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Michal Stawicki

Blindsight Peter Watts, 2006-10-03 Hugo and Shirley Jackson award-winning Peter Watts stands on the cutting edge of hard SF with his acclaimed novel, *Blindsight* Two months since the stars fell... Two months of silence, while a world held its breath. Now some half-derelict space probe, sparking fitfully past Neptune's orbit, hears a whisper from the edge of the solar system: a faint signal sweeping the cosmos like a lighthouse beam. Whatever's out there isn't talking to us. It's talking to some distant star, perhaps. Or perhaps to something closer, something en route. So who do you send to force introductions with unknown and unknowable alien intellect that doesn't wish to be met? You send a linguist with multiple personalities, her brain surgically partitioned into separate, sentient processing cores. You send a biologist so radically interfaced with machinery that he sees x-rays and tastes ultrasound. You send a pacifist warrior in the faint hope she won't be needed. You send a monster to command them all, an extinct hominid predator once called vampire, recalled from the grave with the voodoo of recombinant genetics and the blood of sociopaths. And you send a synthesist—an informational topologist with half his mind gone—as an interface between here and there. Pray they can be trusted with the fate of a world. They may be more alien than the thing they've been sent to find. At the Publisher's request, this title is being sold without Digital Rights Management Software (DRM) applied.

SQL Tuning Dan Tow, 2003-11-19 A poorly performing database application not only costs users time, but also has an impact on other applications running on the same computer or the same network. *SQL Tuning* provides an essential next step for SQL developers and database administrators who want to extend their SQL tuning expertise and get the most from their database applications. There are two basic issues to focus on when tuning SQL: how to find and interpret the execution plan of an SQL statement and how to change SQL to get a specific alternate execution plan. *SQL Tuning* provides answers to these questions and addresses a third issue that's even more important: how to find the optimal execution plan for the query to use. Author Dan Tow outlines a timesaving method he's developed for finding the optimum execution plan—rapidly and systematically—regardless of the complexity of the SQL or the database platform being used. You'll learn how to understand and control SQL execution plans and how to diagram SQL queries to deduce the best execution plan for a query. Key chapters in the book include exercises to reinforce the concepts you've learned. *SQL Tuning* concludes by addressing special concerns and unique solutions to unsolvable problems. Whether you are a programmer who develops SQL-based applications or a database administrator or other who troubleshoots poorly tuned applications, *SQL Tuning* will arm you with a reliable and deterministic method for tuning your SQL queries to gain optimal performance.

Night Noise Guidelines for Europe Charlotte Hurlley, 2009 The WHO Regional Office for Europe set up a working group of experts to provide scientific advice to the Member States for the development of future legislation and policy action in the area of assessment and control of night noise exposure. The working group reviewed available scientific evidence on the health effects of night noise, and derived health-based guideline values. In December 2006, the working group and stakeholders from industry, government and nongovernmental organizations reviewed and reached general agreement on the guideline values and key texts for the final document of the Night noise guidelines for Europe. Considering the scientific evidence on the thresholds of night noise exposure indicated by $L_{night,outside}$ [L suffix night,outside] as defined in the Environmental Noise Directive (2002/49/EC), an $L_{night,outside}$ of 40 dB should be the target of the night noise guideline (NNG) to protect the public, including the most vulnerable groups such as children, the chronically ill and the elderly. $L_{night,outside}$ value of 55 dB is recommended as an interim target for the countries where the NNG cannot be achieved in the short term for various reasons, and where policy-makers choose to adopt a stepwise approach. These guidelines are applicable to the Member States of the European Region, and may be considered as an extension to, as well as an update of, the previous WHO Guidelines for community noise (1999). [Ed.]

Uniform Federal Accessibility Standards ,1985

Reset Your Inner Clock Michael Terman,Ian McMahan,2013 Reset Your Inner Clock reveals a powerful program that recalibrates our internal clocks that can be decimated by the modern demands of a 24/7 lifestyle--

2010 ADA Standards for Accessible Design Department Justice,2014-10-09 (a) Design and construction. (1) Each facility or part of a facility constructed by, on behalf of, or for the use of a public entity shall be designed and constructed in such manner that the facility or part of the facility is readily accessible to and usable by individuals with disabilities, if the construction was commenced after January 26, 1992. (2) Exception for structural impracticability. (i) Full compliance with the requirements of this section is not required where a public entity can demonstrate that it is structurally impracticable to meet the requirements. Full compliance will be considered structurally impracticable only in those rare circumstances when the unique characteristics of terrain prevent the incorporation of accessibility features. (ii) If full compliance with this section would be structurally impracticable, compliance with this section is required to the extent that it is not structurally impracticable. In that case, any portion of the facility that can be made accessible shall be made accessible to the extent that it is not structurally impracticable. (iii) If providing accessibility in conformance with this section to individuals with certain disabilities (e.g., those who use wheelchairs) would be structurally impracticable, accessibility shall nonetheless be ensured to persons with other types of disabilities, (e.g., those who use crutches or who have sight, hearing, or mental impairments) in accordance with this section.

Pensées Blaise Pascal,1995-12 Blaise Pascal, the precociously brilliant contemporary of Descartes, was a gifted mathematician and physicist, but it is his unfinished apologia for the Christian religion upon which his reputation now rests. The *Pensees* is a collection of philosophical fragments, notes and essays in which Pascal explores the contradictions of human nature in psychological, social, metaphysical and - above all - theological terms. Mankind emerges from Pascal's analysis as a wretched and desolate creature within an impersonal universe, but who can be transformed through faith in God's grace. For more than seventy years, Penguin has been the leading publisher of classic literature in the English-speaking world. With more than 1,700 titles, Penguin Classics represents a global bookshelf of the best works throughout history and across genres and disciplines. Readers trust the series to provide authoritative texts enhanced by introductions and notes by distinguished scholars and contemporary authors, as well as up-to-date translations by award-winning translators.

Voices of the Women's Health Movement, Volume 1 Barbara Seaman,Laura Eldridge,2012-02-14 An unprecedented and definitive collection of rabble-rousing writings on women's health, *Voices of the Women's Health Movement* explores a range of provocative topics from reproductive rights to sexuality to motherhood. Trail-blazing advocate Barbara Seaman and health activist Laura Eldridge bring the revolutionary ideas of several generations together in this powerful new book celebrating women's bodies, and women's voices. The more than two hundred contributors include Jennifer Baumgardner, Susan Brownmiller, Phyllis Chesler, Angela Y. Davis, Barbara Ehrenreich, Germaine Greer, Shulamith Firestone, Charlotte Perkins Gilman, Erica Jong, Molly Haskell, Shere Hite, Susie Orbach, Judith Rossner, Alix Kates Shulman, Gloria Steinem, Sojourner Truth, Rebecca Walker, Naomi Wolf, and many others. With *Voices of the Women's Health Movement*, for the first time, every woman and girl can experience in one place the powerful history of stirring words and strong female perspectives that have inspired countless women to take control of their health and their lives. Volume One highlights include influential writings on birth control; menstruation; pregnancy and birthing; motherhood; menopause; abortion; and lesbian, bisexual, and transgender health.

Commerce Business Daily ,2000-06

The Book of R Tilman M. Davies,2016-07-16 The Book of R is a comprehensive, beginner-friendly guide to R, the world's most popular

programming language for statistical analysis. Even if you have no programming experience and little more than a grounding in the basics of mathematics, you'll find everything you need to begin using R effectively for statistical analysis. You'll start with the basics, like how to handle data and write simple programs, before moving on to more advanced topics, like producing statistical summaries of your data and performing statistical tests and modeling. You'll even learn how to create impressive data visualizations with R's basic graphics tools and contributed packages, like ggplot2 and ggvis, as well as interactive 3D visualizations using the rgl package. Dozens of hands-on exercises (with downloadable solutions) take you from theory to practice, as you learn: -The fundamentals of programming in R, including how to write data frames, create functions, and use variables, statements, and loops -Statistical concepts like exploratory data analysis, probabilities, hypothesis tests, and regression modeling, and how to execute them in R -How to access R's thousands of functions, libraries, and data sets -How to draw valid and useful conclusions from your data -How to create publication-quality graphics of your results Combining detailed explanations with real-world examples and exercises, this book will provide you with a solid understanding of both statistics and the depth of R's functionality. Make The Book of R your doorway into the growing world of data analysis.

Attachment-Focused Parenting: Effective Strategies to Care for Children Daniel A. Hughes, 2009-03-16 An expert clinician brings attachment theory into the realm of parenting skills. Attachment security and affect regulation have long been buzzwords in therapy circles, but many of these ideas—so integral to successful therapeutic work with kids and adolescents— have yet to be effectively translated to parenting practice itself. Moreover, as neuroscience reveals how the human brain is designed to work in good relationships, and how such relationships are central to healthy human development, the practical implications for the parent-child attachment relationship become even more apparent. Here, a leading attachment specialist with over 30 years of clinical experience brings the rich and comprehensive field of attachment theory and research from inside the therapy room to the outside, equipping therapists and caregivers with practical parenting skills and techniques rooted in proven therapeutic principles. A guide for all parents and a resource for all mental health clinicians and parent-educators who are searching for ways to effectively love, discipline, and communicate with children, this book presents the techniques and practices that are fundamental to optimal child development and family functioning—how to set limits, provide guidance, and manage the responsibilities and difficulties of daily life, while at the same time communicating safety, fun, joy, and love. Filled with valuable clinical vignettes and sample dialogues, Hughes shows how attachment-focused research can guide all those who care for children in their efforts to better raise them.

The 47th Indiana Volunteer Infantry David Williamson, 2014-01-10 Organized at Indianapolis in December 1861, the 47th Indiana Volunteer Infantry's Civil War service spanned the Mississippi Valley and the Gulf South. From Louisville to New Orleans and on to Mobile, General James R. Slack and the 47th Indiana took the war to the inland waterways and southern bayous, fighting in many of the Civil War's most famous campaigns, including Vicksburg, Red River and Mobile. This chronicle of the 47th Indiana follows the regiment's odyssey through the words of its officers and men. Sources include Chaplain Samuel Sawyer's account of their exploits in the Indianapolis Daily Journal, soldiers' accounts in Indiana newspapers, stories of war and intrigue from newspapermen of the "Bohemian Brigade," and General Slack's own story in letters to his wife, Ann, including his postwar command on the Rio Grande. Numerous photographs, previously unpublished battle and area maps, and a full regimental roster complete this detailed account.

Bulletproof Health and Fitness Michal Stawicki, 2015-12-20 A Few Simple Habits Will Get You Fit and Healthy (Even If You Have No Time for Exercise and Don't Like Diets) What if you could shed excessive pounds simply by living your life? What if you could forget about ever needing sick leave? Wouldn't you like to be the Energizer Bunny in your own life, every day? Bulletproof Health and Fitness is a book for average people who can't

suddenly switch to an extreme diet - or don't want to - and can't sweat in the gym for 20 hours per week. Michal Stawicki can do 150+ pushups and 40+ pullups; he hasn't been off work sick since July 2013. And, like any ordinary man, he also has a life to live: a day job, wife and kids, church obligations, a daily 3-4 hour commute and random disasters (a broken furnace, flat tire, delayed trains, children's illnesses...) In *Bulletproof Health and Fitness*, he shares his down-to-earth approach for losing weight, getting and staying fit, and keeping his health optimal. And he shares how you too can unlock a force of incredible energy; the energy you need so badly to face life's everyday challenges. In this book you will learn: Why getting your body into prime condition is your first step to success The single rule which determines whether any workout or diet will be a success The biggest mistake people make when trying to get back in shape Why targeted habitual actions are the perfect way average people can regain and keep their health The only four elements you must look after to maintain your stamina Why you can eat whatever you want and stay fit The three things necessary for getting good sleep How even fasting for 120 hours won't kill you. How can you exercise less than 15 minutes a day and be able to do 100 consecutive pushups Why cardio is usually a waste of time (and how it can become time well invested) Buy this book NOW and regardless of life's challenges, you'll soon enjoy new-found health and fitness.

Human Health and Performance Risks of Space Exploration Missions Jancy C. McPhee, John B. Charles, United States. National Aeronautics and Space Administration, 2009

DICOM Structured Reporting David A. Clunie, 2000

The CMS Hospital Conditions of Participation and Interpretive Guidelines, 2017-11-27 In addition to reprinting the PDF of the CMS CoPs and Interpretive Guidelines, we include key Survey and Certification memos that CMS has issued to announced changes to the emergency preparedness final rule, fire and smoke door annual testing requirements, survey team composition and investigation of complaints, infection control screenings, and legionella risk reduction.

Epi-Paleo Rx Jack Kruse (Neurosurgeon), 2013-03-18 Neurosurgeon and wildly controversial Paleo blogger Dr. Jack Kruse gives us his first book, *Epi-paleo Rx: The Prescription for Disease Reversal and Optimal Health*. Kruse, who used his findings to lose 140 pounds and pack on muscle, takes the reader through his prescriptions for obesity, diabetes, heart disease, osteoporosis, autoimmunity, brain health, and aging. The material weaves together surprises from our Ice Age origins with the new science of epigenetics, or the effect of diet and environment on gene expression. A champion of "biohacking," the art of tinkering with one's own biology, Kruse pounces on his own profession's ineptness when it comes to chronic conditions and urges readers to take health care into their own hands. He discusses which labs to order and why, why your doctor is obligated to write you a prescription you don't need, the vital roles daylight and darkness play in metabolism, and the optimal diet for different stages of health and different times of year. Perhaps Kruse's more fascinating contributions to Paleo literature are his findings on cold therapy—the effect of cold environments, immersion in cold water, and ice pack therapy on disease reversal, pain, and optimal living. Kruse explains how our origins as cold-adapted mammals hold the key to disease reversal, using a shocking biohack to prove his theory. The *Epi-paleo Rx* is the result of Kruse's abundant research and clinical application in his practice as a neurosurgeon. Kruse questions conventional wisdom about human metabolism and chronic disease, arguing science has incomplete information when it comes to insulin resistance, diabetes, obesity, and their related illnesses. By examining the human body through the prism of our early beginnings and the science of epigenetics, we find each of us already possesses the "owner's manual" to reverse disease and live optimally.

This Is How Your Marriage Ends Matthew Fray, 2022-03-22 A thoughtful, down-to-earth, contemporary guide to help partners identify and address relationship-killing behavior patterns in their own lives. Good people can be bad at relationships. One night during his divorce, after one too

many vodkas and a call with a phone-in-therapist who told him to “journal his feelings,” Matthew Fray started a blog. He needed to figure out how his ex-wife went from the eighteen-year-old college freshman who adored him to the angry woman who thought he was an asshole and left him. As he pieced together the story of his marriage and its end, Matthew began to realize a hard truth: even though he was a decent guy, he was a bad husband. As he shared raw, uncomfortable, and darkly humorous first-person stories about the lessons he’d learned from his failed marriage, a peculiar thing happened. Matthew started to gain a following. In January 2016 a post he wrote—“She Divorced Me Because I left the Dishes by the Sink”—went viral and was read over four million times. Filtered through the lens of his own surprising, life-changing experience and his years counseling couples, *This Is How Your Marriage Ends* exposes the root problem of so many relationships that go wrong. We simply haven’t been taught any of the necessary skills, Matthew explains. In fact, it is sometimes the assumption that we are acting on good intentions that causes us to alienate our partners and foment mistrust. With the humorous, entertaining, and counterintuitive approach of *The Subtle Art of Not Giving a F*ck*, and the practical insights of *The 5 Love Languages*, *This is How Your Marriage Ends* helps readers identify relationship-killing behavior patterns in their own lives, and offers solutions to break free from the cycles of dysfunction and destruction. It is must-read for every partner no matter what stage—beginning, middle, or even end—of your relationship.

A Still Quiet Place Amy Saltzman, 2014-03-01 Teaching kids stress management skills early in life will help them to grow into happy and healthy adults. And if you work with children or adolescents, you know that kids today need these skills more than ever. The pressures they face in the classroom, on the playground, in their extracurricular activities, and at home can sometimes be overwhelming. So how can you help lay the groundwork for their success? *A Still Quiet Place* presents an eight-week mindfulness-based stress reduction (MBSR) program that therapists, teachers, and other professionals can use to help children and adolescents manage stress and anxiety in their lives, and develop their natural capacities for emotional fluency, respectful communication, and compassionate action. The program detailed in this book is based on author Amy Saltzman’s original curriculum, which has helped countless children and adolescents achieve significant improvements in attention and reduced anxiety. One of the easiest ways to find the still quiet place within is to practice mindfulness—paying attention to your life experience here and now with kindness and curiosity. The easy-to-implement mindfulness practices in this guide are designed to help increase children and adolescents’ attention, learning, resiliency, and compassion by showing them how to experience the natural quietness that can be found within. The still quiet place is a place of peace and happiness that is alive inside all of us, and you can find it just by closing your eyes and breathing. For more information, visit www.stillquietplace.com.

Maternal Child Nursing Care - E-Book Shannon E. Perry, Marilyn J. Hockenberry, Kitty Cashion, Kathryn Rhodes Alden, Ellen Olshansky, Deitra Leonard Lowdermilk, 2022-03-05 Master the essentials of maternity and pediatric nursing with this comprehensive, all-in-one text! *Maternal Child Nursing Care*, 7th Edition covers the issues and concerns of women during their childbearing years and children during their developing years. It uses a family-centered, problem-solving approach to patient care, with guidelines supported by evidence-based practice. New to this edition is an emphasis on clinical judgment skills and a new chapter on children with integumentary dysfunction. Written by a team of experts led by Shannon E. Perry and Marilyn J. Hockenberry, this book provides the accurate information you need to succeed in the classroom, the clinical setting, and on the Next Generation NCLEX-RN® examination. Focus on the family throughout the text emphasizes the influence of the entire family in health and illness. Expert authors of the market-leading maternity and pediatric nursing textbooks combine to ensure delivery of the most accurate, up-to-date content. Information on victims of sexual abuse as parents and human trafficking helps prepare students to handle these delicate issues. Nursing Alerts highlight critical information that could lead to deteriorating or emergency situations. Guidelines boxes outline nursing procedures in an easy-

to-follow format. Evidence-Based Practice boxes include findings from recent clinical studies. Emergency Treatment boxes describe the signs and symptoms of emergency situations and provide step-by-step interventions. Atraumatic Care boxes teach students how to manage pain and provide competent care to pediatric patients with the least amount of physical or psychological stress. Community Focus boxes emphasize community issues, provide resources and guidance, and illustrate nursing care in a variety of settings. Patient Teaching boxes highlight important information nurses need to communicate to patients and families. Cultural Considerations boxes describe beliefs and practices relating to pregnancy, labor and birth, parenting, and women's health. Family-Centered Care boxes draw attention to the needs or concerns of families that students should consider to provide family-centered care.

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