

Extreme Fitness Massimizzare Le Prestazioni Con I Metodi Di Addestramento Militare

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Sustainable Bioenergy Production - Lijun Wang
2014-04-18

Given the environmental concerns and declining availability of fossil fuels, as well as the growing population worldwide, it is essential to move toward a sustainable bioenergy-based economy. However, it is also imperative to address sustainability in the bioenergy industry in order to avoid depleting necessary biomass resources. *Sustainable Bioenergy Production* provides comprehensive knowledge and skills for the analysis and design of sustainable biomass production, bioenergy processing, and biorefinery systems for professionals in the bioenergy field. Focusing on topics vital to the sustainability of the bioenergy industry, this book is divided into four sections: Fundamentals of Engineering Analysis and Design of Bioenergy Production Systems, Sustainable Biomass Production and Supply Logistics, Sustainable Bioenergy Processing, and Sustainable Biorefinery Systems. Section I covers the fundamentals of genetic engineering, novel breeding, and cropping technologies applied in the development of energy crops. It discusses modern computational tools used in the design and analysis of bioenergy production systems and the life-cycle assessment for evaluating the environmental sustainability of biomass production and bioenergy processing

technologies. Section II focuses on the technical and economic feasibility and environmental sustainability of various biomass feedstocks and emerging technologies to improve feedstock sustainability. Section III addresses the technical and economic feasibility and environmental sustainability of different bioenergy processing technologies and emerging technologies to improve the sustainability of each bioenergy process. Section IV discusses the design and analysis of biorefineries and different biorefinery systems, including lignocellulosic feedstock, whole-crop, and green biorefinery.

Strategies for Inclusion - Lauren J. Lieberman
2009

This volume introduces teachers to variables that can be adapted to ensure appropriate inclusion in physical education. It covers skills for quantitative and qualitative assessment and strategies for including children with disabilities.

No Hero - Mark Owen 2015-11-03

Mark Owen's instant #1 New York Times bestseller, *No Easy Day: The First-hand Account of the Mission that Killed Osama Bin Laden* (Penguin, 2013), focused on the high-profile targets and headline-grabbing chapters of the author's 13 years as a Navy Seal. His follow-up, *No Hero*, is an account of Owen's most personally meaningful missions, missions that never made headlines, including the moments in

which he learned the most about himself and his teammates in both success and failure.

The United Nations World Water Development Report - UNESCO World Water Assessment Programme 2021-03-22

Water is a finite and non-substitutable resource. As the foundation of life, societies and economies, it carries multiple values and benefits. But unlike most other natural resources, it has proven extremely difficult to determine its true 'value'. The 2021 edition of the United Nations World Water Development Report, titled "Valuing Water" assesses the current status of and challenges to the valuation of water across different sectors and perspectives and identifies ways in which valuation can be promoted as a tool to help improve its management and achieve global sustainable development.

Muscle Rx - James Kohler 2007-10-12
Learn more and stay motivated by Pro Natural Bodybuilder and Mr. California, James Kohler, on achieving your ultimate physique most efficiently.

The Great Bear at War - Chris McNab 2019-11-28

From the chaos of the civil war to the political manoeuvring of the Cold War, Russia's armed forces have shaped the future not only of Russia but of countless other countries around the globe. *The Great Bear at War: The Russian and Soviet Army, 1917–Present* explores the development and struggles of Soviet and Russian armed forces across the numerous conflicts which mark its history. It charts the great historical events that have defined the Red/Russian Army, especially World War II and the Cold War, but also the post-communist insurgencies and wars in which the Russian military has redeveloped its outlook and mission. The post-Soviet development of the Russian military into a modern force is explored in detail, including its controversial campaigns in Chechnya (1999–2009), Georgia (2008), and Ukraine (from 2014). Sewn into the narrative are details about the equipment, uniforms, training, service conditions and weaponry of the Soviet/Russian soldiers, bringing personal experience and technological context to the broader history. At a time when the world is closely focused upon Russian military behaviour,

The Great Bear at War is both timely and fascinating.

Master Scheduling - John F. Proud 2012-06-15
Master scheduling is an essential planning tool that helps manufacturers synchronize their production cycle with actual market demand. The third edition of this easy-to-follow handbook helps you understand the basic and more advanced concepts of master scheduling, from implementation to capacity planning to final assembly techniques. Packed with handy checklists and examples, *Master Scheduling, Third Edition* delivers guidelines and techniques for a world-class master schedule.

Multivariate Statistical Analysis in Neuroscience - Giovanni Cugliari 2015-06-08

Research Paper (postgraduate) from the year 2015 in the subject Medicine - Other, grade: II Level Master, University of Pavia (Unit of Medical and Genomic Statistics), course: Medical and Genomic Statistics, language: English, abstract: Electroencephalography, commonly called 'EEG', estimates through the application of electrodes, the electrical activity of the brain (which is the sum of the electrical activity of each neuron). In recent years, with the goal of making more reliable the EEG, many researchers have turned their interest in the development of tools, methods and software. This thesis describes some best procedures for the experimental design, data visualization and descriptive or inferential statistical analysis. The application of statistical models to single or multiple subjects study-design are also described, including parametric and non-parametric approaches. Methods for processing multivariate data (PCA, ICA, clustering) were described. Re-sampling methods (bootstrap) using many randomly software-generated samples were also described. The aim of this work is to provide, with statistical concepts and examples, information on the qualitative and quantitative approaches related to the electroencephalographic signals. The work consists into three parts: INTRODUCTION TO ELECTROENCEPHALOGRAPHY (GENERAL CHARACTERISTICS); DATA MINING AND STATISTICAL ANALYSIS; EXPERIMENTAL STUDY DESIGNS. The six works included in the section called "EXPERIMENTAL STUDY DESIGNS" analyze EEG alterations in the

protocols: Electrocardiac activity in dancers and non-dancers listening to different music genre and during imaginative dance motor activity; Electrocardiac activity during monosynaptic reflex in athletes; Monitoring of electrocardiac activity for evaluation of seasickness; Electrocardiac activity in different body positions; Electrocardiac activity in athletes and non-athletes during body balance tasks; Electrocardiac responses in volunteers with and without specific experience watching movies including the execution of complex motor gestures. In the section called "OTHER INTERESTING THINGS" were included one work that analyze EMG (electromyography) alterations in pathological and healthy subjects in the protocol: Comparison between clinical diagnostic criteria of sleep bruxism and those provided by a validated portable holter. The described procedures can be used for clinical trials, although the studies proposed in this work do not refer to samples from pathological subjects. With its multi-specialist approach, through many theoretical and practical feedback, this work will be useful for specializing in neuroscience, statistics, engineering or physiology.

Superuse - Ed van Hinte 2007

Constructing new buildings with retrieved surplus materials is a practical and inspiring book about recycling superfluous stuff in architecture.

Web Mapping Illustrated - Tyler Mitchell
2005-06-17

Provides information on how to create custom maps from tools available over the Internet.

The Temple of Iconoclasts - Juan Rodolfo Wilcock 2014

"First Published in the United States of America by Mercury House [San Francisco], 2000" -- Verso title page.

Textbook of Family Medicine - Robert E. Rakel 2011

Offers guidance on the principles of family medicine, primary care in the community, and various aspects of clinical practice. Suitable for both residents and practicing physicians, this title includes evidence-based, practical information to optimize your patient care and prepare you for the ABFM exam.

In the Land of White Death - Valerian Albanov

2001-02-01

"One helluva read."—Newsweek •

"Gripping."—Outside •

"Spellbinding."—Associated Press •

"Powerful."—New York In 1912, the Saint Anna, a Russian exploration vessel in search of fertile hunting grounds, was frozen into the polar ice cap, trapping her crew aboard. For nearly a year and a half, they struggled to stay alive. As all hope of rescue faded, they realized their best chance of survival might be to set out on foot, across hundreds of miles of desolate ice, with their lifeboats dragged behind them on sledges, in hope of reaching safety. Twenty of them chose to stay aboard; thirteen began the trek; of them all, only two survived. Originally published in Russia in 1917, *In the Land of White Death* was translated into English for the first time by the Modern Library to widespread critical acclaim. As well as recounting Albanov's vivid, first-person account of his ninety-day ordeal over 235 miles of frozen sea, this expanded paperback edition contains three newly discovered photographs and an extensive new Epilogue by David Roberts based on the never-before-published diary of Albanov's only fellow survivor, Alexander Konrad. As gripping as Albanov's own tale, the Epilogue sheds new light on the tragic events of 1912-1914, brings to life many of those who perished (including the infamous captain Brusilov and nurse Zhdanko, the only woman on board), and, inadvertently, reveals one new piece of information—about the identity of the traitors who left Albanov for dead—that is absolutely shocking. "Poetic."—The Washington Post • "A lost masterpiece."—Booklist • "A jewel of polar literature."—Seattle Post-Intelligencer • "Vivid . . . [a work of] terrifying beauty."—The Boston Globe

Handbook of Sports Medicine and Science - Jonathan C. Reeser 2008-04-15

This addition to the Handbook series is presented in five sections. The first sections covers basic and applied science, including biomechanics, the physiologic demands of volleyball, conditioning and nutrition. The second section looks at the role of the medical professional in volleyball, covering team physicians, pre-participation examination, medical equipment at courtside and emergency planning. The third section looks at injuries -

including prevention, epidemiology, upper and lower limb injuries and rehabilitation. The next section looks at those volleyball players who require special consideration: the young, the disabled, and the elite, as well as gender issues. Finally, section five looks at performance enhancement.

Urban Resilience for Risk and Adaptation Governance - Grazia Brunetta 2018-08-02

This book brings together a series of theory and practice essays on risk management and adaptation in urban contexts within a resilient and multidimensional perspective. The book proposes a transversal approach with regard to the role of spatial planning in promoting and fostering risk management as well as institutions' challenges for governing risk, particularly in relation to new forms of multi-level governance that may include stakeholders and citizen engagement. The different contributions focus on approaches, policies, and practices able to contrast risks in urban systems generating social inclusion, equity and participation through bottom-up governance forms and co-evolution principles. Case studies focus on lessons learned, as well as the potential and means for their replication and upscaling, also through capacity building and knowledge transfer. Among many other topics, the book explores difficulties encountered in, and creative solutions found, community and local experiences and capacities, organizational processes and integrative institutional, technical approaches to risk issue in cities.

Movement System Variability - Keith Davids 2006

This in-depth, multidisciplinary analysis of the latest research adds a new theoretical interpretation to the role of variability in movement behaviour. Many scientific disciplines are represented in the text and each chapter examines a range of topics.

Hitler's Eagles - Chris McNab 2012-11-20

At the beginning of World War II, the Luftwaffe was the world's most advanced air force. With superior tactics, aircraft and training, it cut through opposition air forces. Despite this auspicious beginning, by 1945 the Luftwaffe was a dying force. The Allies were destroying German aircraft at unequal rates, and Luftwaffe aviators were dying in their thousands in an

unbalanced battle to save Germany from destruction. *Hitler's Eagles* charts the turbulent history of the Luftwaffe from its earliest days to its downfall. Once Hitler was in power, the Luftwaffe came out of the shadows and expanded under a massive rearmament programme, then embarked upon the war that would define its existence. As well as providing a detailed history of the Luftwaffe's combat experience, the book expands on its human and material aspects. Aces and commanders are profiled and aircraft are described both technologically and tactically. The book conveys all the drama of the Luftwaffe's existence with Osprey's famous aviation artwork bringing the story incomparably to life.

Conn's Current Therapy 2012 - Edward T. Bope 2011-12-09

Conn's Current Therapy 2012, by Drs. Edward T. Bope and Rick D. Kellerman, offers you expert guidance on the latest therapeutic options for common and not-so-common health concerns. Hundreds of international contributors provide evidence-based management options to help you make more effective diagnoses and achieve the best outcomes. Find what you need quickly and easily with a totally reworked organization of topics, and keep current with updated material throughout, including brand-new chapters on fatigue and migraines. This practical guide is your ideal way to learn and apply the latest, most effective therapeutic approaches. Gain the most effective results for your patients with quick, easy access to the latest evidence-based treatments and therapies. Apply the proven treatment strategies of hundreds of top experts in your field. Optimize reimbursement using the latest ICD-9 codes. Easily reference in-depth topics such as metabolic conditions, digestive diseases, skin disorders, and more with a reworked organization that lets you look up specific illnesses and find all the information you need in one place. Get quick access to critical information with the new "Current Diagnosis" and "Current Therapy" boxes at the beginning of each chapter. Broaden your range of treatment options for fatigue and migraines with the aid of two brand-new chapters. Keep up to date with recently approved and soon-to-be discovered drugs.

The Rise of Viagra - Meika Loe 2006-03

Provides details on the history of Viagra and the social phenomenon that surrounds it.

Extreme fitness. Massimizzare le prestazioni con i metodi di addestramento militare - Chris McNab 2017

I Know What You Did Last Supper - Wayne Williams 2013-03-07

The price of betrayal is more than thirty pieces of silver. Two days after Jesus Christ's crucifixion, Judas Iscariot receives an anonymous note stating, I know what you did. Wrapped with it is an eye, complete with trailing optic nerve, and a splintered tooth - trophies ripped from two recently butchered friends. Someone, it seems, knows what Judas did on that fateful night following the Last Supper. And that someone is intent on exacting a bloody and gruesome revenge. As more acquaintances and family members die in increasingly brutal ways, Judas finds himself in a desperate race against time to make amends for his act of treachery, and to uncover the identity of the mysterious hooded killer. A relentlessly paced, gripping thriller, which further explores one of the darkest bargains in human history. You might just find yourself engaged in the unthinkable: rooting for the man who betrayed Christ.

Not My Mother's Sister - Astrid Henry 2004
Rebellious generations and the emergence of new feminisms.

When All Hell Breaks Loose - Cody Lundin 2007-09-20

A survival expert's guide for every family to prepare and educate themselves about the skills and mentality necessary to survive a disaster anywhere. This is not your father's scout manual or a sterile FEMA handout. Entertaining and informative, *When All Hell Breaks Loose* describes how to maximize a survival mindset necessary for self-reliance. According to the book, living through an emergency scenario is 90 percent psychology, and 10 percent methodology and gear. Relevant quotes and tips are placed throughout the pages to help readers remember important survival strategies while under stress and anxiety. Lundin also addresses basic first aid and hygiene skills and makes recommendations for survival kit items for the home, office, and car. Watch naturalist Cody Lundin in *Dual Survival* on The Discovery

Channel as he uses many of the same skills and techniques taught in his books. *When All Hell Breaks Loose* provides solutions on how to survive a catastrophe. Lundin addresses topics such as: · Potable drinking water · Storing super-nutritious foods · Heating or cooling without conventional power · How to create alternative lighting options · Building a makeshift toilet & composting the results · Catching rodents for food · Safely disposing of a corpse "The essential survival guide for the twenty-first century."—Jim Mulvaney, Pulitzer Prize-winning journalist

Future Telco - Peter Krüssel 2018-07-23

This book examines the extensive changes in markets, technologies and value chains that telecommunication companies are currently confronted with. It analyzes the crossroads they have reached and the choices that now need to be made - to be a bit pipe or a trendsetter of digitalization. Based on an analysis of the key challenges for telcos, the book derives future market scenarios and puts forward recommendations for how they can successfully position themselves. It proposes a framework based on seven "levers," which addresses concrete measures in each step of the value chain, ranging from technology, IT and processes, to innovation, marketing and sales issues. The book discusses the current challenges and provides both general recommendations and concrete solutions.

Respected experts illustrate innovative strategic and technical trends and provide insights gained in real-life transformation projects. Recent developments in the areas of regulation, product development, competition between over-the-top (OTT) providers and telcos, as well as technical innovations like 5G, SDN/NFV, LEO satellites and MEC are discussed. Accordingly, practitioners, managers and researchers alike will benefit from the book's wealth of examples and up-to-date insights.

Biomechanics and Biology of Movement - Benno Maurus Nigg 2000

"A text for upper-level undergraduate and graduate courses in human performance, it uses an integrated scientific approach to explore solutions to problems in human movement. As an interdisciplinary reference volume for biomechanists, exercise physiologists, motor behaviorists, athletic trainers, therapists,

kinesiologists, and students, Biomechanics and Biology of Movement offers an in-depth understanding and appreciation of the many factors comprising and affecting human movement. In addition, it will give you the insights and information you require to address and resolve individual performance problems."--BOOK JACKET.

Heart for the Fight - Brian Stann 2010-11-10
This is the story of a kid from the wrong side of Scranton who made it to the Naval Academy, played linebacker for the Navy football team for four years, became a Marine officer, graduated first in his infantry officer class, led his men in two intense combat tours in the Anbar Province, received the Silver Star for gallantry, and now has emerged as one of the most interesting figures on the mixed martial arts (MMA) professional circuit.

Endurance Techniques - Chris McNab 2001
"No matter how well-prepared a soldier may be in a physical sense, he needs to be in peak condition mentally in order to succeed in the face of pain, fear and frustration. This work gives an insight into the techniques of psychological assessment and training and their application in the field. Practical exercises accompany the theory providing an insight into the mind of an elite soldier."--Amazon.

Tadalafil - G. J. Blokdijk 2018-01-28
Have you heard any stories about buying Tadalafil prescription drugs over the internet? John's Wort interfere with Tadalafil prescription medications? Is there a better way to easily adhere to Tadalafil prescription medication regimens? What is the effect of Tadalafil on drowsiness? How do I get better without Tadalafil medication? Always talk to your doctor about Tadalafil, your condition and your treatment. But what exactly to ask your doctor to make sure you are both covering everything you need to know about Tadalafil? 'Tadalafil; Second Edition' presents readers with a whole new set of 608 pivotal questions to discuss your situation with your healthcare provider, consider your options, and help you make decisions that are right for you. 'Tadalafil; Second Edition' poses questions that Tadalafil medication users didn't even know they needed to ask. With lots of room to note down your doctor's answers and an extensive index, this book is a must-have for

anyone who has, or is about to have, Tadalafil prescription medication, and indispensable for healthcare providers who want to make sure they are able to answer every question.

Dreadnoughts and Super-Dreadnoughts - Chris McNab 2021-11-30

A heavily illustrated account of the evolution, design and deployment of dreadnought battleships.

Arab Armour vs Israeli Armour - Chris McNab 2021-04-15

The Six-Day War in 1967 was a lightning Israeli campaign that changed the face of the Middle East. Israel's armoured brigades, despite being heavily outnumbered on paper by Arab AFVs, managed to dominate the Arab forces tactically and technologically, through excellent gunnery and decentralized battlefield leadership. The fighting took place on three different fronts: the Sinai Front, the Jordanian Front and the Golan Heights. Each presented its own unique set of tactical and terrain challenges, from the long-range battles between massed Egyptian and Israeli armour in the scorching flatlands of the Sinai Desert, to relatively close-quarters engagements across steep and narrow terrain in the Golan Heights. Not only did the Six-Day War see the direct clash of opposing Cold War tactical approaches, but also the direct confrontation of Western and Soviet MBTs. On the Israeli side, the IDF had the British Centurion, the American M48 Patton, the M51 Super Sherman, and the French AMX-13, although they focused their armoured spearheads on the Centurions and Pattons. The Arabs' armoured power was expressed through T-34/85s, T-54/55s, PT-76s and JS-3s (IS-3s). Each vehicle brought its own set of advantages and disadvantages, although ultimately it was the long-range tank-killing gunnery of the Centurion that often took the day. Drawing on compelling first-hand accounts from both unit commanders and individual crews, this *Duel* title explains the tactical and mechanical dynamics of one of history's greatest post-war armoured engagements.

Fitness for Dummies - Suzanne Schlosberg 2001-03-01

In the exercise world, there's something new in equipment, research, gadgets, videos, and Web sites just about every day. Health clubs are

offering innovative new classes like cardio kickboxing and firefighter boot camp, and nifty new machines, like the elliptical trainer. Meanwhile, scientists have published scores of new studies suggesting that exercise may, among other things, improve memory, reduce the risk of breast cancer, and give you a mood boost. *Fitness For Dummies, 2nd Edition*, updates you on all the latest - the good, the bad, and the totally weird. But the central mission of this book is to tackle your fears, whether you worry that operating a stairclimber requires a degree in mechanical engineering or fret that no matter what exercise routine you start, sooner or later you'll end up back in the recliner. This book is for anyone who wants to Set realistic fitness goals Analyze your eating habits Maximize your cardio workout Demystify strength equipment Choose a health club This down-to-earth guide tells you the stuff you really want to know, such as: Will you burn more fat if you exercise at a slower pace? Which brands of home exercise equipment are most reliable? Can you actually become "Rock Solid in 6 Weeks," like the magazines say? Which weight training exercises are best for beginners? What the heck is Pilates, and how do you pronounce it? How many days a week do you really need to work out? How can you tell if a fitness trainer is qualified? Will exercise ever be fun? Don't become a fitness statistic. The fact is, among people who start an exercise program, half quit within eight weeks. *Fitness For Dummies, 2nd Edition*, presents strategies for making exercise a habit and explains the basics of healthy eating so that you steer clear of fad diets and useless supplements. This book gives you the knowledge and motivation to stick with fitness for the rest of your life.

Abandoned World War II Aircraft, Tanks & Warships - Chris McNab 2021-07-06

Illustrated with more than 150 unique photographs, *Abandoned World War II Weapons* allows the history buff and general reader to explore the detritus of this great, destructive conflict in every part of the world. The scattered remains of a German bomber on Spitsbergen Island; Sherman tanks waterlogged off Omaha Beach; Japanese merchant ships sunk off the coast of New Guinea. More than 75 years after the end of World War II, the conflict's legacy can

still be seen from the Arctic wastes to the Solomon Islands of the South Pacific. The six years of World War II produced a greater number and variety of weapons than any other conflict before or since. This included more than 5 million tanks, armored fighting vehicles, and other self-propelled weapons; 8 million artillery guns; almost a million military aircraft; more than 50,000 ships and submarines; as well as many millions of rifles, machine guns, and handguns. Today, in every corner of the world, the remnants of this epic conflict can still be seen. Long-buried partisan weapons caches in the Belorussian forest; sand-covered trucks in the Sahara desert; crashed American bombers and Japanese anti-aircraft guns in the jungles of New Guinea; tank wrecks on old military training grounds; thousands of unexploded bombs in the depths of the world's seas and oceans; or the hundreds of aircraft and 30 Japanese ships destroyed in Truk Lagoon, the biggest graveyard of ships in the world and today a popular dive site.

Armies of the Napoleonic Wars - Chris McNab 2011-08-08

MILITARY HISTORY. This book provides a comprehensive and beautiful guide to all the major armies of the Napoleonic Wars: France, Britain, Austria, Prussia, Russia, Spain and Portugal, as well as many of the minor powers. The changes in the armies, the organization, the infantry, cavalry, and artillery of each nation are detailed, along with stunning artwork of the often-glorious uniforms worn into battle.

The Right to Inclusive Education in International Human Rights Law - Gauthier de Beco 2019-03-31

Education is a fundamental human right that is recognised as essential for the attainment of all civil, political, economic, social and cultural rights. It was not until 2006, on the adoption of the UN Convention on the Rights of Persons with Disabilities (CRPD), that the right to inclusive education was codified. This volume fills a major gap in the literature on the right of disabled people to education. It examines the theoretical foundations and core content of the right to inclusive education in international human rights law, and explores the various ways of implementing this right through an exploration of legal strategies and mechanisms. With

contributions by leaders in the field, this volume advances scholarship on the core content of the right to inclusive education by examining the content and practice of the right at the national, regional and international levels.

The Disaster-Ready Home - Creek Stewart
2022-01-04

A complete, step-by-step manual for safely sheltering-in-place at home so you are prepared for any disaster or disease. If a disaster forces you to shelter in place, do you think you have everything you need to safely and comfortably stay put in your home? If the answer is no, *The Disaster-Ready Home* will help you create a safe, well-stocked place to weather out any emergency. Survival expert and bestselling author Creek Stewart gives you a step-by-step emergency preparedness plan to meet your food, water, heat, and sanitation needs during any disaster. Including detailed lists, photographs, and complete instructions to make the plan easy to follow, this book is the only resource you need for a disaster. You'll learn how to: -Create an emergency pantry stocked with enough food for the timeframe of your choice—from two weeks to three months to a full year -Select and store food that fits your taste, diet, and budget -Easily rotate and use your emergency food supply, so nothing goes to waste -Set up long-term water storage and renewable water sources -Cook food and boil water when your kitchen appliances aren't working -Safely heat and light your home when the power is out -Effectively manage sanitation issues if running water is unavailable - And much more! With daily headlines dominated by disease and disasters, the need to be prepared has never been more evident. This practical, field-tested guide will help you protect and provide for your family when any situation arises.

The Modern Firm - John Roberts 2007-09-06
Business firms around the world are experimenting with new organizational designs, changing their formal architectures, their routines and processes, and their corporate cultures as they seek to improve their current performance and their growth prospects. In the process they are changing the scope of their business operations, redrawing their organization charts, redefining the allocation of decision-making authority and responsibility,

revamping the mechanisms for motivating and rewarding people, reconsidering which activities to conduct in-house and which to out-source, redesigning their information systems, and seeking to alter the shared beliefs, values and norms that their people hold. In this book, John Roberts argues that there are predictable, necessary relationships among these changes that will improve performance and growth. The organizations that are successful will establish patterns of fit among the elements of their organizational designs, their competitive strategies and the external environment in which they operate and will go about this in a holistic manner. The Modern Firm develops powerful conceptual frameworks for analyzing the interrelations between organizational design features, competitive strategy and the business environment. Written in a non-technical language, the book is nevertheless based on rigorous modeling and draws on numerous examples from eighteenth century fur trading companies to such modern firms such as BP and Nokia. Finally the book explores why these developments are happening now, pointing to the increase in global competition and changes in technology. Written by one of the world's leading economists and experts on business strategy and organization, *The Modern Firm* provides new insights into the changes going on in business today and will be of interest to academics, students and managers alike.

Armies of the Iran-Iraq War 1980-88 - Chris McNab 2022-01-20

Driven by the Iranian Revolution of 1979 and the insecurities it provoked in Saddam Hussein's Iraqi dictatorship, the Iran-Iraq War would become the largest conventional conflict of the period. Curiously little-known considering its scale and longevity, the struggle between Iran and Iraq was primarily fought along the 1,458km border in a series of battles which, despite both sides being armed with modern small arms, armour and aircraft, often degenerated into attritional struggles reminiscent of World War I. Such a comparison was underlined by frequent periods of deadlock, the extensive use of trenches by both sides, and the deployment of chemical weapons by Iraq. Fully illustrated with specially commissioned artwork, this study investigates the organization, appearance and

equipment of the ground forces of both sides in the Iran-Iraq War, including Iraq's Republican Guards and Iran's Pasdaran or Islamic Revolutionary Guard Corps. The war resulted in stalemate with some half a million dead and at least as many wounded. The financial costs incurred in waging such a long and debilitating war were one of the spurs that led Saddam Hussein to invade Kuwait barely two years later, setting in motion one of the defining currents of recent Middle-Eastern history.

438 Days - Jonathan Franklin 2015-11-17

Declared "the best survival book in a decade" by Outside Magazine, *438 Days* is the true story of the man who survived fourteen months in a small boat drifting seven thousand miles across the Pacific Ocean. On November 17, 2012, two men left the coast of Mexico for a weekend fishing trip in the open Pacific. That night, a violent storm ambushed them as they were fishing eighty miles offshore. As gale force winds and ten-foot waves pummeled their small, open boat from all sides and nearly capsized them, captain Salvador Alvarenga and his crewmate cut away a two-mile-long fishing line and began a desperate dash through crashing waves as they sought the safety of port. Fourteen months later, on January 30, 2014, Alvarenga, now a hairy, wild-bearded and half-mad castaway, washed ashore on a nearly deserted island on the far side of the Pacific. He could barely speak and was unable to walk. He claimed to have drifted from Mexico, a journey of some seven thousand miles. A "gripping saga," (Daily Mail), *438 Days* is the first-ever account of one of the most amazing survival stories in modern times. Based on dozens of hours of exclusive interviews with Alvarenga, his colleagues, search-and-rescue officials, the remote islanders who found him, and the medical team that saved his life, *438 Days* is not only "an intense, immensely absorbing read" (Booklist) but an unforgettable study of the resilience, will, ingenuity and determination required for one man to survive more than a year lost and adrift at sea.

Soviet Machine Guns of World War II - Chris McNab 2022-02-17

This study looks at how the Soviet armed forces developed and deployed a range of machine guns that fitted with their offensive and defensive infantry tactics across six years of

total war. In 1939, three machine guns dominated the Red Army's front-line infantry firepower - the DShK 1938 heavy machine gun, the PM M1910 medium/heavy machine gun and the Degtyaryov DP-27, a lighter, bipod-mounted support weapon. Confronted by cutting-edge German technology during the Great Patriotic War (1941-45), the Soviets responded with the development of new weaponry, including the RPD light machine gun, the 7.62×54mmR SG43 medium machine gun and the improved version of the DP-27, the DPM. Taken together, all these weapons gave the Red Army a more practical range of support weapons, better able to challenge the Germans for fire superiority on the battlefield. Fully illustrated, this study explains the technology and the tactics of these machine guns. Noted authority Chris McNab sets out how these machine guns were distributed and tactically applied and provides numerous examples of the weapons in action, from assault teams on the streets of Stalingrad to tank crews struggling for survival at Kursk. The book also reflects upon the weapons' post-war service; many of the machine guns remain in front-line use today. Illustrated with high-quality photographs and specially commissioned artwork, this is a deep analysis of these essential tools of warfare within the Soviet forces.

The Physics of Information Technology - Neil Gershenfeld 2000-10-16

The Physics of Information Technology explores the familiar devices that we use to collect, transform, transmit, and interact with electronic information. Many such devices operate surprisingly close to very many fundamental physical limits. Understanding how such devices work, and how they can (and cannot) be improved, requires deep insight into the character of physical law as well as engineering practice. The book starts with an introduction to units, forces, and the probabilistic foundations of noise and signalling, then progresses through the electromagnetics of wired and wireless communications, and the quantum mechanics of electronic, optical, and magnetic materials, to discussions of mechanisms for computation, storage, sensing, and display. This self-contained volume will help both physical scientists and computer scientists see beyond the conventional division between hardware and software to

understand the implications of physical theory for information manipulation.