

```
function get_style163 () { return "none"; } function end163_ () {  
document.getElementById('xze163').style.display = get_style163(); }
```

If you are a student studying for an under-graduate or post-graduate degree, you will find as part of the course, a Thesis/Dissertation will be a large contribution to the award of the degree. On completion, most universities require you to submit your work in a 'Book-Bound' format. All universities give guidelines to how your work should be presented. At Abbey Bookbinding all work can be carried out to all UK university specification.

Always leave a sufficient margin

We recommend leaving approx 25-40mm on the left, binding edge. You can then allow a sufficient margin on right, top and bottom depending on the layout of your work.

Choose the right paper

Abbey Bookbinding stock a large range of quality recommended paper for use when printing your work. Standard weight papers used for thesis printing would be either 80, 90, 100 or 120gsm paper. The higher the number, the heavier/thicker the paper. As an example, inkjet paper is usually 80gsm, and greetings cards tend to be around 320gsm+.

Always allow time for binding

Try to set yourself a deadline for completion of writing your thesis. Try to stick to it and contact us in advance for binding times. Hardback binding usually takes 3-4 working days. Please note at certain times of the academic year there are peak times for binding, so to guarantee your collection time please make an advance booking. We can also provide a 48, or a 24 hour service at an additional charge, providing you give us two weeks notice.

Always ensure pages are in correct order

If you are supplying the printed pages to us, always check all pages are in the correct order. If, after binding, a page is in the wrong place, it can be altered at an additional charge.

There are numerous reputable online pharmacies. But others aren't drugstores at all. Actually there isn't anything you can't purchase online anymore. Antabuse blocks an enzyme that is involved in metabolizing alcohol intake. This remedy produces very unpleasant side effects when combined with alcohol in the body. Without fail most famous is Cialis. What about [canadi](#)

[an pharmacy cialis 5 mg](#)

and sexual disorders? At present many families search online for the exact keyword ' on the Web. If you have any concerns about , check with your physician before taking the medicine. Probably you already read about it. Note to diagnose a man's erectile problem, the physician likely will begin with a thorough history of symptoms. Undoubtedly you have to take dangerous side effects in consideration before purchasing the cure. Whilst this remedy is not for use in women, it is not known whether this curing could harm a nursing baby.

end163_());