

Christopher Sommer Liquid Steel

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In particular, the fact that Coach Sommer states something along the lines that 'joint preparation work should begin from day 1', but the book 'Liquid Steel' has no release date yet. :bang: I don't know whether the book will be on general release to Amazon.

' Building the Gymnastic Body ' by Christopher Sommer – a ...
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Chris Sommer is an experienced coach who trains national youth gymnastics but that doesn't mean he is an especially good teacher (unless he is standing over you in person forcing you to exercise). The title of this book is misleading for a start, it is not about building the gymnastic body at all, all it is a series of chapters describing some of the positions and exercises involved in ..

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This is a brand new edition of the leading reference work on histological techniques. It is an essential and invaluable resource suited to all those involved with histological preparations and applications, from the student to the highly experienced laboratory professional. This is a one stop reference book that the trainee histotechnologist can purchase at the beginning of his career and which will remain valuable to him as he increasingly gains experience in daily practice. Thoroughly revised and up-dated edition of the standard reference work in histotechnology that successfully integrates both theory and practice.Provides a single comprehensive resource on the tried and tested investigative techniques as well as coverage of the latest technical developments. Over 30 international expert contributors all of whom are involved in teaching, research and practice.Provides authoritative guidance on principles and practice of fixation and staining. Extensive use of summary tables, charts and boxes.Information is well set out and easy to retrieve. Six useful appendices included (SI units, solution preparation, specimen mounting, solubility). Provides practical information on measurements, preparation solutions that are used in daily laboratory practice. Color photomicrographs used extensively throughout. Better replicates the actual appearance of the specimen under the microscope. Brand new co-editors. New material on immunohistochemical and molecular diagnostic techniques.Enables user to keep abreast of latest advances in the field.

"The assessment builds on the work of the Livestock, Environment and Development (LEAD) Initiative"--Pref.

The U.S. Navy's first two-ocean war was the Spanish-American War of 1898. A war that was global in scope, with the decisive naval battles of war at Manila Bay and Santiago de Cuba separated by two months and over ten thousand miles. During these battles in this quick, modern war, America's New Steel Navy came of age. While the American commanders sailed to war with a technologically advanced fleet, it was the lessons they had learned from Adm. David Farragut in the Civil War that prepared them for victory over the Spaniards. This history of the U.S. Navy's operations in the war provides some memorable portraits of the colorful officers who decided the outcome of these battles: Shang Dewey in the Philippines and Fighting Bob Evans off southern Cuba, Jack Philip conning the Texas and Constructor Hobson scuttling the Merrimac, Clark of the Oregon pushing his battleship around South America; and Adm. William Sampson and Commodore Scott Schley ending their careers in controversy. These officers sailed into battle with a navy of middle-aged lieutenants and overworked bluejackets, along with green naval militiamen. They were accompanied by numerous onboard correspondents, who documented the war.In addition to descriptions of the men who fought or witnessed the pivotal battles on the American side, the book offers sympathetic portraits of several Spanish officers, the Dons for whom American sailors held little personal enmity. Admirals Patricio Montojo and Pasqual Cervera, doomed to sacrifice their forces for the pride of a dying empire, receive particular attention. The first study of the Spanish-American War to be published in many years, this book takes a journalistic approach to the subject, making the conflict and the people involved relevant to today's readers. This work details a war in which victory was determined as much by leadership as by the technology of the American Steel Navy.

Format 6 x 9 Illus. 50 b&w photos + 24pp color photo section The definitive book on all aspects of metal corrosion in boats Includes a new 24 page color section Invaluable new content on electrolytic corrosion, copper sheathing, chromium plating and new sealants By the acknowledged expert

APPLIED STATICS AND STRENGTH OF MATERIALS, 2nd Edition provides engineering and construction technology readers with a strategy for successful learning of basic structural behavior and design. The book is written at a fundamental level while providing robust detail on problem-solving methods on a variety of recognizable structures, systems, and machines. Topics covered include easy-to- understand discussion on equilibrium, trusses, frames, centroids, moment of inertia, direct stress, combined stress, beam mechanics, and much more. The book also includes extensive coverage on the design of beams, columns, and connections which include the latest design specifications using steel, concrete, and wood. More than 175 fully worked examples and 500 exercise problems offer thorough and comprehensive reinforcement of the material using recognizable structural and mechanical elements which connect the readers to the real-world.

One of the pathways by which the scientific community confirms the validity of a new scientific discovery is by repeating the research that produced it. When a scientific effort fails to independently confirm the computations or results of a previous study, some fear that it may be a symptom of a lack of rigor in science, while others argue that such an observed inconsistency can be an important precursor to new discovery. Concerns about reproducibility and replicability have been expressed in both scientific and popular media. As these concerns came to light, Congress requested that the National Academies of Sciences, Engineering, and Medicine conduct a study to assess the extent of issues related to reproducibility and replicability and to offer recommendations for improving rigor and transparency in scientific research. Reproducibility and Replicability in Science defines reproducibility and replicability and examines the factors that may lead to non-reproducibility and non-replicability in research. Unlike the typical expectation of reproducibility between two computations, expectations about replicability are more nuanced, and in some cases a lack of replicability can aid the process of scientific discovery. This report provides recommendations to researchers, academic institutions, journals, and funders on steps they can take to improve reproducibility and replicability in science.

This work does not provide "recipes" or standardized solutions for the treatment of patients affected hypersecretion. The reader will find the book necessary ingredients to adapt to drain bronchial disease and the patient's condition, their needs and possibilities. Find relevant information ontology, anatomy, physiology and pulmonary ventilatory mechanics in order to facilitate understanding of the mechanisms involved in bronchial drainage techniques. It also delves into measurements of lung function and its implications. Explains the problems with obstruction and pulmonary physiotherapy assessment, as well as the bases of the bronchial drainage techniques. Not to mention the care of the upper airways. Acquire special mention specific principles of autogenic drainage, showing through performance curves partial expiratory flow-volume, the ability to modulate the flow and volume in the bronchial tree and selectively localize functional bronchial generations drain. Series of tips to standardize ventilation during inspiratory phase as well as the importance of correcting the shape of the rib cage. Explains the use of autogenic drainage in patients collaborators and collaborators, with a section dedicated to autogenic drainage in infants. The last chapters are devoted to explaining the specific physiology of cough with practical implications, special attention is given to inhalation therapy and finally being mentioned techniques as accessory respiratory reeducation and functional analysis, the importance of exercise and positioning, flexible gymnastics, relaxation, the use of oxygen and the rehabilitation effort through sport.

From paintings and food to illness and icebergs, science is happening everywhere. Rather than follow the path of a syllabus or textbook, Andrew Morris takes examples from the science we see every day and uses them as entry points to explain a number of fundamental scientific concepts – from understanding colour to the nature of hormones – in ways that anyone can grasp. While each chapter offers a separate story, they are linked together by their fascinating relevance to our daily lives. The topics explored in each chapter are based on hundreds of discussions the author has led with adult science learners over many years – people who came from all walks of life and had no scientific training, but had developed a burning curiosity to understand the world around them. This book encourages us to reflect on our own relationship with science and serves as an important reminder of why we should continue learning as adults.

The Smell of Kerosene tells the dramatic story of a NASA research pilot who logged over 11,000 flight hours in more than 125 types of aircraft. Donald Mallick gives the reader fascinating firsthand descriptions of his early naval flight training, carrier operations, and his research flying career with NASA and its predecessor agency, the National Advisory Committee for Aeronautics (NACA).

This open access book explores the concept of Industry 4.0, which presents a considerable challenge for the production and service sectors. While digitization initiatives are usually integrated into the central corporate strategy of larger companies, smaller firms often have problems putting Industry 4.0 paradigms into practice. Small and medium-sized enterprises (SMEs) possess neither the human nor financial resources to systematically investigate the potential and risks of introducing Industry 4.0. Addressing this obstacle, the international team of authors focuses on the development of smart manufacturing concepts, logistics solutions and managerial models specifically for SMEs. Aiming to provide methodological frameworks and pilot solutions for SMEs during their digital transformation, this innovative and timely book will be of great use to scholars researching technology management, digitization and small business, as well as practitioners within manufacturing companies.

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