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A Whole-Body Approach to Slowing Down Aging *The Whole-Body Approach to Osteoporosis* **Many-Body Approach to Electronic Excitations** *Many-body Approaches at Different Scales* **Trauma and the Body: A Sensorimotor Approach to Psychotherapy (Norton Series on Interpersonal Neurobiology)** **NONLINEAR SLENDER-BODY APPROACH FOR PREDICTING PLANING HULL PERFORMANCE. Applied Many-Body Methods in Spectroscopy and Electronic Structure** *The Practice of Qualitative Research* **Get Strong! Many-Body Methods in Chemistry and Physics** **Mind-Body Medicine in Children and Adolescents** *Introduction to Sociology for Health Carers* **Advances in Psychosomatic Obstetrics and Gynecology** **Motion Planning Of Mind and Body In an Unspoken Voice** **The Fertile Body Method Handbook of Research on the Education of Young Children** **The first three sections of Newton's Principia. With notes and illustr. by J. Carr** **The First Three Sections of Newton's Principia. With ... Notes and Illustrations ... by the Rev. J. Carr, Etc** **The First Three Sections of Newton's Principia** **Cyclostationarity: Theory and Methods** *Anthropologies of Medicine* **THE PHILOSOPHICAL TRANSACTIONS (From the Year 1732, to the Year 1744)** **Many-Body Methods in Quantum Chemistry** **The Pleasure Zone** **Dossey & Keegan's Holistic Nursing: A Handbook for Practice** **The Philosophical Transactions and Collections Abridged and Disposed Under General Heads** *Handbook of Anthropometry* *Research Handbook on Asian Financial Law* **Mental Illness Defined** **Handbook of Human Factors in Litigation** *From Landscape Research to Landscape Planning* **Fundamentals of Tribology and Bridging the Gap Between the Macro- and Micro/Nanoscales** *Genetic Disorders and the Fetus* *Applied Biomechanics* *Cannabis Use Disorders* *Yoga Journal* *Handbook of Mind-Body Medicine for Primary Care* *Pragmatism and the Philosophy of Sport*

In an Unspoken Voice Jul 13 2021 Unraveling trauma in the body, brain and mind—a revolution in treatment. Now in 17 languages. In this culmination of his life's work, Peter A. Levine draws on his broad experience as a clinician, a student of comparative brain research, a stress scientist and a keen observer of the naturalistic animal world to explain the nature and transformation of trauma in the body, brain and psyche. In an Unspoken Voice is based on the idea that trauma is neither a disease nor a disorder, but rather an injury caused by fright, helplessness and loss that can be healed by engaging our innate capacity to self-regulate high states of arousal and intense emotions. Enriched with a coherent theoretical framework and compelling case examples, the book elegantly blends the latest findings in biology, neuroscience and body-oriented psychotherapy to show that when we bring together animal instinct and reason, we can become more whole human beings.

Many-Body Methods in Chemistry and Physics Jan 19 2022 This book describes the mathematical and diagrammatic techniques employed in the popular many-body methods to determine molecular structure, properties and interactions.

The First Three Sections of Newton's Principia. With ... Notes and Illustrations ... by the Rev. J. Carr, Etc Mar 09 2021

Fundamentals of Tribology and Bridging the Gap Between the Macro- and Micro/Nanoscales Dec 26 2019 The word tribology was first reported in a landmark report by P. Jost in 1966 (Lubrication (Tribology)--A Report on the Present Position and Industry's Needs, Department of Education and Science, HMSO, London). Tribology is the science and technology of two interacting surfaces in relative motion and of related subjects and practices. The popular equivalent is friction, wear and lubrication. The economic impact of the better understanding of tribology of two interacting surfaces in relative motion is known to be immense. Losses resulting from ignorance of tribology amount in the United States alone to about 6 percent of its GNP or about \$200 billion dollars per year (1966), and approximately one-third of the world's energy resources in present use, appear as friction in one form or another. A fundamental understanding of the tribology of the head-medium interface in magnetic recording is crucial to the future growth of the \$100 billion per year information storage industry. In the emerging microelectromechanical systems (MEMS) industry, tribology is also recognized as a limiting technology. The advent of new scanning probe microscopy (SPM) techniques (starting with the invention of the scanning tunneling microscope in 1981) to measure surface topography, adhesion, friction, wear, lubricant-film thickness, mechanical properties all on a micro to nanometer scale, and to image lubricant molecules and the availability of supercomputers to conduct atomic-scale simulations has led to the development of a new field referred to as Microtribology, Nanotribology, or Molecular Tribology (see B. Bhushan, J. N. Israelachvili and U.

The Whole-Body Approach to Osteoporosis Sep 27 2022 No pill will cure you of osteoporosis. While medication can sometimes help, it won't fully address the underlying causes of your osteoporosis or

osteopenia. To restore bone health, you'll need a targeted program combining the best bone-building strategies from traditional and holistic medicine. The Whole-Body Approach to Osteoporosis distills these complex strategies into a whole-body plan you can begin today to dramatically improve your bone strength and overall vitality. This comprehensive guide includes information on: •What to eat for stronger bones •Choosing bone-building supplements and osteoporosis medications •Foods and medications that may be contributing to bone loss •Signs and symptoms that can help you monitor your bone health •How lab tests can help you personalize your plan

Pragmatism and the Philosophy of Sport Jun 19 2019 Pragmatism and the Philosophy of Sport explores the philosophical significance of sport – the phenomenological experience, the training, coaching, and the competition – from a uniquely pragmatic angle of vision. The philosophical insights of John Dewey, William James, C.S. Peirce, Jane Addams, and Josiah Royce shed new light on the meaning of the physical practices that take place on our soccer fields, national arenas, backyards, and playgrounds. Interestingly, a close examination of these contemporary practices allows us to understand a wide array of ethical, epistemological and metaphysical commitments that the American pragmatic tradition has articulated for more than a century. Pragmatism's insistence that truth be embodied in the practical consequences of everyday life, its balancing of communal and individual purposes, its emphasis on the role of chance and spontaneity in experience – resonate with the findings of modern kinesiology and sport science.

The Pleasure Zone Sep 03 2020 Discusses the eight core pleasures--primal pleasure, pain relief, the pleasures of play and humor, and mental, emotional, sensual, sexual, and spiritual pleasure--and how they can enrich one's life

Get Strong! Feb 20 2022 "Strength begins in the brain, not the muscles! If you want more strength, train the brain to contract more muscle fibers. Training for strength means a shorter workout. In fact, you may be spending more time resting between reps than lifting. Even an hour of rest between sets will not reduce your strength gains. Remember -- it's NOT about how tired you feel after workout. It's about how many muscle fibers your brain learns to contract at a given time, due to the amount of weight you lift successfully. Minimally, you only need to perform one movement to build full body muscle and bone strength. The right muscle training improves bones too."--Page [4] of cover.

Of Mind and Body Aug 14 2021 Mind-body medicine has captured the popular imagination. More and more, people are turning to alternative, nontraditional therapies to take control of their physical and mental characteristics and attitudes and how they can affect our physical well-being. Discover what research tells us about the true medical benefits of: - Relaxation therapy - Meditation - Positive visualization - Mental healing - Hypnosis Does science support the public's growing faith in these treatments? The answer, surprisingly, is yes. *Of Mind and Body* by Linda Wasmer Smith helps you examine a wide variety of today's burgeoning alternative therapies and fully explains the underlying science. Along the way, you'll learn how to assess your own personality as it relates to your health.

Advances in Psychosomatic Obstetrics and Gynecology Oct 16 2021 The Sixth International Congress of Psychosomatic Obstetrics and Gynecology, which took place from 2 to 6 September 1980 in the congressional chambers of the former Reichstag building in Berlin, had as its theme "Women in a Changing Society." Particular emphasis was placed on the fact that in illness, as well as in good health, women must be considered in a comprehensive psychosocial context. Observations from medical, psychological, sociological, and anthropological perspectives on the healthy and sick woman through the various stages of her life presented a wide spectrum of scientific research. Sessions covering such fundamental topics as the problems of the young mother, women in the postgenerative phase, and the early mother-child relationship were enriched by many recent scientific contributions. Further subjects, ranging from the dialogue in the gynecologist's consulting room through the emotional situation of the gynecologist, body language in female sexuality, and sexual disorders experienced by gynecological patients to psychosomatics and cancer, were pursued in small workshops. Of particular psychoendocrinological interest were the contributions on obesity and the premenstrual syndrome. The results of this workshop and another on unwanted pregnancy have appeared recently in separate monographs.

The Fertile Body Method Jun 12 2021 The Fertile Body Method is a complete guide to working with fertility and related issues using hypnosis and other mind-body approaches. It offers in-depth information about infertility and possible causes and provides practitioners with a thorough understanding of all related issues, as well as effective techniques for treating them. It will show you how to structure your treatment plans and tailor your approach to each case in a step-by-step way. Useful and simple explanations of assisted fertility treatments and medical terminology make this book accessible to all. It provides an integrative guide for enhancing natural conception as well as powerful hypnotic techniques to support IVF and other assisted reproductive technologies. Included with the book is a CD that contains many practical resources including scripts, questionnaires, self help tools, diagrams, charts and explanations leaflets for clients.

Handbook of Human Factors in Litigation Feb 26 2020 Using ergonomics in forensics can help prevent the recurrence of system failures through engineering or administrative controls. It can also raise the level of concern among professionals and the public regarding product, workplace, and service safety due to perceived exposure to liability. Even with such a potentially important and broad impact, f

Handbook of Anthropometry May 31 2020 Although its underlying concept is a relatively simple one—the measurement of the human body and its parts—anthropometry employs a myriad of methods and instruments, and is useful for a variety of purposes, from understanding the impact of disease on individuals to tracking changes in populations over time. The first interdisciplinary reference on the subject, the Handbook of Anthropometry brings this wide-ranging field together: basic theory and highly specialized topics in normal and abnormal anthropometry in terms of health, disease prevention, and intervention. Over 140 self-contained chapters cover up-to-date indices, the latest studies on computerized methods, shape-capturing systems, and bioelectrical impedance, data concerning single tissues and whole-body variables, and reports from different areas of the world. Chapters feature helpful charts and illustrations, cross-references to related chapters are included, and key points are presented in bullet form for ease of comprehension. Together, the Handbook's thirteen sections entail all major aspects of anthropometrical practice and research, including: Tools and techniques. Developmental stages, from fetus to elder. Genetic diseases, metabolic diseases, and cancer. Exercise and nutrition. Ethnic, cultural, and geographic populations. Special conditions and circumstances. The Handbook of Anthropometry is an invaluable addition to the reference libraries of a broad spectrum of health professionals, among them health scientists, physicians, physiologists, nutritionists, dieticians, nurses, public health researchers, epidemiologists, exercise physiologists, and physical therapists. It is also useful to college-level students and faculty in the health disciplines, as well as to policymakers and ergonomists.

The Practice of Qualitative Research Mar 21 2022 The Practice of Qualitative Research is designed for upper-level undergraduate and graduate level courses that introduce the student to Qualitative Research. The book provides coverage on the foundations of qualitative research, the methods used in doing the research and how you analyze the data and present it.

Anthropologies of Medicine Dec 06 2020

Handbook of Research on the Education of Young Children May 11 2021 The Handbook of Research on the Education of Young Children is the essential reference on research on early childhood education throughout the world. This singular resource provides a comprehensive overview of important contemporary issues as well as the information necessary to make informed judgments about these issues. The field has changed significantly since the publication of the second edition, and this third edition of the handbook takes care to address the entirety of vital new developments. A valuable tool for all those who work and study in the field of early childhood education, this volume addresses critical, cutting edge research on child development, curriculum, policy, and research and evaluation strategies. With a multitude of new and updated chapters, The Handbook of Research on the Education of Young Children, 3rd Edition makes the expanding knowledge base related to early childhood education readily available and accessible.

Introduction to Sociology for Health Carers Nov 17 2021 This series provides readers with a real grounding for Foundation studies across healthcare disciplines. The text demonstrates how theory has a practical application, as well as testing student's knowledge.

Handbook of Mind-Body Medicine for Primary Care Jul 21 2019 Emphasizing the concepts and technologies of clinical psychophysiology in providing an evidence-based empirical approach to problems of patients in primary care medicine, this text has a bio-psychosocial perspective.

Trauma and the Body: A Sensorimotor Approach to Psychotherapy (Norton Series on Interpersonal Neurobiology) Jun 24 2022 The body, for a host of reasons, has been left out of the "talking cure." Psychotherapists who have been trained in models of psychodynamic, psychoanalytic, or cognitive therapeutic approaches are skilled at listening to the language and affect of the client. They track the clients' associations, fantasies, and signs of psychic conflict, distress, and defenses. Yet while the majority of therapists are trained to notice the appearance and even the movements of the client's body, thoughtful engagement with the client's embodied experience has remained peripheral to traditional therapeutic interventions. Trauma and the Body is a detailed review of research in neuroscience, trauma, dissociation, and attachment theory that points to the need for an integrative mind-body approach to trauma. The premise of this book is that, by adding body-oriented interventions to their repertoire, traditionally trained therapists can increase the depth and efficacy of their clinical work. Sensorimotor psychotherapy is an approach that builds on traditional psychotherapeutic understanding but includes the body as central in the therapeutic field of awareness, using observational skills, theories, and interventions not usually practiced in psychodynamic psychotherapy. By synthesizing bottom-up and top down interventions, the authors combine the best of both worlds to help chronically traumatized clients find resolution and meaning in their lives and develop a new, somatically integrated sense of self. Topics addressed include: Cognitive, emotional, and sensorimotor dimensions of information processing • modulating arousal • dyadic regulation and the body • the orienting response • defensive subsystems • adaptation and action systems • treatment principles • skills for working with the body in present time • developing somatic resources for stabilization • processing

From Landscape Research to Landscape Planning Jan 27 2020 This book provides guidelines for those pursuing landscape projects based on integrative concepts – interdisciplinarity and transdisciplinarity – whether they are members of an integrative research team or individuals working on a problem that demands integration. They must define terminology, choose appropriate methodologies, overcome epistemological barriers and cope with the high expectations of some stakeholders while encouraging others to participate at all.

THE PHILOSOPHICAL TRANSACTIONS (From the Year 1732, to the Year 1744) Nov 05 2020

The first three sections of Newton's Principia. With notes and illustr. by J. Carr Apr 10 2021

Genetic Disorders and the Fetus Nov 24 2019 "The time is fast approaching when virtually all the culprit genes and their mutations for 7,000 rare monogenic disorders¹ will be known. Thus far causal single genes and their mutations have been determined for 5,6732 genetic disorders, enabling pre-implantation genetic testing or prenatal genetic diagnosis. These advances using chromosomal microarrays, whole exome sequencing and even whole genome sequencing together with fetal imaging, and non-invasive prenatal testing, expand the era in which all couples have the option of avoiding or preventing having children with

irreversible, irremediable, crippling, or lethal monogenic disorders. Primary care physicians, and those in all medical specialties, will need to inform their patients of this key option. This imperative is already partly in current practice. Missing is the requirement of physicians to request and obtain the precise name of the genetic disorder in question or an existing DNA report on a family member, for prospective parents to benefit from available options"--

Many-Body Methods in Quantum Chemistry Oct 04 2020 The present volume contains the text of the invited lectures presented at the Symposium on Many Body Methods in Quantum Chemistry, held on the campus of Tel Aviv University in August 1988. The Symposium was a satellite meeting of the Sixth International Congress on Quantum Chemistry held in Jerusalem. The development and application of many-body methods in Quantum chemistry have been on the rise for a number of years. This is therefore a good time for an interim report on the state of the field. It is hoped that such a report is hereby provided, though it may not be complete. The Symposium was held under the auspices of Tel Aviv University, Raymond and Beverly Sackler Faculty of Exact Sciences, School of Chemistry. Other sponsors were the Israeli Academy of Sciences and Humanities, and the Israeli Ministry of Science and Development. Many thanks go to all of them. Finally, I would like to thank all the speakers and participants for making the meeting the enjoyable and (I hope) profitable experience it was. Tel Aviv, Israel Uzi Kaldor TESTS AND APPLICATIONS OF COMPLETE MODEL SPACE QUASIDEGENERATE MANY-BODY PERTURBATION THEORY FOR MOLECULES Karl F. Freed The James Franck Institute and Department of Chemistry The University of Chicago, Chicago, DUinois 60637 U.S.A.

The First Three Sections of Newton's Principia Feb 08 2021

The Philosophical Transactions and Collections Abridged and Disposed Under General Heads Jul 01 2020

Many-Body Approach to Electronic Excitations Aug 26 2022 The many-body-theoretical basis and applications of theoretical spectroscopy of condensed matter, e.g. crystals, nanosystems, and molecules are unified in one advanced text for readers from graduate students to active researchers in the field. The theory is developed from first principles including fully the electron-electron interaction and spin interactions. It is based on the many-body perturbation theory, a quantum-field-theoretical description, and Green's functions. The important expressions for ground states as well as electronic single-particle and pair excitations are explained. Based on single-particle and two-particle Green's functions, the Dyson and Bethe-Salpeter equations are derived. They are applied to calculate spectral and response functions. Important spectra are those which can be measured using photoemission/inverse photoemission, optical spectroscopy, and electron energy loss/inelastic X-ray spectroscopy. Important approximations are derived and discussed in the light of selected computational and experimental results. Some numerical implementations available in well-known computer codes are critically discussed. The book is divided into four parts: (i) In the first part the many-electron systems are described in the framework of the quantum-field theory. The electron spin and the spin-orbit interaction are taken into account. Sum rules are derived. (ii) The second part is mainly related to the ground state of electronic systems. The total energy is treated within the density functional theory. The most important approximations for exchange and correlation are delighted. (iii) The third part is essentially devoted to the description of charged electronic excitations such as electrons and holes. Central approximations as Hedin's GW and the T-matrix approximation are discussed.(iv) The fourth part is focused on response functions measured in optical and loss spectroscopies and neutral pair or collective excitations.

Cannabis Use Disorders Sep 22 2019 This book is an unbiased scientific compendium documenting the state-of-the-art in the etiology, diagnosis and treatment of Cannabis Use Disorders (CUD). Unlike any other current medical text, this volume focuses on the scientific aspects of CUDs and provides a resource for researchers, physicians and other health care providers who treat patients suffering from the disorder or its consequences. It begins by establishing the landscape of the disorder, including its prevalence, association with disabilities and comorbidities, and frequency of patients seeking treatment. The text delves into the complexity of the disorder in today's environment by including the discoveries on the nature and extent of the endocannabinoid system as well as potential breakthroughs in safe and effective pharmacological and nonpharmacological treatments. Experts in the field contribute discussions on the

most cutting-edge diagnostic and biological topics, including genetics, medical consequences, and clinical manifestations. The text also covers the challenges and risks presented by external factors, including social repercussions, protective factors, psychiatric comorbidities, withdrawal, and treatment services. Cannabis Use Disorders is a vital resource for researchers, psychiatrists, psychologists, addiction medicine specialists, toxicologists, hospital administrators, nurses, social workers, and all health care professionals working with patients who misuse cannabis.

Yoga Journal Aug 22 2019 For more than 30 years, Yoga Journal has been helping readers achieve the balance and well-being they seek in their everyday lives. With every issue, Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds. We are dedicated to providing in-depth, thoughtful editorial on topics such as yoga, food, nutrition, fitness, wellness, travel, and fashion and beauty.

Research Handbook on Asian Financial Law Apr 29 2020 This comprehensive Research Handbook provides an in-depth analysis of the different financial law approaches, legal systems and trends throughout Asia. It considers how reforms following the crises have been critical for the development and growth of the region and explores a broad range of post-crisis financial regulatory issues. This timely book also examines how inconsistent and divergent approaches to financial market regulation are curtailing the region's potential. **NONLINEAR SLENDER-BODY APPROACH FOR PREDICTING PLANING HULL PERFORMANCE.** May 23 2022 numerical scheme is convergent and a smoothly curved free surface satisfying the boundary conditions, is well-defined.

Applied Many-Body Methods in Spectroscopy and Electronic Structure Apr 22 2022 There has been a steady advance of the atomic and molecular many-body methodology over the last few years, with a concomitant development of versatile computer codes. Understanding and interpretation of electronic structural features and the associated spectroscopic properties via many-body techniques are becoming competitive with those obtained with the traditional formalisms. Since the many-body techniques are not yet a part of the repertoire of the "black-box tools" of electronic structure and spectroscopy, it seems worthwhile to take stock now of the recent progress in certain selected areas. The present volume is more in the nature of proceedings of a "Paper Symposium," rather than of one which actually took place. We did organize in Calcutta, between December 10 and 12, 1990, a small meeting on Applied Many-Body Methods to Spectroscopy and Electronic Structure, jointly organized by the Indian Association for the Cultivation of Science and the S.N. Bose National Centre for Basic Sciences. Several leading practitioners were invited, among which some could not come for various reasons.

Cyclostationarity: Theory and Methods Jan 07 2021 In the last decade the research in signal analysis was dominated by models that encompass nonstationarity as an important feature. This book presents the results of a workshop held in Grodek—Poland in February 2013 which was dedicated to the investigation of cyclostationary signals. Its main objective is to highlight the strong interactions between theory and applications of cyclostationary signals with the use of modern statistical tools. An important application of cyclostationary signals is the analysis of mechanical signals generated by a vibrating mechanism. Cyclostationary models are very important to perform basic operations on signals in both time and frequency domains. One of the fundamental problems in diagnosis of rotating machine is the identification of significant modulating frequencies that contribute to the cyclostationary nature of the signals. The book shows that there are modern tools available for analyzing cyclostationary signals without the assumption of gaussianity. Those methods are based on the ideas of bootstrap, subsampling and Fraction-of-time (FOT) models. The book is organised in two parts. The first part will be dedicated to pure theory on cyclostationarity. Applications are presented in the second part including several mechanical systems such as bearings, gears, with or without damages.

Many-body Approaches at Different Scales Jul 25 2022 This book presents a collection of invited research and review contributions on recent advances in (mainly) theoretical condensed matter physics, theoretical chemistry, and theoretical physics. The volume celebrates the 90th birthday of N.H. March (Emeritus Professor, Oxford University, UK), a prominent figure in all of these fields. Given the broad range of interests in the research activity of Professor March, who collaborated with a number of eminent scientists in physics and chemistry, the volume embraces quite diverse topics in physics and chemistry, at various

dimensions and energy scales. One thread connecting all these topics is correlation in aggregated states of matter, ranging from nuclear physics to molecules, clusters, disordered condensed phases such as the liquid state, and solid state physics, and the various phase transitions, both structural and electronic, occurring therein. A final chapter leaps to an even larger scale of matter aggregation, namely the universe and gravitation. A further no less important common thread is methodological, with the application of theoretical physics and chemistry, particularly density functional theory and statistical field theory, to both nuclear and condensed matter.

Dossey & Keegan's Holistic Nursing: A Handbook for Practice Aug 02 2020 Dossey & Keegan's Holistic Nursing: A Handbook for Practice, Eighth Edition covers basic and advanced concepts of holism, demonstrating how holistic nursing spans all specialties and levels. This text is distinguished by its emphasis on theory, research, and evidence-based practice essential to holistic nursing.

Mental Illness Defined Mar 29 2020 Understanding the true nature of mental illness is essential for interpreting disparate research results, establishing accurate diagnostic profiles, setting robust research agendas, and optimizing therapeutic interventions. Psychopathology currently lacks a unifying framework. Mental Illness Defined: Continuums, Regulation, and Defense provides such a framework by filling the knowledge gap. Continuums, as opposed to numerous discrete entities, characterize mental illness. Impaired regulation fosters extreme expressions of mental illness continuums, an occurrence that can be compensated for by "cognitive regulatory control therapies." Defenses tend to moderate behavior, although excessive levels foster dysfunction, as with personality disorders. The model presented aligns with neuroscience and other relevant data, thereby placing psychopathology on a more scientific foundation to advance the aims of both researchers and treatment providers.

Mind-Body Medicine in Children and Adolescents Dec 18 2021 This book is a printed edition of the Special Issue "Mind-Body Medicine in Children and Adolescents" that was published in Children

A Whole-Body Approach to Slowing Down Aging Oct 28 2022 AGING IS INEVITABLE. Its a complicated process, and each of us experiences it in different ways. Its difficult to pinpoint why one person ages well while another person acts and looks older. In A Whole- Body Approach to Slowing Down Aging, author Dr.

Liang-Che Tao presents a self-help guide that works toward protecting your health in your senior years and reducing the risk of age-related diseases. Advocating a practical, whole-body approach, Tao discusses natural and nutritional ways of slowing, and possibly even reversing, the aging process. With the goal of living longer lives in disease-free, healthier bodies, A Whole-Body Approach to Slowing Down Aging helps you understand the primary causes of aging; nutritional needs for optimal immune functions; wise use of antioxidants; basics of cardiovascular disease and how to prevent it; idea that osteoporosis can also be prevented; background of age-related cancer; importance of protecting the brain and keeping it healthy. Life is mortal, and our bodies are designed to last only so long. In A Whole-Body Approach to Slowing Down Aging, Tao shows that with care and maintenance, our bodies will live well beyond their warranties.

Applied Biomechanics Oct 24 2019 Written for undergraduate biomechanics courses, Applied Biomechanics: Concepts and Connections, Second Edition is a comprehensive resource that focuses on making connections between biomechanics and other subdisciplines of exercise science. With that in mind, each chapter contains a Concepts section and a Connections section. The Concepts are the core nuts and bolts of understanding the mechanics of movement. The Connections are designed to show how the Concepts are used in the many diverse areas within the movement sciences.

Motion Planning Sep 15 2021 In this book, new results or developments from different research backgrounds and application fields are put together to provide a wide and useful viewpoint on these headed research problems mentioned above, focused on the motion planning problem of mobile ro-bots. These results cover a large range of the problems that are frequently encountered in the motion planning of mobile robots both in theoretical methods and practical applications including obstacle avoidance methods, navigation and localization techniques, environmental modelling or map building methods, and vision signal processing etc. Different methods such as potential fields, reactive behaviours, neural-fuzzy based methods, motion control methods and so on are studied. Through this book and its references, the reader will definitely be able to get a thorough overview on the current research results for this specific topic in robotics. The book is intended for the readers who are interested and active in the field of robotics and especially for those who want to study and develop their own methods in motion/path planning or control for an intelligent robotic system.