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years long struggle As an early morning reporter and overnight news anchor Macedo learned the hard way how valuable sleep is The longer she struggled the more her health deteriorated Desperate she tried standard sleep tip after standard sleep tip but nothing worked instead it made her worse Finally after developing a tolerance to sleeping pills Macedo decided to attack the problem as a journalist interviewing sleep experts from all over the world to get to the bottom of what really keeps us from sleeping and the various ways to fix those problems As Macedo explains the solution to catching zzz s often isn t about giving up caffeine or swearing off screens before bed With down to earth explanations and humour she instead teaches us how to Understand sleep biology Identify sleep obstacles Flag sleep myths and separate fact from fiction Try counterintuitive approaches Shift our mindset Most importantly Macedo a busy working mum teaches us how to adjust and fit these solutions into our everyday lives Offering expert wisdom cutting edge research intimate sleep stories from public figures and actionable advice The Sleep Fix is the tell it like it is guide that this sleep deprived world has been waiting for

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techniques Prevent the latest remote network exploits such as password grinding via WMI and Terminal Server passive Kerberos logon sniffing rogue server man in the middle attacks and cracking vulnerable services See up close how professional hackers reverse engineer and develop new Windows exploits Identify and eliminate rootkits malware and stealth software Fortify SQL Server against external and insider attacks Harden your clients and users against the latest e mail phishing spyware adware and Internet Explorer threats Deploy and configure the latest Windows security countermeasures including BitLocker Integrity Levels User Account Control the updated Windows Firewall Group Policy Vista Service Refactoring Hardening SafeSEH GS DEP Patchguard and Address Space Layout Randomization **Exploitation Frameworks** Frank Neugebauer, Martin Neugebauer, 2023-09-11 Um effektiv auf Cyber Angriffe reagieren zu k nnen ist es unerl sslich die aktuellen Angriffstechniken des Gegners zu kennen Nur so ist es m glich auf komplexe Angriffe ad quat zu reagieren und rechtzeitig geeignete Ma nahmen zu ergreifen An dieser Stelle kommt die Phase der Post Exploitation ins Spiel Sie ist eine Phase des Penetrationstests die voraussetzt dass bereits eine Verbindung zwischen Angreifer und Ziel IT besteht Dieses Buch befasst sich mit der Installation und dem Einsatz von Post Exploitation Frameworks die Penetrationstestern helfen m gliche Angriffsszenarien in einer sicheren Umgebung zu simulieren und Systeme auf bestehende und potenzielle Schwachstellen zu berpr fen Es f hrt durch den Aufbau eines Testsystems und stellt verschiedene Post Exploitation Tools wie Metasploit Koadic Empire Covenant Merlin Sliver und Mythic vor Jedes Kapitel gibt einen berblick ber die Eigenschaften die Installation und den praktischen Einsatz des jeweiligen Frameworks anhand verschiedener Szenarien Am Ende jedes Kapitels finden Sie Wiederholungsfragen um Ihr Wissen zu festigen Ihr exklusiver Vorteil E Book inside beim Kauf des gedruckten Buches Big Book of Windows Hacks Preston Gralla, 2007 This useful book gives Windows power users everything they need to get the most out of their operating system its related applications and its hardware How to Hack Like a Legend Sparc Flow, 2022-10-25 Tag along with a master hacker on a truly memorable attack From reconnaissance to infiltration you ll experience their every thought frustration and strategic decision making first hand in this exhilarating narrative journey into a highly defended Windows environment driven by AI Step into the shoes of a master hacker and break into an intelligent highly defensive Windows environment You ll be infiltrating the suspicious fictional offshoring company G S Trust and their hostile Microsoft stronghold While the target is fictional the corporation s vulnerabilities are based on real life weaknesses in today s advanced Windows defense systems You ll experience all the thrills frustrations dead ends and eureka moments of the mission first hand while picking up practical cutting edge techniques for evading Microsoft's best security systems. The adventure starts with setting up your elite hacking infrastructure complete with virtual Windows system After some thorough passive recon you ll craft a sophisticated phishing campaign to steal credentials and gain initial access Once inside you ll identify the security systems scrape passwords plant persistent backdoors and delve deep into areas you don't belong Throughout your task you ll get caught change tack on a tee

dance around defensive monitoring systems and disable tools from the inside Sparc Flow's clever insights witty reasoning and stealth maneuvers teach you to be patient persevere and adapt your skills at the drop of a hat You ll learn how to Identify and evade Microsoft security systems like Advanced Threat Analysis QRadar MDE and AMSI Seek out subdomains and open ports with Censys Python scripts and other OSINT tools Scrape password hashes using Kerberoasting Plant camouflaged C backdoors and payloads Grab victims credentials with more advanced techniques like reflection and domain replication Like other titles in the How to Hack series this book is packed with interesting tricks ingenious tips and links to useful resources to give you a fast paced hands on guide to penetrating and bypassing Microsoft security systems Linux Server Hacks Rob Flickenger, 2003-01-20 A competent system administrator knows that a Linux server is a high performance system for routing large amounts of information through a network connection Setting up and maintaining a Linux server requires understanding not only the hardware but the ins and outs of the Linux operating system along with its supporting cast of utilities as well as layers of applications software There's basic documentation online but there's a lot beyond the basics you have to know and this only comes from people with hands on real world experience This kind of know how is what we sought to capture in Linux Server Hacks Linux Server Hacks is a collection of 100 industrial strength hacks providing tips and tools that solve practical problems for Linux system administrators Every hack can be read in just a few minutes but will save hours of searching for the right answer Some of the hacks are subtle many of them are non obvious and all of them demonstrate the power and flexibility of a Linux system You ll find hacks devoted to tuning the Linux kernel to make your system run more efficiently as well as using CVS or RCS to track the revision to system files You ll learn alternative ways to do backups how to use system monitoring tools to track system performance and a variety of secure networking solutions Linux Server Hacks also helps you manage large scale Web installations running Apache MySQL and other open source tools that are typically part of a Linux system O Reilly's new Hacks Series proudly reclaims the term hacking for the good guys Hackers use their ingenuity to solve interesting problems Rob Flickenger is an experienced system administrator having managed the systems for O Reilly Network for several years He s also into community wireless networking and he s written a book on that subject for O Reilly Rob has also collected the best ideas and tools from a number of other highly skilled contributors Written for users who already understand the basics Linux Server Hacks is built upon the expertise of people who really know what they re doing Windows 8 Hacks Preston Gralla, 2012-12-12 First edition published and revised in 2012 **Hacking** Pankaj, 2005 OS X for Hackers at Heart Chris Hurley, Russ Rogers, Johnny Long, Tom Owad, Bruce Potter, 2005-12-12 The sexy elegant design of the Apple PowerBook combined with the Unix like OS X operating system based on FreeBSD have once again made OS X the Apple of every hacker's eye In this unique and engaging book covering the brand new OS X 10 4 Tiger the world's foremost true hackers unleash the power of OS X for everything form cutting edge research and development to just plain old fun OS X 10 4 Tiger is a major upgrade for Mac OS X for running Apple s

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