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Textbook of Family Medicine

Robert E. Rakel 2011 Offers guidance on the principles of family medicine, primary care in the community, and various aspects of clinical practice. Suitable for both residents and practicing physicians, this title includes evidence-based, practical information to optimize your patient care and prepare you for the ABFM exam.

Cable Supported Bridges Nels J. Gimsing 2011-12-30 Fourteen years on from its last edition, Cable Supported Bridges: Concept and Design, Third Edition, has been significantly updated with new material and brand new imagery throughout. Since the appearance of the second edition, the focus on the dynamic response of cable supported bridges has increased, and this development is recognised with two new chapters, covering bridge aerodynamics and other dynamic topics such as pedestrian-induced vibrations and bridge monitoring. This book concentrates on the synthesis of cable supported bridges, suspension as well as cable stayed, covering both design and construction aspects. The emphasis is on the conceptual design phase where the main features of the bridge will be determined. Based on comparative analyses with relatively simple mathematical expressions, the different structural forms are quantified and preliminary optimization demonstrated. This provides a first estimate on dimensions of the main load carrying elements to give in an initial input for mathematical computer models used in the detailed design phase. Key features: Describes evolution and trends within the design and construction of cable supported bridges Describes the response of structures to dynamic actions that have attracted growing attention in recent years Highlights features of the different structural components and their interaction in the entire structural system Presents simple mathematical expressions to give a first estimate on dimensions of the load carrying elements to be used in an initial computer input This comprehensive coverage of the design and construction of cable supported bridges provides an invaluable, tried and tested resource for academics and engineers.

Guide Specifications for Design of Pedestrian Bridges 1997

Hydraulic Structures Sheng-Hong Chen 2015-06-09 This book discusses in detail the planning, design, construction and management of hydraulic structures, covering dams, spillways, tunnels, cut slopes, sluices, water intake and measuring works, ship locks and lifts, as well as fish ways. Particular attention is paid to considerations concerning the environment, hydrology, geology and materials etc. in the planning and design of hydraulic projects. It also considers the type selection, profile configuration, stress/stability calibration and engineering countermeasures, flood releasing arrangements and scouring protection, operation and maintenance etc. for a variety of specific hydraulic structures. The book is primarily intended for engineers, undergraduate and graduate students in the field of civil and hydraulic engineering who are faced with the challenges of extending our understanding of hydraulic structures ranging from traditional to groundbreaking, as well as designing, constructing and managing safe, durable hydraulic structures that are economical and environmentally friendly.

Occupational Safety and Health Guidance Manual for Hazardous Waste Site Activities National Institute for Occupational Safety and Health 2014-03-08 In the past decade, industry, government, and the general public have become increasingly aware of the need to respond to the hazardous waste problem, which has grown steadily over the past 40 years. In 1980, Congress passed the Comprehensive Environmental Response, Compensation, and Liability Act (CERCLA) – the Superfund law-to provide for “liability, compensation, cleanup, and emergency response for hazardous substances released into the environment and the cleanup of inactive waste disposal sites.” This manual is a guidance document for managers responsible for occupational safety and health programs at inactive hazardous waste sites. It assumes a basic knowledge of science and experience in occupational safety and health. It is the product of a four-agency committee (the National Institute for Occupational Safety and Health [NIOSH], the Occupational Safety and Health Administration [OSHA], the U.S. Coast Guard [USCG], and the U.S. Environmental Protection Agency [EPA]) mandated by CERCLA section 301(f) to study the problem of protecting the safety and health of workers at hazardous waste sites, and by CERCLA section 111(c)(6) to develop a program to protect the health and safety of employees involved in response to hazardous substance releases, removals, or remedial actions. This manual is intended for federal, state, and local officials and their contractors. It may be used: As a planning tool by government or private individuals; As a management tool by upper level or field managers; As an educational tool to provide a comprehensive overview of all aspects of safety and health protection at hazardous waste sites; As a reference document for site personnel who need to review important aspects of health and safety. This document is not a detailed industrial hygiene textbook or a comprehensive source book on occupational safety and health. It provides general guidance and should be used as a preliminary basis for developing a specific health and safety program. The appropriateness of the information presented should always be evaluated in light of site-specific conditions. Other sources and experienced individuals should be consulted as necessary for the detail needed to design and implement occupational safety and health programs at specific hazardous waste sites.

Casing Design - Theory and Practice S.S. Rahman 1995-08-01 Casing design has followed an evolutionary trend and most improvements have been made due to the advancement of technology. Contributions to the technology in casing design have come from fundamental research and field tests, which have made casing safe and economical. This book gathers together much available information in the subject area and shows how it may be used in deciding the best procedure for casing design i.e. optimizing casing design for deriving maximum profit from a particular well. The problems and their solutions, which are provided in each chapter, and the computer program (3.5 in. disk) are intended to serve two purposes- firstly, as illustrations for students and practicing engineers to understand the subject matter, and secondly, to enable them to optimize casing design for a wide range of wells to be drilled in the future.

Prestressed Concrete Bridges Nigel R. Hewson 2003 Prestressed concrete decks are commonly used for bridges with spans between 25m and 450m and provide economic, durable and aesthetic solutions in most situations where bridges are needed. Concrete remains the most common material for bridge construction around the world, and prestressed concrete is frequently the material of choice. Extensively illustrated throughout, this invaluable book brings together all aspects of designing prestressed concrete bridge decks into one comprehensive volume. The book clearly explains the principles behind both the design and construction of prestressed concrete bridges, illustrating the interaction between the two. It covers all the different types of deck arrangement and the construction techniques used, ranging from in-situ slabs and precast beams; segmental construction and launched bridges; and cable-stayed structures. Included throughout the book are many examples of the different types of prestressed concrete decks used, with the design aspects of each discussed along with the general analysis and design process. Detailed descriptions of the prestressing components and systems used are also included. Prestressed Concrete Bridges is an essential reference book for both the experienced engineer and graduate who want to learn more about the subject.

English File 1 Clive Oxenden 1996-01-01 English File is a flexible course for adults and young adults which reflects the realities of both learning and teaching. At each of the first two levels, there is a fast-track core of 60 hours’ class work, with additional material which can extend the course to more than 120 hours. English File 1 is for beginners and false beginners. English File gives students a real sense of achievement and progress. It offers clear learning objectives, an organized approach to revision and reference work, and a fully integrated home-study programme. For teachers, there are well-planned lessons that work, a realistic syllabus focusing on what can be achieved in a first level course, and a complete source of ready-to-use supplementary materials. • Lessons which cover the grammar pronunciation, and vocabulary syllabus of the course, with in-built revision and recycling. • Systematic pronunciation work, with a memorable and learner-friendly introduction to English sounds. • Graded listening materials and tasks. • Travel with English. Functional language, practical communication in international ‘survival’ contexts. • Revision and extension. Consolidation and development of core lessons through skills work. • Vocabulary file. Systematic vocabulary development and revision, and learning tips. • Grammar file. Self-check grammar reference in language graded for beginner level. • Word bank. An active picture dictionary for memorable study and reference.

Guide to Stability Design Criteria for Metal Structures Ronald D. Ziemian 2010-02-08 The definitive guide to stability design criteria, fully updated and incorporating current research Representing nearly fifty years of cooperation between Wiley and the Structural Stability Research Council, the Guide to Stability Design Criteria for Metal Structures is often described as an invaluable reference for practicing structural engineers and researchers. For generations of engineers and architects, the Guide has served as the definitive work on designing steel and aluminum structures for stability. Under the editorship of Ronald Ziemian and written by SSRC task group members who are leading experts in structural stability theory and research, this Sixth Edition brings this foundational work in line with current practice and research. The Sixth Edition incorporates a decade of progress in the field since the previous edition, with new features including: Updated chapters on beams, beam-columns, bracing, plates, box girders, and curved girders. Significantly revised chapters on columns, plates, composite columns and structural systems, frame stability, and arches Fully rewritten chapters on thin-walled (cold-formed) metal structural members, stability under seismic loading, and stability analysis by finite element methods State-of-the-art coverage of many topics such as shear walls, concrete filled tubes, direct strength member design method, behavior of arches, direct analysis method, structural integrity and disproportionate collapse resistance, and inelastic seismic performance and design recommendations for various moment-resistant and braced steel frames Complete with over 350 illustrations, plus references and technical memoranda, the Guide to Stability Design Criteria for Metal Structures, Sixth Edition offers detailed guidance and background on design specifications, codes, and standards worldwide.

Focusing-Oriented Art Therapy Laury Rappaport 2008-10-15 Focusing provides an effective way of listening to the innate wisdom of the body, while art therapy harnesses and activates creative intelligence. Focusing-Oriented Art Therapy: Accessing the Body’s Wisdom and Creative Intelligence is a ground-breaking book integrating renowned psychologist Eugene Gendlin’s Focusing with art therapy. This new, Focusing-based approach to art therapy helps clients to befriend their inner experience, access healing imagery from the body’s felt sense to express in art, and carry forward implicit steps that lead toward change. Written for readers to be able to learn the application of this innovative approach, the book provides in-depth examples and descriptions of how to adapt Focusing-Oriented Art Therapy to a wide variety of clinical populations including individuals and groups with severe psychiatric illness, trauma, PTSD, anxiety, depression, and more, as well as applications to private practice, illness and wellness, spirituality, and self-care. Integrating theory, clinical practice, and numerous guided exercises, this accessible book will enhance clinical sensitivity and skill, while adding resources for bringing creativity into practice. It will be of interest to art therapists, Focusing therapists, psychologists, counselors and social workers, as well as trainers and students.

Prestressed Concrete Charles W. Dolan 2018-11-14 This textbook imparts a firm understanding of the behavior of prestressed concrete and how it relates to design based on the 2014 ACI Building Code. It presents the fundamental behavior of prestressed concrete and then adapts this to the design of structures. The book focuses on prestressed concrete members including slabs, beams, and axially loaded members and provides computational examples to support current design practice along with practical information related to details and construction with prestressed concrete. It illustrates concepts and calculations with Mathcad and EXCEL worksheets. Written with both lucid instructional presentation as well as comprehensive, rigorous detail, the book is ideal for both students in graduate-level courses as well as practicing engineers.

Por Pressure and Fracture Gradients Society of Petroleum Engineers (U.S.) 1999

Practicing College Learning Strategies Carolyn H. Hopper 2015-01-01 PRACTICING COLLEGE LEARNING STRATEGIES, Seventh Edition, is a practical guide set to help you make a smooth transition to the first year of college. The text and activities are thoughtfully constructed using strategies supported by brain research and neuroscience. Structured activities and practices guide you in the reflection process to make the information personal and useful. By combining practical application with learning strategies theory, PRACTICING COLLEGE LEARNING STRATEGIES is a motivational tool teaching you how to learn. The author focuses on putting you in the driver’s seat, teaching you how to use all of the tools at your disposal so you’ll succeed in college and beyond. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

Blind Spots Max H. Bazerman 2012-12-23 When confronted with an ethical dilemma, most of us like to think we would stand up for our principles. But we are not as ethical as we think we are. In *Blind Spots*, leading business ethicists Max Bazerman and Ann Tenbrunsel examine the ways we overestimate our ability to do what is right and how we act unethically without meaning to. From the collapse of Enron and corruption in the tobacco industry, to sales of the defective Ford Pinto, the downfall of Bernard Madoff, and the Challenger space shuttle disaster, the authors investigate the nature of ethical failures in the business world and beyond, and illustrate how we can become more ethical, bridging the gap between who we are and who we want to be. Explaining why traditional approaches to ethics don’t work, the book considers how blind spots like ethical fading–the removal of ethics from the decision–making process–have led to tragedies and scandals such as the Challenger space shuttle disaster, steroid use in Major League Baseball, the crash in the financial markets, and the energy crisis. The authors demonstrate how ethical standards shift, how we neglect to notice and act on the unethical behavior of others, and how compliance initiatives can actually promote unethical behavior. They argue that scandals will continue to emerge unless such approaches take into account the psychology of individuals faced with ethical dilemmas. Distinguishing our “should self” (the person who knows what is correct) from our “want self” (the person who ends up making decisions), the authors point out ethical sinkholes that create questionable actions. Suggesting innovative individual and group tactics for improving human judgment, *Blind Spots* shows us how to secure a place for ethics in our workplaces, institutions, and daily lives.

Dictionary of Building and Civil Engineering Don Montague 2003-09-02 This dual-language dictionary lists over 20,000 specialist terms in both French and English, covering architecture, building, engineering and property terms. It meets the needs of all building professionals working on projects overseas. It has been comprehensively researched and compiled to provide an invaluable reference source in an increasingly European marketplace.

Bridge and Highway Structure Rehabilitation and Repair Mohiuddin Khan 2010-02-08 State-of-the-Art Bridge and Highway Rehabilitation and Repair Methods This authoritative volume offers up-to-date guidance on the latest design techniques, repair methods, specialized software, materials, and advanced maintenance procedures for bridges and highway structures. Focusing on both traditional and nontraditional design issues, Bridge and Highway Structure Rehabilitation and Repair clarifies the most recent AASHTO bridge design codes and discusses new analytical and design methodologies, such as the application of load and resistance factor design (LRFD). A wealth of concise explanations, solved examples, and in-depth case studies are included in this comprehensive resource. COVERAGE INCLUDES: Diagnostic design and selective reconstruction Bridge failure studies and safety engineering Analytical approach to fracture and failure Load and resistance factor rating (LRFR) and redesign Application of LRFD and LRFR methods Inspection and structural health monitoring Bridge widening and replacement strategies Conventional repair methods Advanced repair methods Concrete repair methods Extreme events of flood scour and countermeasures design Guidelines for seismic design and retrofit methods

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Image and Signal Processing Abderrahim El Moataz 2020-07-08 This volume constitutes the refereed proceedings of the 9th International Conference on Image and Signal Processing, ICISP 2020, which was due to be held in Marrakesh, Morocco, in June 2020. The conference was cancelled due to the COVID-19 pandemic. The 40 revised full papers were carefully reviewed and selected from 84 submissions. The contributions presented in this volume were organized in the following topical sections: digital cultural heritage & color and spectral imaging; data and image processing for precision agriculture; machine learning application and innovation; biomedical imaging; deep learning and applications; pattern recognition; segmentation and retrieval; mathematical imaging & signal processing.

Eat, Drink, and Be Mindful Susan Albers 2009-01-02 Presents tools for applying the principles of mindful eating to daily life, such as self-assessment questions and tables that track eating patterns and the emotions accompanying them.

Nutrition and Integrative Medicine Aruna Bakhru 2018-08-06 While medical professionals continue to practice traditional allopathic medicine, the public has turned toward nutritional and integrative medical therapies, especially for addressing the proliferation of chronic diseases. Written by leaders in the academic and scientific world, Nutrition and Integrative Medicine: A Primer for Clinicians presents various modalities to help restore health. This book provides users with a guide to evaluating and recommending nutritional and integrative therapies. The book offers insights on the microbiome of the human body, examines the relationship of human health to the microbiome of the food we ingest, and introduces the concept of “food as information.” It provides enlightenment on anti-aging and healing modalities, mind-body medicine, and an investigation of psychological trauma as related to disease causation. Integrative therapies, including water, light, and sound therapy, are explored, and information on healing chronic disease through nutrition, the tooth-body connection, the role of toxins in disease causation, and electromagnetic field hypersensitivity, as well as its management, is presented.

Inclusion at University AA. VV. 2021-04-09T00:00:00+02:00 1750.25

Well Completion Design Jonathan Bellarby 2009-04-13 Completions are the conduit between hydrocarbon reservoirs and surface facilities. They are a fundamental part of any hydrocarbon field development project. The have to be designed for safely maximising the hydrocarbon recovery from the well and may have to last for many years under ever changing conditions. Issues include: connection with the reservoir rock, avoiding sand production, selecting the correct interval, pumps and other forms of artificial lift, safety and integrity, equipment selection and installation and future well interventions. * Course book based on course well completion design by TRACS International * Unique in its field: Coverage of offshore, subsea, and landbased completions in all of the major hydrocarbon basins of the world. * Full colour

Advances in Physical, Social & Occupational Ergonomics Waldemar Karwowski 2020-07-01 This book reports on cutting-edge findings and developments in physical, social and occupational ergonomics. It covers a broad spectrum of studies and evaluation procedures concerning physical and mental workload, work posture and ergonomic risk. Further, it reports on significant advances in the design of services and systems, including those addressing special populations, for purposes such as health, safety and education, and discusses solutions for a better and safer integration of humans, automated systems and digital technologies. The book also analyzes the impact of culture on people’s cognition and behavior, providing readers with timely insights into theories on cross-cultural decision-making, and their diverse applications for a number of purposes in businesses and societies. Based on three AHFE 2020 conferences (the AHFE 2020 Virtual Conference on Physical Ergonomics and Human Factors, the AHFE 2020 Virtual Conference on Social & Occupational Ergonomics, and the AHFE 2020 Virtual Conference on Cross-Cultural Decision Making), it provides readers with a comprehensive overview of the current challenges in physical, social and occupational ergonomics, including those imposed by technological developments, highlights key connections between them, and puts forward optimization strategies for sociotechnical systems, including their organizational structures, policies and processes.

Finite Element Analysis Barna Szabó 1991-09-03 Covers the fundamentals of linear theory of finite elements, from both mathematical and physical points of view. Major focus is on error estimation and adaptive methods used to increase the reliability of results. Incorporates recent advances not covered by other books.

Ship Structural Analysis and Design Owen F. Hughes 2010 For a structure as large ans as complex as a ship there are three levels of structural design, the second and most central of which is the subject of this book. Rationally-based design is design from first principles using the tools of modern engineering science: computer and the methods of structural analysis and optimization which computers have made possible. Thus, the rationally-based approach is ideally suited for preliminary structural design, and it is this approach and this level of design that is the subject of this book.

International Practices of Career Services, Credentials, and Training Hyung Joon Yoon 2018-09

Orthopaedic Examination, Evaluation, and Intervention Mark Dutton 2008-02-24 A complete, evidence-based guide to orthopaedic evaluation and treatment Acclaimed in its first edition, this one-of-a-kind, well-illustrated resource delivers a vital evidence-based look at orthopaedics in a single volume. It is the ultimate source of orthopaedic examination, evaluation, and interventions, distinguished by its multidisciplinary approach to PT practice. Turn to any page, and you’ll find the consistent, unified voice of a single author—a prominent practicing therapist who delivers step-by-step guidance on the examination of each joint and region. This in-depth coverage leads clinicians logically through systems review and differential diagnosis, aided by decision-making algorithms for each joint. It’s all here: everything from concise summaries of functional anatomy and biomechanics, to an unmatched overview of the musculoskeletal and nervous systems.

A triumph of failed ideas: European models of capitalism in the crisis Steffen Lehndorff 2012 The current crisis in Europe is being labelled, in mainstream media and politics, as a ‘public debt crisis’. The present book draws a markedly different picture. What is happening now is rooted, in a variety of different ways, in the destabilisation of national models of capitalism due to the predominance of neoliberalism since the demise of the post-war ‘golden age’. Ten country analyses provide insights into national ways of coping – or failing to cope – with the ongoing crisis. They reveal the extent to which the respective socio-economic development models are unsustainable, either for the country in question, or for other countries. The bottom-line of the book is twofold. First, there will be no European reform agenda at all unless each country does its own homework. Second, and equally urgent, is a new European reform agenda without which alternative approaches in individual countries will inevitably be suffocated. This message, delivered by the country chapters, is underscored by more general chapters on the prospects of trade union policy in Europe and on current austerity policies and how they interact with the new approaches to economic governance at the EU level. These insights are aimed at providing a better understanding across borders at a time when European rhetoric is being used as a smokescreen for national egoism.

Managed Pressure Drilling Bill Rehm 2013-12-18 With extraction out of depleted wells more important than ever, this new and developing technology is literally changing drilling engineering for future generations. Never before published in book form, these cutting-edge technologies and the processes that surround them are explained in easy-tounderstand language, complete with worked examples, problems and solutions. This volume is invaluable as a textbook for both the engineering student and the veteran engineer who needs to keep up with changing technology.

The Drilling Manual Australian Drilling Industry Training Committee Limited 2015-04-01 An Invaluable Reference for Members of the Drilling Industry, from Owner-Operators to Large Contractors, and Anyone Interested In Drilling Developed by one of the world’s leading authorities on drilling technology, the fifth edition of The Drilling Manual draws on industry expertise to provide the latest drilling methods, safety, risk management, and management practices, and protocols. Utilizing state-of-the-art technology and techniques, this edition thoroughly updates the fourth edition and introduces entirely new topics. It includes new coverage on occupational health and safety, adds new sections on coal seam gas, sonic and coil tube drilling, sonic drilling, Dutch cone probing, in hole water or mud hammer drilling, pile top drilling, types of grouting, and improved sections on drilling equipment and maintenance. New sections on drilling applications include underground blast hole drilling, coal seam gas drilling (including well control), trenchless technology and geothermal drilling. It contains heavily illustrated chapters that clearly convey the material. This manual incorporates forward-thinking technology and details good industry practice for the following sectors of the drilling industry: Blast Hole Environmental Foundation/Construction Geotechnical Geothermal Mineral Exploration Mineral Production and Development Oil and Gas: On-shore Seismic Trenchless Technology Water Well The Drilling Manual, Fifth Edition provides you with the most thorough information about the “what,” “how,” and “why” of drilling. An ideal resource for drilling personnel, hydrologists, environmental engineers, and scientists interested in subsurface conditions, it covers drilling machinery, methods, applications, management, safety, geology, and other related issues.

Training Design Basics Saul Carliner 2003 Knowing how to design effective training instruction is a core competency for every trainer. Here’s a down to the basics title that keeps its focus on the bottom-line skills of the design craft beginning with planning and need analysis; to writing, designing, and evaluating course materials; to marketing and administration. This title also shows you how to put together quality, performance-based training that will be delivered in a classroom setting.

Aluminum Structures J. Randolph Kissell 2002-10-02 On the First Edition: “The book is a success in providing a comprehensive introduction to the use of aluminum structures . . . contains lots of useful information.” —Materials & Manufacturing Processes “A must for the aluminum engineer. The authors are to be commended for their painstaking work.” —Light Metal Age Technical guidance and inspiration for designing aluminum structures Aluminum Structures, Second Edition demonstrates how strong, lightweight, corrosion-resistant aluminum opens up a whole new world of design possibilities for engineering and architecture professionals. Keyed to the revised Specification for Aluminum Structures of the 2000 edition of the Aluminum Design Manual, it provides quick look-up tables for design calculations; examples of recently built aluminum structures-from buildings to bridges; and a comparison of aluminum to other structural materials, particularly steel. Topics covered include: Structural properties of aluminum alloys Aluminum structural design for beams, columns, and tension members Extruding and other fabrication techniques Welding and mechanical connections Aluminum structural systems, including space frames, composite members, and plate structures Inspection and testing Load and resistance factor design Recent developments in aluminum structures

Access 97 Tim Duffy 1997

Bridge Engineering Handbook Wai-Fah Chen 2019-09-11 First Published in 1999: The Bridge Engineering Handbook is a unique, comprehensive, and state-of-the-art reference work and resource book covering the major areas of bridge engineering with the theme “bridge to the 21st century.”

Integrating Technology in Positive Psychology Practice Villani, Daniela 2016-02-29 Most research on the psychological impact of computers and the Internet has focused on the negative side of technology – i.e. how the use (abuse) of interactive systems and videogames can negatively affect mental health and behavior. On the other hand, less attention has been devoted to understanding how emerging technologies can promote optimal functioning at individual, group, and community levels. Integrating Technology in Positive Psychology Practice explores the various roles that technology can play in the development of psychological interventions aimed at helping people thrive. Exploring the ways in which ICT can be utilized to foster positive emotions, promote engagement in empowering activities, and support connectedness between individuals, groups, and communities, this timely publication is designed for use by psychologists, IT developers, researchers, and graduate students. **Modern Well Design** Bernd S. Aadnoy 2010-09-15 Modern Well Design - Second Edition presents a unified approach to the well design process and drilling operations. Following an introduction to the field, the second chapter addresses drilling fluids, as well as optimal mud weight, hole cleaning, hydraulic optimization, and methods to handle circulation losses. A relatively large chapter on geomec

Journal of Petroleum Technology 2002

Your College Experience John N. Gardner 2007-01-04 Authored by three of the nation’s leading experts on the first-year experience, this Concise Edition of Your College Experience continues a 20-year tradition of straightforward, realistic, and intelligent coverage of the skills students need to succeed in college. Each edition is revised based on information uncovered during exhaustive research, surveys on the First Year Experience, and course outcome measurements. Gardner, Jewler, and Barefoot outline the strategies students need to sharpen their skills in note taking, reading, memorizing, writing, and test-taking; enhance social relationships; get to know themselves better by exploring their values; learn vital information about staying healthy; connect to information on career planning; and more!

Post-Tensioned Concrete Principles and Practice: Fourth Edition K. Dirk Bondy 2018-12-17 The book combines history with academic notes for use at the university level, presenting design examples from actual jobs with applications and detailing for the practicing engineer. Chapter 1 tells the history of post-tensioned concrete as only Ken Bondy can tell it. Chapters 2-8 are the notes Dirk Bondy uses to teach Design of Prestressed Concrete Structures at UCLA and Cal Poly-San Luis Obispo. Chapters 9-13 are design examples that address many of the decisions faced by practicing engineers on typical projects. Chapters 13-14 cover the art of detailing and observing the construction of post-tensioned concrete. This knowledge was obtained over many years of working on our own projects and listening and learning from the the pioneers of post-tensioned concrete. Chapter 15 covers the slab on grade industry, which represents more sales of post-tensioning tendons than all other post-tensioning applications combined. Chapter 16 discusses the challenging application of post-tensioning–external post-tensioning.

Wellplan Manual Halliburton Inc 2017-10 WellPlan

Eating Mindfully Susan Albers 2012-05-03 What would it be like to really savor your food? Instead of grabbing a quick snack on your way out the door or eating just to calm down at the end of a stressful day, isn’t it about time you let yourself truly appreciate a satisfying, nourishing meal? In our modern society, weight concerns, obesity rates, and obsession with appearance have changed the way we look at food—and not necessarily for the better. If you have ever snacked when you weren’t hungry, have used guilt as a guide for your eating habits, or have cut calories even when you felt hungry, you have experienced “mindless” eating firsthand. This mindless approach to food is dangerous, and can have serious health and emotional consequences. But if you’ve been mindlessly eating all your life, it can be difficult to make a change. When it comes down to it, you must take a whole new approach to eating—but where do you begin? Practicing mindful eating habits may be just the thing to make that important change. In fact, it might just be the answer you’ve been searching for all these years. The breakthrough approaches in *Eating Mindfully*, by Susan Albers, use mindfulness-based psychological practices to take charge of cravings so they can eat when they are hungry and stop when they feel full. Ten years after the release of the first edition, this book continues to help thousands of readers change the way they approach mealtime. So what’s changed? For starters, there is a new section that focuses on the “occasional mindless eater.” This second edition emphasizes that mindful

eating isn't only for those on a diet or for those who have severely problematic eating habits—it's for everyone. In addition, this new edition features over 50 new tips for eating mindfully. Inside, you will learn how to be more aware of what you eat, get to know your fullness and hunger cues, and how to savor and appreciate every bite. You will also learn how mindlessness corrupts the way you eat, and

how it can manifest in a number of different eating problems. No matter where you are in your journey toward mindful eating, this book will be an invaluable resource, and you will gain insight into how mindfulness can provide you with the skills needed to control the way you eat—leading to a healthier, happier life.