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The interaction of living materials with inanimate materials via physical and chemical reactions poses an acute danger for the longevity of our cultural heritage, as long as it exists in the material form and not in that of the invincible word. Thus our concern for cultural heritage must reach the same level as our current concern for the conservation of the natural environment, both through public education and through the development of guidelines for scientists, restorers, and conservators. To this end, this volume explores the status of scientific and humanistic approaches to our cultural heritage and the disequilibria in research and related disciplines. Particular areas discussed include the processes of aging and decay, the durability of material objects, the acceleration of the patina and decay processes in cultural materials through environmental and biological hazards, and the techniques that are both available now and under development for protecting, conserving, and restoring our cultural heritage. This volume is a multidisciplinary attempt to set up dialogue between those who do research and those who practice conservation and restoration. It will be of interest to anyone interested in cultural heritage and, in particular, to those art historians, archeologists, architects, communication scientists, chemists, biologists, mineralogists, and physicists who are also seeking to bridge this gap. Goal of this Dahlem Workshop: to evaluate processes that contribute to change in objects, cultural materials, and artifacts, and to find appropriate ways of conserving them.

A Self Help and Self Esteem Guide that actually works Is your mind causing you pain and suffering? Do you feel like it is a constant struggle to work towards your goals? Are there thoughts and patterns holding you back that you just can't seem to identify? Do you avoid going for your dreams because of reasons that you know make no "logical sense"? This book is Designed for anyone who wants to take the quality of their life to the next level... You will get a detailed understanding of how your psyche and beliefs function. You will learn 2 highly effective methods for identifying limiting beliefs and emotions that are currently stopping you. You will learn how to permanently delete and eliminate your current limiting beliefs. You will learn a very powerful method for installing new and empowering beliefs into your psyche. How much would the quality of your life improve if you could learn to let go of everything that is holding you back? The Mind-Made prison is a must-read for anyone interested in the areas of self development and self esteem. By using the author's proven techniques of personal transformation, you can literally learn to design your life in any way you want. This book will save you from going through life without ever truly tapping into your full potential... The Mind-Made prison is one that we are all caught in, either knowingly or unknowingly, and this comprehensive guide explains how you can finally escape the iron grip of this prison. About the Author At just the age of 25, Mateo is a Global Management Engineer and a Best Selling Author. His landmark book, The Mind Made Prison, is a 5 star winner and ranks in the top 10 in the self esteem category. His specialities - as seen on TV and heard on Radio - include personal transformation and self esteem. Mateo doesn't just talk the talk. He walks the walk. Literally. Mateo spent the last 5 years traveling the world in an all-out quest to hone his skills. After ripping knowledge from world masters in self-improvement, Mateo is now formally studying to get his masters degree in Psychology.

With Contributions From Chelvin Sng (National University Health System, Singapore) & Laurence Lim (Singapore National Eye Centre, Singapore) Many new treatments and diagnostic procedures in ophthalmology have been refined or newly developed during the past four years, a new edition reflecting these changes is most timely. The scope and aim of the book will be consistent with the first edition, which provides a broad review of the specialist ophthalmology examinations for final year ophthalmology residents and trainees. The book deals primarily with key facts and topics that are important from the examination perspective. Only information and facts that are considered relevant and critical to the exams are covered, with topics that may be of scientific interest, but are not commonly tested in exams, specifically left out. Time-challenged readers will also benefit from the knowledge acquired from various other sources or textbooks that are now organized and synthesized in this book. While not meant to replace the standard textbooks, enough information is contained within the book to serve as the main revision text nearer the exams. The style and format of this book is intentionally didactic, with questions and short answers. The answer includes a "model opening statement," followed first by a classification system to aid organization of facts, and then the core explanation in concise short notes. "Exam Tips" are inserted to provide an insight into techniques of answering different types of questions and when appropriate, a "Clinical Approach" section is also included. In the new edition, topics such as new understanding of disease mechanisms (e.g., genetics of eye diseases), new investigations (e.g., OCT), and novel procedures and treatment (e.g., the use of antivasular endothelial growth factors, new refractive surgical techniques) are covered. This book will be a valuable guide to the final year ophthalmology residents and trainees taking the specialist ophthalmology examinations, particularly for exams with a strong oral or viva component. Although primarily aimed at candidates attempting the British postgraduate exams (FRCS, FRANZCO, MRCS, MRCOphth and FRCOphth), it is also useful for other examination systems (e.g., the American Boards). Many junior residents, in fact, find the information handy during grand rounds.

A companion series to our "Competitive Mathematics for Gifted Students," the series "Math Challenges for Gifted Students" offers additional material in practice test form. The workbooks are useful for assessment and for development of testing skills. In full color and with fully explained solutions, the workbooks may be used as a fun introduction to problem solving. The workbook contains six 24-question tests. After each test, there is an answer key. The tests are followed by detailed solutions that outline various problem solving strategies appropriate for the respective age. The recommended time limit for each test is of 75 minutes.

Web frameworks are playing a major role in the creation of today's most compelling web applications, because they automate many of the tedious tasks, allowing developers to instead focus on providing users with creative and powerful features. Java developers have been particularly fortunate in this area, having been able to take advantage of Grails, an open source framework that supercharges productivity when building Java-driven web sites. Grails is based on Groovy, which is a very popular and growing dynamic scripting language for Java developers and was inspired by Python, Ruby, and Smalltalk. Beginning Groovy and Grails is the first introductory book on the Groovy language and its primary web framework, Grails. This book gets you started with Groovy and Grails and culminates in the example and possible application of some real-world projects. You follow along with the development of each project, implementing and running

each application while learning new features along the way.

Provides teaching strategies, background, and suggested resources; reproducible student pages to use before, during, and after reading--Cover.

Beginning Groovy and Grails From Novice to Professional Apress

The way of the cross is still the pain-wracked path to spiritual power and fruitfulness. So do not seek to hide from it. Do not accept an easy way. Do not allow yourself to be patted to sleep in a comfortable church, void of power and barren of fruit. Do not paint the cross nor deck it with flowers. Take it for what it is, as it is, and you will find the rugged way to death and life. Let it slay you utterly. – A. W. Tozer, from "Coddled or Crucified?" in The Radical Cross In this collection of short essays, Tozer considers with piercing conviction the offense and power of the cross.

May you venture unguarded into this book, that you might be utterly changed.

A bold and stylish introduction to the iconic landmarks and sights of London by leading textile design Jane Foster. With cheerful, retro-inspired artwork, this will make the perfect gift for a new baby or first birthday.

The Critical Path to Corporate Renewal is a practical and effective agenda for revitalizing the corporation. Through an in depth analysis of six companies that have undergone fundamental changes, the authors describe what works and what doesn't in corporate renewal. Describes the many common errors companies make in getting started. The human sources of competitive advantage--coordination, commitment, and competence--cannot be enhanced through programs. Successful corporate renewal occurs only when plants, divisions, and departments involve employees. That must be done through a carefully designed series of steps--the critical path--led by unit general managers. Companies that have followed this strategy have flatter and less hierarchical organizations, employees who take initiative to reduce costs and improve quality, and enhanced teamwork at all levels.

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