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A Writer’s Guide to Characterization Victoria Lynn Schmidt 2012-08-27 Develop compelling character arcs using the power of myth! In the best novels, characters undergo dramatic changes that keep readers turning pages. A Writer’s Guide to Characterization shows you how to develop such meaningful character arcs in your own work—stories of transformation that will resonate with readers long after the story ends. In this comprehensive guide, author Victoria Lynn Schmidt examines cross-cultural archetypes to illustrate how they can make your work more powerful and compelling. Plus, you’ll learn how to draw from Jungian psychology to add complexity and believability to your characters. Schmidt also provides: 40 lessons on character development (with examples from well-known films and novels) that you can apply to your own work Questionnaires and exercises to help you select male and female archetypes and adapt them to your story 15 classic animal archetypes (including the coyote, snake, tiger, and butterfly) you can use to build convincing character profiles With A Writer’s Guide to Characterization, you’ll have the information you need to infuse the development of your characters with drama and authenticity.

Advanced Dynamics and Model-Based Control of Structures and Machines Hans Irschik 2014-10-21 The book contains 26 scientific contributions by leading experts from Russia, Austria, Italy, Japan and Taiwan. It presents an overview on recent developments in Advanced Dynamics and Model Based Control of Structures and Machines. Main topics are nonlinear control of structures and systems, sensing and actuation, active and passive damping, nano- and micromechanics, vibrations and waves.

Escaping A Royal Wedding Elizabeth Lennox 2009-09-10 First Story in the Cordova Royal Family Trilogy! Princess Anastasia Elisia Marquenda of Cordova is horrified when she is told that, despite a decade long betrothal, her wedding date to the arrogant, womanizing, domineering Prince Erik Marcus Phillips of Montbain is three weeks in the future! She decides that she should have a little freedom as well. Escaping from her gilded cage for only a few hours to purchase a cup of coffee is exciting. And when she runs into the most handsome man she’s ever met in her life? It only gets better. Freedom, and love, can be quite addictive. But what to do about the engagement to a man she loathes versus the man she’s fallen in love with?

1200 Questions to Help You Pass the Emergency Medicine Boards Aldeen 2012 “This revision builds on the success of 1e: review questions and answers that mimic the EM in-service residency exam and the EM boards. These questions cover a wide range of topics in emergency medicine, identistry, trauma, obstetrics, pediatrics, toxicology, environmental, radiology, dermatology, EMS, and bioterrorism . Concise rationale for the correct and incorrect answers is discussed. Sources for answer explanations include all currently available authoritative EM textbooks.1) 1000 questions, randomly divided into 10 tests of 100 questions. 2) topics include all areas of Emergency Medicine, including internal medicine and surgery specialty areas, dentistry, trauma, obstetrics, pediatrics, toxicology, environmental, radiology, dermatology, EMS, and bioterrorism. 3) questions are case-based, and 10% involve interpreting an image”—Provided by publisher.

Data on the Web Serge Abiteboul 2000 Data model. Queries. Types. Sysems. A syntax for data. XML.. Query languages. Query languages for XML. Interpretation and advanced features. Typing semistructured data. Query processing. The lore system. Strudel. Database products supporting XML. Bibliography. Index. About the authors.

Webs of Influence Nathalie Nahai 2012-12-14 As legions of businesses scramble to set up virtual-shop, we face an unprecedented level of competition to win over and keep new customers online. At the forefront of this battleground is your ability to connect with your customers, nurture your relationships and understand the psychology behind what makes them click. In this book The Web Psychologist, Nathalie Nahai, expertly draws from the worlds of psychology, neuroscience and behavioural economics to bring you the latest developments, cutting edge techniques and fascinating insights that will lead to online success.

Webs of Influence delivers the tools you need to develop a compelling, influential and profitable online strategy which will catapult your business to the next level – with dazzling results.

When Worlds Collide in Manufacturing Operations Charlie Gifford 2011 Book 2.0 is the second collection of public methodology white papers from the ISA-95/MESA Best Practices Working Group. The methodology white papers focus on applying the ISA-95 standards to accelerate the adoption of Manufacturing Operations Management (MOM) systems and the Manufacturing 2.0 Architecture (Mfg 2.0) approach. There is a focus on how to build a Manufacturing Transformation Strategy where manufacturers discover that using MOM systems combined with continuous improvement methods dramatically accelerate transformation and time-to-benefit. The business benefits from optimizing operations are realized by structuring plant workflows in ISA-95 models as a common definition foundation for Mfg 2.0 architecture. This enforces effective data structure, definition, integrity and governance across manufacturing applications. Book 2.0 explains how to implement ISA-95 workflow applications in Mfg 2.0 to execute operations tasks through the MOM and physical process levels while coordinating them to streamline plant operations and align those operations with ever-changing supply chain processes.

Health Economics Charles E. Phelps 2016-04-14 Health Economics combines current economic theory, recent research, and health policy problems into a comprehensive overview of the field. This thorough update of a classic and widely used text follows author Charles E. Phelps’ thirteen years of service as Provost of the University of Rochester. Accessible and intuitive, early chapters use recent empirical studies to develop essential methodological foundations. Later chapters build on these core concepts to focus on key policy areas, such as the structure and effects of Medicare reform, insurance plans, and new technologies in the health care community. This edition contains revised and updated data tables and contains information throughout the text on the latest changes that were made to the Patient Protection and Affordable Care Act (PPACA).

Principles of Optimal Design Panos Y. Papalambros 2000-07-10 Thorough, practical coverage of latest development in optimization theory and practice.

Wyoming Strong Diana Palmer 2014-10-28 New York Times and USA TODAY bestselling author DIANA PALMER returns with a fiery new couple! Wolf Patterson and Sara Brandon are archenemies from ages ago, but mischievous fate has brought the tall rancher with the pale blue eyes together with the dark-haired beauty—on nearby Wyoming and Texas ranches. At first, sparks fly, but despite Wolf’s misguided notions about the spirited Sara and her indignance over the assorted injustices he has thrown her way, a truce—of sorts—forms. Suddenly Sara notices Wolf’s face, while not conventionally handsome, draws her like no other man has ever attracted her. And Wolf sees into the vulnerable soul that Sara hides from the rest of the world. They are two passionate people with a talent for falling out. Will love be the spark they need to create what they both want the most...a family?

Refrigeration and Air Conditioning Manohar Prasad 2011-03 The Revised Edition Of A Widely Used Book Contains Several New Topics To Make The Coverage More Comprehensive And Contemporary. * Highlights The Ozone Hole Problem And Related Steps To Modify The Refrigeration Systems. * The Discussion Of Vapour Compression/Absorption Systems Totally Recast With A Special Emphasis On Eco-Refrigerants. * Application Oriented Approach Followed Throughout The Book And Energy Efficiencyemphasised. * Several Real Life Problems Included To Illustrate The Practical Viability Of The Systems Discussed. * Additional Examples, Diagrams And Problems Included In Each Chapter For An Easier Grasp Of The Subject.With All These Features, This Book Would Serve As A Comprehensive Text For Undergraduate Mechanical Engineering Students. Postgraduate Students And Practising Engineers Would Also Find It Very Useful.

Smart Structures A. V. Srinivasan 2001 Introductory text on the analysis and design of smart devices and structures.

Business Strategies and Approaches for Effective Engineering Management Saeed, Saqib 2013-03-31 Successful engineering projects require a clear vision and long term strategy. Therefore, effective business initiatives have been applied to the engineering environment in order to enhance its management perspectives. Business Strategies and Approaches for Effective Engineering Management brings together the latest methodologies, principles, practices, and tools for engineering management. By providing theoretical analysis and practical applications, this book is a useful reference for industry experts, researchers, and academicians regarding progressive strategies for successful management.

(Not that You Asked) Steve Almond 2007-09-11 How does Steve Almond get himself into so much trouble? Could it be his incessant moralizing? His generally poor posture? The fact that he was raised by a pack of wolves? Frankly, we haven’t got a clue. What we do know is that Almond has a knack for converting his dustups into essays that are both funny and furious. In (Not that You Asked), he squares off against Sean Hannity on national TV, nearly gets arrested for stealing “Sta-Hard” gel from his local pharmacy, and winds up in Boston, where he quickly enrages the entire population of the Red Sox Nation. Almond is, as they say in Yiddish, a tummler. Almond on personal grooming: “Why, exactly, did I feel it would be ‘sexy’ and ‘hot’ to have my girlfriend wax my chest? I can offer no good answer to this question today. I could offer no good answer at the time.” On sports: “To be a fan is to live in a condition of willed helplessness.

We are (for the most part) men who sit around and watch other men run and leap and sweat and grapple each other. It is a deeply homoerotic pattern of conduct, often interracial in nature, and essentially humiliating.” On popular culture: “I have never actually owned a TV, a fact I mention whenever possible, in the hopes that it will make me seem noble and possibly lead to oral sex.” On his literary hero, Kurt Vonnegut: “His books perform the greatest feat of alchemy known to man: the conversion of grief into laughter by means of courageous imagination.” On religion: “Every year, when Chanukah season rolled around, my brothers and I would make the suburban pilgrimage to the home of our grandparents, where we would ring in the holiday with a big, juicy Chanukah ham.” The essays in (Not that You Asked) will make you laugh out loud, or, maybe just as likely, hurt the book across the room. Either way, you’ll find Steve Almond savagely entertaining. Not that you asked. “A pop-culture-saturated intellectual, a kindly grouch, vitriolic Boston Red Sox hater, neurotic new father and Kurt Vonnegut fanatic... [Almond] scores big in every chapter of this must-have collection. Biting humor, honesty, smarts and heart: Vonnegut himself would have been proud.” — Kirkus Reviews (starred review)

Principles of Biomechanics Ronald Huston 2008-12-22 Research and study in biomechanics has grown dramatically in recent years, to the extent that students, researchers, and practitioners in biomechanics now outnumber those working in the underlying discipline of mechanics itself. Filling a void in the current literature on this specialized niche, Principles of Biomechanics provides readers with a so

Nondestructive Evaluation Don E. Bray 2018-10-03 Nondestructive evaluation (NDE) inspection schemes are important in design, manufacturing, and maintenance. By correctly applying techniques of NDE, we can reduce machine and system failures and increase reliability of operating systems over an

extended lifetime. **Nondestructive Evaluation: A Tool in Design, Manufacturing, and Service** introduces and discusses primary techniques used in the field, including ultrasonics, acoustic emission, magnetics, radiography, penetrants, and eddy currents. Examples of each of these techniques are included, demonstrating typical applications.

Biological Materials Science Marc André Meyers 2014-07-31 Takes a materials science approach, correlating structure-property relationships with function across a broad range of biological materials.

A Dominant Fallen Lena Black 2014-10-31 Gabrielle Hyde and Damian Hunt were ready to create a life together. But, as determined as they were to build a future, the demons they fought to overcome were just as determined to destroy it.As Hunt struggled to find the strength to trust Elle with his past, it abruptly collided with the present, forcing Elle to make the decision to walk away from the love of her life and, possibly, her only chance at true happiness.As the two attempt to find their footing, a dark secret larger than either Damian or Elle could have imagined lurks in the shadows, waiting to make itself known...Will their love survive? Will Elle’s desire to protect Damian from their shattered pasts tear them apart, or will it make them stronger? Will Damian find his way back to his heart, or will he remain...A Dominant Fallen

Unworthy Anneli Rufus 2014-05-15 “Self-loathing is a dark land studded with booby traps. Fumbling through its dark underbrush, we cannot see what our trouble actually is: that we are mistaken about ourselves. That we were told lies long ago that we, in love and loyalty and fear, believed. Will we believe ourselves to death?” —from Unworthy As someone who has struggled with low self-esteem her entire life, Anneli Rufus knows only too well how the world looks through the eyes of those who are not comfortable in their own skin. In Unworthy, Rufus boldly explores how a lack of faith in ourselves can turn us into our own worst enemies. Drawing on extensive research, enlightening interviews, and her own poignant experiences, Rufus considers the question: What personal, societal, biological, and historical factors coalesced to spark this secret epidemic, and what can be done to put a stop to it? She reveals the underlying sources of low self-esteem and leads us through strategies for positive change.

Payback With Ya Life Wahida Clark 2008-05-15 In the sequel to Payback is a Mutha, old scores are settled and before long, new tensions arise. Still recovering from the suicide of her best friend, Shan now pregnant by a married man is forced to make major decisions in her life. Ready to leave the fast life behind, Shan believes a move to Detroit will help her become a stronger woman-but someone wants revenge against Shan’s brother and is willing to destroy Shan in the process. Torn over his love for his sister and his desire to get back on top of the drug game, Shan’s brother, Peanut knows the danger of the streets. Old beefs become new scores and before long, a turf war is raging. With the stakes as high as they’ve ever been, only a few people will be left standing-and Shan is determined to be one of them.

Applied Mergers and Acquisitions Robert F. Bruner 2016-02-08 A comprehensive guide to the world of mergers and acquisitions Why do so many M&A transactions fail? And what drives the success of those deals that are consummated? Robert Bruner explains that M&A can be understood as a response by managers to forces of turbulence in their environment. Despite the material failure rates of mergers and acquisitions, those pulling the trigger on key strategic decisions can make them work if they spend great care and rigor in the development of their M&A deals. By addressing the key factors of M&A success and failure, Applied Mergers and Acquisitions can help readers do this. Written by one of the foremost thinkers and educators in the field, this invaluable resource teaches readers the art and science of M&A valuation, deal negotiation, and bargaining, and provides a framework for considering tradeoffs in an effort to optimize the value of any M&A deal.

Applied Thermodynamics and Heat Transfer Ivan Ivanovich Novikov 1963 Bearing in mind the large relative significance of problems involved in the removal of heat from the nuclear reactors and its conversion into other types of energy, the basic information on thermodynamics and heat transfer are treated. (Author). **Exploring Engineering** Philip Kosky 2009-11-11 Winner in its first edition of the Best New Undergraduate Textbook by the Professional and Scholarly Publishing Division of the American Association of Publishers (AAP), Kosky, et al is the first text offering an introduction to the major engineering fields, and the engineering design process, with an interdisciplinary case study approach. It introduces the fundamental physical, chemical and material bases for all engineering work and presents the engineering design process using examples and hands-on projects. Organized in two parts to cover both the concepts and practice of engineering: Part I, Minds On, introduces the fundamental physical, chemical and material bases for all engineering work while Part II, Hands On, provides opportunity to do design projects An Engineering Ethics Decision Matrix is introduced in Chapter 1 and used throughout the book to pose ethical challenges and explore ethical decision-making in an engineering context Lists of “Top Engineering Achievements” and “Top Engineering Challenges” help put the material in context and show engineering as a vibrant discipline involved in solving societal problems New to this edition: Additional discussions on what engineers do, and the distinctions between engineers, technicians, and managers (Chapter 1) New coverage of Renewable Energy and Environmental Engineering helps emphasize the emerging interest in Sustainable Engineering New discussions of Six Sigma in the Design section, and expanded material on writing technical reports Re-organized and updated chapters in Part I to more closely align with specific engineering disciplines new end of chapter exercises throughout the book

Introduction to Aircraft Structural Analysis T.H.G. Megson 2010-01-16 Introduction to Aircraft Structural Analysis is an essential resource for learning aircraft structural analysis. Based on the author’s best-selling book Aircraft Structures for Engineering Students, this brief text introduces the reader to the basics of structural analysis as applied to aircraft structures. Coverage of elasticity, energy methods and virtual work sets the stage for discussions of airworthiness/airframe loads and stress analysis of aircraft components. Numerous worked examples, illustrations, and sample problems show how to apply the concepts to realistic situations. The book covers the core concepts in about 200 fewer pages by removing some optional topics like structural vibrations and aero elasticity. It consists of 23 chapters covering a variety of topics from basic elasticity to torsion of solid sections; energy methods; matrix methods; bending of thin plates; structural components of aircraft; airworthiness; airframe loads; bending of open, closed, and thin walled beams; combined open and closed section beams; wing spars and box beams; and fuselage frames and wing ribs. This book will appeal to undergraduate and postgraduate students of aerospace and aeronautical engineering, as well as professional development and training courses. Based on the author’s best-selling text Aircraft Structures for Engineering Students, this Intro version covers the core concepts in about 200 fewer pages by removing some optional topics like structural vibrations and aeroelasticity Systematic step by step procedures in the worked examples Self-contained, with complete derivations for key equations

Aghora Robert E. Svoboda 1993

(Schmalix) **Hubert Schmalix** 2007 The Austrian painter Hubert Schmalix is best-known as a Neo-Expressionist. In the late 1970s and early 80s, his powerfully colorful works explored the genres of the still life, landscape, nude and portrait in a process that became increasingly expressive, taking on a great affinity to the painters of Die Brücke. In the mid-1980s, the female nude became Schmalix’s dominant subject, and he began to work in the tradition of colorful Asian woodcuts. In the 1990s, his vocabulary expanded through his encounter with West Coast school painting to include religious subjects, the image of Christ and cityscapes of Los Angeles. In his most recent works, Schmalix has reduced his palette, and, in the tradition of photographer Nobuyoshi Araki, devoted himself to the portrayal of the female nude in erotic bondage rituals. Featuring a representative selection of paintings, this book is the first to provide a survey of the artist’s entire oeuvre.

Victorious Eschatology Dr. Harold R. Eberle 2020-10-01 A biblically-based, optimistic view of the future. Along with a historical perspective, this book offers a clear understanding of Matthew 24, the Book of Revelation, and other key passages about the events to precede the return of Jesus Christ. Satan is not going to take over this world. Jesus Christ is Lord and He will reign until every enemy is put under His feet!

Flight Stability and Automatic Control Robert C. Nelson 1998 The second edition of Flight Stability and Automatic Control presents an organized introduction to the useful and relevant topics necessary for a flight stability and controls course. Not only is this text presented at the appropriate mathematical level, it also features standard terminology and nomenclature, along with expanded coverage of classical control theory, autopilot designs, and modern control theory.

Through the use of extensive examples, problems, and historical notes, author Robert Nelson develops a concise and vital text for aircraft flight stability and control or flight dynamics courses.

Aquarium Plants Karel Rataj 1977

Database System Concepts Abraham Silberschatz 1999

Dynamic Simulation of Electric Machinery Chee-Mun Ong 1998 This book and its accompanying CD-ROM offer a complete treatment from background theory and models to implementation and verification techniques for simulations and linear analysis of frequently studied machine systems. Every chapter of Dynamic Simulation of Electric Machinery includes exercises and projects that can be explored using the accompanying software. A full chapter is devoted to the use of MATLAB and SIMULINK, and an appendix provides a convenient overview of key numerical methods used. Dynamic Simulation of Electric Machinery provides professional engineers and students with a complete toolkit for modeling and analyzing power systems on their desktop computers.

Fundamental Approach To Discrete Mathematics D.P. Acharya 2005-01-01 Salient Features * Mathematical Logic, Fundamental Concepts, Proofs And Mathematical Induction (Chapter 1) * Set Theory, Fundamental Concepts, Theorems, Proofs, Venn Diagrams, Product Of Sets, Application Of Set Theory And Fundamental Products (Chapter 2) * An Introduction To Binary Relations And Concepts, Graphs, Arrow Diagrams, Relation Matrix, Composition Of Relations, Types Of Relation, Partial Order Relations, Total Order Relation, Closure Of Relations, Poset, Equivalence Classes And Partitions. (Chapter 3) * An Introduction To Functions And Basic Concepts, Graphs, Composition Of Functions, Floor And Ceiling Function, Characteristic Function, Remainder Function, Signum Function And Introduction To Hash Function. (Chapter 4) * The Algebraic Structure Includes Group Theory And Ring Theory. Group Theory Includes Group, Subgroups, Cyclic Group, Cosets, Homomorphism, Introduction To Codes And Group Codes And Error Correction For Block Code. The Ring Theory Includes General Definition, Fundamental Concepts, Integral Domain, Division Ring, Subring, Homomorphism, An Isomorphism And Pigeonhole Principle (Chapters 5, 6

And 7) * A Treatment Of Boolean Algebras That Emphasizes The Relation Of Boolean Algebras To Combinatorial Circuits. (Chapter 8) * An Introduction To Lattices And Basic Concepts (Chapter 9) * A Brief Introduction To Graph Theory Is Discussed. Elements Of Graph Theory Are Indispensable In Almost All Computer Science Areas. Examples Are Given Of Its Use In Such Areas As Minimum Spanning Tree, Shortest Path Problems (Dijkstra'S Algorithm And Floyd-Warshall Algorithm) And Traveling Salesman Problem. The Computer Representation And Manipulation Of Graphs Are Also Discussed So That Certain Important Algorithms Can Be Included(Chapters 10 And 11) * A Strong Emphasis Is Given On Understanding The Theorems And Its Applications * Numbers Of Illustrations Are Used Throughout The Book For Explaining The Concepts And Its Applications. * Figures And Tables Are Used To Illustrate Concepts, To Elucidate Proofs And To Motivate The Material. The Captions Of These Figures Provide Additional Explanation. Besides This, A Number Of Exercises Are Given For Practice

System Safety Engineering and Management Harold E. Roland 1991-01-16 Comprehensive in scope, it describes the process of system safety--from the creation and management of a safety program on a system under development to the analysis that must be performed as this system is designed and produced to assure acceptable risk in its operation. Unique in its coverage, it is the only work on this subject that combines full descriptions of the management and analysis processes and procedures in one handy volume. Designed for both system safety managers and engineers, it incorporates the safety procedures used by the Department of Defense and NASA and explains basic statistical methods and network analysis methods which provide an understanding of the engineering analysis methods that follow.

The Sheik's Pregnant Lover Elizabeth Lennox 2012-06-25 Sidra couldn't believe it when the man stormed into her life. He was everything she'd been looking for in a man; tall, handsome, intelligent -- and after several secret meetings, she also found out that he was the ultimate lover. When their brief interlude is cut short, Sidra is hopeful that they might be able to manage a long distance relationship. But after three weeks with no word from Rashid, she had to accept that he had a different perception of their liaison than she had. Rashid thought that Sidra was as close to perfection as possible. She was funny and intelligent not to mention beautiful and sexy. Unfortunately, he'd lost track of her when he had to travel back to Tasain to resolve an emergency. When he finally found her again after three weeks of searching, he found her having a drink with another man! He was livid and tricked her in order to get her back on his turf. His campaign to get her to fall in love with him had barely begun when he discovers that the weekend they'd spent together had created a baby! Now he had to marry Sidra as soon as possible. Was he marrying her only to protect his unborn child, Sidra worried? Or was there more to his feelings than just preserving the next heir to the throne?

With God in the Crucible Peter Storey 2010-09-01 Often the church is accused of being so embedded in the culture that effective prophecy leveled at the culture is impossible. But this book illustrates that there was a time and a place where the church community was faithful to its mission as the body of Christ, as church leaders led, people lifted high the cross, and they marched into the uncertainty that still prevails. Here is a time and place where the call to risky discipleship was answered not with whimpers, whines, and excuses, but with the power of faithful Christians living out their call. This book illustrates what it can mean to faithfully answer the call to discipleship and God's service. Many people wonder if they would be able to stand up for their faith if it meant great personal sacrifice or the sacrifice of people they love. They wonder what they would risk for their faith, if anything. In the United States where cost/benefit analysis is a popular way to assess risk, many Christians wonder if they might not have to stand alone, because too many see the risks as too costly. As suggested by the title, this book draws upon a collection of sermons and addresses given by Peter Storey in a variety of contexts between 1966 and 1993. The original audiences ranged from the all-white Central Methodist Church in Johannesburg, to the South African Council of Churches, to the nation of South Africa, and to the world. All of these sermons and addresses are directly related to specific historical events: security police confrontations, beatings, and tear-gassings in churches around the country of South Africa; an imposed State of Emergency; the murder of 14-year-old Stompie Sepie by Winnie Mandela's thugs; and the

violent jockeying for power between Mandela's African National Congress, Chief Mangosutho Buthezi's Inkatha Movement, and F. W. de Klerk's regime. The book offers the full perspective of what it means to speak truth, empower people to stand for the truth, and to pastor souls during times when living truth seems almost impossible. Key Features: 1. Foreword by Desmond Tutu 2. 15 chapters, each including a brief description of the original context, the sermon and its connection with the present, and a prayer 3. Epilogue by Will Willimon

Your Hands Can Heal You Master Stephen Co 2007-11-01 What if one of the most effective tools you have to restore your health is not surgery or medications, but your own hands? Incredibly, your hands can heal you -- with the "energy medicine" of Pranic Healing. A powerful system that is rapidly increasing in popularity, Pranic Healing works with your own natural, vital energy -- which is also called prana -- to accelerate your body's innate self-healing ability. Amazingly easy to learn and apply, Pranic Healing uses a series of powerful but simple methods to generate energy, including non-touch hand movements; energetic hygiene, the practice of keeping your personal energy tank clean and full; breathing; and brief meditations. Using these unique techniques, you can identify, clear, and purify unhealthy, imbalanced energy and replace it with fresh energy that helps your body heal itself from a wide range of physical, psychological, and emotional symptoms and disorders. A self-healing guide for 24 ailments, including physical and sports injuries, chronic arthritis, irritable bowel syndrome, insomnia, hypertension, headaches, backaches, congestion and colds, menstrual cramps, even depression and stress-related disorders, is included. With step-by-step instructions, line drawings, and numerous real-life medical stories, Your Hands Can Heal You demonstrates and explains a revolutionary program that anyone can use to harness the energy of body, mind, and breath to produce health and facilitate repair. Personally trained by Grand Master Choa Kok Sui, who developed Pranic Healing, the authors, Master Co and Dr. Robins, provide the same detailed guidance in Your Hands Can Heal You as in the popular Pranic Healing workshops. Additionally, they present, for the first time in any book, the Grandmaster's special modifications to the breathing practices that can dramatically increase your power and energy and rejuvenate and balance your physical, emotional, mental, and spiritual body. This exciting new mind-body health reference proves that you can heal yourself -- with your own two hands.

Alice in QuantuLand Robert Gilmore 1995-07-21 In this cleverly conceived book, physicist Robert Gilmore makes accessible some complex concepts in quantum mechanics by sending Alice to QuantuLand-a whole new Wonderland, smaller than an atom, where each attraction demonstrates a different aspect of quantum theory. Alice unusual encounters, enhanced by illustrations by Gilmore himself, make the Uncertainty Principle, wave functions, the Pauli Principle, and other elusive concepts easier to grasp.

Physics 2006-01-01

Flight Dynamics Principles Michael V. Cook 2013-10-09 Flight dynamicists today need not only a thorough understanding of the classical stability and control theory of aircraft, but also a working appreciation of flight control systems and consequently a grounding in the theory of automatic control. In this text the author fulfils these requirements by developing the theory of stability and control of aircraft in a systems context. The key considerations are introduced using dimensional or normalised dimensional forms of the aircraft equations of motion only and through necessity the scope of the text will be limited to linearised small perturbation aircraft models. The material is intended for those coming to the subject for the first time and will provide a secure foundation from which to move into non-linear flight dynamics, simulation and advanced flight control. Placing emphasis on dynamics and their importance to flying and handling qualities it is accessible to both the aeronautical engineer and the control engineer. Emphasis on the design of flight control systems Intended for undergraduate and postgraduate students studying aeronautical subjects and avionics, systems engineering, control engineering Provides basic skills to analyse and evaluate aircraft flying qualities

Mechanistic-empirical Pavement Design Guide 2008