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Search Inside Yourself

The Unexpected Path to Achieving Success, Happiness (and World Peace)

HarperOne For the benefits of meditation to become widely accessible to humanity, it cannot just be the domain of bald people in funny robes living in mountains, or small groups of New Age folks in San Francisco. Meditation needs to become "real." It needs to align with the lives and interests of real people. —from Search Inside Yourself Early Google engineer and personal growth pioneer Chade-Meng Tan first designed Search Inside Yourself as a popular course at Google intended to transform the work and lives of the best and brightest behind one of the most innovative, successful, and profitable businesses in the world . . . and now it can do the same for you. Meng has distilled emotional intelligence into a set of practical and proven tools and skills that anyone can learn and develop. Created in collaboration with a Zen master, a CEO, a Stanford University scientist, and Daniel Goleman (the guy who literally wrote the book on emotional intelligence), this program is grounded in science and expressed in a way that even a skeptical, compulsively pragmatic, engineering-oriented brain like Meng's can process. Whether your intention is to reduce stress and increase well-being, heighten focus and creativity, become more optimistic and resilient, build fulfilling relationships, or just be successful, the skills provided by Search Inside Yourself will prove invaluable for you. This is your guide to enhancing productivity and creativity, finding meaning and fulfillment in your work and life, and experiencing profound peace, compassion, and happiness while doing so. Search Inside Yourself reveals how to calm your mind on demand and return it to a natural state of happiness, deepen self-awareness in a way that fosters self-confidence, harness empathy and compassion into outstanding leadership, and build highly productive collaborations based on trust and transparent communication. In other words, Search Inside Yourself shows you how to grow inner joy while succeeding at your work. Meng writes: "Some people buy books that teach them to be liked; others buy books that teach them to be successful. This book teaches you both. You are so lucky."

Gozo Al Instante

El Arte de Descubrir la Felicidad Interior

HarperCollins Espanol La tan esperada continuación al best seller del New York Times Busca en tu interior, nos enseña cómo cultivar el gozo dentro del contexto de nuestras vidas agitadas y nos explica por qué clave para nuestra creatividad, innovación, seguridad y en última instancia, el éxito en todos los aspectos. En este libro, Chade-Meng Tan nos muestra que no necesitamos meditar durante días, meses o años para lograr un gozo permanente. De hecho, podemos lograr un acceso constante, en tan solo quince segundos. Explicando el gozo y la meditación como cosas complementarias, que se refuerzan mutuamente de forma natural, Meng explica cómo estas dos habilidades forman entre sí un círculo vicioso, y una vez puestas en marcha se convierten en una práctica sólida que podemos mantener en nuestra vida cotidiana. Durante muchos años, se ha enseñado y practicado la meditación en culturas donde casi todos los meditadores la practican a tiempo completo durante años, lo cual resulta en programas de entrenamiento perfeccionados para los que practican la meditación con una gran cantidad de tiempo libre y sin mucho más que hacer que desarrollar un profundo dominio sobre la mente. Viendo una desconexión entre la práctica

tradicional y el mundo moderno, el autor best seller ha desarrollado un programa por medio de una «pereza sabia» con el fin de ayudar a los lectores a meditar con mayor eficiencia y eficacia. Meng nos comparte acerca de los tres pilares del gozo (la paz interior, la comprensión y la felicidad); dice por qué el gozo es el secreto del éxito, y presenta las herramientas prácticas que todos podemos usar para cultivarlo.

Busca en tu interior

mejora la productividad, la creatividad y la felicidad

Grupo Planeta (GBS)

Bayesian Data Analysis, Third Edition

CRC Press Now in its third edition, this classic book is widely considered the leading text on Bayesian methods, lauded for its accessible, practical approach to analyzing data and solving research problems. *Bayesian Data Analysis, Third Edition* continues to take an applied approach to analysis using up-to-date Bayesian methods. The authors—all leaders in the statistics community—introduce basic concepts from a data-analytic perspective before presenting advanced methods. Throughout the text, numerous worked examples drawn from real applications and research emphasize the use of Bayesian inference in practice. New to the Third Edition Four new chapters on nonparametric modeling Coverage of weakly informative priors and boundary-avoiding priors Updated discussion of cross-validation and predictive information criteria Improved convergence monitoring and effective sample size calculations for iterative simulation Presentations of Hamiltonian Monte Carlo, variational Bayes, and expectation propagation New and revised software code The book can be used in three different ways. For undergraduate students, it introduces Bayesian inference starting from first principles. For graduate students, the text presents effective current approaches to Bayesian modeling and computation in statistics and related fields. For researchers, it provides an assortment of Bayesian methods in applied statistics. Additional materials, including data sets used in the examples, solutions to selected exercises, and software instructions, are available on the book's web page.

Historical Background of Wang Yang-ming's Philosophy of Mind

From the Perspective of His Life Story

Springer Nature This open access book offers comprehensive information on Wang Yang-ming's life, helping readers identify and grasp the foundations on which his philosophy was established. Though a great man, Wang had an extremely difficult life, full of many hardships. Based on various official histories, Wang's own writings, and his disciples' records, the book explores the legendary life of this ancient philosopher, who not only diligently pursued his objective of living as a sage, but also persistently sought the ideal state of a sage in ideology. The author also shares his own interpretations of the main aspects of Wang's philosophy using simple and straightforward language. This book will help readers understand and appreciate Wang Yang-ming's extraordinary life, his generous mind, deep thoughts and bright personality, inspiring them to pursue enriching lives. It offers a unique and insightful work for undergraduate students and all others interested in Wang's philosophy and life story.--

Your Brain at Work, Revised and Updated

Strategies for Overcoming Distraction, Regaining Focus, and Working Smarter All Day

Long

HarperCollins A researcher and consultant burrows deep inside the heads of one modern two-career couple to examine how each partner processes the workday—revealing how a more nuanced understanding of the brain can allow us to better organize, prioritize, recall, and sort our daily lives. Emily and Paul are the parents of two young children, and professionals with different careers. Emily is the newly promoted vice president of marketing at a large corporation; Paul works from home or from clients' offices as an independent IT consultant. Their days are filled with a bewildering blizzard of emails, phone calls, more emails, meetings, projects, proposals, and plans. Just staying ahead of the storm has become a seemingly insurmountable task. In *Your Brain at Work*, Dr. David Rock goes inside Emily and Paul's brains to see how they function as each attempts to sort, prioritize, organize, and act on the vast quantities of information they receive in one typical day. Dr. Rock is an expert on how the brain functions in a work setting. By analyzing what is going on in their heads, he offers solutions Emily and Paul (and all of us) can use to survive and thrive in today's hyperbusy work environment—and still feel energized and accomplished at the end of the day. In *Your Brain at Work*, Dr. Rock explores issues such as: why our brains feel so taxed, and how to maximize our mental resources why it's so hard to focus, and how to better manage distractions how to maximize the chance of finding insights to solve seemingly insurmountable problems how to keep your cool in any situation, so that you can make the best decisions possible how to collaborate more effectively with others why providing feedback is so difficult, and how to make it easier how to be more effective at changing other people's behavior and much more.

Planeación e Integración de los Recursos Humanos, 2a.ed.

Grupo Editorial Patria Planeación e integración de los recursos humanos, segunda edición, propone partir de la concepción del hombre, visto a través de la diversidad y tensesidad; las cuales son la esencia de la organización y el elemento que le concede personalidad y sentido. Por ello se analizan de manera sencilla y didáctica aquellos elementos que permiten entender las diversas etapas del proceso de planeación de recursos humanos y su respectiva integración. Parte de la idea que el éxito de toda organización depende de la capacidad de los recursos humanos para enfrentar los retos que se presentan en el mundo actual en todos sus aspectos; así como el efecto que tienen sobre aspectos económicos, políticos y sociales. En esta nueva edición se han agregado temas como la evaluación de personal, competencias en la administración de recursos humanos, información sobre la reforma laboral, todo con la finalidad de contribuir al desarrollo e implementación adecuados de los recursos humanos.

McMindfulness

How Mindfulness Became the New Capitalist Spirituality

Repeater Mindfulness is now all the rage. From endorsements by celebrities, to monks, neuroscientists, and meditation coaches rubbing shoulders with CEOs at the World Economic Forum in Davos, it is clear that mindfulness has gone mainstream. Some have called it a revolution. The evangelical promotion of mindfulness as a panacea for all that ails us has begun to give way to a backlash, with questions arising whether its claims for achieving happiness, wellbeing and career success have been over-sold. Expanding on his influential essay *Beyond McMindfulness*, Ronald Purser debunks the so-called "mindfulness revolution", arguing its proponents have reduced mindfulness to a self-help technique that fits snugly into a consumerist culture complicit with Western materialistic values. In a lively and razor-sharp critique of mindfulness as it has been enthusiastically co-opted by corporations, public schools, and the U.S. military, Purser explains why such programs inevitably fall short of their revolutionary potential. Simply paying attention to the present moment while resting snugly in our private bubbles is no mindfulness revolution. Mindfulness has become the new capitalist spirituality, a disciplined myopia, that mindlessly ignores the need for social and political change.

Malaysian Christians Online

Faith, Experience, and Social Engagement on the Internet

Springer Nature Many facets of social life are now intrinsically linked to the Internet through increasing dependence of user-centric platforms like blogs, social-networking websites, online forums, and open source websites. The Malaysian Church is not exempt from having to negotiate with an increasingly tech-savvy and networked community of believers. Based primarily on Internet ethnography and interviews with Christian bloggers and church pastors, this book looks at how the Internet is a component of “everyday religion” in the lives of Malaysian Christians at individual, institutional, and national levels. It examines the ways in which online Christian expressions are increasingly integrated into the everyday religious routines of Christians for the development of their personal identities and inter-religious interactions. This book also shows how the spiritual authority of church pastors can be both challenged and reinforced through the creative use of online tools. It addresses some of the creative ways in which Christians utilise the Internet to engage with national socio-political issues within the context of restrictive and controlled mainstream media, as well as the ongoing discourse with Islam in the country. Through a selection of case studies, this book shows that while the Internet may be “free”, the users of the Internet are not necessarily so. While the Internet has provided Malaysian Christians with new tools to experience their faith in new ways, several aspects of “old” offline socio-cultural habits persist online. These, in turn, lead to a robust and growing environment of Internet Christianity in Malaysia. This timely book will be of interest to scholars in religious studies, media and communications, and cultural studies in Southeast Asia.

Transforming Gender and Emotion

The Butterfly Lovers Story in China and Korea

University of Michigan Press Illuminates how one folktale serves as a living record of the evolving cultures and relationships of China and Korea

Erfolgreich führen mit Resilienz

Wie Sie sich und Ihre Mannschaft gelassen durch Druck und Krisen steuern

GABAL Verlag GmbH Führung hat sich radikal verändert. Die Führungskräfte von heute und morgen bewegen sich im Spannungsfeld zwischen Führen und Folgen, Vertrauen und Respekt, Macht und Mitgefühl. Dieser Seiltanz kostet Kraft und erzeugt Druck, dem Führungskräfte etwas entgegensetzen müssen. Ohne innere Widerstandsfähigkeit, die sogenannte Resilienz, lässt sich ein Führungsjob heute nicht mehr bewältigen. Der erste Teil des Buches zeigt Führungskräften, wie sie die Herausforderungen ihres Jobs meistern können. Wie sie auch unter hohem Druck genügend Widerstandskraft mobilisieren und mit klarem Blick Perspektiven sehen. Im zweiten Teil geht es darum, wie Sie durch einen gesundheitsförderlichen Führungsstil auch die Resilienz der Mitarbeiter entwickeln können, um diese gesund und motiviert zu erhalten.

Taoist Yoga

Alchemy and Immortality

Complexity

The Emerging Science at the Edge of Order and Chaos

Simon and Schuster A look at the rebellious thinkers who are challenging old ideas with their insights into the ways countless elements of complex systems interact to produce spontaneous order out of confusion

A Source Book in Chinese Philosophy

Princeton University Press A Source Book in Chinese Philosophy is a milestone along the complex and difficult road to significant understanding by Westerners of the Asian peoples and a monumental contribution to the cause of philosophy. It is the first anthology of Chinese philosophy to cover its entire historical development. It provides substantial selections from all the great thinkers and schools in every period--ancient, medieval, modern, and contemporary--and includes in their entirety some of the most important classical texts. It deals with the fundamental and technical as well as the more general aspects of Chinese thought. With its new translation of source materials (some translated for the first time), its explanatory aids where necessary, its thoroughgoing scholarly documentation, this volume will be an indispensable guide for scholars, for college students, for serious readers interested in knowing the real China.

Ray Tracing Gems

High-Quality and Real-Time Rendering with DXR and Other APIs

Apress This book is a must-have for anyone serious about rendering in real time. With the announcement of new ray tracing APIs and hardware to support them, developers can easily create real-time applications with ray tracing as a core component. As ray tracing on the GPU becomes faster, it will play a more central role in real-time rendering. Ray Tracing Gems provides key building blocks for developers of games, architectural applications, visualizations, and more. Experts in rendering share their knowledge by explaining everything from nitty-gritty techniques that will improve any ray tracer to mastery of the new capabilities of current and future hardware. What you'll learn: The latest ray tracing techniques for developing real-time applications in multiple domains Guidance, advice, and best practices for rendering applications with Microsoft DirectX Raytracing (DXR) How to implement high-performance graphics for interactive visualizations, games, simulations, and more Who this book is for: Developers who are looking to leverage the latest APIs and GPU technology for real-time rendering and ray tracing Students looking to learn about best practices in these areas Enthusiasts who want to understand and experiment with their new GPUs

Stockley's Herbal Medicines Interactions

A Guide to the Interactions of Herbal Medicines, Dietary Supplements and Nutraceuticals with Conventional Medicines

Provides an invaluable reference text for all healthcare professionals who require evidence-based information on the interactions of conventional medicines with herbal medicines, dietary supplements and nutraceuticals. Stockley's Herbal Medicines Interactions is a unique collaboration between a team of experts in the fields of drug interaction, clinical herbal medicines, phytopharmacovigilance and regulation of herbal medicinal products. Stockley's Herbal Medicines Interactions brings together available data on over 150 of the most commonly used herbal medicines dietary supplements and nutraceuticals in highly structured, rigorously researched and fully referenced monographs.

Introduction to Ecological Aesthetics

Springer Nature This book explores in detail the issues of ecological civilization development, ecological philosophy, ecological criticism, environmental aesthetics, and the ecological wisdom of traditional Chinese culture related to ecological aesthetics. Drawing on Western philosophy and aesthetics, it proposes and demonstrates a unique aesthetic view of ecological ontology in the field of aesthetics under the direct influence of Marxism, which is based on the modern economic, social cultural development and the modern values of traditional Chinese culture. This book embodies the innovative interpretation of Chinese traditional culture in the Chinese academic community. The author discusses the philosophical and cultural resources that can be used for reference in Chinese and Western cultural tradition, focusing on traditional Chinese Confucianism, Taoism, Buddhism and painting art, Western modern ecological philosophy, Heidegger's ontology ecological aesthetics, and British and American environmental aesthetics. In short, the book comprehensively discusses the author's concept of ecological ontology aesthetics as an integration and unification of ontology aesthetics and ecological aesthetics. This generalized ecological aesthetics explores the relationship between humans and nature, society and itself, guided by the brand-new ecological worldview in the post-modern context. It also changes the non-beauty state of human existence and establishes an aesthetic existence state that conforms to ecological laws.

The Book of Ser Marco Polo, the Venetian, Concerning the Kingdoms and Marvels of the East

Zen Sourcebook

Traditional Documents from China, Korea, and Japan

Hackett Publishing Introduction by Paula Arai. This is the first collection to offer selections from the foundational texts of the Chinese, Korean, and Japanese Zen traditions in a single volume. Through representative selections from their poetry, letters, sermons, and visual arts, the most important Zen Masters provide students with an engaging, cohesive introduction to the first 1200 years of this rich -- and often misunderstood -- tradition. A general introduction and notes provide historical, biographical, and cultural context; a note on translation, and a glossary of terms are also included.

The Poetry of Du Fu

Walter de Gruyter GmbH & Co KG The Complete Poetry of Du Fu presents a complete scholarly translation of Chinese literature alongside the original text in a critical edition. The English translation is more scholarly than vernacular Chinese translations, and it is compelled to address problems that even the best traditional commentaries overlook. The main body of the text is a facing page translation and critical edition of the earliest Song editions and other sources. For convenience the translations are arranged following the sequence in Qiu Zhao'an's *Du shi xiangzhu* (although Qiu's text is not followed). Basic footnotes are included when the translation needs clarification or supplement. Endnotes provide sources, textual notes, and a limited discussion of problem passages. A supplement references commonly used allusions, their sources, and where they can be found in the translation. Scholars know that there is scarcely a Du Fu poem whose interpretation is uncontested. The scholar may use this as a baseline to agree or disagree. Other readers can feel confident that this is a credible reading of the text within the tradition. A reader with a basic understanding of the language of Chinese poetry can use this to facilitate reading Du Fu, which can present problems for even the most learned reader.

Systematic Searching

Practical ideas for improving results

Facet Publishing In resource poor, cost saving times, this book provides practical advice on new methods and technologies involved in systematic searching and explores the role of information professionals in delivering these changes. The editors bring together expert international practitioners and researchers to highlight the latest thinking on systematic searching. Beginning by looking at the methods and techniques underlying systematic searching, the book then examines the current challenges and the potential solutions to more effective searching in detail, before considering the role of the information specialist as an expert searcher. **Systematic Searching** blends theory and practice and takes into account different approaches to information retrieval with a special focus being given to searching for complex topics in a health-related environment. The book does not presume an in-depth prior knowledge or experience of systematic searching and includes case studies, practical examples and ideas for further research and reading. The book is divided into three parts: **Methods** covers theoretical approaches to evidence synthesis and the implications that these have for the search process, including searching for complex topics and choosing the right sources. **Technology** examines new technologies for retrieving evidence and how these are leading to new directions in information retrieval and evidence synthesis. **People** considers the future of the information specialist as an expert searcher and explores how information professionals can develop their skills in searching, communication and collaboration to ensure that information retrieval practice is, and remains, evidence-based. **Systematic Searching** will be essential reading for library and information service providers and information specialists, particularly those in a health-related environment. It will also be of interest to students of library and information science, systematic reviewers, researchers and practitioners conducting complex searches in settings including social care, education and criminal justice.

Advances in Smart Grid Technology

Select Proceedings of PECCON 2019—Volume I

Springer Nature This book comprises the select proceedings of the International Conference on Power Engineering Computing and Control (PECCON) 2019. This volume focuses on the different renewable energy sources which are integrated in a smart grid and their operation both in the grid connected mode and islanded mode. The contents highlight the role of power converters in the smart grid environment, battery management, electric vehicular technology and electric charging station as a load for the power network. This book can be useful for beginners, researchers as well as professionals interested in the area of smart grid technology.

Production Volume Rendering

Design and Implementation

CRC Press Due to limited publicly available software and lack of documentation, those involved with production volume rendering often have to start from scratch creating the necessary elements to make their system work. **Production Volume Rendering: Design and Implementation** provides the first full account of volume rendering techniques used for feature animation and visual effects production. It covers the theoretical underpinnings as well as the implementation of a working renderer. The book offers two paths toward understanding production volume rendering. It describes: **Modern production volume rendering techniques** in a generic context, explaining how the techniques fit together and how the modules are used to achieve real-world goals **Implementation of the techniques**, showing how to translate abstract concepts into concrete, working code and how the ideas work together to create a complete system As an introduction to the field and an overview of current techniques and algorithms, this book is a valuable source of information for programmers, technical directors, artists, and anyone else interested in how production volume rendering works. **Web Resource** The scripts, data, and source code for the book's renderer are freely available at <https://github.com/pvrbook/pvr>. Readers can see how the code is implemented and acquire a practical understanding of how various design

considerations impact scalability, extensibility, generality, and performance.

The Book of Lieh-tzu

A Classic of the Tao

This is an adaptation of the thirteenth-century zaju play Liu Yi Chuan Shu, which was itself based on an eighth-century fairy tale about a failed examination candidate's encounter with a shepherdess in distress who turns out to be the youngest daughter of the Dragon King of Lake Dongting. The young man's help is rewarded with riches, immortality and marriage to the beautiful princess. It is a wish-fulfillment fantasy written with charm and a certain ironical edge. This adaptation consists of the freely-translated lyrics of the zaju with new, original dialogue, including an on-stage narrator. There is a long introduction with synopses of the Chinese text of the zaju and the original story it was based on. There is also an appendix explaining the use of "padding words" in zaju.

Handbook of Healthcare Operations Management

Methods and Applications

Springer Science & Business Media From the Preface: Collectively, the chapters in this book address application domains including inpatient and outpatient services, public health networks, supply chain management, and resource constrained settings in developing countries. Many of the chapters provide specific examples or case studies illustrating the applications of operations research methods across the globe, including Africa, Australia, Belgium, Canada, the United Kingdom, and the United States. Chapters 1-4 review operations research methods that are most commonly applied to health care operations management including: queuing, simulation, and mathematical programming. Chapters 5-7 address challenges related to inpatient services in hospitals such as surgery, intensive care units, and hospital wards. Chapters 8-10 cover outpatient services, the fastest growing part of many health systems, and describe operations research models for primary and specialty care services, and how to plan for patient no-shows. Chapters 12 - 16 cover topics related to the broader integration of health services in the context of public health, including optimizing the location of emergency vehicles, planning for mass vaccination events, and the coordination among different parts of a health system. Chapters 17-18 address supply chain management within hospitals, with a focus on pharmaceutical supply management, and the challenges of managing inventory for nursing units. Finally, Chapters 19-20 provide examples of important and emerging research in the realm of humanitarian logistics.

Handbook of Sepsis

Springer This practically oriented book provides an up-to-date overview of all significant aspects of the pathogenesis of sepsis and its management, including within the intensive care unit. Readers will find information on the involvement of the coagulation and endocrine systems during sepsis and on the use of biomarkers to diagnose sepsis and allow early intervention. International clinical practice guidelines for the management of sepsis are presented, and individual chapters focus on aspects such as fluid resuscitation, vasopressor therapy, response to multiorgan failure, antimicrobial therapy, and adjunctive immunotherapy. The closing section looks forward to the coming decade, discussing novel trial designs, sepsis in low- and middle-income countries, and emerging management approaches. The book is international in scope, with contributions from leading experts worldwide. It will be of value to residents and professionals/practitioners in the fields of infectious diseases and internal medicine, as well as to GPs and medical students.

The Culture of Sex in Ancient China

University of Hawaii Press The subject of sex was central to early Chinese thought. Discussed openly and seriously as a fundamental topic of human speculation, it was an important source of imagery and terminology that informed the classical Chinese conception of social and political relationships. This sophisticated and long-standing tradition, however, has

been all but neglected by modern historians. In *The Culture of Sex in Ancient China*, Paul Rakita Goldin addresses central issues in the history of Chinese attitudes toward sex and gender from 500 B.C. to A.D. 400. A survey of major pre-imperial sources, including some of the most revered and influential texts in the Chinese tradition, reveals the use of the image of copulation as a metaphor for various human relations, such as those between a worshiper and his or her deity or a ruler and his subjects. In his examination of early Confucian views of women, Goldin notes that, while contradictions and ambiguities existed in the articulation of these views, women were nevertheless regarded as full participants in the Confucian project of self-transformation. He goes on to show how assumptions concerning the relationship of sexual behavior to political activity (assumptions reinforced by the habitual use of various literary tropes discussed earlier in the book) led to increasing attempts to regulate sexual behavior throughout the Han dynasty. Following the fall of the Han, this ideology was rejected by the aristocracy, who continually resisted claims of sovereignty made by impotent emperors in a succession of short-lived dynasties. Erudite and immensely entertaining, this study of intellectual conceptions of sex and sexuality in China will be welcomed by students and scholars of early China and by those with an interest in the comparative development of ancient cultures.

Global Status Report on Noncommunicable Diseases 2014

This global status report on prevention and control of NCDs (2014), is framed around the nine voluntary global targets. The report provides data on the current situation, identifying bottlenecks as well as opportunities and priority actions for attaining the targets. The 2010 baseline estimates on NCD mortality and risk factors are provided so that countries can report on progress, starting in 2015. In addition, the report also provides the latest available estimates on NCD mortality (2012) and risk factors, 2010-2012. All ministries of health need to set national NCD targets and lead the development and implementation of policies and interventions to attain them. There is no single pathway to attain NCD targets that fits all countries, as they are at different points in their progress in the prevention and control of NCDs and at different levels of socioeconomic development. However all countries can benefit from the comprehensive response to attaining the voluntary global targets presented in this report.--Publisher description.

The Science and Technology Labor Force

The Value of Doctorate Holders and Development of Professional Careers

Springer This book provides an in-depth analysis of the demand for PhDs on the labor markets of twelve countries. The authors analyze the role of PhDs in the creation of innovation in a knowledge-based economy and examine economic issues such as the return on investment for the education and training of doctoral graduates. To provide a more comprehensive picture of the employment patterns, career paths and mobility of PhDs in selected countries, the book analyzes various data sources such as labor force surveys and censuses. The authors also develop survey approaches and output tables to collect data on the transition from school to work among PhDs. The book will be of interest to policymakers, companies and researchers responsible for research and innovation systems, as well as to doctoral students looking for a professional career outside the academic world.

On Their Own Terms

Harvard University Press Since the middle of the nineteenth century, imperial reformers, early Republicans, Guomindang party cadres, and Chinese Communists have all prioritized science and technology. In this book, Elman gives a nuanced account of the ways in which native Chinese science evolved over four centuries, under the influence of both Jesuit and Protestant missionaries. In the end, he argues, the Chinese produced modern science on their own terms.

Futuristic Communication and Network Technologies

Select Proceedings of VICFCNT 2020

Springer Nature This book presents select proceedings of the International Conference on Futuristic Communication and Network Technologies (CFCNT 2020) conducted at Vellore Institute of Technology, Chennai. It covers various domains in communication engineering and networking technologies. This volume comprises of recent research in areas like optical communication, optical networks, optics and optical computing, emerging trends in photonics, MEMS and sensors, active and passive RF components and devices, antenna systems and applications, RF devices and antennas for microwave emerging technologies, wireless communication for future networks, signal and image processing, machine learning/AI for networks, internet of intelligent things, network security and blockchain technologies. This book will be useful for researchers, professionals, and engineers working in the core areas of electronics and communication.

Intelligent Computing Techniques for Smart Energy Systems

Proceedings of ICTSES 2018

Springer Nature The book compiles the research works related to smart solutions concept in context to smart energy systems, maintaining electrical grid discipline and resiliency, computational collective intelligence consisted of interaction between smart devices, smart environments and smart interactions, as well as information technology support for such areas. It includes high-quality papers presented in the International Conference on Intelligent Computing Techniques for Smart Energy Systems organized by Manipal University Jaipur. This book will motivate scholars to work in these areas. The book also prophesies their approach to be used for the business and the humanitarian technology development as research proposal to various government organizations for funding approval.

Zen Sand

The Book of Capping Phrases for Koan Practice

University of Hawaii Press Zen Sand is a classic collection of verses aimed at aiding practitioners of kôan meditation to negotiate the difficult relationship between insight and language. As such it represents a major contribution to both Western Zen practice and English-language Zen scholarship. In Japan the traditional Rinzai Zen kôan curriculum includes the use of jakugo, or "capping phrases." Once a monk has successfully replied to a kôan, the Zen master orders the search for a classical verse to express the monk's insight into the kôan. Special collections of these jakugo were compiled as handbooks to aid in that search. Until now, Zen students in the West, lacking this important resource, have been severely limited in carrying out this practice. Zen Sand combines and translates two standard jakugo handbooks and opens the way for incorporating this important tradition fully into Western Zen practice. For the scholar, Zen Sand provides a detailed description of the jakugo practice and its place in the overall kôan curriculum, as well as a brief history of the Zen phrase book. This volume also contributes to the understanding of East Asian culture in a broader sense.

The Philosophy Book

Big Ideas Simply Explained

Dorling Kindersley Ltd Discover how our big social, political and ethical ideas are formed with The Philosophy Book. Part of the fascinating Big Ideas series, this book tackles tricky topics and themes in a simple and easy to follow format. Learn about Philosophy in this overview guide to the subject, brilliant for beginners looking to learn and experts wishing to refresh their knowledge alike! The Philosophy Book brings a fresh and vibrant take on the topic through eye-catching graphics and diagrams to immerse yourself in. This captivating

book will broaden your understanding of Philosophy, with: - Key quotes from more than 100 of the great thinkers of philosophy - Packed with facts, charts, timelines and graphs to help explain core concepts - A visual approach to big subjects with striking illustrations and graphics throughout - Easy to follow text makes topics accessible for people at any level of understanding The Philosophy Book is the perfect introduction to philosophy, aimed at adults with an interest in the subject and students wanting to gain more of an overview. Here you'll discover how key concepts in philosophy have shaped our world, with authoritative articles that explore big ideas. Learn about everyone who's contributed to the flow of world philosophy, from antiquity to the modern age, through superb mind maps explaining the line of thought. Your Philosophical Questions, Simply Explained If you thought it was difficult to learn philosophy and its many concepts, The Philosophy Book presents the key ideas in a clear layout. Find out what philosophers thought about the nature of reality, and the fundamental questions we ask ourselves; What is the meaning of life? What is the Universe made of? And work your way through the different branches of philosophy such as metaphysics and ethics, from ancient and modern thinkers. The Big Ideas Series With millions of copies sold worldwide, The Philosophy Book is part of the award-winning Big Ideas series from DK. The series uses striking graphics along with engaging writing, making big topics easy to understand.

Elasmobranch Biodiversity, Conservation and Management

Proceedings of the International Seminar and Workshop, Sabah, Malaysia, July 1997

IUCN The Darwin Elasmobranch Biodiversity Conservation and Management project in Sabah held a three-day international seminar that included a one-day workshop in order to highlight freshwater and coastal elasmobranch conservation issues in the region and worldwide, to disseminate the result of the project to other Malaysian states and countries, and to raise awareness of the importance of considering aspects of elasmobranch biodiversity in the context of nature conservation, commercial fisheries management, and for subsistence fishing communities. These proceedings contain numerous peer-reviewed papers originally presented at the seminar, which cover a wide range of topics, with particular reference to species from freshwater and estuarine habitats. The workshop served to develop recommendations concerning the future prospects of elasmobranch fisheries, biodiversity, conservation and management. This paper records those conclusions, which highlight the importance of elasmobranchs as top marine predators and keystone species, noting that permanent damage to shark and ray populations are likely to have serious and unexpected negative consequences for commercial and subsistence yields of other important fish stocks.

Singapore in Global History

Amsterdam University Press This important overview explores the connections between Singapore's past with historical developments worldwide until present day. The contributors analyse Singapore as a city-state seeking to provide an interdisciplinary perspective to the study of the global dimensions contributing to Singapore's growth. The book's global perspective demonstrates that many of the discussions of Singapore as a city-state have relevance and implications beyond Singapore to include Southeast Asia and the world. This vital volume should not be missed by economists, as well as those interested in imperial history.

Mindfulness digital

Cómo aportar equilibrio a nuestras vidas digitales

Plataforma Desde el correo electrónico hasta los smartphones, y desde los medios sociales hasta las búsquedas en Google, las tecnologías digitales han transformado nuestra forma de aprender, entretenernos, socializar y trabajar. A pesar de su utilidad, estas tecnologías han conducido a menudo al exceso de información, al estrés y a la distracción. En los últimos años, muchos de nosotros hemos comenzado a sopesar los pros y los contras de nuestras vidas en línea, y a preguntarnos cómo podríamos utilizar con más destreza las herramientas que hemos desarrollado. David M. Levy, que ha vivido siempre a caballo entre el "mundo rápido" de la alta tecnología y el "mundo lento" de la contemplación, ofrece una oportuna guía para estar más relajados, atentos y emocionalmente equilibrados mientras estemos conectados. En una serie de ejercicios cuidadosamente diseñados para ayudar a los lectores a observar y reflexionar sobre su propio uso, Levy nos invita a observarnos mientras utilizamos el correo electrónico o ejercitamos la multitarea, así como a

experimentar con la desconexión durante un período determinado. Nunca prescriptivo, el libro abre nuevas sendas para investigarnos a nosotros mismos, y permitirá a los lectores realizar cambios significativos y poderosos en su lugar de trabajo, en el aula y en la intimidad de su hogar.

Maritime Logistics

A Guide to Contemporary Shipping and Port Management

Kogan Page Publishers Globalisation and the rapid increase in world trade in the past decade have contributed to greater demand for international transport and logistics and, consequently, the expansion of the maritime industry. The dramatic changes in the mode of world trade and cargo transportation make it more important than ever to have a clear understanding of the way in which freight is transported by sea and the role of ports in this exchange. At the cutting edge in its assessment of the industry, Maritime Logistics covers the whole scope of maritime logistics and examines latest logistical developments within the port and shipping industry. With a range of new international contributors, this new edition has been thoroughly revised and updated. There are new chapters on port centric logistics, hinterland logistics and global supply chains, maritime transport and logistics as a trade facilitator, and future trends and developments. Written by a team of international experts with over fifty years' experience in the field, Maritime Logistics provides a truly global perspective. The book covers everything that students of logistics, as well as those working within the industry, need to know about maritime logistics, including shipping lines, containers, tankers, dry bulk, port-centric logistics, and much more.

Journey to the East

Createspace Independent Pub Baird Spalding's description on travel to the Far East offered the Western world innovative resolutions that conceptually yet conventionally transcend spiritual and intellectual knowledge paradigm.

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