

Free reading Data runner (Read Only)

es6 ecma script 6 es6 is your daily run starting to drag you down has running become a chore rather than the delight it once was then the happy runner is the answer for you authors david and megan roche believe that you can't reach your running potential without consistency and joyful daily adventures that lead to long term health and happiness guided by their personal experiences and coaching expertise they point out the mental and emotional factors that will help you learn exactly how to become a happy runner and achieve your personal best becoming a sustainable runner weaves together concepts of internal and external sustainability to help runners achieve a newfound purpose that merges their love of running with their passion and concern for their health their community and the environment why ted how great leaders inspire action what why

if you are a serious runner you are well aware of the aches and pains associated with the sport run healthy the runner's guide to injury prevention and treatment was written to help you distinguish discomfort from injury it provides the latest science based and practical guidance for identifying treating and minimizing the most common injuries in track road and trail running gain a better understanding of how the musculoskeletal system functions and responds to training develop a practical and effective training plan to address the regions where injuries most often occur feet and toes ankles knees hips and low back learn how a combination of targeted strength training mobility exercises and running drills can improve running form economy and performance when injuries inevitably happen you'll know how to identify them treat them and recover from them get targeted recommendations for some of the most common issues runners face such as plantar fasciitis achilles tendinitis shin splints hamstring tendinitis and tendinopathy and it band syndrome throughout you'll hear from 17 runners on how the techniques in this book helped them overcome their injuries and got them quickly and safely back to training and racing you'll also find an in depth discussion of alternative therapies such as acupuncture cupping cbd cryotherapy and cleanses to help you separate fact from fiction and decide for yourself which if any of these therapies to pursue injuries can and do happen but with run healthy you'll be running strong for many years to come earn continuing education credits units a continuing education exam that uses this book is also available it may be purchased separately or as part of a package that includes both the book and exam good racing doesn't just happen it's a skill that must be honed with training and hard work in personal best running coach mark coogan shares his successful formula for running fast while staying healthy and happy without running taking over your life coach coogan has excelled in running as both an athlete and coach producing numerous olympic and champion runners his success is founded in his belief that long term running success is impossible if you're not training and racing in the right environment and that running should never come at the expense of your overall physical or mental health in addition to training strategies that will shave minutes off your time coach coogan will also show you how to sleep and eat

iconic silent heroes of the past decade with films such as drive only god forgives blade runner 2049 and first man cementing him as the go to guy for a monosyllabic taciturn and moody hero whose actions speak louder than words this book argues that it is gosling s expressive capabilities that keep audiences compelled by his performances with the use of non verbal silence combined with its counterbalance sound a more active emotive audience response can be achieved looking further into this idea through theorists such as michel chion and susan sontag the book demonstrates that the sound of silence is one of the most meaningful cinematic sounds of all for any runner who loves hitting the pavement and conquering half full and ultra marathons getting injured is a terrifying and often heartbreaking setback yet almost three quarters of long distance runners will suffer from a serious injury several times in their athletic career although it may be impossible to completely avoid injury the long distance runner s guide to injury prevention and treatment is a vital source to help those who love to run understand some of the most common causes of injuries and learn how to best avoid and treat athletic ailments in this book expert editors and long time runners brian krabak and grant lipman combine valuable insights tips and tactics from over a dozen medical professionals who specialize in treating endurance athletes with chapters on important and diverse topics such as proper nutrition muscular ailments skeletal injuries medical illnesses caused by racing and proper recovery the long distance runner s guide to injury prevention and treatment is a must have on the shelf of every harrier cratered mercury is the smallest and fastest planet in the solar system temperatures there vary more than on any other planet learn lots of far out facts about the closest planet to the sun this book features a center spread with fast facts perfect for report writing

from the trashy to the epic from the classics to today s blockbusters this cinefile s guidebook reviews nearly 1 000 of the biggest baddest and brightest from every age and genre of cinematic science fiction once upon a time science fiction was only in the future it was the stuff of drive ins and cheap double bills then with the ever increasing rush of new society altering technologies science fiction pushed its way to the present and it busted out of the genre ghetto of science fiction and barged its way into the mainstream what used to be mere fantasy trips to the moon wristwatch radios supercomputers capable of learning are now everyday reality whether nostalgic for the future or fast forwarding to the present the sci fi movie guide the universe of film from alien to zardoz covers the broad and widening range of science fiction movies you ll find more than just star wars star trek and transformers with reviews on many overlooked and under appreciated gems and genres such as monsters pacific rim godzilla the thing creature from the black lagoon superheroes thor iron man x men the amazing spider man superman dystopias thx 1138 1984 the hunger games avant garde masterpieces solaris 2001 brazil the man who fell to earth time travel 12 monkeys the time machine time bandits back to the future post apocalyptic action the road warrior i am legend terminator salvation comedy dark star mars attacks dr strangelove the adventures of buckaroo banzai across the eighth dimension mystery science theater 3000 aliens the day the earth stood still close encounters of the third kind contact invasion of the body snatchers signs mad scientists frankenstein the invisible man the abominable dr phibes shoot em ups aliens universal soldier starship troopers what the battlefield earth prayer of the rollerboys repo the genetic opera tank girl the 10th victim animation wall e akira ghost in the shell small budgets big ideas donnie darko primer sound of my voice computer chess neglected greats things to come children of men epics metropolis blade runner cloud atlas and many many more categories and movies in addition to the nearly one thousand science fiction film reviews this guide includes fascinating and fun top 10 lists and sidebars

that are designed to lead fans to similar titles they might not have known about the sci fi movie guide the universe of film from alien to zardoz will help ensure that you will never again have to worry about what to watch next useful both as a handy resource or a fun romp through the film world of science fiction it also includes a helpful bibliography and an extensive index adding to its usefulness

it s an undisputed fact that the body s physiological needs change as you age but that doesn t mean you can t continue to compete and perform at your best in high performance nutrition for masters athletes you ll find practical advice for fueling your active lifestyle now and for decades to come the key to effectively adapting your nutrition plans is first understanding how needs change over time and how expected results shift through the decades explore the science behind proper fueling for training and competition with the current guidelines for carbohydrate protein and fat intake plus advice on proper hydration avoiding the dangers of underfueling and nutrition for optimal recovery high performance nutrition for masters athletes will then take you inside the fueling strategies for precompetition competition and recovery gain an understanding of the need for different types or amounts of nutrients at different times and get easy to follow guidance on how to meet those needs learn how to energize with carbohydrate build muscle with protein and meet your hydration needs for optimal athletic performance know the role vitamins minerals and supplements can play in a nutrition plan and how devastating underfueling can be to athletic performance understand how chronic conditions such as high blood pressure diabetes and cardiovascular disease affect nutritional needs use the sample meal plans to help customize meals and snacks and reset eating habits to meet the needs of training and competition plus throughout the book you will find accounts of amazing individuals both well known elite athletes and olympians and everyday athletes who have adapted their nutrition and training regimes to stay at the top of their game year in and year out comprehensive yet practical high performance nutrition for masters athletes provides the latest research guidance and strategies that you need to train harder perform stronger and recover faster fuel smart and never let age slow you down earn continuing education credits units a continuing education exam that uses this book is also available it may be purchased separately or as part of a package that includes both the book and exam

fundamentals of engineering thermodynamics 9th edition sets the standard for teaching students how to be effective problem solvers real world applications emphasize the relevance of thermodynamics principles to some of the most critical problems and issues of today including topics related to energy and the environment biomedical bioengineering and emerging technologies practical data analytics for innovation in medicine building real predictive and prescriptive models in personalized healthcare and medical research using ai ml and related technologies second edition discusses the needs of healthcare and medicine in the 21st century explaining how data analytics play an important and revolutionary role with healthcare effectiveness and

economics facing growing challenges there is a rapidly emerging movement to fortify medical treatment and administration by tapping the predictive power of big data such as predictive analytics which can bolster patient care reduce costs and deliver greater efficiencies across a wide range of operational functions sections bring a historical perspective highlight the importance of using predictive analytics to help solve health crisis such as the covid 19 pandemic provide access to practical step by step tutorials and case studies online and use exercises based on real world examples of successful predictive and prescriptive tools and systems the final part of the book focuses on specific technical operations related to quality cost effective medical and nursing care delivery and administration brought by practical predictive analytics brings a historical perspective in medical care to discuss both the current status of health care delivery worldwide and the importance of using modern predictive analytics to help solve the health care crisis provides online tutorials on several predictive analytics systems to help readers apply their knowledge on today s medical issues and basic research teaches how to develop effective predictive analytic research and to create decisioning prescriptive analytic systems to make medical decisions quicker and more accurate discover the secrets to a healthier heart with 10 commandments of heart health in 10 commandments of heart health renowned cardiologists dr warrick bishop and dr karam kostner along with writer penelope edman unveil a groundbreaking approach to understanding and combating one of the world s most prevalent killers heart disease this book is not just a guide it s a lifesaver why this book heart disease remains the leading cause of death globally but drs bishop and kostner believe it doesn t have to be this way their book offers a blend of expert knowledge patient experiences and actionable advice distilled into 10 core principles for heart health whether you re looking to reduce your risk come from a family with a history of heart issues or are a healthcare professional aiming to stay ahead of the curve this book is for you expertise meets accessibility with decades of experience in cardiology and a passion for preventive care the authors break down complex medical concepts into understandable and actionable advice their insights are supported by real life patient stories that not only shed light on the human side of heart disease but also illustrate the life saving impact of the strategies discussed for everyone who has a heart this book is designed for anyone who cares about their heart health regardless of medical background it is especially valuable for individuals seeking to minimize their heart attack risk families with a history of heart disease looking for preventive strategies medical nursing and health professional students seeking a comprehensive yet accessible resource proactive doctors and health professionals looking for up to date information on risk and prevention transform your life 10 commandments of heart health is more than a book it s a guide to transforming your approach to heart health from dietary advice to the latest in medical research this book equips you with the knowledge you need to take control of your heart health and live a longer healthier life embrace the commandments protect your heart transform your future

emerging from the confluence of greco roman mythology and regional folklore the mermaid has been an enduring motif in western culture since the medieval period it has also been disseminated more widely initially through western trade and colonisation and more recently through the increasing globalisation of media products and outlets scaled for success offers the first detailed overview of the mermaids dispersal outside europe complementing previous studies of the interrelationship between the mermaid and mami wata spirit in west africa this volume addresses the mermaids presence in a range of middle eastern asian australian latin american and north american contexts individual chapters identify the manner in which the mermaid has been variously syncretised and or resigified in contexts as diverse as indian public statuary thai cinema and coney islands annual mermaid parade rather than lingering as a

relic of a bygone age the mermaid emerges as a versatile dynamic and above all polyvalent figure her prominence exemplifies the manner in which contemporary media lore has extended the currency of established folkloric figures in new and often surprising ways analysing aspects of religious symbolism visual art literature and contemporary popular culture this copiously illustrated volume profiles an intriguing and highly diverse phenomenon philip hayward is editor of the journal shima and holds adjunct professor positions at the university of technology sydney and at southern cross university his previous volume making a splash mermaids and mermen in 20th and 21st century audiovisual media was published by john libbey publishing indiana university press in 2017

node javascript javascript node js node js the first major autobiography by a texas poet this noteworthy account traces the life and times of a poet publisher critic and teacher from his childhood to the present day this remarkable life is examined through the works it produced 25 books in the fields of poetry fiction translation jazz history and book reviewing proving that the literary and intellectual life in texas far surpasses the state s stereotypes this record shows how the poet was instrumental in connecting texas with many latin american writers as well as with a wide world of music

chapter 01 chapter 02 chapter 03 chapter 04 chapter 05 chapter 06 chapter 07 chapter 08 chapter 09 chapter 10

14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63 64 65 66 67 68 69 70 71 72 73 74 75 76 77 78 79 80 81 82 83 84 85 86 87 88 89 90 91 92 93 94 95 96 97 98 99 100

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2023-06-27 6/20 docker containers includes content update program build

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es6
javascript
python
the tipping point david and goliath

JavaScript

2017-01

es6 ecmascript 6 2015 年 6 月 15 日 发布 es6 是 javascript 语言的一个新版本

es6 是 javascript 语言的一个新版本

2015-02-12

es6 是 javascript 语言的一个新版本，它包含了许多新的语法和特性，使得代码更加简洁和易于阅读。es6 是 javascript 语言的一个新版本，它包含了许多新的语法和特性，使得代码更加简洁和易于阅读。es6 是 javascript 语言的一个新版本，它包含了许多新的语法和特性，使得代码更加简洁和易于阅读。

The Happy Runner

2018-11-15

is your daily run starting to drag you down has running become a chore rather than the delight it once was then the happy runner is the answer for you authors david and megan roche believe that you can t reach your running potential without consistency and joyful daily adventures that lead to long term health and happiness guided by their personal experiences and coaching expertise they point out the mental and emotional factors that will help you learn exactly how to become a happy runner and achieve your personal best

Becoming a Sustainable Runner

2023-08

becoming a sustainable runner weaves together concepts of internal and external sustainability to help runners achieve a newfound purpose that merges their love of running with their passion and concern for their health their community and the environment

WHY

2012-01-26

why ted how great leaders inspire action what why how great leaders inspire action

为什么 docker 容器为什么这么火？
what is docker? why is it so popular?

2014-08-15

2014-08-15

为什么 docker 容器为什么这么火？
what is docker? why is it so popular?

为什么 docker 容器为什么这么火？

1977-01-01

if you are a serious runner you are well aware of the aches and pains associated with the sport run healthy the runner s guide to injury prevention and treatment was written to help you distinguish discomfort from injury it provides the latest science based and practical guidance for identifying treating and minimizing the most common injuries in track road and trail running gain a better understanding of how the musculoskeletal system functions and responds to training develop a practical and effective training plan to address the regions where injuries most often occur feet and toes ankles knees hips and low back learn how a combination of targeted strength training mobility exercises and running drills can improve running form economy and performance when injuries inevitably happen you ll know how to identify them treat them and recover from them get targeted recommendations for some of the most common issues runners face such as plantar fasciitis achilles tendinitis shin splints hamstring tendinitis and tendinopathy and it band syndrome throughout you ll hear from 17 runners on how the techniques in this book helped them overcome their injuries and got them quickly and safely back to training and racing you ll also find an in depth discussion of alternative therapies such as acupuncture cupping cbd cryotherapy and cleanses to help you separate fact from fiction and decide for yourself which if any of these therapies to pursue injuries can and do happen but with run healthy you ll be running strong for many years to come earn continuing education credits units a continuing education exam that uses this book is also available it may be purchased separately or as part of a package that includes both the book and exam

Run Healthy

2023-02-02

good racing doesn t just happen it s a skill that must be honed with training and hard work in personal best running coach mark coogan shares his successful formula for running fast while staying healthy and happy without running taking over your life coach coogan has excelled in running as both an athlete and coach producing numerous olympic and champion runners his success is founded in his belief that long term running success is impossible if you re not

tests for assessing aerobic endurance enable you to evaluate and monitor ongoing changes in performance plus an updated chapter about warm up methods and techniques as well as a new chapter about programming for obstacle course racing make this the definitive edition of this trusted resource with training programs for running cycling swimming triathlon and obstacle course racing developing endurance takes the guesswork out of creating personalized training programs that help avoid plateaus and take performance to the next level earn continuing education credits units a continuing education exam that uses this book is also available it may be purchased separately or as part of a package that includes both the book and exam

Developing Endurance

2024-05-30

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2024-04

the sound of silence explores how non verbal communication in film shown primarily through the acting of ryan gosling provides an expressive space in which passive audience viewing is made more active by removing the expository signifier of dialogue the german expressionist era may have been brief but the shadows cast since its end nonetheless loom large the silhouetted cigar wielding men of film noir and their respectively dark doom laden haunts mirror the angst inducing atmospheres of their forebearers while also introducing the now familiar figure of the silent hero considering the numerous silent hero actors in film history there s one that stands out in the 21st century like no other ryan gosling his later career has seen some of the most iconic silent heroes of the past decade with films such as drive only god forgives blade runner 2049 and first man cementing him as the go to guy for a monosyllabic taciturn and moody hero whose actions speak louder than words this book argues that it is gosling s expressive capabilities that keep audiences compelled by his performances with the use of non verbal silence combined with its counterbalance sound a more active emotive audience response can be achieved looking further into this idea through theorists such as michel chion and susan sontag the book demonstrates that the sound of silence is one of the most meaningful cinematic sounds of all

The Sound of Silence

2024-01-11

for any runner who loves hitting the pavement and conquering half full and ultra marathons getting injured is a terrifying and often heartbreaking setback yet almost three quarters of long distance runners will suffer from a serious injury several times in their athletic career although it may be impossible to completely avoid injury the

long distance runner s guide to injury prevention and treatment is a vital source to help those who love to run understand some of the most common causes of injuries and learn how to best avoid and treat athletic ailments in this book expert editors and long time runners brian krabak and grant lipman combine valuable insights tips and tactics from over a dozen medical professionals who specialize in treating endurance athletes with chapters on important and diverse topics such as proper nutrition muscular ailments skeletal injuries medical illnesses caused by racing and proper recovery the long distance runner s guide to injury prevention and treatment is a must have on the shelf of every harrier

The Long Distance Runner's Guide to Injury Prevention and Treatment

2017-10-03

cratered mercury is the smallest and fastest planet in the solar system temperatures there vary more than on any other planet learn lots of far out facts about the closest planet to the sun this book features a center spread with fast facts perfect for report writing

Far-Out Guide to Mercury

2013-04

科學是人類進步的階梯，科學是人類文明的標志。科學是人類認識自然、改造自然的工具。科學是人類創造財富的源泉。科學是人類進步的動力。科學是人類文明的標志。科學是人類進步的階梯。

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2002-07-25

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2013-12-25

from the trashy to the epic from the classics to today s blockbusters this cinefile s guidebook reviews nearly 1 000 of the biggest baddest and brightest from every age and genre of cinematic science fiction once upon a time science fiction was only in the future it was the stuff of drive ins and cheap double bills then with the ever increasing rush of new society altering technologies science fiction pushed its way to the present and it busted out of the genre ghetto of science fiction and barged its way into the mainstream what used to be mere fantasy trips to the moon wristwatch radios supercomputers capable of learning are now everyday reality whether nostalgic for the future or

fast forwarding to the present the sci fi movie guide the universe of film from alien to zardoz covers the broad and widening range of science fiction movies you ll find more than just star wars star trek and transformers with reviews on many overlooked and under appreciated gems and genres such as monsters pacific rim godzilla the thing creature from the black lagoon superheroes thor iron man x men the amazing spider man superman dystopias thx 1138 1984 the hunger games avant garde masterpieces solaris 2001 brazil the man who fell to earth time travel 12 monkeys the time machine time bandits back to the future post apocalyptic action the road warrior i am legend terminator salvation comedy dark star mars attacks dr strangelove the adventures of buckaroo banzai across the eighth dimension mystery science theater 3000 aliens the day the earth stood still close encounters of the third kind contact invasion of the body snatchers signs mad scientists frankenstein the invisible man the abominable dr phibes shoot em ups aliens universal soldier starship troopers what the battlefield earth prayer of the rollerboys repo the genetic opera tank girl the 10th victim animation wall e akira ghost in the shell small budgets big ideas donnie darko primer sound of my voice computer chess neglected greats things to come children of men epics metropolis blade runner cloud atlas and many many more categories and movies in addition to the nearly one thousand science fiction film reviews this guide includes fascinating and fun top 10 lists and sidebars that are designed to lead fans to similar titles they might not have known about the sci fi movie guide the universe of film from alien to zardoz will help ensure that you will never again have to worry about what to watch next useful both as a handy resource or a fun romp through the film world of science fiction it also includes a helpful bibliography and an extensive index adding to its usefulness

The Sci-Fi Movie Guide

2014-09-22

Excel is a spreadsheet software program that is used to create and manage spreadsheets. It is one of the most popular software applications in the world. The program is used by millions of people in a variety of industries. It is used to create and manage spreadsheets, which are used to store and analyze data. The program is used to create and manage spreadsheets, which are used to store and analyze data. The program is used to create and manage spreadsheets, which are used to store and analyze data.

Excel

2020-12-07

it s an undisputed fact that the body s physiological needs change as you age but that doesn t mean you can t continue to compete and perform at your best in high performance nutrition for masters athletes you ll find practical advice for fueling your active lifestyle now and for decades to come the key to effectively adapting your nutrition plans is first understanding how needs change over time and how expected results shift through the decades explore the science behind proper fueling for training and competition with the current guidelines for carbohydrate protein and fat intake plus advice on proper hydration avoiding the dangers of underfueling and nutrition for optimal recovery high performance nutrition for masters athletes will then take you inside the fueling strategies for

precompetition competition and recovery gain an understanding of the need for different types or amounts of nutrients at different times and get easy to follow guidance on how to meet those needs learn how to energize with carbohydrate build muscle with protein and meet your hydration needs for optimal athletic performance know the role vitamins minerals and supplements can play in a nutrition plan and how devastating underfueling can be to athletic performance understand how chronic conditions such as high blood pressure diabetes and cardiovascular disease affect nutritional needs use the sample meal plans to help customize meals and snacks and reset eating habits to meet the needs of training and competition plus throughout the book you will find accounts of amazing individuals both well known elite athletes and olympians and everyday athletes who have adapted their nutrition and training regimes to stay at the top of their game year in and year out comprehensive yet practical high performance nutrition for masters athletes provides the latest research guidance and strategies that you need to train harder perform stronger and recover faster fuel smart and never let age slow you down earn continuing education credits units a continuing education exam that uses this book is also available it may be purchased separately or as part of a package that includes both the book and exam

High-Performance Nutrition for Masters Athletes

2021-02-22

Database management systems (DBMS) are software systems that manage data. They provide a way to store, retrieve, and manipulate data. DBMSs are used in a wide variety of applications, from small business databases to large enterprise systems. Some of the most popular DBMSs are Oracle, Microsoft SQL Server, and PostgreSQL. These systems provide a way to store data in a structured format, and they provide a way to retrieve data from the database. DBMSs also provide a way to manipulate data, such as adding, deleting, and updating records. In addition, DBMSs provide a way to enforce data integrity and security. This is done by defining rules that govern how data can be used and accessed. DBMSs are an essential part of many applications, and they are used in a wide variety of industries.

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2018-12-05

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2010-06

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Fundamentals of Engineering Thermodynamics

2020-06-23

practical data analytics for innovation in medicine building real predictive and prescriptive models in personalized healthcare and medical research using ai ml and related technologies second edition discusses the needs of healthcare and medicine in the 21st century explaining how data analytics play an important and revolutionary role with healthcare effectiveness and economics facing growing challenges there is a rapidly emerging movement to fortify medical treatment and administration by tapping the predictive power of big data such as predictive analytics which can bolster patient care reduce costs and deliver greater efficiencies across a wide range of operational functions sections bring a historical perspective highlight the importance of using predictive analytics to help solve health crisis such as the covid 19 pandemic provide access to practical step by step tutorials and case studies online and use exercises based on real world examples of successful predictive and prescriptive tools and systems the final part of the book focuses on specific technical operations related to quality cost effective medical and nursing care delivery and administration brought by practical predictive analytics brings a historical perspective in medical care to discuss both the current status of health care delivery worldwide and the importance of using modern predictive analytics to help solve the health care crisis provides online tutorials on several predictive analytics systems to help readers apply their knowledge on today s medical issues and basic research teaches how to develop effective predictive analytic research and to create decisioning prescriptive analytic systems to make medical decisions quicker and more accurate

Practical Data Analytics for Innovation in Medicine

2023-02-08

discover the secrets to a healthier heart with 10 commandments of heart health in 10 commandments of heart health renowned cardiologists dr warrick bishop and dr karam kostner along with writer penelope edman unveil a groundbreaking approach to understanding and combating one of the world s most prevalent killers heart disease this book is not just a guide it s a lifesaver why this book heart disease remains the leading cause of death globally but drs bishop and kostner believe it doesn t have to be this way their book offers a blend of expert knowledge patient experiences and actionable advice distilled into 10 core principles for heart health whether you re looking to reduce your risk come from a family with a history of heart issues or are a healthcare professional aiming to stay ahead of the curve this book is for you expertise meets accessibility with decades of experience in cardiology and a passion for preventive care the authors break down complex medical concepts into understandable and actionable advice their insights are supported by real life patient stories that not only shed light on the human side of heart disease but also illustrate the life saving impact of the strategies discussed for everyone who has a heart this book is designed for anyone who cares about their heart health regardless of medical background it is especially valuable for individuals seeking to minimize their heart attack risk families with a history of heart disease looking for preventive strategies medical nursing and health professional students seeking a comprehensive yet accessible

resource proactive doctors and health professionals looking for up to date information on risk and prevention transform your life 10 commandments of heart health is more than a book it s a guide to transforming your approach to heart health from dietary advice to the latest in medical research this book equips you with the knowledge you need to take control of your heart health and live a longer healthier life embrace the commandments protect your heart transform your future

10 Commandments of Heart Health Explained

2014-01

3d

2018-07-26

emerging from the confluence of greco roman mythology and regional folklore the mermaid has been an enduring motif in western culture since the medieval period it has also been disseminated more widely initially through western trade and colonisation and more recently through the increasing globalisation of media products and outlets scaled for success offers the first detailed overview of the mermaids dispersal outside europe complementing previous studies of the interrelationship between the mermaid and mami wata spirit in west africa this volume addresses the mermaids presence in a range of middle eastern asian australian latin american and north american contexts individual chapters identify the manner in which the mermaid has been variously syncretised and or resignified in contexts as diverse as indian public statuary thai cinema and coney islands annual mermaid parade rather than lingering as a relic of a bygone age the mermaid emerges as a versatile dynamic and above all polyvalent figure her prominence exemplifies the manner in which contemporary media lore has extended the currency of established folkloric figures in new and often surprising ways analysing aspects of religious symbolism visual art literature and contemporary popular culture this copiously illustrated volume profiles an intriguing and highly diverse phenomenon philip hayward is editor of the journal shima and holds adjunct professor positions at the university of technology sydney and at southern cross university his previous volume making a splash mermaids and mermen in 20th and 21st century audiovisual media was published by john libbey publishing indiana university press in 2017

Scaled for Success

2022-04-18

14

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node javascript 2019-05-15

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Node.js

2009-09

the first major autobiography by a texas poet this noteworthy account traces the life and times of a poet publisher critic and teacher from his childhood to the present day this remarkable life is examined through the works it produced 25 books in the fields of poetry fiction translation jazz history and book reviewing proving that the literary and intellectual life in texas far surpasses the state s stereotypes this record shows how the poet was instrumental in connecting texas with many latin american writers as well as with a wide world of music

Harbingers of Books to Come

2009-07

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2015-08-30

1941... 24... 30kg... 80km...

2013-08

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