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In the past year, Jawbone has done some serious revamping of its Up fitness tracker line. Today, the company continues by announcing a duo of new activity trackers: the Up2, the successor to the ...

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Conference, held in Istanbul, Turkey in August/September 2014. The conference aims to present the most recent developments in biomedical informatics. The book is divided into 15 sections, which include: decision support systems and clinical practice

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guidelines; improved healthcare through informatics; data analysis; mobile health; technology and system evaluation; and text mining. The final two sections present posters from the conference. The book will be of interest to all those in the healthcare sector,

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adults have ADHD or some of its traits, but they are under-recognized, under-treated, and often under-supported. This book empowers people with ADHD, or some of its characteristics, to adapt and thrive. By working through the program in this book, you will develop

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Forgetful. Achieving
below potential. Stuck
in a rut. Time
challenged.

Motivationally
challenged. Impulsive.
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of these symptoms
are making it difficult

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for you—or someone you know—to live life to the fullest, then the clinically proven, cutting-edge program in this book will help you understand your struggles and challenges. Whether you have been diagnosed with ADHD, think you may have it, or just exhibit many of these traits,

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impulsive choices and
taking pointless risks.

Eliminate negative
thinking patterns that
waste your mental
energy. Create
environments that
support your
challenges. Make the
most of both medical
and nonmedical
resources

(medication,
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Behavioral Therapy, mindfulness, support groups, lifestyle change). With inspiring stories of real people who have adapted and thrived using the methods in this book, FAST MINDS will help you create the kind of life you want to live.

Here for the first time

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in one place is everything you will ever need to know in order to survive just about any difficult or dangerous situation. Drawing from dozens of the U.S. Army's official field manuals, editor Jay McCullough has culled a thousand pages of the most useful and curious tidbits for the would-

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the two-fold
theological and
practical perspective
that he always
brought to his
teaching and
preaching.” —John R.
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Cardiologist, in 7 Steps to a Healthy Heart, considers spiritual health a top priority. Pastor Williams has effectively compiled a document that is essential to a man's ability to be spiritually healthy and thereby much better prepared to be physically capable and

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devotion and
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"A guide intended to
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Digital self-tracking
devices and data

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have become normal elements of everyday life. Imagining Personal Data examines the implications of the rise of body monitoring and digital self-tracking for how we inhabit, experience and imagine our everyday worlds and futures. Through a focus on how it feels

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to live in environments where data is emergent, present and characterized by a sense of uncertainty, the authors argue for a new interdisciplinary approach to understanding the implications of self-tracking, which attends to its past, present and possible

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future. Building on
social science
approaches, the book
accounts for the
concerns of scholars
working in design,
philosophy and
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interaction. It
problematizes the
body and senses in
relation to data and
tracking devices,
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an accessible analytical account of the sensory and affective experiences of self-tracking, and questions the status of big data. In doing so it proposes an agenda for future research and design that puts people at its centre.

Track-by-track, album-

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