

Heart

THE ONLY GUIDE **411**
TO HEART HEALTH
YOU'LL EVER NEED



- The medical tests you need (and those to avoid!)
- Choosing between stents, surgery, and pills • The truth about red wine • How your emotions affect your heart • Facts and fictions about heart-healthy eating

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[Books] Heart 411: The Only Guide To Heart Health You'll Ever Need

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Heart 411-Marc Gillinov, M.d. 2012 An accessible guide to heart health by two leading physicians at Cleveland Clinic shares concise answers to essential questions, providing coverage of topics ranging from fitness and stress to personality-related vulnerabilities and gender-specific risk factors. Original.

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Best Practices for a Healthy Heart-Sarah Samaan 2012 "This book acts as a guide to the "best practices" for optimal heart health, serving as a resource for patients diagnosed with or aiming to prevent heart disease. In it, Dr. Samaan provides advice on diet, supplements and alternative medicine, the effects of caffeine and alcohol, stress management, and more"--

Cleveland Clinic Healthy Heart Lifestyle Guide and Cookbook-Cleveland Clinic Heart Center 2008-12-10 Ranked as the #1 heart hospital in America eleven years running by U.S. News & World Report, Cleveland Clinic is also world-renowned for its life-saving medical breakthroughs, including bypass surgery. The hospital performs more open-heart surgeries and transplants than any other hospital in America. Now, emphasizing prevention, it has teamed with cookbook authors Bonnie Sanders Polin and Frances Towner Giedt to create the most complete and easy-to-follow plan yet for preventing heart disease: Cleveland Clinic Healthy Heart Lifestyle Guide and Cookbook. Polin and Giedt have developed outstanding recipes that taste too good to be good for you (but are), ranging from Cajun Grilled Shrimp with Fresh Pineapple Salsa to Chipotle Chicken and Corn Tamale Pies, All-American Meatloaf, and even New York-Style Cheesecake. The authors also provide a week's worth of menus for each of three caloric plans to take the guesswork out of eating from morning to night. With this guide handy, there's no irksome hunt for answers to heart-related diet and fitness questions. Just turn the pages to find: • How many eggs can be safely consumed per week • Lists of foods rich in omega-3 oils and tips on avoiding mercury in fish • Ideas for healthy snacks under 200 calories • Strategies for eating out • Why fiber is the key to good nutrition • How to choose the healthiest protein-and the facts on soy • The latest findings on alcohol • How using a pedometer can keep you out of a gym • How to calculate a healthy body weight • How to keep kids fit and cope with finicky eating habits Backed by the reputation of Cleveland Clinic, this all-in-one guide is the easy, enjoyable way for Americans to care for their hearts and live longer, healthier lives.

Heart Health-J Shah, MD 2019-08-26 Knowing what heart tests and treatments are best for you is essential to a healthy heart and mitigating the consequences of heart disease once acquired. Here, Dr. Jignesh Shah walks readers through cardiac health and disease prevention and explains which tests and treatments are vital and which are typically unnecessary.

Do Vaccines Cause That?!-Martin G. Myers 2008 Almost 70% of parents who refuse to vaccinate their children do so because they believe vaccines may cause harm. Indeed vaccines have been blamed for causing asthma, autism, diabetes, and many other conditions most of which have causes that are incompletely understood. Do Vaccines Cause That?! A Guide for Evaluating Vaccine Safety Concerns provides parents with clearly understandable, science-based information about vaccines, immunization, and vaccine safety.

Tattoos on the Heart-Greg Boyle 2011-02-08 Father Boyle started Homeboy Industries nearly 20 years ago, which has served members of more than half of the gangs in Los Angeles. This collection presents parables about kinship and the sacredness of life drawn from Boyle's years of working with gangs.

If Only He Knew-Gary Smalley 2010-05-29 Gary Smalley explains a woman's deepest needs, shows a man how to meet those needs, and gives ten simple steps to strengthen any marriage. He helps men to understand not only how to respond to a woman's feelings, but also how to make her feel important. Using humorous and touching illustrations from his own life, as well as case histories and biblical examples, Gary Smalley maps a blueprint to a better marriage.

FIGHT BACK-Chauncey W. Crandall 2020-06-23 FIGHT BACK! WHAT YOU NEED TO KNOW ABOUT CORONAVIRUS NOW! HOW TO PREVENT INFECTION! WHAT TO DO IF YOU GET SICK! TREAMENTS AND FINDING A CURE! FIGHT BACK: How to Beat the Coronavirus separates fact from hype and offers practical, proven strategies and hope for conquering the COVID-19 pandemic. World renowned physician and author Dr. Chauncey Crandall outlines the latest health information on how to protect yourself, family, friends and community from Coronavirus, how to stop the spread of infection, and what to do if you are infected. Dr Crandall is known as “The Praying Doctor,” because, along with medicine, he dispenses prayer and his faith in God; he has been heralded for his values and message of hope to all his patients. Co-authored by Charlotte Libov, an award-winning health book author, pioneer in the field of patient advocacy and health reporter with expertise in pandemic outbreaks, FIGHT BACK: How to Beat the Coronavirus also provides information on potential treatments, vaccines, and cures. LEARN HOW TO BEAT THE CORONAVIRUS: PROTECT YOURSELF, YOUR FAMILY, YOUR FRIENDS & YOUR COMMUNITY!

The Paleo Cardiologist-Jack Wolfson 2015-06-02 Do you take drugs for cholesterol or high blood pressure? Are you looking to avoid a heart attack or stroke? "The Paleo Cardiologist" is about finding the cause of heart problems, instead of the typical Band-Aid fixes of conventional medicine. The truth is that heart disease can be prevented naturally and cardiologist Dr. Jack Wolfson will show you how.You can trust Dr. Wolfson. For 16 years he worked as a hospital cardiologist performing coronary angiograms and pacemakers. After meeting his chiropractic wife, Dr. Wolfson now runs a very successful, holistic cardiology office. Inside "The Paleo Cardiologist," you will learn: 1) Paleo Nutrition is the food plan for health, 2) The importance of cholesterol to every cell in the body, 3) How to avoid pharmaceuticals and skip the dangerous procedures, 4) Why stress is bad for your heart and how to relax, 5) How to get rid of the chemicals and heavy metals, 6) Sleep is critical for heart health and how to get more Z's, 7) The Top 20 supplements for heart health, 8) The Top 20 blood tests you needGet informed. Get empowered. Read "The Paleo Cardiologist," the natural way to heart health.

Root Cause Analysis Handbook-ABS Consulting 2014-10-01 Are you trying to improve performance, but find that the same problems keep getting in the way? Safety, health, environmental quality, reliability, production, and security are at stake. You need the long-term planning that will keep the same issues from recurring. Root

Cause Analysis Handbook: A Guide to Effective Incident Investigation is a powerful tool that gives you a detailed step-by-step process for learning from experience. Reach for this handbook any time you need field-tested advice for investigating, categorizing, reporting and trending, and ultimately eliminating the root causes of incidents. It includes step-by-step instructions, checklists, and forms for performing an analysis and enables users to effectively incorporate the methodology and apply it to a variety of situations. Using the structured techniques in the Root Cause Analysis Handbook, you will: Understand why root causes are important. Identify and define inherent problems. Collect data for problem-solving. Analyze data for root causes. Generate practical recommendations. The third edition of this global classic is the most comprehensive, all-in-one package of book, downloadable resources, color-coded RCA map, and licensed access to online resources currently available for Root Cause Analysis (RCA). Called by users "the best resource on the subject" and "in a league of its own." Based on globally successful, proprietary methodology developed by ABS Consulting, an international firm with 50 years' experience in 35 countries. Root Cause Analysis Handbook is widely used in corporate training programs and college courses all over the world. If you are responsible for quality, reliability, safety, and/or risk management, you'll want this comprehensive and practical resource at your fingertips. The book has also been selected by the American Society for Quality (ASQ) and the Risk and Insurance Society (RIMS) as a "must have" for their members.

Illustrated Field Guide to Congenital Heart Disease and Repair-Allen D. Everett 2010

The Heart of Aromatherapy-Andrea Butje 2017 In this guide to safe and effective aromatherapy, Aromahead Institute founder Andrea Butje brings 40 essential oils' unique properties to life for easy home usage. Each essential oil profile contains thorough practical information (Latin name, aroma, aromatic note, uses and safety tips), as well as a 'personality' profile to provide a sense of the core spirit, physical and emotional supportive capabilities. Interspersed throughout the text are stories about individual distilleries and tips for buying the safest, most natural forms of the essential oils. Over 100 recipes are categorized for skin care, rest and relaxation, respiratory, digestion, pain relief, meditation and contemplation, and natural cleaning. Clear, easy-to-follow instructions are accompanied by safety tips and adjustments to make each recipe kid-friendly. With accessible information and recipes, both budding and experienced aromatherapists alike will be able to create personalized essential oil blends for happier, healthier bodies, minds and homes.

Heart of Darkness(Annotated)-Joseph Conrad 2021-02-08 Heart of Darkness is a novella written by Polish-born writer Joseph Conrad (born Józef Teodor Konrad Korzeniowski). Before its 1902 publication, it appeared as a three-part series (1899) in Blackwood's Magazine. It is widely regarded as a significant work of English literature and part of the Western canon.This highly symbolic story is actually a story within a story, or frame narrative. It follows Marlow as he recounts, from dusk through to late night, his adventure into the Congo to a group of men aboard a ship anchored in the Thames Estuary.The story details an incident when Marlow, an Englishman, took a foreign assignment as a ferry-boat captain, employed by a Belgian trading company. Although the river is never specifically named, readers may assume it is the Congo River, in the Congo Free State, a private colony of King Leopold II. Marlow is employed to transport ivory downriver; however, his more pressing assignment is to return Kurtz, another ivory trader, to civilization in a cover up. Kurtz has a reputation throughout the region.

Why The Dutch Are Different-Ben Coates 2015-09-24 Why the Dutch are Different is a personal portrait of a fascinating people, a sideways history and an entertaining travelogue.

A Curse of the Heart-Adele Clee 2017-06-18 Terrified by strange noises in the night, Rebecca Linwood, the headstrong owner of an Egyptian museum, believes she is suffering from an ancient curse. Out of desperation, she seeks the help of the only man with the knowledge to reverse the evil incantation, a man whose cold heart and sinful gaze pose such an enticing contradiction. As a scholar of Egyptology and a man consumed by the pain of the past, the enigmatic Gabriel Stone shuns polite society, choosing to bury himself in his books. When a flame-haired temptress pesters him with tales of a curse, his first instinct is to flee. However, his sense of obligation proves to be a dangerous thing and the potent lure of desire too difficult to resist. This Regency romance novel contains descriptive love scenes.

These Violent Delights-Chloe Gong 2020-11-17 Perfect for fans of The Last Magician and Descendant of the Crane, this heart-stopping debut is an imaginative Romeo and Juliet retelling set in 1920s Shanghai, with rival gangs and a monster in the depths of the Huangpu River. The year is 1926, and Shanghai hums to the tune of debauchery. A blood feud between two gangs runs the streets red, leaving the city helpless in the grip of chaos. At the heart of it all is eighteen-year-old Juliette Cai, a former flapper who has returned to assume her role as the proud heir of the Scarlet Gang—a network of criminals far above the law. Their only rivals in power are the White Flowers, who have fought the Scarlets for generations. And behind every move is their heir, Roma Montagov, Juliette’s first love...and first betrayal. But when gangsters on both sides show signs of instability culminating in clawing their own throats out, the people start to whisper. Of a contagion, a madness. Of a monster in the shadows. As the deaths stack up, Juliette and Roma must set their guns—and grudges—aside and work together, for if they can’t stop this mayhem, then there will be no city left for either to rule.

The Book Thief-Markus Zusak 2016-04-21 The 10th-anniversary edition of the No. 1 international bestseller and modern classic beloved by millions of readers HERE IS A SMALL FACT - YOU ARE GOING TO DIE 1939. Nazi Germany. The country is holding its breath. Death has never been busier. Liesel, a nine-year-old girl, is living with a foster family on Himmel Street. Her parents have been taken away to a concentration camp. Liesel steals books. This is her story and the story of the inhabitants of her street when the bombs begin to fall. SOME IMPORTANT INFORMATION - THIS NOVEL IS NARRATED BY DEATH The 10th-anniversary edition features pages of bonus content, including marked-up manuscript pages, original sketches, and pages from the author's writing notebook.

On Tyranny-Timothy Snyder 2017 #1 New York Times Bestseller * A historian of fascism offers a guide for surviving and resisting America's turn towards authoritarianism. The Founding Fathers tried to protect us from the threat they knew, the tyranny that overcame ancient democracy. Today, our political order faces new threats, not unlike the totalitarianism of the twentieth century. We are no wiser than the Europeans who saw democracy yield to fascism, Nazism, or communism. Our one advantage is that we might learn from their experience. On Tyranny is a call to arms and a guide to resistance, with invaluable ideas for how we can preserve our freedoms in the uncertain years to come. "Mr. Snyder is a rising public intellectual unafraid to make bold connections between past and present." --The New York Times

The Organized Student-Donna Goldberg 2005-08-29 A must-read for parents, The Organized Student contains hands-on strategies for teaching your disorganized child how to organize for success in middle school and high school, with special tips for kids with ADD/ADHD and learning disorders. The overstuffed backpack, the

missing homework, the unused planner, the test he didn’t know about. Sound familiar? When the disorganized child meets the departmentalized structure of middle school, everything can fall apart. Even the academically successful child will start to falter if she misses deadlines, loses textbooks, or can’t get to class on time. This practical book is full of hands-on strategies for helping parents identify and teach organizational skills. Educational consultant Donna Goldberg has developed these methods by working with hundreds of students and in this book she provides:
-Assessments to gather information about your child’s learning style, study habits, and school requirements
-Guidelines for taming that overstuffed binder and keeping it under control
-PAck—a four-step plan for purging and reassembling a backpack or locker
-Instructions for organizing an at-home work space for the child who studies at a desk or the child who studies all over the house
-Ways to help your child graduate from telling time to managing time
-Special tips for kids with learning disabilities and kids who have two homes...and more
The Organized Student is a must for any parent who has heard the words, “I can’t find my homework!”

Fahrenheit 451-Ray Bradbury 1968 A fireman in charge of burning books meets a revolutionary school teacher who dares to read. Depicts a future world in which all printed reading material is burned.

Diagnosis and Management of Hypertrophic Cardiomyopathy-Barry J. Maron 2008-04-15 Diagnosis and Management of Hypertrophic Cardiomyopathy is a unique, multi-authored compendium of information regarding the complexities of clinical and genetic diagnosis, natural history, and management of hypertrophic cardiomyopathy (HCM)—the most common and important of the genetic cardiovascular diseases—as well as related issues impacting the health of trained athletes. Edited by Dr. Barry J. Maron, a world authority on HCM, and with major contributions from all of the international experts in this field, this book provides a single comprehensive source of information concerning HCM. Recent advances in the field are discussed, including the importance of left ventricular outflow tract obstruction, the use of implantable defibrillators for the prevention of sudden death in young people, definition of the genetic basis for HCM and its role in clinical diagnosis and risk stratification, the development of more precise strategies for assessing the level of risk for sudden death among all patients with HCM, and the evolution of invasive interventions for heart failure symptoms, such as surgical management and its alternatives (alcohol septal ablation and dual-chamber pacing). Key Features: Contributions from all experts in the field, representing diverse viewpoints regarding this heterogeneous disease and related issues in athletes Information to dispel misunderstandings regarding issues associated with HCM and cardiovascular disease in athletes The only comprehensive source of information available on the topic

The No Asshole Rule-Robert I. Sutton 2007-02-22 The definitive guide to working with -- and surviving -- bullies, creeps, jerks, tyrants, tormentors, despots, backstabbers, egomaniacs, and all the other assholes who do their best to destroy you at work. "What an asshole!" How many times have you said that about someone at work? You're not alone! In this groundbreaking book, Stanford University professor Robert I. Sutton builds on his acclaimed Harvard Business Review article to show you the best ways to deal with assholes...and why they can be so destructive to your company. Practical, compassionate, and in places downright funny, this guide offers: Strategies on how to pinpoint and eliminate negative influences for good Illuminating case histories from major organizations A self-diagnostic test and a program to identify and keep your own "inner jerk" from coming out The No Asshole Rule is a New York Times, Wall Street Journal, USA Today and Business Week bestseller.

Beowulf-Anonymous Anonymous 2015-03-10 Epic poetry at its finest Beowulf is one of the most studied and praised English classic. Originally written over a thousand years ago, the story celebrates Beowulf, a young Swedish nobleman who has battled monsters and dragons to keep his people safe. This Xist Classics edition has been professionally formatted for e-readers with a linked table of contents. This eBook also contains a bonus book club leadership guide and discussion questions. We hope you’ll share this book with your friends, neighbors and colleagues and can’t wait to hear what you have to say about it. Xist Publishing is a digital-first publisher. Xist Publishing creates books for the touchscreen generation and is dedicated to helping everyone develop a lifetime love of reading, no matter what form it takes

The City of Ember-Jeanne DuPrau 2003-05-13 A modern-day classic. This highly acclaimed adventure series about two friends desperate to save their doomed city has captivated kids and teachers alike for almost fifteen years and has sold over 3.5 MILLION copies! The city of Ember was built as a last refuge for the human race. Two hundred years later, the great lamps that light the city are beginning to flicker. When Lina finds part of an ancient message, she’s sure it holds a secret that will save the city. She and her friend Doon must race to figure out the clues before the lights go out on Ember forever! Nominated to 28 State Award Lists! An American Library Association Notable Children’s Book A New York Public Library 100 Titles for Reading and Sharing Selection A Kirkus Reviews Editors’ Choice A Child Magazine Best Children’s Book A Mark Twain Award Winner A William Allen White Children’s Book Award Winner “A realistic post-apocalyptic world. DuPrau’s book leaves Doon and Lina on the verge of undiscovered country and readers wanting more.” —USA Today “An electric debut.” —Publishers Weekly, Starred “While Ember is colorless and dark, the book itself is rich with description.” —VOYA, Starred “A harrowing journey into the unknown, and cryptic messages for readers to decipher.” —Kirkus Reviews, Starred

The Oxford Handbook of Positive Psychology-Shane J. Lopez 2011-10-13 This book is the definitive text in the field of positive psychology, the scientific study of what makes people happy. The handbook’s international slate of renowned authors summarizes and synthesizes lifetimes of research, together illustrating what has worked for people across time and cultures. Now in paperback, this second edition provides both the current literature in the field and an outlook on its future.

The Book of Common Prayer, and Administration of the Sacraments ... Together with the Psalter ...-Church of England 1745

Heart Diseases in Children-Ra-id Abdulla 2011-03-24 As front line health care providers for children, pediatricians are entrusted with the responsibility for discovering early signs of heart diseases in this complex patient population. Especially in the newborn period, the presentation of pediatric heart disease is frequently obscure, and the consequences of these illnesses can be devastating if not caught early and managed correctly. This comprehensive, easy to understand book is a ready guide to acquiring the proficiency and confidence necessary to decipher the wide spectrum of disease presentations. Case scenarios give life to each chapter, with key images and illustrations reinforcing notable concepts. Special attention is given to the interpretation of chest radiographs and the role of echocardiography and catheterization. All chapters are dual authored by an academic cardiologist and a practicing general pediatrician, resulting in this book’s elegant blend of medical authority, real life value, and fresh practical viewpoints. Heart Diseases in Children: A Pediatrician’s Guide is divided into four sections. The first is an overall approach to heart diseases in children with ample discussion to diagnostic testing. The second and third sections cover the spectrum of congenital heart defects and acquired heart diseases. The fourth section prsents issues related to office cardiology. The book concludes with an extensive drug appendix. Significant and meaningful online complements, heart sounds and murmurs are available at www.pedcard.rush.edu providing practitioners the materials necessary to build confidence in their auscultatory skills. This unique book is a go-to resource for pediatricians, pediatric residents, family practitioners, medical students and nurses, conveying essential information for the diagnosis and treatment of pediatric heart diseases.

Basic Life Support Instructor Manual-American Heart Association Staff 2016-02-16 Product 15-1009

Diagnosis and Treatment of Aortic Diseases-C.A. Nienaber 2012-12-06 This book is an up-to-date summary of all aspects of aortic disease, written by international experts in their fields, covering diagnostic concepts of all aortic diseases, the most modern therapeutic approaches in various aortic syndromes, the pathogenic origin and the most recent molecular and cellular findings that have revolutionized our present knowledge of aortic diseases. The reader will come to understand the aorta as

a functional organ with a complex regulatory system rather than just a major arterial vessel, and will have a better understanding of the prognostic impact of various aortic syndromes, and of the most recent therapeutic concepts for chronic as well as acute aortic pathology. As a unique feature of this book, the aorta is placed in the center of systemic illnesses, such as atherosclerosis, diabetes, hypertension, infectious diseases and connective tissue disorders, storage diseases, trauma and toxic factors; this concept aims to attract the attention of both clinical specialties such as cardiology, radiology and cardiovascular surgery and adjacent areas like pathology and clinical genetics. The book portrays the aorta as an integral part of the cardiovascular system and the entire organism and features the complexity and clinical impact of all major aortic diseases.

Ace of Shades-Amanda Foody 2018-04-10 “Ace of Shades has it all ...an utter delight.”—Claire Legrand, New York Times bestselling author of Furyborn “A rich, satisfying, complicated story. One of the best fantasy series I’ve read in years.”—Christine Lynn Herman, author of The Devouring Gray A 2019 YALSA Best Fiction for Young Adults Pick A 2019 YALSA Teen Top Ten Fiction Nominee Welcome to the City of Sin, where casino families reign, gangs infest the streets...and secrets hide in every shadow. New Reynes, the so-called City of Sin, is no place for a properly raised young lady. But when her mother goes missing, Enne Salta must leave her finishing school—and her reputation—behind to follow her mother’s trail in the city where no one survives uncorrupted. Frightened and alone, Enne’s only clue leads her to Levi Glaiyser—a street lord and a con man in desperate need of the compensation Enne offers. Their search sends this unlikely duo through glamorous casinos, illicit cabarets, and into the clutches of a ruthless Mafia donna. But as Levi’s enemies close in on them, a deadly secret from Enne’s past comes to light and she must surrender herself to the City of Sin — to a vicious game of execution... Where the players never win.

Alcoholics Anonymous-Alcoholics Anonymous 2012-08

Unshakeable-Tony Robbins 2017-02-28 Guides readers on the path to financial freedom, discussing how to not only weather but gain from fluctuations in the stock market, how to get more out of a 401k, and how to avoid paying hidden fees.

American Heart Association Eat Less Salt-American Heart Association 2013-03-05 Knock down that sodium--but not the flavor--to decrease your blood pressure and risks for heart attack and stroke. This toolkit, sodium tracker, and cookbook in one gives you solid health information and 60 low-sodium recipes for favorite comfort foods. With the book's step-by-step approach, eating less salt has never been more achievable. Everyone can benefit from a lower sodium diet: Millions of Americans (including 97 percent of children) consume far more sodium than they need, averaging about 3,400 milligrams of sodium a day, or seven times what the body needs to function. To help you achieve the association's recommended daily sodium intake of 1,500 milligrams, Eat Less Salt gives you realistic strategies for cutting back on sodium gradually. With this book, you'll learn how to: -Monitor your current sodium intake -Reduce the high-sodium products in your pantry, refrigerator, and freezer - Read and understand food labels -Know which popular foods are "salt traps" -Keep sodium in check while eating out -Plan healthy, lower-sodium weekly menus without sacrificing flavor

A Midsummer-night's Dream-William Shakespeare 1905

Devolution-Max Brooks 2020-06-16 NEW YORK TIMES BESTSELLER • The #1 New York Times bestselling author of World War Z is back with “the Bigfoot thriller you didn’t know you needed in your life, and one of the greatest horror novels I’ve ever read” (Blake Crouch, author of Dark Matter and Recursion). As the ash and chaos from Mount Rainier’s eruption swirled and finally settled, the story of the Greenloop massacre has passed unnoticed, unexamined . . . until now. The journals of resident Kate Holland, recovered from the town’s bloody wreckage, capture a tale too harrowing—and too earth-shattering in its implications—to be forgotten. In these pages, Max Brooks brings Kate’s extraordinary account to light for the first time, faithfully reproducing her words alongside his own extensive investigations into the massacre and the legendary beasts behind it. Kate’s is a tale of unexpected strength and resilience, of humanity’s defiance in the face of a terrible predator’s gaze, and, inevitably, of savagery and death. Yet it is also far more than that. Because if what Kate Holland saw in those days is real, then we must accept the impossible. We must accept that the creature known as Bigfoot walks among us—and that it is a beast of terrible strength and ferocity. Part survival narrative, part bloody horror tale, part scientific journey into the boundaries between truth and fiction, this is a Bigfoot story as only Max Brooks could chronicle it—and like none you’ve ever read before. Praise for Devolution “Delightful . . . [A] tale of supernatural mayhem that fans of King and Crichton alike will enjoy.”—Kirkus Reviews (starred review) “The story is told in such a compelling manner that horror fans will want to believe and, perhaps, take the warning to heart.”—Booklist (starred review)

The Organized Heart: A Woman's Guide to Conquering Chaos-Staci Eastin 2011-02-26 Jesus taught that true change doesn't come by adding more rules, but from the inside out, with a change of the heart that only the gospel can bring. When you identify the heart problems behind the chaos in your life, lasting change can happen. This will reduce the stress in your life and help you be more effective in your service to God.

Handbook of Robotic and Image-Guided Surgery-Mohammad H. Abedin-Nasab 2019-09-25 Handbook of Robotic and Image-Guided Surgery provides state-of-the-art systems and methods for robotic and computer-assisted surgeries. In this masterpiece, contributions of 169 researchers from 19 countries have been gathered to provide 38 chapters. This handbook is 744 pages, includes 659 figures and 61 videos. It also provides basic medical knowledge for engineers and basic engineering principles for surgeons. A key strength of this text is the fusion of engineering, radiology, and surgical principles into one book. A thorough and in-depth handbook on surgical robotics and image-guided surgery which includes both fundamentals and advances in the field A comprehensive reference on robot-assisted laparoscopic, orthopedic, and head-and-neck surgeries Chapters are contributed by worldwide experts from both engineering and surgical backgrounds

Relieving Pain in America-Institute of Medicine 2011-10-26 Chronic pain costs the nation up to \$635 billion each year in medical treatment and lost productivity. The 2010 Patient Protection and Affordable Care Act required the Department of Health and Human Services (HHS) to enlist the Institute of Medicine (IOM) in examining pain as a public health problem. In this report, the IOM offers a blueprint for action in transforming prevention, care, education, and research, with the goal of providing relief for people with pain in America. To reach the vast multitude of people with various types of pain, the nation must adopt a population-level prevention and management strategy. The IOM recommends that HHS develop a comprehensive plan with specific goals, actions, and timeframes. Better data are needed to help shape efforts, especially on the groups of people currently underdiagnosed and undertreated, and the IOM encourages federal and state agencies and private organizations to accelerate the collection of data on pain incidence, prevalence, and treatments. Because pain varies from patient to patient, healthcare providers should increasingly aim at tailoring pain care to each person's experience, and self-management of pain should be promoted. In addition, because there are major gaps in knowledge about pain across health care and society alike, the IOM recommends that federal agencies and other stakeholders redesign education programs to bridge these gaps. Pain is a major driver for visits to physicians, a major reason for taking medications, a major cause of disability, and a key factor in quality of life and productivity. Given the burden of pain in human lives, dollars, and social consequences, relieving pain should be a national priority.

Surgical Pathology Dissection-William H. Westra 2013-03-14 Filling the need for a comprehensive, fully-illustrated guide to the subject, this practical manual demonstrates a logical approach to the preparation, dissection, and handling of the tissue specimens most commonly encountered in today’s surgical pathology laboratory. Each dissection is vividly illustrated with powerful 3D line drawings created exclusively for this book. The authors discuss the clinically important features of various types of specimens and lesions over the whole range of organ systems. The consistent approach provides a valuable conceptual framework for points to bear in mind during the dissection and each chapter concludes with a convenient reminder of the important issues to address in the surgical pathology report. Indispensible

for staff pathologists, residents, pathologist's assistants, histotechnologists and other laboratory personnel.