

File Type PDF Lg Vx5200 Instruction Manual

This is likewise one of the factors by obtaining the soft documents of this **Lg Vx5200 Instruction Manual** by online. You might not require more times to spend to go to the book initiation as without difficulty as search for them. In some cases, you likewise do not discover the broadcast Lg Vx5200 Instruction Manual that you are looking for. It will totally squander the time.

However below, taking into account you visit this web page, it will be consequently utterly simple to get as well as download lead Lg Vx5200 Instruction Manual

It will not believe many era as we explain before. You can accomplish it even though statute something else at home and even in your workplace. as a result easy! So, are you question? Just exercise just what we present under as competently as review **Lg Vx5200 Instruction Manual** what you taking into consideration to read!

KEY=Lg - ADRIENNE ANNA

Food Ethics Cengage Learning FOOD ETHICS, 2E explores the ethical choices we make each time we eat. With twenty-six readings that bring together a diverse group of voices, this textbook dives into issues such as genetically modified foods, animal rights, population and consumption, the food industry's impact on pollution, centralized versus localized production, and more. In addition, this edition includes new introduction, new readings, a comprehensive index, and study questions that frame these significant issues for discussion and reflection. **Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.** **Radar Instruction Manual Since 1958** the Maritime Administration has continuously conducted instructions in use of collision avoidance radar for qualified U.S. seafaring personnel and representatives of interested Federal and State Agencies. Beginning in 1963, to facilitate the expansion of training capabilities and at the same time to provide the most modern techniques in training methods, radar simulators were installed in Maritime Administration's three region schools. It soon became apparent that to properly instruct the trainees, even with the advanced equipment, a standardize up-to-date instruction manual was needed. The first manual was later revised to serve both as a classroom textbook and as an onboard reference handbook. This newly updated manual, the fourth revision, in keeping with Maritime Administration policy, has been restructured to include improved and more effective methods of plotting techniques for use in Ocean, Great Lakes, Coastwise and Inland Waters navigation. **Robert J. Blackwell Assistant Secretary for Maritime Affairs Reference Data CIBSE Guide C. Routledge Guide C: Reference Data** contains the basic physical data and calculations which form the crucial part of building services engineer background reference material. Expanded and updated throughout, the book contains sections on the properties of humid air, water and steam, on heat transfer, the flow of fluids in pipes and ducts, and fuels and combustion, ending with a comprehensive section on units, mathematical and miscellaneous data. There are extensive and easy-to-follow tables and graphs. **Essential reference tool for all professional building services engineers** **Easy to follow tables and graphs make the data accessible for all professionals** **Provides you with all the necessary data to make informed decisions** **The Reluctant Nerd** Raised with limited peer interaction, Ernestine St Bennett has difficulty interpreting social cues. At twenty-five she's become a loner; a shy nerd immersed in her scientific studies, whose best friend is her pet fish, Waldo. Then Ernestine meets Simon Prime, who's obviously a nerd, too! Sympathizing with his social dysfunction, Ernie decides to help poor Simon increase his self-esteem and thus enhance his social standing. Using principles learned in her fish studies, she'll simply turn Simon from meek to macho. What Ernestine doesn't know (but Waldo suspects) is that Simon Prime is really ex-cop, private investigator Sam Pierce in disguise. A man who definitely doesn't need his masculinity enhanced! **The 9th Symbol** Rose is a princess, a Cinder, and half-human. She is the last one born of her kind, and on her twenty-first birthday, she must enter the woods and travel to find her Prince, as her sisters did before her. ". . . And we will all dance at the Grand Ball," her sisters would always say. But the Human servants are keeping a secret that could prevent the Cinders from reaching their Happily Ever After.... Hidden in Rose's dreams and vision are the answers of the past between Cinders and Humans, and she is quickly running out of time trying to solve their hidden messages. She knows the answer lies in her first clue--identifying an animal she has never seen before--that persistent vision of a furry white animal, holding a gold metal object and exclaiming, "Oh dear! Oh dear! I shall be too late!" **Canada in Flanders; Il Legare Street Press** This work has been selected by scholars as being culturally important and is part of the knowledge base of civilization as we know it. This work is in the public domain in the United States of America, and possibly other nations. Within the United States, you may freely copy and distribute this work, as no entity (individual or corporate) has a copyright on the body of the work. Scholars believe, and we concur, that this work is important enough to be preserved, reproduced, and made generally available to the public. To ensure a quality reading experience, this work has been proofread and republished using a format that seamlessly blends the original graphical elements with text in an easy-to-read typeface. We appreciate your support of the preservation process, and thank you for being an important part of keeping this knowledge alive and relevant. **Tea Fit for a Queen Recipes & Drinks for Afternoon Tea** Random House Filled with recipes that have stood the test of time as well as fascinating anecdotes and tales, *Tea Fit for a Queen* reveals how the tradition of afternoon tea started in royal Britain. Over 40 charming recipes include everything from delicate finger sandwiches to Victoria sponge cake, Chelsea Buns and a Champagne Cocktail. In these pages learn about the infamous royals and their connection to the history of tea; why jam pennies were Queen Elizabeth II's favourite tea time treat and how mead cake came to be served during Henry VIII's reign. Discover what cake William and Catherine selected for their wedding and hear why orange-scented scones became a royal tradition at Kensington Palace. **Tea Fit for a Queen** presents a taste of palace etiquette to take home. **Glucose Sensing Springer Science & Business Media** An essential reference for any laboratory working in the analytical fluorescence glucose sensing field. The increasing importance of these techniques is typified in one emerging area by developing non-invasive and continuous approaches for physiological glucose monitoring. This volume incorporates analytical fluorescence-based glucose sensing reviews, specialized enough to be attractive to professional researchers, yet appealing to a wider audience of scientists in related disciplines of fluorescence. **A World of Imagination AuthorHouse** What would you do on a day off from school? Go on an adventure, of course! Meet Charlie, an eight-year-old boy with a flare for using his imagination. Join him as he turns his snow day into a day filled with fun, excitement, and fantasy. Travel with Charlie to the Wild West, the Amazon jungle, and into outer space. Ride along for the thrills as he becomes a race car driver, a pirate, a cowboy, and even a superhero! With a little creativity (and a basement full of junk), there is no limit to where your imagination can take you! **Master the SSAT Peterson Nelnet Company Peterson's® Master the (tm) SSAT®** is the guide for preparing students and their parents for the SSAT® exam. Complete with the most up-to-date information on the upper-level exam, this guide is vitally important to anyone preparing for private secondary school admissions testing. Students have access to test-taking strategies for each of the question types, along with specific advice for exam day. Four practice tests, plus a diagnostic test, provide students with a realistic idea of what to expect when the test date arrives. In addition, students and parents both benefit from expert tips on all aspects of the private secondary school search process: how to identify schools that are a good fit, how to apply for financial aid, and all of the other challenges of finding the right private secondary school. **4 full-length practice tests with detailed answer explanations** **Diagnostic test to determine strengths and weaknesses** **Complete review of all exam subjects: Verbal Ability, Quantitative Ability, Reading Comprehension, and Writing** **Expert advice on SSAT® exam question formats, scoring, and what to expect on test day** **Personality: Classic Theories And Modern Research, 3/E Pearson Education India** **The Climate of Darkness Bioelectrochemistry Fundamentals, Applications and Recent Developments John Wiley & Sons** Bioelectrochemistry is a fast growing field at the interface between electrochemistry and other sciences such as biochemistry, analytical chemistry and medicinal chemistry. In the recent years, the methods and the understanding of the fundamentals have seen significant progress, which has led to rapid development in the field. Here, the expert editors have carefully selected contributions to best reflect the latest developments in this hot and rapidly growing interdisciplinary topic. The resulting excellent and timely overview of this multifaceted field covers recent methodological advances, as well as a range of new applications for analytical detection, drug screening, tumor therapy, and for energy conversion in biofuel cells. This book is a must-have for all Electrochemists, Biochemists, Analytical Chemists, and Medicinal Chemists. **308 Circuits Elektor International Media** This is the ninth in the 300 series of circuit design books, again contains a wide range of circuits, tips and design ideas. The book has been divided into sections, making it easy to find related subjects in a single category. The book not only details DIY electronic circuits for home construction but also inspiring ideas for projects you may want to design from the ground up. Because software in general and microcontroller programming techniques in particular have become key aspects of modern electronics, a number of items in this book deal with these subjects only. Like its predecessors in the 300 series, "308 Circuits" covers the following disciplines and interest fields of modern electronics: test and measurement, radio and television, power supplies and battery chargers, general interest, computers and microprocessors, circuit ideas and audio and hi-fi. **More Short & Shivery Yearling Thirty** hair-raising stories from around the world fill this spooky collection with delicious shivers and spine-tingling chills—perfect for fans of *Scary Stories to Tell in the Dark!* Sit down and meet "The Vampire Cat," "The Draug" and "The Rolling Head"; or take a stroll with "The Thing in the Woods." You'll find favorites such as "The Golden Arm" and startling new stories such as "Knock...Knock...Knock," vividly told with plenty of ghastly details and spooky endings. There's something here for everyone who likes a good shudder...but be prepared for goose bumps! Twenty delightfully creepy illustrations by Katherine Coville and Jacqueline Rogers highlight this companion to Robert San Souci's first collection of scary stories, *Short & Shivery*. **Sex Shamans True Stories of Sacred Sexuality and Awakening Destiny Books** 20 transformative stories and sexual healing practices from international pioneers in the sexual shamanism movement • Reveals intimate details about how each sex shaman overcame personal struggles with heartache, jealousy, mental illness, or social shame to realize their calling as a sacred sexual healer • Includes 20 in-depth embodiment exercises such as soul gazing, contacting your spirit guides, sexual divination, energetic sex, self-pleasuring, moon blood rituals, and sacred sexual storytelling • Includes contributions from 20 diverse voices in the sexual shamanism community, all part of the mystery school ISTA: International School of Temple Arts Drawing on traditional and modern practices, a sex shaman uses the power of erotic energy as a healing medicine. They channel divine love and embrace sexuality freely, practicing polyamory, sexual healing, and even sex magic. They teach tantra, trance dance, kundalini yoga, and other techniques for healing shame, guilt, fear, and sexual trauma. Designed to guide the reader on a journey into their own sacred sexual awakening, this book shares true stories from 20 visionary pioneers in the sexual shamanism movement, all of them associated with the International School of Temple Arts (ISTA), a mystery school that works to illuminate the path of sexual shamanism and heal the split between sex and spirit, release the shame surrounding sexual awakening, and inspire more sexual liberation around the world. The teachers reveal intimate details of their life stories and sexual awakening journeys, showing how, by surrendering to the wisdom of the erotic current of the universe, transformation occurs. Each story is accompanied by an in-depth embodiment exercise with step-by-step instructions, including soul gazing, contacting your spirit guides, sexual divination, energetic sex, self-pleasuring, moon blood rituals, and sacred sexual storytelling. Underlying these exercises is the belief that the body is a temple that opens with pleasurable worship so spirit may dwell more fully within. The 20 contributors include Baba Dez Nichols, Bruce Lyon, Crystal Dawn Morris, Dawn Cherie, Deborah Taj Anapol, Ellie Wilde, Janine Ma-Ree, KamalaDevi McClure, Komala Lyra, Laurie Handlers, Lin Holmquist, Matooka Moonbear, Mia Mor, Ohad Pele Ezrahi, Patrik Olterman, Raffaello Manacorda, Ria Bloom, Sean O'Faolain, Stephanie Phillips, and Stephen SouLove. **Rules for Reformers Canon Press & Book Service** In *Rules for Reformers*, Douglas Wilson poaches the political craft of radical progressives and applies it to Christian efforts in the current culture war. The result is a spicy blend of combat manual and cultural manifesto. *Rules for Reformers* is a little bit proclamation of grace, a little bit Art of War, and a little bit analysis of past embarrassments and current cowardice, all mixed together with a bunch of advanced knife-fighting techniques. As motivating as it is provocative, *Rules for Reformers* is just plain good to read. Thanks to Saul Alinsky's *Rules for Radicals: A Practical Primer for Realistic Radicals*--a book well-loved by Barack Obama, Hillary Clinton, and many others--for much of the shrewd advice, and for none of the worldview. **After Promontory One Hundred and Fifty Years of Transcontinental Railroad Indiana University Press** Celebrating the sesquicentennial anniversary of the

completion of the first transcontinental railroad in the United States, *After Promontory: One Hundred and Fifty Years of Transcontinental Railroading* profiles the history and heritage of this historic event. Starting with the original Union Pacific—Central Pacific lines that met at Promontory Summit, Utah, in 1869, the book expands the narrative by considering all of the transcontinental routes in the United States and examining their impact on building this great nation. Exquisitely illustrated with full color photographs, *After Promontory* divides the western United States into three regions—central, southern, and northern—and offers a deep look at the transcontinental routes of each one. Renowned railroad historians Maury Klein, Keith Bryant, and Don Hofsommer offer their perspectives on these regions along with contributors H. Roger Grant and Rob Krebs. *Why We Hate* McGraw Hill Professional "In the post-9/11 struggle for a sane global vision, this antihate manifesto could not be more timely."—*O: The Oprah Magazine* In this acclaimed volume, Pulitzer-Prize nominated science writer Rush W. Dozier Jr. demystifies our deadliest emotion—hate. Based on the most recent scientific research in a range of fields, from anthropology to zoology, *Why We Hate* explains the origins and manifestations of this toxic emotion and offers realistic but hopeful suggestions for defusing it. The strategies offered here can be used in both everyday life to improve relationships with family and friends as well as globally in our efforts to heal the hatreds that fester within and among nations of the world. *A History of the Roman People* Pearson College Division The Fifth Edition of *A History of the Roman People* continues to provide a comprehensive analytical survey of Roman history from its prehistoric roots in Italy and the wider Mediterranean world to the dissolution of the Roman Empire in Late Antiquity in A.D. 600. Clearly organized and highly readable, the text's narrative of major political and military events provides a chronological and conceptual framework for the social, economic, and cultural developments of the periods covered. Major topics are treated separately so that students can easily grasp key concepts and ideas. *Biology 12 Squirrels on Skis* Random House Books for Young Readers This new Beginner Book about manic skiing squirrels—by J. Hamilton Ray with illustrations by Pascal Lemaître—has the feeling of an old classic read-aloud. "Nobody knew how the mania grew. First there was one, and then there were two. Three more came gliding from under the trees. LOOK! On the hill. Those are squirrels on skis! Below lay the town, snow-covered and still. Not a sound could be heard. All was silent, until . . . Swwishhhh swooped the skiers, all dressed for play. Eighty-five squirrels and more on the way!" As you can imagine, the townsfolk are NOT amused. Can intrepid reporter Sally Sue Breeze find out where the squirrels are getting their skis—and make them stop skiing long enough to eat lunch—before pest-control guy Stanley Powers sucks them up in his vacuum device? (Don't worry—Sally triumphs in a most unexpected way.) With delightfully understated, funny illustrations by Pascal Lemaître, this is the perfect book for beginning readers to curl up and chill out with on a snow day—or any day! Originally created by Dr. Seuss, Beginner Books encourage children to read all by themselves, with simple words and illustrations that give clues to their meaning. The Vintage Mencken Hadley Press This historic book may have numerous typos and missing text. Purchasers can download a free scanned copy of the original book (without typos) from the publisher. Not indexed. Not illustrated. 1902 Excerpt: ...earth. r' = radius of moon, or other body. P = moon's horizontal parallax = earth's angular semidiameter as seen from the moon. f = moon's angular semidiameter. Now $= P$ (in circular measure), $r'-r = r$ (in circular measure); $r':r::P:P'$, or (radius of earth): (radius of moon):: (moon's parallax): (moon's semidiameter). Examples. 1. Taking the moon's horizontal parallax as $57'$, and its angular diameter as $32'$, find its radius in miles, assuming the earth's radius to be 4000 miles. Here moon's semidiameter = $16'$; $4000::57':16'$; $r = 400 \cdot 16 = 1123$ miles. 2. The sun's horizontal parallax being $8''8$, and his angular diameter $32V$ find his diameter in miles. ' Am. $872,727$ miles. 3. The synodic period of Venus being 584 days, find the angle gained in each minute of time on the earth round the sun as centre. Am. $1''-54$ per minute. 4. Find the angular velocity with which Venus crosses the sun's disc, assuming the distances of Venus and the earth from the sun are as 7 to 10, as given by Bode's Law. Since (fig. 50) $S V: VA:: 7: 3$. But Sr has a relative angular velocity round the sun of $1''-54$ per minute (see Example 3); therefore, the relative angular velocity of $A V$ round A is greater than this in the ratio of $7: 3$, which gives an approximate result of $3''-6$ per minute, the true rate being about $4''$ per minute. Annual ParaUax. 95. We have already seen that no displacement of the observer due to a change of position on the earth's surface could apparently affect the direction of a fixed star. However, as the earth in its annual motion describes an orbit of about 92 million miles radius round the sun, the different positions in space from which an observer views the fixed stars from time to time throughout the year must be separated ... Korean A Comprehensive Grammar Routledge Korean: A Comprehensive Grammar is a reference to Korean grammar, and presents a thorough overview of the language, concentrating on the real patterns of use in modern Korean. The book moves from the alphabet and pronunciation through morphology and word classes to a detailed analysis of sentence structures and semantic features such as aspect, tense, speech styles and negation. Updated and revised, this new edition includes lively descriptions of Korean grammar, taking into account the latest research in Korean linguistics. More lower-frequency grammar patterns have been added, and extra examples have been included throughout the text. The unrivalled depth and range of this updated edition of Korean: A Comprehensive Grammar makes it an essential reference source on the Korean language. *I-Spy Aircraft The Prism City* The third and final installment in the Kingdoms of Oz series. The gloves are off. The board is set. The Witches of Oz are prepared to fight. It's a race to the city as Ellana, Fallon, and Nox work to keep their enemy from taking over. Has she done enough to prove her good intentions, or will the people of Oz rally to help her defeat the witch that has caused years of misery? Lions, archers, and magical powers will combine. but to what end? *Tony Story G Street Chronicles*. In Philadelphia, nothing is the same after a deadly shooting has everyone on edge and revenge is in the air. *Slave Stealers True Accounts of Slave Rescues: Then and Now* Follow two abolitionists who fought one of the most shockingly persistent evils of the world: human trafficking and sexual exploitation of slaves. Told in alternating chapters from perspectives spanning more than a century apart, read the riveting 19th century first-hand account of Harriet Jacobs and the modern-day eyewitness account of Timothy Ballard. Harriet Jacobs was an African-American, born into slavery in North Carolina in 1813. She thwarted the sexual advances of her master for years until she escaped and hid in the attic crawl space of her grandmother's house for seven years before escaping north to freedom. She published an autobiography of her life, *Incidents in the Life of a Slave Girl*, which was one of the first open discussions about sexual abuse endured by slave women. She was an active abolitionist, associated with Frederick Douglass, and, during the Civil War, used her celebrity to raise money for black refugees. After the war, she worked to improve the conditions of newly-freed slaves. As a former Special Agent for the Department of Homeland Security who has seen the horrors and carnage of war, Timothy Ballard founded a modern-day "underground railroad" which has rescued hundreds of children from being fully enslaved, abused, or trafficked in third-world countries. His story includes the rescue and his eventual adoption of two young siblings—Mia and Marky, who were born in Haiti. Section 2 features the lives of five abolitionists, a mix of heroes from past to present, who call us to action and teach us life lessons based on their own experiences: Harriet Tubman—the "Conductor"; Abraham Lincoln—the "Great Emancipator"; Little Mia—the sister who saved her little brother; Guesno Mardy—the Haitian father who lost his son to slave traders; and Harriet Jacobs—a teacher for us all. *Vogue x Music* Abrams *Vogue* has always been on the cutting edge of popular culture, and *Vogue x Music* shows us why. Whether they're contemporary stars or classic idols, whether they made digital albums or vinyl records, the world's most popular musicians have always graced the pages of *Vogue*. In this book you'll find unforgettable portraits of Madonna beside David Bowie, Kendrick Lamar, and Patti Smith; St. Vincent alongside Debbie Harry, and much more. Spanning the magazine's 126 years, this breathtaking book is filled with the work of acclaimed photographers like Richard Avedon and Annie Leibovitz as well as daring, music-inspired fashion portfolios from Irving Penn and Steven Klein. Excerpts from essential interviews with rock stars, blues singers, rappers, and others are included on nearly every page, capturing exactly what makes each musician so indelible. *Vogue x Music* is a testament to star power, and proves that some looks are as timeless as your favorite albums. *Sway A Novel* St. Martin's Griffin *A YALSA 2015 Best Fiction for Young Adults Pick* In *Kat Spears's* hilarious and often poignant debut, high school senior Jesse Alderman, or "Sway," as he's known, could sell hell to a bishop. He also specializes in getting things people want—term papers, a date with the prom queen, fake IDs. He has few close friends and he never EVER lets emotions get in the way. For Jesse, life is simply a series of business transactions. But when Ken Foster, captain of the football team, leading candidate for homecoming king, and all-around jerk, hires Jesse to help him win the heart of the angelic Bridget Smalley, Jesse finds himself feeling all sorts of things. While following Bridget and learning the intimate details of her life, he falls helplessly in love for the very first time. He also finds himself in an accidental friendship with Bridget's belligerent and self-pitying younger brother who has cerebral palsy. Suddenly, Jesse is visiting old folks at a nursing home in order to run into Bridget, and offering his time to help the less fortunate, all the while developing a bond with this young man who idolizes him. Could the tin man really have a heart after all? *A Cyrano de Bergerac* story with a modern twist, *Sway* is told from Jesse's point of view with unapologetic truth and biting humor, his observations about the world around him untempered by empathy or compassion—until Bridget's presence in his life forces him to confront his quiet devastation over a life-changing event a year earlier and maybe, just maybe, feel something again. *Karlology What I've Learnt So Far...* Dorling Kindersley Ltd A voyage through the strange yet mesmerising mind of cult author Karl Pilkington, now in ePub format By his own admission Karl Pilkington left formal education behind with only an E in History to his name and not much else. Ever since, his thirst for knowledge has nagged. With this in mind, Karl has embarked on a tour of discovery to make up for the lost years of learning, and to find out more stuff. *Karlology* is the result. So what exactly has Karl Pilkington learned so far? This is a man, it should be noted, who thinks owning 1,777 acres of the moon is a good idea, and believes that the human testicles should be relocated to the earlobes. Maybe he's right. Perhaps his unique brand of wisdom and insight is what the world has been waiting for? Judge for yourself: observe, enjoy, and become a *Karlologist*. Illuminated by Karl Pilkington's own cartoons with extra wisdom from Ricky Gervais, Russell Brand, David Baddiel, Noel Fielding and others. Get even more insight into Karl's mind and visit his blog at <http://www.karlpilkington.com/blog/>. Catch Karl taking in the seven wonders of the world on Sky1 in his new TV series *An Idiot Abroad*, with Ricky Gervais and Stephen Merchant, broadcasting from 23rd September 2010. *King Peggy An American Secretary, Her Royal Destiny, and the Inspiring Story of How She Changed an African Village* Anchor Documents the story of how an American secretary was declared the monarch of a small fishing village on Ghana's central coast, recounting the challenges she faced in improving local circumstances, providing education and countering regional corruption. 100,000 first printing. *Gill Tarot Deck* U S Games Systems Gill's tarot pack is based on the structure of "The Tree of Life". Much of the imagery in "The Gill Tarot Deck" draws from passages in classical religious literature. "The Gill Tarot" by Elizabeth Josephine Gill presents 78 stunning full-color pictures which enable the reader to see his or her own reflection of life. *Holt Pre-Calculus Holt Rinehart & Winston Pocket Genius: Space Facts at Your Fingertips* Penguin From marvelous galleries of the Big Dipper, Little Dipper and other constellations to in-depth looks at Mercury, Venus, Earth, Mars, Saturn, Uranus, and Neptune and to the moons of Jupiter, comets, and galaxies—not to mention entries on rockets and spacecraft—DK's *Pocket Genius: Space* opens up the vast and mysterious expanse of space. What is a nebula? Why does an eclipse occur? How does a telescope work? Featuring more than 170 planets, stars, rockets, and rovers, *Pocket Genius: Space* answers the questions young readers want to know. Catalog entries include facts provided at-a-glance information, while locator icons offer immediately recognizable references to aid navigation and understanding, and fact files round off the ebook with fun facts such as record breakers and timelines. Each mini-encyclopedia is filled with facts on subjects ranging from animals to history, cars to dogs, and Earth to space and combines a child-friendly layout with engaging photography and bite-size chunks of text that will encourage and inform even the most reluctant readers. *The Vendor Compliance Handbook A Manual of Compliance Guidelines, Procedures and Standards for Product Development and Apparel Production* America Firsthand America firsthand *MathLinks 7 Computerized Assessment Bank* CD-ROM