examples from the arts, humanities and the built environment	Richard Coles , Sandra Costa,
337	Lighting design : a perception-based approach	Christopher Cuttle
338	Organic design in twentieth-century Nordic architecture	Champion, Erik
339	Shopping malls and public space in modern China	Nicholas Jewell
340	Model Perspectives: Structure, Architecture and Culture	Mark R. Cruvellier, Bjorn N. Sandaker,
341	Sustainable housing reconstruction : designing resilient housing after natural disasters	Esther Charlesworth and Iftekhar Ahmed
342	Architectural science and the sun : the poetics and pragmatics of solar design	Matt Fajkus and Dason Whitsett
343	Structure and architecture	Angus J. Macdonald
344	Public interest design practice guidebook : SEED methodology, case studies, and critical issues	Lisa Abendroth and Bryan Bel
345	Human-centered built environment heritage preservation : theory and evidence-based practice	Jeremy C. Wells and Barry L. Stiefel
346	New Islamist architecture and urbanism : negotiating nation and Islam through built environment in Turkey	Bülent Batuman
347	Architecture and identity : responses to cultural and technological change	Chris Abel
348	Children as place-makers : the innate architect in all of us	Simon Unwin
349	Provisional cities : cautionary tales for the Anthropocene	Renata Tyszcuk
350	Passive house in different climates : the path to net zero	Donald Corner, Jan Fillinger
351	University planning and architecture : the search for perfection	Jonathan Coulson, Paul Roberts
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355	Data, architecture and the experience of place	Karandinou, Anastasia
356	Visual spatial enquiry : diagrams and metaphors for architects and spatial thinkers	McGann, Sarah
357	Experimental architecture : designing the unknown	Armstrong, Rachel,
358	Designing post-virtual architectures : wicked tactics and world-building	Barker, Heather Renée
359	Acculturating the shopping centre	Avermaete, Tom
360	The rise of academic architectural education : the origins and enduring influence of the Académie d'Architecture	Griffin, Alexander
361	Architecture and adaptation : from cybernetics to tangible computing	Yiannoudes, Socrates

362	Digital analysis of vaults in English Medieval architecture	Buchanan, Alexandrina; Hillson, James; Webb, Nicholas
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383	Vertical urbanism : designing compact cities in China	Lin Jose. L.S. Gamez
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446	Digital design exercises for architecture students	Jaison Johnson, Joshua Vermillion
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458	Creating a Culture of Predictable Outcomes	Barbara Bryson
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472	Energy Accounts: Architectural Representations of Energy, Climate, and the Future	Dan Willis, William W. Braham
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499	Energy, People, Buildings: Making sustainable architecture work	Judit Kimpian, Sofie Pelsmakers
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507	Concrete Design (Architect's Guidebooks to Structures)	Paul McMullin, Jonathan Price
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539	The art of building a garden city : designing new communities for the 21st century	Kate Henderson, Katy Lock
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554	Clerk of Works and Site Inspector Handbook: 2018 Edition	The Institute of Clerks of Works and Construction Inspectorate
555	URBAN playground: How Child-Friendly Planning and Design Can Save Cities	Tim Gill
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559	Guide to JCT Standard Building Contract 2016	Sarah Lupton
560	Guide to JCT Intermediate Building Contract 2016	Sarah Lupton
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562	Energy Modelling in Architecture: A Practice Guide	Sonja Oliviera, Bill Gething,
563	Marketing management	Philip Kotler, Kevin Lne Killer and Alexander Chernev
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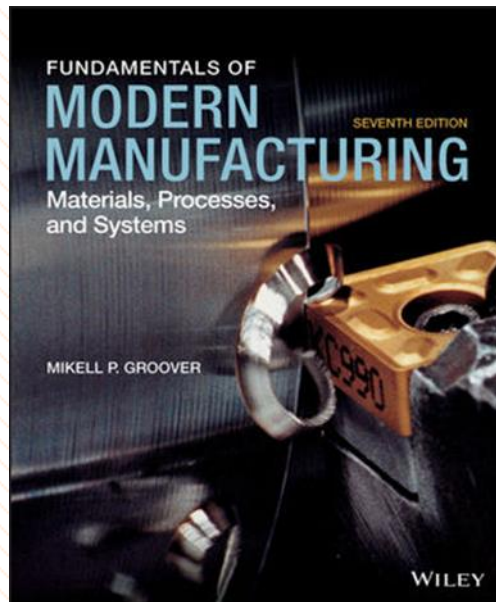
## **Summary / Review**

(English publications)

# **Fundamentals of Modern Manufacturing:**

*Materials, Processes, and Systems 7th Edition*

**By Mikell P. Groover**



### **Product details**

Publisher : Wiley; 7th edition (July 15, 2020)

Language : English

Paperback : 816 pages

ISBN-10 : 1119722012

ISBN-13 : 978-1119722014

Item Weight : 3.24 pounds

Dimensions : 8 x 1.4 x 9.9 inches

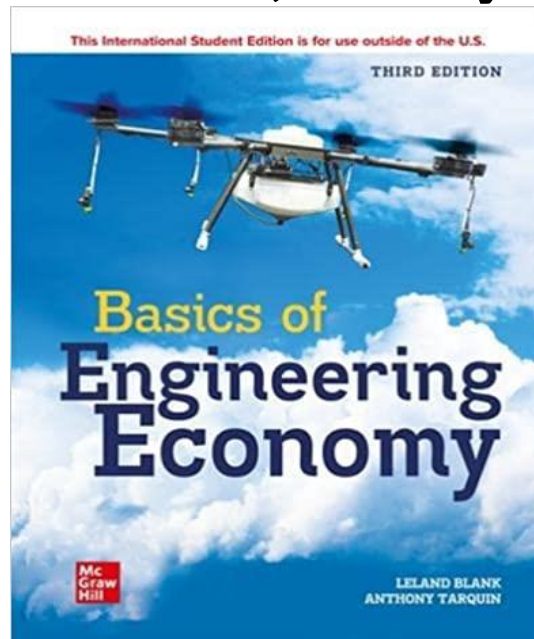
### **SUMMARY**

Fundamentals of Modern Manufacturing is a balanced and qualitative examination of the materials, methods, and procedures of both traditional and recently-developed manufacturing principles and practices. This comprehensive textbook explores a broad range of essential points of learning, from long-established manufacturing processes and materials to contemporary electronics manufacturing technologies. An emphasis on the use of mathematical models and equations in manufacturing science presents readers with quantitative coverage of key topics, while plentiful tables, graphs, illustrations, and practice problems strengthen student comprehension and retention.

***Print format available at Central and Women's library***

# **ISE Basics of Engineering Economy**

## **By Leland Blank , Anthony Tarquin**



### **Product details**

Publisher : McGraw-Hill Education; 3rd edition (January 27, 2020)

Language : English

ISBN-10 : 1260571149

ISBN-13 : 978-1260571141

Item Weight : 1.45 pounds

Dimensions : 9.17 x 0.51 x 7.36 inches

### **SUMMARY**

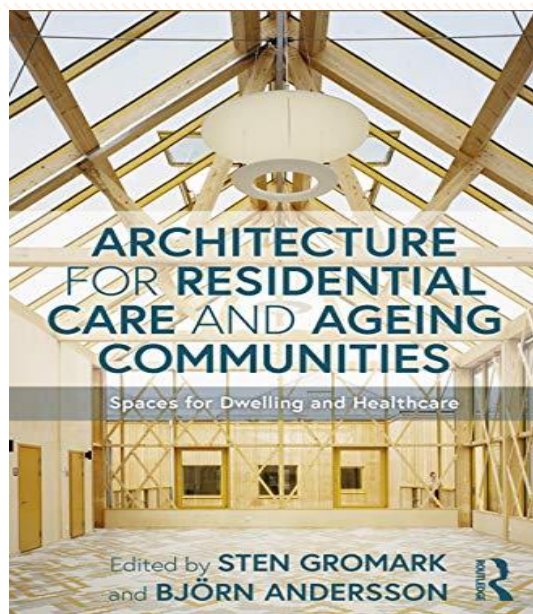
The Basics of Engineering Economy is designed to assist students in understanding and using the fundamental concepts and methods of economic evaluation to materially enhance rational data-centered decision-making in all these dimensions. This text covers the basic techniques and applications of engineering economy for all disciplines in the engineering profession. The third edition concentrates on fundamental techniques and their applications, the efficient use of spreadsheets, and a rich coverage of personal financial situations in which engineering economy techniques can be applied easily and rapidly. The text presents the topics in condensed formats when compared to the larger text Engineering Economy.

***Available print format at Central and Women's library***

# **Architecture for Residential Care and Ageing Communities:**

## *Spaces for Dwelling and Healthcare 1st Edition*

### **By Sten Gromark, Björn Andersson**



#### **Product details**

ASIN : B08GQCP5RL

Publisher : Routledge; 1st edition (October 19, 2020)

Publication date : October 19, 2020

Language : English

File size : 16573 KB

Simultaneous device usage : Up to 4 simultaneous devices, per publisher limits

Text-to-Speech : Enabled

Enhanced typesetting : Enabled

X-Ray : Not Enabled

Word Wise : Enabled

Sticky notes : On Kindle Scribe

Print length : 308 pages

#### **SUMMARY**

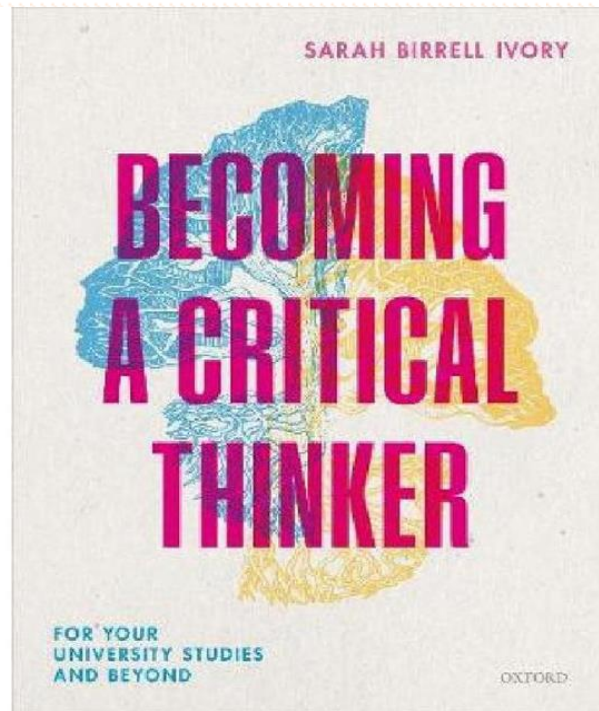
Architecture for Residential Care and Ageing Communities confronts urgent architectural design challenges within residential innovation, ageing communities and healthcare environments.

The increasing and diversified demands on the housing market today call for alterability and adaptability in long term solutions for new integrated ways of residing. Meanwhile, an accentuated ageing society requires new residential ways of living, combining dignity, independence and appropriate care. Concurrently, profound changes in technical conditions for home healthcare require rethinking healing environments. This edited collection explores the dynamics between these integrated architectural and caring developments and intends to envision reconfigured environmental design patterns that can significantly enhance new forms of welfare and ultimately, an improved quality of life.

This book identifies, presents, and articulates new qualities in designs, in caring processes, and healing atmospheres, thereby providing operational knowledge developed in close collaboration with academics, actors and stakeholders in architecture, design, and healthcare. This is an ideal read for those interested in health primitive situations of dwelling, ageing and caring.

**Print format available at Central and Women's library**

**Becoming a Critical Thinker:**  
*For Your University Studies and Beyond*  
**By Sarah Birrell Ivory**



**Product details**

Publisher: Oxford (March 13, 2021)

Language : English

Paperback : 322 pages

ISBN-10 : 0198841531

ISBN-13 : 978-0198841531

Item Weight : 1.48 pounds

Dimensions : 7.6 x 0.6 x 9.6 inches

**SUMMARY**

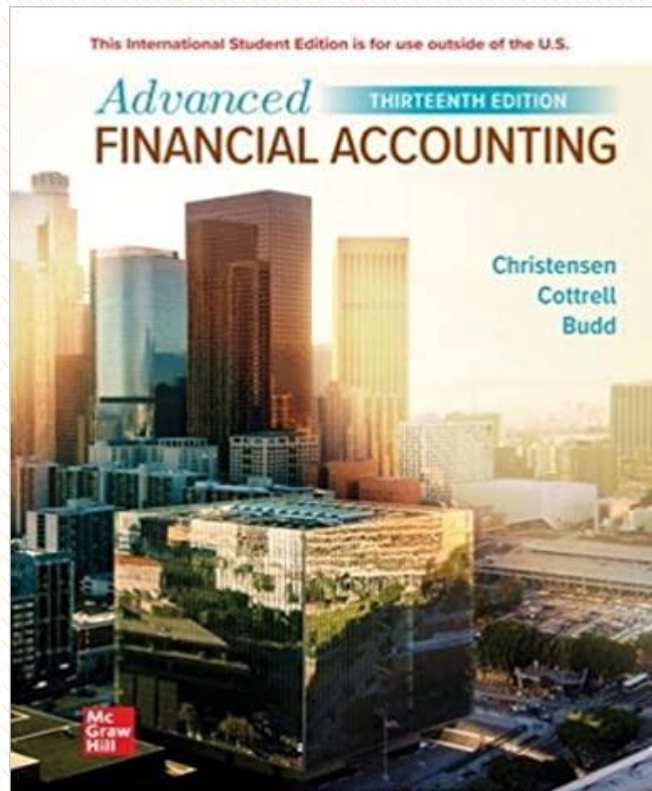
"Join Sarah Ivory as she helps you to explore these two fundamental questions, guiding you at every step in her clear, personable, and honest style. Becoming a Critical Thinker offers unique insights from real students and professionals to inspire you; guided reflections, exercises, and checklists to help you develop your skills in a hands-on way; and tried-and-tested frameworks to apply those skills for success in your studies and beyond. This is the ideal guide for anyone looking to improve their thinking on their journey to becoming an effective student, professional, or global citizen.

***Print format available at Central and Women's library***



## **ISE Advanced Financial Accounting**

**By Theodore E. Christensen, David M. Cottrell, Cassy Budd**



### **Product details**

Publisher : McGraw Hill; 13th edition (March 1, 2022)

Language : English

ISBN-10 : 1265042616

ISBN-13 : 978-1265042615

Item Weight : 4.33 pounds

Dimensions : 8.54 x 1.38 x 10.83 inches

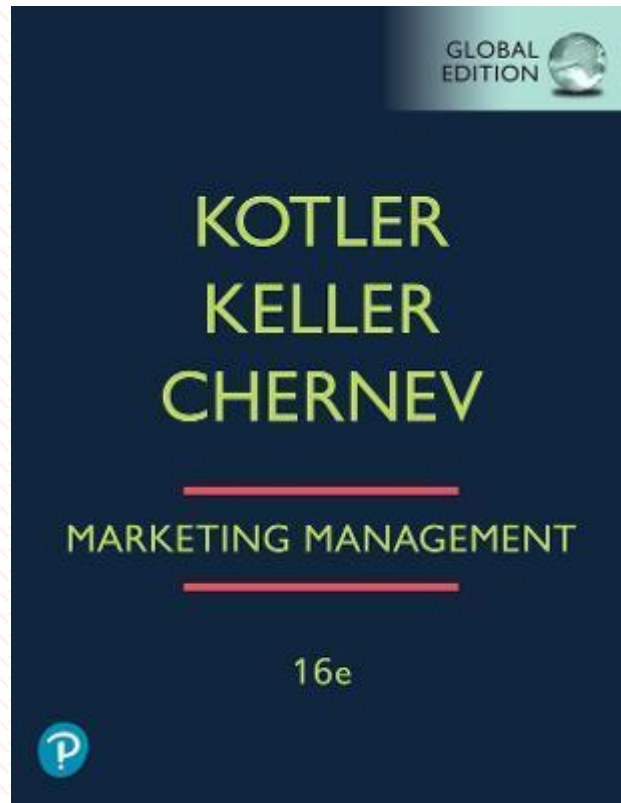
### **SUMMARY**

The Thirteenth Edition of Advanced Financial Accounting is an up-to-date, comprehensive, and highly illustrated presentation of the accounting and reporting principles and procedures used in a variety of business entities. Every day, the business press carries stories about merger and acquisition mania, the complexities of modern business entities, new organizational structures for conducting business, accounting scandals related to complex business transactions, the foreign activities of multinational firms, the operations of governmental and not-for-profit entities, and bankruptcies of major firms. Accountants must understand and know how to deal with the accounting and reporting ramifications of these issues.

***Print format available at Central and Women's library***

# Marketing Management, Global Edition 16th Edition

By Philip Kotler, Kevin Keller



## Product details

Publisher : Pearson; 16th edition (November 24, 2021)

Language : English

ISBN-10 : 1292404817

ISBN-13 : 978-1292404813

Item Weight : 2.82 pounds

Dimensions : 8.54 x 0.94 x 10.83 inches

## SUMMARY

The world of marketing is changing every day — and in order for students to have a competitive edge, they need a text that reflects the best and most recent marketing theory and practices. Marketing Management collectively uses a managerial orientation, an analytical approach, a multidisciplinary perspective, universal applications, and balanced coverage to distinguish it from all other marketing management texts out there. Unsurpassed in its breadth, depth, and relevance, the 16th Edition features a streamlined organization of the content, updated material, and new examples that reflect the very latest market developments. After reading this landmark text, students will be armed with the knowledge and tools to succeed in the new market environment around them.

***Print format available at Central and Women's library***

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SN	Title	Author
1	Every man a tiger	Clancy, Tom, General Chuck Horner
2	Analysis for public decisions	Quade, E. S.
3	Skunk Works : a personal memoir of my years at Lockheed	<u>Rich, Ben R.</u>
4	Raise heaven and earth : the story of Martin Marietta people and their pioneering achievements	Harwood, William B.
5	Baedeker's Scandinavia	Andersen, Waltraud
6	Riyadh, the old city : from its origins until the 1950s	<u>Facey, William</u>
7	Lahore Museum Heritage	Dr. Anjum Rahmani
8	Pawns in the game	<u>Carr, William Guy.</u>
9	Essentials of management	Massie, Joseph L
10	Essentials of management	Massie, Joseph L
11	The Battle of Britain : June-October 1940 : an oral history of Britain's finest hour	Parker Mathew
12	Leadership : quotations from the military tradition	<u>Fitton, Robert A.</u>
13	The blond knight of Germany : a biography ... Erich Hartmann	Raymond Toliver, Trevor Constable
14	The influence of air power upon history	<u>Boyne, Walter J.,</u>
15	The Royal Air Force : an illustrated history	Michael Armitage
16	Doctors look at macrobiotics	<u>Edward Esko</u>
17	You-- the owner's manual : an insider's guide to the body that will make you healthier and younger	<u>Mehmet C. Oz Michael F. Roizen</u>
18	Dawn over Kitty Hawk : the novel of the Wright brothers	<u>Boyne, Walter J.,</u>
19	Effective Speech for Teachers	Karl F. Robinson , Alber B.Becker
20	Leadership and the one minute manager : increasing effectiveness through situational leadership	Ken Blanchard , Patricia Zigarmi , Drea Zigarmi
21	Modernity and tradition : the Saudi equation	Fouad Al- Farsy
22	Winning every day : the game plan for success	<u>Holtz, Lou</u>
23	Cost considerations in systems analysis	Fisher Gene Harvey
24	Pure & simple natural weight control	<u>Walker, N. W. (Norman Wardhaugh)</u>
25	Reichstag	<u>Michael S. Cullen (Author)</u>
26	Webster's desk dictionary	Sol Steinmetz, Carol G. Braham
27	The life and death of Mahatma Gandhi,	Robert Payne
28	The lifeblood of war : logistics in armed conflict	Julian Thompson
29	Supplying war : logistics from Wallenstein to Patton	Martin Van Creveld
30	The Third World War : the untold story	<u>Hackett, John, Sir</u>
31	European edged weapons	Terence Wise
32	Taking charge : a practical guide for leaders	Perry M.Smith , James Bond Stockadel
33	The longest night : a military history of the Civil War	Eicher, David J.

34	Richard Simkin's Uniforms of the British Army : Infantry, Royal Artillery, Royal Engineers and other corps	Carman, W. Y.; Douglas-Morris, K. J.
35	The economics of defense in the nuclear age	Hitch, Charles Johnston; McKean, Roland N.
36	The Red Baron : beyond the legend	<u>Kilduff, Peter</u>
37	The day I owned the sky	<u>Scott, Robert Lee, Jr.</u>
38	Analysis of Public decision	E.S. Quade
39	1,000 places to see before you die : a traveler's life list	<u>Schultz, Patricia</u>
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41	Recalled by life	Sattilaro, Anthony J.; Monte, Tom
42	Stay alive all your life	<u>Peale, Norman Vincent</u>
43	The complete book of the Olympics	Wallechinsky, David
44	Wright To Fly: Celebrating 100 Years Of Powered Flight	March. Peter.R

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SN	Project Title	Project Owner
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2	Toyota : International Marketing	Malek Chatila & Saud Al Duweesh
3	Impact of Global Financial Crisis on Financial Performance of Banking Sector in Saudi Arabia	Lama, Leema, Felwah, Majida, Nadine
4	Event Cancellation Insurance	Hessah, Muneerah
5	Perspectives of Family Owned Business on Going Public	Abeer, Alaa, Al Hanouf, Hend, Nora, Norah
6	Analysis of Saudi Family Business Vs. Non Family Business In A Qualitative & Quantitative Context	Haifa,Rasha, Sarah,Abeer
7	Road Safety Improvement	Saud, Almohanad, Turki, Abdulaziz
8	Assessment of Economic Factors that Impact Cement Consumption: An Empirical Study on Saudi Cement Industry	Mona Saad BinBdyea, Dlal S. AlSebaie
9	Factors Affecting the Demand for Employment Insurance in Saudi	Khawla, Maryam, Sara Ziad, Yafa
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12	<b>Madoff investment scandal</b>	Mohammed Dahmash, Mohammed, Muhanad, Maoyed, Ahmed
13	Saudi Budget and its Financial Effect on the Economy	Omar, Sofian, Abdullah, Osaamah,Wael,Yazeed
14	Islamic Banking	Fahad, Abdullah, Meshal, Talal, Mohammed, Mohammed Al Basri
15	Health and Safety at Al Yamamah University	Khalid Al Sahhaf & Khalid Salem
16	MICRO FINANCE CONCEPT,APPLICATION AND CASE STUDIES	Budoor, Daniah, Manar
17	Auditing sha'as co.department and operations	Faisal, Hamad, Mohammed
18	Auditing sha'as co.department and operations	"
19	Adopting TQM Philosophies in a Construction Company	Ahamad, Abdulelah, Sami
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21	Market price to book value Ratio	Abdulrahman AL Faqeer
22	Financial analysis food Industries Sector in Saudi Arabia	Reem , Alaa, Samar



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24	<b>Private Equity's Role in Economic Growth</b>	Sara Saud AlAbdulahdi, Sarah Saud AlGhaith
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28	Factors Influencing Job Satisfaction among Physiotherapists	Othman Y.Alkassabi
29	Factors Influencing Job Satisfaction among Physiotherapists	
30	<b>ECONOMIC IMPACT OF RADIO FREQUENCY MANAGEMENT IN THE KINGDOM OF SAUDI ARABIA.</b>	Ali Sagar Al Amri
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34	Precast Business in Saudi Arabia	Fahad Mohammad Al Amoudi
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43	Effect of Board Size and Ownership Concentration on the debt/Equity Ratio in Saudi Companies	Bader S.Al Solai
44	Effect of Board Size and Ownership Concentration on the debt/Equity Ratio in Saudi Companies	"
45	Palace Lobby Furnished Apartment Units	Mohammead Al Muhaisen
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47	Managing Financial Risk with Derivatives	Khaled Hamdy
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50	Analysis of the Employees Performance Appraisal Effectiveness -	Mohammed Jasim AlEnazi
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54	Business Plan for Establishing ("University for Advanced Studies "Private University in Riyadh Saudi Arabia)	Nouf Al Tuwajri
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56	E-Ticketing: A Business Revolution	Nabil AlNoor Borhanu
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58	Secondary Care Hospital in Riyadh, Saudi Arabia	Fawaz Abdullah Al Garni
59	Secondary Care Hospital in Riyadh, Saudi Arabia	"
60	Business Plan: Buy 'N' Donate e-platform	Sara Mohammed Algwaiz
61	Business Plan: Buy 'N' Donate e-platform	"
62	Role of Financial & Non-Financial Motivation in Enhancing Employees' Productivity: A Comparison Study in a Military Hospital	Abdullah Ibrahim Ababtain
63	Role of Financial & Non-Financial Motivation in Enhancing Employees' Productivity: A Comparison Study in a Military Hospital	"
64	Comparative Financial Analysis of Cement Industry in Saudi Arabia	Aseel Essam, Malak Rasheed, Marwa Mohammed
65	Impact of Merger & acquisition on Corporate Performance	Heifa, Maha, Najwa
66	Factors Affecting the Price of Third Party Liability Car Insurance in Saudi Arabia"	Hatim ,Ali,Mohammad, Nasr,Yousef
67	Factors Affecting the Price of Third Party Liability Car Insurance in Saudi Arabia"	"
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74	Maximizing Passengers Experience & Minimizing time at King Khalid International Airport	Lamia Jaber Alqadhi,Reem Alfadely,Rania AlMash'hadi
75	AL AMAL MENTAL COMPLEX	Ceta AlSudairy,Dana AlRashed,Lama AlAssaf,Nada AlAjlan,Sara AlRashed
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77	Trigger points of Corporate fraud	Amena Mustafa,Dahlia AlHarari,Shumaila Jafri
78	Trigger points of Corporate fraud	"
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80	Brand Positioning in the Saudi Sanitizers Market	Wael Abdulrahman Alabbad
81	Business plan Wonderland Day care	
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85	NAQEL For Voice Business	Sultan Althumali
86	Ice Cool ; an ice cream shop business plan	Saud Al-Saud
87	International Studies Center (ISC)	Samia Saeed Al-Nahdi
88	Business Plan to build up an IT Company providing IT services	Salem H. Al-Ghamdi
89	Long Term Strategy for Small and New Retail Food Companies	Saeed Balbaid
90	Desert solar energy company	Saeed Alwahabi
91	Spark Educational Company	Reem Al-Sultan
92	Riyadh Women Sports Club A Business Plan	Nora Naser Saiari
93	Riyadh Java (Coffee Shop)	Nawaf Al Harbi
94	Comfort Cars- A Car Rental Company	Nada M. AL- Rufaidi
95	Haya Tour Operators Office in Riyadh (Tours & Travels trips in/external KSA)	Nada A. Al Qunaibit
96	Health & Healing Spa Business Plan	Muneera Akl Rasheed
97	Gallop Arabia Medical Company	Muneer Alotaibi
98	Evacuation Services and Consultation Company (ESC)	Mohammed AL-Sager
99	Ice Bright Cleaners	Mohammed Ibrahim Algomia
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101	Start up premium home health care Centre. Riyadh-KSA	May J. Menkabo
102	Water Company	Eng. Mansour Naif Alotaibi ]

103	Introducing a Vocational Technology Training Center to Riyadh, Saudi-Arabia	Manal Abdullah Alfaraidy
104	Saudi medical retailing company (SMRC)	Mahmood Al Anazi
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106	Nurse Bridging Programs in the Kingdom of Saudi Arabia: Advancing to a BSN	Kholoud Raja AlShammari
107	HOME INTERIORS DESIGN OFFICE BEAUTY INTERIORS OFFICE	Khalid A. BinSkerin
108	Kingdom Modern Factory for Ready Mix Concrete and Blocks at Jazan KFM	Khaled Althemali
109	Future First	Jamelah Haif Alkahtani
110	Factory for manufacturing uniform clothing	Ibrahim Saud Bin Rakhays
111	Huna (Mobile Marketing App) Business Plan V1.0	Ibrahim Nasser Al-Ateeq
112	After School Care Center (ASCC)	Hosam A Alrashed
113	Business Plan for Establishing "Vine Leaf" Food Supplier In Riyadh (Saudi Arabia)	Wafa AbdulAziz AlKhalifah
114	Tertiary Hospital	Fawaz Alturki
115	English For Kids	Fatema Alasmari
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117	Establishing a Retail Outlet for Generic pharmaceuticals in Riyadh, Saudi Arabia	Faisal AlRebeishy
118	Al-Bilad Investment Company (ABIC) Three years Aggressive Growth Business Plan	Fahhad Hamad Al-Anazi
119	Development of Business Plan of Saudi's Cement Plant Company	Fadi Khaled Abudayah
120	"8": Allergen-Free Food Shop	Dina Al Nasser
121	AL-RIYADH HOTEL & SPA	Dafir Abdulrahman Alamri
122	COMPUKEY CLOUD COMPUTING (CCC)	Khalid Al-Shalawi
123	Noura's : American Fast Food...Arabian Twist	Bodour Alzahrani
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125	<b>MAPS solutions</b>	Ariel Al-Blehed
126	<b>Hope Café</b>	Amal Abdullah AlMarei
127	Performance Criteria of Employees in the Saudi Banking Sector	Alyamamah H. AlEnezi
128	Golden Sand for Civil Works at Wireless Networks Implementation	Ali Al Shahrani
129	Riyadh Banking Institute	AL-Anoud A. AL-Athel
130	Virtual Call Center Solutions VCCS	Ahmed Alkathiri
131	Content Joint Venture Business Plan	Ahmad Hussain M. Al Shahrani
132	Business Plan for Launching The Adel Al-Rajhi Training and Development Company	Adel Al-Rajhi

133	Efficiency of the Book Building as a Pricing Mean of Stocks IPOs in the Saudi Capital Market	Adeeb A. Al-Sowailim
134	Joint Venture Company in Oilfield Services in Saudi Arabia	Abdulwhab Hussain Aldeaiji
135	Business Plan - II Fico	Abdulrahman Abdullah Alsalloum
136	Feasibility study to launch a flight from KSA to Toronto	Abdulrahman Alabdulwahab
137	Business plan for manage and host IT by using cloud computing service to position enterprise's internal IT infrastructure.	Abdulmajeed Alyabis
138	Spanish Tierra Restaurant	Abdullah Ibrahim Al Mofleh
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140	Yana Café	Abdullah Al Yahya
141	Treasure Minerals Company (TMC)	Abdulla A. Alfaiz
142	Satellite Clinic for Sultan Bin Abdulaziz Humanitarian City (SBAHC)	Abdulaziz H. Al-Anazi
143	Advanced Company for ISO Consulting (ACIC)	Abdulaziz Al-Abdullatif
144	Intention to shop online among university students in Riyadh	Naif Khoudraji, Samer Afana, Ghaleb senjab, Ahmed Dabosi
145	Dissemination Information through NFC network	Mazen Alswayan, Khaled Saad Al-malki, Mohammed Bandar Mohammed Alyousef
146	Multi-Factor Authentication Using Double Paths	Abdullah Al Barrak, Saad Ibrahim Al Akeel, Omar Ali Al Qubayshi
147	Naya Mart 360	Azza Al-Murad, Kawther Al-Jaffer
148	YU Virtual Library and E-catalogue	Nouf Jamal Al_Dawsari, Farah Nahar Al-Rahaili
149	YU Virtual Library and E-catalogue	Nouf Jamal Al_Dawsari, Farah Nahar Al-Rahaili
150	Secure VoIP in Battlefield communications	Jameel Ghazi Kutbi, Yasser Alzahrani
151	Building a cost Effective Cloud Computing Infrastructure	Ameen Ali Bosbool,
152	Student Attendance System	Abdulaziz Yossef Abdulaziz Alshunaifi
153	Electronic Book Exchange Club (EBEC)	Ibrahim Bukhari
154	Interactive Parallax Website	Ebtisam Ahmad Sheikhoon
155	<b>Development of Chat Application</b>	<b>Abdullellah Binnassar, Khalid Alsulaiman, Mohammed Hezbawi</b>
156	<b>Design and Implementation of Control Plane for Next Generation Network</b>	<b>Adhwa Mansour BinQasim</b>
157	<b>Implementation of Car Monitoring Through Wireless Sensor Network</b>	<b>Zahra Al-Azem, Lulu Al-Rubian, Ruba Al-Khaseeb</b>



158	Transition from IPv4 to IPv6	Dakhail Aljadid, Sulaiman Aluqeel, Hassan Alyami, Abdulrahman Abdullah
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160	Student Advising System *(SAS)	Hassan Alshaer, Faisal Mohammed Al Khalidan
161	Student Advising System *(SAS)	
162	Remined Me Website	Shadi Basem Abbas Al Agha
163	Development of 3abaya.com	Randa Hamza, Alanoud Al-Motlag
164	NFC Based Contact Manager for Android Platform	Heba Albarrak
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166	Online attendance systems: Employee Online Attendance Solution	Hassan Moin Uddin Khawaja
167	GPS Based Vehicle Tracking System(GCTS)	Raje Abdulmohsen Zaid Alharthi
168	3D Walkthrough of Smart Homes	Seham Mohamed Othman Alshantaf
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171	Re-launch Othaim	Ohoud Al-Otaibi, Rana Al-Omran
172	Does special needs get enough support from private sectors in Riyadh, Saudi Arabia	Adwa Al-Athel ,Al-Anoud Al-Gheriri, Moode Al Saleh, Sara Al nabet
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175	Sociological analysis of the problems of the wives of the Gulf migrants among Muslims in Mattancherry	P. R. Hyrunisa.
176	NFC Based Hotel Management System	Abdullah Ayman Abdullah Alkadi, Meshal Khalid Fahad Alhassan
177	Virtual network function implementation for software defined networks	Abdullah Al Khudair, A. Gasem, K. Al Harbi, M. Waheed
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180	Projection Mapping Approaches Towards Cosmetic Surgeries	Salwa Almasri
181	Designing Unified Small Enterprise Network	Rana Abdulmumen A Algarawi, Rawan Ibrahim Alsaeed

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183	Implementation of Internet of Things testbed	Mohamad Barhom, Abdulrahman Al Enizi, Sulaiman Al Asker, Mohammed Alammari, Naser Al Enizi
184	Augmented Reality App in Fitness ARiF	Hamza Abdukhudair
185	Your Doctor	Rawand AlHurayis, Shatha Mohammad AlSomali
186	Roadmap towards the International Quality Standards from the National Quality Standards	Mohammed Alabbad, Hesham Alsfeyan, Salman Alsultan, Turkey Assery
187	Implementation of Internet of Things Environment (IoT-E)	Alanoud Abdulaziz Al Salman
188	Implementation of IMS for Network Functions Virtualization (NFV) Environment	Abdulaziz Al Shabawi, Khalil Ur Rehman Bajwa, Saif Al Shabawi
189	Contactless Payments for A Transportation Metro Using Android Platforms	Mishal Al Hazmi, Sabbar Al Enazy, Sabbar Al Enazy, Ali Binjumiah
190	Attendance Taking Systems (ATS)	Mohammad Alkhulayfi, Mohammad Daftardar
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192	Motion Graphic Animation Video	Rima Al Suwailem, Al Jouahra Al Moammar
193	Design and Implement of DNS Tunneling Detection and Prevention System	Abdulrahman Al Hazmi, Meshal Al Matari, Mohamad Mawla, Rayan Alsaeed
194	Flower Distribution System	Ali Mohammed AlNajrani, Moaz Sorour, Mohammed Al Shehri, Thamer Aldeirem, Abdulaziz Albaqami
195	Service Discovery in Cloud of Things	Nasser Al Subaihi, Abdullah AlMutairi, Abdulrahman Alhogail, Mohammad AlDousari
196	Medical Motion Alarm System	Nouf Assiri, Norah Hakami
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198	How Social Media is Affecting ,marketing Today	Lama Yassir Aljadayel
199	Antecedents of Instagram Apparel Business in Riyadh	Mahham Ahmed Zulfiqar
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201	Bubble IT Applications	Nuha Alrajhi
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204	Impact of manufacturing sector on the economic growth and employment in KSA	Fahad albaker, Majeth alshathry, Abdulrahman bin Taleb
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206	Business plan for establishing HandyMan maintenance services in Riyadh	Asma Mohammed Alabdullatif

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208	Pattern financial consulting Co.	Yazeed H.Aleidi
209	Medical tourism in Saudi Arabia	Ghadah,Rola,Hanouf
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211	Openness in Saudi market to foreign investments- opportunities and risk	Majed, Nasser
212	Knowledge, attitude and challenges of small and medium enterprises of Saudi Arabia for recycling waste	Hossam, Rayyan, Bander
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214	Harmony music academy	Deema,Manar,Marwa,Anwar
215	Feminine GYM	Hiba,Lulwah,Najah,Sarah
216	Strategies to minimize turnover of Saudi employees in private and semi-government sector	Baber,Muath,Jafar,Yasser
217	Employee work motivation and its effect on their performance and business productivity	Mashael Abdullah AlHajjaj
218	Relationship between performance management and employee productivity in banking sector	Hanen Al Madi,Rehan
219	Riyadh consultancy firm -RCF	Mohammed Al Nazal
220	Study to identify the performance appraisal issues in Riyadh private hospitals	Haifaa,Sumayya,Yara
221	Business plan on a healthy coffee shop	Eman AlAskar
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224	MGT 590 Business plan	Rayyan Al Hassan
225	Academic city schools business plan	\Abdulrahman Abdullah Alhabeeb
226	Food trucks festival	Norah,Eman,Lama,Sarah
227	Tourism in Saudi Arabia	Faisal,Mohammed Mansour
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233	relaxation wellness center (RWC)	Dkhayyl Al Dukheyyl
234	Lean six sigma capability development at Saudi Chemical Co	Abdulla Al-Mofleh, Abdullah Al- Yahya, Abdulaziz Al-Abdullatif
235	PPP project of water treatment plant in Jeddah	Mohammed Sharyan

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237	Impact of recent development in oil market on the Saudi economy	Fahad,Saad,Faisal
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248	Relationship of fairness with trust and trustworthiness in mobile sector in Saudi Arabia	Dkhayyl Al Dukheyyl
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258	Women empowerment in the Saudi Arabian banking sector	Sara, Nora
259	Business plan for establishing University for advanced studies, private university in Riyadh Saudi Arabia	Nouf Al Tuwajri
260	Children's party & party hall	Ohood Al Hadyan
261	Impact of work environment, individual characteristics and training design toward training transfer in KSA companies	Waleed,Abdullah,Abdulaziz
262	Impact of governmental authorities on pharmaceutical products prices in Saudi Arabia	Ebrahim,Khalid,Adulrahman Alfarooq
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266	Raw Grill & BBQ	Reem AlYahya
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271	Impact of training and development on employees performance in banking sector in Saudi Arabia	Afnan, Amtnan, Danah, Sawsan
272	Stop & Collect - Express (mini market-business plan)	Muhammed Ali A-Melhem
273	Effect of brand identity on customer value, satisfaction & trust evidence on small business in Riyadh	Zaben, Nasser, Meshal
274	Factors influencing employees productivity in KSA hospitals	Alia, Arwa, Ibtehal
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276	Role of Financial & Non-Financial Motivation in Enhancing Employees' Productivity: A Comparison Study in a Military Hospital	Abdullah Ibrahim Ababtain
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278	Kid's Gym Project	Amal, Hadeel,Badriah
279	Pneumatic water collection system (PWCS)	Reem,Athari,Ghada,Faten,Shahad
280	Food truck business in Saudi Arabia	Mohammed, Wael.Ayman
281	Electrical vehicle charging station	Abdulaziz A. Raey
282	Corporate social responsibility and competitive advantage in the food processing industry	Faizal, Salim, Nader
283	Corporate Training	Bandar Alklefh
284	Organic recycling	Hozam AlMazyad
285	Printed circuit board factory : solutions pioneers	Abdullah Faris AlOtaibi
286	Property management services	Hamad Abdullah Alsakran
287	Does hedgaing increase firm value? Evidence from Egyptian firms	Hamad.Abdullah,Meshari,Majid
288	Does hedgaing increase firm value? Evidence from Egyptian firms	Abdulaziz A. Raey
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290	Techreturn Platform	Khalid H.Alshammeri
291	Afaq tax and audit consultancy company	Meshari Alanazi
292	Balsam lkl daa	Marwa Arnous
293	Crowd funding in saudi arabia and GCC countries	Mohammed Alrashed
294	Business plan for aquakids water park	Manar Alqahtani
295	Genesis medical solution	Abdullah Aldhafyan
296	Employment challenges & opportunities for saudi females	Aljuhara , Lulwah,May
297	Employment challenges & opportunities for saudi females	Dana, Reem,Sara
298	Private equity in saudi arabia and due deligence process	Sara, Haya,Maham,Yusra
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303	Impact of shifting from local accounting standards to IFRS on SME's in Saudi Arabia	Dana, Reem,Sara
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305	Design Your Space (DYS) furniture store mobile application	Alanoud,Hessa,Manal
306	Hawii Aloha State: feasibility study for a Hawaiian restaurant "Aloha state"	Zina Mazen Younes El-Rayes
307	Hawii Aloha State: feasibility study for a Hawaiian restaurant "Aloha state"	
308	First step daycare center 2016	Mahida, Norah,Sarah,Naema,Nagham
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310	Benefits of implementing quality manangement system in the national water company in Saudi Arabia	Arwa ,Alanoud, Maha
311	Factors Affecting the Price of Third Party Liability Car Insurance in Saudi Arabia"	Hatim ,Ali,Mohammad, Nasr,Yousef
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314	Learninhg Outcomes Mapping Systems	Faria Saeed Al-Mutairi
315	Integrated Health Monitoring Systems for People with Special Needs	Mohannad Al rasan, Abdulaziz Al Shalawi,Faris Al Faris,Rashed Saidam
316	Attendance Management System	Saad Al Shahrani,Mohammed Aabanmai,Omar Al Soqeer
317	Authentication Mechanism for Industrial internet Of Things (IIOT)	Shahad Al Otaibi
318	Using Active Directory as Centralized Identity Store and Management	Yazeed Al Khuraisi,Yousuf Al Ghamdi,Majed Al Shalawi,Mohammed Al Rawwaf
319	An Approach for Finding a Parking Spot Using Cloud Computing	Saleh Al Olayan,Majdi Mohtasib,Saleh Al OkailyKhaled Abanomy
320	IoT Based Baggage tracker in Airport	Summer Aboshanak,Leen Muammer,Lila Bajwi
321	:MONTIJOON" Online Food Delivery Website System Helping Productive Families	Reem Alhoumaidan,Mashael Aljulayhi
322	End point Authentication of Internet of Things	Osamah Al Rashid,Abdullah Al Sultan
323	E.Commerce Real estate System	Muna Al Khalaf
324	Software Defined Wireless Local Area Network	Fahad Al Mulhim,Naif Al Shahrani,Turki Al Safari

325	RecycSA: Secure Mobile Application for Paper Recycling and Books Donation	Faten Saqer Alharthi
326	Car Parts Finder Application	Abdulaziz Ahmed Alghamdi,Ahmed Emad Alblawi,Osamah Mohammed Alasmari
327	Laqaat Application	Abdulla Al Mutairi,Abdullah Alayaf, Mohammad Al romaih,Sultan Al Mughni
328	Healthblockchain A Unified Electronic Health Record Framework for Patient Centered Care	Ghada Abdulaziz AlSaif,Ghada Ahmad AlGhamdi,Norah Saleh Shahbal
329	Womens Driving in Saudi Arabia - A Statement Analysis Using Twitter Data	Ghadah Al Jebreen,Najd Al Ziyad,AlJoharah Al AL-Shaikh
330	Proactive Network Monitoring System Using OSSIM	Mohammed Hassan Alkiady Sultan Faisal Alsowayed Abdulrahman Bader Aldossary Suliman Fahad Altayyar Faisal Abulnaja

*All Senior Projects are available at the Central Library*

## New Arrivals

### كتب الشراء والإهداء العربية

#### Purchased & Gift Publications (Arabic)

المؤلف Author	العنوان Title	م S/N
يوسف علي الثقفي	وطن في ملك	1
الشهابي ابراهيم الشرقاوي	مبادئ التحكيم وفقا لنظام التحكيم السعودي	2
احمد سعيد الخبتي	الوجيز في احكام الشركات في النظام السعودي	3
مفلح ربيعان القحطاني	احكام الملكية في الفقه الاسلامي والقانون	4
عبدالرحمن السيد قرمان	لعقود التجارية وعمليات البنوك طبقا للانظمة القانونية لرؤية المملكة 2030	5
ايمان مامون احمد سليمان	الاوراق التجارية والافلاس وفقا للانظمة التجارية في المملكة العربية السعودية	6
محمد نصر محمد	الوسيط في نظام التأمين دراسة مقارنة مع الانظمة العربية	7
متولي عبدالمؤمن محمد المرسي	قواعد الاثبات النظام القانوني السعودي والقانون المقارن	8
متولي عبدالمؤمن محمد المرسي	الوجيز في القانون الدولي الخاص السعودي	9
عبدالرزاق شيخ نجيب	احكام الملكية الفكرية والتجارية في النظام السعودي	10
مفلح ربيعان القحطاني	الوسيط في نظام التنفيذ السعودي	11
وفاء سيد احمد خلاف	الوجيز في احكام الالتزام	12
متولي عبدالمؤمن محمد المرسي	الوجيز في تاريخ القانون	13
محمد احمد البديرات	المدخل لدراسة القانون	14
متولي عبدالمؤمن محمد المرسي	الوجيز في نظام المرافعات الشرعية السعودية	15
مفلح ربيعان القحطاني	مبادئ البحث والتدريب القانوني	16
رزق مقبول الرئيس	شرح احكام نظام العمل السعودي	17
خالد عبدالعزيز الرويس	المدخل لدراسة العلوم القانونية	18
عثمان طاهر طالبي	الوجيز في مصادر الالتزام	19
متولي عبدالمؤمن محمد المرسي	الوجيز في احكام الالتزام	20
رضا محمود العبد	النظام القانوني للتأمينات والضمان الاجتماعي	21

22	العقود المدنية	وفاء سيد احمد خلاف
23	القانون التجاري السعودي	عبدالهادي محمد الغامدي
24	اصول اعداد البحوث القانونية	الشهابي ابراهيم الشرقاوي
25	العقود المسماة في الفقه الاسلامي	مصطفى احمد الزرقا
26	اسواق الاسهم صراع الدببة والثيران	طارق الماضي
27	المنشأة ذات الغرض الخاص	عثمان ظمير مغل
28	الاحكام الفقهية للتمويل براس المال	يزيد عبدالرحمن الفياض
29	تل الزاير	نذير خالد احمد الزاير
30	الادارة المحلية والقطاع البلدي	عبدالعزیز بن محمد بن عیاف
31	الخبراء ورياض الخبراء	محمد الصالح العبدالله العريني
32	العربية والذكاء الاصطناعي	المعتز بالله السعيد
33	الاعمال الكاملة	عبدالله ادريس
34	تطبيقات اساسية في المعالجة الالية للغة العربية	محسن رشوان
35	تطبيقات الذكاء الاصطناعي في خدمة اللغة العربية	يوسف سالم العريان
36	خوارزميات الذكاء الاصطناعي في تحليل النص العربي	عبدالله الفيفي
37	دليلك الى العربية	محمود علي شرابي
38	الدليل الاجرائي لتأسيس منشآت اللغة العربية	مركز الملك عبدالله الدولي
39	دليل الكتابة الإدارية	سالم وصيل السميدي
40	اللغة لا تحمي ذاتها	عبدالله عبدالرحمن البريدي
41	نظام الكتابة العربية النشوء والتطورات	محمد سعيد الغامدي
42	تاريخ اللغة العربية في جمهورية الصومال	فوزي محمد بارو
43	منظومة الحروف العربية	زكي البغدادي
44	اللسانيات الجنائية	صالح فهد العصيمي
45	الإنتاج المعجمي في المملكة العربية السعودية	محمود عبدالكريم الجندي
46	الانغماس اللغوي في تعليم اللغة العربية	راند مصطفى عبدالرحيم
47	دليل اتحادات اللغة العربية في البلاد غير العربية	تولوس مصطفى

**Note: -All books have been processed, and they are ready to check out.**



## Online Library Services

### Online Public Access Catalog (OPAC) and DATABASES

#### How to access Library catalog?

In order to access YU library catalogue, you are requested to go through the below link

<http://library.yu.edu.sa/>

Here you can search the library resources by title, author and subject keyword

#### Library databases:

We provide access to read and download online resources for current faculty and students only that subscribed through **SDL (Saudi Digital Library)**

SN	Database Name	Content
1	WILEY Online Library	books, Journals, Reference works etc.(multidisciplinary)
2	EBSCO	Books Journals & Magazines
3	Oxford Journals	Journals ( humanities, social sciences, law)
4	Royal Society of Chemistry	Journals
5	JoVE	Science videos with the mission to improve scientific research and education.
6	DOAJ (Directory of Open Access Journals)	Journals (science, technology, social sciences, arts and humanities.
7	jstor	Books & Journals (multidisciplinary)

In order to access library databases, kindly follow the steps below. i.e.

- ❖ Login to your LMS account
- ❖ Go to students resources
- ❖ Click YU digital library
- ❖ Click access SDL Portal
- ❖ Change the language to English
- ❖ Click English Knowledge Resources

And the above databases area available for YU community (Faculty & Students

***Kindly note that the above mentioned databases are subject to change at any time by SDL (Saudi Digital Library)***

## **Library Activities (Recently Completed)**

### **Library Membership:**

YU library now is a member of Saudi Library & Information Association

### **Library Carpet Replace:**

Central library's carpet has been replaced by new carpet

### **Library Database Subscription:**

Library has increased its databases subscription to seven through Saudi Digital Library.

### **Library orientation Booklet & Guide**

Library has updated its information in Library Orientation booklet and Guide to find library resources (soft copy available on library web-page)

### **Computers for printer and students workstation**

Four new computers installed with the new printer for students use in central library  
Also, replaced students workstation computers (20 PC's) by updated and advanced system.

### **Library web-page has been updated**

### **Library Integration System:**

As part of using the new technologies for the libraries functions, our library integration system has been switch in to **Koha** from **HORIZON**

### **Developments:**

- To ensure the security for the library properties and its patrons, more surveillance cameras (CCTV) have been installed inside the central library
- Central library's carpet has been replaced by new carpet.
- New bar-code printing machine was purchased for the purpose of printing -bar-code for libraries books
- Installed Wireless Microphone Power Amplifier System with speakers

### **Events:**

- Two days orientation program for YU Faculty members held in the central library
- INTERLINK organized a workshop in the central library for their teachers on June 16, 2022.
- Also held an advisory meeting in central library organized by the Deanship of Admission & registration for male faculty members from COBA, COEA & LAW to meet their students on August 30, 2022.

# Willpower

## 10 habits that have been scientifically proven to give you incredible willpower!

By. Colin Robertson

What seems like an overnight success is usually a very long time in the making. Success is created from people who establish the right habits, then execute them over and over. So I wanted to share with you the top 10 habits that have been scientifically proven to give you incredible willpower!

### 1. MEDITATE

Meditation is the fastest and most effective way to increase your willpower. By [meditating](#) you are training the brain to focus and resist the urge to wander. Research shows that after just 2-3 days of practicing meditation for 10 minutes, your brain will be able to focus better, you will have more energy, and you will be less stressed. [1] There are a lot of myths surrounding meditation. Burning incense, chanting, wearing robes, etc. So let's start by explaining what meditation really is.

**Meditation is simply the practice of bringing your thoughts to the present moment.** 47% of our lives are spent either reminiscing about the past or thinking about what we are going to do in the future. [2]

**We spend very little time with a clear, focused mind on what we are doing *right now*.**

Meditation attempts to do just that. This is usually done by sitting upright in a room that is clear of distractions and focusing solely on your breathing. However, it can be achieved with any activity that brings your full focus and attention. For example, if you are completely focused on the task of cleaning dishes; without mentally going over your day, pondering another problem in your head, or thinking about what you will be doing next, you can achieve a state of meditation.

If your mind is clear and focused completely on the present task, you will see the benefits of meditation. To get started meditating, check out [this article](#) which will give you the tools and exercises you need to begin adding the habit of daily meditation.

### 2. EAT A LOW GLYCEMIC DIET

When the body takes in food, it creates a [chemical known as glucose](#) that travels through the blood stream. **This is what the brain uses as its source of fuel to think, create, and exert willpower.** So to ensure a healthy stock of willpower, we want to make sure our brain has enough glucose to use as energy. [3]

Any food that contains calories will give your brain glucose to work with. But not all glucose is created equally. Sugary foods will cause a quick spike of glucose, giving you willpower fuel for the short-term, but will cause a subsequent crash that depletes your willpower just as fast.

The best thing you can do is keep the glucose level in your bloodstream steady. This will give your brain a consistent reserve of fuel to exert willpower for the long-term. **To accomplish this, researchers suggest a low-glycemic diet.** [4]

Here are some low-glycemic foods that will give you long-term willpower fuel:

### 1. LEAN PROTEINS

Nothing fancy is required – just lean cuts of beef, poultry, pork and fish.

### 2. NUTS

Specifically those nuts that are high in omega-3 fatty acids like walnuts, pecans and cashews. (Note: this does not include legumes like peanuts).

### 3. FRESH FRUIT

Fresh fruit is preferred over dried fruit because dried fruits have a high concentration of sugar in them. This will result in the glucose spike for the short term and lead to a subsequent crash. Some good choices are bananas, blueberries, apples and cherries.

### 4. VEGETABLES

All vegetables will help build your long-term willpower, but specific veggies have a lot of willpower fuel in them are root-based. These include sweet potatoes, carrots and onions which will all give you some serious willpower fuel!

**Do not try to completely overhaul your diet if you are not used to eating these types of foods.** Instead focus on eating them for *just one meal per day*. The best of which would be [eating them for breakfast](#).

## 3. GET ENOUGH SLEEP

When you don't get enough sleep, your willpower takes the biggest hit. When you are tired, your brain cells are not able to absorb glucose as efficiently as when you are well rested. **This means that you begin lose the “power” in your willpower.** [5]

Then your brain will recognize the fact that it is not getting enough glucose, and immediately start to crave sugary foods and caffeine to replenish its supply. However, because your brain cells are not absorbing glucose as efficiently as they should be, not only will you give in to eating junk, you will *eat much more than you need*.

Your brain will continue to crave junk food until it gets as much glucose as it can out of your bloodstream – regardless of how many calories that may be. Luckily, there are scientifically proven tactics that will help you get a better night's sleep even without adding more hours:

### 1. A COMPLETELY DARK ROOM

Most of us underestimate the affect that lights in our room have on our sleep. When our room is completely dark, it helps our brain shut down and sleep more efficiently. This helps us get more rest out of the hours we lay in bed; helping to restore our willpower. [6]

### 2. NAP

Other research suggests that it is the amount of consecutive hours you spend awake that matters the most. So breaking up the day with a nap can have significant benefits. It is better to sleep for 7 hours with a 1-hour nap than it is to sleep for 8 consecutive hours without taking that break during the day. [7]

### 3. CREATE A RESERVOIR

Getting more sleep on the weekend will create a reserve of energy your brain can use for willpower during the week. So if you cannot squeeze more hours of sleep in during the week, see if you can catch up on the weekend. [8]

## 4. EXERCISE

We all know that exercise is good for our health, but can it also be [good for our willpower](#)? In order to find out, researchers found 24 non-exercisers between 18 and 50 to partake in a 2-month study. They were given free gym memberships and asked to exercise just 1x/week for the first month and 3x/week for the second month.

Throughout the study they would test the participants on various self-control activities from resisting temptations to persevering through challenging tasks. The results were nothing short of remarkable.



After just **2 months of exercise** every participant had indeed **increased his or her ability to resist temptations and persevere on tasks**.

But the benefits didn't end there. Without any instruction by the researchers, the participants also:

- Procrastinated less
- Felt more in control of their emotions
- Reduced smoking, alcohol and caffeine intake
- Saved more money
- Ate less junk food
- Began eating a healthier diet
- Watched less TV
- Spent more time studying
- Splurged on impulse purchases less
- Were more likely to be on time to appointments

**All of these activities occurred naturally from the habitual exercise! [9]**

Now, before you set a plan to go from not exercising at all to exercising every day, let's pause. It's important to remember that for a full month, these participants only went to the gym 1x/week. That means they only went 4 times total in the entire first month!

Clearly, **it is not necessary for you to go crazy with your exercise plan**. To start getting all of the benefits listed above, you just need to **make a plan that is consistent, not overwhelming**. Whether you can exercise 1x/week or 4x/week, it doesn't matter. To see the benefits, you just need to set a plan that **you will not fail**.

## 5. FOCUS ON ONE TASK AT A TIME

Ready for a puzzle? See if you can write down a list of all 50 states.

When you have listed 10, see if you can continue writing them while also figuring out the answer to  $17 \times 24$ . Were you able to do it?

We have 2 distinct parts of our brain that help in our problem-solving. One is the **limbic system, which makes our easy and automatic decisions**. This includes brushing our teeth and stopping at a red light. This part of the brain is also short-term minded, and is what motivates us to indulge in unhealthy food and get off of the treadmill.

The other is the **pre-frontal cortex, which solves more difficult problems** like how to effectively communicate or solve more complicated math equations like the one above. This is also the part of our brain that thinks long-term and is responsible for our willpower.

The problems above both require the pre-frontal cortex to solve. If I were to ask you to write the 50 states and do a simple problem like  $10 \times 5$ , you would have had no problem doing it.  $10 \times 5$  is easy. It only requires our limbic system to solve, so we can successfully multi-task. The more we multi-task, the more we train our limbic system. So by trying to do 4 things at once, we are unknowingly making the part of the brain that wants us to indulge stronger.

The pre-frontal cortex, however, cannot multi-task. The problems it deals with are too complicated. **So by focusing on one task at a time, we are making the part of the brain that exerts willpower stronger!** So resist the temptation to multi-task and remain focused. This will train your willpower and help you make tough decisions. [10]

## 6. PRACTICE MINDFULNESS

We tend to believe that every choice we make throughout the day goes through a process of well-informed decision-making. But 45% of our daily-decision are made completely automatically. From what we decide to eat, what we decide to wear and what we decide to do when we first get to work, our brains are running on autopilot. [11]

You can overcome this tendency by **becoming more mindful** of your daily decisions. This is as simple as pausing and questioning *why* you are making the decision to get coffee as soon as you make it into the office. Or why you are eating cereal for breakfast rather than eggs.

Simply question these daily decisions and you will strengthen your willpower to make better choices throughout the day. [10]

## 7. SELF-MONITORING

Something odd happens in our brains when we look at ourselves in the mirror. The part of the brain that would say "hey, that's me in the mirror" is not activated. Instead it is a part of the brain that says "I wish I was taller, skinnier, more muscular, etc." [12]

In other words, rather than seeing *who we are*, we see *who we want to be*. This is not because we are shallow, it is because we all have an ideal self that we want to live up to. **With this ideal self in our mind, we begin to think and act more like them.**

**The best way to keep your ideal self in mind is through a process called Self-Monitoring.** This involves keeping track of as much information on yourself as possible. Like with the mirror, you will look at the information on yourself and compare it to what you really want. This will strengthen your willpower and help you make better decisions.

## 8. PLAY OFFENSE

When researchers came across a group of people in the Netherlands who seemingly had unstoppable willpower, they thought they must be saints. They ate extremely healthy, exercised regularly, hardly procrastinated and reported less stress than almost everyone around them.

**But they were not saints at all.** Many of them reported that if they were to get behind a bar stool, they would never leave. Others reported that they were unable to resist sweets whenever they were around. It seemed that these "saints" were prone to the same temptations as the rest of us. [13]

So what was their secret?

The secret, it turned out, was that **these people simply did not put themselves in those situations.** Their lifestyles were well-organized to prevent having to look temptation in the face.

**These people played offense.** They thought about what might tempt them in the future – whether it was alcohol, sweets, or distractions from work – and set themselves up to avoid them. They were seemingly willpower super heroes because they almost never had to use it. In your life, look for the things that test your willpower. How can you **play offense** and remove future temptations?

## 9. FIND INSPIRATION

We have all experienced the feeling of inspiration at some point in our lives. It may have been from a story in history, a speech by a great leader, or by a friend or family member. When we become inspired, we get a rush of energy that we feel can take us to new heights. **It's almost as if we get more willpower.**

When we witness something inspiring, the part of the **pre-frontal cortex** that thinks about the long-term lights up. The neurons in this part of the brain start firing and we feel a rush of energy as we begin to believe in our dreams and goals.

**This essentially means that by becoming inspired, we give the pre-frontal cortex more power.** This strengthens our willpower and makes it easier to work towards our long-term goals. [14]

To tap into this willpower, find something inspiring that you can turn to on a daily basis. This will help you find the willpower you need **even when times get tough.**

## 10. CHUNKING

The last and perhaps the most important willpower habit is **chunking**. Chunking is the process of taking a large task, goal, dream, etc. and breaking it into manageable “chunks”.

If you've ever had a goal, you know how exciting it can be at first. You can see the “after photo” of your life when the goal is achieved - **and you love what you see.** You imagine all of the great things about the “new you” and you can't wait to get started working towards that goal!

Then it's time to actually do the work. And whether that work is putting pen to paper, or putting foot to treadmill, you get a sudden rush of being completely overwhelmed. You see just how much work it's going to take to get you from where you are, to where you want to be. Then you get paralyzed by the fact that you don't know where to begin. So you don't bother trying, or you lose the persistence to keep going.

Chunking works because it shifts your focus from that larger goal, into smaller chunks that are easier for your brain to comprehend. If your goal is to follow a 12-week exercise plan, it can be overwhelming when you're tired on day 4 and thinking about the fact that *you have 80 more days of this.* [15]

But if you shift your focus to simply accomplishing the workout plan *today*, you are far less likely to become overwhelmed. Then, before you know it, 20, 40, 60 days have passed and you are more confident than ever that we can make it to the end.

## CONCLUSION

Excellence is a habit. It is a lot of small things done well, day-after-day. Starting any one of the habits listed above has been proven to give you incredible willpower over time. **But you must be consistent.**

It will be far more beneficial for you to begin just 1 of these daily willpower habits and do it consistently, than to do all 10 for a short period of time. **So select just 1 habit to add to your life and stick to it.** After it has truly become a habit, move on to the next one. Over time, you will see incredible benefits to your willpower!

This bulletin is intended to provide current information to assist you in meeting your information needs in your field of interest. As a member of YU community, if you have a better idea to provide better library services and facilities we want to hear about it!

Finally, kindly don't forget that we value your feedback, so please let us know if there is something you would like us to feature in future issues of this Bulletin. Please feel free to share your comments!

Thank you all for your past and future support. We assure you of our best attention at all times.

تهدف نشرة المكتبة إلى تزويدكم بالمعلومات الجارية في مجال اهتماماتكم . وانا نأمل تزويدنا بملاحظاتكم ومقترحاتكم في سبيل الارتقاء بخدمات المكتبة وكذلك لتضمينها في النشرات القادمة .

إننا نتطلع إلى مشاركتكم بالآراء الهادفة والبناءة لمصلحة مجتمع الجامعة وسوف نقدر تجاوبكم ومرئياتكم ودعمكم لنشرة المكتبة حاضرا ومستقبلا والله الموفق .

ويسعدنا التعرف على مرئياتكم ومقترحاتكم: ----- Your comments/suggestions, if any please:

Name (الإسم): Please tick mark (✓) Student O Faculty O Staff O

Department (الإدارة): Tel (هاتف): Date (تاريخ):

For any further information please contact: لمزيد من المعلومات يرجى الاتصال

**Library (المكتبة)**

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**More in the next bulletin**

مزيد من المعلومات في النشرة القادمة