

Life Hacks By Keith Bradford Optimum Al Elektrik

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Immune System Hacks - Matt Farr 2020-12-15

Optimize your health with these 175+ quick, actionable ways to boost your immune system and beat the common cold every season. From taking a day off of work to stay in bed to having to run out to the store for last minute medicine that you were sure you had, no one enjoys being sick. But what if there were quick and easy ways to boost your immune system so you could feel your best all year long? In Immune System Hacks discover over 175 practical steps you can use right away to boost your immune system and stay healthy throughout the year. These expert tips have everything you ever need to know about living your best, healthiest life, including: -Exercises that build and strengthen the immune system -Simple lifestyle choices that help guard against diseases -Environmental factors that affect the immune system -Immunity-boosting foods, vitamins, minerals, herbs, and supplements -The connection between gut health and the immune system -And more! Feel your best with the easy-to-follow advice in Immune System Hacks!

The Cult of the Presidency - Gene Healy 2009

The Bush years have given rise to fears of a resurgent Imperial Presidency, but the problem cannot be solved simply by bringing a new administration to power. Both Left and Right agree on the boundless nature of presidential responsibility. For both sides, it is the president's job to grow the economy, teach our children well, save us from hurricanes, and even to spread democracy abroad. In short, the Imperial Presidency is the price we pay for making the office the focus of our national hopes and dreams. Combining historical scholarship, legal analysis, and cultural commentary, *The Cult of the Presidency* argues that the presidency needs to be reined in, with its powers checked by Congress and the courts. Only then will we begin to return the presidency to its proper constitutional role.

Anti-Aging Hacks - Karen Asp 2019-01-01

Preserve your looks and your health with these 200+ easy strategies to age-proof your body and mind. Are signs of aging—or even just worrying about signs of aging—taking their toll on you? In *Anti-Aging Hacks*, you'll find more than 200 easy, actionable tips and exercises you can implement right away to help age-proof your body and mind. Through straightforward, easy-to-understand language, you'll learn how to preserve your appearance and health, as well as combat—or prevent—the most common ailments, conditions, and risks associated with aging. From protecting your skin from wrinkles and fortifying your diet, to strengthening your body with fun and easy exercises and staying mentally sharp with stimulating activities, to preserving a youthful glow, you'll find all you need to know to stay healthy, strong, sharp, and youthful for years to come. A selection of anti-aging hacks include: - Sleeping on your back to reduce wrinkles -Wearing sunglasses to help prevent cataracts and macular degeneration -Slowing aging and improve health through intermittent fasting -Using skincare products with retinol -Reading for 30 minutes a day to increase your life span Embrace *Anti-Aging Hacks* as your own personal fountain of youth—in handy guidebook form!

Marine Chronometers at Greenwich - Jonathan Betts 2017

Marine Chronometers at Greenwich is the fifth, and largest, of the fine series of catalogues of instruments in the National Maritime Museum's collection. This extraordinary collection is generally considered to be the most important of its kind in existence and is housed at the Royal Observatory Greenwich.

Gut Health Hacks - Lindsay Boyers 2021-07-27

"Bloating. Heartburn. Weight gain. Frequent visits to the restroom. It's no surprise: bad gut health can have a big impact on your daily life. But what if there were quick and easy ways to improve your digestive system so you could feel your best every day? In *Gut Health Hacks*, you'll find 200 practical tips and tricks to support good bacteria and achieve a balanced gut microbiome. From ways to hack your meals to simple

lifestyle changes, you'll find tips and tricks like: consuming ginger has a calming sensation for your digestive tract and can relieve gas and bloating; sipping some ginger tea before bedtime can lead to a restful night's sleep; mental stress leads to digestive stress; and much more! From improved mental health to weight loss to resolved digestion issues, balanced gut health can make all the difference. Now you can start feeling your best today with a little help from *Gut Health Hacks*"-- *The Belmont report* - United States. National Commission for the Protection of Human Subjects of Biomedical and Behavioral Research 1978

Brain Hacks - Adams Media 2018-02-06

Discover more than 300 quick tips and exercises to help you optimize your mental performance and improve brain health. Everyone wants to be at their best mentally, and *Brain Hacks* provides you with more than 300 actionable tips and exercises you can use right away to help you achieve and maintain peak mental performance. Topics covers include: - Proper nutrition and brain superfoods -Brain-boosting vitamins, minerals, herbs, and supplements -Stress management techniques -Natural mood-enhancing activities -Exercises that stimulate and challenge the brain With straightforward, simple advice, *Brain Hacks* will teach you how to keep your brain sharp and functioning at optimal levels.

Biographical Encyclopedia of Astronomers - Virginia Trimble 2007-09-18

The *Biographical Encyclopedia of Astronomers* is a unique and valuable resource for historians and astronomers alike. The two volumes include approximately 1550 biographical sketches on astronomers from antiquity to modern times. It is the collective work of about 400 authors edited by an editorial board of 9 historians and astronomers, and provides additional details on the nature of an entry and some summary statistics on the content of entries. This new reference provides biographical information on astronomers and cosmologists by utilizing contemporary historical scholarship. Individual entries vary from 100 to 1500 words, including the likes of the superluminaries such as Newton and Einstein, as well as lesser-known astronomers like Galileo's acolyte, Mario Guiducci. A comprehensive contributor index helps researchers to identify the authors of important scientific topics and treatises.

Hello World - Hannah Fry 2019-03-28

'One of the best books yet written on data and algorithms. . .deserves a place on the bestseller charts.' (The Times) You are accused of a crime. Who would you rather determined your fate - a human or an algorithm? An algorithm is more consistent and less prone to error of judgement. Yet a human can look you in the eye before passing sentence. Welcome to the age of the algorithm, the story of a not-too-distant future where machines rule supreme, making important decisions - in healthcare, transport, finance, security, what we watch, where we go even who we send to prison. So how much should we rely on them? What kind of future do we want? Hannah Fry takes us on a tour of the good, the bad and the downright ugly of the algorithms that surround us. In *Hello World* she lifts the lid on their inner workings, demonstrates their power, exposes their limitations, and examines whether they really are an improvement on the humans they are replacing. A BBC RADIO 4- BOOK OF THE WEEK SHORTLISTED FOR THE 2018 BAILLIE GIFFORD PRIZE AND 2018 ROYAL SOCIETY SCIENCE BOOK PRIZE

Singularity Hypotheses - Amnon H. Eden 2013-04-03

Singularity Hypotheses: A Scientific and Philosophical Assessment offers authoritative, jargon-free essays and critical commentaries on accelerating technological progress and the notion of technological singularity. It focuses on conjectures about the intelligence explosion, transhumanism, and whole brain emulation. Recent years have seen a plethora of forecasts about the profound, disruptive impact that is likely to result from further progress in these areas. Many commentators

however doubt the scientific rigor of these forecasts, rejecting them as speculative and unfounded. We therefore invited prominent computer scientists, physicists, philosophers, biologists, economists and other thinkers to assess the singularity hypotheses. Their contributions go beyond speculation, providing deep insights into the main issues and a balanced picture of the debate.

Beyond Horizons - David N. Spires 1997

New Hampshire Coastal and Tidal Areas - United States. Engineers Corps 1965

Exodus - Kevin A Carson 2021-03-25

1) An account of the shift from Old Left strategies of postcapitalist transition based on organizational mass and hierarchy, and systemic rupture, to strategies based on horizontal organization and the interstitial construction of counter-institutions. 2) A survey of current projects engaged in building counter-institutions within the interstices of capitalism -- or, in the words of the Wobbly slogan, "building the structure of the new society within the shell of the old."

Abrupt Impacts of Climate Change - National Research Council 2013-12-31

Climate is changing, forced out of the range of the past million years by levels of carbon dioxide and other greenhouse gases not seen in the Earth's atmosphere for a very, very long time. Lacking action by the world's nations, it is clear that the planet will be warmer, sea level will rise, and patterns of rainfall will change. But the future is also partly uncertain -- there is considerable uncertainty about how we will arrive at that different climate. Will the changes be gradual, allowing natural systems and societal infrastructure to adjust in a timely fashion? Or will some of the changes be more abrupt, crossing some threshold or "tipping point" to change so fast that the time between when a problem is recognized and when action is required shrinks to the point where orderly adaptation is not possible? *Abrupt Impacts of Climate Change* is an updated look at the issue of abrupt climate change and its potential impacts. This study differs from previous treatments of abrupt changes by focusing on abrupt climate changes and also abrupt climate impacts that have the potential to severely affect the physical climate system, natural systems, or human systems, often affecting multiple interconnected areas of concern. The primary timescale of concern is years to decades. A key characteristic of these changes is that they can come faster than expected, planned, or budgeted for, forcing more reactive, rather than proactive, modes of behavior. *Abrupt Impacts of Climate Change* summarizes the state of our knowledge about potential abrupt changes and abrupt climate impacts and categorizes changes that are already occurring, have a high probability of occurrence, or are unlikely to occur. Because of the substantial risks to society and nature posed by abrupt changes, this report recommends the development of an Abrupt Change Early Warning System that would allow for the prediction and possible mitigation of such changes before their societal impacts are severe. Identifying key vulnerabilities can help guide efforts to increase resiliency and avoid large damages from abrupt change in the climate system, or in abrupt impacts of gradual changes in the climate system, and facilitate more informed decisions on the proper balance between mitigation and adaptation. Although there is still much to learn about abrupt climate change and abrupt climate impacts, to willfully ignore the threat of abrupt change could lead to more costs, loss of life, suffering, and environmental degradation. *Abrupt Impacts of Climate Change* makes the case that the time is here to be serious about the threat of tipping points so as to better anticipate and prepare ourselves for the inevitable surprises.

International Trade - James R. Markusen 1995

Aimed at the undergraduate level, this work is appropriate either as part of a two-term International sequence (trade and finance), or in advanced courses in Trade that follow a one-term International Economics course. It can also be used as a background text for beginning graduate courses. Intermediate Microeconomics is a pre-requisite.

Productivity Hacks - Emily Price 2018-12-18

Improve your productivity, increase focus, and enhance your organizational and time management skills with these 500+ easy tips and tricks for getting more stuff done. We all know about Post-It notes and to-do lists—and now, with this handy guide you can take productivity to the next level! Learn to use technology to your advantage, schedule your time wisely, and organize your materials for maximum efficiency. Some of *Productivity Hacks*'s easy-to-implement tips include utilizing "do not disturb" features on your phone and computer to avoid distractions,

scheduling a specific time to check your email instead of shifting focus again and again, and creating templates for your most-used email responses so you don't need to do the same work twice—and many more! From accomplishing more in the workplace to maintaining a healthy work-life balance, these tips will help hone your focus and time management skills in simple, manageable steps. You'll be amazed how much more you can achieve over the course of a day!

The Economics of Liberty - Llewellyn H. Rockwell 1990

This collection of short, entertaining, and educational articles exposes how government interference with the economy violates individual liberty, leads to inefficiencies, and rewards special interests. This collection appeared in 1991 and it holds up very well. Some people swear that this is one of the best collections ever printed by the Mises Institute. At \$5 for a book of nearly 400 pages, this is a wonderful deal, an excellent introduction to the Mises Institute way of understanding the world. Its not wonder that Roy Childs wrote of this book: "The great virtue of the volume is the excellent interaction between first principles and current events.... rational, zippy, to the point, informative with facts and figures, and based soundly on the first principles of liberty and the free market.... you can take your time reading them, using them as a bed book that you can dip into at will, and learn a lot of information in a short time. And the book sizzles." Contributors include Murray Rothbard, Walter Block, David Gordon, Robert Higgs, and Tom Bethell.

The Fourth Industrial Revolution - Klaus Schwab 2017-01-03

World-renowned economist Klaus Schwab, Founder and Executive Chairman of the World Economic Forum, explains that we have an opportunity to shape the fourth industrial revolution, which will fundamentally alter how we live and work. Schwab argues that this revolution is different in scale, scope and complexity from any that have come before. Characterized by a range of new technologies that are fusing the physical, digital and biological worlds, the developments are affecting all disciplines, economies, industries and governments, and even challenging ideas about what it means to be human. Artificial intelligence is already all around us, from supercomputers, drones and virtual assistants to 3D printing, DNA sequencing, smart thermostats, wearable sensors and microchips smaller than a grain of sand. But this is just the beginning: nanomaterials 200 times stronger than steel and a million times thinner than a strand of hair and the first transplant of a 3D printed liver are already in development. Imagine "smart factories" in which global systems of manufacturing are coordinated virtually, or implantable mobile phones made of biosynthetic materials. The fourth industrial revolution, says Schwab, is more significant, and its ramifications more profound, than in any prior period of human history. He outlines the key technologies driving this revolution and discusses the major impacts expected on government, business, civil society and individuals. Schwab also offers bold ideas on how to harness these changes and shape a better future—one in which technology empowers people rather than replaces them; progress serves society rather than disrupts it; and in which innovators respect moral and ethical boundaries rather than cross them. We all have the opportunity to contribute to developing new frameworks that advance progress.

Blockchain Revolution - Don Tapscott 2016-05-10

Blockchain technology is powering our future. As the technology behind cryptocurrencies like bitcoin and Facebook's Libra, open software platforms like Ethereum, and disruptive companies like Ripple, it's too important to ignore. In this revelatory book, Don Tapscott, the bestselling author of *Wikinomics*, and his son, blockchain expert Alex Tapscott, bring us a brilliantly researched, highly readable, and essential book about the technology driving the future of the economy. Blockchain is the ingeniously simple, revolutionary protocol that allows transactions to be simultaneously anonymous and secure by maintaining a tamperproof public ledger of value. Though it's best known as the technology that drives bitcoin and other digital currencies, it also has the potential to go far beyond currency, to record virtually everything of value to humankind, from birth and death certificates to insurance claims, land titles, and even votes. Blockchain is also essential to understand if you're an artist who wants to make a living off your art, a consumer who wants to know where that hamburger meat really came from, an immigrant who's tired of paying big fees to send money home to your loved ones, or an entrepreneur looking for a new platform to build a business. And those examples are barely the tip of the iceberg. As with major paradigm shifts that preceded it, blockchain technology will create winners and losers. This book shines a light on where it can lead us in the next decade and beyond.

The Signal and the Noise - Nate Silver 2015-02-03

UPDATED FOR 2020 WITH A NEW PREFACE BY NATE SILVER "One of the more momentous books of the decade." —The New York Times Book Review Nate Silver built an innovative system for predicting baseball performance, predicted the 2008 election within a hair's breadth, and became a national sensation as a blogger—all by the time he was thirty. He solidified his standing as the nation's foremost political forecaster with his near perfect prediction of the 2012 election. Silver is the founder and editor in chief of the website FiveThirtyEight. Drawing on his own groundbreaking work, Silver examines the world of prediction, investigating how we can distinguish a true signal from a universe of noisy data. Most predictions fail, often at great cost to society, because most of us have a poor understanding of probability and uncertainty. Both experts and laypeople mistake more confident predictions for more accurate ones. But overconfidence is often the reason for failure. If our appreciation of uncertainty improves, our predictions can get better too. This is the "prediction paradox": The more humility we have about our ability to make predictions, the more successful we can be in planning for the future. In keeping with his own aim to seek truth from data, Silver visits the most successful forecasters in a range of areas, from hurricanes to baseball to global pandemics, from the poker table to the stock market, from Capitol Hill to the NBA. He explains and evaluates how these forecasters think and what bonds they share. What lies behind their success? Are they good—or just lucky? What patterns have they unraveled? And are their forecasts really right? He explores unanticipated commonalities and exposes unexpected juxtapositions. And sometimes, it is not so much how good a prediction is in an absolute sense that matters but how good it is relative to the competition. In other cases, prediction is still a very rudimentary—and dangerous—science. Silver observes that the most accurate forecasters tend to have a superior command of probability, and they tend to be both humble and hardworking. They distinguish the predictable from the unpredictable, and they notice a thousand little details that lead them closer to the truth. Because of their appreciation of probability, they can distinguish the signal from the noise. With everything from the health of the global economy to our ability to fight terrorism dependent on the quality of our predictions, Nate Silver's insights are an essential read.

Paediatric Audiological Medicine - Valerie E. Newton 2008-12-30
Professionals will find a wide range of topics relevant to their work with hearing impaired children or those suspected of having an impairment in this book. A chapter on epidemiology includes the prevalence of hearing impairment and several additional chapters are devoted to the various causative factors. Detection of a hearing loss, measurement of the degree of hearing loss and identification of the site of lesion are covered together with management of any hearing loss found. Individual chapters give coverage to balance disorders, tinnitus, progressive hearing loss, auditory neuropathy, central auditory processing disorders and unilateral hearing impairment. Methods of communication, communication disorders and the psychological effects of a hearing impairment are included together with consideration of education and employment issues.

The Uninhabitable Earth - David Wallace-Wells 2020-03-17
#1 NEW YORK TIMES BESTSELLER • "The Uninhabitable Earth hits you like a comet, with an overflow of insanely lyrical prose about our pending Armageddon."—Andrew Solomon, author of *The Noonday Demon* With a new afterword It is worse, much worse, than you think. If your anxiety about global warming is dominated by fears of sea-level rise, you are barely scratching the surface of what terrors are possible—food shortages, refugee emergencies, climate wars and economic devastation. An "epoch-defining book" (The Guardian) and "this generation's *Silent Spring*" (The Washington Post), *The Uninhabitable Earth* is both a travelogue of the near future and a meditation on how that future will look to those living through it—the ways that warming promises to transform global politics, the meaning of technology and nature in the modern world, the sustainability of capitalism and the trajectory of human progress. *The Uninhabitable Earth* is also an impassioned call to action. For just as the world was brought to the brink of catastrophe within the span of a lifetime, the responsibility to avoid it now belongs to a single generation—today's. Praise for *The Uninhabitable Earth* "The Uninhabitable Earth is the most terrifying book I have ever read. Its subject is climate change, and its method is scientific, but its mode is Old Testament. The book is a meticulously documented, white-knuckled tour through the cascading catastrophes that will soon engulf our warming planet."—Farhad Manjoo, The New York Times "Riveting. . . . Some readers will find Mr. Wallace-Wells's outline of possible futures alarmist. He is indeed alarmed. You

should be, too."—The Economist "Potent and evocative. . . . Wallace-Wells has resolved to offer something other than the standard narrative of climate change. . . . He avoids the 'eerily banal language of climatology' in favor of lush, rolling prose."—Jennifer Szalai, The New York Times "The book has potential to be this generation's *Silent Spring*."—The Washington Post "The Uninhabitable Earth, which has become a best seller, taps into the underlying emotion of the day: fear. . . . I encourage people to read this book."—Alan Weisman, The New York Review of Books

The Paths of Heaven - Phillip S. Meilinger 1997

Beskriver den historiske udvikling inden for teorierne for flystyrkers anvendelse.

Manager Selection - Scott D. Steward 2013-12

The Experts' Guide to 100 Things Everyone Should Know How to Do - Samantha Ettus 2009-03-04

The simplest things are the hardest to master. From brewing your morning cup of coffee and reading the newspaper to apologizing or remembering names, it's the small stuff that makes up day-to-day life. *The Experts' Guide to 100 Things Everyone Should Know How to Do* provides unparalleled insights into how to do them better—more resourcefully, more effectively, and more efficiently—in 100 brief how-to essays by 100 of the world's leading experts, including: • Interpersonal skills like how to Tell a Story by Ira Glass and Listen by Larry King • Etiquette essentials like how to Shake Hands by Letitia Baldrige, Set a Formal Table by Peggy Post, and Give and Receive a Compliment by Ms. Demeanor, Mary Mitchell • Home pointers such as how to Paint a Room by Bob Vila, Remove a Stain by Linda Cobb, the Queen of Clean, and Do Laundry by Heloise • Beauty basics that include how to Apply Lipstick by Bobbi Brown and Wash Your Hair by Frederic Fekkai • Cooking tips such as how to Bake Chocolate Chip Cookies by Mrs. Fields, Barbecue by Bobby Flay, and Make Eggs by Jean-Georges Vongerichten • Health hints like how to Breathe by Bikram Choudhury and Do Push-ups and Sit-ups by Kathy Smith • Athletic advice including how to Hit a Tennis Ball by Jennifer Capriati, Swing a Golf Club by Jim McLean, and Swim by Summer Sanders Some of these experts are household names, others are industry leaders—all are at the very top of their professions. From Holiday Inn's housekeeper of the year (Make a Bed), the head groundskeeper of Fenway Park (Mow a Lawn), and the mayor of Buffalo (Shovel Snow) to the CEOs of Harry Winston (Buy a Diamond) and Thomas Pink (Tie a Windsor Knot), they are the authorities on their subjects. *The Experts' Guide to 100 Things Everyone Should Know How to Do* brings together the best of the best, offering the world's most valuable advice. With this book in hand, life will indeed be better.

White Trash - Nancy Isenberg 2017-04-04

The New York Times Bestseller, with a new preface from the author "This estimable book rides into the summer doldrums like rural electrification. . . . It deals in the truths that matter."—Dwight Garner, The New York Times "This eye-opening investigation into our country's entrenched social hierarchy is acutely relevant."—O, The Oprah Magazine "White Trash will change the way we think about our past and present." —T. J. Stiles, Pulitzer Prize-winning author of *Custer's Trials* In her groundbreaking bestselling history of the class system in America, Nancy Isenberg, co-author of *The Problem of Democracy*, takes on our comforting myths about equality, uncovering the crucial legacy of the ever-present, always embarrassing—if occasionally entertaining—poor white trash. "When you turn an election into a three-ring circus, there's always a chance that the dancing bear will win," says Isenberg of the political climate surrounding Sarah Palin. And we recognize how right she is today. Yet the voters that put Trump in the White House have been a permanent part of our American fabric, argues Isenberg. The wretched and landless poor have existed from the time of the earliest British colonial settlement to today's hillbillies. They were alternately known as "waste people," "offals," "rubbish," "lazy lubbers," and "crackers." By the 1850s, the downtrodden included so-called "clay eaters" and "sandhillers," known for prematurely aged children distinguished by their yellowish skin, ragged clothing, and listless minds. Surveying political rhetoric and policy, popular literature and scientific theories over four hundred years, Isenberg upends assumptions about America's supposedly class-free society—where liberty and hard work were meant to ensure real social mobility. Poor whites were central to the rise of the Republican Party in the early nineteenth century, and the Civil War itself was fought over class issues nearly as much as it was fought over slavery. Reconstruction pitted poor white trash against newly freed slaves, which factored in the rise of eugenics—a widely popular

movement embraced by Theodore Roosevelt that targeted poor whites for sterilization. These poor were at the heart of New Deal reforms and LBJ's Great Society; they haunt us in reality TV shows like *Here Comes Honey Boo Boo* and *Duck Dynasty*. Marginalized as a class, white trash have always been at or near the center of major political debates over the character of the American identity. We acknowledge racial injustice as an ugly stain on our nation's history. With Isenberg's landmark book, we will have to face the truth about the enduring, malevolent nature of class as well.

The Biological Mind - Alan Jasanoff 2018-03-13

A pioneering neuroscientist argues that we are more than our brains. To many, the brain is the seat of personal identity and autonomy. But the way we talk about the brain is often rooted more in mystical conceptions of the soul than in scientific fact. This blinds us to the physical realities of mental function. We ignore bodily influences on our psychology, from chemicals in the blood to bacteria in the gut, and overlook the ways that the environment affects our behavior, via factors varying from subconscious sights and sounds to the weather. As a result, we alternately overestimate our capacity for free will or equate brains to inorganic machines like computers. But a brain is neither a soul nor an electrical network: it is a bodily organ, and it cannot be separated from its surroundings. Our selves aren't just inside our heads--they're spread throughout our bodies and beyond. Only once we come to terms with this can we grasp the true nature of our humanity.

Happiness Hacks - Adams Media 2018-01-09

Discover simple ways to be happier in your everyday life with these hacks that encourage positive thinking to improve your mood and outlook in any situation. Everyone wants to be happier, but often many people don't know where to start. In *Happiness Hacks*, you'll find 300 quick and easy ways to increase happiness in every area of life, including improving relationships, finding joy in your career and workplace, and developing a supportive community. From handling difficult situations, seeking personal growth, and discovering ways to share enjoyment with others, this book can teach you to hack happiness, think positively, and find more satisfaction in your everyday life.

Constituent Imagination - Stephen Shukaitis 2007

From the ivory tower to the barricades! Radical intellectuals explore the relationship between research and resistance.

Deficit Irrigation Practices - Food and Agriculture Organization 2002

In the context of improving water productivity, there is a growing interest in deficit irrigation, an irrigation practice whereby water supply is reduced below maximum levels and mild stress is allowed with minimal effects on yield. Under conditions of scarce water supply and drought, deficit irrigation can lead to greater economic gains than maximizing yields per unit of water for a given crop; farmers are more inclined to use water more efficiently, and more water-efficient cash crop selection helps optimize returns. However, this approach requires precise knowledge of crop response to water as drought tolerance varies considerably by species, cultivar and stage of growth. The studies present the latest research concepts and involve various practices for deficit irrigation. Both annual and perennial crops were exposed to different levels of water stress, either during a particular growth phase, throughout the whole growing season or in a combination of growth stages. The overall finding, based on the synthesis of the different contributions, is that deficit or regulated-deficit irrigation can be beneficial where appropriately applied. Substantial savings of water can be achieved with little impact on the quality and quantity of the harvested yield. However, to be successful, an intimate knowledge of crop behavior is required, as crop response to water stress varies considerably.

[Comparative Quantification of Health Risks: Sexual and reproductive health](#) - Majid Ezzati 2004

Accompanying CD-ROM contains annex tables detailing population attributable fractions, mortality, and disease burden for selected major risk factors.

Data and Goliath: The Hidden Battles to Collect Your Data and Control Your World - Bruce Schneier 2015-03-02

"Bruce Schneier's amazing book is the best overview of privacy and security ever written."—Clay Shirky "Bruce Schneier's amazing book is the best overview of privacy and security ever written."—Clay Shirky Your cell phone provider tracks your location and knows who's with you. Your online and in-store purchasing patterns are recorded, and reveal if you're unemployed, sick, or pregnant. Your e-mails and texts expose your intimate and casual friends. Google knows what you're thinking because it saves your private searches. Facebook can determine your sexual

orientation without you ever mentioning it. The powers that surveil us do more than simply store this information. Corporations use surveillance to manipulate not only the news articles and advertisements we each see, but also the prices we're offered. Governments use surveillance to discriminate, censor, chill free speech, and put people in danger worldwide. And both sides share this information with each other or, even worse, lose it to cybercriminals in huge data breaches. Much of this is voluntary: we cooperate with corporate surveillance because it promises us convenience, and we submit to government surveillance because it promises us protection. The result is a mass surveillance society of our own making. But have we given up more than we've gained? In *Data and Goliath*, security expert Bruce Schneier offers another path, one that values both security and privacy. He brings his bestseller up-to-date with a new preface covering the latest developments, and then shows us exactly what we can do to reform government surveillance programs, shake up surveillance-based business models, and protect our individual privacy. You'll never look at your phone, your computer, your credit cards, or even your car in the same way again.

Mobility, shock, and firepower: The Emergence of the U.S. Army's Armor Branch, 1917-1945 - Robert S. Cameron 2008

From the Preface: The following pages provide a narrative analysis of the U.S. Army's development of armored organizations and their related doctrine, materiel, and training activities in the period 1917-1945. This period marked the emergence of clear principles of armored warfare that became the underpinning of the Armor Branch, influencing armored developments long after World War II ended. A unique style of mounted maneuver combat emerged that reflected a mix of tradition and innovation. In the process, American military culture changed, particularly through the adoption of combined-arms principles.

Conversely, political actions, budgetary considerations, and senior leadership decisions also shaped the course of armor development. The emergence of an American armored force involved more than simply tank development. It included the creation of an armored division structure steeped in combined-arms principles, organizational flexibility, and revolutionary command and control processes. Parallel developments included the establishment of specialized units to provide antitank, reconnaissance, and infantry support capabilities. Several Army branches played a role in determining the precise path of armored development, and one of them—the Cavalry—became a casualty as a result.

The Sports Rules Book - Human Kinetics (Organization) 2009

"Essential rules, terms, and procedures for 54 sports"-- Cover.

[The 7 Laws of Magical Thinking](#) - Matthew Hutson 2012-04-12

In this witty and perceptive debut, a former editor at *Psychology Today* shows us how magical thinking makes life worth living. Psychologists have documented a litany of cognitive biases—misperceptions of the world—and explained their positive functions. Now, Matthew Hutson shows us that even the most hardcore skeptic indulges in magical thinking all the time—and it's crucial to our survival. Drawing on evolution, cognitive science, and neuroscience, Hutson shows us that magical thinking has been so useful to us that it's hardwired into our brains. It encourages us to think that we actually have free will. It helps make us believe that we have an underlying purpose in the world. It can even protect us from the paralyzing awareness of our own mortality. In other words, magical thinking is a completely irrational way of making our lives make rational sense. With wonderfully entertaining stories, personal reflections, and sharp observations, Hutson reveals our deepest fears and longings. He also assures us that it is no accident his surname contains so many of the same letters as this imprint.

Reading Statistics and Research - Schuyler W. Huck 2012

Employing a non-intimidating writing style that emphasizes concepts rather than formulas, this uniquely welcoming text shows consumers of research how to read, understand, and critically evaluate the statistical information and research results contained in technical research reports. Some key topics covered in this thoroughly revised text include: descriptive statistics, correlation, reliability and validity, estimation, hypothesis testing, t-tests, ANOVA, ANCOVA, regression, multivariate analysis, factor analysis, and structural equation modeling (SEM). A number of mini-topics related to research and statistics are also discussed, such as the geometric mean, Tau-b correlation, Guttman split-half reliability, sensitivity, specificity, and the Sobel test. Additionally, the sixth edition also includes over 488 new excerpts (tables, figures, passages of text) taken from current research reports. Written specifically for students in non-thesis Master's Programs but also perfectly suitable for students in upper-level undergraduate statistics

courses, doctoral students who must conduct dissertation research, and independent researchers who want a better handle on how to decipher and critique statistically-based research reports. Thoroughly updated and revised to reflect advances in the field, *Reading Statistics and Research*, Sixth Edition gives consumers of research exactly what they are seeking in this caliber of text, that being the knowledge necessary to better understand research and statistics, and the confidence and ability to ultimately decipher and critique research reports on their own.

Brain Hacks - Lara Honos-Webb 2018-11-20

"With chapter-by-chapter concentration on the main areas of executive functioning focus and attention, planning and organization, cognitive flexibility, emotional regulation, and impulse control 'Brain Hack: Life-Changing Strategies to Improve Executive Functioning' offers: An overview of executive functioning and self-assessments to identify which executive functioning areas pose your greatest challenges; explorations of the 5 core skills of executive functioning, including summaries, techniques, and brain hacks to make them stronger; real-world strategies and exercises to strengthen your executive functioning skills and apply them to everyday challenges"--Back cover.

The Affect Theory Reader - Melissa Gregg 2010-11-12

A collection of essays on affect theory, by groundbreaking scholars in the

field.

Trust in Numbers - Theodore M. Porter 2020-08-18

A foundational work on historical and social studies of quantification. What accounts for the prestige of quantitative methods? The usual answer is that quantification is desirable in social investigation as a result of its successes in science. *Trust in Numbers* questions whether such success in the study of stars, molecules, or cells should be an attractive model for research on human societies, and examines why the natural sciences are highly quantitative in the first place. Theodore Porter argues that a better understanding of the attractions of quantification in business, government, and social research brings a fresh perspective to its role in psychology, physics, and medicine. Quantitative rigor is not inherent in science but arises from political and social pressures, and objectivity derives its impetus from cultural contexts. In a new preface, the author sheds light on the current infatuation with quantitative methods, particularly at the intersection of science and bureaucracy.

Gaia's Garden - Toby Hemenway 2009

This extensively revised and expanded edition broadens the reach and depth of the permaculture approach for urban and suburban gardeners. The text's message is that working with nature, not against it, results in more beautiful, abundant, and forgiving gardens.