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**Paleo Approach** Nov 22 2021 An estimated 50 million Americans suffer from some form of autoimmune disease. If you're among them, you may know all too well how little modern medicine can do to alleviate your condition. But that's no reason to give up hope. In this groundbreaking book, Sarah D. Ballantyne, Ph.D., draws upon current medical research and her own battle with an autoimmune disorder to show you how you can become completely symptom-free—the natural way. The Paleo Approach is the first book ever to explain how to adapt the Paleo diet and lifestyle to bring about a full recovery. Read it to learn why foods marketed as "healthy"—such as whole grains, soy, and low-fat dairy—can contribute to the development of autoimmune conditions. Discover what you can eat to calm your immune system, reduce inflammation, and help your body heal itself. Find out which simple lifestyle changes—along with changes in diet—will make the biggest difference for your health. There's no need to worry that "going Paleo" will break the bank or require too much time in the kitchen preparing special foods. In *The Paleo Approach*, Dr. Ballantyne provides expert tips on how to make the switch easily and economically. Complete food lists with strategies for the day-to-day—how stay within your food budget, where to shop for what you need, how to make the most out of your time in the kitchen, and how to eat out—take all the guesswork out of going Paleo. Simple strategies for lifestyle adjustments, including small steps that can make a huge difference, guide you through the most important changes to support healing. Do you have a complicated condition that requires medical intervention, medication, or supplements? Dr. Ballantyne also walks you through the most useful medical tests, treatments, and supplements (as well as the most counterproductive ones) to help you open a dialogue with your physician. Features such as these make *The Paleo Approach* the ultimate resource for anyone suffering from an autoimmune disease. Why suffer a moment longer? Reclaim your health with *The Paleo Approach*!

**Modern AGE Basic Rulebook** Nov 03 2022 Modern AGE is a roleplaying game that lets you have exciting adventures in any era from the Industrial Revolution to the near future. The game can handle everything from two-fisted action to urban fantasy to weird conspiracies. Modern AGE uses the Adventure Game Engine

(AGE), the ENnie Award-winning system made popular by the Dragon Age, Fantasy AGE, and Blue Rose RPGs. The Basic Rulebook includes a new, classless implementation of the AGE system, 20 levels of advancement, an innovative stunt system, psychic and magic powers, rules for chases, player and GM advice, and an introductory adventure so you can hit the ground running. Options let you tune the rules for grim and gritty stories, high adventure, or something in between. Enter the Modern AGE!

**Electrical Equipment of Buildings** Aug 08 2020

*Camel in Action* May 05 2020 Summary Camel in Action, Second Edition is the most complete Camel book on the market. Written by core developers of Camel and the authors of the highly acclaimed first edition, this book distills their experience and practical insights so that you can tackle integration tasks like a pro. Forewords by James Strachan and Dr. Mark Little Purchase of the print book includes a free eBook in PDF, Kindle, and ePub formats from Manning Publications. About the Technology Apache Camel is a Java framework that implements enterprise integration patterns (EIPs) and comes with over 200 adapters to third-party systems. A concise DSL lets you build integration logic into your app with just a few lines of Java or XML. By using Camel, you benefit from the testing and experience of a large and vibrant open source community. About the Book *Camel in Action, Second Edition* is the definitive guide to the Camel framework. It starts with core concepts like sending, receiving, routing, and transforming data. It then goes in depth on many topics such as how to develop, debug, test, deal with errors, secure, scale, cluster, deploy, and monitor your Camel applications. The book also discusses how to run Camel with microservices, reactive systems, containers, and in the cloud. What's Inside Coverage of all relevant EIPs Camel microservices with Spring Boot Camel on Docker and Kubernetes Error handling, testing, security, clustering, monitoring, and deployment Hundreds of examples in Java and XML About the Reader Readers should be familiar with Java. This book is accessible to beginners and invaluable to experts. About the Author Claus Ibsen is a senior principal engineer working for Red Hat specializing in cloud and integration. He has worked on Apache Camel for the last nine years where he heads the project. Claus lives in Denmark. Jonathan Anstey is an engineering manager at

Red Hat and a core Camel contributor. He lives in Newfoundland, Canada. Table of Contents Part 1 - First steps Meeting Camel Routing with Camel Part 2 - Core Camel Transforming data with Camel Using beans with Camel Enterprise integration patterns Using components Part 3 - Developing and testing Microservices Developing Camel projects Testing RESTful web services Part 4 - Going further with Camel Error handling Transactions and idempotency Parallel processing Securing Camel Part 5 - Running and managing Camel Running and deploying Camel Management and monitoring Part 6 - Out in the wild Clustering Microservices with Docker and Kubernetes Camel tooling Bonus online chapters Available at <https://www.manning.com/books/camel-in-action-second-edition> and in electronic versions of this book: Reactive Camel Camel and the IoT by Henryk Konsek

*South African Electrical Review* Aug 20 2021 *Newnes Electrical Pocket Book* Feb 11 2021 *Newnes Electrical Pocket Book* is the ideal daily reference source for electrical engineers, electricians and students. First published in 1932 this classic has been fully updated in line with the latest technical developments, regulations and industry best practice. Providing both in-depth knowledge and a broad overview of the field this pocket book is an invaluable tool of the trade. A handy source of essential information and data on the practice and principles of electrical engineering and installation. The 23rd edition has been updated by engineering author and consultant electrical engineer, Martin Heathcote. Major revisions have been made to the sections on semiconductors, power generation, transformers, building automation systems, electric vehicles, electrical equipment for use in hazardous areas, and electrical installation (reflecting the changes introduced to the IEE Wiring Regulations BS7671: 2001).

*Handbook for Building Construction: Administration, Materials, Design, and Safety* Oct 10 2020 Plan, design, execute, and manage building construction projects This hands-on engineering textbook shows, step-by-step, how to work through the many stages of a building construction project—from planning and material selection through compliance, safety, and quality assurance. Written by a pair of highly respected experts in the industry, *Handbook for Building Construction: Administration, Materials, Design, and Safety* contains best practices, real-world examples,

and practical applications. You will discover how to develop design specifications, understand complex codes and regulations, and apply the best methods for building construction jobs of all sizes. Coverage includes: The construction industry The project team Contract administration Construction Accounting Project Estimating Scheduling projects Risk management Building materials and construction methods Foundations Electrical construction Mechanical piping systems HVAC Energy efficient building systems Software support Productivity and quality management Equipment for building construction Safety

**Stock Options For Dummies** Jun 29 2022 If you're like the majority of the estimated 12 million employees in the U.S. who have stock options as a key component to their compensation packages, you have a vague notion, at best, of how options work and what they can mean to your financial well being. What's the vesting schedule for your shares and how will their strike price be set? What type of stock option grant will you receive, an ISO (incentive stock option) or an NQSO (non-qualified stock option)? What tax rules apply to your option program? Your financial future could depend on your knowing the answers to these and other questions regarding your company's stock option plan. Confused by all the brouhaha surrounding stock options? Let expert Alan Simon demystify this often-confusing investment vehicle for you. Featuring clear explanations of how your stock options might make you money—or not—this friendly guide fills you in on what you need to know to: Understand different types of stock options Read and find traps in your stock option agreement Evaluate the pros and cons of company investment vehicles Assess vesting schedules and tax laws Tap Web resources Simon demystifies the jargon, rules, and tax consequences of stock options. He provides a realistic picture of what to expect from your options, and he helps you see past the hype to understand what your employer is really offering. Important topics covered include: What you need to know before accepting a compensation package that includes options Developing a stock option philosophy and clear-cut goals Knowing whether you're being treated fairly by your company Making sense of the language of stock options agreements Getting a handle on key restrictions on how you exercise your options Stock option valuation Tax rules and how they apply to different types of options How stock options can be affected by changes at your company **Stock Options For Dummies** is the only guide you'll need to get the most out of this important investment vehicle.

**IT Security Risk Control Management** Feb 23 2022 Follow step-by-step guidance to craft a successful security program. You will identify with the paradoxes of information security and discover handy tools that hook security controls into business processes. Information security is more than configuring firewalls, removing viruses, hacking machines, or setting passwords. Creating and promoting a successful security program requires skills in organizational consulting, diplomacy, change management, risk analysis, and out-of-the-box thinking. What You Will Learn: Build a security

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program that will fit neatly into an organization and change dynamically to suit both the needs of the organization and survive constantly changing threats Prepare for and pass such common audits as PCI-DSS, SSAE-16, and ISO 27001 Calibrate the scope, and customize security controls to fit into an organization's culture Implement the most challenging processes, pointing out common pitfalls and distractions Frame security and risk issues to be clear and actionable so that decision makers, technical personnel, and users will listen and value your advice Who This Book Is For: IT professionals moving into the security field; new security managers, directors, project heads, and would-be CISOs; and security specialists from other disciplines moving into information security (e.g., former military security professionals, law enforcement professionals, and physical security professionals)

**Arduino: A Quick-Start Guide** Oct 02 2022 Arduino is an open-source platform that makes DIY electronics projects easier than ever. Gone are the days when you had to learn electronics theory and arcane programming languages before you could even get an LED to blink. Now, with this new edition of the bestselling *Arduino: A Quick-Start Guide*, readers with no electronics experience can create their first gadgets quickly. This book is up-to-date for the new Arduino Zero board, with step-by-step instructions for building a universal remote, a motion-sensing game controller, and many other fun, useful projects. This Quick-Start Guide is packed with fun, useful devices to create, with step-by-step instructions and photos throughout. You'll learn how to connect your Arduino to the Internet and program both client and server applications. You'll build projects such as your own motion-sensing game controller with a three-axis accelerometer, create a universal remote with an Arduino and a few cheap parts, build your own burglar alarm that emails you whenever someone's moving in your living room, build binary dice, and learn how to solder. In one of several new projects in this edition, you'll create your own video game console that you can connect to your TV set. This book is completely updated for the new Arduino Zero board and the latest advances in supporting software and tools for the Arduino. Sidebars throughout the book point you to exciting real-world projects using the Arduino, exercises extend your skills, and "What If It Doesn't Work" sections help you troubleshoot common problems. With this book, beginners can quickly join the worldwide community of hobbyists and professionals who use the Arduino to prototype and develop fun, useful inventions. What You Need: This is the full list of all parts you'd need for all projects in the book; some of these are provided as part of various kits that are available on the web, or you can purchase individually. Sources include adafruit.com, makershed.com, radioshack.com, sparkfun.com, and mouser.com. Please note we do not support or endorse any of these vendors, but we list them here as a convenience for you. Arduino Zero (or Uno or Duemilanove or Diecimila) board USB cable Half-size breadboard Pack of LEDs (at least 3, 10 or more is a good idea) Pack of 100 ohm, 10k ohm, and 1k ohm resistors Four pushbuttons

Breadboard jumper wire / connector wire Parallax Ping))) sensor Passive Infrared sensor An infrared LED A 5V servo motor Analog Devices TMP36 temperature sensor ADXL335 accelerometer breakout board 6 pin 0.1" standard header (might be included with the ADXL335) Nintendo Nunchuk Controller Arduino Ethernet shield Arduino Proto shield and a tiny breadboard (optional but recommended) Piezo speaker/buzzer (optional) Tilt sensor (optional) A 25-30 Watts soldering iron with a tip (preferably 1/16") A soldering stand and a sponge A standard 60/40 solder (rosin-core) spool for electronics work

**Learn Web Development with Python** Nov 10 2020 A comprehensive guide to Python programming for web development using the most popular Python web framework - Django Key Features Learn the fundamentals of programming with Python and building web apps Build web applications from scratch with Django Create real-world RESTful web services with the latest Django framework Book Description If you want to develop complete Python web apps with Django, this Learning Path is for you. It will walk you through Python programming techniques and guide you in implementing them when creating 4 professional Django projects, teaching you how to solve common problems and develop RESTful web services with Django and Python. You will learn how to build a blog application, a social image bookmarking website, an online shop, and an e-learning platform. Learn Web Development with Python will get you started with Python programming techniques, show you how to enhance your applications with AJAX, create RESTful APIs, and set up a production environment for your Django projects. Last but not least, you'll learn the best practices for creating real-world applications. By the end of this Learning Path, you will have a full understanding of how Django works and how to use it to build web applications from scratch. This Learning Path includes content from the following Packt products: Learn Python Programming by Fabrizio Romano Django RESTful Web Services by Gastón C. Hillar Django Design Patterns and Best Practices by Arun Ravindran What you will learn Explore the fundamentals of Python programming with interactive projects Grasp essential coding concepts along with the basics of data structures and control flow Develop RESTful APIs from scratch with Django and the Django REST Framework Create automated tests for RESTful web services Debug, test, and profile RESTful web services with Django and the Django REST Framework Use Django with other technologies such as Redis and Celery Who this book is for If you have little experience in coding or Python and want to learn how to build full-fledged web apps, this Learning Path is for you. No prior experience with RESTful web services, Python, or Django is required, but basic Python programming experience is needed to understand the concepts covered.

**Aperture 186 (Signed Edition)** Dec 24 2021 Inside spread signed by Pieter Hugo Portfolios and Essays from Pieter Hugo and Brownyn Law-Viljoen, Jay DeFeo and Anne Wilkes Tucker, Thomas Holton and Bonnie Yochelson, Clare Richardson, David Spero, and Jason Oddy, Mark Haworth-Booth and Lee Miller,

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Takashi Yasumura, Jessica Lange and Mary Ellen Mark, Stephen Shore and Luc Sante.

**Learn Azure in a Month of Lunches, Second Edition** May 29 2022 Learn Azure in a Month of Lunches, Second Edition, is a tutorial on writing, deploying, and running applications in Azure. In it, you'll work through 21 short lessons that give you real-world experience. Each lesson includes a hands-on lab so you can try out and lock in your new skills. Summary You can be incredibly productive with Azure without mastering every feature, function, and service. Learn Azure in a Month of Lunches, Second Edition gets you up and running quickly, teaching you the most important concepts and tasks in 21 practical bite-sized lessons. As you explore the examples, exercises, and labs, you'll pick up valuable skills immediately and take your first steps to Azure mastery! This fully revised new edition covers core changes to the Azure UI, new Azure features, Azure containers, and the upgraded Azure Kubernetes Service. Purchase of the print book includes a free eBook in PDF, Kindle, and ePub formats from Manning Publications. About the technology Microsoft Azure is vast and powerful, offering virtual servers, application templates, and prebuilt services for everything from data storage to AI. To navigate it all, you need a trustworthy guide. In this book, Microsoft engineer and Azure trainer Iain Foulds focuses on core skills for creating cloud-based applications. About the book Learn Azure in a Month of Lunches, Second Edition, is a tutorial on writing, deploying, and running applications in Azure. In it, you'll work through 21 short lessons that give you real-world experience. Each lesson includes a hands-on lab so you can try out and lock in your new skills. What's inside Understanding Azure beyond point-and-click Securing applications and data Automating your environment Azure services for machine learning, containers, and more About the reader This book is for readers who can write and deploy simple web or client/server applications. About the author Iain Foulds is an engineer and senior content developer with Microsoft. Table of Contents PART 1 - AZURE CORE SERVICES 1 Before you begin 2 Creating a virtual machine 3 Azure Web Apps 4 Introduction to Azure Storage 5 Azure Networking basics PART 2 - HIGH AVAILABILITY AND SCALE 6 Azure Resource Manager 7 High availability and redundancy 8 Load-balancing applications 9 Applications that scale 10 Global databases with Cosmos DB 11 Managing network traffic and routing 12 Monitoring and troubleshooting PART 3 - SECURE BY DEFAULT 13 Backup, recovery, and replication 14 Data encryption 15 Securing information with Azure Key Vault 16 Azure Security Center and updates PART 4 - THE COOL STUFF 17 Machine learning and artificial intelligence 18 Azure Automation 19 Azure containers 20 Azure and the Internet of Things 21 Serverless computing **PUSH** Nov 30 2019 A fitness guru offers a 30-day program for losing weight and cleaning up one's act, in a book that includes complete workouts, good advice and 30 recipes. *Forthcoming Books* Jun 25 2019 *Consulting-specifying Engineer* Jul 31 2022 *Unix and Linux* Apr 27 2022 In this updated edition, authors Deborah and Eric Ray use crystal-clear instructions and friendly prose to

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introduce you to all of today's Unix essentials. You'll find the information you need to get started with the operating system and learn the most common Unix commands and concepts so that Unix can do the hard work for you. After mastering the basics of Unix, you'll move on to how to use directories and files, work with a shell, and create and edit files. You'll then learn how to manipulate files, configure a Unix environment, and run—and even write—scripts. Throughout the book—from logging in to being root—the authors offer essential coverage of Unix.

**Exploring Zynq Mpsoc** Sep 28 2019 This book introduces the Zynq MPSoC (Multi-Processor System-on-Chip), an embedded device from Xilinx. The Zynq MPSoC combines a sophisticated processing system that includes ARM Cortex-A53 applications and ARM Cortex-R5 real-time processors, with FPGA programmable logic. As well as guiding the reader through the architecture of the device, design tools and methods are also covered in detail: both the conventional hardware/software co-design approach, and the newer software-defined methodology using Xilinx's SDx development environment. Featured aspects of Zynq MPSoC design include hardware and software development, multiprocessing, safety, security and platform management, and system booting. There are also special features on PYNQ, the Python-based framework for Zynq devices, and machine learning applications. This book should serve as a useful guide for those working with Zynq MPSoC, and equally as a reference for technical managers wishing to gain familiarity with the device and its associated design methodologies.

**Target 100** Jan 13 2021 "When I was losing weight, Liz was more than my coach; she was my rock, and I couldn't have done it without her. She just got it, because she'd been through it herself (and helped about a million other people through it, too). Target 100 is Liz in book form—smart, supportive, and full of practical, simple solutions. Liz changed my life and my whole concept of dieting—and now can change, yours too." —Jessica Simpson When did weight loss get so complicated? Today, it feels like there are a million different apps, tools, workouts, and eating plans designed to help you lose weight. Some promise success via drastic, unlivable restrictions, others are so complex they turn losing weight into a second job. In Target 100, celebrity weight-loss coach Liz Josefsberg shows you don't have to be a slave to your weight-loss program. You don't have to count every gram of every nutrient and every calorie you eat at every meal. Believe it or not, weight loss can be simple. It can even be . . . fun. A 15-year veteran of the weight-loss industry and who lost—and kept off—65 pounds herself, Liz has accrued a high-profile clientele. She helped Oscar-winner Jennifer Hudson lose weight and transform her life and coached Jessica Simpson to shed over 50 pounds of baby weight (twice!). But along with the likes of Charles Barkley and Katie Couric, Josefsberg has also coached thousands of others, everyone from stay-at-home moms to office jockeys. Along the way, she's learned what works—and what doesn't—when it comes to lasting weight loss, and she's ready to share her secrets with the rest of us. Target 100 streamlines the weight-loss process into six easy-to-follow

guidelines and shows you how to adjust them to fit your lifestyle, personalizing the program so that it works for you. Josefsberg offers tips, worksheets, and powerful insights to help you fine-tune a range of weight-related behaviors, from battling stress to getting more sleep, setting the stage for permanent, long-term weight loss. Instead of counting calories, you'll learn how simple changes come together to jumpstart your health and wellbeing, such as: • Drinking 100 ounces of water a day • Exercising for 100 minutes a week • Adding 100 minutes of Sleep a week • De-Stressing for 100 minutes a week • And more! Warm and no-nonsense, encouraging and informative, Target 100 is a holistic and revolutionary wellness book with a simple message: You don't need to be perfect to lose weight, or transform yourself into someone you're not. You can lose weight for good, with the world's simplest weight loss program.

**Born A Crime** Apr 03 2020 WINNER OF THE THURBER PRIZE The compelling, inspiring, (often comic) coming-of-age story of Trevor Noah, set during the twilight of apartheid and the tumultuous days of freedom that followed. One of the comedy world's brightest new voices, Trevor Noah is a light-footed but sharp-minded observer of the absurdities of politics, race and identity, sharing jokes and insights drawn from the wealth of experience acquired in his relatively young life. As host of the US hit show The Daily Show with Trevor Noah, he provides viewers around the globe with their nightly dose of biting satire, but here Noah turns his focus inward, giving readers a deeply personal, heartfelt and humorous look at the world that shaped him. Noah was born a crime, son of a white Swiss father and a black Xhosa mother, at a time when such a union was punishable by five years in prison. Living proof of his parents' indiscretion, Trevor was kept mostly indoors for the first years of his life, bound by the extreme and often absurd measures his mother took to hide him from a government that could, at any moment, take him away. A collection of eighteen personal stories, Born a Crime tells the story of a mischievous young boy growing into a restless young man as he struggles to find his place in a world where he was never supposed to exist. Born a Crime is equally the story of that young man's fearless, rebellious and fervently religious mother - a woman determined to save her son from the cycle of poverty, violence and abuse that ultimately threatens her own life. Whether subsisting on caterpillars for dinner during hard times, being thrown from a moving car during an attempted kidnapping, or just trying to survive the life-and-death pitfalls of dating in high school, Noah illuminates his curious world with an incisive wit and an unflinching honesty. His stories weave together to form a personal portrait of an unlikely childhood in a dangerous time, as moving and unforgettable as the very best memoirs and as funny as Noah's own hilarious stand-up. Born a Crime is a must read.

**Commerce Business Daily** Jul 27 2019 **Agile Project Management with Scrum** Oct 22 2021 The rules and practices for Scrum—a simple process for managing complex projects—are few, straightforward, and easy to learn. But Scrum's simplicity itself—its lack of prescription—can be disarming, and new

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practitioners often find themselves reverting to old project management habits and tools and yielding lesser results. In this illuminating series of case studies, Scrum co-creator and evangelist Ken Schwaber identifies the real-world lessons—the successes and failures—culled from his years of experience coaching companies in agile project management. Through them, you'll understand how to use Scrum to solve complex problems and drive better results—delivering more valuable software faster. Gain the foundation in Scrum theory—and practice—you need to: Rein in even the most complex, unwieldy projects Effectively manage unknown or changing product requirements Simplify the chain of command with self-managing development teams Receive clearer specifications—and feedback—from customers Greatly reduce project planning time and required tools Build—and release—products in 30-day cycles so clients get deliverables earlier Avoid missteps by regularly inspecting, reporting on, and fine-tuning projects Support multiple teams working on a large-scale project from many geographic locations Maximize return on investment!

**The Definitive Guide to Conversational AI with Dialogflow and Google Cloud** Jan 31 2020 Build enterprise chatbots for web, social media, voice assistants, IoT, and telephony contact centers with Google's Dialogflow conversational AI technology. This book will explain how to get started with conversational AI using Google and how enterprise users can use Dialogflow as part of Google Cloud. It will cover the core concepts such as Dialogflow essentials, deploying chatbots on web and social media channels, and building voice agents including advanced tips and tricks such as intents, entities, and working with context. The Definitive Guide to Conversational AI with Dialogflow and Google Cloud also explains how to build multilingual chatbots, orchestrate sub chatbots into a bigger conversational platform, use virtual agent analytics with popular tools, such as BigQuery or Chatbase, and build voice bots. It concludes with coverage of more advanced use cases, such as building fulfillment functionality, building your own integrations, securing your chatbots, and building your own voice platform with the Dialogflow SDK and other Google Cloud machine learning APIs. After reading this book, you will understand how to build cross-channel enterprise bots with popular Google tools such as Dialogflow, Google Cloud AI, Cloud Run, Cloud Functions, and Chatbase. What You Will Learn Discover Dialogflow, Dialogflow Essentials, Dialogflow CX, and how machine learning is used Create Dialogflow projects for individuals and enterprise usage Work with Dialogflow essential concepts such as intents, entities, custom entities, system entities, composites, and how to track context Build bots quickly using prebuilt agents, small talk modules, and FAQ knowledge bases Use Dialogflow for an out-of-the-box agent review Deploy text conversational UIs for web and social media channels Build voice agents for voice assistants, phone gateways, and contact centers Create multilingual chatbots Orchestrate many sub-chatbots to build a bigger conversational platform Use chatbot analytics and test the quality of your Dialogflow agent See the new

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Dialogflow CX concepts, how Dialogflow CX fits in, and what's different in Dialogflow CX Who This Book Is For Everyone interested in building chatbots for web, social media, voice assistants, or contact centers using Google's conversational AI/cloud technology.

**Confessions of an IT Manager** Jan 01 2020 Phil Factor is a legend in his own runtime.

Scurrilous, absurd, confessional and scathing by turns, Confessions of an IT Manager targets the idiocy, incompetence and overreach of the IT management industry from vantage point all the way up and down the greasy pole. Phil Factor (real name withheld to protest the guilty) has over 20 years experience in the IT industry, specializing in database-intensive applications. For withering insight into the human weaknesses and farcical levels of ineptitude that bring IT projects to their knees, plus occasional escapes into burnished pastiche and cock-a-leg doggerel there is no funnier, more illuminating commentary on the IT crowd.

**Advances in Security, Networks, and Internet of Things** Sep 20 2021 The book presents the proceedings of four conferences: The 19th International Conference on Security & Management (SAM'20), The 19th International Conference on Wireless Networks (ICWN'20), The 21st International Conference on Internet Computing & Internet of Things (ICOMP'20), and The 18th International Conference on Embedded Systems, Cyber-physical Systems (ESCS'20). The conferences took place in Las Vegas, NV, USA, July 27-30, 2020. The conferences are part of the larger 2020 World Congress in Computer Science, Computer Engineering, & Applied Computing (CSCE'20), which features 20 major tracks. Authors include academics, researchers, professionals, and students. Presents the proceedings of four conferences as part of the 2020 World Congress in Computer Science, Computer Engineering, & Applied Computing (CSCE'20); Includes the tracks on security & management, wireless networks, internet computing and IoT, and embedded systems as well as cyber-physical systems; Features papers from SAM'20, ICWN'20, ICOMP'20 and ESCS'20.

**Electrical Engineer's Portable Handbook** Mar 15 2021 The first edition of this title proved the most successful of the Portable Handbook series launched in 1999. Aimed at electrical engineers and technicians working in building power systems, the relentlessly practical Handbook succeeded as an in the field working tool. This new edition is necessitated by the new 2002 version of the National Electrical Code (NEC). This code changes render much of the existing material obsolete, so over half the chapters require heavy rewrites to stay current.

**The Second World Ocean Assessment** Jun 05 2020 The second World Ocean Assessment is a collaborative effort of hundreds of experts from all regions of the world, a comprehensive and integrated assessment of the state of marine environment.

**Deadlands Reloaded** Jun 17 2021 "The Marshal's Handbook is the setting book for Deadlands Reloaded." -- From back cover  
**Relationships Made Simple** Jul 07 2020 Finally, a book that takes a simple approach to improving relationships. In straightforward language this book introduces the reader to the 'Relationship Banking' concept, which has the

power to change forever the way people look and conduct at all their relationships. This book contains all the information required to teach readers exactly what they need to do to rekindle, repair or rescue their relationship and for a lot less than the cost of one professional counselling session. This book is an easy to read 105 pages, written by a psychologist. It contains all the information needed to dramatically improve our most important relationship - the one with our life partner.

**Terraform: Up & Running** Jan 25 2022 Terraform has become a key player in the DevOps world for defining, launching, and managing infrastructure as code (IaC) across a variety of cloud and virtualization platforms, including AWS, Google Cloud, Azure, and more. This hands-on second edition, expanded and thoroughly updated for Terraform version 0.12 and beyond, shows you the fastest way to get up and running. Gruntwork cofounder Yevgeniy (Jim) Brikman walks you through code examples that demonstrate Terraform's simple, declarative programming language for deploying and managing infrastructure with a few commands. Veteran sysadmins, DevOps engineers, and novice developers will quickly go from Terraform basics to running a full stack that can support a massive amount of traffic and a large team of developers. Explore changes from Terraform 0.9 through 0.12, including backends, workspaces, and first-class expressions Learn how to write production-grade Terraform modules Dive into manual and automated testing for Terraform code Compare Terraform to Chef, Puppet, Ansible, CloudFormation, and Salt Stack Deploy server clusters, load balancers, and databases Use Terraform to manage the state of your infrastructure Create reusable infrastructure with Terraform modules Use advanced Terraform syntax to achieve zero-downtime deployment

**Why Didn't They Teach Me this in School?** May 17 2021 Why do high schools and colleges require students to take courses in English, math and science, yet have absolutely no requirements for students to learn about personal money management? Why Didn't They Teach Me This in School? 99 Personal Money Management Lessons to Live By was initially developed by the author to pass on to his five children as they entered adulthood. As it developed, the author realized that personal money management skills were rarely taught in high schools, colleges and even in MBA programs. Unfortunately, books on the subject tend to be complicated, lengthy reads. The book includes eight important lessons focusing on 99 principles that will quickly and memorably enhance any individual's money management acumen. Unlike many of the personal money management books out there, this book is a quick, easily digested read that focuses more on the qualitative side than the quantitative side of personal money management. The principles are not from a text book. Rather, they are practical principles learned by the author as he navigated through his financial life. Many are unorthodox in order to be memorable and provoke deeper thought by the reader.

**Nagios Core Administration Cookbook** Aug 27 2019 Over 90 hands-on recipes that will employ Nagios Core as the anchor of

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monitoring on your network About This Book Master the advanced configuration techniques of Nagios Core to model your network better by improving hosts, services, and contacts Filter and improve the notifications that Nagios Core sends in response to failed checks, which can greatly assist you when diagnosing problems Pull Nagios Core's data into a database to write clever custom reports of your own devise Who This Book Is For If you are a network or system administrator and are looking for instructions and examples on working with Nagios Core, then this book is for you. Some basic shell command-line experience is required, and some knowledge of scripting would be helpful when we discuss how plugins work. What You Will Learn Manage the configuration of Nagios Core with advanced techniques to achieve fine detail in your checks Find, install, and even write your own check plugins Filter notifications to send them to the right people or programs at the right time Work around difficult network accessibility issues and delegate checks to other machines Tweak a Nagios Core server to achieve both high performance and redundancy in case of disaster Process the results of checks performed by other machines to monitor backups and similar processes Extend Nagios Core to allow advanced scripting, reporting, and network visualization behavior In Detail Nagios Core is an open source monitoring framework suitable for any network that ensures both internal and customer-facing services are running correctly and manages notification and reporting behavior to diagnose and fix outages promptly. It allows very fine configuration of exactly when, where, what, and how to check network services to meet both the uptime goals of your network and systems team and the needs of your users. This book shows system and network administrators how to use Nagios Core to its fullest as a monitoring framework for checks on any kind of network services, from the smallest home network to much larger production multi-site services. You will discover that Nagios Core is capable of doing much more than pinging a host or to see whether websites respond. The recipes in this book will demonstrate how to leverage Nagios Core's advanced configuration, scripting hooks, reports, data retrieval, and extensibility to integrate it with your existing systems, and to make it the rock-solid center of your network monitoring world. Style and approach Each chapter contains a set of step-by-step recipes to perform an example of a commonly performed task related to network administration. The book begins by focusing closely on the properties and configuration of Nagios Core itself, and gradually moves on to other pieces of software that can support, manage, and extend the system.

### **A DIY Smart Home Guide: Tools for Automating Your Home Monitoring and Security Using Arduino, ESP8266, and Android**

Jul 19 2021 Publisher's Note: Products purchased from Third Party sellers are not guaranteed by the publisher for quality, authenticity, or access to any online entitlements included with the product. Design and build custom devices that work through your phone to control your home remotely Setting up a "smart home" can be costly, intimidating, and invasive. This hands-on guide presents you with an accessible and cheap way

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to do it yourself using free software that will enable your home and your mobile devices to communicate. A DIY 'Smart Home' Guide: Tools for Automating Your Home Monitoring and Security Using Arduino, ESP8266, and Android contains step-by-step plans for easy-to-build projects that work through your phone to control your home environment remotely. All the projects in the book are geared towards helping you create a "smart home," with fun and useful examples such as wireless temperature and humidity monitors, automated lights, sensors that can trigger alarms in the event of broken glass, fire, window entry, or water heater leakage, and much more! All projects can be accomplished with no previous knowledge; for those with some background in C/C++ or JAVA, the projects can be customized. • All projects use easy, free, flexible, open-source platforms such as Arduino • Focuses projects on real-world remote control activations for protecting the home • Written by a "smart home" expert and experienced author

### **The TAB Book of Arduino Projects: 36 Things to Make with Shields and Proto Shields**

Sep 08 2020 The ultimate collection of DIY Arduino projects! In this easy-to-follow book, electronics guru Simon Monk shows you how to create a wide variety of fun and functional gadgets with the Arduino Uno and Leonardo boards. Filled with step-by-step instructions and detailed illustrations, The TAB Book of Arduino Projects: 36 Things to Make with Shields and Proto Shields provides a cost estimate, difficulty level, and list of required components for each project. You'll learn how to design custom circuits with Proto Shields and solder parts to the prototyping area to build professional-quality devices. Catapult your Arduino skills to the next level with this hands-on guide. Build these and many more innovative Arduino creations: Persistence-of-vision (POV) display High-power LED controller Color recognizer RFID door lock Fake dog Person counter Laser alarm Theramin-like instrument FM radio receiver Email notifier Network temperature and humidity sensor Seven segment LED clock Larson scanner Conway's game of life Singing plant Ultrasonic rangefinder Temperature and light logger Autoranging capacitance meter Geiger counter

jQuery and jQuery UI Sep 01 2022 jQuery is a popular JavaScript library that simplifies event handling, animating, and Ajax interactions for rapid web development. Even casual web designers, who create web pages for fun, want to add the latest cool effects to their sites, and jQuery--the fast, flexible JavaScript library--is a tool of choice. From visual effects, special controls, and Ajax made easy, the jQuery Visual QuickStart Guide will teach readers how to make the most of jQuery using the task-based, step-by-step, visual format they love. It's crammed with examples and there's a special section on widgets. Includes eBook and Video Access In addition to concise, step-by-step explanations of core tools and tasks, with plenty of helpful screen shots to keep you on track as you work, jQuery: Visual QuickStart Guide includes an hour-long HD video and eBook. In addition to reading about how to use the tool, you can watch it in action. You can also download digital versions of this book to load on the mobile device of your choice so that you

can continue learning whenever and wherever you are. We provide you with ePub, PDF, and Mobi eBook formats to ensure that you get the experience that best suits your viewing needs. Practical UML Statecharts in C/C++ Mar 27 2022 Practical UML Statecharts in C/C++ Second Edition bridges the gap between high-level abstract concepts of the Unified Modeling Language (UML) and the actual programming aspects of modern hierarchical state machines (UML statecharts). The book describes a lightweight, open source, event-driven infrastructure, called QP that enables direct manual coding UML statecharts and concurrent event-driven applications in C or C++ without big tools. This book is presented in two parts. In Part I, you get a practical description of the relevant state machine concepts starting from traditional finite state automata to modern UML state machines followed by state machine coding techniques and state-machine design patterns, all illustrated with executable examples. In Part II, you find a detailed design study of a generic real-time framework indispensable for combining concurrent, event-driven state machines into robust applications. Part II begins with a clear explanation of the key event-driven programming concepts such as inversion of control ( Hollywood Principle ), blocking versus non-blocking code, run-to-completion (RTC) execution semantics, the importance of event queues, dealing with time, and the role of state machines to maintain the context from one event to the next. This background is designed to help software developers in making the transition from the traditional sequential to the modern event-driven programming, which can be one of the trickiest paradigm shifts. The lightweight QP event-driven infrastructure goes several steps beyond the traditional real-time operating system (RTOS). In the simplest configuration, QP runs on bare-metal microprocessor, microcontroller, or DSP completely replacing the RTOS. QP can also work with almost any OS/RTOS to take advantage of the existing device drivers, communication stacks, and other middleware. The accompanying website to this book contains complete open source code for QP, ports to popular processors and operating systems, including 80x86, ARM Cortex-M3, MSP430, and Linux, as well as all examples described in the book.

**Paleo Principles** Mar 03 2020 From the New York Times bestselling author of The Paleo Approach and The Healing Kitchen comes the most comprehensive resource to date for those seeking a scientifically founded nutritional approach to optimal health. In her signature approachable yet comprehensive style, Sarah Ballantyne, PhD, has laid a complete foundation for understanding the principles of the Paleo template in order to inform and empower people's day-to-day choices. Combined with an unprecedented collection of practical strategies, tips, and visual guides, plus more than 200 delicious recipes and twenty meal plans for a variety of health goals, this book is a one-stop-shop for nutrition nerds, health nuts, and gourmards alike. The Paleo diet is a nutrient-dense, anti-inflammatory whole-foods diet based on eating a variety of quality vegetables, meats, seafood, fruits, eggs, nuts, seeds, healthy fats, herbs, and spices. It is clinically proven to improve health by providing

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complete and balanced nutrition while omitting most processed and refined foods and empty calories. Far from being a historical re-enactment, the Paleo framework is derived from thousands of scientific studies that illuminate our understanding of which foods support health and which foods undermine it. Combined with attention to essential lifestyle factors like physical activity, sleep, and stress, the Paleo template is quite simply the most robust approach out there for optimal health, performance, and longevity! With the perfect balance of detailed explanations, accessible summaries of actionable information, and visual guides, Paleo Principles provides everything readers need to achieve their best health. Beyond a set of rules, this book teaches precisely why some foods are better choices than others while providing indispensable resources like food lists, shopping guides, and cooking how-tos. Health comes from more than just the foods on our plates, however, which is why Dr. Ballantyne also incorporates a focus on lifestyle factors known to improve health, including being active, getting enough sleep, managing stress, and connecting with community. People needn't worry that following a Paleo-style diet will leave them feeling hungry or deprived. Healthy re-creations of family-friendly favorites, from pizza to pancakes, prove that you can regain your health and love every bite! Paleo Principles contains more than 200 nutritious Paleo recipes that are free of gluten, grain, dairy, legumes, and refined sugar—including kitchen basics, breakfasts, soups and salads, main dishes, side dishes, baked goods, and desserts—all labeled for the top eight allergen ingredients as well as other common food sensitivities, like FODMAPs and nightshades, and the Autoimmune Protocol. Adapt the Paleo template to serve your specific needs and health goals by using Paleo Principles' guides on customizing macronutrient ratios, navigating gray-area foods, troubleshooting chronic illnesses and

food sensitivities, transitioning to a Paleo-style diet, understanding your body's individual response to different foods, and balancing Paleo priorities with competing interests for lifelong success. Combine these resources with twenty meal plans reflecting the most common health objectives, and you have the know-how to personalize your plan to fit your life. Join the millions of people taking back their health by following a Paleo lifestyle. Whether your goal is to lose weight, increase performance, reduce cardiovascular disease risk factors, prevent cancer, mitigate autoimmune disease, reverse diabetes, or simply achieve your best health, Paleo Principles gives you answers and a veritable toolkit to make lasting, positive change toward better health.

#### **Inspection and Testing of Fire Alarm Systems** Dec 12 2020

IBM Systems Director 6.3 Best Practices Apr 15 2021 This IBM® Redbooks® publication describes the positioning of the IBM Systems Director in the complete management range. It also compares the IBM Systems Director with the IBM Flex Systems Manager (FSM) and describes the environments for which each tool is best suited. This publication helps you plan, install, tailor, and configure the IBM Systems Director on different platforms. It contains information about required system resources and which network ports are used. It shows how to use the Workload Estimator to select the appropriate hardware for IBM Systems Director server and provides information about the IBM Systems Director Editions. Best practices are covered for the basic management tasks that are available in IBM Systems Director, including how to perform discovery; how to collect inventory on discovered resources; how to deploy agent, driver, and firmware updates; how to manage hardware events; and other miscellaneous tasks. An overview of best practices is provided for using IBM Systems Director VMControl™. Systems Director

VMControl is a cross-platform product that assists you in rapidly deploying virtual appliances to create virtual servers that are configured with the operating system and software applications that you want. It also enables you to group resources into system pools, which enable you to centrally manage and control the different workloads in your environment. The following plug-in offerings are described: Energy monitoring and management features offered by IBM Systems Director Active Energy Manager™ along with the best practice, which needs to be followed in using the IBM Systems Director Active Energy Manager. The IBM AIX® Profile Manager is a tool that can help implement and monitor the security of all AIX servers in a production environment but also implement and monitor the system compliance of those AIX servers. Best practices and the most important questions to ask before creating Workload Partition Manager (WPAR) and WPAR Manager infrastructure. In addition, how you can manage and relocate WPARs using WPAR Manager graphical interface and the command-line interface. Network Control basic functionalities and how to plan for Network Control deployments and also a number of common scenarios with best practices. The IBM Systems Director Service and Support Manager describes how to set up and how to handle serviceable events. Best practices for the Storage Monitoring and Management capabilities offered by IBM Systems Director server. This book is for IBM IT specialists and IT architects, IBM Business Partners, and clients, who are utilizing or considering implementing IBM Systems Director. Popular Science Oct 29 2019 Popular Science gives our readers the information and tools to improve their technology and their world. The core belief that Popular Science and our readers share: The future is going to be better, and science and technology are the driving forces that will help make it better.