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William Shurtleff; Akiko Aoyagi M. Patterson Cal Newport Cal Newport Maud Howe  
Elliott Newport Progress Committee, Newport, R.I. Newport-on-Tay Newport Newport  
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new content updates include healthy people 2020 health literacy teledentistry the affordable care act oral health workforce models access to care interprofessional practice and more new full color design highlights key concepts within each chapter new art program delivers more photos to help drive home key concepts

alongside the founding fathers who are household names numerous lesser known founders were also instrumental in the establishment of the united states of america this book presents the comprehensive biography of one such neglected man pennsylvania s thomas mifflin with the sole exception of george washington thomas mifflin was the only founder to rise to both the highest military rank in the american army major general as well as the highest position in the new nation s civilian government president of the continental congress george washington s first military aide and the first quartermaster general of the continental army mifflin signed both the u s constitution and the peace treaty with great britain which ended the revolutionary war he was elected the first governor of pennsylvania and re elected twice by landslide margins drawing on all available primary sources and a wealth of secondary sources this exhaustively researched biography presents the life accomplishments and legacy of an influential founding father too often overlooked in recent times

for far too long bipoc and neurodivergent folks have been inundated by a stream of content which negatively impacts us the creators of screen based content have

mastered a formula of compulsory behaviors attributable to maintaining and shaping the minds of marginalized populations making billions upon billions by creating content which is difficult to step away from and limit for many furthermore the beliefs and ideals affecting our sense of self the way we identify how we could and should function in the world can be difficult to unpack digital jim crow offers an evidence based trauma informed examination of our screen saturated world it blends neuroscience public health and social justice to investigate how bipoc and neurodivergent communities are uniquely harmed by visual media that perpetuates escapism systemic bias and dopamine driven overstimulation it also provides accessible tools for self regulation harm reduction and digital wellness grounded in therapeutic modalities such as dbt emdr and mindfulness this book will appeal to adult readers seeking to break unhealthy screen habits parents hoping to support their children and anyone looking to heal from the psychological and spiritual consequences of our digital environment it stands apart from other media criticism texts by offering both a social justice lens and practical healing strategies readers of dopamine nation the chaos machine and digital madness will find new insights here especially those who haven't seen themselves reflected in the authorship of similar titles

the essential work in hiv for providers and pharmacists updated with everything they need to know in 2019 assembled by the leading educational organization in hiv medicine aahivm's fundamentals of hiv medicine 2019 is an end to end clinical resource for the treatment of individuals with hiv aids it offers state of the art practical advice for physicians pharmacists nurse practitioners and other professionals working in the care of hiv patients along with updates to the classic domains of hiv medicine

this new edition features expanded coverage of emerging topics including behavioral and therapeutic interventions to hiv prevention updates on the pursuit of a cure new dhhs and ias guidelines and their clinical implications and the myriad issues around aging with hiv embodying the american academy of hiv medicine s commitment to excellence in the care of seropositive patients fundamentals of hiv medicine 2019 is must have for health professionals across hiv care treatment and prevention

the world s most comprehensive well documented and well illustrated book on this subject with extensive subject and geographic index 158 photographs and illustrations mostly color free of charge in digital pdf format

the history of united nations peacekeeping is largely one of failure this book puts a case for augmenting ad hoc peacekeepers with competent contract labour and within the constraints of a new legal regime supporting future operations with well trained contractors who might subdue by force those who inflict gross human rights abuses on others

one of the most valuable skills in our economy is becoming increasingly rare if you master this skill you ll achieve extraordinary results deep work is an indispensable guide to anyone seeking focused success in a distracted world cal newport is exceptional in the realm of self help authors new york times deep work is the ability to focus without distraction on a cognitively demanding task coined by author and professor cal newport on his popular blog study hacks deep work will make you better at what you do let you achieve more in less time and provide the sense of true fulfilment that comes from the mastery of a skill in short deep work is like a

superpower in our increasingly competitive economy and yet most people whether knowledge workers in noisy open plan offices or creatives struggling to sharpen their vision have lost the ability to go deep spending their days instead in a frantic blur of email and social media not even realising there s a better way a mix of cultural criticism and actionable advice deep work takes the reader on a journey through memorable stories from carl jung building a stone tower in the woods to focus his mind to a social media pioneer buying a round trip business class ticket to tokyo to write a book free from distraction in the air and surprising suggestions such as the claim that most serious professionals should quit social media and that you should practice being bored put simply developing and cultivating a deep work practice is one of the best decisions you can make in an increasingly distracted world this book will point the way

this basic source for identification of u s manufacturers is arranged by product in a large multi volume set includes products services company profiles and catalog file

the sunday times bestseller and best book of 2024 for the economist independent and npr brilliant and timely oliver burkeman author of four thousand weeks from the new york times bestselling author of digital minimalism and one of the world s top productivity experts a groundbreaking philosophy for creating great work at a sustainable pace hustle culture burnout quiet quitting today we re either sacrificing ourselves on the altar of success or we re rejecting the idea of ambition entirely but it doesn t have to be all or nothing there is a way to create meaningful work as part of a balanced life and it s called slow productivity coined by cal newport the bestselling author of deep work and digital minimalism slow productivity is a revolutionary philosophy based on three simple principles 1 do fewer things 2 work at a natural pace

3 obsess over quality examining the stories and habits of ancient and modern scientists philosophers artists and scholars who worked in this way newport reveals just how transformative the slow productivity approach can be to producing a meaningful body of work from managing your energy according to the season to identifying which projects to pursue and which to set aside to building a schedule that yields maximum output with minimum stress this timely and essential book will revolutionise how you work helping you to accomplish great things at a more humane pace intriguing and intelligent the times the us amazon editors 1 pick in business and leadership

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