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The Total Money Makeover Springer Science & Business Media

Ultra-low voltage large-scale integrated circuits (LSIs) in nano-scale technologies are needed both to meet the needs of a rapidly growing mobile cell phone market and to offset a significant increase in the power dissipation of high-end microprocessor units. The goal of this book is to provide a detailed explanation of the state-of-the-art nanometer and sub-1-V memory LSIs that are playing decisive roles in power conscious systems. Emerging problems between the device, circuit, and system levels are systematically discussed in terms of reliable high-speed operations of memory cells and peripheral logic circuits. The effectiveness of solutions at device and circuit levels is also described at length through clarifying noise components in an array, and even essential differences in ultra-low voltage operations between DRAMs and SRAMs.

Ultra-Wideband Radar Springer Science & Business Media

This book discusses the advantages and challenges of Body-Biasing for integrated circuits and systems, together with the deployment of the design infrastructure needed to generate this Body-Bias voltage. These new design solutions enable state of the art energy efficiency and system flexibility for the latest applications, such as Internet of Things and 5G communications.

GraphITA Springer Science & Business Media

This expert guide to competitive ultra-distance cycling is all riders need to cycle a very long way, fast. Ultra-distance events are among some of the greatest challenges a cyclist can face, with riders spending hundreds of miles in the saddle over a 24-hour period, battling the elements and overcoming both physical and mental hardships. What was once elite is now commonplace, and today thousands of dedicated riders cycle up to and over 100 miles on ultra-distance rides every week. To add to this, the increasing profile of major events such as Race Across of America (RAAM), Race Across the Alps (RATA) and Ultracycling Dolomitica means that many more riders are being drawn to the challenge of 'non-stop' endurance cycling. Ultra-Distance Cycling is the first mainstream book to offer practical, authoritative guidance to cyclists looking to step-up to long-distance endurance events, as well as expert advice to established competitors seeking a competitive advantage. Written by a leading sports scientist and a record-breaking ultra-distance cyclist, this unique book is both science and experience based, offering practical and performance-enhancing insights on a wide range of areas. These include physical training and mental preparation, guidance on your support network, advice on PR and sponsorship, as well as all-important sections on equipment, nutrition and the major ultra-distance cycling events. This definitive manual provides riders with everything they need to ride longer and faster, and to excel at ultra-distance cycling events.

Better Nutrition Frontiers Media SA

A bestselling author's groundbreaking eating plan that challenges the notion that starch is unhealthy From Atkins to Dukan, the fear-mongering about carbs over the past few decades has reached a fever pitch; the mere mention of a starch-heavy food is enough to trigger a cavalcade of shame and longing. In The Starch Solution, bestselling diet doctor and board-certified internist John A. McDougall, MD, and his kitchen-savvy wife, Mary, turn the notion that starch is bad for you on its head. The Starch Solution is based on a simple swap: fueling your body primarily with carbohydrates rather than proteins and fats. This will help you lose weight and prevent a variety of ills. Fad diets come and go, but Dr. McDougall has been a proponent of the plant-based diet for decades, and his medical credibility is unassailable. He is one of the mainstay experts cited in the bestselling and now seminal China Study—called the "Grand Prix of epidemiology" by the New York Times. But what The China Study lacks is a plan. Dr. McDougall grounds The Starch Solution in rigorous scientific fact and research, giving readers easy tools to implement these changes into their lifestyle with a 7-Day Quick Start Plan and 100 delicious recipes. This book includes testimonials from among the hundreds Dr. McDougall has received, including people who have lost more than 125 pounds in mere months as well as patients who have conquered lifethreatening illnesses such as diabetes and cardiac ailments.

Quantum World Of Ultra-cold Atoms And Light, The - Book Iii: Ultra-cold Atoms Elsevier

Advances in Atomic, Molecular, and Optical Physics publishes reviews of recent developments in a field that is in a state of rapid growth, as new experimental and theoretical techniques are used on many old and new problems. Topics covered include related applied areas, such as atmospheric science, astrophysics, surface physics and laser physics. Articles are written by distinguished experts and contain relevant review material and detailed descriptions of important recent developments. International experts Comprehensive articles New developments

Hot Stamping of Ultra High-Strength Steels World Scientific

The Whole Body ResetSimon and Schuster

Ultra-Distance Cycling BoD – Books on Demand

A strategy for changing attitudes about personal finances covers such topics as getting out of debt, the dangers of cash advances and keeping spending within income limits.

Ultra-Wideband Radio Technologies for Communications, Localization and Sensor Applications IOS Press

This book explores the design of ultra-low-power radio-frequency integrated circuits (RFICs), with communication distances ranging from a few centimeters to a few meters. The authors describe leading-edge techniques to achieve ultra-low-power communication over short-range links. Many different applications are covered, ranging from body-area networks to transcutaneous implant communications and smart-appliance

sensor networks. Various design techniques are explained to facilitate each of these applications.

Feed Your Body Right: From Birth to Adulthood Wipf and Stock Publishers

In THE BLOOD SUGAR SOLUTION, Dr. Mark Hyman reveals that the secret solution to losing weight and preventing not just diabetes but also heart disease, stroke, dementia, and cancer is balanced insulin levels. Dr. Hyman describes the seven keys to achieving wellness-nutrition, hormones, inflammation, digestion, detoxification, energy metabolism, and a calm mind-and explains his revolutionary six-week healthy-living program. With advice on diet, green living, supplements and medication, exercise, and personalizing the plan for optimal results, the book also teaches readers how to maintain lifelong health. Groundbreaking and timely, THE BLOOD SUGAR SOLUTION is the fastest way to lose weight, prevent disease, and feel better than ever.

Advances in Atomic, Molecular, and Optical Physics Bloomsbury Publishing

Updated and expanded new edition An Updated, Interactive Guide to Take Your Running to the Next Level With 20 years of running and competing around the world under her belt, Krissy Moehl is a top female ultramarathon runner, respected by her peers and an inspiration to runners everywhere. With enhanced chapter information, quotes from pillars in the sport and her updated training plans—including write-in running logs to keep track of progress—you'll be able to train for your first ultra like a pro. Moehl's experience translates into the most effective and easy-to-follow training method, broken down into phases to help all runners take it to the next level and accomplish their goals. She will guide you on everything from choosing the right race for you to injury prevention and picking the right gear. She also shares her love of the sport by providing helpful tips, bonus content and personal stories. With this book, you will find all the resources and encouragement you need to succeed in challenging your mind and body with an ultramarathon!

Ultra-Low Power Integrated Circuit Design Springer Science & Business Media

The increasing demand in electronic portability imposes low power consumption as a key metric to analog and digital circuit design. Tunnel FET (TFET) devices have been explored mostly in digital circuits, showing promising results for ultra-low power and energy efficient circuit applications. The TFET presents a low inverse sub-threshold slope (SS) that allows a low leakage energy consumption, desirable in many digital circuits, especially memories.In this book, the TFET is explored as an alternative technology also for ultra-low power and voltage conversion and management circuits, suitable for weak energy harvesting (EH) sources. The TFET distinct electrical characteristics under reverse bias conditions require changes in conventional circuit topologies. In this book, ultra-low input power conversion circuits based on TFETs are designed and analyzed, evaluating their performance as rectifiers, charge pumps and power management circuits (PMC) for RF and DC EH sources.

The Male Body in Ultra-Orthodox Jewish Theology Anchor

The National Security Agency is the world's most powerful, most far-reaching espionage. Now with a new afterword describing the security lapses that preceded the attacks of September 11, 2001, Body of Secrets takes us to the inner sanctum of America's spy world. In the follow-up to his bestselling Puzzle Palace, James Banford reveals the NSA's hidden role in the most volatile world events of the past, and its desperate scramble to meet the frightening challenges of today and tomorrow. Here is a scrupulously documented account—much of which is based on unprecedented access to previously undisclosed documents—of the agency's tireless hunt for intelligence on enemies and allies alike. Body of secrets is a riveting analysis of this most clandestine of agencies, a major work of history and investigative journalism. A New York Times Notable Book

The Whole Body Reset ASM International

This unique book features 37 full-length, peer-reviewed versions of papers presented at the First Los Alamos Symposium on Ultra-Wideband Radar. The purpose of the symposium was to offer an open, unbiased forum where researchers in areas connected to ultra-wideband radar (UWBR) could present results of their work and exchange ideas. The papers published from the proceedings illuminate the breadth and depth of the topic and cover seven general areas: fundamental electromagnetic theory; computational electromagnetics and code development; signal propagation, scattering, and reception; new technologies, advanced arrays, and imaging; signal processing and radar systems; and applications and testing. The book will provide stimulating reading for scientists, engineers, managers, and students working with UWBR.

Theoretical Division Annual Report Springer

Providing a comprehensive overview of hot stamping (also known as 'press hardening'), this book examines all essential aspects of this

innovative metal forming method, and explores its various uses. It investigates hot stamping from both technological and business perspectives, and outlines potential future developments. Individual chapters explore topics such as the history of hot stamping, the state of the art, materials and processes employed, and how hot stamping is currently being used in the automotive industry to create ultra-high-strength steel components. Drawing on experience and expertise gathered from academia and industry worldwide, the book offers an accessible resource for a broad readership including students, researchers, vehicle manufacturers and metal forming companies.

Body Area Networks using IEEE 802.15.6 Springer Science & Business

Advances in Engineering Materials, Structures and Systems: Innovations, Mechanics and Applications comprises 411 papers that were presented at SEMC 2019, the Seventh International Conference on Structural Engineering, Mechanics and Computation, held in Cape Town, South Africa, from 2 to 4 September 2019. The subject matter reflects the broad scope of SEMC conferences, and covers a wide variety of engineering materials (both traditional and innovative) and many types of structures. The many topics featured in these Proceedings can be classified into six broad categories that deal with: (i) the mechanics of materials and fluids (elasticity, plasticity, flow through porous media, fluid dynamics, fracture, fatigue, damage, delamination, corrosion, bond, creep, shrinkage, etc); (ii) the mechanics of structures and systems (structural dynamics, vibration, seismic response, soil-structure interaction, fluid-structure interaction, response to blast and impact, response to fire, structural stability, buckling, collapse behaviour); (iii) the numerical modelling and experimental testing of materials and structures (numerical methods, simulation techniques, multi-scale modelling, computational modelling, laboratory testing, field testing, experimental measurements); (iv) innovations and special structures (nanostructures, adaptive structures, smart structures, composite structures, bio-inspired structures, shell structures, membranes, space structures, lightweight structures, long-span structures, tall buildings, wind turbines, etc); (v) design in traditional engineering materials (steel, concrete, steel-concrete composite, aluminium, masonry, timber, glass); (vi) the process of structural engineering (conceptualisation, planning, analysis, design, optimization, construction, assembly, manufacture, testing, maintenance, monitoring, assessment, repair, strengthening, retrofitting, decommissioning). The SEMC 2019 Proceedings will be of interest to civil, structural, mechanical, marine and aerospace engineers. Researchers, developers, practitioners and academics in these disciplines will find them useful. Two versions of the papers are available. Short versions, intended to be concise but self-contained summaries of the full papers, are in this printed book. The full versions of the papers are in the e-book.

Endurance and Ultra-Endurance Sports in Extreme Conditions: Physiological and Pathophysiological Issues Horizon Publishers

Examines the types, microstructures and attributes of AHSSAlso reviews the current and future applications, the benefits, trends and environmental and sustainability issues.

Advanced Materials in Automotive Engineering Springer Science & Business Media

This book describes ultra low power capacitive sensor interfaces, and presents the realization of a very low power generic sensor interface chip that is adaptable to a broad range of capacitive sensors. The book opens by reviewing important design aspects for autonomous sensor systems, discusses different building blocks, and presents the modular architecture for the generic sensor interface chip. Finally, the generic sensor interface chip is shown in state-of-the-art applications.

Ultra-Low-Power Short-Range Radios Academic Press

This book presents selected papers from the fourth edition of the GraphX conference series, GraphITA 2015. Its content range from fundamentals to applications of graphene and other 2D material such as silicene, BN and MoS2. The newest technological challenges in the field are described in this book, written by worldwide known scientists working with 2D materials.The chapter 'Morphing Graphene-Based Systems for Applications: Perspectives from Simulations' is published open access under a CC BY 4.0 license.

The Starch Solution John Wiley & Sons

? This book investigates the design of devices, systems, and circuits for medical applications using the two recently established frequency bands: ultra-wideband (3.1-10.6 GHz) and 60 GHz ISM band. These two bands provide the largest bandwidths available for communication technologies and present many attractive opportunities for medical applications. The applications of these bands in healthcare are wireless body area network (WBAN), medical imaging, biomedical sensing, wearable and implantable devices, fast medical device connectivity, video data transmission, and vital signs monitoring. The recent technological advances and developments proposed or used in medicine based on these two bands are covered. The book introduces possible solutions and design techniques to efficiently implement these systems in medical environment. All individual chapters are written by leading experts in their fields. Contributions by authors are on various applications of ultra-wideband and the 60 GHz ISM band including circuit implementation, UWB and 60 GHz signal transmission around and in-body, antenna design solution, hardware implementation of body sensors, UWB transceiver design, 60 GHz transceiver design, UWB radar for contactless respiratory monitoring, and ultra-wideband based medical Imaging. The book will be a key resource for medical professionals, bio-medical engineers, and graduate and senior undergraduate students in computer, electrical, electronic and

biomedical engineering disciplines.

Running Your First Ultra: Customizable Training Plans for Your First 50K to 100-Mile Race

Springer Nature

Providing up-to-date material for UWB antennas and propagation as used in a wide variety of applications, "Ultra-wideband Antennas and Propagation for Communications, Radar and Imaging" includes fundamental theory, practical design information and extensive discussion of UWB applications from biomedical imaging, through to radar and wireless communications. An in-depth treatment of ultra-wideband signals in practical environments is given, including interference, coexistence and diversity considerations. The text includes antennas and propagation in biological media in addition to more conventional environments. The topics covered are approached with the aim of helping practising engineers to view the subject from a different angle, and to consider items as variables that were treated as constants in narrowband and wideband systems. Features tables of propagation data, photographs of antenna systems and graphs of results (e.g. radiation patterns, propagation characteristics) Covers the fundamentals of antennas and propagation, as well as offering an in-depth treatment of antenna elements and arrays for UWB systems, and UWB propagation models Provides a description of the underlying concepts for the design of antennas and arrays for conventional as well as ultra-wideband systems Draws together UWB theory by using case-studies to show applications of antennas and propagation in communication, radar and imaging systems The book highlights the unique design issues of using ultra-wideband and will serve both as an introductory text and a reference guide for designers and students alike.