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while most know thomas edison for his invention of the light bulb his counterpart george westinghouse is too often overlooked westinghouse however became known as one of the most prolific inventors and businessmen of the industrial revolution this biography reveals the man whose teachers suspected was mentally disabled and who quit college after one semester yet founded more than 60 different companies employing 50 000 people and received 361 u s patents he later fought the battle of the currents ac vs dc with thomas edison and won westinghouse with his engineers provided power and light for the 1893 world's columbian exposition in chicago they harnessed the massive power of niagara falls and sent it over wires to light buffalo and eventually the northeast his electric engines powered trains and his air brakes stopped them his scientific contributions forever changed the world

the fourth edition of dr james rippe's classic lifestyle medicine textbook continues to lead and inform the rapidly growing field of lifestyle medicine this is the discipline that focuses on the impact of daily habits

and actions on both short and long term health and quality of life the first edition of this comprehensive work named the field of lifestyle medicine in the academic medical literature the fourth edition continues to span and expand the field and offers extensive evidence based literature in virtually every aspect of lifestyle medicine this textbook edited by cardiologist dr james rippe who is a leading lifestyle medicine researcher represents the combined wisdom and recommendations of over 325 experts in virtually every aspect of lifestyle medicine chapter authors have been chosen because of their background as leaders in various aspects of lifestyle medicine lifestyle medicine fourth edition contains extensive sections on the treatment and prevention of coronary heart disease stroke cancer diabetes obesity substance abuse dementia and many other clinical conditions key lifestyle modalities such as physical activity nutrition weight management sleep stress reduction and positive connections with other humans are supported by detailed discussion and state of the art evidence the expanded section on behavioral medicine provides an important framework for these discussions every chapter has been completely revised and many new topics added such as lifestyle medicine for nursing psychiatry and preventive neurology the fourth edition of this classic text continues to serve as the leading comprehensive textbook in lifestyle medicine the original has been called the indispensable bible of lifestyle medicine and the fourth edition of this work continues to justify this designation there is no longer any serious doubt that daily habits and actions have a significant impact on multiple aspects of health the fourth edition of lifestyle medicine provides the scientific evidence to support this assertion and will serve as an invaluable reference and guide not only to lifestyle medicine practitioners but to all primary care physicians subspecialty physicians nurses and other healthcare practitioners

the must have integrative and complementary medicine reference from experts in the field this exhaustive textbook is ideal for anyone with an interest in integrative and complementary medicine in australia including general practitioners medical students integrative clinicians and health practitioners a guide to evidence based integrative and complementary medicine presents non pharmacologic treatments for common medical practice complaints all supported by current scientific evidence these include attention deficit hyperactivity disorder adhd asthma insomnia anxiety depression and many more this practical health resource profiles myriad approaches in integrative and complementary medicine such as mind body medicine stress management techniques dietary guidelines exercise and sleep advice acupuncture nutritional medicine herbal medicine and advice for managing lifestyle and behavioural factors it also looks at complementary medicines that may impact the treatment of disease a guide to evidence based integrative and complementary medicine contains only proven therapies from current research particularly cochrane reviews systematic reviews randomised control trials published cohort studies and case studies easy access to evidence based clinical data on non pharmacological treatments including complementary medicines for common diseases and conditions instant advice on disease prevention health promotion and lifestyle issues chapter summaries based on scientific evidence using the nhmrc guidelines grading system printable patient summary sheets at chapter end to facilitate discussion of clinical management conveniently organised by common medical presentations

public health and society current issues analyzes current public health issues in a historical context while relating them to individual lives the text emphasizes the social determinants of health social justice and the climate crisis by leading off with these important topics and then integrates them where appropriate throughout the text subsequent chapters explore gun violence the opioid epidemic tobacco vaping and alcohol use covid 19 mental health environmental health chronic disease emerging and reemerging diseases and more key features in the news articles bring public health topics up to date and underscore their modern relevance personal vignettes humanize public health issues and make them resonate for readers short histories put current issues into historical context for example the opioid epidemic ch 5 and alcohol and tobacco use ch 6 comprehensive and up to date data and references are included throughout the text navigate ebook acc

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all manner of information about birds is presented following each lengthy description are full color plates of typical members of each species with range pattern maps for each family s genus and species

the leading text on pharmacy management updated to reflect the latest trends and topics pharmacy management is a comprehensive textbook that combines evidence based management theories with practical solutions for the issues pharmacists face every day enhanced by input from educators researchers students and practicing pharmacists the fifth edition addresses the evolving role of pharmacists in today s every changing environment covering the gamut of activities performed by pharmacists from managing money to managing personal stress this complete guide explains vital pharmacy management topics across all practice settings featuring material derived from the best and most contemporary primary literature pharmacy management focuses on learning the skills essential to the everyday practice of pharmacy long after readers have completed pharmacy school they will turn to pharmacy management for answers to make their practice more professionally rewarding and personally enriching market physical therapy students 30 000 usa new chapters ethical decision making and problem solving negotiating and pharmacy technicians covers all aspects of pharmacy management from managing money and people to personal stress

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a full color neuroscience text that skillfully integrates neuromuscular skeletal content covers both pediatric and adult issues beautiful full color presentation with numerous images neurorehabilitation in physical therapy delivers comprehensive coverage of the structure and function of the human nervous system it also discusses normal motor development and motor control as well as common treatment techniques in physical therapy in order to be engaging to students cases open each chapter with questions about those cases appearing throughout the chapter the text includes numerous tables flow charts illustrations and multiple choice board style review questions and is enhanced by a roster of world renowned clinical contributors

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