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digital technology in public health and rehabilitation care covid era provides an in depth examination on how digital technology has impacted public health and rehabilitation during the covid 19 pandemic the book showcases the range of digital technology applications utilized in healthcare including the use of mobile phones computers wearable and non wearable technologies sensors 3d printers robotics artificial intelligence ai internet technologies websites and apps virtual

and augmented realities and computer games with a wealth of case studies and insights this book is an essential resource on the impact of digital technology on public health and rehabilitation services in the covid 19 era the covid 19 pandemic had a major impact on the rehabilitation services available to those in need particularly for older adults people with physical and cognitive impairments children with autism and adhd and individuals with physical and mental health disorders in response to these challenges the book focuses on the potential for advanced digital technologies to revolutionize public health and rehabilitation services highlighting the need for researchers and healthcare professionals to work together to promote digital based interventions provides in depth insights into the various digital technologies that are impacting public health and rehabilitation including mobile smart phone computers wearable and non wearable technologies sensors 3d printers technologies robotics and more highlights the impact of the covid 19 pandemic on public health and rehabilitation services and how digital technology can help provide effective solutions during these challenging times brings together the expertise of multidisciplinary professionals including researchers doctors nurses physical therapists occupational therapists speech therapists psychologists and more

interviews with and case studies of women in the u s accompanied by research in this text show how our perceptions thoughts and spiritual practices can help women through menopause without drugs and their potential side effects more and more women today are seeking natural ways to cope with menopause including through mindfulness techniques and eastern practices such as meditation women of various races ages and socioeconomic status interviewed at length for this study explain their experiences victories and setbacks in their quests to overcome this natural but body and brain altering change complementing findings from her research with wider outside research author deborah merrill explains how popular culture depictions race class and education all alter women s perceptions of the meaning of menopause and how those perceptions can complicate exacerbate or alleviate physical and psychological symptoms she details the medical view that views menopause as a problem to be solved rather than as a natural event and through women s words and case studies she details psychospiritual approaches many are adopting to cope instead of seeking potentially harmful medicines readers will find new insights wisdom and potential solutions in the array of voices experiences and paths taken and presented in this book

this book discusses various rotor systems rotor dynamics and dynamics of rotating machinery problems through tutorials most of the covered problems can be derived and solved using hand calculations for deeper understanding of the subject it correlates the examples provided in this book with real machinery where it can be used and readers can analyse their own simple rotor system

based on the variety of examples presented all problems are supplemented by independent matlab codes for exploring the subject with more ease with graphical outputs features rotordynamics terminology and phenomena are introduced with very simple rotor bearing models in depth analytical dynamic analysis of rotors mounted in flexible bearings and the effect of gyroscopic effects in simple rotor systems are covered offers the possibility for the reader to reproduce the results and see how the equations are derived and solved in rotor dynamics a few examples of simple rotor bearing coupling systems rotor bearing foundation systems and two spool rotors are covered directions are provided to extend the present exercise problems and their solutions examples are supplemented by matlab codes with detailed solution steps includes multiple choice questions and their solutions this book is aimed at senior undergraduate graduate students in mechanical engineering as well as scientists and practice engineers from the field of rotordynamics rotating machinery turbomachinery and aerospace engineering

windows security concepts and technologies for it beginners it security can be a complex topic especially for those new to the field of it this full color book with a focus on the microsoft technology associate mta program offers a clear and easy to understand approach to windows security risks and attacks for newcomers to the world of it by paring down to just the essentials beginners gain a solid foundation of security concepts upon which more advanced topics and technologies can be built this straightforward guide begins each chapter by laying out a list of topics to be discussed followed by a concise discussion of the core networking skills you need to have to gain a strong handle on the subject matter chapters conclude with review questions and suggested labs so you can measure your level of understanding of the chapter s content serves as an ideal resource for gaining a solid understanding of fundamental security concepts and skills offers a straightforward and direct approach to security basics and covers anti malware software products firewalls network topologies and devices network ports and more reviews all the topics you need to know for taking the mta 98 367 exam provides an overview of security components looks at securing access with permissions addresses audit policies and network auditing and examines protecting clients and servers if you re new to it and interested in entering the it workforce then microsoft windows security essentials is essential reading

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