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Applied Fitness Solutions in Ann Arbor, MI, is dedicated to the enhancement of physical fitness, athletic performance, health, and wellness. Clients are assigned a certified fitness practitioner who implements comprehensive fitness

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and nutritional programs, while also providing the individualization and accountability of one on-one personal

...

The acclaimed author of *Carved in*

Page 31/93

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Sand—a veteran investigative journalist who endured persistent back pain for decades—delivers the definitive book on the subject: an essential examination of all facets of the back pain industry, exploring what works, what doesn't, what may cause harm, and how to get on the

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road to recovery. In her effort to manage her chronic back pain, investigative reporter Cathryn Jakobson Ramin spent years and a small fortune on a panoply of treatments. But her discomfort only intensified, leaving her feeling frustrated and perplexed. As she

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searched for better solutions, she exposed a much bigger problem. Costing roughly \$100 billion a year, spine medicine—often ineffective and sometimes harmful—exemplified the worst aspects of the U.S. health care system. The result of six years of intensive investigation,

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Crooked offers a startling look at the poorly identified risks of spine medicine, and provides practical advice and solutions. Ramin interviewed scores of spine surgeons, pain management doctors, physical medicine and rehabilitation physicians, exercise physiologists,

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physical therapists, chiropractors, specialized bodywork practitioners. She met with many patients whose pain and desperation led them to make life-altering decisions, and with others who triumphed over their limitations. The result is a brilliant and comprehensive book that is not only

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important but essential to millions of back pain sufferers, and all types of health care professionals. Ramin shatters assumptions about surgery, chiropractic methods, physical therapy, spinal injections and painkillers, and addresses evidence-based rehabilitation

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options—showing, in detail, how to avoid therapeutic dead ends, while saving money, time, and considerable anguish. With *Crooked*, she reveals what it takes to outwit the back pain industry and get on the road to recovery.

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Over the last fifteen years, every major aspect of our lives has changed because of Facebook. You may not like Facebook, but you can't deny its success. And to a large degree, that success stems from the "move fast" ethos. The entire culture of Facebook is built for speed. Move Fast is an

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exploration of modern software strategies and tactics through the lens of Facebook. Relying on in-depth interviews with more than two dozen Facebook engineers, this book explores the product strategy, cultural principles, and technologies that made Facebook the dominant

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social networking company. Most importantly, Move Fast investigates how you can apply those strategies to your creative projects. It's not easy to build a software company, but once you know how to move fast, your company will be prepared to build a strategy that benefits from the

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world's rapid changes, rather than suffering from them.

This edited volume addresses the vast challenges of adapting Online Social Media (OSM) to developing research methods and applications. The topics cover generating realistic social

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network topologies, awareness of user activities, topic and trend generation, estimation of user attributes from their social content, behavior detection, mining social content for common trends, identifying and ranking social content sources, building friend-

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comprehension tools, and many others. Each of the ten chapters tackle one or more of these issues by proposing new analysis methods or new visualization techniques, or both, for famous OSM applications such as Twitter and Facebook. This collection of contributed chapters address these

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challenges. Online Social Media has become part of the daily lives of hundreds of millions of users generating an immense amount of 'social content'. Addressing the challenges that stem from this wide adaptation of OSM is what makes this book a valuable contribution to the

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field of social networks.

The challenges to humanity posed by the digital future, the first detailed examination of the unprecedented form of power called "surveillance capitalism," and the quest by powerful corporations to predict and

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control our behavior. In this masterwork of original thinking and research, Shoshana Zuboff provides startling insights into the phenomenon that she has named surveillance capitalism. The stakes could not be higher: a global architecture of behavior modification

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threatens human nature in the twenty-first century just as industrial capitalism disfigured the natural world in the twentieth. Zuboff vividly brings to life the consequences as surveillance capitalism advances from Silicon Valley into every economic sector. Vast wealth and power are

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accumulated in ominous new "behavioral futures markets," where predictions about our behavior are bought and sold, and the production of goods and services is subordinated to a new "means of behavioral modification." The threat has shifted from a totalitarian Big Brother state to

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a ubiquitous digital architecture: a "Big Other" operating in the interests of surveillance capital. Here is the crucible of an unprecedented form of power marked by extreme concentrations of knowledge and free from democratic oversight. Zuboff's comprehensive and moving analysis

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lays bare the threats to twenty-first century society: a controlled "hive" of total connection that seduces with promises of total certainty for maximum profit -- at the expense of democracy, freedom, and our human future. With little resistance from law or society, surveillance capitalism is

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on the verge of dominating the social order and shaping the digital future -- if we let it.

There is now no shortage of media for us to consume, from streaming services and video-on-demand to social media and everything else

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besides. This has changed the way media scholars think about the production and reception of media. Missing from these conversations, though, is the maker: in particular, the maker who has the power to produce media in their pocket. How might one craft a personal media-

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making practice that is thoughtful and considerate of the tools and materials at one's disposal? This is the core question of this original new book. Exploring a number of media-making tools and processes like drones and vlogging, as well as thinking through time, editing,

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sound, and the stream, Binns looks out over the current media landscape in order to understand his own media practice. The result is a personal journey through media theory, history and technology, furnished with practical exercises for teachers, students, professionals and

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enthusiasts. A unique combination of theory and practice written in a highly personal and personable style that is engaging and refreshing. This book will enable readers to understand how a personal creative practice might unlock deeper thinking about media and its place in

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the world. The primary readership will be among academics, researchers and students in the creative arts, and practitioners of creative arts including sound designers, cinematographers and social media content producers. Designed for classroom use, this will be of particular importance for

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undergraduate students of film production and may also be of interest to students at MA level, particularly on the growing number of courses that specifically offer a blend of theory and practice. The highly accessible writing style may also mean that it can be taken up for

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high school courses on film and production. It will also be of interest to academics delivering these courses, and to researchers and scholars of new media and digital cinema.

The New York Times bestseller about

Page 59/93

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a noted tech venture capitalist, early mentor to Mark Zuckerberg, and Facebook investor, who wakes up to the serious damage Facebook is doing to our society - and sets out to try to stop it. If you had told Roger McNamee even three years ago that he would soon be devoting himself to

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stopping Facebook from destroying our democracy, he would have howled with laughter. He had mentored many tech leaders in his illustrious career as an investor, but few things had made him prouder, or been better for his fund's bottom line, than his early service to Mark

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Zuckerberg. Still a large shareholder in Facebook, he had every good reason to stay on the bright side. Until he simply couldn't. ZUCKED is McNamee's intimate reckoning with the catastrophic failure of the head of one of the world's most powerful companies to face up to the damage

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he is doing. It's a story that begins with a series of rude awakenings. First there is the author's dawning realization that the platform is being manipulated by some very bad actors. Then there is the even more unsettling realization that Zuckerberg and Sheryl Sandberg are unable or

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unwilling to share his concerns, polite as they may be to his face. And then comes the election of Donald Trump, and the emergence of one horrific piece of news after another about the malign ends to which the Facebook platform has been put. To McNamee's shock, even still Facebook's leaders

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duck and disassemble, viewing the matter as a public relations problem. Now thoroughly alienated, McNamee digs into the issue, and fortuitously meets up with some fellow travelers who share his concern, and help him sharpen its focus. Soon he and a dream team of Silicon Valley

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technologists are charging into the fray, to raise consciousness about the existential threat of Facebook, and the persuasion architecture of the attention economy more broadly -- to our public health and to our political order. Zucked is both an enthralling personal narrative and a masterful

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explication of the forces that have conspired to place us all on the horns of this dilemma. This is the story of a company and its leadership, but it's also a larger tale of a business sector unmoored from normal constraints, just at a moment of political and cultural crisis, the worst possible time

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to be given new tools for summoning the darker angels of our nature and whipping them into a frenzy. Like Jimmy Stewart in Rear Window, Roger McNamee happened to be in the right place to witness a crime, and it took him some time to make sense of what he was seeing and what we

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ought to do about it. The result of that effort is a wise, hard-hitting, and urgently necessary account that crystallizes the issue definitively for the rest of us.

The book that started the Techlash
A stinging polemic that traces the

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destructive monopolization of the Internet by Google, Facebook and Amazon, and that proposes a new future for musicians, journalists, authors and filmmakers in the digital age. Featured in New York Times' Paperback Row A New York Times Book Review Editors' ChoiceAn

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Amazon Best Business & Leadership Book of 2017 Longlisted for Financial Times/McKinsey Business Book of the Year 2017A strategy+business Best Business Book of 2017 Move Fast and Break Things is the riveting account of a small group of libertarian entrepreneurs who in the 1990s

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began to hijack the original decentralized vision of the Internet, in the process creating three monopoly firms--Facebook, Amazon, and Google--that now determine the future of the music, film, television, publishing and news industries. Jonathan Taplin offers a succinct and

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powerful history of how online life began to be shaped around the values of the men who founded these companies, including Peter Thiel and Larry Page: overlooking piracy of books, music, and film while hiding behind opaque business practices and subordinating the privacy of

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individual users in order to create the surveillance-marketing monoculture in which we now live. The enormous profits that have come with this concentration of power tell their own story. Since 2001, newspaper and music revenues have fallen by 70 percent; book publishing, film, and

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television profits have also fallen dramatically. Revenues at Google in this same period grew from \$400 million to \$74.5 billion. Today, Google's YouTube controls 60 percent of all streaming-audio business but pay for only 11 percent of the total streaming-audio revenues artists

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receive. More creative content is being consumed than ever before, but less revenue is flowing to the creators and owners of that content. The stakes here go far beyond the livelihood of any one musician or journalist. As Taplin observes, the fact that more and more Americans

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receive their news, as well as music and other forms of entertainment, from a small group of companies poses a real threat to democracy. Move Fast and Break Things offers a vital, forward-thinking prescription for how artists can reclaim their audiences using knowledge of the

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past and a determination to work together. Using his own half-century career as a music and film producer and early pioneer of streaming video online, Taplin offers new ways to think about the design of the World Wide Web and specifically the way we live with the firms that dominate it.

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Discusses steroids, other drugs, and performance enhancement

One of 2021's Most Highly Anticipated New Books--Newsweek
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Understanding the contours of your social network can dramatically enhance personal relationships, work

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life, and even your global impact. Are you an Expansionist, a Broker, or a Convener? The answer matters more than you think. . . . Yale professor Marissa King shows how anyone can build more meaningful and productive relationships based on insights from neuroscience,

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psychology, and network analytics. Conventional wisdom says it's the size of your network that matters, but social science research has proven there is more to it. King explains that the quality and structure of our relationships has the greatest impact on our personal and professional

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lives. As she shows, there are three basic types of networks, so readers can see the role they are already playing: Expansionist, Broker, or Convener. This network decoder enables readers to own their network style and modify it for better alignment with their life plans and

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values. High-quality connections in your social network strongly predict cognitive functioning, emotional resilience, and satisfaction at work. A well-structured network is likely to boost the quality of your ideas, as well as your pay. Beyond the office, social connections are the lifeblood of

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our health and happiness. The compiled results from dozens of previous studies found that our social relationships have an effect on our likelihood of dying prematurely--equivalent to obesity or smoking. Rich stories of Expansionists like Vernon Jordan, Brokers like Yo-Yo

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Ma, and Conveners like Anna Wintour, as well as personal experiences from King's own world of connections, inform this warm, engaging, revelatory investigation into some of the most consequential decisions we can make about the trajectory of our lives.

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Have you ever... - Wanted to work at an exciting futuristic company? - Struggled with an interview problem that could have been solved in 15 minutes? - Wished you could study real-world computing problems? If so, you need to read Elements of

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Programming Interviews (EPI). EPI is your comprehensive guide to interviewing for software development roles. The core of EPI is a collection of over 250 problems with detailed solutions. The problems are representative of interview questions asked at leading software

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companies. The problems are illustrated with 200 figures, 300 tested programs, and 150 additional variants. The book begins with a summary of the nontechnical aspects of interviewing, such as strategies for a great interview, common mistakes, perspectives from the other side of

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the table, tips on negotiating the best offer, and a guide to the best ways to use EPI. We also provide a summary of data structures, algorithms, and problem solving patterns. Coding problems are presented through a series of chapters on basic and advanced data structures, searching,

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sorting, algorithm design principles, and concurrency. Each chapter starts with a brief introduction, a case study, top tips, and a review of the most important library methods. This is followed by a broad and thought-provoking set of problems. A practical, fun approach to computer

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