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PPI Detailed Report 2002
AWS Cookbook John Culkin 2021-12-02 This practical guide provides over 70 self-contained recipes to help you creatively solve common AWS challenges you'll encounter on your cloud journey. If you're comfortable with rudimentary scripting and general cloud concepts, this cookbook provides what you need to address foundational tasks and create high-level capabilities. Authors John Culkin and Mike Zazon share real-world examples that incorporate best practices. Each recipe includes a diagram to visualize the components. Code is provided so that you can safely execute in an AWS account to ensure solutions work as described. From there, you can customize the code to help construct an application or fix an existing problem. Each recipe also includes a discussion to provide context, explain the approach, and challenge you to explore the possibilities further. Go beyond theory and learn the details you need to successfully build on AWS. The recipes help you: Redact personal identifiable information (PII) from text using Amazon Comprehend Automate password rotation for Amazon RDS databases Use VPC Reachability Analyzer to verify and troubleshoot network paths Lock down Amazon Simple Storage Service (S3) buckets Analyze AWS Identity and Access Management policies Autoscale a containerized service
2020 - 2021 Middle School Weekly Goal Setting Planner Donavan Thomas
A Trader's Guide to Financial Astrology Larry Pasavento 2015-01-06 Look to the stars for a whole new approach to market cycle

forecasting A Trader's Guide to Financial Astrology is the definitive guide to trading market cycles based on astrological data. Written by a highly-respected technical analyst, this book makes the connection between the movements of planets and the volatility of the market. Readers can draw upon one hundred years of historical data as they learn how to spot correlations from the past, and refer to planetary and lunar data for the next five years as they shape their own strategy. The book covers the principles of astrological forecasting as applied to the financial markets, explaining what to watch for and how to interpret planetary and lunar activity, plus expert insight on everyday practical application. A study by the Federal Reserve Bank of Atlanta determined that the U.S. stock markets tend to be negatively affected by geomagnetic storms, and the Royal Bank of Scotland demonstrated that a trading system based on the phases of the moon would have outperformed the market. A Trader's Guide to Financial Astrology shows traders how to tap into the planetary forces that influence market activity. Readers will: Learn how planetary and lunar movements relate to the financial markets Draw upon 100 years of historic correlations and five years of forecast data Forecast long-term and short-term activity based on planetary relationships and lunar movement Enter the markets at key turning points, using price patterns and other tools When integrated with technical trading patterns, astrology can be an effective way of shifting perspective and approaching the market differently. For traders who have always wanted to know what to do when Mercury is in retrograde or the moon is

new, A Trader's Guide to Financial Astrology provides information and insight from a leading market educator.

Algorithmic Finance: A Companion to Data Science Christopher Hian-Ann Ting *Sustainable Housing* Amjad Almusaed 2022-02-23 Sustainable housing is generally used to describe housing that is environmentally friendly and resource-efficient over the lifetime of the building. Homes are designed to have the least possible negative impact on the environment. This means energy efficiency, avoiding environmental toxins, and responsibly using materials and resources while having positive physical and psychological effects on inhabitants. This book presents a comprehensive overview of sustainable housing, starting from legislation and ending with the design and configuration of homes.

Roadmap to Successful Digital Health Ecosystems Evelyn Hovenga 2022-02-25 Roadmap to Successful Digital Health Ecosystems: A Global Perspective presents evidence-based solutions found on adopting open platforms, standard information models, technology neutral data repositories, and computable clinical data and knowledge (ontologies, terminologies, content models, process models, and guidelines), resulting in improved patient, organizational, and global health outcomes. The book helps engaging countries and stakeholders take action and commit to a digital health strategy, create a global environment and processes that will facilitate and induce collaboration, develop processes for monitoring and evaluating national digital health strategies, and enable learnings to be shared in support of WHO's global strategy for digital health. The book explains different perspectives and local environments for digital health implementation, including data/information and technology governance, secondary data use, need for effective data interpretation, costly adverse events, models of care, HR management, workforce planning, system connectivity, data sharing and linking, small and big data, change management, and future vision. All proposed solutions are based on real-world scientific, social, and political evidence. • Provides a roadmap, based on examples already in place, to develop and

implement digital health systems on a large-scale that are easily reproducible in different environments • Addresses World Health Organization (WHO)-identified research gaps associated with the feasibility and effectiveness of various digital health interventions • Helps readers improve future decision-making within a digital environment by detailing insights into the complexities of the health system • Presents evidence from real-world case studies from multiple countries to discuss new skills that suit new paradigms

Timor-Leste: 2021 Article IV Consultation-Press Release; Staff Report; and Statement by the Executive Director for Timor-Leste International Monetary 2021-07-14 Although Timor-Leste has made considerable progress in many areas since its independence in 2002, it faces significant medium-term challenges. The nation has pressing development needs, young institutions, and is highly dependent on oil. Oil revenues from active fields, which have been the main source of funding for government spending, are drying up. The non-oil private sector economy remains underdeveloped and lack of good jobs and high youth unemployment are serious concerns.

Environmental, Social and Governance (ESG) Laws, Regulations and Practices in the Digital Era Peter Yeoh 2022-01-13 In the past two decades, the traditional role of corporate governance has been greatly augmented and transformed by increased attention to the importance of social inclusion in business decisions and of environmental impacts of business activities, giving rise to the now well-understood linkage among environmental, social, and governance (ESG) principles. This book is the first to thoroughly analyze the ESG phenomenon as a tripartite corporate purpose model and the profusion of laws and regulations it continues to engender. Drawing on perspectives from law, economics, and business management, the book focuses on those ESG challenges that are most likely to impact companies in the coming years. The author discusses such aspects of ESG law, regulation, and practice as the following: impact of digitalization on ESG practices; competing ESG perspectives and whether there are signs of convergence toward a more universal model;

impact of corporate ownership patterns; review of hard and soft law responses; corporate control under COVID-19 pandemic conditions; workplace and workforce transformations; various ESG-related corporate scandals and controversies; ESG regulatory responses from international entities such as the Organisation for Economic Co-operation and Development (OECD) and International Organization of Securities Commissions (IOSCO); and seminal ESG cases in various business sectors. The emphasis throughout is on developments in the European Union, the United States, and the United Kingdom, both because it is in those jurisdictions that ESG challenges have been and are most fully dealt with and because these economies taken together are likely to continue exerting dominating influence across the world. What this book says about ESG provides pertinent insights and guidance for those seeking a better understanding of ESG practices and underlying theories across major economies. With essential information and guidance for ESG law practitioners, policymakers, and academicians, the book gives clarity and guidance as to who should lead the charge for ESG practices in business enterprises in major jurisdictional settings. Its detailed coverage of best ESG practices will be welcomed by those conducting their business enterprises within approved regulatory perimeters.

SEASONS, EASTER AND ASTRONOMICAL MOTIONS Pier Paolo Ricci 2013-11 This book, the last of the series dedicated to the solar system, includes various aspects of different kinds of planets during their evolution over the centuries, like the seasons, the length of the day, the precession, the orbital elements of the planets, the date of Easter and much more. A chapter is also dedicated to the transits and occultations visible to the other planets. This is not a technical and difficult to read manual, but a complete and very detailed description of what the sky gives us throughout our lives, so each table is ready for use, and each reported event will be easily visible to the naked eye or possibly with a simple pair of binoculars. The book is for stargazing astronomers and professionals. Questo libro, l'ultimo della serie dedicata al sistema solare, include vari aspetti di diversa natura dei pianeti affrontati nella loro evoluzione

nel corso dei secoli, come le stagioni, la durata del giorno, la precessione, gli elementi orbitali dei pianeti, la data della Pasqua e ta

Progresses in European Earthquake Engineering and Seismology Radu Vacareanu 2022-08-24 This book encompasses the most challenging topics in earthquake engineering and seismology aiming at seismic risk reduction and reveals the outstanding progresses made in Europe in the past four years. Earthquakes pose a significant threat to countries around the world. But, equipped with the right knowledge and tools, engineers and seismologists can support policy and decision makers and building officials in creating a safer future for all of us. In this paradigm, the Third European Conference on Earthquake Engineering and Seismology (3ECEES) is organized in Bucharest (Romania) in September 2022 by the Romanian Association for Earthquake Engineering, Technical University of Civil Engineering of Bucharest and National Institute for Earth Physics. This outstanding scientific event is the third in a series started in 2006 in Geneva, Switzerland and continued in 2014 in Istanbul, Turkey. The papers included in this book are written by the most prominent contemporary European scholars in the two-folded fields of 3ECEES. The Distinguished Nicholas Ambraseys, along with 28 invited lectures providing the best knowledge in the fields of earthquake engineering and seismology, are shared with the general readership of this book. The book is organized in three parts, as follows: (1) Seismicity, engineering seismology and seismic hazard, (2) Seismic risk assessment and mitigation, and (3) Structural earthquake engineering. The 29 contributed papers for this book are shared among these three parts almost equally. Chapter "The Challenge of the Integrated Seismic Strengthening and Environmental Upgrading of Existing Buildings" is available open access under a Creative Commons Attribution 4.0 International License via link.springer.com.

Implementing DevSecOps with Docker and Kubernetes José Manuel Ortega Candel 2022-02-19 Building and securely deploying container-based applications with Docker and Kubernetes using open source tools. KEY FEATURES ● Real-world examples of vulnerability analysis in Docker containers. ●

Includes recommended practices for Kubernetes and Docker with real execution of commands. ● Includes essential monitoring tools for Docker containers and Kubernetes configuration. DESCRIPTION This book discusses many strategies that can be used by developers to improve their DevSecOps and container security skills. It is intended for those who are active in software development. After reading this book, readers will discover how Docker and Kubernetes work from a security perspective. The book begins with a discussion of the DevSecOps tools ecosystem, the primary container platforms and orchestration tools that you can use to manage the lifespan and security of your apps. Among other things, this book discusses best practices for constructing Docker images, discovering vulnerabilities, and better security. The book addresses how to examine container secrets and networking. Backed with examples, the book demonstrates how to manage and monitor container-based systems, including monitoring and administration in Docker. In the final section, the book explains Kubernetes' architecture and the critical security threats inherent in its components. Towards the end, it demonstrates how to utilize Prometheus and Grafana to oversee observability and monitoring in Kubernetes management. WHAT YOU WILL LEARN ● Familiarize yourself with Docker as a platform for container deployment. ● Learn how Docker can control the security of images and containers. ● Discover how to safeguard and monitor your Docker environment for vulnerabilities. ● Explore the Kubernetes architecture and best practices for securing your Kubernetes environment. ● Learn and explore tools for monitoring and administering Docker containers. ● Learn and explore tools for observing and monitoring Kubernetes environments. WHO THIS BOOK IS FOR This book is intended for DevOps teams, cloud engineers, and cloud developers who wish to obtain practical knowledge of DevSecOps, containerization, and orchestration systems like Docker and Kubernetes. Knowing the fundamentals of Docker and Kubernetes would be beneficial but not required. TABLE OF CONTENTS 1. Getting Started with DevSecOps 2. Container Platforms 3. Managing Containers and Docker Images 4. Getting Started with Docker Security 5. Docker Host Security 6. Docker Images Security 7. Auditing and Analyzing Vulnerabilities in Docker Containers 8. Managing Docker Secrets and Networking 9. Docker Container Monitoring 10. Docker Container Administration 11. Kubernetes Architecture 12. Kubernetes Security 13. Auditing and Analyzing Vulnerabilities in Kubernetes 14. Observability and Monitoring in Kubernetes

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Methods, pilot platforms and recommendations for active mobility and sustainable lifestyle Veronika Hornung-Prähauser 2022-01-20 In the past decades, European cities have set ambitious goals for low carbon transition, but regional sustainability services (RSUS) lack an active user base. Only 15% of consumers take sustainability of these into account during a purchase and "rebound effect" can reach 80%. At the current pace, RSUS will fail to develop into sustainable business models and cities' efforts remain insufficient to meet targets set for 2050. The European project "SimpliCITY" (JPI Urban Europe; running from 10/2018-6/2021) aims to boost the digital competences of the urban communities in Salzburg, AT and Uppsala, SE. Both pilot cities, Salzburg and Uppsala, are so-called smart cities with different action fields, targets and coordination offices. This report informs about the activities and results of SimpliCITY in which a hybrid approach was developed, using both physical and digital participation and incentive methods and tools. SimpliCITY examined how to increase the usage rate of regional sustainability services and how to drive the community towards these services by means of two novel web platforms and applications ("Stadtmacherei Salzburg" and "Cykla med Pelle"). In the long term, they will lead to a better visibility of regional sustainability services. More information about the project and its result can be found at: https://www.simplicity-project.eu.

Oracle 19c AutoUpgrade Best Practices

Sambaiah Sammeta 2021-11-30 Master Oracle's AutoUpgrade tool effectively to upgrade Oracle databases from lower versions to 19c. KEY FEATURES ● In-depth practical demonstration of Oracle database upgrades with various real-time scenarios. ● Step-by-step illustration of each Oracle database upgrade and downgrade method. ● Fastest ever multiple Oracle databases upgrade. DESCRIPTION 'Oracle 19c AutoUpgrade Best Practices' is a simple cookbook for database professionals to upgrade from lower versions to 19c or downgrade from 19c to lower versions This book is dedicated solely to demonstrate upgrading Oracle Databases to 19c by using AutoUpgrade tool. It has a very good explanation about different AutoUpgrade processing modes (Analyze, Fixup, Deploy, and Upgrade) and various stages that the AutoUpgrade job runs while performing database upgrade. Multiple chapters in this book covers various scenarios with detailed steps for upgrading Oracle database from versions 11g/12c/18c to version 19c and Downgrading from 19c to 11g/12c/18c. By the end of this book, every Oracle DBA can gain real-time experience and become a master in upgrading and downgrading oracle databases (Standalone, RAC, Standby) using AutoUpgrade Utility. WHAT YOU WILL LEARN ● Learn to use the Oracle database upgrade tool AutoUpgrade for various DB challenges. ● Understand how to convert a non-container database to a 19c pluggable database. ● Get to know how to upgrade multiple databases of different versions to 19c in a single operation. WHO THIS BOOK IS FOR This book is intended for Oracle DBA students, Database administrators, Database Architects and anyone else who want to improve their database upgrade or downgrade skills in a concise and understandable manner. TABLE OF CONTENTS 1. Introduction to DB Upgrades 2. Upgrading Oracle Database from 11.2.0.4 to 19.9.0 Using dbupgrade (Manual) 3. Upgrading Oracle Database from 11.2.0.4 to 19.9.0 (Using AutoUpgrade) 4. Upgrading and Converting 12c non-CDB as 19c PDB 5. Upgrading Oracle Multitenant Database from 12c/18c to 19c 6. Upgrading and Converting 12c non-CDB as 19c PDB (using AutoUpgrade) 7. Upgrading Multiple Database Versions (11g/12c/18c) to 19c Using the Single AutoUpgrade Command

IBM Spectrum Protect Plus Protecting Database Applications Julien Sauvanet 2021-07-22 IBM® Spectrum Protect Plus is a data protection solution that provides near-instant recovery, replication, retention management, and reuse for virtual machines, databases, and application backups in hybrid multicloud environments. This IBM Redpaper publication focuses on protecting database applications. IBM Spectrum® Protect Plus supports backup, restore, and data reuse for multiple databases, such as Oracle, IBM Db2®, MongoDB, Microsoft Exchange, and Microsoft SQL Server. Although other IBM Spectrum Protect Plus features focus on virtual environments, the database and application support of IBM Spectrum Protect Plus includes databases on virtual physical servers.

Food issues 食事 Miriam Castorina 2022-04-28 Food issues 食事. Interdisciplinary Studies on Food in Modern and Contemporary East Asiaconcentrates on the relationship among food, culture, literature, and language in a comparative, transcultural, or literary perspective. The contributions investigate these aspects from different approaches: historical, sociological, anthropological, religious, linguistic, and want to deepen issues such as the symbolic value of food; food as an essential element for the construction of individual identity and a sign of belonging to a community; food as an intercultural medium; food as language and the language of food. The articles included in the volume are organized in a Japanese and a Chinese section and use different approaches within humanities disciplines to explore topics ranging from classical and contemporary East Asian literature to present-day issues, focusing on Food Culture and its declinations.

2020-2021 High School Senior College & Career Workbook Donavan Thomas 2020-03-17 The 2020 - 2021 High School Senior College & Career Workbook was designed to help high school seniors manage their busy schedule efficiently, provide a guide to navigate their way through the process of applying for college and to create a plan they can implement successfully after high school, if they do not plan to go to college. By using the HS Senior Workbook students will be able to balance their

schoolwork, extracurricular activities at school, chores at home and any part-time job they have. Students who have work experience or who have experience volunteering are encouraged to use the Student Career Guide. The Student Career Guide provides students with an example on how to organize their work experience and volunteer experience into a resume. It also has examples of how to write a cover letter and a thank you letter, which are valuable to have when interviewing for a job. Students should discuss their plan for college and their career goal with their parents and school Guidance Counselors.

Performance Engineering and Stochastic Modeling Paolo Ballarini 2021-11-26 This book constitutes the refereed proceedings of the 17th European Workshop on Computer Performance Engineering, EPEW 2021, and the 26th International Conference, on Analytical and Stochastic Modelling Techniques and Applications, ASMTA 2021, held in December 2021. The conference was held virtually due to COVID 19 pandemic. The 29 papers presented in this volume were carefully reviewed and selected from 39 submissions. The papers presented at the workshop reflect the diversity of modern performance evaluation, with topics ranging from modeling and analysis of network/control protocols and high performance/big data information systems, analysis of scheduling, blockchain technology, analytical modeling and simulation of computer and network systems.

Mansions of the Moon: A Lunar Zodiac for Astrology and Magic 2nd Edition with 2019-2033 Mansion Ephemeris Christopher Warnock

Cybersecurity of Digital Service Chains Joanna Kołodziej

Data Science with Semantic Technologies Archana Patel 2022-10-11 DATA SCIENCE WITH SEMANTIC TECHNOLOGIES This book will serve as an important guide toward applications of data science with semantic technologies for the upcoming generation and thus becomes a unique resource for scholars, researchers, professionals, and practitioners in this field. To create intelligence in data science, it becomes necessary to utilize semantic technologies which allow machine-readable representation of data. This intelligence uniquely identifies and connects data with common business terms, and it also enables users to communicate with data. Instead of structuring the data, semantic technologies help users to understand the meaning of the data by using the concepts of semantics, ontology, OWL, linked data, and knowledge-graphs. These technologies help organizations to understand all the stored data, adding the value in it, and enabling insights that were not available before. As data is the most important asset for any organization, it is essential to apply semantic technologies in data science to fulfill the need of any organization. Data Science with Semantic Technologies provides a roadmap for the deployment of semantic technologies in the field of data science. Moreover, it highlights how data science enables the user to create intelligence through these technologies by exploring the opportunities and eradicating the challenges in the current and future time frame. In addition, this book provides answers to various questions like: Can semantic technologies be able to facilitate data science? Which type of data science problems can be tackled by semantic technologies? How can data scientists benefit from these technologies? What is knowledge data science? How does knowledge data science relate to other domains? What is the role of semantic technologies in data science? What is the current progress and future of data science with semantic technologies? Which types of problems require the immediate attention of researchers? Audience Researchers in the fields of data science, semantic technologies, artificial intelligence, big data, and other related domains, as well as industry professionals, software engineers/scientists, and project managers who are developing the software for data science. Students across the globe will get the basic and advanced knowledge on the current state and potential future of data science.

White Evangelicals and Right-Wing Populism Marcia Pally 2022-05-05 How did America's white evangelicals, from often progressive history, come to right-wing populism? Addressing populism requires understanding how its historico-cultural roots ground present politics. How have the very qualities that contributed much to American vibrancy—an

anti-authoritarian government-wariness and energetic community-building—turned, under conditions of distress, to defensive, us-them worldviews? Readers will gain an understanding of populism and of the socio-political and religious history from which populism draws its us-them policies and worldview. The book ponders the tragic cast of the white evangelical story: (i) the distorting effects of economic and way-of-life duress on the understanding of history and present circumstances and (ii) the tragedy of choosing us-them solutions to duress that won't relieve it, leaving the duress in place. Readers will trace the trajectory from economic, status loss, and way-of-life duresses to solutions in populist, us-them binaries. They will explore the robust white evangelical contribution to civil society but also to racism, xenophobia, and sexism. White evangelicals not in the ranks of the right—their worldview and activism—are discussed in a final chapter. This book is valuable reading for students of political and social sciences as well as anyone interested in US politics.

Linux for Networking Professionals Rob VandenBrink 2021-11-11 Get to grips with the most common as well as complex Linux networking configurations, tools, and services to enhance your professional skills Key Features Learn how to solve critical networking problems using real-world examples Configure common networking services step by step in an enterprise environment Discover how to build infrastructure with an eye toward defense against common attacks Book Description As Linux continues to gain prominence, there has been a rise in network services being deployed on Linux for cost and flexibility reasons. If you are a networking professional or an infrastructure engineer involved with networks, extensive knowledge of Linux networking is a must. This book will guide you in building a strong foundation of Linux networking concepts. The book begins by covering various major distributions, how to pick the right distro, and basic Linux network configurations. You'll then move on to Linux network diagnostics, setting up a Linux firewall, and using Linux as a host for network services. You'll discover a wide range of network services, why they're important, and how to configure them in an enterprise

environment. Finally, as you work with the example builds in this Linux book, you'll learn to configure various services to defend against common attacks. As you advance to the final chapters, you'll be well on your way towards building the underpinnings for an all-Linux datacenter. By the end of this book, you'll be able to not only configure common Linux network services confidently, but also use tried-and-tested methodologies for future Linux installations. What you will learn Use Linux as a troubleshooting and diagnostics platform Explore Linux-based network services Configure a Linux firewall and set it up for network services Deploy and configure Domain Name System (DNS) and Dynamic Host Configuration Protocol (DHCP) services securely Configure Linux for load balancing, authentication, and authorization services Use Linux as a logging platform for network monitoring Deploy and configure Intrusion Prevention Services (IPS) Set up Honeypot solutions to detect and foil attacks Who this book is for This book is for IT and Windows professionals and admins looking for guidance in managing Linux-based networks. Basic knowledge of networking is necessary to get started with this book.

2020 - 2021 High School Weekly Goal Setting Planner Donavan Thomas 2020-03-15 The 2020 - 2021 High School Weekly Goal Setting Planner (the High School GS Planner) was designed for high school students in grades 9 through 11. The High School GS Planner is a combination of a goal setting guide and a weekly planner. It includes a Graduation Requirement Worksheet, a Student Self-Assessment Worksheet, a monthly calendar, a weekly planner and a Student Career Guide. Students should use the Graduation Requirement Worksheet to help them successfully complete the requirements for graduating. Students should use the Student Self-Assessment Worksheet to help them set goals they want to achieve and maximize their high school experience. Students use the weekly planner to organize their daily activities and manage their time efficiently. Students should use the Student Career Guide to help them prepare of job interviews during the summer.

Blended Smoothies Sita Pendurthi 2021-03-26 Blended Smoothies is a quick start guide to get the fastest results you want. Make a change in

diet, lose weight and get healthy. This is a real program made with natural ingredients that are backed by solid nutritional science. These proven meal-replacement smoothie recipes will work with real people. It is easy and possible. Eating behaviour is dictated by a complex interaction between physiology, environment, psychology, culture, socio-economic factors and genetics that are not fully understood. This book provides an overview of a behavioural lifestyle intervention for obesity management along with an energy- and fat-restricted diet and a physical activity prescription that ranges from moderate to vigorous intensity. The main objective of this edition is to focus on macronutrient composition, meal replacements, and more novel dietary approaches such as reducing dietary variety and energy density to help weight loss. Meal replacement dietary prescription is a portion-controlled recipe in a liquid or a solid form. Regardless of the form, meal replacements are a successful tool to promote weight loss. It is considered to be a partial meal replacement prescription because a meal replacement is used for two meals and one meal includes conventional foods as determined by the self. Diets using meal replacements have been used to increase dietary adherence to an energy restricted low-fat diet. One challenge in adherence to any dietary prescription is consuming foods of appropriate portion size to meet the prescribed dietary goals, as weighing and measuring all foods and beverages consumed is burdensome to participants. Here in this book, I have taken utmost care in using meal replacements and assisting with portion control which may increase success at reducing intake to assist in weight loss. Besides, assisting in portion control meal replacements may aid in reducing energy intake by increasing the structure of the diet and enhance the ease of pre-planning meals and snacks – an important behavioural strategy. Followers of this prescription will find significant improvements in physical functioning, general health, vitality, mental health as well as an increased cognitive restraint of eating, reduced disinhibition and reduced hunger with no serious adverse events. Review: I found this wellness diet recipe compilation hugely informative. As a doctor who has been battling weight issues for decades I

have tried every diet I could. Finally I realized that it is only a long term sustainable lifestyle modification that works. Substituting a healthy smoothie for a meal is definitely very doable long term for anyone whether a busy professional or work from home adult or teenager. This book guides us from how to choose ingredients to how to blend them and then serve it. Really looking forward to trying these scrumptious blends AND getting healthy. - Dr. Sharon Krishna Rao, Therapeutic Endoscopist, Billroth Hospital, Chennai

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Disinfection of Viruses Raymond W. Nims 2022-05-18 Each of the chapters in Disinfection of Viruses touches on virucidal efficacy for SARS-CoV-2, the causative agent for the COVID-19 disease, or enveloped viral surrogates. SARS-CoV-2 is an enveloped virus of the Coronaviridae family and therefore is expected to be susceptible to all classes of microbicides. The book is divided into three sections. Section 1: "Microbicides for Viral Inactivation," includes chapters on the efficacy of chemical virucides, Section 2: "Physical Inactivation Approaches," includes a chapter on the efficacy of gamma irradiation, ultraviolet light, and heat for inactivating coronaviruses, and Section 3: "Viral Persistence and Disinfection," includes data on viral persistence for SARS-CoV-2, as these data inform the need for and the approaches that might be used for disinfection.

Finding Our Way Through the Dark Demetra George 2008 Finding Our Way Through the Dark presents an astrological lunar-based model to explore the periodic dark and difficult times in our life as rites of passage leading to renewal. It offers a new vision of darkness as a place of

insight, healing and regeneration. Each section is accompanied by a workbook and journal so that you can discover when these periods of transition occur in your own life, illuminating the hidden motifs that shape your experiences. This book explains and reframes the astrological factors that facilitate your life journey from endings to new beginnings. Demetra George, M.A. Classics, received the 2002 Regulus Award for Theory and Understanding. A practitioner of astrology for more than 35 years specializing in archetypal mythology and ancient astrology, she is the author of numerous books and articles, including Astrology For Yourself, Asteroid Goddesses, Mysteries of the Dark Moon, and Astrology and the Authentic Self. She lives in Oregon, lectures internationally, and leads pilgrimages to the sacred sites in the Mediterranean and India with Ancient Oracle Tours. Director of Thema: Foundations in Astrology, she mentors private students in Hellenistic astrology, modern chart delineation, and asteroids.

PHP 8 Programming Tips, Tricks and Best Practices Doug Bierer 2021-08-27 Discover effective techniques, workarounds, and expert guidance for avoiding situations where your application might break following PHP 8 migration Key FeaturesGet the hang of all the new features introduced in PHP 8Learn how to detect potential code breaks and keep your application code running smoothly in PHP 8Explore an exciting new trend - asynchronous PHP programming using Swoole and FibersBook Description Thanks to its ease of use, PHP is a highly popular programming language used on over 78% of all web servers connected to the Internet. PHP 8 Programming Tips, Tricks, and Best Practices will help you to get up-to-speed with PHP 8 quickly. The book is intended for any PHP developer who wants to become familiar with the cool new features available in PHP 8, and covers areas where developers might experience backward compatibility issues with their existing code after a PHP 8 update. The book thoroughly explores best practices, and highlights ways in which PHP 8 enforces these practices in a much more rigorous fashion than its earlier versions. You'll start by exploring new PHP 8 features in the area of object-oriented programming (OOP), followed by enhancements at the procedural level. You'll then learn about potential backward compatible breaks and discover best practices for improving performance. The last chapter of the book gives you insights into PHP async, a revolutionary new way of programming, by providing detailed coverage and examples of asynchronous programming using the Swoole extension and Fibers. By the end of this PHP book, you'll not only have mastered the new features, but you'll also know exactly what to watch out for when migrating older PHP applications to PHP 8. What you will learnGain a comprehensive understanding of the new PHP 8 object-oriented featuresDiscover new PHP 8 procedural programming enhancementsUnderstand improvements in error handling in PHP 8Identify potential backward compatibility issuesAvoid traps due to changes in PHP extensionsFind out which features have been deprecated and/or removed in PHP 8Become well-versed with programming best practices enforced by PHP 8Who this book is for This book is for PHP developers at all levels who have experience in PHP 5 or above. If you're just getting started with PHP, you'll find the code examples useful for learning the language. Developers who have worked for a few months on one or more PHP projects will be able to apply the tips and techniques to the code at hand, while those with many years of PHP experience are sure to appreciate the concise coverage of new PHP 8 features.

The Rise of Politically Motivated Cyber Attacks Tine Munk 2022-03-24 This book outlines the complexity in understanding different forms of cyber attacks, the actors involved, and their motivations. It explores the key challenges in investigating and prosecuting politically motivated cyber attacks, the lack of consistency within regulatory frameworks, and the grey zone that this creates, for cybercriminals to operate within. Connecting diverse literatures on cyberwarfare, cyberterrorism, and cyberprotests, and categorising the different actors involved – state-sponsored/supported groups, hacktivists, online protestors – this book compares the means and methods used in attacks, the various attackers, and the current strategies employed by cybersecurity agencies. It examines the current

legislative framework and proposes ways in which it could be reconstructed, moving beyond the traditional and fragmented definitions used to manage offline violence. This book is an important contribution to the study of cyber attacks within the areas of criminology, criminal justice, law, and policy. It is a compelling reading for all those engaged in cybercrime, cybersecurity, and digital forensics.

Brunei Darussalam: 2021 Article IV Consultation-Press Release; Staff Report; and Statement by the Executive Director for Brunei Darussalam International Monetary Fund. Asia and Pacific Dept 2021-09-20 Brunei's economic performance—which was strong before the COVID-19 pandemic—has been buffeted by the health crisis and a pandemic-induced oil and gas price shock. The authorities responded fast and decisively. The number of new infections was quickly suppressed, thanks to a swift public health response, effective health measures and non-pharmaceutical interventions. Strong fiscal and regulatory policy responses helped sustain production and household income and consumption. Past diversification efforts and reforms bore fruit when it was most needed. As a result, the economy performed strongly in 2020, with real GDP posting positive growth of 1.1 percent—a rare outcome amidst negative growth in the region. Economic activity is projected to strengthen in 2021-22, albeit at varying speeds across sectors, and to continue improving over the medium term on the back of further diversification. The outlook is, however, subject to unusual uncertainty, with significant risks skewed to the downside. Sustained strong policy actions are needed to ensure continued resilience, while nurturing green, digital and inclusive growth.

POST-REALISATION MUSINGS Shantanu Panigrahi 2021-09-25 The Samadhi is the state of being where one has retired from active life that engaged in spiritual actions, in my case gyan yoga to ascertain the nature of Reality and finding dharmayudha in sanatan dharma as being intrinsic to Vishista-advaita Vedanta. In this Samadhi State that I entered into on the morning of 25 September 2021, I do purely simple household dharma to keep my family running smoothly assisting where I can and socialise with all and sundry. Having taken leave of Sri Krishna my Sadhguru hitherto, I was seeking to find out more about the Samadhi State from my new guru Sadhguru Jaggi Vasudev of India a prominent Spiritual Master, but did not receive a reply, so had to find this out for myself.

We zijn misschien niet alleen Taede A. Smedes 2022-03-02 Sinds in 2017 naar buiten kwam dat Amerikaanse militairen ufo's waarnemen en dat de Amerikaanse overheid deze waarnemingen al jaren serieus onderzoekt, worden 'ongeïdentificeerde vliegende objecten' door de media niet langer als taboe gezien. In We zijn misschien niet alleen vertelt filosoof en theoloog Taede A. Smedes voor het eerst over zijn eigen ingrijpende ufo-waarneming, om vervolgens feit en fictie over ufo's op een rijtje te zetten. Hij legt in begrijpelijke taal uit hoe er sinds 1947 zowel in Amerika als in Nederland met ufo-waarnemingen is omgegaan, welke theorieën er rondom ufo's zijn, en waarom de recente Amerikaanse ufo-onthullingen een doorbraak zijn.

Data Science at the Command Line Jeroen Janssens 2021-08-17 This thoroughly revised guide demonstrates how the flexibility of the command line can help you become a more efficient and productive data scientist. You'll learn how to combine small yet powerful command-line tools to quickly obtain, scrub, explore, and model your data. To get you started, author Jeroen Janssens provides a Docker image packed with over 80 tools--useful whether you work with Windows, macOS, or Linux. You'll quickly discover why the command line is an agile, scalable, and extensible technology. Even if you're comfortable processing data with Python or R, you'll learn how to greatly improve your data science workflow by leveraging the command line's power. This book is ideal for data scientists, analysts, and engineers; software and machine learning engineers; and system administrators. Obtain data from websites, APIs, databases, and spreadsheets Perform scrub operations on text, CSV, HTM, XML, and JSON files Explore data, compute descriptive statistics, and create visualizations Manage your data science workflow Create reusable command-line tools from one-liners and existing Python or R code Parallelize and distribute data-intensive

pipelines Model data with dimensionality reduction, clustering, regression, and classification algorithms

Cloud Native Infrastructure with Azure Nishant Singh 2022-02-09 The cloud is becoming the de facto home for companies ranging from enterprises to startups. Moving to the cloud means moving your applications from monolith to microservices. But once you do, running and maintaining these services brings its own level of complexity. The answer? Modularity, deployability, observability, and self-healing capacity through cloud native development. With this practical book, Nishant Singh and Michael Kehoe show you how to build a true cloud native infrastructure using Microsoft Azure or another cloud computing solution by following guidelines from the Cloud Native Computing Foundation (CNCF). DevOps and site reliability engineers will learn how adapting applications to cloud native early in the design phase helps you fully utilize the elasticity and distributed nature of the cloud. This book helps you explore: Why go cloud native? How to use infrastructure as code What it takes to containerize an application Why and how Kubernetes is the "grand orchestrator" How to create a Kubernetes cluster on Azure How observability complements monitoring How to use service discovery and a service mesh to find new territories How networking and policy management serve as gatekeepers How distributed databases and storage work

Rural Health Umar Bacha 2022-02-16 Rural health is the study of healthcare systems in rural settings. This book presents a comprehensive overview of rural health care and addresses such topics as human resources, maternal mortality in developing countries, safety of healthcare workers, zoonotic and veterinary diseases, and much more. Chapters include case studies and research in the field of rural health.

Vital Statistics of the United States 2022 Shana Hertz Hattis 2022-07-30 Vital Statistics of the United States: Births, Life Expectancy, Deaths, and Selected Health Data brings together a comprehensive collection of birth, mortality, health, and marriage and divorce data into a single volume. It provides a wealth of information compiled by the National Center for Health Statistics and other government agencies. Vital Statistics contains over 225 tables and is divided into four parts: Births, Mortality, Health, and Marriage and Divorce. Charts and graphs, available at applicable points in each chapter, illustrate some of the most vital trends in the data. In addition, updated definitions reflect the latest federal parameters for information about births, mortality, health, and marriages. New COVID-19 data is woven into each section where appropriate. Some of the new tables include data on pregnant women with COVID-19, historical daily case trends, and demographic characteristics of people receiving the vaccine.

Python Architecture Patterns Jaime Buelta 2022-01-12 Make the best of your test suites by using cutting-edge software architecture patterns in Python Key Features Learn how to create scalable and maintainable applications Build a web system for micro messaging using concepts in the book Use profiling to find bottlenecks and improve the speed of the system Book Description Developing large-scale systems that continuously grow in scale and complexity requires a thorough understanding of how software projects should be implemented. Software developers, architects, and technical management teams rely on high-level software design patterns such as microservices architecture, event-driven architecture, and the strategic patterns prescribed by domain-driven design (DDD) to make their work easier. This book covers these proven architecture design patterns with a forward-looking approach to help Python developers manage application complexity—and get the most value out of their test suites. Starting with the initial stages of design, you will learn about the main blocks and mental flow to use at the start of a project. The book covers various architectural patterns like microservices, web services, and event-driven structures and how to choose the one best suited to your project. Establishing a foundation of required concepts, you will progress into development, debugging, and testing to produce high-quality code that is ready for deployment. You will learn about ongoing operations on how to continue the task after the system is deployed to end users, as the software development lifecycle is never finished. By the end of this Python book, you will have developed "architectural thinking": a different way of

approaching software design, including making changes to ongoing systems. What you will learn Think like an architect, analyzing software architecture patterns Explore API design, data storage, and data representation methods Investigate the nuances of common architectural structures Utilize and interoperate elements of patterns such as microservices Implement test-driven development to perform quality code testing Recognize chunks of code that can be restructured as packages Maintain backward compatibility and deploy iterative changes Who this book is for This book will help software developers and architects understand the structure of large complex systems and adopt architectural patterns that are scalable. Examples in the book are implemented in Python so a fair grasp of basic Python concepts is expected. Proficiency in any programming languages such as Java or JavaScript is sufficient.