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Modeling the Power Consumption and Energy Efficiency of Telecommunications Networks Kerry James Hinton 2021-10-29 This book introduces the technical foundations and tools for estimating the power consumption of internet networks and services, including a detailed description of how these models are constructed and applied. Modeling the Power Consumption and Energy Efficiency of Telecommunications Networks can be used to gain insight into the construction of mathematical models that provide realistic estimates of the power consumption of internet networks and services. This knowledge enables forecasting the energy footprint of future networks and services to integrate sustainability and environmental considerations into network planning and design. FEATURES Provides the motivation for developing mathematical models for telecommunications network and service power consumption and energy efficiency modeling Presents factors impacting overall network and service power consumption Discusses the types of network equipment and their power consumption profiles Reviews the basics of power modeling, including network segmentation, traffic forecasting, top-down and bottom-up models, wired and wireless networks, data centers and servers Explores the application of energy efficiency metrics for equipment, networks, and services This book is aimed at students and technologists as well as technology managers and policy makers. This book will be of value to any organization that wishes to estimate the energy footprint of the use of information and communications technologies. This book can also be integrated into a course on the sustainability of information and communications technologies.

Android Phones For Dummies Dan Gookin 2012-03-09 Everything you need to know about your Android smartphone?in full color! Eager to learn the ins and outs of your exciting, new Android phone? Then this is the book you need! Written in the typical fun and friendly For Dummies style, this full-color guide covers the basics of all the features of Android phones without weighing you down with heavy technical terms or jargon. Veteran world-renowned author Dan Gookin walks you through everything from getting started with setup and configuration to making the most of your phone's potential with texting, e-mailing, accessing the Internet and social networking sites, using the camera, synching with a PC, downloading apps, and more. Covers all the details of the operating system that applies to every Android phone, including Motorola Droids, HTC devices, Samsung Galaxy S phones, to name a few Walks you through basic phone operations while also encouraging you to explore your phone's full potential Serves as an ideal guide to an inexperienced Android newbie who is enthusiastic about getting a handle on everything an Android phone can do Android Phones For Dummies helps you get smarter with your Android smartphone.

Brain Tumor Imaging Elke Hattingen 2015-09-02 This book describes the basics, the challenges and the limitations of state of the art brain tumor imaging and examines in detail its impact on diagnosis and treatment monitoring. It opens with an introduction to the clinically relevant physical principles of brain imaging. Since MR methodology plays a crucial role in brain imaging, the fundamental aspects of MR spectroscopy, MR perfusion and diffusion-weighted MR methods are described, focusing on the specific demands of brain tumor imaging. The potential and the limits of new imaging methodology are carefully addressed and compared to conventional MR imaging. In the main part of the book, the most important imaging criteria for the differential diagnosis of solid and necrotic brain tumors are delineated and illustrated in examples. A closing section is devoted to the use of MR methods for the monitoring of brain tumor therapy. The book is intended for radiologists, neurologists, neurosurgeons, oncologists and other scientists in the biomedical field with an interest in neuro-oncology.

Eurekha! The Intimate Life Story Of Rekha Mohan Deep

Traffic Monitoring and Analysis Jordi Domingo-Pascual 2011-04-09 This book constitutes the proceedings of the Third International Workshop on Traffic Monitoring and Analysis, TMA 2011, held in Vienna, Austria, on April 27, 2011 - co-located with EW 2011, the 17th European Wireless Conference. The workshop is an initiative from the COST Action IC0703 "Data Traffic Monitoring and Analysis: Theory, Techniques, Tools and Applications for the Future Networks". The 10 revised full papers and 6 poster papers presented together with 4 short papers were carefully reviewed and selected from 29 submissions. The papers are organized in topical sections on traffic analysis, applications and privacy, traffic classification, and a poster session.

Handbook of Information and Communication Security Peter Stavroulakis 2010-02-23 At its core, information security deals with the secure and accurate transfer of information. While information security has long been important, it was, perhaps, brought more clearly into mainstream focus with the so-called "Y2K" issue. Te Y2K scare was the fear that c- puter networks and the systems that are controlled or operated by sofware would fail with the turn of the millennium, since their clocks could lose synchronization by not recognizing a number (instruction) with three zeros. A positive outcome of this scare was the creation of several Computer Emergency Response Teams (CERTs) around the world that now work - operatively to exchange expertise and information, and to coordinate in case major problems should arise in the modern IT environment. Te terrorist attacks of 11 September 2001 raised security concerns to a new level. Te - ternational community responded on at least two fronts; one front being the transfer of reliable information via secure networks and the other being the collection of information about - tential terrorists. As a sign of this new emphasis on security, since 2001, all major academic publishers have started technical journals focused on security, and every major communi- tions conference (for example, Globecom and ICC) has organized workshops and sessions on security issues. In addition, the IEEE has created a technical committee on Communication and Information Security. Te ?rst editor was intimately involved with security for the Athens Olympic Games of 2004.

Lord William Bentinck John Rosselli 2021-01-08 This title is part of UC Press's Voices Revived program, which commemorates University of California Press's mission to seek out and cultivate the brightest minds and give them voice, reach, and impact. Drawing on a backlist dating to 1893, Voices Revived makes high-quality, peer-reviewed scholarship accessible once again using print-on-demand technology. This title was originally published in 1974.

Wireless Indoor Localization Chenshu Wu 2019-02-07 This book provides a comprehensive and in-depth understanding of wireless indoor localization for ubiquitous applications. The past decade has witnessed a flourishing of WiFi-based indoor localization, which has become one of the most popular localization solutions and has attracted considerable attention from both the academic and industrial communities. Specifically focusing on WiFi fingerprint based localization via crowdsourcing, the book follows a top-down approach and explores the three most important aspects of wireless indoor localization: deployment, maintenance, and service accuracy. After extensively reviewing the state-of-the-art literature, it highlights the latest advances in crowdsourcing-enabled WiFi localization. It elaborated the ideas, methods and systems for implementing the crowdsourcing approach for fingerprint-based localization. By tackling the problems such as: deployment costs of fingerprint database construction, maintenance overhead of fingerprint database updating, floor plan generation, and location errors, the book offers a valuable reference guide for technicians and practitioners in the field of location-based services. As the first of its kind, introducing readers to WiFi-based localization from a crowdsourcing perspective, it will greatly benefit and appeal to scientists and researchers in mobile and ubiquitous computing and related areas.

For the Win Cory Doctorow 2011 'For The Win' is a provocative and exhilarating tale of teen rebellion against global corporations from the New York Times best-selling author of 'Little Brother'.

Strategic Management Forest R. David 2014-07-16 For undergraduate and graduate courses in strategy. In today's economy, gaining and sustaining a competitive advantage is harder than ever. Strategic Management captures the complexity of the current business environment and delivers the latest skills and concepts with unrivaled clarity, helping students develop their own cutting-edge strategy through skill-developing exercises. The Fifteenth Edition has been thoroughly updated and revised with current research and concepts. This edition includes 29 new cases and end-of- chapter material, including added exercises and review questions. MyManagementLab for Strategic Management is a total learning package. MyManagementLab is an online homework, tutorial, and assessment program that truly engages students in learning. It helps students better prepare for class, quizzes, and exams-resulting in better performance in the course-and provides educators a dynamic set of tools for gauging individual and class progress.

The Undersea Network Nicole Starosielski 2015-02-25 In our "wireless" world it is easy to take the importance of the undersea cable systems for granted, but the stakes of their successful operation are huge, as they are responsible for carrying almost all transoceanic Internet traffic. In The Undersea Network Nicole Starosielski follows these cables from the ocean depths to their landing zones on the sandy beaches of the South Pacific, bringing them to the surface of media

scholarship and making visible the materiality of the wired network. In doing so, she charts the cable network's cultural, historical, geographic and environmental dimensions. Starosielski argues that the environments the cables occupy are historical and political realms, where the network and the connections it enables are made possible by the deliberate negotiation and manipulation of technology, culture, politics and geography. Accompanying the book is an interactive digital mapping project, where readers can trace cable routes, view photographs and archival materials, and read stories about the island cable hubs.

Problem Solving for Wireless Sensor Networks Ana-Belén García-Hernando 2008-12-19 Problem Solving for Wireless Sensor Networks delivers a comprehensive review of the state of the art in the most important technological issues related to Wireless Sensor Networks (WSN). It covers topics such as hardware platforms, radio technologies, software technologies (including middleware), and network and deployment aspects. This book discusses the main open issues inside each of these categories and identifies innovations considered most interesting for future research. Features: - Hardware Platforms in WSN, - Software Technologies in SWN, - Network Aspects and Deployment in WSN, - Standards and Safety Regulation for WSN, - European Projects Related to WSN, - WSN Application Scenarios at both utility and technical levels. Complete, cutting-edge and resulting from the work of many recognized researchers, Problem Solving for Wireless Sensor Networks is an invaluable reference for graduates and researchers, as well as practitioners.

Android For Dummies Dan Gookin 2020-09-09 Your comprehensive (and very friendly!) reference guide to Android phones and tablets You're used to hearing it said that the phone in your pocket or tablet by your bed has more computing power than the entire Apollo 11 space program in the 1960s (or something similarly impressive)—and this is no less true for Android devices than any other. Sounds great—but what does that actually mean you can do with them? The new edition of Android For Dummies reveals all for new and experienced users alike, making it easy to get the most out of the awesome computing power of Android smartphone and tablet devices—from communications and pictures and videos to the wonderful world of 2.8+ million Google apps! Cutting through the jargon, bestselling tech author Dan Gookin puts you in touch with all the Android features you'll need to know (and many more you'll be pleased to discover!), from setup and configuration to the major features, such as text, email, internet, maps, navigation, camera, and video, as well as synching with your home computer. In addition to getting familiar with these and the latest Android 10 operating system (OS)—in both Google Pixel and Samsung versions—you'll become an expert on the best ways to share your thoughts, videos, and pictures on social media, navigate with Android Auto when driving, and maintain your files so they're orderly and easy to find. Explore Android devices, from physical functions to software and online features Communicate via email, social media, Google Duo video calls, and more Tweak your privacy settings to keep your information secure Use Android Auto when driving and see in the dark with Night Light and Dark Mode Androids may be able to land a spacecraft on the Moon (yet) but there's a whole universe waiting right there in the device at your fingertips—and this book is the perfect place to begin to explore!

The Source Tara Swart 2020-11-17 For the first time, a Neuroscientist and Senior Lecturer at MIT reveals the surprising science that supports The Law of Attraction as an effective tool for self-discovery and offers a guide to discovering your authentic self to access your best life now. Self-help books like The Secret show us that if we can tap into "The Law of Attraction," we have the power to change our destiny simply by reshaping our mind. Millions of people have used the ancient systems of manifestation and visualization to find health, success, love, friendship, wealth, and more. But does the "Law of Attraction" actually work? And more important, is this kind of life-changing philosophy within reach for everyone, even the most skeptical among us? As Dr. Tara Swart, psychiatrist, neuroscientist, and Senior Lecturer at MIT shows us in The Source, if we can strip away our skepticism, these ancient tools of manifestation and visualization are fundamentally powerful and incredibly effective at freeing us of self-limiting behaviors and propelling us toward our truest, most authentic selves. Swart reveals how and why these systems actually work by offering the latest breakthroughs in neuroscience and behavioral psychology, including lessons in neuroplasticity, magneticism, emotional and logical thinking, and even hydration, self-care, and relaxation. Next, she describes her own journey from skeptic to believer, and guides readers through the scientific breakthroughs and personal revelations that changed her from an unhappy, close-minded, and disconnected woman wanting more from life, to a successful entrepreneur living with confidence, purpose, and joy. The truth is, most of the things we want-- health, happiness, wealth, love--are governed by our ability to think, feel, and act--in other words, by our brain. Dr. Swart combines the insights and inspiration of The Secret with the practical lessons of The Master Key System to help a new generation fulfill their dreams. The Source is a rigorous, proven toolkit for unlocking our minds--and reaching our fullest potential.

The Book of Rifle Accuracy Tony Boyer 2010-05-01

Merlin Through the Ages John Matthews 1995 A wide range of depictions of Merlin, from the earliest records to modern fiction and movies.

AI 2018: Advances in Artificial Intelligence Tanja Mitrovic 2018-12-03 This book constitutes the proceedings of the 31st Australasian Joint Conference on Artificial Intelligence, AI 2018, held in Wellington, New Zealand, in December 2018. The 50 full and 26 short papers presented in this volume were carefully reviewed and selected from 125 submissions. The paper were organized in topical sections named: agents, games and robotics; AI applications and innovations; computer vision; constraints and search; evolutionary computation; knowledge representation and reasoning; machine learning and data mining; planning and scheduling; and text mining and NLP.

Stress-Proof Mithu Storoni 2017-08-22 Discover simple, science-based strategies for beating stress at its own game When's the best time to exercise – and how much is too much? Which foods fortify the brain, and which do the opposite? How can we use music, movement, and motivation to boost our rational brain and keep our cool no matter what life throws our way? Short bursts of stress are an inevitable part of modern life. But how much is too much? Research is uncovering the delicate balance that can turn a brief stressful episode into systemic overload, eventually leading to inflammation, anxiety, depression, and other chronic health issues. This practical and groundbreaking guide reveals seven paths to fighting the effects of stress--to strengthen our natural defenses so that our minds remain sharp, and our bodies resilient, no matter what life throws at us. Each chapter examines a common stress agent—including inflammation, an out-of-sync body clock, cortisol levels, and emotional triggers—and presents simple ways to minimize its harmful effects with changes in diet, exercise, and other daily habits—including surprising hacks involving music, eye movements, body temperature, daily routine, and more. Translating cutting-edge scientific findings into clear and simple advice, Stress-Proof is the ultimate user's guide for body, mind and well-being. **Winner, Best Stress Management Books of All Time, BookAuthority**

Information Economy Report 2012 United Nations 2013-05-30 The IER 2012 highlights the growing importance of the software industry for developing countries, building on earlier UNCTAD work on the promotion of the ICT sector in general and the software industry in particular. The report contains new data and features the new UNCTAD National Software System Index. It highlights the role of free and open source software for the development of a local software industry, reviews selected country case studies and presents policy options

HCI International 2020 – Posters Constantine Stephanidis 2020-07-11 The three-volume set CCIS 1224, CCIS 1225, and CCIS 1226 contains the extended abstracts of the posters presented during the 22nd International Conference on Human-Computer Interaction, HCII 2020, which took place in Copenhagen, Denmark, in July 2020.* HCII 2020 received a total of 6326 submissions, of which 1439 papers and 238 posters were accepted for publication in the pre-conference proceedings after a careful reviewing process. The 238 papers presented in these three volumes are organized in topical sections as follows: Part I: design and evaluation methods and tools; user characteristics, requirements and preferences; multimodal and natural interaction; recognizing human psychological states; user experience studies; human perception and cognition. -AI in HCI. Part II: virtual, augmented and mixed reality; virtual humans and motion modelling and tracking; learning technology. Part III: universal access, accessibility and design for the elderly; smartphones, social media and human behavior; interacting with cultural heritage; human-vehicle interaction; transport, safety and crisis management; security, privacy and trust; product and service design. *The conference was held virtually due to the COVID-19 pandemic.

A Wary Partnership Euijin Jung 2020-09-30 This PIIE Briefing published by the Peterson Institute for International Economics traces the complex economic relationship between India and the rest of the world, focusing on the United States. The various chapters, by leading experts, emphasize the contrast between political ties between Washington and New Delhi, which have steadily improved since the 1980s, culminating in the landmark nuclear agreement in 2005, and economic ties, which have lagged despite intensive negotiations and pledges of cooperation. The current moment of uncertainty and turbulence may not seem to be the time for a new collaborative chapter in this frequently contentious economic relationship. But the authors argue instead that a crisis can compel leaders of both countries to rethink their failed policies and expand, not reduce, their economic cooperation. By examining the record of international economic policies in the world's two most populous democracies, this volume can illuminate a path forward. There are no illusions in these essays about the costs and obstacles. Their assumption is that learning the lessons of the past can guide the way for progress in the future.

Good Vibes, Good Life Vex King 2018-12-04 Be the best version of you that YOU can be. How can you learn to truly love yourself? How can you transform negative emotions into positive ones? Is it possible to find lasting happiness? In this book, Instagram guru Vex King answers all of these questions and more. Vex overcame adversity to become a source of hope for thousands of young people, and now draws from his personal experience and his intuitive wisdom to inspire you to: - practise self-care, overcome toxic energy and prioritize your wellbeing - cultivate positive lifestyle habits, including mindfulness and meditation - change your beliefs to invite great opportunities into your life - manifest your goals using tried-and-tested techniques - overcome fear and flow with the Universe - find your higher purpose and become a shining light for others In this book, Vex will show you that when you change the way you think, feel, speak and act, you begin to change the world.

Backstage Leadership Charles Galunic 2020-06-10 Most of us would recognize a star leader by their charisma, emotional intelligence and public communication prowess. What is truly impressive but often overlooked is the silent work of leadership that garners real results. Exercising influence in a complex and global organization – whilst also shaping and executing strategies across borders in a disruptive age – is the true mark of success as a leader. Backstage Leadership takes a comprehensive look at the background processes that leaders must master in order to shape the culture, direction and capability of a successful company. With an emphasis on strategy, the author provides an integrated toolkit for developing your knowledge and skills as a 'backstage leader.' You will learn how to: Mobilize people towards new strategic directions Scan your business environment for threats and disruptive forces Diagnose and help to shape the culture of your organization Develop talent and capabilities towards a specific goal. Focusing on the key and consistent underlying processes of leadership, this book is essential reading for managers who wish to bring focus and coherence to their leadership role and integrate themselves within the engine of the

organization.

This Modern Love Will Darbyshire 2016-08-16 In the tradition of Post Secret and Other People's Love Letters, a crowdsourced compilation of letters, stories, and art work about the modern state of love and relationships, edited by rising filmmaker and beloved YouTube vlogger Will Darbyshire. "What would you say to your ex, without judgment?" This is the question filmmaker and vlogger Will Darbyshire posed to hundreds of thousands of his closest friends on YouTube. Seeking closure after a tough break-up, Will was driven to strike up an intimate conversation with his online audience, and to get at the heart of one of life's unknowable yet universal mysteries: love. Over a period of six months, Will posed a series of questions to his audience and asked them to reveal their innermost feelings about their own romantic experiences in the form of hand-written letters, poems, photographs, and emails. The result is a curated collection of responses that are, at turns, funny, dark, confessional, awkward, comforting, and uplifting. This Modern Love is a compelling portrait of individual desires, fantasies, resentments, and fears that reminds us that, whether we're in or out of love, we're not alone.

Beyond Raw Materials 2015

The Essential Guide to Telecommunications Annabel Z. Dodd 2019-03-19 "Annabel Dodd has cogently untangled the wires and switches and technobabble of the telecommunications revolution and explained how the introduction of the word 'digital' into our legislative and regulatory lexicon will affect consumers, companies and society into the next millennium." – United States Senator Edward J. Markey of Massachusetts; Member, U.S. Senate Subcommittee on Communications, Technology, Innovation, and the Internet "Annabel Dodd has a unique knack for explaining complex technologies in understandable ways. This latest revision of her book covers the rapid changes in the fields of broadband, cellular, and streaming technologies; newly developing 5G networks; and the constant changes happening in both wired and wireless networks. This book is a must-read for anyone who wants to understand the rapidly evolving world of telecommunications in the 21st century!" – David Mash, Retired Senior Vice President for Innovation, Strategy, and Technology, Berklee College of Music Completely updated for current trends and technologies, The Essential Guide to Telecommunications, Sixth Edition, is the world's top-selling, accessible guide to the fast-changing global telecommunications industry. Writing in easy-to-understand language, Dodd demystifies today's most significant technologies, standards, architectures, and trends. She introduces leading providers worldwide, explains where they fit in the marketplace, and reveals their key strategies. New topics covered in this edition include: LTE Advanced and 5G wireless, modern security threats and countermeasures, emerging applications, and breakthrough techniques for building more scalable, manageable networks. Gain a practical understanding of modern cellular, Wi-Fi, Internet, cloud, and carrier technologies Discover how key technical, business, and regulatory innovations are changing the industry See how streaming video, social media, cloud computing, smartphones, and the Internet of Things are transforming networks Explore growing concerns about security and privacy, and review modern strategies for detecting and mitigating network breaches Learn how Software Defined Networks (SDN) and Network Function Virtualization (NFV) add intelligence to networks, enabling automation, flexible configurations, and advanced networks Preview cutting-edge, telecom-enabled applications and gear–from mobile payments to drones Whether you're an aspiring network engineer looking for a broad understanding of the industry, or a salesperson, marketer, investor, or customer, this indispensable guide provides everything you need to know about telecommunications right now. This new edition is ideal for both self-study and classroom instruction. Register your product for convenient access to downloads, updates, and/or corrections as they become available.

Raider's Wake James L. Nelson 2017-04-18 After the treachery and slaughter they met during the raid on Glendalough, Thorgrim Night Wolf and his small band of surviving Northmen have returned to Vík-ló where Thorgrim again sits as lord of the Viking longphort. But the Northmen are a restless lot, and soon they find themselves eager to put to sea. Loading weapons and supplies aboard the four longships under Thorgrim's command, they set out in search of the rich merchant ships that now ply Irish waters. But not all cargoes are the same, nor all merchant captains easy targets for the Norse raiders. Crossing wakes with a Frisian shipmaster who could be Thorgrim's equal in seamanship and cunning, the Northmen soon find themselves seeking vengeance even as they fight to keep from a watery grave.

Exploring Robotics with ROBOTIS Systems Chi N. Thai 2017-07-31 This 2nd edition textbook has been expanded to include of 175 additional pages of additional content, created in response to readers feedback, as well as to new hardware and software releases. The book presents foundational robotics concepts using the ROBOTIS BIOLOID and OpenCM-904 robotic systems, and is suitable as a curriculum for a first course in robotics for undergraduate students or a self-learner. It covers wheel-based robots, as well as walking robots. Although it uses the standard "Sense, Think, Act" approach, communications (bot-to-bot and PC-to-bot) programming concepts are treated in more depth (wired and wireless ZigBee/BlueTooth). Algorithms are developed and described via ROBOTIS' proprietary RoboPlus IDE, as well as the more open Arduino-based Embedded C environments. Additionally, a vast array of web-based multimedia materials are used for illustrating robotics concepts, code implementations and videos of actual resulting robot behaviors. Advanced sensor interfacing for gyroscope, inertial measuring unit, foot pressure sensor and color camera are also demonstrated.

Amazing Disgrace Grace Campbell 2020-10-29 'An outpouring of truth, wit, and beautiful comedic wisdom.' Katherine Ryan 'Such a funny and interesting book.' Sara Pascoe 'Finally my vagina has a voice!' London Hughes 'Powerful, bold, vulnerable, beautiful, hilarious, universal, unique.' Scarlett Curtis *** For as long as she can remember, Grace Campbell has been told that she doesn't suit her name. But being graceful is no fun anyway. Growing up in a world of privilege and politics, she had a lot to feel confident about. But she was also a record-breaker when it came to feeling shame. Shame about sex, shame about rejection, shame about mental health. But over time, and with a 24 carat gold dose of female friendship, Grace has turned shame into a defiant sense of self. At only 27, Grace has got a lot to learn about being an adult, but she's already got a lot to share about being a disgrace, and how she came to be utterly, disgustingly, disgracefully proud of it. This is the book every young woman should read, and every young man should worry about.

ICT in Agriculture (Updated Edition) World Bank 2017-06-27 Information and communication technology (ICT) has always mattered in agriculture. Ever since people have grown crops, raised livestock, and caught fish, they have sought information from one another. Today, ICT represents a tremendous opportunity for rural populations to improve productivity, to enhance food and nutrition security, to access markets, and to find employment opportunities in a revitalized sector. ICT has unleashed incredible potential to improve agriculture, and it has found a foothold even in poor smallholder farms. ICT in Agriculture, Updated Edition is the revised version of the popular ICT in Agriculture e-Sourcebook, first launched in 2011 and designed to support practitioners, decision makers, and development partners who work at the intersection of ICT and agriculture. Our hope is that this updated Sourcebook will be a practical guide to understanding current trends, implementing appropriate interventions, and evaluating the impact of ICT interventions in agricultural programs.

Dr. Nicholas Romanov's Pose Method of Running Nicholas S. Romanov 2002 Running barefoot isn't as natural as we're led to believe. Recent studies have shown that up to 85% of runners get injured every year, how natural is that? The most important question that running "barefoot" or "naturally" doesn't address is how we should run. Repetitive ground impact forces are at the root of most running injuries. A 30 minute jog can log more than 5,000 foot strikes; its because of this volume of movement that efficient

This Is Your Everest Tom English 2021-04 An account of the most famous Lions tour of the modern age, featuring brand-new interviews with both the Lions and Springboks players and management, as well as featuring thoughts on the tour from modern-day greats.

The Gospel According to Superheroes B. J. Oropeza 2005 And 1970s, and the dark and violent creatures who embody the pre- and post-millennial crises of faith. Lavishly illustrated, the articles come to startling conclusions about what we have really been reading under the covers with flashlights for generations. Annotation ©2004 Book News, Inc., Portland, OR (booknews.com).

Celestial Large-format Internet Address & Password Logbook 2016-01-09 Removable cover band. 144 pages, including tabbed alphabetical pages. Elastic band place holder. Gold foil, iridescent highlights, embossed. Are you tired of losing track of the ountless login/usernames and passwords that you have to create every time you visit a new website? Keep those website addresses, usernames, and passwords in one

Earth Day Melissa Ferguson 2021 Earth Day celebrates our beautiful planet and calls us to act on its behalf. Some people spend the day planting flowers or trees. Others organize neighborhood clean-ups, go on nature walks, or make recycled crafts. Readers will discover how a shared holiday can have multiple traditions and be celebrated in all sorts of ways.

The Everything Guide to Remote Work Jill Duffy 2022-02-08 Discover the secret to being productive and successful when working from home with this essential guide to becoming a digital nomad. During COVID-19, working from home became the new normal. Now, both employers and employees find that the remote work they were forced to adjust to may be, well, better—financially, sustainably, and even in terms of overall morale and productivity. But working from home is not without its challenges. It can be difficult to eliminate distractions, strike a solid work/life balance, and maintain social connections that are crucial in the workplace. Whether you're trying to find and land a job from the comfort of your home, learning to manage a virtual team, or dream of living a digital nomad lifestyle, The Everything Guide to Remote Work has everything you need to be successful. You'll learn to optimize your own workplace culture, whether it's in your home office or a constantly changing backdrop. So whether your company continues to work remotely full time or you only have to go to the office a few days a week, you'll be armed with all the tools you'll need to make the most out of this new lifestyle.

Digital Minimalism Cal Newport 2019-02-05 A New York Times, Wall Street Journal, Publishers Weekly, and USA Today bestseller "Newport is making a bid to be the Marie Kondo of technology: someone with an actual plan for helping you realize the digital pursuits that do, and don't, bring value to your life."--Ezra Klein, Vox Minimalism is the art of knowing how much is just enough. Digital minimalism applies this idea to our personal technology. It's the key to living a focused life in an increasingly noisy world. In this timely and enlightening book, the bestselling author of Deep Work introduces a philosophy for technology use that has already improved countless lives. Digital minimalists are all around us. They're the calm, happy people who can hold long conversations without furtive glances at their phones. They can get lost in a good book, a woodworking project, or a leisurely morning run. They can have fun with friends and family without the obsessive urge to document the experience. They stay informed about the news of the day, but don't feel overwhelmed by it. They don't experience "fear of missing out" because they already know which activities provide them meaning and satisfaction. Now, Newport gives us a name for this quiet movement, and makes a persuasive case for its urgency in our tech-saturated world. Common sense tips, like turning off notifications, or occasional rituals like observing a digital sabbath, don't go far enough in helping us take back control of our technological lives, and attempts to unplug completely are complicated by the demands of family, friends and work. What we need instead is a thoughtful method to decide what tools to use, for what purposes, and under what conditions.

Drawing on a diverse array of real-life examples, from Amish farmers to harried parents to Silicon Valley programmers, Newport identifies the common practices of digital minimalists and the ideas that underpin them. He shows how digital minimalists are rethinking their relationship to social media, rediscovering the pleasures of the offline world, and reconnecting with their inner selves through regular periods of solitude. He then shares strategies for integrating these practices into your life, starting with a thirty-day "digital declutter" process that has already helped thousands feel less overwhelmed and more in control. Technology is intrinsically neither good nor bad. The key is using it to support your goals and values, rather than letting it use you. This book shows the way.

Jugaad Innovation Navi Radjou 2012-04-10 "Jugaad Innovation is the most comprehensive book yet to appear on the subject [of frugal innovation]." —The Economist A frugal and flexible approach to innovation for the 21st century Innovation is a key directive at companies worldwide. But in these tough times, we can't rely on the old formula that has sustained innovation efforts for decades—expensive R&D projects and highly-structured innovation processes. Jugaad Innovation argues the West must look to places like India, Brazil, and China for a new approach to frugal and flexible innovation. The authors show how in these emerging markets, jugaad (a Hindi word meaning an improvised solution born from ingenuity and cleverness) is leading to dramatic growth and how Western companies can adopt jugaad innovation to succeed in our hypercompetitive world. Outlines the six principles of jugaad innovation: Seek opportunity in adversity, do more with less, think and act flexibly, keep it simple, include the margin, and follow your heart Features twenty case studies on large corporations from around the world—Google, Facebook, 3M, Apple, Best Buy, GE, IBM, Nokia, Procter & Gamble, PepsiCo, Tata Group, and more—that are actively practicing jugaad innovation The authors blog regularly at Harvard Business Review; their work has been profiled in BusinessWeek, MIT Sloan Management Review, The Financial Times, The Economist, and more Filled with previously untold and engaging stories of resourceful jugaad innovators and entrepreneurs in emerging markets and the United States This groundbreaking book shows leaders everywhere why the time is right for jugaad to emerge as a powerful business tool in the West—and how to bring jugaad practices to their organizations.

Cricket, My Style Kapil Dev 1987 Experiences of an Indian cricket captain.

At Home in the Whole Food Kitchen Amy Chaplin 2014-10-21 Imagine you are in a bright, breezy kitchen. There are large bowls on the counter full of lush, colorful produce and a cake stand stacked with pretty whole-grain muffins. On the shelves live rows of glass jars, all shapes and sizes, containing grains, seeds, beans, nuts, and spices. You open the fridge and therein you find a bottle of fresh almond milk, cooked beans, soaking grains, dressings, ferments, and seasonal produce. This is Amy Chaplin's kitchen. It is a heavenly place, and it is this book that will make it your kitchen too. With her love of whole food and knowledge as a chef, Amy Chaplin has written a book that will inspire you to eat well at every meal, every day, year round. Part One lays the foundation for stocking the pantry. This is not just a list of ingredients and equipment; it's real working information—how and why to use ingredients—and an arsenal of simple recipes for daily nourishment. Also included throughout the book is information on living a whole-food lifestyle: planning weekly menus, why organic is important, composting, plastics versus glass, filtered water, drinking tea, doing a whole-food cleanse, and much more. Part Two is a collection of recipes (most of which are gluten-free) celebrating vegetarian cuisine in its brightest, whole, sophisticated form. Black rice breakfast pudding with coconut and banana? Yes, please. Beet tartlets with poppy seed crust and white bean fennel filling? I'll take two. Fragrant eggplant curry with cardamom basmati rice, apricot chutney, and cucumber lime raita? Invite company. Roasted fig raspberry tart with toasted almond crust? There is always room for this kind of dessert. If you are an omnivore, you will delight in this book for its playful use of produce and know-how in balancing food groups. If you are a vegetarian, this book will become your best friend, always there for you when you're on your own, and ready to lend a hand when you're sharing food with family and friends. If you are a vegan, you can cook nearly every recipe in this book and feed your body well in the truest sense. This is whole food for everyone.