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Packed with relevant, real-world illustrations and cases, **QUALITY AND PERFORMANCE EXCELLENCE**, 6e presents the basic principles and tools associated with quality and performance excellence through cutting-edge coverage that includes the latest thinking and practices from the field. This proven text has three primary objectives: familiarize students with the basic principles and methods, show how these principles and methods have been put into effect in a variety of organizations, and illustrate the relationship between basic principles and the popular theories and models studied in management courses. Extremely flexible and student friendly, the text is organized according to traditional management topics, helping students quickly see the connections between quality principles and management theories. Excellent case studies give students practical experience working with real-world issues. Many cases focus on large and small companies in manufacturing and service industries in North and South America, Europe, and Asia-Pacific. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version. "Sleep is one of the most important but least understood aspects of our life, wellness, and longevity ... An explosion of scientific discoveries in the last twenty years has shed new light on this fundamental aspect of our lives. Now ...

neuroscientist and sleep expert Matthew Walker gives us a new understanding of the vital importance of sleep and dreaming"--Amazon.com. The Levels of Action NOTE: This edition features the same content as the traditional text in a convenient, three-hole-punched, loose-leaf version. Books a la Carte also offer a great value--this format costs significantly less than a new textbook. Before purchasing, check with your instructor or review your course syllabus to ensure that you select the correct ISBN. Several versions of Pearson's MyLab & Mastering products exist for each title, including customized versions for individual schools, and registrations are not transferable. In addition, you may need a Course ID, provided by your instructor, to register for and use Pearson's MyLab & Mastering products. Intended for algebra-based introductory physics courses. An accessible, problem-solving approach to physics, grounded in real-world applications James Walker's Physics provides students with a solid conceptual understanding of physics that can be expressed quantitatively and applied to the world around them. Instructors and students praise Walker's Physics for its friendly voice, the author's talent for making complex concepts understandable, an inviting art program, and the range of excellent homework problems and example-types that provide guidance with problem solving. The Fifth Edition includes new "just-in-time" learning aids such as "Big Ideas" to quickly orient students to the overarching principles of each chapter, new Real-World Physics and Biological applications, and a wealth of problem-solving support features to coach students through the process of applying logic and reasoning to problem solving. Also available with MasteringPhysics™ MasteringPhysics from Pearson is the leading online homework, tutorial, and assessment system, designed to improve results by engaging students before, during, and after class with powerful content. Instructors ensure students arrive ready to learn by assigning educationally effective content before class and encourage critical thinking and retention with in-class resources such as Learning Catalytics. Students can further master concepts after class through traditional and adaptive homework assignments that provide hints and answer-specific feedback. The Mastering gradebook records scores for all automatically graded assignments in one place, while diagnostic tools give instructors access to rich data to assess student understanding and misconceptions. Mastering brings learning full circle by continuously adapting to each student and making learning more personal than ever--before, during, and after class. A startling and majestic epic from Jack McDevitt, the Nebula Award-winning author of the Alex Benedict and the Priscilla Hutchins novels A working stargate dating back more than ten thousand years has been discovered on a Sioux reservation. Travel through the gate currently leads to three equally mysterious destinations: (1) an apparently empty garden world, quickly dubbed Eden; (2) a strange maze of underground passageways; or (3) a space station with a view of a galaxy that appears to be the Milky Way. The race to explore and claim the stargate quickly escalates, and those involved divide into opposing camps who view the teleportation technology either as an unprecedented opportunity for scientific research or a disastrous threat to

national - if not planetary - security. One thing is for certain: questions about what the stargate means for humanity's role in the galaxy cannot be ignored. Especially since travel through the stargate isn't necessarily only one way... Increasingly, cracks are appearing in the capacity of communities, ecosystems, and landscapes to provide the goods and services that sustain our planet's well-being. The response from most quarters has been for "more of the same" that created the situation in the first place: more control, more intensification, and greater efficiency. "Resilience thinking" offers a different way of understanding the world and a new approach to managing resources. It embraces human and natural systems as complex entities continually adapting through cycles of change, and seeks to understand the qualities of a system that must be maintained or enhanced in order to achieve sustainability. It explains why greater efficiency by itself cannot solve resource problems and offers a constructive alternative that opens up options rather than closing them down. In *Resilience Thinking*, scientist Brian Walker and science writer David Salt present an accessible introduction to the emerging paradigm of resilience. The book arose out of appeals from colleagues in science and industry for a plainly written account of what resilience is all about and how a resilience approach differs from current practices. Rather than complicated theory, the book offers a conceptual overview along with five case studies of resilience thinking in the real world. It is an engaging and important work for anyone interested in managing risk in a complex world.

From renowned ABC News anchor/correspondent and former insomniac Diane Macedo, comes a practical, user-friendly guide to getting better sleep. *The Sleep Fix* flips the switch on common advice, illuminating the reporter's relentless search for how to get a good night's sleep and the surprising, scientific, and practical solutions she found along the way. Roughly thirty percent of the population is estimated to be living with insomnia, while many more unknowingly suffer from other sleep disorders. In *The Sleep Fix*, Macedo aims to change that with perspective-shifting research and easy-to-implement solutions based not just on science and experts, but also her own years-long struggle. As an early-morning reporter and overnight news anchor, Macedo learned the hard way how valuable sleep is, and how it affects everything from our heart to our brain to our immune system. The longer Macedo struggled, the more her health deteriorated. Desperate, she tried standard sleep tip after standard sleep tip, but nothing worked - instead, it made her worse. Finally, after developing a tolerance to sleeping pills, Macedo decided to attack the problem as a journalist, interviewing sleep experts from all over the world to get to the bottom of what really keeps us from sleeping—and the various ways to fix it. As Macedo explains, the solution to catching zzz's isn't as simple as giving up caffeine, or putting away your phone before bed. With her down-to-earth explanations and humor, she instead teaches us how to:

- Understand sleep biology
- Identify sleep obstacles
- Flag sleep myths and separate fact from fiction
- Try counterintuitive approaches
- Shift our mindset

Most importantly, Macedo — a busy, working mom — teaches us how to adjust and fit these solutions into our everyday lives. Offering expert wisdom, cutting-edge

research, intimate sleep stories from public figures, and actionable advice, *The Sleep Fix* is the tell-it-like-it-is guide this sleep-deprived world has been waiting for. Scores of talented and dedicated people serve the forensic science community, performing vitally important work. However, they are often constrained by lack of adequate resources, sound policies, and national support. It is clear that change and advancements, both systematic and scientific, are needed in a number of forensic science disciplines to ensure the reliability of work, establish enforceable standards, and promote best practices with consistent application. *Strengthening Forensic Science in the United States: A Path Forward* provides a detailed plan for addressing these needs and suggests the creation of a new government entity, the National Institute of Forensic Science, to establish and enforce standards within the forensic science community. The benefits of improving and regulating the forensic science disciplines are clear: assisting law enforcement officials, enhancing homeland security, and reducing the risk of wrongful conviction and exoneration. *Strengthening Forensic Science in the United States* gives a full account of what is needed to advance the forensic science disciplines, including upgrading of systems and organizational structures, better training, widespread adoption of uniform and enforceable best practices, and mandatory certification and accreditation programs. While this book provides an essential call-to-action for congress and policy makers, it also serves as a vital tool for law enforcement agencies, criminal prosecutors and attorneys, and forensic science educators.

The loss of hearing - be it gradual or acute, mild or severe, present since birth or acquired in older age - can have significant effects on one's communication abilities, quality of life, social participation, and health. Despite this, many people with hearing loss do not seek or receive hearing health care. The reasons are numerous, complex, and often interconnected. For some, hearing health care is not affordable. For others, the appropriate services are difficult to access, or individuals do not know how or where to access them. Others may not want to deal with the stigma that they and society may associate with needing hearing health care and obtaining that care. Still others do not recognize they need hearing health care, as hearing loss is an invisible health condition that often worsens gradually over time. In the United States, an estimated 30 million individuals (12.7 percent of Americans ages 12 years or older) have hearing loss. Globally, hearing loss has been identified as the fifth leading cause of years lived with disability. Successful hearing health care enables individuals with hearing loss to have the freedom to communicate in their environments in ways that are culturally appropriate and that preserve their dignity and function. *Hearing Health Care for Adults* focuses on improving the accessibility and affordability of hearing health care for adults of all ages. This study examines the hearing health care system, with a focus on non-surgical technologies and services, and offers recommendations for improving access to, the affordability of, and the quality of hearing health care for adults of all ages. **NEW YORK TIMES BESTSELLER •**
LONGLISTED FOR THE NATIONAL BOOK AWARD • One of today's most insightful and

influential thinkers offers a powerful exploration of inequality and the lesson that generations of Americans have failed to learn: Racism has a cost for everyone—not just for people of color. WINNER OF THE PORCHLIGHT BUSINESS BOOK AWARD • ONE OF THE BEST BOOKS OF THE YEAR: Time, The Washington Post, St. Louis Post-Dispatch, Ms. magazine, BookRiot, Library Journal “This is the book I’ve been waiting for.”—Ibram X. Kendi, #1 New York Times bestselling author of How to Be an Antiracist Look for the author’s new podcast, The Sum of Us, based on this book! Heather McGhee’s specialty is the American economy—and the mystery of why it so often fails the American public. From the financial crisis of 2008 to rising student debt to collapsing public infrastructure, she found a root problem: racism in our politics and policymaking. But not just in the most obvious indignities for people of color. Racism has costs for white people, too. It is the common denominator of our most vexing public problems, the core dysfunction of our democracy and constitutive of the spiritual and moral crises that grip us all. But how did this happen? And is there a way out? McGhee embarks on a deeply personal journey across the country from Maine to Mississippi to California, tallying what we lose when we buy into the zero-sum paradigm—the idea that progress for some of us must come at the expense of others. Along the way, she meets white people who confide in her about losing their homes, their dreams, and their shot at better jobs to the toxic mix of American racism and greed. This is the story of how public goods in this country—from parks and pools to functioning schools—have become private luxuries; of how unions collapsed, wages stagnated, and inequality increased; and of how this country, unique among the world’s advanced economies, has thwarted universal healthcare. But in unlikely places of worship and work, McGhee finds proof of what she calls the Solidarity Dividend: the benefits we gain when people come together across race to accomplish what we simply can’t do on our own. The Sum of Us is not only a brilliant analysis of how we arrived here but also a heartfelt message, delivered with startling empathy, from a black woman to a multiracial America. It leaves us with a new vision for a future in which we finally realize that life can be more than a zero-sum game.

LONGLISTED FOR THE ANDREW CARNEGIE MEDAL Accessible and flexible, MODERN PHYSICS, Third Edition has been specifically designed to provide simple, clear, and mathematically uncomplicated explanations of physical concepts and theories of modern physics. The authors clarify and show support for these theories through a broad range of current applications and examples-attempting to answer questions such as: What holds molecules together? How do electrons tunnel through barriers? How do electrons move through solids? How can currents persist indefinitely in superconductors? To pique student interest, brief sketches of the historical development of twentieth-century physics such as anecdotes and quotations from key figures as well as interesting photographs of noted scientists and original apparatus are integrated throughout. The Third Edition has been extensively revised to clarify difficult concepts and thoroughly updated to include rapidly developing technical applications in quantum physics. To complement the analytical solutions in

the text and to help students visualize abstract concepts, the new edition also features free online access to QMTools, new platform-independent simulation software created by co-author, Curt Moyer, and developed with support from the National Science Foundation. Icons in the text indicate the problems designed for use with the software. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version. This text explains the basic mathematical theory and some of the principal applications of Fourier analysis in areas ranging from sound and vibration to optics and CAT scanning. Includes exercises and in-depth coverage of techniques. Intended for algebra-based introductory physics courses. An accessible, problem-solving approach to physics, grounded in real-world applications James Walker's Physics provides students with a solid conceptual understanding of physics that can be expressed quantitatively and applied to the world around them. Instructors and students praise Walker's Physics for its friendly voice, the author's talent for making complex concepts understandable, an inviting art program, and the range of excellent homework problems and example-types that provide guidance with problem solving. The Fifth Edition, Volume 1 (Chapters 1-18) includes new "just-in-time" learning aids such as "Big Ideas" to quickly orient students to the overarching principles of each chapter, new Real-World Physics and Biological applications, and a wealth of problem-solving support features to coach students through the process of applying logic and reasoning to problem solving. Also Available with MasteringPhysics MasteringPhysics from Pearson is the leading online homework, tutorial, and assessment system, designed to improve results by engaging students before, during, and after class with powerful content. Instructors ensure students arrive ready to learn by assigning educationally effective content before class and encourage critical thinking and retention with in-class resources such as Learning Catalytics. Students can further master concepts after class through traditional and adaptive homework assignments that provide hints and answer-specific feedback. The Mastering gradebook records scores for all automatically graded assignments in one place, while diagnostic tools give instructors access to rich data to assess student understanding and misconceptions. Mastering brings learning full circle by continuously adapting to each student and making learning more personal than ever-before, during, and after class. Note: You are purchasing a standalone product; MasteringPhysics does not come packaged with this content. Students, if interested in purchasing this title with MasteringPhysics, ask your instructor for the correct package ISBN and Course ID. Instructors, contact your Pearson representative for more information. Were you looking for the book with access to MasteringPhysics? This product is the book alone and does NOT come with access to MasteringPhysics. Buy the book and access card package to save money on this resource. Walker's goal is to help students make the connection between a conceptual understanding of physics and the various skills necessary to solve quantitative problems. The pedagogy and approach are based on over 20 years of teaching and reflect the results of physics education research.

Already one of the best-selling textbooks in algebra-based physics, The Fourth Edition strengthens both the conceptual foundations and the tools for problem solving to make the book even better suited to today's students. Mindful Paths: Steps Towards a Living Spirituality is a guide that embraces spirit-driven mindfulness: to ourselves as uniquely creative embodiments of spirit, and to others, by encouraging that we live our most authentic lives, with a fully heart-centered outlook, based on a foundation of deep reflection and discernment. No other book on the market today can match the 30-year success of Halliday, Resnick and Walker's Fundamentals of Physics! In a breezy, easy-to-understand style the book offers a solid understanding of fundamental physics concepts, and helps readers apply this conceptual understanding to quantitative problem solving. This book offers a unique combination of authoritative content and stimulating applications. Before you buy, make sure you are getting the best value and all the learning tools you'll need to succeed in your course. If your professor requires eGrade Plus, you can purchase it now at no additional cost. With this special eGrade Plus package you get the new text--no highlighting, no missing pages, no food stains -- and a registration code to eGrade Plus, a suite of effective learning tools to help you get a better grade. All this, in one convenient package! eGrade Plus gives you: A complete online version of the textbook Embedded keyword links to important terms for each chapter 200 Interactive LearningWare problems, which focus on developing problem-solving skills Physics Mathskills, which reviews key mathematical concepts 50 interactive simulations The Student Study Guide Web links to related physics sites And More! eGrade Plus is a powerful online tool that provides students with an integrated suite of teaching and learning resources and an online version of the text in one easy-to-use website. Take advantage of Drupal's vast collection of community-contributed modules and discover how they make this web framework unique and valuable. With this guide, you'll learn how to combine modules in interesting ways (with minimal code-wrangling) to develop several community-driven websites— including a job posting board, photo gallery, online store, product review database, and event calendar. The second edition focuses on Drupal 7, the latest version of this open source system. Each project spans an entire chapter, with step-by-step "recipes" to help you build out the precise functionality the site requires. With this book, developers new to Drupal will gain experience through a hands-on introduction, and experienced Drupal developers will learn real-world best practices. Learn Drupal's concepts and building blocks, and how everything works together Hit the ground running—build your first Drupal site hands-on Explore solutions that meet each project's requirements, and discover why specific modules were selected Understand the projects through case studies, including the client's needs and desires Learn how to configure modules with a bird's-eye view of how they work Discover new modules, including Drupal Commerce, Media, and Workbench The dramatic human story of an epic scientific quest and of one man's forty-year obsession to find a solution to the thorniest scientific dilemma of the day--"the longitude problem." Anyone alive in the

eighteenth century would have known that "the longitude problem" was the thorniest scientific dilemma of the day—and had been for centuries. Lacking the ability to measure their longitude, sailors throughout the great ages of exploration had been literally lost at sea as soon as they lost sight of land. Thousands of lives and the increasing fortunes of nations hung on a resolution. One man, John Harrison, in complete opposition to the scientific community, dared to imagine a mechanical solution—a clock that would keep precise time at sea, something no clock had ever been able to do on land. Longitude is the dramatic human story of an epic scientific quest and of Harrison's forty-year obsession with building his perfect timekeeper, known today as the chronometer. Full of heroism and chicanery, it is also a fascinating brief history of astronomy, navigation, and clockmaking, and opens a new window on our world. • New York Times bestseller • The 100 most substantive solutions to reverse global warming, based on meticulous research by leading scientists and policymakers around the world

"At this point in time, the Drawdown book is exactly what is needed; a credible, conservative solution-by-solution narrative that we can do it. Reading it is an effective inoculation against the widespread perception of doom that humanity cannot and will not solve the climate crisis. Reported by-effects include increased determination and a sense of grounded hope." —Per Espen Stoknes, Author, *What We Think About When We Try Not To Think About Global Warming*

"There's been no real way for ordinary people to get an understanding of what they can do and what impact it can have. There remains no single, comprehensive, reliable compendium of carbon-reduction solutions across sectors. At least until now. . . . The public is hungry for this kind of practical wisdom." —David Roberts, *Vox*

"This is the ideal environmental sciences textbook—only it is too interesting and inspiring to be called a textbook." —Peter Kareiva, Director of the Institute of the Environment and Sustainability, UCLA

In the face of widespread fear and apathy, an international coalition of researchers, professionals, and scientists have come together to offer a set of realistic and bold solutions to climate change. One hundred techniques and practices are described here—some are well known; some you may have never heard of. They range from clean energy to educating girls in lower-income countries to land use practices that pull carbon out of the air. The solutions exist, are economically viable, and communities throughout the world are currently enacting them with skill and determination. If deployed collectively on a global scale over the next thirty years, they represent a credible path forward, not just to slow the earth's warming but to reach drawdown, that point in time when greenhouse gases in the atmosphere peak and begin to decline. These measures promise cascading benefits to human health, security, prosperity, and well-being—giving us every reason to see this planetary crisis as an opportunity to create a just and livable world. The print study guide provides the following for each chapter: Objectives Warm-Up Questions from the Just-in-Time Teaching method by Gregor Novak and Andrew Garvin (Indiana University-Perdue University, Indianapolis) Chapter Review with two-column Examples and integrated quizzes Reference Tools &

Resources (equation summaries, important tips, and tools) Puzzle Questions (also from Novak & Garvin's JITT method) Select Solutions for several end-of-chapter questions and problems

Decontamination in Hospitals and Healthcare brings an understanding of decontamination practices and the development of technologies for cleaning and control of infection to a wide audience interested in public health, including healthcare specialists, scientists, students or patients. Part one highlights the importance and history of decontamination in hospitals and healthcare before exploring the role of standards in decontamination, infection control in Europe, and future trends in the area. Part two focuses on decontamination practices in hospitals and healthcare. It considers the role of the nurse in decontamination, the issues of microbial biofilm in waterlines, control of waterborne microorganisms, and the use of gaseous decontamination technologies. Further chapters explore decontamination of prions, the use of protective clothing, no-touch automated room disinfection systems, and controlling the presence of microorganisms in hospitals. Part three discusses practices for decontamination and sterilization of surgical instruments and endoscopes. These chapters examine a range of guidance documents, including the choice framework for local policy and procedures for decontamination of surgical instruments, as well as novel technologies for cleaning and detection of contamination. Decontamination in Hospitals and Healthcare provides a reference source on decontamination for public health professionals and students concerned with healthcare. It is particularly useful for scientists in microbiology and disinfection/decontamination laboratories, healthcare workers who use disinfectants, students in microbiology, clinicians, members of the Institute of Decontamination Sciences/Central Sterilising Club, and those employed in the Central Sterile Services departments of healthcare facilities. Discusses decontamination processes in Europe

Provides an in-depth understanding into decontamination in healthcare settings, specifically hospitals and dental practices Examines the decontamination of surgical equipment and endoscopes

Combining the rational, logical instincts of the left brain with the passionate and artful skills of the right brain, this book offers a leadership approach that is both highly effective and deeply inspirational. Perfect for anyone assuming a leadership position, it presents simple solutions on such topics as effective collaboration, achieving goals, leadership styles, team-building, inspiring people to success, and more. IOM's 1999 landmark study To Err is Human estimated that between 44,000 and 98,000 lives are lost every year due to medical errors. This call to action has led to a number of efforts to reduce errors and provide safe and effective health care. Information technology (IT) has been identified as a way to enhance the safety and effectiveness of care. In an effort to catalyze its implementation, the U.S. government has invested billions of dollars toward the development and meaningful use of effective health IT. Designed and properly applied, health IT can be a positive transformative force for delivering safe health care, particularly with computerized prescribing and medication safety. However, if it is designed and applied inappropriately, health IT can add an additional layer of

complexity to the already complex delivery of health care. Poorly designed IT can introduce risks that may lead to unsafe conditions, serious injury, or even death. Poor human-computer interactions could result in wrong dosing decisions and wrong diagnoses. Safe implementation of health IT is a complex, dynamic process that requires a shared responsibility between vendors and health care organizations. Health IT and Patient Safety makes recommendations for developing a framework for patient safety and health IT. This book focuses on finding ways to mitigate the risks of health IT-assisted care and identifies areas of concern so that the nation is in a better position to realize the potential benefits of health IT. Health IT and Patient Safety is both comprehensive and specific in terms of recommended options and opportunities for public and private interventions that may improve the safety of care that incorporates the use of health IT. This book will be of interest to the health IT industry, the federal government, healthcare providers and other users of health IT, and patient advocacy groups.

Make workplace conflict resolution a game that EVERYBODY wins! Recent studies show that typical managers devote more than a quarter of their time to resolving coworker disputes. The Big Book of Conflict-Resolution Games offers a wealth of activities and exercises for groups of any size that let you manage your business (instead of managing personalities). Part of the acclaimed, bestselling Big Books series, this guide offers step-by-step directions and customizable tools that empower you to heal rifts arising from ineffective communication, cultural/personality clashes, and other specific problem areas—before they affect your organization's bottom line. Let The Big Book of Conflict-Resolution Games help you to: Build trust Foster morale Improve processes Overcome diversity issues And more Dozens of physical and verbal activities help create a safe environment for teams to explore several common forms of conflict—and their resolution. Inexpensive, easy-to-implement, and proved effective at Fortune 500 corporations and mom-and-pop businesses alike, the exercises in The Big Book of Conflict-Resolution Games delivers everything you need to make your workplace more efficient, effective, and engaged.

In the United States, some populations suffer from far greater disparities in health than others. Those disparities are caused not only by fundamental differences in health status across segments of the population, but also because of inequities in factors that impact health status, so-called determinants of health. Only part of an individual's health status depends on his or her behavior and choice; community-wide problems like poverty, unemployment, poor education, inadequate housing, poor public transportation, interpersonal violence, and decaying neighborhoods also contribute to health inequities, as well as the historic and ongoing interplay of structures, policies, and norms that shape lives. When these factors are not optimal in a community, it does not mean they are intractable: such inequities can be mitigated by social policies that can shape health in powerful ways. Communities in Action: Pathways to Health Equity seeks to delineate the causes of and the solutions to health inequities in the United States. This report focuses on what communities can do to promote health

equity, what actions are needed by the many and varied stakeholders that are part of communities or support them, as well as the root causes and structural barriers that need to be overcome. “Down to earth wisdom from a successful, creative entrepreneur” (New York Times–bestselling author Ken Abraham). Despite a childhood shadowed by financial disaster and a father who struggled with alcoholism, Aaron Walker has created opportunities where there appeared to be none—pushing through barriers and monumental hurdles to build a string of successful businesses. In this inspirational memoir, he reveals how he confronted bitterness, pushed through pride, and was granted grace for a horrifying pedestrian fatality. *View from the Top* recounts Aaron’s own powerful story—and shares techniques and strategies that will allow you to flourish regardless of your current circumstances. “There’s an old saying I love: ‘Pray like everything depends on God, but work like everything depends on you.’ That could also be a great summary statement for *View From The Top*. Aaron Walker is a man who trusts God while putting a lot of sweat equity into everything he does. That balance of faith and diligence is something we all could learn from.” —Dave Ramsey, New York Times–bestselling author of *The Total Money Makeover: A Proven Plan for Financial Fitness* “For anyone who prefers reality over ‘reality shows’ . . . Aaron Walker’s *View from the Top* is as real, honest, and believable as it gets.” —Ken Abraham, New York Times–bestselling author of *When Your Parent Becomes Your Child: A Journey of Faith Through My Mother’s Dementia*

Nine Proven Holistic Solutions Based on her extensive experience over thirty-five years as the owner of a large physical therapy practice where she and her staff of thirty successfully treated patients referred from over five hundred physicians, Dr. Walker Gray has identified nine proven holistic solutions to relieve your back pain without surgery or drugs. Much of her holistic approach can be self-administered at home, saving you both time and money. In *Bye-Bye Back Pain* you will discover: Five do’s and four don’ts for back pain sufferers Exercises—twelve pain-reducing and core-strengthening exercises (and how to do them correctly), and three sit disc exercises Posture fixes and correct techniques for daily activities such as dressing, doing yard work, and laundry The best professional treatments and self-treatments for back pain What to eat to reduce your reliance on medication The role of aromatherapy and essential oils in reducing back pain Low-level laser treatments The potential benefits of applying cannabidiol oil Mindfulness techniques you can use during daily activity Healthcare providers who are looking for new progressive holistic solutions to help reduce their patients’ low back pain and sciatica will also find a wealth of information in *Bye-Bye Back Pain*. The print study guide provides the following for each chapter: Objectives Warm-Up Questions from the Just-in-Time Teaching method by Gregor Novak and Andrew Garvin (Indiana University-Purdue University, Indianapolis) Chapter Review with two-column Examples and integrated quizzes Reference Tools & Resources (equation summaries, important tips, and tools) Puzzle Questions (also from Novak & Garvin’s JITT method) Solutions for selected and representative end-of-chapter questions and problems Indispensable treatise on the

mechanics of extreme dynamic events, including impact, shocks, penetration and high-rate material response.

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