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DEEP WORK

RULES FOR FOCUSED SUCCESS IN A DISTRACTED WORLD

Hachette UK One of the most valuable skills in our economy is becoming increasingly rare. If you master this skill, you'll achieve extraordinary results. **Deep Work** is an indispensable guide to anyone seeking focused success in a distracted world. 'Cal Newport is exceptional in the realm of self-help authors' New York Times 'Deep work' is the ability to focus without distraction on a cognitively demanding task. Coined by author and professor Cal Newport on his popular blog Study Hacks, deep work will make you better at what you do, let you achieve more in less time and provide the sense of true fulfilment that comes from the mastery of a skill. In short, deep work is like a superpower in our increasingly competitive economy. And yet most people, whether knowledge workers in noisy open-plan offices or creatives struggling to sharpen their vision, have lost the ability to go deep - spending their days instead in a frantic blur of email and social media, not even realising there's a better way. A mix of cultural criticism and actionable advice, **DEEP WORK** takes the reader on a journey through memorable stories -- from Carl Jung building a stone tower in the woods to focus his mind, to a social media pioneer buying a round-trip business class ticket to Tokyo to write a book free from distraction in the air -- and surprising suggestions, such as the claim that most serious professionals should quit social media and that you should practice being bored. Put simply: developing and cultivating a deep work practice is one of the best decisions you can make in an increasingly distracted world and this book will point the way.

PASS ULTRASOUND PHYSICS STUDY GUIDE NOTES VOLUME I AND II - PDF EDITION

Blue Cube Venture, LLC The Pass Ultrasound Physics Study Guide Notes are comprehensive Test Prep Notes and are written to provide sound foundation to prepare for ARDMS SPI board exam. This book is devoted to the ARDMS SPI exam. The second edition of the bestselling Pass Ultrasound Physics Exam Study Guide Notes is divided into two volumes, Volume I and Volume II. The volume I covers the topics such as Pulse Echo Instrumentation, Ultrasound transducers, Sound beam, Bioeffects, Intensity, Resolution and Quality assurance. The volume II covers the topics such as Doppler physical principles, Doppler spectral analysis, Hemodynamics, propagation of ultrasound wave through tissues, Artifacts, Ultrasound physics elementary principles, and Real time imaging. The material is based on the ARDMS exam outline. It explains the concepts in very simple and easy to understand way. It also contains Important to Remember notes related to the topic which are SPI exam questions. You can increase your chances to pass Ultrasound Physics and Instrumentation exam by memorizing these Important to Remember notes. After studying these study guide notes you will feel confident and will be able to answer most of the questions easily which appear on the ARDMS Sonographic Principles and Instrumentation Exam.

UKPSC-UTTARAKHAND ASSISTANT GEOLOGIST EXAM EBOOK-PDF

GEOLOGY SUBJECT OBJECTIVE QUESTIONS FROM VARIOUS COMPETITIVE EXAMS WITH ANSWERS

Chandresh Agrawal SGN. The Ebook UKPSC-Uttarakhand Assistant Geologist Exam Covers Geology Subject Objective Questions From Various Competitive Exams With Answers.

RPSC-RAJASTHAN JUNIOR HYDRO-GEOLOGIST EXAM: GEOLOGY SUBJECT PDF-EBOOK

GEOLOGY OBJECTIVE QUESTIONS FROM SIMILAR EXAMS WITH ANSWERS

Chandresh Agrawal SGN. The Ebook RPSC-Rajasthan Junior Hydro-Geologist Exam: Geology Subject Covers Geology Objective Questions From Similar Exams With Answers.

PASS ULTRASOUND PHYSICS STUDY GUIDE NOTES VOLUME I PDF EDITION

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written to provide sound foundation to prepare for ARDMS SPI board exam. This book is devoted to the ARDMS SPI exam. The second edition of the bestselling Pass Ultrasound Physics Exam Study Guide Notes is divided into two volumes Volume I and Volume II. The volume I covers the topics such as Pulse Echo Instrumentation, ultrasound transducers, Sound beam, Bioeffects, Intensity, Resolution and Quality assurance. The material is based on the ARDMS exam outline. It explains the concepts in very simple and easy to understand way. It also contains Important to Remember notes related to the topic which are SPI exam questions. You can increase your chances to pass Ultrasound Physics and Instrumentation exam by memorizing these Important to Remember notes. After studying these study guide notes you will feel confident and will be able to answer most of the questions easily which appear on the ARDMS Sonographic Principles and Instrumentation Exam.

PASS ULTRASOUND PHYSICS EXAM STUDY GUIDE REVIEW VOLUME I PDF EDITION

Blue Cube Venture, LLC This Pass Ultrasound Physics Exam Study Guide Review Volume I is in easy to understand question and answer format with over 400 questions. This study guide review is designed to help students and sonographers practice and prepare for the questions which appear on the ARDMS Sonography Principles and Instrumentation exam. It is divided into two Volume I and Volume II. The Volume I contains questions and answers from chapters such as Pulse Echo Instrumentation, Ultrasound Transducers, Sound Beam, Bioeffects, Intensity, and Resolution. The material is based on the ARDMS exam outline. It explains the concepts in very simple and easy to understand way. You can increase your chances to pass Ultrasound Physics and Instrumentation SPI exam by memorizing these questions and answers. After studying this study guide review you will feel confident and will be able to answer most of the questions easily which appear on the ARDMS Sonographic Principles and Instrumentation Exam. The Pass Ultrasound Physics Exam Study Guide Notes Volume I will be a great compliment to this study guide review and I highly recommend it if you are preparing to sit for ARDMS Sonographic Principles and Instrumentation exam.

PASS ULTRASOUND PHYSICS EXAM STUDY GUIDE REVIEW VOLUME I AND II - PDF EDITION

Blue Cube Venture, LLC This Pass Ultrasound Physics Exam Study Guide Review Volume II is in easy to understand question and answer format with over 300 questions. This study guide review is designed to help students and sonographers practice and prepare for the questions which appear on the ARDMS Sonography Principles and

Instrumentation exam. It is divided into two Volume I and Volume II. The Volume II contains questions and answers from chapters such as Pulse Ultrasound Principles, Pulse Echo Principles, Doppler Physical Principles, Hemodynamics, Propagation of ultrasound wave through tissues, Artifacts and Ultrasound Physics Elementary Principles. The material is based on the ARDMS exam outline. It explains the concepts in very simple and easy to understand way. You can increase your chances to pass Ultrasound Physics and Instrumentation SPI exam by memorizing these questions and answers. After studying this study guide review you will feel confident and will be able to answer most of the questions easily which appear on the ARDMS Sonographic Principles and Instrumentation Exam. The Pass Ultrasound Physics Exam Study Guide Notes Volume II will be a great compliment to this study guide review and I highly recommend it if you are preparing to sit for ARDMS Sonographic Principles and Instrumentation exam.

FOCUS ON: 100 MOST POPULAR BILLBOARD ADULT CONTEMPORARY NUMBER-ONE SINGLES

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SCIENCE, TECHNOLOGY, AND NEW CHALLENGES TO OCEAN LAW

BRILL Sixteen authoritative yet eminently readable chapters offer analyses of major issues in the interfaces of science, technology, and law for the oceans. This volume fills an important gap both in the existing literature on law of the sea and in the more comprehensive field of ocean resource-use studies.

GEOTECHNICS OF SOFT SOILS: FOCUS ON GROUND IMPROVEMENT

PROCEEDINGS OF THE 2ND INTERNATIONAL WORKSHOP HELD IN GLASGOW, SCOTLAND, 3 - 5 SEPTEMBER 2008

CRC Press Natural soft soils are very complex materials. As construction activities increasingly take place in poor ground conditions, ground improvement is often required. However, design practices for ground improvement were for long at best crude and conservative, and at worst unsafe. Although new construction and field observation techniques have been de

FOCUSED AND FEARLESS

A MEDITATOR'S GUIDE TO STATES OF DEEP JOY, CALM, AND CLARITY

ReadHowYouWant.com Now ordinary meditators (and non-meditators) can understand how to attain non-ordinary states with relative ease. Blended with contemporary examples, pragmatic exercises, and "how to" instructions that anyone can try, Focused and Fearless provides a wealth of tools to cultivate non-distracted attention in daily life and on retreat. Shaila Catherine has a friendly, wise approach to the meditative states (jhanas) that lead to liberating insight. Focused and Fearless is about much more than merely meditation or concentration. It offers a complete path towards bliss, fearlessness, and true awakening.

DEEP FOCUS

REFLECTION ON INDIAN CINEMA

HarperCollins Satyajit Ray is acknowledged as one of the world's finest film-makers. His films changed the way the world looked at Indian cinema. But Ray was not only a film-maker. He was also a bestselling writer of novels and short stories, and possibly the only Indian film-maker who wrote prolifically on cinema. This book brings together, for the first time in one volume, some of his most cerebral writings on film. With the economy and precision that marked his films, Ray writes on the art and craft of cinema, pens an ode to silent cinema, discusses the problems in adapting literary works to film, pays tributes to contemporaries like Godard and Uttam Kumar, and even gives us a peek into his experiences at film festivals, both as a jury member and as a contestant. Published in association with the Society for the Preservation of Satyajit Ray Films, and including fascinating photographs by and of the master, Deep Focus not only reveals Ray's engagement with cinema but also provides an invaluable insight into the mind of a genius.

DEEP WORK

RULES FOR FOCUSED SUCCESS IN A DISTRACTED WORLD

RETAIL INVESTOR IN FOCUS

THE INDIAN IPO EXPERIENCE

Springer This book focuses on the regulatory aspect of retail investor protection in the context of Initial Public Offerings (IPOs) in the Indian securities market. The book captures the salient policy changes that have transformed the IPO markets in India from their rudimentary structure at their present advanced structure. While primary markets reforms in India have been an ongoing endeavor, there has been a renewed emphasis in the recent past on reforming the market keeping the retail investors in focus. Greater retail participation is the intended objective of the reforms agenda. The book assesses retail participation in all the IPOs that have been floated between the period 2012-2017 in terms of their subscriptions, size of investment and quantum of applications. The book also provides a concise overview of the significant legislative developments that have been enacted keeping the retail investor in focus.

MACHINE LEARNING FOR SOCIETAL IMPROVEMENT, MODERNIZATION, AND PROGRESS

IGI Global Learning has been fundamental to the growth and evolution of humanity and civilization. The same concepts of learning, applied to the tasks that machines can perform, are having a similar effect now. Machine learning is evolving computation and its applications like never before. It is now widely recognized that machine learning is playing a similar role to electricity in the late 19th and early 20th centuries in modernizing the world. From simple high school science projects to large-scale radio astronomy, machine learning has revolutionized it all—however, a few of the applications clearly stand out as transforming the world and opening up a new era. Machine Learning for Societal Improvement, Modernization, and Progress showcases the path-breaking applications of machine learning that are leading to the next generation of computing and living standards. The focus of the book is machine learning and its application to specific domains, which is resulting in substantial civilizational progress. Covering topics such as lifespan prediction, smart transportation networks, and socio-economic data, this premier reference source is a dynamic resource for data scientists, industry leaders, practitioners, students and faculty of higher education, sociologists, researchers, and academicians.

FOCUS

FOCUS ON: 100 MOST POPULAR BILLBOARD MAINSTREAM TOP 40 (POP SONGS) NUMBER-ONE SINGLES

e-artnow sro

FROM CURIOSITY TO DEEP LEARNING

PERSONAL DIGITAL INQUIRY IN GRADES K-5

"In an era where personalized learning has often come to be associated with isolated one-to-one device technology, we thirst for this personal, constructivist, collaborative approach to digital inquiry." --Stephanie Harvey From Curiosity to Deep Learning: Personal Digital Inquiry in Grades K-5 reveals the powerful learning that results when you integrate purposeful technology into a classroom culture that values curiosity and deep learning. The centerpiece of this practical guide is Personal Digital Inquiry (PDI), a framework developed by Julie Coiro and implemented in classrooms by her co-authors, Elizabeth Dobler and Karen Pelekis. Clear, detailed examples offer ideas for K-5 teachers and school librarians to support their teaching. Personal emphasizes the significance of the personal relationship between teachers and students, and the role that students have in the learning process. Digital reflects the important role that digital texts and tools have come to play in both learning and teaching with inquiry. Inquiry lies at the core of PDI, because learners grow and change with opportunities to identify problems, generate personal wonderings, and engage in collaborative dialogue, making learning relevant and lasting. From Curiosity to Deep Learning: Personal Digital Inquiry in Grades K-5 shows you how to integrate inquiry with a range of digital tools and resources that will create a dynamic classroom for both you and your students.

FOCUS

ELEVATING THE ESSENTIALS TO RADICALLY IMPROVE STUDENT LEARNING

ASCD In this 2nd edition of Focus: Elevating the Essentials to Radically Improve Student Learning, Mike Schmoker extends and updates the case that our schools could be on the cusp of swift, unparalleled improvements. But we are stymied by a systemwide failure to simplify and prioritize; we have yet to focus our limited time and energy on the most essential, widely acknowledged, evidence-based practices that could have more impact than all other initiatives combined. They are: simple, coherent curricula; straightforward, traditional literacy practices; and lessons built around just a few hugely effective elements of good teaching. As Schmoker demonstrates, the case for these practices—and the need for them—has grown prodigiously. In every chapter, you'll find late-breaking discoveries and practical advice on how to simplify the implementation of new state standards in the subject areas; on the hidden pitfalls of our most

popular, but unproven instructional fads and programs; and on simple, versatile strategies for building curriculum, planning lessons, and integrating literacy into every discipline. All of these strategies and findings are supported with exciting new evidence from actual schools. Their success confirms, as Michael Fullan writes, that a focus on the best "high-leverage practices" won't only improve student performance; they will produce "stunningly powerful consequences" in our schools.

ENC FOCUS

ILO FOCUS

NEW FRONTIERS IN CANCER THERAPIES: FOCUS ON TRANSCRIPTION FACTORS, GTPASES, PHOSPHATASES AND GPCRS, 2018-2030

UNDRUGGABLE CANCER TARGETS

Roots Analysis The 'New Frontiers in Cancer Therapies: Focus on Transcription Factors, GTPases, Phosphatases and GPCRs, 2018-2030' report provides a comprehensive study on the current market and therapeutic potential of the various pharmacological interventions designed against difficult-to-modulate cancer targets. It features an elaborate discussion on the future potential of this evolving domain, focusing on phosphatases, transcription factors, small GTPases (specifically Ras family) and undruggable G-protein coupled receptors (GPCRs). One of the key objectives of the study was to review and quantify the future opportunity for the ongoing product development programs of both small and big pharmaceutical firms. Amongst other elements, the report features: 1) A detailed assessment of the current market landscape of drugs being developed against various undruggable cancer targets, featuring information on the developer, phase of development (clinical, preclinical or discovery stage) of product candidate(s), information on type of molecule(s), biological target(s), mechanism of action, route of administration, and key therapeutic indication(s). 2) Elaborate profiles of key companies (selected based on pipeline strength); each profile features an overview of the company, details on its product portfolio, technology overview (wherever applicable), detailed information on advanced stage pipeline candidates (featuring a drug overview, clinical trial information and recent developments) and a comprehensive future outlook. 3) A section on emerging technologies and platforms that are aiding the development of therapies capable of targeting biological molecules which were previously considered as

undruggable. 4) A detailed publication analysis on more than 70 research articles that have been published between January 2014 and March 2018, highlighting the key focus areas (biological targets and indications) of the ongoing research activity in this field. 5) An analysis of the partnerships that have been established in this domain in the recent past, covering R&D agreements, license agreements, clinical trial collaborations, mergers and acquisitions, and other relevant agreements. 6) An analysis of the investments made at various stages of development in companies that are focused in this area, including seed financing, venture capital financing, debt financing, grants, capital raised from IPOs and subsequent offerings. 7) A compilation of key insights derived based on various parameters; these include [A] a bull's eye analysis highlighting the distribution of pipeline candidates in terms of phase of development, type of target family and type of molecule [B] a three-dimensional and five-dimensional spider web analyses of candidate therapeutics based on different parameters, namely number of publications, grants awarded to promote development, active clinical trials, current phase of development and the number of companies developing drugs against various undruggable targets, and [C] a world map representation, depicting the most active geographies in terms of the presence of companies developing drug candidates against difficult-to-modulate cancer targets.

ECONOMIC VALUE OF ECOSYSTEM SERVICES FROM THE DEEP SEAS AND THE AREAS BEYOND NATIONAL JURISDICTION

Food & Agriculture Org. This circular stems from a study carried out for FAO projects “Sustainable Fisheries Management and Biodiversity Conservation of Deep-Sea Living Marine Resources and Ecosystems in the Areas Beyond National Jurisdiction” (GCP/GLO/366/GFF) and “Deep-Sea Sponge Grounds Ecosystems of the North Atlantic: An Integrated Approach Towards their Preservation and Sustainable Exploitation” (GCP/GLO/679/EC). These projects included outputs related to the economic valuation of goods and services provided by the deep seas in areas beyond national jurisdiction. This study compiled an estimate of the total economic value (TEV) of the deep seas, which considered the provision of deep-water fish, the harvest of precious corals, the use of substances of marine origin as pharmaceuticals, the extraction of deep and ultra-deep oil and the potential mining of mineral resources from the seafloor, carbon sequestration carried out by the deep seas, the importance of scientific research in the deep seas, and touristic activities with submersibles to visit sites such as the Titanic shipwreck. Comprehensively, the TEV assessed for the deep-sea ecosystem as a whole is estimated at USD 267 billion per year. Ninety two percent of the economic value originates from abiotic resources (oil and minerals), 5 percent from biotic resources (fish, corals and

pharmaceuticals of marine origin), 2 percent from cultural services (scientific research and tourism/recreation), and 1 percent from carbon sequestration.

STATE OF THE ART IN DEEP GEOTHERMAL ENERGY IN EUROPE

WITH FOCUS ON DIRECT HEATING

Springer Nature

STOLEN FOCUS

WHY YOU CAN'T PAY ATTENTION

Bloomsbury Publishing * THE SUNDAY TIMES AND NEW YORK TIMES BESTSELLER * 'If you read just one book about how the modern world is driving us crazy, read this one' TELEGRAPH 'This book is exactly what the world needs right now Worth your time and certainly worth your focus' OPRAH WINFREY 'A beautifully researched and argued exploration of the breakdown of humankind's ability to pay attention' STEPHEN FRY 'A really important book . . . Everyone should read it' PHILIPPA PERRY _____ Why have we lost our ability to focus? What are the causes? And, most importantly, how do we get it back? For Stolen Focus, internationally bestselling author Johann Hari went on a three-year journey to uncover the reasons behind our shortening attention spans. He interviewed the leading experts in the world on attention, and learned that everything we think about this subject is wrong. We think our inability to focus is a personal failing - a flaw in each one of us. It is not. This has been done to all of us by powerful external forces. Our focus has been stolen. Johann discovered there are twelve deep cases of this crisis, all of which have robbed some of our attention. He shows us how in a thrilling journey that ranges from Silicon Valley dissidents, to a favela in Rio where attention vanished, to an office in New Zealand that found a remarkable way to restore our attention. Crucially, he learned how - as individuals, and as a society - we can get our focus back, if we are determined to fight for it.

FOCUS ON: 100 MOST POPULAR AMERICAN TENORS

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FOCUS ON: 100 MOST POPULAR AMERICAN MALE MUSICAL THEATRE ACTORS

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FOCUS ON: 100 MOST POPULAR AMERICAN MALE SOAP OPERA ACTORS

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DEEP WORK. CONCENTRATI AL MASSIMO. QUATTRO REGOLE PER RITROVARE IL FOCUS SULLE ATTIVITÀ DAVVERO IMPORTANTI

COMBATING CLIMATE CHANGE WITH SECTION 115 OF THE CLEAN AIR ACT

LAW AND POLICY RATIONALES

Edward Elgar Publishing Editor Michael Burger brings together a comprehensive assessment of how one statutory provision - Section 115 of the Clean Air Act, "International Air Pollution" - provides the executive branch of the U.S. government with the authority, procedures, and mechanisms to work with the states and private sector to take national climate action.

WONG'S NURSING CARE OF INFANTS AND CHILDREN - E-BOOK

Elsevier Health Sciences Wong's Nursing Care of Infants and Children - E-Book

FREE TO FOCUS

A TOTAL PRODUCTIVITY SYSTEM TO ACHIEVE MORE BY DOING LESS

Baker Books Everyone gets 168 hours a week, but it never feels like enough, does it? Work gobbles up the lion's share--many professionals are working as much as 70 hours a week--leaving less and less for rest, exercise, family, and friends. You know, all those things that make life great. Most people think productivity is about finding or saving time. But it's not. It's about making our time work for us. Just imagine having free time again. It's not a pipe dream. In Free to Focus, New York Times bestselling author Michael Hyatt reveals to readers nine proven ways to win at work so they

are finally free to succeed at the rest of life--their health, relationships, hobbies, and more. He helps readers redefine their goals, evaluate what's working, cut out the nonessentials, focus on the most important tasks, manage their time and energy, and build momentum for a lifetime of success.

FOCUS (HBR EMOTIONAL INTELLIGENCE SERIES)

HBR Emotional Intelligence Series The importance of achieving deep focus goes beyond your own productivity--focus allows you to lead others successfully, harness your emotions, and find greater workplace fulfillment. Yet the forces challenging sustained focus range from dinging phones to overwork to looming worries. This book explains how to strengthen your ability to focus, manage your team's attention, and break the cycle of distraction. This volume includes the work of: - Daniel Goleman - Heidi Grant - Amy Jen Su - Rasmus Hougaard -- Provided by publisher.

PERSPECTIVES IN PRIMARY PREVENTION RESEARCH FOR BREAST CANCER: A FOCUS ON GENE—ENVIRONMENT INTERACTIONS

Frontiers Media SA

POLICIES TO REDUCE MICROPLASTICS POLLUTION IN WATER FOCUS ON TEXTILES AND TYRES

FOCUS ON TEXTILES AND TYRES

OECD Publishing Microplastics are ubiquitous in the natural environment. This report synthesises the current state of knowledge on the sources, fate and risks of microplastics pollution. It then focuses on two sources of microplastics pollution, textile products and vehicle tyres, due to their substantial contribution to global microplastics emissions and currently largely absent policy frameworks to mitigate them.

FOCUS ON: 100 MOST POPULAR 20TH-CENTURY AMERICAN POLITICIANS

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FOCUS ON: 100 MOST POPULAR GRAMMY LIFETIME ACHIEVEMENT AWARD WINNERS

e-artnow sro

EFFICIENT LEARNING MACHINES

THEORIES, CONCEPTS, AND APPLICATIONS FOR ENGINEERS AND SYSTEM DESIGNERS

Press Machine learning techniques provide cost-effective alternatives to traditional methods for extracting underlying relationships between information and data and for predicting future events by processing existing information to train models. **Efficient Learning Machines** explores the major topics of machine learning, including knowledge discovery, classifications, genetic algorithms, neural networking, kernel methods, and biologically-inspired techniques. Mariette Awad and Rahul Khanna's synthetic approach weaves together the theoretical exposition, design principles, and practical applications of efficient machine learning. Their experiential emphasis, expressed in their close analysis of sample algorithms throughout the book, aims to equip engineers, students of engineering, and system designers to design and create new and more efficient machine learning systems. Readers of **Efficient Learning Machines** will learn how to recognize and analyze the problems that machine learning technology can solve for them, how to implement and deploy standard solutions to sample problems, and how to design new systems and solutions. Advances in computing performance, storage, memory, unstructured information retrieval, and cloud computing have coevolved with a new generation of machine learning paradigms and big data analytics, which the authors present in the conceptual context of their traditional precursors. Awad and Khanna explore current developments in the deep learning techniques of deep neural networks, hierarchical temporal memory, and cortical algorithms. Nature suggests sophisticated learning techniques that deploy simple rules to generate highly intelligent and organized behaviors with adaptive, evolutionary, and distributed properties. The authors examine the most popular biologically-inspired algorithms, together with a sample application to distributed datacenter management. They also discuss machine learning techniques for addressing problems of multi-objective optimization in which solutions in real-world systems are constrained and evaluated based on how well they perform with respect to multiple objectives in aggregate. Two chapters on support vector machines and their extensions focus on recent improvements to the classification and regression techniques at the core of machine learning.

HOW TO FOCUS

Parallax Press The simple, refreshing meditations of Zen Master Thich Nhat Hanh give us the tools to cultivate concentration. Practicing mindfulness brings concentration, and concentration brings insight and understanding. With

our world experiencing the deep effects of loneliness, digital overload, and a proliferation of potential distractions, this pocket-sized How To book reminds us of the value of developing our concentration, so we can let go of misperceptions and cultivate the clarity of mind that is the basis for understanding ourselves, each other, and the world. Written with characteristic simplicity and kindness, these wise meditations teach us that by practicing mindfulness in daily life, we are cultivating the power of concentration and fostering the conditions that bring insight, liberating us from misperceptions and misunderstanding. The Mindfulness Essentials series is a back-to-basics collection from world-renowned Zen Master Thich Nhat Hanh that introduces readers to the essentials of mindfulness practice. All Mindfulness Essentials books are illustrated with playful sumi-ink drawings by California artist Jason DeAntonis.

THE COMPETITIVENESS OF NATIONS 1: NAVIGATING THE US-CHINA TRADE WAR AND THE COVID-19 GLOBAL PANDEMIC

World Scientific