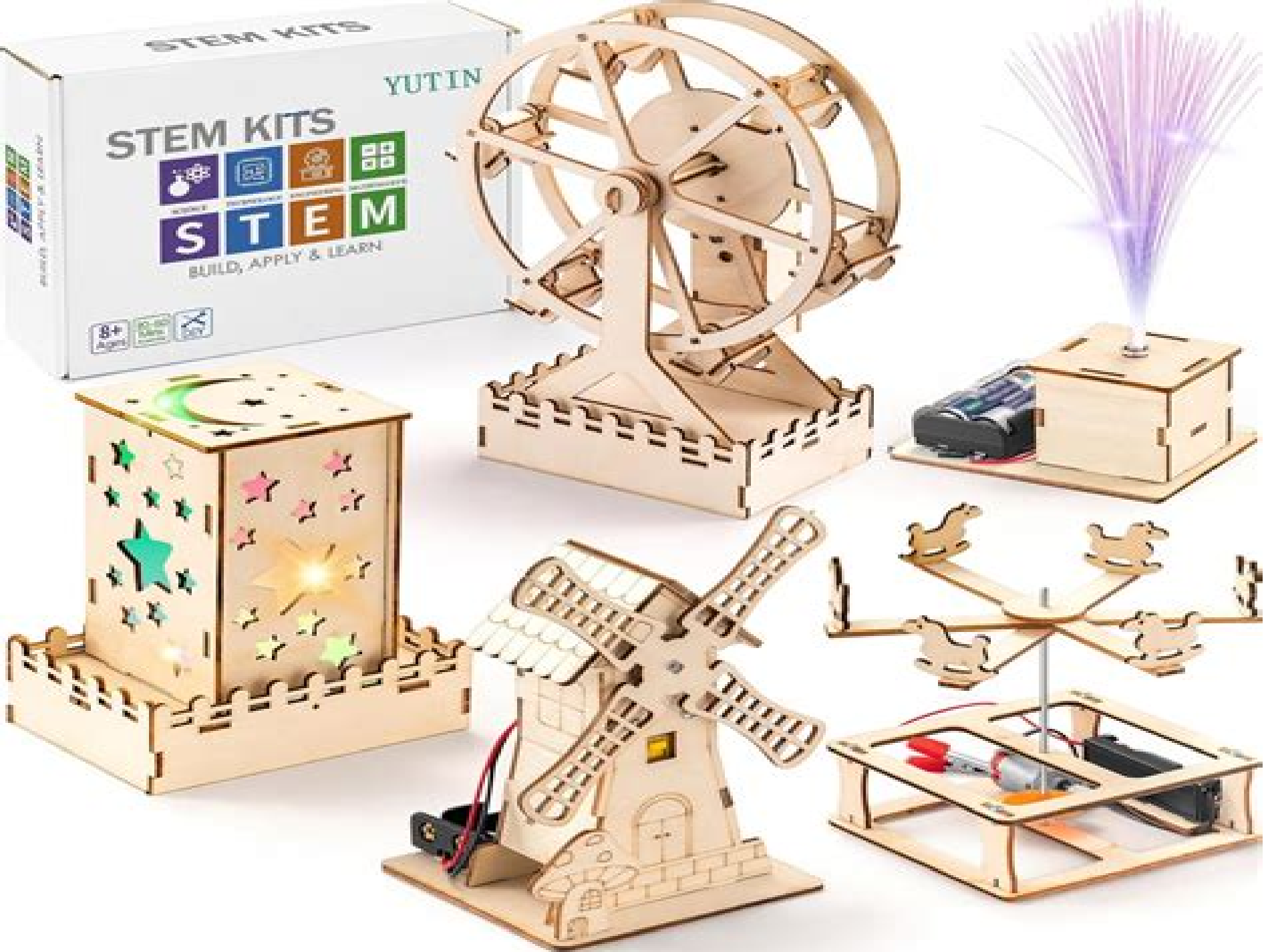




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Laura Mucha



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The Disconnect Roisin Kiberd, 2021-03-04 We all live online now but what does that mean in IRL How do strange subcultures on reddit affect our local shopping centres what do night gyms owe to Twitter and where can we really go to get some decent sleep Our every move online is watched but can we see ourselves In these wide ranging witty essays Roisin Kiberd offers immersive insight into the strange worlds habits and people who have grown up with the internet and shows the way our world is changing to fit the online fever dream Unsettling clear sighted and perversely fun she traces the lines between Netflix and nap hotels vaporwave music and camgirls self optimisation and insomnia dating apps and a grand unified theory of Monster Energy Drinks As well as holding up the zeitgeist for scrutiny she turns an equally frank eye on her own life online and asks what we have gained what we have lost and what we have given willingly away in exchange for this connected world

The New Science of Sleeping Faster Azhar ul Haque Sario, 2025-07-07 Stop fighting your sleepless nights and start outsmarting them Let's be honest the old advice to just relax isn't cutting it You're lying in bed your mind racing watching the clock and the harder you try to sleep the more awake you feel This isn't just a bad night it's the new normal for millions *The New Science of Sleeping Faster* is your definitive guide to breaking this cycle This book moves beyond recycled sleep hygiene tips to give you a direct look at the engine of your sleep and the modern forces working against it We'll start by deconstructing the 1 reason you're awake sleep anxiety You'll learn how our always on culture digital habits and even the pressure to get perfect sleep are rewiring your brain for wakefulness Then we dive into the biology You'll discover the brain's hidden waste clearance crew the glymphatic system which only works when you're in deep sleep and why a delay in falling asleep is a critical health issue We'll unravel the secrets of the

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the scenes look at creating the very first issue and asked Fab Labs guru Neil Gershenfeld and visionary tech publisher Tim O Reilly to look back at 20 years of the Maker Movement Plus check out all 90 Make magazine covers But that s not all Our annual Digital Fabrication deep dive explores the coolest high tech tools for your workshop New laser cutters CO2 diode and fiber have more power and lower prices than ever See our breakdown of what cuts what to pick the right type for your cutting needs Then check out innovative new 3D printers and CNC machines or build your own handheld CNC router that automatically helps you cut the right path Plus 23 projects including Use a heat gun flour sifter and pizza pan to build the ultimate DIY coffee roaster 3D print lace fabrics for making garments or decor no 3D modeling skills required Build a rugged water turbine for 50 and generate 200 watts of any time power Use our new Oxocard Connect microcontroller to build a timed Smartphone Safe and take a break from your screen Hack a clever toy and a robot arm to make a bubble blowing companion robot And much more

The Science of Motivation Syed Raza H. Zaidi,2025-07-01 Discover the Science Backed System to Stay Motivated Take Consistent Action Achieve Your Biggest Goals Motivation isn t something you wait for it s something you build In The Science of Motivation author and personal growth researcher Syed Raza H Zaidi unpacks the psychology brain chemistry and behavior patterns behind real long term motivation Based on extensive research neuroscience and insights from hundreds of productivity and self help books this practical guide will transform the way you approach your goals You ll learn how to Tap into the power of dopamine reward loops and habits to stay consistent Set clear purpose driven SMART goals that actually motivate you Build systems to maintain momentum even when you don t feel inspired Manage stress reboot your mindset and avoid burnout Use reflection and resilience to bounce back from failure and stay on track Whether you re trying to start a fitness routine grow your business write a book or simply stop procrastinating this book will help you understand how motivation works and how to master it This is not a quick fix motivational quote book it s a complete system to help you break old habits rewire your thinking and make meaningful progress in every area of your life Perfect for readers of Atomic Habits by James Clear Grit by Angela Duckworth Deep Work by Cal Newport and The 5 AM Club by Robin Sharma You don t need more willpower you need a system that supports action Start here

Popular Science ,2004-11 Popular Science gives our readers the information and tools to improve their technology and their world The core belief that Popular Science and our readers share The future is going to be better and science and technology are the driving forces that will help make it better

The Saturday Review of Politics, Literature, Science and Art ,1890

The Saturday Review of Politics, Literature, Science, Art, and Finance ,1890 **Cyber Security Auditing, Assurance, and Awareness Through CSAM and CATRAM** Sabillon, Regner,2020-08-07 With the continued progression of technologies such as mobile computing and the internet of things IoT cybersecurity has swiftly risen to a prominent field of global interest This has led to cyberattacks and cybercrime becoming much more sophisticated to a point where cybersecurity can no longer be the exclusive responsibility of an organization s information technology IT unit Cyber warfare

is becoming a national issue and causing various governments to reevaluate the current defense strategies they have in place Cyber Security Auditing Assurance and Awareness Through CSAM and CATRAM provides emerging research exploring the practical aspects of reassessing current cybersecurity measures within organizations and international governments and improving upon them using audit and awareness training models specifically the Cybersecurity Audit Model CSAM and the Cybersecurity Awareness Training Model CATRAM The book presents multi case studies on the development and validation of these models and frameworks and analyzes their implementation and ability to sustain and audit national cybersecurity strategies Featuring coverage on a broad range of topics such as forensic analysis digital evidence and incident management this book is ideally designed for researchers developers policymakers government officials strategists security professionals educators security analysts auditors and students seeking current research on developing training models within

cybersecurity management and awareness **Best Life** ,2006-06 Best Life magazine empowers men to continually improve their physical emotional and financial well being to better enjoy the most rewarding years of their life **Life Time** Russell Foster,2022-05-19 THE SUNDAY TIMES BESTSELLER A GUIDE TO USING THE SCIENCE OF THE BODY CLOCK TO CREATE THE OPTIMUM PERSONAL ROUTINE SLEEP BETTER WORK BETTER FEEL BETTER A superlative guide to some of the most intriguing questions of human existence Bill Bryson author of The Body A Guide for Occupants Who knew our body clocks determined so much of our health happiness and lifespan I learned so much James Nestor author of Breath In the twenty first century we increasingly push our daily routines into the night carrying out work exercise and our social lives long after dark But we have forgotten that our bodies are governed by a 24 hour biological clock which guides us towards the best time to sleep eat and think In Life Time Professor Russell Foster shares his life s work taking us on a fascinating and surprising journey through the science of our body clocks Using his own studies as well as insights from an international community of sleep scientists and biologists studying circadian rhythms he illustrates the surprising effects the time of day can have on our health including how a walk outside at dawn can ensure a better night s sleep how eating after sundown can affect our weight the extraordinary effects the time we take our medication can have on our risk of life threatening conditions such as strokes In the modern world we have neglected an essential part of our biology But with knowledge of this astonishing science we can get back into the rhythm and live healthier sharper lives Sunday Times bestseller January 2023

Neuroplasticity: Rewiring Your Brain for Health and Happiness (A Cognitive Behavioral Approach to Anxiety and Procrastination) Alan Hurley,101-01-01 This book is an absolute must read for educators Educator fatigue and burnout are at an all time high Students are carrying their mental and emotional exhaustion into the classroom Neuroplasticity explores the plasticity of the brain and nervous system while learning how adversity and trauma impact a student s developing nervous system to affect behaviors which ultimately changes the way educators approach discipline and engagement Topics of discussion The amazing capacity of the human brain No longer a concept but a fact of life Early brain

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Beyond The Little Blue Box John T Draper,C Wilson Fraser,2018 Welcome to the world of John T Draper better known as Captain Crunch an eccentric genius who went from being a penniless hacker to a millionaire and back again Along the way he developed some of the most significant tools of the computer revolution but for every success there have been setbacks and hurdles of literary proportion Featuring a foreword by Apple co founder Steve Wozniak and cameos by the who s who of early computing this Kerouacian journey gives us an inside look at the birth of modern computing through the eyes of one of its most influential pioneers

The London Journal, and Weekly Record of Literature, Science, and Art ,1853

Fire Your Doctor Dr. Lara J. McAllister,2025-07-28 Discover the Path to True Wellness Beyond the Medicine Cabinet Imagine taking full control of your health with simple effective strategies that don t rely on endless prescriptions This book is your guide to breaking free from the limitations of conventional treatments and embracing a natural holistic approach to well being Through easy to understand techniques you ll uncover how everyday habits can transform your body and mind Delve into the power of nutrition movement and stress management all backed by science and tailored for real life Learn how to harness the healing potential of whole foods boost your energy with gentle exercise routines and calm your nervous system without medication Improve your sleep naturally and strengthen your immune defenses through mindful lifestyle choices that anyone can integrate into their daily routine What sets this book apart is its practical approach this isn t about drastic changes that overwhelm you Instead it offers thoughtful steps to build lasting habits overcome setbacks and customize your wellness plan to fit your unique needs Accompanied by inspiring success stories and tips for navigating challenges it empowers you with the confidence to lead your health journey with intention and clarity Whether you re fed up with the endless cycle of prescriptions curious about natural alternatives or simply ready to invest in your long term vitality this book offers a compassionate roadmap It encourages a positive mindset supports self advocacy and reveals how even small changes can yield profound results Step into a lifestyle where health freedom is real and it starts with five simple natural hacks that put you back in the driver s seat

Psychiatry, 2 Volume Set Allan Tasman,Jerald Kay,Jeffrey A. Lieberman,Michael B. First,Michelle Riba,2015-03-30 Now in a new Fourth Edition Psychiatry remains the leading reference on all aspects of the current practice and latest developments in psychiatry From an international team of recognised expert editors and contributors Psychiatry provides a truly comprehensive overview of the entire field of psychiatry in 132 chapters across two volumes It includes two new sections on psychosomatic medicine and collaborative care and on emergency

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Stem Kits Sleep Hacks Buy Online Book Review: Unveiling the Magic of Language

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