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East meets West in this fresh, modern take on a timeless challenge: how to find contentment and meaning in life. In Radically Happy, a meditating Silicon Valley entrepreneur teams up with a young, insightful, and traditionally educated Tibetan Rinpoche. Together they present a path to

radical happiness—a sense of well-being that you can access anytime but especially when life is challenging. Using mindfulness techniques and accessible meditations, personal stories and scientific studies, you'll get to know your own mind and experience how a slight shift in your perspective can create a radical shift in your life.

The first User's Guide to the National Electrical Code(R) explains basic principles of the NEC(R)! NFPA's 2002 Edition details and explains the basic NEC principles you must know to work effectively with the world's most widely used building code! Written by H. Brooke Stauffer, Director of Codes & Standards at the National Electrical Contractor's Association, User's Guide to the National Electric Code is the ideal starting point for electrical apprentices, and a useful reference for experienced pros. Launch your career in the electrical field-or get the NEC background you've been missing! Learn how to find your way around the 2002 NEC through text explaining: What's covered in each chapter of the NEC. Use it alongside your 2002 Code!How the National Electrical Code works with other NFPA electrical standards and building codes The NEC consensus development process and the significance of TIAs and Formal Interpretations The User's Guide offers expert analyses of technical requirements-the kind of information it can take years to acquire: The difference between GFPE and GFCI equipment Why terminals for ungrounded hot conductors must be color-distinguishable from the silver or white usedfor grounded conductors Reasons to use a multiwire branch circuit. The NEC tells you how to install it-only the User's Guide tells you why. Find examples of TVSS (transient voltage surge suppressors) and hundreds of other explanations. Presents information on computing and programming with Raspberry Pi.

Original. John Ratey, bestselling author and clinical professor of psychiatry at Harvard Medical School, lucidly explains the human brain's workings, and paves the way for a better understanding of how the brain affects who we are. Ratey provides insight into the basic structure and chemistry of the brain, and demonstrates how its systems shape our perceptions, emotions, and behavior. By giving us a greater understanding of how the brain responds to the guidance of its user, he provides us with knowledge that can enable us to improve our lives. In A User's Guide to the Brain, Ratey clearly and succinctly surveys what scientists now know about the brain and how we use it. He looks at the brain as a malleable organ capable of improvement and change, like any muscle, and examines the way specific motor functions might be applied to

overcome neural disorders ranging from everyday shyness to autism. Drawing on examples from his practice and from everyday life, Ratey illustrates that the most important lesson we can learn about our brains is how to use them to their maximum potential. Your mind is not built to make you happy; it's built to help you survive. So far, it's done a great job! But in the process, it may have developed some bad habits, like avoiding new experiences or scrounging around for problems where none exist. Is it any wonder that worry, bad moods, and self-critical thoughts so often get in the way of enjoying life? Based in acceptance and commitment therapy (ACT), *The User's Guide to the Human Mind* is a road map to the puzzling inner workings of the human mind, replete with exercises for overriding the mind's natural impulses toward worry, self-criticism, and fear, and helpful tips for acting in the service of your values and emotional well-being—even when your mind has other plans.

- Find out how your mind tries to limit your behavior and your potential
- Discover how pessimism functions as your mind's error management system
- Learn why you shouldn't believe everything you think
- Overrule your thoughts and feelings and take charge of your mind and your life

Covering a wide range of popular alternative medicine and health issues, *User's Guides* are written by leading experts and science writers and are designed to answer the consumer's basic questions about disease, conventional and alternative therapies, and individual dietary supplements. Take control of your personal finances with this concise, timely and indispensable guide, from acclaimed money expert Laura Whateley. This book will help you explore some features of your iPad Pro that you probably didn't know existed and also get you started on your device in no time. You can also buy it as a gift for that son or daughter of yours who already like fiddling with devices, this book will get him or her up to speed in no time.

A Comprehensive User Guide and Manual for New Users of the iPad Pros

Even though iPad Pros are great right out of the box, you are likely to get more from them if you know how to use them by reading a book like this one. So, if you are someone who has recently acquired the new iPad Pro and now needs guidance on how best to take advantage of its many features that are not immediately obvious to ordinary end users? Or you may even be someone who is not new to the Apple ecosystem, but only just made an upgrade from previous versions of the iPad and it is beginning to seem as if Apple has completely changed the interface and removed or relocated some of your previous favorite features,

then this book was written with you in mind. We all know that the iPad Pro from Apple remains one of the world's most renowned flagships, when set up properly, it can become more than being just a phone. You can use it as a productivity tool in your business, you can make it an indispensable social media aide, e-book reader and a travel companion. All these can become possible once you learn how to better utilize the iPad Pro. This book has been written as a step-by-step guide for you to go through what you need to navigate around the iPad Pro. It covers many of the important features that users need to know and allows users to jump to any section of the book that they feel they want to focus on. That means the guide is written in a way that even if you do not want to follow the order in which it was written, you are still able to make the most of it. Some of the included contents:

- Simple and easy to understand step by step instructions on how to first setup your device
- Latest tips and tricks to help you enjoy your device to the fullest.
- Using the Face ID
- Hidden features
- Organizing apps with the App Library
- Buying, removing, rearranging, and updating apps
- Taking, editing, organizing, and sharing photos
- Introducing some important Apple Services
- Using Siri
- And lots more

The Ultimate SAP ® User Guide is the essential handbook for all aspiring SAP professionals. SAP master and experienced author Rehan Zaidi has put out an easy-to-follow, illustrated guide that will help you take your SAP skills to the next level. At a time when SAP jobs are competitive, it's important to exceed expectations. This book will help you to do just that - with up-to-date content on the latest ERP 6.0 screens across modules. Whether you need help getting started on SAP, personalizing your SAP system, or creating your own reports, this book will guide you. Polished by a review panel of SAP experts, The Ultimate SAP User Guide is an affordable alternative to costly training. You can use the book as step-by-step training, or simply use it as a reference when your job calls for a new task or SAP skills. With The Ultimate SAP User Guide, you are on the way to SAP mastery.

- * Provides a "real world" view and best practices around using SharePoint 2003 technologies to meet business needs.
- * Seth Bates was the technical reviewer for both of Scot Hillier's books.
- * Lists the most common deployment scenarios of SharePoint technologies and the ways to best leverage SharePoint features for these scenarios.

Circuit simulation is essential in integrated circuit design, and the accuracy of circuit simulation depends on the accuracy of the transistor model. BSIM3v3 (BSIM for Berkeley Short-channel IGFET

Model) has been selected as the first MOSFET model for standardization by the Compact Model Council, a consortium of leading companies in semiconductor and design tools. In the next few years, many fabless and integrated semiconductor companies are expected to switch from dozens of other MOSFET models to BSIM3. This will require many device engineers and most circuit designers to learn the basics of BSIM3. MOSFET Modeling & BSIM3 User's Guide explains the detailed physical effects that are important in modeling MOSFETs, and presents the derivations of compact model expressions so that users can understand the physical meaning of the model equations and parameters. It is the first book devoted to BSIM3. It treats the BSIM3 model in detail as used in digital, analog and RF circuit design. It covers the complete set of models, i.e., I-V model, capacitance model, noise model, parasitics model, substrate current model, temperature effect model and non quasi-static model. MOSFET Modeling & BSIM3 User's Guide not only addresses the device modeling issues but also provides a user's guide to the device or circuit design engineers who use the BSIM3 model in digital/analog circuit design, RF modeling, statistical modeling, and technology prediction. This book is written for circuit designers and device engineers, as well as device scientists worldwide. It is also suitable as a reference for graduate courses and courses in circuit design or device modelling. Furthermore, it can be used as a textbook for industry courses devoted to BSIM3. MOSFET Modeling & BSIM3 User's Guide is comprehensive and practical. It is balanced between the background information and advanced discussion of BSIM3. It is helpful to experts and students alike. Engineering careers. Engineering disciplines. Engineering problem solving. Engineering problem-solving tools. Technical communications. The MicroStrategy Office User Guide covers the instructions for using MicroStrategy Office to work with MicroStrategy reports and documents in Microsoft? Excel, PowerPoint, Word, and Outlook, to analyze, format, and distribute business data. Learn the Raspberry Pi 3 from the experts! Raspberry Pi User Guide, 4th Edition is the "unofficial official" guide to everything Raspberry Pi 3. Written by the Pi's creator and a leading Pi guru, this book goes straight to the source to bring you the ultimate Raspberry Pi 3 manual. This new fourth edition has been updated to cover the Raspberry Pi 3 board and software, with detailed discussion on its wide array of configurations, languages, and applications. You'll learn how to take full advantage of the mighty Pi's full capabilities,

and then expand those capabilities even more with add-on technologies. You'll write productivity and multimedia programs, and learn flexible programming languages that allow you to shape your Raspberry Pi into whatever you want it to be. If you're ready to jump right in, this book gets you started with clear, step-by-step instruction from software installation to system customization. The Raspberry Pi's tremendous popularity has spawned an entire industry of add-ons, parts, hacks, ideas, and inventions. The movement is growing, and pushing the boundaries of possibility along with it—are you ready to be a part of it? This book is your ideal companion for claiming your piece of the Pi. Get all set up with software, and connect to other devices

Understand Linux System Admin nomenclature and conventions
Write your own programs using Python and Scratch
Extend the Pi's capabilities with add-ons like Wi-Fi dongles, a touch screen, and more

The credit-card sized Raspberry Pi has become a global phenomenon. Created by the Raspberry Pi Foundation to get kids interested in programming, this tiny computer kick-started a movement of tinkerers, thinkers, experimenters, and inventors. Where will your Raspberry Pi 3 take you? The Raspberry Pi User Guide, 3rd Edition is your ultimate roadmap to discovery. Michael Swanson's online discussions with literally thousands of NexStar owners made it clear that there was a desperate need for a book such as this – one that provides a complete, detailed guide to buying, using and maintaining NexStar telescopes. Although this book is highly comprehensive, it is suitable for beginners – there is a chapter on "Astronomy Basics" – and experts alike. Celestron's NexStar telescopes were introduced in 1999, beginning with their first computer controlled "go to" model, a 5-inch. More models appeared in quick succession, and Celestron's new range made it one of the two dominant manufacturers of affordable "go to" telescopes. Michael Swanson's online discussions with literally thousands of NexStar owners made it clear that there was a desperate need for a book such as this – one that provides a complete, detailed guide to buying, using and maintaining NexStar telescopes. Although this book is highly comprehensive, it is suitable for beginners – there is a chapter on "Astronomy Basics" – and experts alike. Celestron's NexStar telescopes were introduced in 1999, beginning with their first computer controlled "go to" model, a 5-inch. More models appeared in quick succession, and Celestron's new range made it one of the two dominant manufacturers of affordable "go to" telescopes. Updated and expanded

from one of the most popular grammar sites on the web, this book provides a modern guide to English usage for the 21st century. With topics arranged alphabetically and written in an enjoyable and readable tone, *The English Language: A User's Guide* will help students and writers understand the nature of the language, explaining the 'why' of the rules as well as what constitutes good grammar and style. Going beyond the prescriptive wrong/right examples, Jack Lynch includes examples of weak/strong, good/better, disputed/preferred, and informal/formal usage. "Technical communication is the process of making and sharing ideas and information in the workplace as well as the set of applications such as letters, emails, instructions, reports, proposals, websites, and blogs that comprise the documents you write...Specifically, technical writing involves communicating complex information to a specific audience who will use it to accomplish some goal or task in a manner that is accurate, useful, and clear. Whether you write an email to your professor or supervisor, develop a presentation or report, design a sales flyer, or create a web page, you are a technical communicator." (Chapter 1)

This book grew from a one-semester course offered for many years to a mixed audience of graduate and undergraduate students who have not had the luxury of taking a course in measure theory. The core of the book covers the basic topics of independence, conditioning, martingales, convergence in distribution, and Fourier transforms. In addition there are numerous sections treating topics traditionally thought of as more advanced, such as coupling and the KMT strong approximation, option pricing via the equivalent martingale measure, and the isoperimetric inequality for Gaussian processes. The book is not just a presentation of mathematical theory, but is also a discussion of why that theory takes its current form. It will be a secure starting point for anyone who needs to invoke rigorous probabilistic arguments and understand what they mean.

The *Emulation User's Guide* has everything you need to know about getting started with computer, console and arcade emulation on the Apple Macintosh computer and PC. This guide includes the history of emulation on the Internet and covers some of the legalities involving emulation of these systems. Covering a wide range of popular alternative medicine and health issues, 'User' are written by leading experts and science writers and are designed to answer the consumer's basic questions about disease, conventional and alternative therapies, and individual dietary supplements. Guides to the FIDIC contract traditionally have been geared towards

highlighting the legal aspects of claims arising from the contract. This text focuses on the practical administration of the contract recognizing the growing tendency for projects to be administered by local employers, consultants and contractors, rather than by international organizations. BOMM is a system of programs which causes an electronic computer to perform arithmetic operations on time series. In devising the system the main objectives were: (1) to enable a wide variety of data formats to be accepted without recoding; (2) to allow gross errors to be removed automatically from the data; (3) to provide a considerable variety of arithmetic operations and leave the user free to choose the order in which they are applied; and (4) to allow further processes to be incorporated into the system. The present User's Guide provides the information needed by the user in operating the system. More complete details, including flow diagrams of the programs, are given in a longer work entitled, Manual of the BOMM System of Programs for the Reduction of Time Series. The Direct Path offers readers the "missing manual" to understanding non-duality. Inside, author Greg Goode provides forty user-friendly experiments and investigations designed to help readers come to their own conclusions about the nature of the body, mind, and perception. Readers will be taken, step by step, from the simple discernment of a physical object through the collapse of the witness into pure consciousness, leaving no doubt they are one with all things, and leading to a sense of lightness, freedom, and joy. Make the most out of the world's first truly compact computer It's the size of a credit card, it can be charged like a smartphone, it runs on open-source Linux, and it holds the promise of bringing programming and playing to millions at low cost. And now you can learn how to use this amazing computer from its co-creator, Eben Upton, in Raspberry Pi User Guide. Cowritten with Gareth Halfacree, this guide gets you up and running on Raspberry Pi, whether you're an educator, hacker, hobbyist, or kid. Learn how to connect your Pi to other hardware, install software, write basic programs, and set it up to run robots, multimedia centers, and more. Gets you up and running on Raspberry Pi, a high-tech computer the size of a credit card Helps educators teach students how to program Covers connecting Raspberry Pi to other hardware, such as monitors and keyboards, how to install software, and how to configure Raspberry Pi Shows you how to set up Raspberry Pi as a simple productivity computer, write basic programs in Python, connect to servos and sensors, and drive a

robot or multimedia center Adults, kids, and devoted hardware hackers, now that you've got a Raspberry Pi, get the very most out of it with Raspberry Pi User Guide. In this Users Guide, fitness professional and nutrition author RoseMarie Gionta Alfieri describes the most important supplements for improving mood, reducing irritability, and preventing depression. Among these supplements are the B-complex vitamins, GABA, and St. Johns wort. These and other nutrients have been shown scientifically to help people deal effectively with stress.

Spectral sequences are among the most elegant and powerful methods of computation in mathematics. This book describes some of the most important examples of spectral sequences and some of their most spectacular applications. The first part treats the algebraic foundations for this sort of homological algebra, starting from informal calculations. The heart of the text is an exposition of the classical examples from homotopy theory, with chapters on the Leray-Serre spectral sequence, the Eilenberg-Moore spectral sequence, the Adams spectral sequence, and, in this new edition, the Bockstein spectral sequence. The last part of the book treats applications throughout mathematics, including the theory of knots and links, algebraic geometry, differential geometry and algebra. This is an excellent reference for students and researchers in geometry, topology, and algebra.

This well-baked and hilarious guide to the brave new world of marijuana is “required reading for longtime potheads and new users alike (Dan Savage)”. “This fun and insightful book is the perfect owner’s manual.” —Rick Steves

The United States is in the midst of a weed renaissance. Recreational marijuana is greenlit in a growing number of states, with medical marijuana legal in many more. The Stranger writer and performer David Schmader is your witty and well-baked tour guide to this brave new world of legal marijuana. Here, you’ll learn:

- Which presidents were potheads
- Hemp vs. cannabis
- Dealing with dealers
- What is the difference between a blunt and a spliff
- How to make an apple into a pipe
- How to clean a bong
- How to make the world's best pot brownies
- What to do if you are high and you don't like it
- How to maximize your high with food (chilled grapes and a cheese platter, or \$10 worth of whatever you want from 7-Eleven), entertainment (from abstract expressionism to buddy comedies) and nature (dog parks are a stoner's paradise).

Packed with history, ways to enjoy, recipes, safety and legality tips, and medical-use information, this little manual is the perfect addition to your stash!

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