

Skilful Time Management By Levin Peter

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EBOOK: Ground Rules For Social Research - Martyn Denscombe 2009-08-16
Ground Rules for Social Research is a user-friendly resource for people doing small-scale social research projects. It focuses on the key ideas and practices that underlie good research and

provides clear guidelines to newcomers and experienced researchers alike. The book is written for undergraduate, postgraduate and professional students in the social sciences, business studies, health studies, media studies and education who need to undertake research projects as

part of their studies. Key features of the book include: The identification of 12 ground rules for good social research Checklists to help researchers evaluate their approach and avoid fundamental errors A clear and jargon-free style This new edition of the book builds on the features that made the first edition so successful, adding: New chapters on research design and research philosophy An increased focus on mixed methods research More examples and illustrations Updated material relating to the internet and online research

Excellent Dissertations! -

Levin, Peter 2012-01-01
Producing a dissertation is a major requirement of an increasing number of courses. This book offers friendly and practical advice and addresses questions students have such as: How to choose a topic, manage time, make best use of a supervisor and the best referencing system to use.

Career Architect Development Planner Book - Lominger Limited, Incorporated

2000-01-01

Perfect Presentations! -

Peter Levin 2006-05-16
"Made me consciously think about different aspects of presentations and furthermore gave me some very good ideas and 'little tricks' to keep the audience focussed." MSc Management student "Will it be useful? Oh yeah! This gave me a lot of tools to do a good presentation and also to analyse other people's presentations and then improve my way of performing." MSc Management student An invaluable tool for anyone with a presentation to do in a class, seminar or in the workplace. Perfect Presentations! helps students and professionals gain the skills and confidence they need to give an effective presentation. This lively, concise and to-the-point guide offers practical advice and tips not only on how to plan and prepare, but also on how to deliver the perfect presentation. Perfect Presentations! is ideal for

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everyone who becomes nervous at the prospect of doing a presentation. Levin and Topping show the importance of knowing your topic area, structuring your presentation well, and building up a rapport with your audience. They offer many suggestions and exercises to help gain and develop these presentation skills. How to overcome your fears How to use body language and eye contact How to make your presentations audience friendly How to use visual aids

The New Geography of Jobs -
Enrico Moretti 2012

A rising young economist at Berkeley makes correlations between success and geography, explaining how such rising centers of innovation as San Francisco, Boston and Austin are likely to offer influential opportunities and shape the national and global economies in positive or detrimental ways.

Tools for Learning - Meredith D. Gall 1990

Covers how to identify important study skills and how

to teach them.

EBOOK: Write Great Essays -
Peter Levin 2009-11-16

This bestselling book is now available in an exciting new edition! Write Great Essays is very popular with students because it offers concise and practical advice on how to write effectively and produce better essays. Peter Levin has an engaging and accessible writing style which identifies well with students' concerns and questions. The 2nd edition has been designed to retain all these positive features of the 1st edition, but to also include more coverage of electronic sources; dealing with assessment; using and citing secondary sources; mastering a textbook; targeted reading; and a thorough update of the plagiarism section. In addition, there will be a whole new section on getting started with your essay and the book will include advice on report writing as well as essays. This book is essential reading for students embarking on writing an essay or report for the first time, or returning to study

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after a break. It will be an invaluable tool for students of any discipline.

Conquer Study Stress! - Levin, Peter 2007-12-01

Describes ways students can relieve stress and achieve effective study habits.

The Life & Letters of Peter Ilich Tchaikovsky - Modest Chaïkovskiï 1906

Student-Friendly Guide:

Successful Teamwork! - Levin, Peter 2004-09-01

This lively, concise and to-the-point guide offers hints and practical suggestions to help you deal with the issues you face when working on a group project. It helps you to understand what goes on in project groups, to move forward in difficult situation, and to draw valuable lessons from the experience. How to share out the work How to transform your group into a team How to take decision How to deal with 'free riders' How to work constructively with someone you don't like How to make good use of your experience when applying for

jobs A must for every student working on a group project, and especially recommended if you have been put into a group, assigned a project and left alone to get on with it!

Introduction to Management Science with

Spreadsheets - William J. Stevenson 2007

This text combines the market leading writing and presentation skills of Bill Stevenson with integrated, thorough, Excel modeling from Ceyhun Ozgur. Professor Ozgur teaches Management Science, Operations, and Statistics using Excel, at the undergrad and MBA levels at Valparaiso University --and Ozgur developed and tested all examples, problems and cases with his students. The authors have written this text for students who have no significant mathematics training and only the most elementary experience with Excel.

Teaching at Its Best - Linda B. Nilson 2010-04-20

Teaching at Its Best This third edition of the best-selling

handbook offers faculty at all levels an essential toolbox of hundreds of practical teaching techniques, formats, classroom activities, and exercises, all of which can be implemented immediately. This thoroughly revised edition includes the newest portrait of the Millennial student; current research from cognitive psychology; a focus on outcomes maps; the latest legal options on copyright issues; and how to best use new technology including wikis, blogs, podcasts, vodcasts, and clickers. Entirely new chapters include subjects such as matching teaching methods with learning outcomes, inquiry-guided learning, and using visuals to teach, and new sections address Felder and Silverman's Index of Learning Styles, SCALE-UP classrooms, multiple true-false test items, and much more. Praise for the Third Edition of Teaching at Its Best Everyone veterans as well as novices will profit from reading Teaching at Its Best, for it provides both theory and practical suggestions for

handling all of the problems one encounters in teaching classes varying in size, ability, and motivation." Wilbert McKeachie, Department of Psychology, University of Michigan, and coauthor, McKeachie's Teaching Tips This new edition of Dr. Nilson's book, with its completely updated material and several new topics, is an even more powerful collection of ideas and tools than the last. What a great resource, especially for beginning teachers but also for us veterans!" L. Dee Fink, author, Creating Significant Learning Experiences This third edition of Teaching at Its Best is successful at weaving the latest research on teaching and learning into what was already a thorough exploration of each topic. New information on how we learn, how students develop, and innovations in instructional strategies complement the solid foundation established in the first two editions." Marilla D. Svinicki, Department of Psychology, The University of Texas, Austin, and coauthor,

McKeachie's Teaching Tips
The Image of the City - Kevin
Lynch 1964-06-15

The classic work on the evaluation of city form. What does the city's form actually mean to the people who live there? What can the city planner do to make the city's image more vivid and memorable to the city dweller? To answer these questions, Mr. Lynch, supported by studies of Los Angeles, Boston, and Jersey City, formulates a new criterion—imageability—and shows its potential value as a guide for the building and rebuilding of cities. The wide scope of this study leads to an original and vital method for the evaluation of city form. The architect, the planner, and certainly the city dweller will all want to read this book.

The Promise of Adolescence -
National Academies of
Sciences, Engineering, and
Medicine 2019-07-26

Adolescence“beginning with the onset of puberty and ending in the mid-20s”is a critical period of development during which key areas of the

brain mature and develop. These changes in brain structure, function, and connectivity mark adolescence as a period of opportunity to discover new vistas, to form relationships with peers and adults, and to explore one's developing identity. It is also a period of resilience that can ameliorate childhood setbacks and set the stage for a thriving trajectory over the life course. Because adolescents comprise nearly one-fourth of the entire U.S. population, the nation needs policies and practices that will better leverage these developmental opportunities to harness the promise of adolescence“rather than focusing myopically on containing its risks. This report examines the neurobiological and socio-behavioral science of adolescent development and outlines how this knowledge can be applied, both to promote adolescent well-being, resilience, and development, and to rectify structural barriers and inequalities in opportunity, enabling all adolescents to flourish.

Animal Liberation - Peter Singer 2023-05-23

High Performance in Hospital Management - Edda Weimann 2017-01-01

This book provides a broad overview of what is needed to run hospitals and other health care facilities effectively and efficiently. All of the skills and tools required to achieve this aim are elucidated in the book, including business engineering and change management, strategic planning and the Balanced Scorecard, project management, integrative innovation management, social and ethical aspects of human resource management, communication and conflict management, staff development and leadership. The guidance offered is exceptional and applicable in both developed and developing countries. Furthermore, the relevant theoretical background is outlined and instructive case reports are included. Each chapter finishes with a summary and five reflective questions. Excellence

can only be achieved when health care professionals show in addition to their medical skills a high level of managerial competence. High performance in Hospital Management assists managers of health care providers as well as doctors and nurses to engage in the successful management of a health care facility.

Waking the Tiger: Healing Trauma - Peter A. Levine, Ph.D. 1997-07-07

Now in 24 languages. Nature's Lessons in Healing Trauma... Waking the Tiger offers a new and hopeful vision of trauma. It views the human animal as a unique being, endowed with an instinctual capacity. It asks and answers an intriguing question: why are animals in the wild, though threatened routinely, rarely traumatized? By understanding the dynamics that make wild animals virtually immune to traumatic symptoms, the mystery of human trauma is revealed. Waking the Tiger normalizes the symptoms of trauma and the steps needed to heal them. People are often traumatized

by seemingly ordinary experiences. The reader is taken on a guided tour of the subtle, yet powerful impulses that govern our responses to overwhelming life events. To do this, it employs a series of exercises that help us focus on bodily sensations. Through heightened awareness of these sensations trauma can be healed.

Legal Informatics - Daniel Martin Katz 2021-02-18

This cutting-edge volume offers a theoretical and applied introduction to the emerging legal technology and informatics industry.

Surviving Your Thesis - Suzan Burton 2004

For those undertaking a higher degree research qualification, 'How To Survive Your Thesis' describes clearly the challenges and complexities of successfully engaging in both the research process and thesis writing.

Project Management - Harold Kerzner 2009-04-03

The landmark project management reference, now in a new edition Now in a Tenth

Edition, this industry-leading project management "bible" aligns its streamlined approach to the latest release of the Project Management Institute's Project Management Body of Knowledge (PMI®'s PMBOK® Guide), the new mandatory source of training for the Project Management Professional (PMP®) Certification Exam. This outstanding edition gives students and professionals a profound understanding of project management with insights from one of the best-known and respected authorities on the subject. From the intricate framework of organizational behavior and structure that can determine project success to the planning, scheduling, and controlling processes vital to effective project management, the new edition thoroughly covers every key component of the subject. This Tenth Edition features: New sections on scope changes, exiting a project, collective belief, and managing virtual teams More than twenty-five case studies, including a new case on the

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Iridium Project covering all aspects of project management 400 discussion questions More than 125 multiple-choice questions (PMI, PMBOK, PMP, and Project Management Professional are registered marks of the Project Management Institute, Inc.) [A History of the Rectangular Survey System](#) - C. Albert White 1983

[Reading Acquisition](#) - Philip B. Gough 2017-11-27
Originally published in 1992. This book brings together the work of a number of distinguished international researchers engaged in basic research on beginning reading. Individual chapters address various processes and problems in learning to read - including how acquisition gets underway, the contribution of story listening experiences, what is involved in learning to read words, and how readers represent information about written words in memory. In addition, the chapter contributors consider how phonological, onset-rime, and

syntactic awareness contribute to reading acquisition, how learning to spell is involved, how reading ability can be explained as a combination of decoding skill plus listening comprehension skill, and what causes reading difficulties and how to study these causes. [Qualitative Research from Start to Finish, First Edition](#) - Robert K. Yin 2011-09-26
This lively, practical text presents a fresh and comprehensive approach to doing qualitative research. The book offers a unique balance of theory and clear-cut choices for customizing every phase of a qualitative study. A scholarly mix of classic and contemporary studies from multiple disciplines provides compelling, field-based examples of the full range of qualitative approaches. Readers learn about adaptive ways of designing studies, collecting data, analyzing data, and reporting findings. Key aspects of the researcher's craft are addressed, such as fieldwork options, the five phases of data analysis (with

and without using computer-based software), and how to incorporate the researcher's "declarative" and "reflective" selves into a final report. Ideal for graduate-level courses, the text includes: * Discussions of ethnography, grounded theory, phenomenology, feminist research, and other approaches. * Instructions for creating a study bank to get a new study started. * End-of-chapter exercises and a semester-long, field-based project. * Quick study boxes, research vignettes, sample studies, and a glossary. * Previews for sections within chapters, and chapter recaps. * Discussion of the place of qualitative research among other social science methods, including mixed methods research.

Machine Medical Ethics -

Simon Peter van Rysewyk

2014-09-05

The essays in this book, written by researchers from both humanities and science, describe various theoretical and experimental approaches to adding medical ethics to a

machine, what design features are necessary in order to achieve this, philosophical and practical questions concerning justice, rights, decision-making and responsibility in medical contexts, and accurately modeling essential physician-machine-patient relationships. In medical settings, machines are in close proximity with human beings: with patients who are in vulnerable states of health, who have disabilities of various kinds, with the very young or very old and with medical professionals. Machines in these contexts are undertaking important medical tasks that require emotional sensitivity, knowledge of medical codes, human dignity and privacy. As machine technology advances, ethical concerns become more urgent: should medical machines be programmed to follow a code of medical ethics? What theory or theories should constrain medical machine conduct? What design features are required? Should machines share responsibility with humans for the ethical

consequences of medical actions? How ought clinical relationships involving machines to be modeled? Is a capacity for empathy and emotion detection necessary? What about consciousness? This collection is the first book that addresses these 21st-century concerns.

Future of Jobs - IntroBooks Team

Times are changing and the labor markets are under immense burden from the collective effects of various megatrends. Technological growth and grander incorporation of economies along with global supply chains have been an advantage for several workers armed with high skills and in growing occupations. However, it is a challenge for workers with low or obsolete skills in diminishing zones of employment. Business models that are digitalized hire workers as self-employed instead of standard employees. People seem to be working and living longer, but they experience many job changes and the peril of skills

desuetude. Inequalities in both quality of job and earnings have increased in several countries. The depth and pace of digital transformation will probably be shocking. Industrial robots have already stepped in and artificial intelligence is making its advance too. Globalization and technological change predict the great potential for additional developments in labor market performance. But people should be ready for change. A progression of creative annihilation is probably under way, where some chores are either offshored or given to robots. A better world of for jobs cannot be warranted – a lot will be contingent on devising the right policies and institutes in place.

Tribal Leadership - Dave Logan
2009-10-13

“Tribal Leadership gives amazingly insightful perspective on how people interact and succeed. I learned about myself and learned lessons I will carry with me and reflect on for the rest of my

life.” —John W. Fanning, Founding Chairman and CEO napster Inc. “An unusually nuanced view of high-performance cultures.” —Inc. Within each corporation are anywhere from a few to hundreds of separate tribes. In Tribal Leadership, Dave Logan, John King, and Halee Fischer-Wright demonstrate how these tribes develop—and show you how to assess them and lead them to maximize productivity and growth. A business management book like no other, Tribal Leadership is an essential tool to help managers and business leaders take better control of their organizations by utilizing the unique characteristics of the tribes that exist within. Plagiarism, the Internet, and Student Learning - Wendy Sutherland-Smith 2008-04-24 Written for Higher Education educators, managers and policy-makers, Plagiarism, the Internet and Student Learning combines theoretical understandings with a practical model of plagiarism and aims to explain why and how

plagiarism developed. It offers a new way to conceptualize plagiarism and provides a framework for professionals dealing with plagiarism in higher education. Sutherland-Smith presents a model of plagiarism, called the plagiarism continuum, which usefully informs discussion and direction of plagiarism management in most educational settings. The model was developed from a cross-disciplinary examination of plagiarism with a particular focus on understanding how educators and students perceive and respond to issues of plagiarism. The evolution of plagiarism, from its birth in Law, to a global issue, poses challenges to international educators in diverse cultural settings. The case studies included are the voices of educators and students discussing the complexity of plagiarism in policy and practice, as well as the tensions between institutional and individual responses. A review of international studies plus qualitative empirical

research on plagiarism, conducted in Australia between 2004-2006, explain why it has emerged as a major issue. The book examines current teaching approaches in light of issues surrounding plagiarism, particularly Internet plagiarism. The model affords insight into ways in which teaching and learning approaches can be enhanced to cope with the ever-changing face of plagiarism. This book challenges Higher Education educators, managers and policy-makers to examine their own beliefs and practices in managing the phenomenon of plagiarism in academic writing.

The Essential Guide to Studying Abroad - Thomas R. Klassen 2019-08-29

This book is an indispensable how-to guide on flourishing when studying abroad, and how to use an international education to begin a fulfilling career after graduation.

Written in an engaging and accessible style, using many examples, case studies, and links to resources, the book reduces the stress of studying

abroad. Covering all aspects of the international student experience - inside and outside the classroom - the book encourages young people to perform their very best and succeed in their new environment. International students preparing for cross-cultural learning and recent graduates looking for employment will find this book both practical and inspiring.

Strategic Management and Business Policy - Thomas L. Wheelen 1998-01

This text provides the Strategic Management and Business Policy student with a presentation of traditional and new strategic management topics. These topics include: corporate governance, hypercompetition, competitive strategy, outsourcing, mass customization, technology, international issues, environmental trends and ethics.

The British National Bibliography - Arthur James Wells 2009

The Financial Crisis Inquiry

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Report, Authorized Edition - Financial Crisis Inquiry Commission 2011-01-27
Examines the causes of the financial crisis that began in 2008 and reveals the weaknesses found in financial regulation, excessive borrowing, and breaches in accountability.

Skilful Time Management - Levin, Peter 2007-10-01
“I was getting badly behind with my work” missing deadlines and not covering essential ground. Peter’s practical suggestions have helped me prioritize my tasks, make much better use of my time, and get back on track.™ BSc Economics student Are you, like many other students, faced with complex and often conflicting demands on your time? Do you feel as though you're constantly under pressure to make difficult decisions about what task to get on with next? Do you find having irregular deadlines superimposed on top of your weekly timetable a headache to deal with? This book is designed to help you

cope with academic demands in a way that makes best use of your time” and puts you in control of your life. It is based on the principle that an ounce of organization can save you a ton of struggle. It shows you, among other things, how to Create a time-use strategy and put it into practice Plan your weekly routine Prioritize tasks, and manage two or more tasks at once Use your time productively Overcome blocks to getting started on tasks Make sure you meet deadlines

Pioneering Portfolio Management - David F. Swensen 2009-01-06

In the years since the now-classic *Pioneering Portfolio Management* was first published, the global investment landscape has changed dramatically -- but the results of David Swensen's investment strategy for the Yale University endowment have remained as impressive as ever. Year after year, Yale's portfolio has trumped the marketplace by a wide margin, and, with over \$20 billion added to the endowment under

his twenty-three-year tenure, Swensen has contributed more to Yale's finances than anyone ever has to any university in the country. What may have seemed like one among many success stories in the era before the Internet bubble burst emerges now as a completely unprecedented institutional investment achievement. In this fully revised and updated edition, Swensen, author of the bestselling personal finance guide *Unconventional Success*, describes the investment process that underpins Yale's endowment. He provides lucid and penetrating insight into the world of institutional funds management, illuminating topics ranging from asset-allocation structures to active fund management. Swensen employs an array of vivid real-world examples, many drawn from his own formidable experience, to address critical concepts such as handling risk, selecting advisors, and weathering market pitfalls. Swensen offers clear and incisive advice, especially when

describing a counterintuitive path. Conventional investing too often leads to buying high and selling low. Trust is more important than flash-in-the-pan success. Expertise, fortitude, and the long view produce positive results where gimmicks and trend following do not. The original *Pioneering Portfolio Management* outlined a commonsense template for structuring a well-diversified equity-oriented portfolio. This new edition provides fund managers and students of the market an up-to-date guide for actively managed investment portfolios.

Red Book 2018 - David W. Kimberlin 2018-06

The AAP's authoritative guide on preventing, recognizing, and treating more than 200 childhood infectious diseases. Developed by the AAP's Committee on Infectious Diseases as well as the expertise of the CDC, the FDA, and hundreds of physician contributors.

The 8th Habit - Stephen R. Covey 2013-01-08

In the 7 Habits series,

international bestselling author Stephen R. Covey showed us how to become as effective as it is possible to be. In his long-awaited new book, THE 8th HABIT, he opens up an entirely new dimension of human potential, and shows us how to achieve greatness in any position and any venue. All of us, Covey says, have within us the means for greatness. To tap into it is a matter of finding the right balance of four human attributes: talent, need, conscience and passion. At the nexus of these four attributes is what Covey calls voice - the unique, personal significance we each possess. Covey exhorts us all to move beyond effectiveness into the realm of greatness - and he shows us how to do so, by engaging our strengths and locating our powerful, individual voices. Why do we need this new habit? Because we have entered a new era in human history. The world is a profoundly different place than when THE 7 HABITS OF HIGHLY EFFECTIVE PEOPLE was originally published in

1989. The challenges and complexity we face today are of a different order of magnitude. We enjoy far greater autonomy in all areas of our lives, and along with this freedom comes the expectation that we will manage ourselves, instead of being managed by others. At the same time, we struggle to feel engaged, fulfilled and passionate. Tapping into the higher reaches of human genius and motivation to find our voice requires a new mindset, a new skill-set, a new tool-set - in short, a whole new habit.

Identity and Ethics in the Book of Ruth - Peter H. W. Lau 2011 This study demonstrates the importance of including narrative ethics in a construction of Old Testament ethics, as a correction for the current state of marginalisation of narrative in this discipline. To this end, the concept of identity is used as a lens through which to understand and derive ethics. Since self-conception in ancient Israel is generally held to be predominantly collectivist in

orientation, social identity theory is used to understand ancient Israelite identity. Although collectivist sensitivities are important, a social identity approach also incorporates an understanding of individuality. This approach highlights the social emphases of a biblical text, and consequently assists in understanding a text's original ethical message. The book of Ruth is used as a test case, employing a social identity approach for understanding the narrative, but also to model the approach so that it can be implemented more widely in study of the Old Testament and narrative ethics. Each of the protagonists in the book of Ruth is examined in regards to their personal and social self-components. This study reveals that the narrative functions to shape or reinforce the identity of an ancient Israelite implied reader. Since behavioural norms are an aspect of identity, narrative also influences behaviour. A social identity approach can also highlight the social processes within a

society. The social processes taking place in the two most commonly proposed provenances for the book of Ruth are discussed: the Monarchic and Persian Periods. It is found that the social emphases of the book of Ruth most closely correspond to the social undercurrents of the Persian Period. On this basis, a composition for the book of Ruth in the Restoration period is proposed.

The Cult of Smart - Fredrik deBoer 2020-08-04

Named one of Vulture's Top 10 Best Books of 2020! Leftist firebrand Fredrik deBoer exposes the lie at the heart of our educational system and demands top-to-bottom reform. Everyone agrees that education is the key to creating a more just and equal world, and that our schools are broken and failing. Proposed reforms variously target incompetent teachers, corrupt union practices, or outdated curricula, but no one acknowledges a scientifically-proven fact that we all understand intuitively:

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Academic potential varies between individuals, and cannot be dramatically improved. In *The Cult of Smart*, educator and outspoken leftist Fredrik deBoer exposes this omission as the central flaw of our entire society, which has created and perpetuated an unjust class structure based on intellectual ability. Since cognitive talent varies from person to person, our education system can never create equal opportunity for all. Instead, it teaches our children that hierarchy and competition are natural, and that human value should be based on intelligence. These ideas are counter to everything that the left believes, but until they acknowledge the existence of individual cognitive differences, progressives remain complicit in keeping the status quo in place. This passionate, voice-driven manifesto demands that we embrace a new goal for education: equality of outcomes. We must create a world that has a place for everyone, not just the

academically talented. But we'll never achieve this dream until the Cult of Smart is destroyed.

[Change Forces](#) - Michael Fullan 2012-11-12

Knowledge of the processes of educational change is said to be the missing ingredient in attempts to bring about educational innovation and reform. Whether these efforts involve grass roots innovation or large-scale societal reform, failure to understand and act on existing knowledge of the change process has accounted for the widespread lack of success in making educational improvements. This volume analyzes what is known about successful or productive change processes, and identifies corresponding action strategies at the individual, school, local and state levels. Included in this book is a major treatment of the topic of the 'ethics of planned change', a neglected topic in recent literature, especially since strategies for intervening in the change process are receiving more attention. This

book is intended to be used by teachers in training and in service, teacher trainers, educational researchers, education historians and administrators.

Sleep Disorders and Sleep Deprivation - Institute of Medicine 2006-10-13

Clinical practice related to sleep problems and sleep disorders has been expanding rapidly in the last few years, but scientific research is not keeping pace. Sleep apnea, insomnia, and restless legs syndrome are three examples of very common disorders for which we have little biological information. This new book cuts across a variety of medical disciplines such as neurology, pulmonology, pediatrics, internal medicine, psychiatry, psychology, otolaryngology, and nursing, as well as other medical practices with an interest in the management of sleep pathology. This area of research is not limited to very young and old patients—sleep disorders reach across all ages and ethnicities. Sleep Disorders and Sleep

Deprivation presents a structured analysis that explores the following: Improving awareness among the general public and health care professionals. Increasing investment in interdisciplinary somnology and sleep medicine research training and mentoring activities. Validating and developing new and existing technologies for diagnosis and treatment. This book will be of interest to those looking to learn more about the enormous public health burden of sleep disorders and sleep deprivation and the strikingly limited capacity of the health care enterprise to identify and treat the majority of individuals suffering from sleep problems.

Refactoring - Paul Becker 1999

Refactoring is gaining momentum amongst the object oriented programming community. It can transform the internal dynamics of applications and has the capacity to transform bad code into good code. This book offers an introduction to refactoring.