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In this age of rapidly-advancing technology, sales professionals need a reliable method for selling products and services that are perceived as sophisticated or complex. This book offers techniques for overcoming the customer's resistance, showing how to generate prospects and new business with a unique value-perception approach, create a set of tools that enable sales managers to manage pipeline, assign prospecting activity, control the cost of sales, and more. This monograph presents recent developments in spectral conditions for the existence of periodic and almost periodic solutions of inhomogeneous equations in Banach Spaces. Many of the results represent significant advances in this area. In particular, the authors systematically present a new approach based on the so-called evolution semigroups with a brand new collection of state-of-the-art insights into transforming healthcare, from world-renowned experts and practitioners... now in a convenient e-format, at a great price! Making American healthcare work: 3 new eBooks get past ideology to deliver real solutions! Even after Obamacare, America's healthcare system is unsustainable and headed towards disaster. These three eBooks offer real solutions, not sterile ideology. In *Overhauling America's Healthcare Machine: Stop the Bleeding and Save Trillions*, leading healthcare expert and entrepreneur Douglas A. Perednia identifies the breathtaking complexity and specific inefficiencies that are driving the healthcare system towards collapse, and presents a new solution that protects patient and physician freedom, covers everyone, and won't bankrupt America. Perednia shows how to design a far simpler system: one that delivers care to everyone by drawing on the best of both market efficiency and public "universality" — and is backed with detailed logic and objective calculations. Next, in *Improving Healthcare Quality and Cost with Six Sigma*, four leading experts introduce Six Sigma from the standpoint of the healthcare professional, showing exactly how to implement it successfully in real-world environments. The first 100% hands-on, start-to-finish blueprint for succeeding with Six Sigma in healthcare, this book covers every facet of Six Sigma in healthcare, demonstrating its use through examples and case studies from every area of the hospital: clinical, radiology, surgery, ICU, cardiovascular, laboratories, emergency, trauma, administrative services, staffing, billing, cafeteria, even central supply. Finally, in *Reengineering Healthcare: A Manifesto for Radically Rethinking Healthcare Delivery* Jim Champy ("Reengineering the Corporation") and Dr. Harry Greenspun show how reengineering methodologies can deliver breakthrough performance and efficiency improvements both within individual healthcare organizations and throughout the entire system, eliminating much of the 40%+ of U.S. healthcare costs now dedicated to administration. They demonstrate how reengineering can refocus investments on aligning quality and providing accessible care for millions more people. From world-renowned healthcare management experts Dr. Doug Perednia, Praveen Gupta, Brett E. Trusko, Carolyn Pexton, H. James Harrington, Jim Champy, and Harry Greenspun, M.D. Do you want to lose fat and stay young, all while avoiding cancer, diabetes, heart disease, Parkinson's, Alzheimer's and a host of other illnesses? The Paleo Solution incorporates the latest, cutting edge research from genetics, biochemistry and anthropology to help you look, feel and perform your best. Written by Robb Wolf, a research biochemist who traded in his lab coat and pocket protector for a whistle and a stopwatch to become one of the most sought after strength and conditioning coaches in the world. With Robb's unique perspective as both scientist and coach you will learn how simple nutrition, exercise and lifestyle changes can radically change your appearance and health for the better. The assassin's bullet misses, the Archduke's carriage moves forward, and a catastrophic war is avoided. So too with the history of life. Re-run the tape of life, as Stephen J. Gould claimed, and the outcome must be entirely different: an alien world, without humans and maybe not even intelligence. The history of life is littered with accidents: any twist or turn may lead to a completely different world. Now this view is being challenged. Simon Conway Morris explores the evidence demonstrating life's almost eerie ability to navigate to a single solution, repeatedly. Eyes, brains, tools, even culture: all are very much on the cards. So if these are all evolutionary inevitabilities, where are our counterparts across the galaxy? The tape of life can only run on a suitable planet, and it seems that such Earth-like planets may be much rarer than hoped. Inevitable humans, yes, but in a lonely Universe. One million. That's how many new ideas the Toyota organization receives from its employees every year. These ideas come from every level of the organization - from the factory floors to the corporate suites. And organizations all over the world want to learn how they do it. Now Matthew May, Senior Advisor to the University of Toyota, reveals how any company can create an environment of every day innovation and achieve the elegant solutions found only on the far side of complexity. A tactical guide for team-based innovation, THE ELEGANT SOLUTION delivers the formula to the three principles and ten practices that drive business creativity. Innovation isn't just about technology - it's about value, opportunity and impact. When a company embeds a real discipline around the pursuit of perfection, the sky is the limit. Dozens of case studies (from Toyota and other companies) illustrate the power and universality of these concepts; a unique 'clamshell strategy' prepares managers to ensure organizational success. At once a thought-shaper, a playmaker, and a taskmaster, THE ELEGANT SOLUTION is a practical field manual for everyone in corporate life. Artists and teachers Bildow and Newton provide about 20 step-by-step demonstrations that reveal the secrets of working with colored pencil. They answer the most commonly-asked questions about the medium, from basic techniques and proper tool selection to creating realistic colors, light, and texture Organizations, like people, are creatures of habit. They tend to approach problems in predictable ways. This revolutionary book argues that such ingrained habits, which often masquerade as efficient procedures, actually obstruct growth. The 2,000 Percent Solution introduces "stall busting," a process that shows you how to recognize typical stalls (like poor communications, disbelief, misconceptions, procrastination, tradition and bureaucracy) and how to overcome them. Through unorthodox examples ranging from the sinking of the Titanic to sketches attributed to Leonardo da Vinci for a bicycle, The 2,000 Percent Solution redirects knee-jerk reactions onto more productive paths. In addition, you'll learn about a new set of thought processes for designing and implementing solutions that will reap benefits 20 times greater or faster than the same tired "normal" solutions. Packed with specific examples, advice and questions to help you improve your organization's process weaknesses, you'll learn how to go beyond today's best practices into the uncharted realm of what needs to be imagined and accomplished. Since the first printing of this book in 1999, organizations all over the world have made The 2,000 Percent Solution a daily resource for overcoming the dual challenges of tough competitors and a difficult business environment. We are particularly pleased that the book has become popular in the rapidly growing and changing markets of China. Readers say the advice and examples are as timely today as when the book was first published. We look forward to hearing your comments and questions at mitchell@mitchellandco.com. With cutting-edge sleep science and time-tested techniques, *The Sleep Solution* will help anyone achieve healthy sleep and eliminate pills, pain, and fatigue. If you want to fix your sleep problems, Internet tips and tricks aren't going to do it for you. You need to really understand what's going on with your sleep—both what your problems are and how to solve them. *The Sleep Solution* is an exciting journey of sleep self-discovery and understanding that will help you custom design specific interventions to fit your lifestyle. Drawing on his twenty-four years of experience within the field, neurologist and sleep expert W. Chris Winter will help you... • Understand how sleep works and the ways in which food, light, and other activities act to help or hurt the process • Learn why sleeping pills are so often misunderstood and used incorrectly—and how you can achieve your best sleep without them • Incorporate sleep and napping into your life—whether you are a shift worker, student, or overcommitted parent • Think outside the box to better understand ways to treat a multitude of conditions—from insomnia to sleep apnea to restless leg syndrome and circadian sleep disorders • Wade through the ever-changing sea of sleep technology and understand its value as it relates to your own sleep struggles Dubbed the "Sleep Whisperer" by Arianna Huffington, Dr. Winter is an international expert on sleep and has helped more than 10,000 patients rest better at night, including countless professional athletes. Now, he's bringing his experiences out from under the covers—redefining what it means to have optimal sleep and get the ZZZs you really need... INCLUDES TIPS, TRICKS, EXERCISES, AND ILLUSTRATIONS The existence and qualitative properties of nontrivial solutions for some important nonlinear Schrödinger systems have been studied in this thesis. For a well-known system arising from nonlinear optics and Bose-Einstein condensates (BEC), in the subcritical case, qualitative properties of ground state solutions, including an optimal parameter range for the existence, the uniqueness and asymptotic behaviors, have been investigated and the results could firstly partially answer open questions raised by Ambrosetti, Colorado and Sirakov. In the critical case, a systematical research on ground state solutions, including the existence, the nonexistence, the uniqueness and the phase separation phenomena of the limit profile has been presented, which seems to be the first contribution for BEC in the critical case. Furthermore, some quite different phenomena were also studied in a more general critical system. For the classical Brezis-Nirenberg critical exponent problem, the sharp energy estimate of least energy solutions in a ball has been investigated in this study. Finally, for Ambrosetti type linearly coupled Schrödinger equations with critical exponent, an optimal result on the existence and nonexistence of ground state solutions for different coupling constants was also obtained in this thesis. These results have many applications in Physics and PDEs. This book provides a concise treatment of the theory of nonlinear evolutionary partial differential equations. It provides a rigorous analysis of non-Newtonian fluids, and outlines its results for applications in physics, biology, and mechanical engineering The Anxiety Solution is your guide to being a calmer, happier and more confident you. \_\_\_\_\_ 'Remarkable, pioneering, could change your life' Daily Mail 'I know what it's like to be stuck in a cycle of anxiety. I used to feel as though fear and worry were a permanent part of who I was . . . but I'm here to tell you that it doesn't have to be this way. The truth is, your natural state is one of calmness and confidence - and I'm going to teach you how to get there.' This is a book for anyone experiencing anxiety - at home, in school or at work, in social situations or on their own - one that will benefit everyone from worried mums to stressed teens. The Anxiety Solution is a simple and inspiring guide to reducing anxiety from former sufferer and qualified clinical hypnotherapist, Chloe Brotherhood. Chloe will help you understand why we feel anxious and will equip you with techniques to help manage the symptoms and start living a happier, more confident life. Based on the latest scientific research and her unique programme which has already helped hundreds of clients, The Anxiety Solution will show you how to regain control of your life. If you want to spend less time worrying - whether it is social media pressure, perfectionism or fear of failure - this book is the solution for you. You'll be surprised how quickly you can be back in control and able to enjoy your life once again. The Anxiety Solution is your roadmap to a calmer, happier and more confident you. A practical handbook packed with expert advice on architectural considerations for designing solutions using SAP BTP to drive digital innovation Purchase of the print or Kindle book includes a free eBook in the PDF format Key FeaturesGuide your customers with proven architectural strategies and considerations on SAP BTP Tackle challenges in building process and data integration across complex and hybrid landscapes Discover SAP BTP services, including visualizations, practical business scenarios, and more Book Description SAP BTP is the foundation of SAP's intelligent and sustainable enterprise vision for its customers. It's efficient, agile, and an enabler of innovation. It's technically robust, yet its superpower is its business centricity. If you're involved in building IT and business strategies, it's essential to familiarize yourself with SAP BTP to see the big picture for digitalization with SAP solutions. Similarly, if you have design responsibilities for enterprise solutions, learning SAP BTP is crucial to produce effective and complete architecture designs. This book teaches you about SAP BTP in five parts. First, you'll see how SAP BTP is positioned in the intelligent enterprise. In the second part, you'll learn the foundational elements of SAP BTP and find out how it operates. The next part covers integration architecture guidelines, integration strategy considerations, and integration styles with SAP's integration technologies. Later, you'll learn how to use application development capabilities to extend enterprise solutions for innovation and agility. This part also includes digital experience and process automation capabilities. The last part covers how SAP BTP can facilitate data-to-value use cases to produce actionable business insights. By the end of this SAP book, you'll be able to architect solutions using SAP BTP to deliver high business value. What you will learn Explore value propositions and business processes enabled by SAP's Intelligent and Sustainable Enterprise Understand SAP BTP's foundational elements, such as commercial and account models Discover services that can be part of solution designs to fulfill non-functional requirements Get to grips with integration and extensibility services for building robust solutions Understand what SAP BTP offers for digital experience and process automation Explore data-to-value services that can help manage data and build analytics use cases Who this book is for This SAP guide is for technical architects, solutions architects, and enterprise architects working with SAP solutions to drive digital transformation and innovation with SAP BTP. Some IT background and an understanding of basic cloud concepts is assumed. Working knowledge of the SAP ecosystem will also be beneficial. In the aftermath of the 2010 Citizens United decision, it's become commonplace to note the growing political dominance of a small segment of the economic elite. But what exactly are those members of the elite doing with their newfound influence? The One Percent Solution provides an answer to this question for the first time. Gordon Lafer's book is a comprehensive account of legislation promoted by the nation's biggest corporate lobbies across all fifty state legislatures and encompassing a wide range of labor and economic policies. In an era of growing economic insecurity, it turns out that one of the main reasons life is becoming harder for American workers is a relentless—and concerted—offensive by the country's best-funded and most powerful political forces: corporate lobbies empowered by the Supreme Court to influence legislative outcomes with an endless supply of cash. These actors have successfully championed hundreds of new laws that lower wages, eliminate paid sick leave, undo the right to sue over job discrimination, and cut essential public services. Lafer shows how corporate strategies have been shaped by twenty-first-century conditions—including globalization, economic decline, and the populism reflected in both the Trump and Sanders campaigns of 2016. Perhaps most important, Lafer shows that the corporate legislative agenda has come to endanger the scope of democracy itself. For anyone who wants to know what to expect from corporate-backed Republican leadership in Washington, D.C., there is no better guide than this record of what the same set of actors has been doing in the state legislatures under its control. A landmark manifesto issuing a bold call for a one-state solution to the Israeli-Palestine conflict. The reigning consensus in elite and academic circles is that the United States must seek to resolve the Palestinians' conflict with Israel by implementing the so-called two-state solution. Establishing a Palestinian state, so the thinking goes, would be a panacea for all the region's ills. In a time of partisan gridlock, the two-state solution stands out for its ability to attract supporters from both sides of America's ideological divide. But the great irony is that it is one of the most irrational and failed policies the United States has ever adopted. Between 1970 and 2013, the United States presented nine different peace plans for Israel and the Palestinians, and for the past twenty years, the two state solution has been the centerpiece of U.S. Middle East policy. But despite this laser focus, American efforts to implement a two-state peace deal have failed—and with each new attempt, the Middle East has become less stable, more violent, more radicalized, and more inimical to democratic values and interests. In *The Israeli Solution*, Caroline Glick, senior contributing editor to the *Jerusalem Post*, examines the history and misconceptions behind the two-state policy, most notably: - The huge errors made in counting the actual numbers of Jews and Arabs in the region. The 1997 Palestinian Census, upon which most two-state policy is based, wildly exaggerated the numbers of Palestinians living in the West Bank and Gaza. - Neglect of the long history of Palestinian anti-Semitism, refusal to negotiate in good faith, terrorism, and denial of Israel's right to exist. - Disregard for Israel's stronger claims to territorial sovereignty under international law, as well as the long history of Jewish presence in the region. - Indifference to polling data that shows the Palestinian people admire Israeli society and governance. Despite a half-century of domestic and international terrorism, anti-semitism, and military attacks from regional neighbors who reject its right to exist, Israel has thrived as the Middle East's lone democracy. After a century spent chasing a two-state policy that hasn't brought the Israelis and Palestinians any closer to peace, *The Israeli Solution* offers an alternative path to stability in the Middle East based on Israeli sovereignty over Judea and Samaria. Complete solutions to in-text problems The Student Solutions Manual to accompany *The Systematic Identification of Organic Compounds*, 8th Edition is an essential resource for any student using the parent text in class. Providing complete solutions to all practice problems provided in the textbook, this book allows you to assess your understanding of difficult material and clarify complex topics. Fully aligned with the text, this book details structures, formulas, mechanisms, and more to help you pinpoint areas of difficulty and focus your study time for more efficient learning. Up-to-date, comprehensive coverage of the Oracle database and business intelligence tools Written by a team of Oracle insiders, this authoritative book provides you with the most current coverage of the Oracle data warehousing platform as well as the full suite of business intelligence tools. You'll learn how to leverage Oracle features and how those features can be used to provide solutions to a variety of needs and demands. Plus, you'll get valuable tips and insight based on the authors' real-world experiences and their own implementations. Avoid many common pitfalls while learning best practices for: Leveraging Oracle technologies to design, build, and manage data warehouses Integrating specific database and business intelligence solutions from other vendors Using the new suite of Oracle business intelligence tools to analyze data for marketing, sales, and more Handling typical data warehouse performance challenges Uncovering initiatives by your business community, security business sponsorship, project staffing, and managing risk A guide to improving networking skills provides a self-assessment test and fifty-two weeks of exercises that assist in all aspects of networking. "A clear, trenchant book on a topic of enormous importance . . . a courageous plunge into boiling waters. If *The One-State Solution* helps propel forward a debate that has hardly begun in this country it will have performed a signal scholarly and political function." ---Tony Judt, New York University " . . . a pioneering text. . . [A]s such it will take pride of place in a brewing debate." ---Gary Sussman, Tel Aviv University "The words 'The One-State Solution' seem to strike dread, at the least, or terror, at the most, in any established, institutional, or mainstream discourse having to do with the Israeli-Palestinian conflict. . . . It therefore takes great courage—and I use the word literally—to title explicitly a book under that infamous label. . . . Virginia Tilley is blessed with such courage and complements it with the requisite academic erudition. . . . Weaving her way through the historical progression of Zionism and through late 20th century and current international and Middle Eastern politics, she shows how the additional, pernicious state of settlement expansion (abetted by other massive human rights violations that go with the occupation) has brought us to the point where only a one-state solution can provide a just peace (and not just a state of conflict management going under the misnomer of peace)." --- Anat Biletzky, Middle East Journal Recent events have once more put the Israeli-Palestinian issue on the front page. After decades of failed peace initiatives, the prospect of reconciliation is in the air yet again as the principal actors maneuver to end the conflict and---the world hopes---bring peace to the region. A one-state solution is a way toward that peace and needs serious, renewed consideration. *The One-State Solution* explains how Israeli settlements have encroached on the occupied territory of the West Bank and Gaza Strip to such an extent that any Palestinian state in those areas is unworkable. And it reveals the irreversible impact of Israel's settlement grid by summarizing its physical, demographic, financial, and political dimensions. Virginia Tilley elucidates why we should assume that this grid will not be withdrawn---or its expansion reversed---by reviewing the role of the key political actors: the Israeli government, the United States, the Arab states, and the European Union. Finally, Tilley focuses on the daunting obstacles to a one-state solution---including major revision of the Zionist dream but also Palestinian and other regional resistance---and offers some ideas about how those obstacles might be addressed. Virginia Tilley is Chief Research Specialist in the Democracy and Governance Division of the Human Resources Council in Cape Town, South Africa. CB Insights study suggests that 42% of startups fail because they do not identify the right need, in other words: there is no need for the startup or product in the first place. The issue here is the lack of tools used to generate the ideas and validate those. Bottom line, this issue is about a structured approach to idea generation and problem-solving. Do you know that most people engaged in collective problem solving spend a lot of their valuable time in meetings, discussing ideas, which they think eventually do not add value to product or startup? Harvard Business Review survey suggests that 71% of managers feel that meetings do not help accomplish much, as they do not have specific templates and exercises to guide specific outcomes with engagement from participants. THE SOLUTION BOOK is going to help you in

experimenting with ideas effectively by providing you steps on how to create a framework for coming up with new ideas and products, considering a variety of views, develop teamwork and collaboration keeping you better focused on your results and outcomes. The solution book consists of 101 easy to follow techniques on problem-solving and ideation. Startup, innovation and venture failures are expensive and justified only by lack of tools and data for analysis. The book caters to all stages in your lifecycle as a creative thinker and problem solver with tools to optimize your resources, go beyond conventional solutions and experiment with divergent (out of the box) thinking thanks to Elina Kallas, a researcher on entrepreneurship education with European Commission and in entrepreneurship at Harvard University, and Vidyangi Patil, an interdisciplinary professional of Biomedical Engineering with an extensive startup and research experience. In recognizing the limitations of traditional problem solving methods, solution focus has aided many individuals in changing their perception of problems and transforming them into solutions. Regardless of what difficulties one may be tackling, this book offers practical skills for overcoming. Filled with examples and illustrations, it addresses and explains the role of the all important "miracle" questions as well as "exceptions," "scaling," and "ecoping" questions to help identify leverage points for change. Active listening, a key solution focus skill is reviewed extensively. In addition, readers will learn how to establish well-formed goals and understand the truth of the philosophical statement "if it isn't broke, don't fix it." Solution Focus™ radical simplicity diverts your attention away from the often frustrating search for the causes of problems and directs it to solutions; away from your weaknesses to your strengths; away from what is going wrong, to what is going right in your life. Though it may not be a fix-all, it will certainly give you a viable alternative to outdated problem solving strategies and teaches how to put solution focused knowledge into everyday practical use. If you want to learn a new way of assisting yourself or others to deal more creatively and effectively with problems, then you are encouraged to explore Solution Focus™ simple principles and tools for positive change. A candidate for this certification should have 1-2 years professional development experience and experience with Microsoft Azure. In addition, the candidate for this role should have the ability to program in a language supported by Azure and proficiency in Azure SDKs, Azure PowerShell, Azure CLI, data storage options, data connections, APIs, app authentication and authorization, compute and container deployment, debugging, performance tuning, and monitoring. Preparing For The Developing Solutions for Microsoft Azure Exam To Become A Certified Developing Solutions for Microsoft Azure AZ-204 By Microsoft? Here We Have Brought Best Exam Questions For You So That You Can Prepare Well For This Exam. Unlike other online simulation practice tests, you get an eBook version that is easy to read & remember these questions. You can simply rely on these questions for successfully certifying this exam. The Smart Solution Book explains each tool in detail – what it is, when and how to use it, its strengths and its limitations. The tools range from quick fixes, which can be used by someone working alone, to large scale solutions which can be used by groups of 100 and more. You can also use the tools separately or in combination with each other. Frame problems so they can be solved Find a solution to even the most intractable problem Enjoy the process of problem solving, whether alone or in collaboration with others Become more creative in your thinking so that, over time, solutions begin to present themselves The Smart Solution Book will change your way of thinking about business problems: apply the techniques and see the solutions unfold. The full text downloaded to your computer With eBooks you can: search for key concepts, words and phrases make highlights and notes as you study share your notes with friends eBooks are downloaded to your computer and accessible either offline through the Bookshelf (available as a free download), available online and also via the iPad and Android apps. Upon purchase, you'll gain instant access to this eBook. Time limit The eBooks products do not have an expiry date. You will continue to access your digital ebook products whilst you have your Bookshelf installed. Pick up that bread! This doctor-approved method lets you keep the carbs and lose the pounds! "The Starch Solution is one of the most important books ever written on healthy eating."—John P. Mackey, co-CEO and director of Whole Foods Market, Inc. Fear of the almighty carb has taken over the diet industry for the past few decades—from Atkins to Dukan—even the mere mention of a starch-heavy food is enough to trigger an avalanche of shame and longing. But the truth is, carbs are not the enemy! Bestselling author John A. McDougall and his kitchen-savvy wife, Mary, prove that a starch-rich diet can actually help you attain your weight loss goals, prevent a variety of ills, and even cure common diseases. By fueling your body primarily with carbohydrates rather than proteins and fats, you will feel satisfied, boost energy, and look and feel your best. Based on the latest scientific research, this easy-to-follow plan teaches you what to eat and what to avoid, how to make healthy swaps for your favorite foods, and smart choices when dining out. Including a 7-Day Sure-Start Plan, helpful weekly menu planner, and nearly 100 delicious, affordable recipes, The Starch Solution is a groundbreaking program that will help you shed pounds, improve your health, save money, and change your life. An innovation classic. From Steve Jobs to Jeff Bezos, Clay Christensen's work continues to underpin today's most innovative leaders and organizations. A seminal work on disruption—for everyone confronting the growth paradox. For readers of the bestselling The Innovator's Dilemma—and beyond—this definitive work will help anyone trying to transform their business right now. In The Innovator's Solution, Clayton Christensen and Michael Raynor expand on the idea of disruption, explaining how companies can and should become disruptors themselves. This classic work shows just how timely and relevant these ideas continue to be in today's hyper-accelerated business environment. Christensen and Raynor give advice on the business decisions crucial to achieving truly disruptive growth and propose guidelines for developing your own disruptive growth engine. The authors identify the forces that cause managers to make bad decisions as they package and shape new ideas—and offer new frameworks to help create the right conditions, at the right time, for a disruption to succeed. This is a must-read for all senior managers and business leaders responsible for innovation and growth, as well as members of their teams. Based on in-depth research and theories tested in hundreds of companies across many industries, The Innovator's Solution is a necessary addition to any innovation library—and an essential read for entrepreneurs and business builders worldwide. Nick Ortner, founder of the Tapping World Summit and best-selling filmmaker of The Tapping Solution, is at the forefront of a new healing movement. In his upcoming book, The Tapping Solution, he gives readers everything they need to successfully start using the powerful practice of tapping – or Emotional Freedom Techniques (EFT). Tapping is one of the fastest and easiest ways to address both the emotional and physical problems that tend to hamper our lives. Using the energy meridians of the body, practitioners tap on specific points while focusing on particular negative emotions or physical sensations. The tapping helps calm the nervous system to restore the balance of energy in the body, and in turn rewire the brain to respond in healthy ways. This kind of conditioning can help rid practitioners of everything from chronic pain to phobias to addictions. Because of tapping's proven success in healing such a variety of problems, Ortner recommends to try it on any challenging issue. In The Tapping Solution, Ortner describes not only the history and science of tapping but also the practical applications. In a friendly voice, he lays out easy-to-use practices, diagrams, and worksheets that will teach readers, step-by-step, how to tap on a variety of issues. With chapters covering everything from the alleviation of pain to the encouragement of weight loss to fostering better relationships, Ortner opens readers' eyes to just how powerful this practice can be. Throughout the book, readers will see real-life stories of healing ranging from easing the pain of fibromyalgia to overcoming a fear of flying. The simple strategies Ortner outlines will help readers release their fears and clear the limiting beliefs that hold them back from creating the life they want. Fancy optimizing your health and living a longer and fuller life with plant-based recipes? Then this may be the book for you! Looking to adopt a healthy vegetarian diet this New Year but don't know where to start? No worries, we've got you covered! Authors and leading plant-based nutrition experts Julieanna Hever and Ray Cronise have spent over a decade researching diet and nutrition, analyzing longevity studies, and helping their clients achieve sustainable, lasting health benefits by adopting a whole-food, plant-based diet. So what are you waiting for? Dive straight in to discover: - 100 delicious and nutritious plant-based recipes for the whole family to love - Evidence-based research on the scientific underpinnings of the healthspan diet - Easy-to-follow guidelines simplify food choices without being restrictive - Beautifully photographed recipes offer options and flexibility In The Healthspan Solution, they share the simple and effective diet that has allowed their clients to lose weight, reverse disease, reduce or eliminate medication use, and achieve optimal health. This healthy recipe cookbook examines the health risks posed by typical Western eating habits and explains how a diet rich in vegetables, fruits, whole grains, legumes, mushrooms, nuts, seeds, herbs and spices can lead to lower blood pressure, a healthy gut, weight loss and longer life expectancy. Their flexible, customizable approach to eating challenges the conventional idea of breakfast, lunch, and dinner and focuses instead on soups, salads, sides, and sweets. With 100 delicious recipes to choose from, this healthy cookbook ensures that adopting a plant-based lifestyle is simple and sustainable. Still not sure? Check out our riveting reviews below and discover just how much The HealthSpan Solution has changed people's lives for the better! "Ray and Julieanna didn't write a fad diet book. It's about making a permanent lifestyle transformation. The magic is I still can eat anything I want. The trick is what I want has profoundly changed. They did the trick for me and saved my life—now let them help you."—Penn Jillette, Las Vegas entertainer and magician "Ray is a scientific visionary and Julieanna is a master of nutrition. Together they've written a fact-based recipe book for longevity that belongs in every kitchen. Buy it."—David Sinclair, PhD, AO, Professor of Genetics, Harvard Medical School "Working with Julieanna and Ray has given me a profoundly new understanding of how food impacts health and how what we eat is often dictated by social influences. I'm excited to be a part of their effort to push to this message out to a far bigger audience."—Cyan Banister, angel investor and entrepreneur "Julieanna and Ray are an incredible team. While others have sought to demonstrate the adequacy of an exclusively plant-sourced diet, they teach how it can be superior and mimics longevity research."—Rich Roll, plant-powered ultra athlete and author The goal of this text is to describe the technical design aspects of the IT infrastructure; it does not give the details of installing and customizing SAP software, nor business process reengineering. Using primarily HP products for the solution examples, the chapters guide the reader through the foundation of the systems from an IT perspective, reviews its business application and architecture and introduces the server systems, then describes data storage, high availability and recovery solutions, client PCs with front-end user interfaces, output management and printing solutions, network infrastructure and requirements, cabling designs, LANs and WANs, and connecting mySAP.com to the Internet. Both authors are members of the HP-SAP International Competence Center. Annotation copyrighted by Book News, Inc., Portland, OR Suppose someone told you that for just two cents on the national dollar we could have a country where everyone had health insurance, full-time workers earned a living wage, poor children had great teachers in fixed-up schools, and politicians no longer had to grovel to wealthy donors. And suppose that when we were done, government would still be smaller than it was when Ronald Reagan was president. If you're like most people, you'd probably think that for two cents on the dollar this sounds like an intriguing deal. But 2 percent of America's GDP is more than 200 billion a year--way beyond what politicians in Washington think is possible. Between our proper intuition that 2 percent is a small amount, and the Washington consensus that a 2 percent shift in priorities is beyond imagining, lies the opportunity to transform American politics. In this agenda-setting book, Matthew Miller challenges our country (and those who would lead it) to change the way we think about our public responsibilities before the baby boomers' retirement siphons all the money out of the system. The Two Percent Solution is a call to arms that no serious candidate, Republican or Democrat, can afford to ignore. Restoring the use of wild plants in daily life for vibrant physical, mental, and spiritual health • Explains how 3 classes of wild plants--aromatics, bitters, and tonics--are uniquely adapted to work with our physiology because we coevolved with them • Provides simple recipes to easily integrate these plants into meals as well as formulas for teas, spirits, and tinctures • Offers practical examples of plants in each of the 3 classes, from aromatic peppermint to bitter dandelion to tonic chocolate As people moved into cities and suburbs and embraced modern medicine and industrialized food, they lost their connection to nature, in particular to the plants with which humanity coevolved. These plants are essential components of our physiologies--tangible reminders of cross-kingdom signaling--and key not only to vibrant physical health and prevention of illness but also to soothing and awakening the troubled spirit. Blending traditional herbal medicine with history, mythology, clinical practice, and recent findings in physiology and biochemistry, herbalist Guido Masé explores the three classes of plants necessary for the healthy functioning of our bodies and minds--aromatics, bitters, and tonics. He explains how bitter plants ignite digestion, balance blood sugar, buffer toxicity, and improve metabolism; how tonic plants normalize the functions of our cells and nourish the immune system; and how aromatic plants relax tense organs, nerves, and muscles and stimulate sluggish systems, whether physical, mental, emotional, or spiritual. He reveals how wild plants regulate our heart variability rate and adjust the way DNA is read by our cells, controlling the self-destructive tendencies that lead to chronic inflammation or cancer. Offering examples of ancient and modern uses of wild plants in each of the 3 classes--from aromatic peppermint to bitter dandelion to tonic chocolate--Masé provides easy recipes to integrate them into meals as seasonings and as central ingredients in soups, stocks, salads, and grain dishes as well as including formulas for teas, spirits, and tinctures. Providing a framework for safe and effective use as well as new insights to enrich the practice of advanced herbalists, he shows how healing "wild plant deficiency syndrome"--that is, adding wild plants back into our diets--is vital not only to our health but also to our spiritual development. From the "Marie Kondo of paper" comes a simple and accessible guide to paper management. Americans are drowning in paper. We keep stacks of it on the kitchen counter, stash it in drawers, and store file cabinets full of documents that we never even look at. Studies show that fully 85 percent of the paper in our lives can be tossed--but which 85 percent? And how do we organize and manage the 15 percent that remains? With The Paper Solution, founder of Organize365 Lisa Woodruff delivers a proven, step-by-step guide for what to shred, what to save, and how to sort what's left behind. With her method, you'll learn: • What documents you must absolutely hold on to • Which papers you can dispose of today • How to ditch your bulky filing cabinets and make your vital documents accessible and portable And at the heart of it all is the Sunday Basket: a box that sits on your counter and corals those stray bills, forms, coupons, and scraps into an easy-to-use paper-management system. The Sunday Basket will become your new weekly habit--one that leads to less paper, less stress, and more time to spend on the things (and people) that matter most. Tom Harlan brings his Oath of Empire series to a shattering conclusion in The Dark Lord. In what would be the 7th Century AD in our history, the Roman Empire still stands, supported by the twin pillars of the Legions and Thaumaturges of Rome. The Emperor of the West, the Augustus Galen Atrous, came to the aid of the Emperor of the East, the Avtokrator Heraclius, in his war with the Sassanad Emperor of Persia. But despite early victories, that war has not gone well, and now Rome is hard-pressed. Constantinople has fallen before the dark sorceries of the Lord Dahak and his legions of the living and dead. Now the new Emperor of Persia marches on Egypt, and if he takes that ancient nation, Rome will be starved and defeated. But there is a faint glimmer of hope. The Emperor Galen's brother Maxian is a great sorcerer, perhaps the equal of Dahak, lord of the seven serpents. He is now firmly allied with his Imperial brother and Rome. And though they are caught tight in the Dark Lord's net of sorcery, Queen Zoe of Palmyra and Lord Mohammed have not relinquished their souls to evil. Powerful, complex, engrossing --Thomas Harlan's Oath of Empire series has taken fantasy readers by storm. The first three volumes, The Shadow of Ararat, The Gate of Fire, and The Storm of Heaven have been universally praised. At the Publisher's request, this title is being sold without Digital Rights Management Software (DRM) applied. This manual contains solutions to most of the exercises in the book Techniques of Problem Solving by Steven G. Krantz. It is essential that this manual be used only as a reference, and never as a way to learn how to solve the exercises. It is strongly encouraged never to look up the solution of any exercise before attempting to solve it. The 'attempt time' will always be as rewarding to the student-or maybe more-as solving the exercise itself. An Inconvenient Truth with recipes: a fresh, beautifully designed cookbook with valuable resources for environmentally friendly, healthy, plant-based dishes.

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