

SLEEP HACKS YOU NEED TO KNOW!



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Natalie Pennicotte-Collier



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Online Investing Hacks Bonnie Biafore, 2004 To streamline the amount of time it takes to research analyze and manage an online portfolio for better results this unique collection of tips shows experienced investors how to find existing software tools that work and build their own

Spidering Hacks Kevin Hemenway, Tara Calishain, 2004 This book takes you to the next level in Internet data retrieval by showing you how to create and deploy spiders and scrapers to retrieve and work with information from you favorite sites and data sources Back cover

Hacking Roomba Tod E. Kurt, 2006-11-20 The Jetsons would be proud A gizmo as cool as Roomba just begs to be hacked Now with this book and the official ROI specification furnished by iRobot you can become the robotic engineer you've always dreamed of being Build a Bluetooth interface for your Roomba Turn it into an artist Install Linux on it and give it a new brain Some hacks are functional others are purely fun All of them let you play with robotics and not one will void your warranty Build a serial interface tether Set up a Bluetooth interface Drive Roomba Play with sensors Make it sing Create a Roomba artist Use your Roomba as a mouse Connect Roomba to the Net Wi Fi your Roomba Replace Roomba's brain Install Roomba cam Put Linux on Roomba Features a companion Web site All this and it will still clean your floor Get the official iRobot Roomba Open Interface ROI specification and all code presented in the book in ready to run form at wiley.com go extremetech

Mac OS X Panther Hacks Rael Dornfest, James Duncan Davidson, 2004 Mac OS X is a wonderful combination of the power and flexibility of Unix with the ease of use that seems to come only from Apple Between the tools baked right into the system a veritable cornucopia of third party applications and a cottage industry of customizations tweaks and hacks the Mac is a force to be reckoned with like never before Mac OS X Panther Hacks celebrates the Macintosh's adventurous spirit inviting the citizen engineer on a quest of deeper discovery both with the purpose of going further and simply enjoying the ride Mac OS X Panther Hacks continues the tradition started with Mac OS X Hacks sitting squarely at the peculiar confluence of deadly earnest optimization and creative albeit sometimes wacky tweaking you seem to find only on a Mac

Underground Mobile Phone Hacking Anto.Y, 2012-05 Hacker is a person who uses his creativity and knowledge to overcome Limitations the contents of this book contains all type of mobile hacking such as blackberry java Symbian iPhone Windows Phone It includes an advance jail breaking method to obtain password operating system installation updation and other methods are explained elaborately it contains new secret of android security tips and installation are demonstrated with screen shot

The Sleep Fix Diane Macedo, 2022-03-03 From Emmy Award winning ABC News anchor correspondent and former insomniac Diane Macedo comes a practical user friendly guide to getting better sleep The Sleep Fix flips the switch on common advice illuminating the reporter's relentless search for how to get a good night's sleep Roughly 30 per cent of the population is estimated to be living with insomnia while many more unknowingly suffer from other sleep disorders In The Sleep Fix Macedo aims to change that with perspective shifting research and easy to implement solutions based not just on science and experts but also on her own

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

Windows Hacking 2.0 Ankit Fadia, Microsoft Windows is one of the most popular and widely used operating systems in the world Windows Hacking 2 0 will teach users how to get more out of their Microsoft Windows operating system Using the simple tips tricks and tweaks discussed in this book you will be able to completely customize everything about the look feel features and functionality of Windows based on your personal preferences Want to change the look and feel of everything in Windows Want to add more zing to your Desktop Want to change the pop up options when you right click somewhere in Windows Want to increase the speed of your computer Want to disable the Windows options and features that you don't like Want to improve the security of your computer Want to play some harmless pranks on your friends Want to bypass security restrictions on your Windows system Want to unlock some hidden Windows features No matter what you wish to do in Windows chances are this book will have the answer for you

Big Book of Apple Hacks Chris Seibold, 2008-04-17 Bigger in size longer in length broader in scope and even more useful than our original Mac OS X Hacks the new Big Book of Apple Hacks offers a grab bag of tips tricks and hacks to get the most out of Mac OS X Leopard as well as the new line of iPods iPhone and Apple TV With 125 entirely new hacks presented in step by step fashion this practical book is for serious Apple computer and gadget users who really want to take control of these systems Many of the hacks take you under the hood and show you how to tweak system preferences alter or add keyboard shortcuts mount drives and devices and generally do things with your operating system and gadgets that Apple doesn't expect you to do The Big Book of Apple Hacks gives you Hacks for both Mac OS X Leopard and Tiger their related applications and the hardware they run on or connect to Expanded tutorials and lots of background material including informative sidebars Quick Hacks for tweaking system and gadget settings in minutes Full blown hacks for adjusting Mac OS X applications such as Mail Safari iCal Front Row or the iLife suite Plenty of hacks and tips for the Mac mini the MacBook laptops and new Intel desktops Tricks for running Windows on the Mac under emulation in Parallels or as a standalone OS with Bootcamp The Big Book of Apple Hacks is not only perfect for Mac fans and

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Exploitation Frameworks Frank Neugebauer, Martin Neugebauer, 2023-09-11 Um effektiv auf Cyber Angriffe reagieren zu können ist es unerlässlich die aktuellen Angriffstechniken des Gegners zu kennen Nur so ist es möglich auf komplexe Angriffe adäquat zu reagieren und rechtzeitig geeignete Maßnahmen 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 mögliche Angriffsszenarien in einer sicheren Umgebung zu simulieren und Systeme auf bestehende und potenzielle Schwachstellen zu überprüfen Es führt 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 Überblick über 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 will 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 will 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 will 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 will craft a sophisticated phishing campaign to steal credentials and gain initial access Once inside you will identify the security systems scrape passwords plant persistent backdoors and delve deep into areas you don't belong Throughout your task you will 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 from 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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