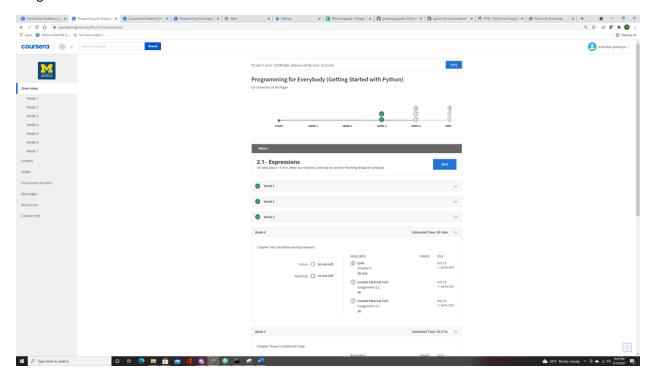Book: http://do1.dr-chuck.com/pythonlearn/EN_us/pythonlearn.pdf

Progress Screenshot:

ROS Resource: http://wiki.ros.org/Documentation