
Quick Start Guide

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*Quick Start Guide
to Verilog*

Springer

Arduino is an open-source platform that makes DIY electronics projects easier than ever. Gone

are the days when you had to learn electronics theory and arcane programming languages before you could even get an LED to blink. Now, with this new edition of the bestselling Arduino : A Quick-Start Guide, readers with no electronics experience can create their first gadgets quickly.

This book is up-to-date for the new Arduino Zero board, with step-by-step instructions for building a universal remote, a motion-sensing game controller, and many other fun, useful projects. This Quick-Start Guide is packed with fun, useful devices to create, with step-by-step

instructions and photos throughout. You'll learn how to connect your Arduino to the Internet and program both client and server applications. You'll build projects such as your own motion-sensing game controller with a three-axis accelerometer, create a universal remote with an Arduino and a few cheap parts, build your own burglar alarm that emails you whenever someone's moving in your living room, build binary dice, and learn how to solder. In	one of several new projects in this edition, you'll create your own video game console that you can connect to your TV set. This book is completely updated for the new Arduino Zero board and the latest advances in supporting software and tools for the Arduino. Sidebars throughout the book point you to exciting real-world projects using the Arduino, exercises extend your skills, and "What If It Doesn't Work" sections help you troubleshoot common problems.	With this book, beginners can quickly join the worldwide community of hobbyists and professionals who use the Arduino to prototype and develop fun, useful inventions. What You Need: This is the full list of all parts you'd need for all projects in the book; some of these are provided as part of various kits that are available on the web, or you can purchase individually. Sources include adafruit.com , makershed.com , radioshack.com , sparkfun.com , and
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mouser.com.	Devices TMP36	spool for
Please note we do	temperature sensor	electronics work
not support or	ADXL335	Jira Quick Start
endorse any of	accelerometer	Guide Packt
these vendors, but	breakout board 6	Publishing Ltd
we list them here	pin 0.1" standard	Python's built-in
as a convenience	header (might be	unittest module is
for you. Arduino	included with the	showing it's age;
Zero (or Uno or	ADXL335)	hard to extend,
Duemilanove or	Nintendo Nunchuk	debug and track
Diecimila) board	Controller Arduino	what's going on.
USB cable Half-	Ethernet shield	The pytest
size breadboard	Arduino Proto	framework
Pack of LEDs (at	shield and a tiny	overcomes these
least 3, 10 or more	breadboard	problems and
is a good idea)	(optional but	simplifies testing
Pack of 100 ohm,	recommended)	your Python
10k ohm, and 1k	Piezo	software. Many
ohm resistors	Four speaker/buzzer	users love to use
pushbuttons	(optional) Tilt	pytest and the
Breadboard jumper	sensor (optional) A	improvement in
wire / connector	25-30 Watts	their testing shows!
wire Parallax	soldering iron with	This book is the
Ping))) sensor	a tip (preferably	ideal introduction to
Passive Infrared	1/16") A soldering	pytest, teaching
sensor An infrared	stand and a sponge	you how to write ...
LED A 5V servo	A standard 60/40	<u>Ansible Quick</u>
motor Analog	solder (rosin-core)	<u>Start Guide</u>
		Packt Publishing
		Ltd
		The MERN
		stack is a

collection of great tools – MongoDB, ExpressJS, React, and Node – that provide a strong base for a developer to build easily maintainable web applications. With each of them a JavaScript or JavaScript-based technology, the shared programming language means it takes less time to develop web applications. QGIS Quick Start Guide Lulu.com This book will help you build interactive graphs that are

viewable in any web browser using JavaScript, D3.js, and SVG. You will learn how to make a scatter plot, a bar graph, a pie chart, a force directed graph, and a map. Key Features Takes you through the most common graphs you'll need Add interactivity to your visualizations Easy to follow builds Book Description D3.js is a JavaScript library that allows you to create graphs and data visualizations in the browser with HTML, SVG, and CSS. This book will take you from the basics of D3.js, so that you can create your own interactive visualizations, to creating the most common graphs that you will encounter as a developer, scientist,

statistician, or data scientist. The book begins with an overview of SVG, the basis for creating two-dimensional graphics in the browser. Once the reader has a firm understanding of SVG, we will tackle the basics of how to use D3.js to connect data to our SVG elements. We will start with a scatter plot that maps run data to circles on a graph, and expand our scatter plot to make it interactive. You will see how you can easily allow the users of your graph to create, edit, and delete run data by simply dragging and clicking the graph. Next, we will explore creating a bar graph, using external data from a mock API. After that, we will explore animations

and motion with a bar graph, and use various physics-based forces to create a force-directed graph. Finally, we will look at how to use GeoJSON data to create a map. What you will learnBuild a scatter plotBuild a bar graphBuild a pie chartBuild a force-directed graphBuild a mapBuild interactivity into your graphsWho this book is for This book is for web developers, interactive news developers, data scientists, and anyone interested in representing data through interactive visualizations on the Web with D3. Some basic knowledge of JavaScript is expected, but no prior experience with data visualization or D3 is required to follow this book.

Microsoft Power BI Quick Start Guide Packt Publishing Ltd The ASQ-3 Quick-Start Guide is just what users have been asking for: a concise, at-a-glance guide that keeps ASQ-3 scoring and administration basics right at the fingertips. Perfect for busy professionals on the go, the Quick-Start Guide is laminated, lightweight, and so cost-effective that every professional in a program can have one.

ASQ-3 users will turn to the Quick-Start Guide for clear, simple directions on selecting the correct questionnaire, scoring ASQ-3, and choosing appropriate intervention activities to give to parents. They'll get the quick facts they need to implement the #1 developmental screener accurately—and help their program improve screening results. This product is sold in a package of 5. The Quick Start Guide is part of ASQ-3™,

the bestselling personal-social screener trusted for more than 15 years to pinpoint delays as early as possible during the crucial first 5 years of life. ASQ-3 questionnaires are reliable and valid, parent-completed, cost effective, recommended by top organizations, and easy to administer and score. The 21 age-appropriate questionnaires effectively screen five key developmental areas: communication, gross motor, fine motor, problem solving, and personal-social. Learn more about the complete ASQ-3 system, and discover ASQ:SE, the screener that reliably identifies young children at risk for social or emotional difficulties. *The Design Thinking Quick Start Guide* Packt Publishing Ltd Develop and build your Docker images and deploy your Docker containers securely. Key Features

Learn Docker installation on different types of OS Get started with developing Docker images Use Docker with your Jenkins CI/CD system Book Description Docker is an open source software platform that helps you with creating, deploying, and running your applications using containers. This book is

your ideal how to build . Finally,
introduction your own ent you will
to Docker erprise- learn how to
and containe grade Docker leverage
rization. images. Then Docker with
You will you will Jenkins to
learn how to learn about automate the
set up a Docker building of
Docker networks, Docker
development Docker images and
environment swarm, and the
on a Linux, Docker deployment
Mac, or volumes, and of Docker
Windows how to use containers.
workstation, these By the end
and learn features of this
your way with Docker book, you
around all stacks in will be well
the commands order to prepared
to run and define, when it
manage your deploy, and comes to
Docker maintain hig using Docker
images and hly- for your
containers. scalable, fa next
You will ult-tolerant project.
explore the multi- What you
Dockerfile container will
and learn applications learnSet up

your Docker workstation on various platformsUtilize a number of Docker commands with parametersCreate Docker images using DockerfilesLearn how to create and use Docker volumesDeploy multi-node Docker swarm infrastructureCreate and use Docker local and remote networksDeploy multi-container applications that are HA and FTUse Jenkins to build and deploy Docker imagesWho this book is for This guide is for anyone who needs to make a quick decision about using Docker for their next project. It is for developers who want to get started using Docker right away.

Docker Quick Start Guide

Packt Publishing Ltd

THE BEST SQL BOOK FOR BEGINNERS - HANDS DOWN! *INCLUDES FREE ACCESS TO A SAMPLE DATABASE, SQL BROWSER APP, COMPREHENSION QUIZES & SEVERAL OTHER DIGITAL RESOURCES!*

Not sure how to prepare for the data-driven future? This book shows you EXACTLY what you need to know to successfully use the SQL programming language to enhance your career! Are you a

developer who wants to expand your mastery to database management? Then you NEED this book. Buy now and start reading today! Are you a project manager who needs to better understand your development team's needs? A decision maker who needs to make deeper data-driven analysis? Everything you need to know is included in these pages!	The ubiquity of big data means that now more than ever there is a burning need to warehouse, access, and understand the contents of massive databases quickly and efficiently. That's where SQL comes in. SQL is the workhorse programming language that forms the backbone of modern data management and interpretation. Any database management professional	will tell you that despite trendy data management languages that come and go, SQL remains the most widely used and most reliable to date, with no signs of stopping. In this comprehensive guide, experienced mentor and SQL expert Walter Shields draws on his considerable knowledge to make the topic of relational database management
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accessible,	experience!	driven
easy to	SQL	business
understand,	QuickStart	insights -
and highly	Guide Is For:	Developers
actionable.	-	looking to
SQL	Professionals	expand their
QuickStart	looking to	mastery
Guide is	augment their	beyond the
ideal for	job skills in	full
those seeking	preparation	stackAnyone
to increase	for a data-	who wants to
their job	driven future	be better
prospects and	- Job seekers	prepared for
enhance their	who want to	our data-
careers, for	pad their	driven
developers	skills and	future! In
looking to	resume for a	SQL
expand their	durable	QuickStart
programming	employability	Guide You'll
capabilities,	edge -	Discover: -
or for anyone	Beginners	The basic
who wants to	with zero	structure of
take	prior experie	databases—wha
advantage of	nceManagers,	t they are,
our	decision	how they
inevitably	makers, and	work, and how
data-driven	business	to
future—even	owners	successfully
with no prior	looking to	navigate them
coding	manage data-	- How to use

SQL to	considerations	<i>Scraping Quick</i>
retrieve and	*LIFETIME	<i>Start Guide</i>
understand	ACCESS TO	Harmony
data no	FREE SQL	Get familiar
matter the	RESOURCES*:	with writing
scale of a	Each book	the trending
database	comes with	new systems
(aided by	free lifetime	programming
numerous	access to	language that
images and	tons of	brings
examples) -	exclusive	together the
The most	online	powerful
important SQL	resources to	performance of
queries,	help you	low-level
along with	master SQL,	languages with
how and when	such as	the advanced
to use them	workbooks,	features like
for best	cheat sheets	thread safety
effect -	and reference	in multi-
Professional	guides.	threaded code
applications	*GIVING BACK*	Key
of SQL and	QuickStart	FeaturesLearn
how to "sell"	Guides	the semantics
your new SQL	proudly	of Rust, which
skills to	supports One	can be
your	Tree Planted	significantly
employer,	as a	different from
along with	reforestation	other
other career-	partner.	programming la
enhancing	Go Web	nguagesUnderst
		and clearly
		how to work

with the Rust compiler which strictly enforces rules that may not be obvious and beyond the documentationBo ok Rust is an emerging programming language applicable to areas such as embedded programming, network programming, system programming, and web development. This book will take you from the basics of Rust to a point where your code compiles and does what you intend it to do! This book

starts with an introduction to understanding Rust and how to get set for programming, programming, you will learn about the core ideas, such as managing a Rust variable ownership, and development scope, workflow. Then you'll learn borrowing. After these key fundamentals of ideas, you will explore making decisions in Rust based on data types by learning about match and if let expressions. After that, you'll work with different data types in Rust, and learn about memory management and smart pointers. What you will learn

Rust and write your first program with it. Understand ownership in Rust. Handle different data types. Make decisions by pattern matching. Use smart pointers. Use generic types and type specialization. Write code that works with many data types. Tap into the standard library. Who this book is for: This book is for people who are new to Rust, either as their first programming language or coming to it from somewhere else. Familiarity	with computer programming in any other language will be helpful in getting the best out of this book. <i>Wireshark 2 Quick Start Guide</i> Packt Publishing Ltd. Learn core WordPress concepts and components to create modern WordPress-based solutions. Key Features: Learn the foundations of WordPress development and its hook-based architecture. Choose	the right components for any development task. Build flexible solutions that work with existing plugins and themes. Book Description: WordPress is the most used CMS in the world and is the ideal way to share your knowledge with a large audience or build a profitable business. Getting started with
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WordPress development has often been a challenge for novice developers, and this book will help you find your way. This book explains the components used in WordPress development, when and where to use them, and why you should be using each component in specific scenarios. You begin by	learning the basic development setup and coding standards of WordPress. Then you move into the most important aspects of the theme and plugin development process. Here you will also learn how themes and plugins fit into the website while learning about a range of techniques	for extending themes and plugins. With the basics covered, we explore many of the APIs provided by WordPress and how we can leverage them to build rapid solutions. Next, we move on to look at the techniques for capturing, processing, and displaying user data when integrating third-party
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components into the site design. Finally, you will learn how to test and deploy your work with secure and maintainable code, while providing the best performance for end users. What you will learnExplore the role of themes, plugins, and built-in features in developmentA dapt to built-in modules and	built-in database str ucturesWrite code for WordPress's hook-based a rchitectureB uild, customize, and integrate WordPress pluginsExten d themes with custom design templ atesCapture and process data with built-in features and custom formsImprove usability with AJAX and third-party compon entsManage n	on-functional aspects, such as security, performance, and migrationWho this book is for This book is for web developers and site owners who want to build custom websites with WordPress. Basic knowledge of PHP, JavaScript, HTML and CSS is required to get most out of this book.
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*MERN Quick
Start Guide*
Packt
Publishing
Ltd
Bring your
data to life
with Power
BI Key
Features Get
to grips
with the
fundamentals
of Microsoft
Power BI and
its Business
Intelligence
capabilities
Build
accurate
analytical
models,
reports and
dashboards
Get faster
and more
intuitive
insights

from your
data using
Microsoft
Power BI
Book Descrip
tionMicrosoft
t Power BI
is a cloud-
based
service that
helps you
easily
visualize
and share
insights
using your o
rganization'
s data.This
book will
get you
started with
business
intelligence
using the
Power BI
toolset,
covering
essential

concepts such
as installat
ion,designin
g effective
data models,
as well as
building
basic
dashboards
and visualiz
ations to
make your
data come to
life You
will learn
how to get
your data
the way you
want -
connecting
to data
sources
sources and
how to clean
your data
with the
Power BI
Query

Editor. You	this book,	can run
will next	and you will	properly,
learn how to	learn how to	and security
properly	follow	can be fully
design your	proper data	implementedW
data model	visualizatio	hat you will
to make your	n styles and	learn
data easier	enhanced	Connect to
to work	digital	data sources
with.. You	storytelling	using both
will next	techniques.	import and
learn how to	By the end	DirectQuery
properly	of this	options Use
design your	book, you	the Query
data model	will	Editor to
to navigate	understand	apply data t
table	how to	ransformatio
relationship	administer	ns and data
s and build	your organiz	cleansing
DAX formulas	ation's	processes,
to make your	Power BI	including
data easier	environment	learning how
to work	so	to write M
with.	deployment	and R
Visualizing	can be made	scripts
your data is	seamless,	Design
another key	data	optimized
element of	refreshes	data models

by designing the Power BI relationship Report s and DAX calculations Leverage built-in and custom visuals to design effective reports Use the Power BI Desktop and Power BI Service to implement Row Level Security on your model Administer a Power BI cloud tenant for your organization Deploy your Power BI Desktop files into	this book is for This book is for aspiring Business Intelligence professional s who want to get up and running with Microsoft Power BI. If you have a basic understandin g of BI concepts and want to learn how to apply them using Microsoft Power BI, this book is	for you. <i>Lua Quick Start Guide</i> Packt Publishing Ltd Discover techniques and tools for building serverless applications with AWS Lambda Key Features Learn to write, run, and deploy Lambda functions in the AWS cloud Make the most of AWS Lambda functions to build scalable and cost-efficient systems A practical
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guide to
developing
serverless
services and
applications
in Node.js,
Java, Python,
and C# Book
Description
AWS Lambda is
a part of AWS
that lets you
run your code
without
provisioning
or managing
servers. This
enables you
to deploy
applications
and backend
services that
operate with
no upfront
cost. This
book gets you
up to speed
on how to
build
scalable

systems and
deploy
serverless
applications
with AWS
Lambda. The
book starts
with the
fundamental
concepts of
AWS Lambda,
and then
teaches you
how to
combine your
applications
with other
AWS services,
such as
AmazonAPI
Gateway and
DynamoDB.
This book
will also
give a quick
walk through
on how to use
the
Serverless
Framework to

build larger
applications
that can
structure
code or
autogenerate
boilerplate
code that can
be used to
get started
quickly for
increased
productivity.
Toward the
end of the
book, you
will learn
how to write,
run, and test
Lambda
functions
using
Node.js,
Java, Python,
and C#. What
you will
learn
Understand
the
fundamental

concepts of
AWS Lambda
Get to grips
with the
Serverless
Framework and
how to create
a serverless
project
Testing and
debugging
Lambda
functions
Create a
stateful,
serverless
backend with
DynamoDB
Program AWS
Lambda with
Java, Python,
and C#
Program a
lambda
function with
Node.js Who
this book is
for This book
is primarily
for IT

architects and
developers
who want to
build
scalable
systems and
deploy
serverless
applications
with AWS
Lambda. No
prior
knowledge of
AWS is
necessary.
*Starting a
Business
QuickStart
Guide* Packt
Publishing Ltd
EXPANDED AND
UPDATED
Deliver
Products in
Short Cycles
with Rapid
Adaptation to
Change, Fast
Time-to-
Market, and
Continuous

Improvement --
Which Supports
Innovation and
Drives
Competitive
Advantage
Shifting
customer needs
are common in
today's
marketplace.
Businesses must
be adaptive and
responsive to
change while
delivering an
exceptional
customer
experience to
be competitive.
There are a
variety of
frameworks
supporting the
development of
products and
services, and
most approaches
fall into one
of two broad
categories:
traditional or
agile.

Traditional practices such as waterfall engage sequential development, while agile involves iterative and incremental deliverables. Organizations are increasingly embracing agile to manage projects, and best meet their business needs of rapid response to change, fast delivery speed, and more. With clear and easy to follow step-by-step instructions, Agile Scrum helps you: - Implement and use the most popular agile	framework -- Scrum - Deliver products in short cycles with rapid adaptation to change, fast time-to-market, and continuous improvement - Support innovation and drive competitive advantage Agile Scrum is for those interested or involved in innovation, project management, product development, software development or technology management. It's for those who have not yet used Scrum. It's also for people already	using Scrum, in roles such as Product Owners, Scrum Masters, Development Team members (business analysts, solution and system architects, designers, developers, testers, etc.), customers, end users, agile coaches, executives, managers, and other stakeholders. For those already using Scrum, this guide can serve as a reference on practices for consideration and potential adaptation. Reactions to Agile Scrum
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have been and successful impl
 incredibly presentation." ementation." -
 positive. "A - Midwest Book BookViral Agile
 superbly Review "A-type Scrum has
 written and personalities received 17
 presented guide (those inclined FIRST PLACE
 to team-based to avoid WINS in
 project instruction national and
 management that manuals) and international
 is applicable non-readers competitions:
 across a broad will rejoice 5th Annual
 range of upon Beverly Hills
 businesses from discovering International
 consumer this guide Book Awards - B
 products to which makes usiness-General
 high-tech." - getting started category 5th
 IndieBRAG with Agile Annual Beverly
 "Recommended." Scrum a Hills
 - The US Review breeze." - International
 of Books "The Literary Book Awards
 book is Classics Book -Technology
 excellent." - Reviews "A must-category 2016
 Readers' have for a London Book
 Favorite "An project manager Festival -
 all-inclusive wanting to Business
 instruction introduce Scrum category Fall
 guide that is to the 2016 Pinnacle
 impressively organization." Book
 'user-friendly' - PM World Achievement
 in tone, Journal "A Awards -
 content, clear and Business
 clarity, authoritative category 2017
 organization, roadmap for Feathered Quill

Book Awards - Informational (Business) category 2016 New Apple Book Awards - Technology category 2017 Independent Press Award - Technology category 11th Annual National Indie Excellence Awards - Technology category 2017 Pacific Rim Book Festival - Business category 2017 Bookvana Awards - Green/Conscious Business category 2017 Book Excellence Awards - Technology category 14th Annual Best Book Awards -	Business Reference category 2017 New York City Big Book Awards - Technology category 2017 Royal Dragonfly Book Awards - Science & Technology category 2017 Human Relations Indie Book Awards - Workplace category 2018 Florida Book Festival - Business category 2018 Pacific Book Awards - Business category Agile Scrum -- get your copy today! Apache Superset Quick Start Guide Packt	Publishing Ltd Integrate open source data analytics and build business intelligence on SQL databases with Apache Superset. The quick, intuitive nature for data visuali zation in a web application makes it easy for creating interactive dashboards. Key FeaturesWork with Apache
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Superset's rich set of data visualizationsCreate interactive dashboards and data storytellingEasily explore dataBook Description Apache Superset is a modern, open source, enterprise-ready business intelligence (BI) web application. With the help of this book, you will see how Superset integrates	with popular databases like Postgres, Google BigQuery, Snowflake, and MySQL. You will learn to create real time data visualizations and dashboards on modern web browsers for your organization using Superset. First, we look at the fundamentals of Superset, and then get it up and running.	You'll go through the requisite installation, configuration, and deployment. Then, we will discuss different columnar data types, analytics, and the visualizations available. You'll also see the security tools available to the administrator to keep your data safe. You will learn how to
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visualize relationship s as graphs instead of coordinates on plain orthogonal axes. This will help you when you upload your own entity relationship dataset and analyze the dataset in new, different ways. You will also see how to analyze geographical regions by working with location data. Finally, we	cover a set of tutorials on dashboard designs frequently used by analysts, business intelligence professional s, and developers. What you will learnGet to grips with the fundamentals of data exploration using SupersetSet up a working instance of Superset on cloud services like Google	Compute Engin eIntegrate Superset with SQL dat abasesBuild dashboards with Superse tCalculate statistics in Superset for numerical, categorical, or text data Understand visualizatio n techniques, filtering, and grouping by aggregati onManage user roles and permissions in SupersetWork with SQL
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LabWho this
book is for
This book is
for data
analysts, BI
professional
s, and
developers
who want to
learn Apache
Superset. If
you want to
create
interactive
dashboards
from SQL
databases,
this book is
what you
need.
Working
knowledge of
Python will
be an
advantage
but not
necessary to
understand

this book.
Apache Spark
Quick Start
Guide Packt
Publishing Ltd
Build and
train scalable
neural network
models on
various
platforms by
leveraging the
power of
Caffe2 Key
FeaturesMigrat
e models
trained with
other deep
learning
frameworks on
Caffe2Integrat
e Caffe2 with
Android or iOS
and implement
deep learning
models for
mobile
devicesLeverag
e the
distributed
capabilities
of Caffe2 to

build models
that scale
easilyBook
Description
Caffe2 is a
popular deep
learning
library used
for fast and
scalable
training and
inference of
deep learning
models on
various
platforms. This
book introduces
you to the
Caffe2
framework and
shows how you
can leverage
its power to
build, train,
and deploy
efficient
neural network
models at
scale. It will
cover the
topics of
installing
Caffe2,

composing hardware, using neural networks using containers on networksTrain its operators, the cloud and neural network training resource on CPU or models, and constrained GPUImport a deploying hardware such neural network models to as Raspberry from different Pi, which will CaffeImport architectures. be deep learning It will also demonstrated. models from show how to By the end of other framework import models this book, you sDeploy models from Caffe and will be able to on CPU or GPU from other not only accelerators frameworks compose and using inference using the ONNX train popular enginesDeploy interchange neural network models at the format. It models with edge and in the covers the Caffe2, but cloudWho this topic of deep also be able to book is for learning deploy them on Data scientists accelerators accelerators, and machine such as CPU and to the cloud learning GPU and shows and on resource engineers who how to deploy constrained wish to create Caffe2 models platforms such fast and for inference as mobile and scalable deep on accelerators embedded learning models using inference hardware. What in Caffe2 will engines. Caffe2 you will find this book is built for learnBuild and to be very deployment to a install useful. Some diverse set of Caffe2Compose understanding

of the basic machine learning concepts and prior exposure to programming languages like C++ and Python will be useful.	difficult or painstaking anymore. After trying almost every fad diet out there, Serene Allison and Pearl Barrett, creators of the Trim Healthy Mama movement, took matters into their own hands. Through trial and error and much research, they created the Trim Healthy Mama Plan, the breakthrough	lifestyle program to help readers of all ages and stages get healthy, slim down and keep off the weight once and for all. Based on the authors' successful self-published book, this simplified, improved, practical plan shows readers a unique way to lose weight and get healthy by eliminating
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sugar, and still eating hearty, delicious food. The bi blically-sound and highly effective eating approach centers on Satisfying meals (which include more fats and protein) and Energizing meals (which include more carbs and protein), as they are the key to success. Scrumptious whole, unprocessed	foods, including fats, blood sugar friendly grains, proteins, fruits, and vegetables, are eaten in a way that boosts metabolism, yet still fits into anyone's hectic lifestyle. It's family friendly and effective for pregnant and nursing mothers, pre or post-menopausal women, and also those	without weight or health issues—even men and growing children. The book includes menu plans, a list of key super foods to eat on plan, time-saving tips, and pantry stocking and lifestyle advice to help readers successfully reach their goals. Join the Trim Healthy Mama movement and along with
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thousands of others, and discover the groundbreaking, easy-does-it, and delicious way to eat for health and weight loss.

WordPress Development Quick Start Guide Packt Publishing Ltd

An action plan for working as a consultant Management consulting is a \$250 billion industry and growing at a rate of over

four percent annually. Many predict that more than 40 percent of the U.S. workforce will soon be contingent, freelance, or consulting members of the workforce making this book more relevant than ever. Individuals become independent consultants out of necessity or preference: necessity

because they lost their job or the company offered an attractive exit package; preference because they want a career change, more control over their time, or an enriched, varied work situation. Consulting also appeals to the Millennial workforce who are searching for careers that offer a

good salary as well as meaningful work. The New Consultant's Quick Start Guide: • Serves as a companion to The New Business of Consulting • Provides you with a place to plan your transition into consulting • Helps you identify your niche, develop a business plan, charge what you're worth, and create a	marketing strategy to ensure a steady stream of clients • Prepares you for changes you will encounter beyond your professional life, including social, family, and financial aspects The New Consultant's Quick Start Guide helps you work through the challenges of consulting such as	working alone, deciding on necessary insurance coverage, finding your first clients, struggling with cash flow, and understanding market trends. <u>Bash Quick Start Guide</u> Packt Publishing Ltd Get up and running with Oracle's premium cloud blockchain services and build distributed blockchain
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features, qualifiers, architecture and structure Understand the importance of Blockchain-as-a-Service (Baas) Experiment Hyperledger Fabric and delve into the underlying technology Set up a consortium network, nodes, channels, and privacy, and learn how to translate network topology on OBP Who this book is for If you are a blockchain

developer, blockchain architect or just a cloud developer looking to get hands-on with Oracle Blockchain Cloud Service, then this book is for you. Some familiarity with the basic concepts of blockchain will be helpful to get the most out of this book [Blender Quick Start Guide](#) Packt Publishing Ltd Apply functional Reactive programming

for simple and scalable state management with MobX Key Features The easiest way to learn MobX to enhance your client-side state-management Understand how the concepts and components fit together Work through different state management scenarios with MobX Book Description MobX is a simple and highly scalable state management library in JavaScript. Its abstractions can help you manage state in small to extremely large applications.

However, if you'll work through some fundamental concepts of MobX, such as building observables, actions, and reactions. Use observables to track state and react to its changes with validations and visual feedback (via React Components). Create a MobX observable from different data types. Define form data as an observable state and tackle sync and async form validations. Use the special APIs to directly manipulate observables, tracking its changes, and discovering the reasons behind

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information in this book. Are you ready to be the next success story? If you are SERIOUS about achieving financial freedom through day trading than look no further than Day Trading QuickStart Guide! Day Trading QuickStart Guide smashes the myth that successful day traders are math	experts, careless risk junkies, or compulsive gamblers. Using the tactics and enclosed in these chapters, you'll learn the exact skills needed to find real success while keeping your risk to an absolute bare minimum. Author Troy Noonan is a professional full-time trader and	day trading coach with over 25 years of experience. The original 'Backpack Trader', Noonan has helped thousands of students in over 100 countries become successful traders using the exact methods and strategies shared in this book. His story, and the success stories of his
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