

## Explore It Reduce Risk And Increase Confidence With Exploratory Testing

Neurologic and neuropsychiatric disorders are of great importance to societies and they also raise special considerations in epidemiological research methodology. Not only do neurologic and neuropsychiatric disorders form a major group of disorders associated with ageing populations, but those disorders that occur in earlier life can be associated with severe individual, family, and societal distress and burden. The inter-relationship of syndromes and disorders is a topic of major interest and growing biological insights across psychiatry and neurology. This includes not only overlaps in neurodegenerative syndromes but also those related to other systems such as metabolic, inflammatory, immune and vascular disorders. Part of the Oxford Textbooks in Clinical Neurology series, the Oxford Textbook of Neurologic and Neuropsychiatric Epidemiology is designed to focus on the overlaps and inter-relationships between neuro-epidemiological disorders, as well as on ways to harmonise large cohort studies to maximise opportunities for determining causes related to rarer disorders. Divided into three main parts, the book covers 1) the principles of neurologic and neuropsychiatric epidemiology; 2) specific neuropsychiatric disorders and their inter-relationships and 3) the implications of neuro-epidemiologic research for patient populations and current medical practice. This comprehensive work serves as an invaluable reference to current neuro-epidemiological methods for neurologists, psychiatrists, and senior trainees in those disciplines, as well as public health practitioners and students with an interest in neurology and neuropsychiatry.

Explore It! Reduce Risk and Increase Confidence with Exploratory Testing Pragmatic Bookshelf

In the United States, some populations suffer from far greater disparities in health than others. Those disparities are caused not only by fundamental differences in health status across segments of the population, but also because of inequities in factors that impact health status, so-called determinants of health. Only part of an individual's health status depends on his or her behavior and choice; community-wide problems like poverty, unemployment, poor education, inadequate housing, poor public transportation, interpersonal violence, and decaying neighborhoods also contribute to health inequities, as well as the historic and ongoing interplay of structures, policies, and norms that shape lives. When these factors are not optimal in a community, it does not mean they are intractable: such inequities can be mitigated by social policies that can shape health in powerful ways. *Communities in Action: Pathways to Health Equity* seeks to delineate the causes of and the solutions to health inequities in the United States. This report focuses on what communities can do to promote health equity, what actions are needed by the many and varied stakeholders that are part of communities or support them, as well as the root causes and structural barriers that need to be overcome.

Policy makers often call for increased spending on infrastructure, which can encompass a broad range of investments, from roads and bridges to digital networks that will expand access to high-speed broadband. Some point to the near-term macroeconomic benefits, such as job creation, associated with infrastructure spending; others point to the long-term effects of such spending on productivity and economic growth. *Economic Analysis and Infrastructure Investment* explores the links between infrastructure investment and economic outcomes, analyzing key economic issues in the funding and management of infrastructure projects. It includes new research on the short-run stimulus effects of infrastructure spending, develops new estimates of the stock of US infrastructure capital, and explores incentive aspects of public-private partnerships with particular attention to their allocation of risk. The volume provides a reference for researchers seeking to study infrastructure issues and for policymakers tasked with determining the appropriate level and allocation of infrastructure spending.

This book presents the candid stories of women at high hereditary risk of breast cancer who chose to have their breasts surgically removed while they were still healthy, rather than risk getting the cancer that had, in many cases, devastated others in their family. •Comprehensive information on how women fare emotionally and interpersonally after this life-altering surgery •Interviewed as part of a study funded by the Department of Defense Breast Cancer Research Program and the National Human Genome Research Institute •Every case reveals the ramifications of each individual's difficult but potentially life-saving decision

Statistically-derived algorithms, adopted by many jurisdictions in an effort to identify the risk of reoffending posed by criminal defendants, have been lambasted as racist, de-humanizing, and antithetical to the foundational tenets of criminal justice. *Just Algorithms* argues that these attacks are misguided and that, properly regulated, risk assessment tools can be a crucial means of safely and humanely dismantling our massive jail and prison complex. The book explains how risk algorithms work, the types of legal questions they should answer, and the criteria for judging whether they do so in a way that minimizes bias and respects human dignity. It also shows how risk assessment instruments can provide leverage for curtailing draconian prison sentences and the plea-bargaining system that produces them. The ultimate goal of Christopher Slobogin's insightful analysis is to develop the principles that should govern, in both the pretrial and sentencing settings, the criminal justice system's consideration of risk.

For any software developer who has spent days in "integration hell," cobbling together myriad software components, *Continuous Integration: Improving Software Quality and Reducing Risk* illustrates how to transform integration from a necessary evil into an everyday part of the development process. The key, as the authors show, is to integrate regularly and often using continuous integration (CI) practices and techniques. The authors first examine the concept of CI and its practices from the ground up and then move on to explore other effective processes performed by CI systems, such as database integration, testing, inspection, deployment, and feedback. Through more than forty CI-related practices using application examples in different languages, readers learn that CI leads to more rapid software development, produces deployable software at every step in the development lifecycle, and reduces the time between defect introduction and detection, saving time and lowering costs. With successful implementation of CI, developers reduce risks and repetitive manual processes, and teams receive better project visibility. The book covers How to make integration a "non-event" on your software development projects How to reduce the amount of repetitive processes you perform when building your software Practices and techniques for using CI effectively with your teams Reducing the risks of late defect discovery, low-quality software, lack of visibility, and lack of deployable software Assessments of different CI servers and related tools on the market The book's companion Web site, [www.integratebutton.com](http://www.integratebutton.com), provides updates and code examples.

*It's a No-Brainer: An Entrepreneur's Battle to Reduce Concussions in Girls' Lacrosse* is the story behind the heart of Hummingbird Sports and why Rob Stolker and his family and friends created the first-ever ASTM-approved girls'/women's lacrosse headgear. Throughout the book, you will hear stories from girls who have suffered life-changing head injuries while playing lacrosse, most often from a single ball or stick to their unprotected heads. Rob also shares the science behind why all girls who play lacrosse need to be wearing head protection today. *It's a No-Brainer* tells the story of how Rob Stolker and his team at Hummingbird Sports struggled through the ups and downs of making state-of-the-art headgear. But that was just the beginning. They were dumbfounded by the venomous resistance they often encountered from US Lacrosse and other long time members of the lacrosse community who were vehemently opposed to the introduction of headgear despite the large number of head injuries sustained in girls' lacrosse. Backed by science and inspired by the courageous girls who shared their heartbreaking experiences of dealing with traumatic brain injuries, Rob and the team continue to fight for change to protect girls now and in the future. US Lacrosse will eventually mandate headgear in girls' lacrosse, but how many more girls will have to suffer unnecessarily until that happens? The company soon became a

groundbreaking girls' lifestyle and sports equipment brand. The story of Rob Stolker and his team's journey through successes, grueling failures, relationships made with industry leaders, the patent process, and the fight to make positive change is an inspiration for anyone passionate about taking chances and having a meaningful, long-lasting impact on the world. Author's BIO: Rob Stolker began his career in day trading, moved on to develop real estate, and eventually started and ran a successful solar panel installation company. Creating the innovative Hummingbird headgear has been his life's second greatest achievement and has become the legacy he wants to leave for his wonderful daughters, the raising of whom is his proudest achievement. To learn more visit: [RobStolker.com](http://RobStolker.com) and [HummingbirdSports.com](http://HummingbirdSports.com)

Provides a thorough overview of systematic methods for reducing risks encountered in diverse work places Filled with more theory, numerous case examples, and references to new material than the original text, this latest edition of a highly acclaimed book on occupational safety and health includes substantial updates and expanded material on management systems, risk assessment methods, and OSH-relevant concepts, principles, and models. Risk-Reduction Methods for Occupational Safety and Health is organized into five parts: background; analysis methods; programmatic methods for managing risk; risk reduction for energy sources; and risk reduction for other than energy sources. It comprehensively covers both system safety methods and OSH management methods applicable to occupational health and safety. Suitable for worldwide applications, the author's approach avoids reliance on the thousands of rules, codes, and standards by focusing on understanding hazards and reducing risks using strategies and tactics. Includes more content on methods for reducing risks, citations of recent research, and deeper coverage of OSH-relevant concepts, theories, and models Merges methods and principles traditionally associated with occupational hygiene, ergonomics, and safety Provides substantial updates on management systems and theories of occupational incidents, and includes new case studies in many chapters to help demonstrate the "real world" need for identifying and implementing risk-reduction strategies Addresses occupational risks that go beyond current regulations and standards, taking an international approach by stressing risk-reduction strategies Supports adoption of the book for university courses by providing chapter-specific learning exercises and support materials for professors Risk-Reduction Methods for Occupational Safety and Health is ideal for safety professionals, system safety engineers, safety engineers, industrial hygienists, ergonomists, and anyone with OSH responsibilities. It is also an excellent resource for students preparing for a career in OSH.

Nuts and Seeds in Health and Disease Prevention, Second Edition investigates the benefits of nuts and seeds in health and disease prevention using an organizational style that will provide easy-access to information that supports identifying treatment options and the development of symptom-specific functional foods. This book examines seeds and nuts as agents that affect metabolism and other health-related conditions and explores the impact of compositional differences between various seeds and nuts, including differences based on country of origin and processing technique. Finally, the book includes methods for the analysis of seed and nut-related compounds. Written for nutrition researchers, nutritionists, food scientists, government regulators of food, and students of agriculture, oils and feeds, nutrition and life sciences, this book is sure to be a welcomed resource.

This IBM® Redbooks® publication documents the strength and value of the IBM security strategy with IBM zTM Systems hardware and software. In an age of increasing security consciousness and more and more dangerous advanced persistent threats, IBM z Systems™ provides the capabilities to address the needs of today's business security challenges. This publication explores how z Systems hardware is designed to provide integrity, process isolation, and cryptographic capability to help address security requirements. We highlight the features of IBM z/OS® and other operating systems, which offer a variety of customizable security elements. We discuss z/OS and other operating systems and additional software that use the building blocks of z Systems hardware to provide solutions to business security needs. We also explore the perspective from the view of an enterprise security architect and how a modern mainframe has to fit into an overarching enterprise security architecture. This book is part of a three-volume series that focuses on guiding principles for optimized mainframe security configuration within a holistic enterprise security architecture. The series' intended audience includes enterprise security architects, planners, and managers who are interested in exploring how the security design and features of z Systems, the z/OS operating system, and associated software address current issues such as data encryption, authentication, authorization, network security, auditing, ease of security administration, and monitoring.

An in-depth examination of a powerful new trading strategy "Fischer provides an intriguing and thorough look at blending the Fibonacci series, candlesticks, and 3-point chart patterns to trade securities. Backed by explicit trading rules and numerous examples and illustrations, this book is an invaluable tool for the serious investor. Read it." –Thomas N. Bulkowski author of Encyclopedia of Chart Patterns and Trading Classic Chart Patterns In this groundbreaking new book, Fibonacci expert Robert Fischer and coauthor Dr. Jens Fischer successfully merge Fibonacci applications with candlestick charting to create an innovative trading strategy that will help you enhance profits and reduce risk. Filled with in-depth insights, helpful charts and graphs, and practical real-world examples, Candlesticks, Fibonacci, and Chart Pattern Trading Tools reveals how correctly combining these different strategies can give you a noticeable edge in challenging market times—regardless of whether you are a short-term or long-term trader—and improve your chances of success under a variety of market conditions. You'll be introduced to the critical aspects of this synergistic approach through in-depth analysis and detailed explanations of: Core combinations of Fibonacci trading tools with candlesticks and regular 3-point chart patterns The magic figure "three" and its relevance in pattern recognition Fibonacci-related trading strategies, selected candlestick chart patterns, and regular 3-point chart patterns Applications of these trading strategies—double tops, Fibonacci price extensions, PHI-channel applications PHI-ellipses as trading tools And much more Along with the computer technology of the WINPHI charting program included on the companion website, Candlesticks, Fibonacci, and Chart Pattern Trading Tools will help you understand and implement this profitable trading strategy to the best of your ability.

Uncover surprises, risks, and potentially serious bugs with exploratory testing. Rather than designing all tests in advance, explorers design and execute small, rapid experiments, using what they learned from the last little experiment to inform the next. Learn essential skills of a master explorer, including how to analyze software to discover key points of vulnerability, how to design experiments on the fly, how to hone your observation skills, and how to focus your efforts. Software is full of surprises. No matter how careful or skilled you are, when you create software it can behave differently than you intended. Exploratory testing mitigates those risks. Part 1 introduces the core, essential skills of a master explorer. You'll learn to craft charters to guide your exploration, to observe what's really happening (hint: it's harder than it sounds), to identify interesting variations, and to determine what expected behavior should be when exercising software

in unexpected ways. Part 2 builds on that foundation. You'll learn how to explore by varying interactions, sequences, data, timing, and configurations. Along the way you'll see how to incorporate analysis techniques like state modeling, data modeling, and defining context diagrams into your explorer's arsenal. Part 3 brings the techniques back into the context of a software project. You'll apply the skills and techniques in a variety of contexts and integrate exploration into the development cycle from the very beginning. You can apply the techniques in this book to any kind of software. Whether you work on embedded systems, Web applications, desktop applications, APIs, or something else, you'll find this book contains a wealth of concrete and practical advice about exploring your software to discover its capabilities, limitations, and risks.

Climate change poses many challenges that affect society and the natural world. With these challenges, however, come opportunities to respond. By taking steps to adapt to and mitigate climate change, the risks to society and the impacts of continued climate change can be lessened. The National Climate Assessment, coordinated by the U.S. Global Change Research Program, is a mandated report intended to inform response decisions. Required to be developed every four years, these reports provide the most comprehensive and up-to-date evaluation of climate change impacts available for the United States, making them a unique and important climate change document. The draft Fourth National Climate Assessment (NCA4) report reviewed here addresses a wide range of topics of high importance to the United States and society more broadly, extending from human health and community well-being, to the built environment, to businesses and economies, to ecosystems and natural resources. This report evaluates the draft NCA4 to determine if it meets the requirements of the federal mandate, whether it provides accurate information grounded in the scientific literature, and whether it effectively communicates climate science, impacts, and responses for general audiences including the public, decision makers, and other stakeholders.

Decades of research have demonstrated that the parent-child dyad and the environment of the family—which includes all primary caregivers—are at the foundation of children's well-being and healthy development. From birth, children are learning and rely on parents and the other caregivers in their lives to protect and care for them. The impact of parents may never be greater than during the earliest years of life, when a child's brain is rapidly developing and when nearly all of her or his experiences are created and shaped by parents and the family environment. Parents help children build and refine their knowledge and skills, charting a trajectory for their health and well-being during childhood and beyond. The experience of parenting also impacts parents themselves. For instance, parenting can enrich and give focus to parents' lives; generate stress or calm; and create any number of emotions, including feelings of happiness, sadness, fulfillment, and anger. Parenting of young children today takes place in the context of significant ongoing developments. These include: a rapidly growing body of science on early childhood, increases in funding for programs and services for families, changing demographics of the U.S. population, and greater diversity of family structure. Additionally, parenting is increasingly being shaped by technology and increased access to information about parenting. Parenting Matters identifies parenting knowledge, attitudes, and practices associated with positive developmental outcomes in children ages 0-8; universal/preventive and targeted strategies used in a variety of settings that have been effective with parents of young children and that support the identified knowledge, attitudes, and practices; and barriers to and facilitators for parents' use of practices that lead to healthy child outcomes as well as their participation in effective programs and services. This report makes recommendations directed at an array of stakeholders, for promoting the wide-scale adoption of effective programs and services for parents and on areas that warrant further research to inform policy and practice. It is meant to serve as a roadmap for the future of parenting policy, research, and practice in the United States.

Over the past two decades, the percentage of the world's population living on less than a dollar a day has been cut in half. How much of that improvement is because of—or in spite of—globalization? While anti-globalization activists mount loud critiques and the media report breathlessly on globalization's perils and promises, economists have largely remained silent, in part because of an entrenched institutional divide between those who study poverty and those who study trade and finance. Globalization and Poverty bridges that gap, bringing together experts on both international trade and poverty to provide a detailed view of the effects of globalization on the poor in developing nations, answering such questions as: Do lower import tariffs improve the lives of the poor? Has increased financial integration led to more or less poverty? How have the poor fared during various currency crises? Does food aid hurt or help the poor? Poverty, the contributors show here, has been used as a popular and convenient catchphrase by parties on both sides of the globalization debate to further their respective arguments. Globalization and Poverty provides the more nuanced understanding necessary to move that debate beyond the slogans.

The anthrax incidents following the 9/11 terrorist attacks put the spotlight on the nation's public health agencies, placing it under an unprecedented scrutiny that added new dimensions to the complex issues considered in this report. The Future of the Public's Health in the 21st Century reaffirms the vision of Healthy People 2010, and outlines a systems approach to assuring the nation's health in practice, research, and policy. This approach focuses on joining the unique resources and perspectives of diverse sectors and entities and challenges these groups to work in a concerted, strategic way to promote and protect the public's health. Focusing on diverse partnerships as the framework for public health, the book discusses: The need for a shift from an individual to a population-based approach in practice, research, policy, and community engagement. The status of the governmental public health infrastructure and what needs to be improved, including its interface with the health care delivery system. The roles nongovernment actors, such as academia, business, local communities and the media can play in creating a healthy nation. Providing an accessible analysis, this book will be important to public health policy-makers and practitioners, business and community leaders, health advocates, educators and journalists.

Economists, decision analysts, management scientists, and others have long argued that government should take a more scientific approach to decision making. Pointing to various theories for prescribing and rationalizing choices, they have maintained that social goals could be achieved more effectively and at lower costs if government decisions were routinely subjected to analysis. Now, government policy makers are putting decision science to the test. Recent government actions encourage and in some cases require government decisions to be evaluated using formally defined principles of rationality. Will decision science pass this test? The answer depends on whether analysts can quickly and successfully translate their theories into practical approaches and whether these approaches promote the solution of the complex, highly uncertain, and politically sensitive problems that are of greatest concern to government decision makers. The future of decision science, perhaps even the nation's well-being, depends on the outcome. A major difficulty for the analysts who are being called upon by government to apply

decision-aiding approaches is that decision science has not yet evolved a universally accepted methodology for analyzing social decisions involving risk. Numerous approaches have been proposed, including variations of cost-benefit analysis, decision analysis, and applied social welfare theory. Each of these, however, has its limitations and deficiencies and none has a proven track record for application to government decisions involving risk. Cost-benefit approaches have been extensively applied by the government, but most applications have been for decisions that were largely risk-free.

If you're ready to break free of groupthink, challenge the majority view and make better decisions, then this book is for you. The popular, majority view often decides what's best in everything from entertainment to business practices. Time and again, however, we've seen how going along with the crowd can lead to dissatisfying or disastrous results. If only we had taken the time to seek a thoughtful dissenting opinion. *Devils in the Details* calls for the rise of modern Devil's Advocacy to help reduce risk and manage uncertainty. Through discussion and examples, this book challenges decision-makers from the CEO to the newly minted manager to think and act like a modern Devil's Advocate. Inside you'll discover: The origin of devil's advocacy and why modern Devil's Advocates are needed today Why we need to regularly challenge our formal processes, including so-called best practices Different kinds of thinking and common biases and fallacies that can cloud our decision-making How to create real arguments with premises that support reasoned conclusions Practical tools from simple lists to dynamic simulation models, their strengths and weaknesses How to embrace modern Devil's Advocacy for diverse and useful dissent without impeding progress Early Reviews ===== "A worthwhile addition to the library of anyone who is responsible for crucial decision-making." Kristan J. Wheaton, Professor of Strategic Futures and author of *The Warning Solution: Intelligent Analysis in the Age of Information* "A marvelous piece of work." Gene Bellinger, organizational theorist, systems thinking and knowledge management About the Author ===== Robert Koshinski is the principal of Ringbolt Consulting where he assists clients in product and marketing management, new product development and launch, and business analysis and strategy. He is a mentor in the NSF I-Corps Program and the creator and instructor for a decision-making seminar through NC State University Division of Continuing and Professional Education.

• New York Times bestseller • The 100 most substantive solutions to reverse global warming, based on meticulous research by leading scientists and policymakers around the world "At this point in time, the *Drawdown* book is exactly what is needed; a credible, conservative solution-by-solution narrative that we can do it. Reading it is an effective inoculation against the widespread perception of doom that humanity cannot and will not solve the climate crisis. Reported by-effects include increased determination and a sense of grounded hope." —Per Espen Stoknes, Author, *What We Think About When We Try Not To Think About Global Warming* "There's been no real way for ordinary people to get an understanding of what they can do and what impact it can have. There remains no single, comprehensive, reliable compendium of carbon-reduction solutions across sectors. At least until now. . . . The public is hungry for this kind of practical wisdom." —David Roberts, *Vox* "This is the ideal environmental sciences textbook—only it is too interesting and inspiring to be called a textbook." —Peter Kareiva, Director of the Institute of the Environment and Sustainability, UCLA In the face of widespread fear and apathy, an international coalition of researchers, professionals, and scientists have come together to offer a set of realistic and bold solutions to climate change. One hundred techniques and practices are described here—some are well known; some you may have never heard of. They range from clean energy to educating girls in lower-income countries to land use practices that pull carbon out of the air. The solutions exist, are economically viable, and communities throughout the world are currently enacting them with skill and determination. If deployed collectively on a global scale over the next thirty years, they represent a credible path forward, not just to slow the earth's warming but to reach drawdown, that point in time when greenhouse gases in the atmosphere peak and begin to decline. These measures promise cascading benefits to human health, security, prosperity, and well-being—giving us every reason to see this planetary crisis as an opportunity to create a just and livable world.

Presents healthy eating strategies and a diet plan to help women of all ages reduce the risk of breast cancer.

*Quantitative Seismic Interpretation* demonstrates how rock physics can be applied to predict reservoir parameters, such as lithologies and pore fluids, from seismically derived attributes. The authors provide an integrated methodology and practical tools for quantitative interpretation, uncertainty assessment, and characterization of subsurface reservoirs using well-log and seismic data. They illustrate the advantages of these new methodologies, while providing advice about limitations of the methods and traditional pitfalls. This book is aimed at graduate students, academics and industry professionals working in the areas of petroleum geoscience and exploration seismology. It will also interest environmental geophysicists seeking a quantitative subsurface characterization from shallow seismic data. The book includes problem sets and a case-study, for which seismic and well-log data, and Matlab codes are provided on a website (<http://www.cambridge.org/9780521816014>). These resources will allow readers to gain a hands-on understanding of the methodologies.

Research suggests that between 60-75% of all information security incidents are the result of a lack of knowledge and/or understanding amongst an organization's own staff. And yet the great majority of money spent protecting systems is focused on creating technical defences against external threats. Angus McIlwraith's book explains how corporate culture affects perceptions of risk and information security, and how this in turn affects employee behaviour. He then provides a pragmatic approach for educating and training employees in information security and explains how different metrics can be used to assess awareness and behaviour. Information security awareness will always be an ongoing struggle against complacency, problems associated with new systems and technology, and the challenge of other more glamorous and often short term priorities. *Information Security and Employee Behaviour* will help you develop the capability and culture that will enable your organization to avoid or reduce the impact of unwanted security breaches.

A front-line researcher offers cutting-edge advice on preventing and slowing the progress of Alzheimer's. Drawing on the most up-to-date information available on the disease as well as experiences from his clinical practice, Dr. Marwan Sabbagh, a leading expert in Alzheimer's research, translates the current ideas driving Alzheimer's treatment into practical information you can use to determine your risk and develop a prevention strategy. You'll find tools for assessing your personal Alzheimer's risk and "What You Can Do" sections to help you keep your brain and body healthy, plus information on the treatment of Alzheimer's and its complications. Gives you the most up-to-date information on Alzheimer's and Alzheimer's prevention Written by a neurologist specializing in geriatric neurology and dementia who is one of the country's leading experts in Alzheimer's research Includes exciting revelations, such as finding that early onset Alzheimer's can be significantly slowed in its progress, giving the patient as many as ten to fifteen added years of quality life There are an estimated 5.2 million people living with Alzheimer's in

America today. If you or someone you love is at risk of developing the disease or wishes to slow its advancement, this book will give you vital information to help you reduce risk and safeguard health and quality of life.

Hazards, Risks, and Disasters in Society provides analyses of environmentally related catastrophes within society in historical, political and economic contexts. Personal and corporate culture mediates how people may become more vulnerable or resilient to hazard exposure. Societies that strengthen themselves, or are strengthened, mitigate decline and resultant further exposure to what are largely human induced risks of environmental, social and economic degradation. This book outlines why it is important to explore in more depth the relationships between environmental hazards, risk and disasters in society. It presents challenges presented by mainstream and non-mainstream approaches to the human side of disaster studies. By hazard categories this book includes critical processes and outcomes that significantly disrupt human wellbeing over brief or long time-frames. Whilst hazards, risks and disasters impact society, individuals, groups, institutions and organisations offset the effects by becoming strong, healthy, resilient, caring and creative. Innovations can arise from social organisation in times of crisis. This volume includes much of use to practitioners and policy makers needing to address both prevention and response activities. Notably, as people better engage prevalent hazards and risks they exercise a process that has become known as disaster risk reduction (DRR). In a context of climatic risks this is also indicative of climate change adaptation (CCA). Ultimately it represents the quest for development of sustainable environmental and societal futures. Throughout the book cases studies are derived from the world of hazards risks and disasters in society. Includes sections on prevention of and response to hazards, risks and disasters Provides case studies of prominent societal challenges of hazards, risks and disasters Innovative approaches to dealing with disaster drawing from multiple disciplines and sectors

Based on extensive research and the authors' combined thirty years of experience, Discovery-Driven Growth provides a breakthrough system for managing strategic growth. You will learn how to identify and prioritize your company's full portfolio of opportunities - from new product lines to entirely new businesses. The authors then show how to best execute specific initiatives, test major project assumptions, and develop a culture that values disciplined experimentation and learning over meeting mindless and unrealistic goals. Tools for dealing with each challenge are backed by examples from companies, from small firms to global giants, that have successfully put these methods into practice.

Presents the plant-based diet developed by the author to treat heart patients, discussing the long-term studies done to prove the effectiveness of his program, along with recipes for salads, soups, main dishes, and desserts that comprise the diet.

This book examines how changes in reproductive patterns (such as the number and timing of births and spacing between births) have affected the health of women and children in the developing world. It reviews the relationships between contraceptive use, reproductive patterns, and health; the effects of differences and changes in reproductive patterns; as well as the role of family planning in women's fertility and health.

This Surgeon General's report details the causes and the consequences of tobacco use among youth and young adults by focusing on the social, environmental, advertising, and marketing influences that encourage youth and young adults to initiate and sustain tobacco use. This is the first time tobacco data on young adults as a discrete population have been explored in detail. The report also highlights successful strategies to prevent young people from using tobacco.

Making Money With Option Strategies is a practical, down-to-earth guide that introduces and fully explains an action plan to reduce risk in any stock portfolio. There are many options books available already, and they fall into two major categories: basic primers limited to explaining the terminology and market of options; and more advanced books discussing theory and pricing models of options. None of these books addresses the largest audience of all—those who know the basics but are not interested in theories and pricing models. They want clear, practical ways to apply these principles to make money and reduce their risks. Making Money With Option Strategies is designed for this market. Michael has traded options since the mid-1970s and is the best-selling options author in the United States. His best-selling Getting Started in Options, a beginner's book now in its ninth edition, has sold more than 300,000 copies since 1986. Many people view options as exotic, complex, and high-risk beasts. They are not. If your portfolio risk keeps you up at night, adding carefully designed option strategies to hedge risks will help you get a good night's sleep.

Effective risk management is essential for the success of large projects built and operated by the Department of Energy (DOE), particularly for the one-of-a-kind projects that characterize much of its mission. To enhance DOE's risk management efforts, the department asked the NRC to prepare a summary of the most effective practices used by leading owner organizations. The study's primary objective was to provide DOE project managers with a basic understanding of both the project owner's risk management role and effective oversight of those risk management activities delegated to contractors.

This IBM® Redbooks® publication documents the strength and value of the IBM security strategy with IBM System z® hardware and software. In an age of increasing security consciousness, IBM System z provides the capabilities to address the needs of today's business security challenges. This publication explores how System z hardware is designed to provide integrity, process isolation, and cryptographic capability to help address security requirements. This book highlights the features of IBM z/OS® and other operating systems, which offer various customizable security elements under the Security Server and Communication Server components. This book describes z/OS and other operating systems and additional software that leverage the building blocks of System z hardware to provide solutions to business security needs. This publication's intended audience is technical architects, planners, and managers who are interested in exploring how the security design and features of System z, the z/OS operating system, and associated software address current issues, such as data encryption, authentication, authorization, network security, auditing, ease of security administration, and monitoring.

?HIV Treatment as Prevention: Primer for Behavior-Based Implementation provides the first practical guide to integrating behavioral prevention with antiretroviral therapies for people living with HIV infection. This brief book discusses the historical and social context embedding the shifting landscape in HIV prevention, where the use of effective treatments have become the focus of HIV prevention. While using treatments for prevention is promising, the history of HIV prevention offers several important pitfalls that must be avoided if HIV treatments are to ultimately succeed in preventing new HIV infections. Lessons

learned from the successes and failures of other biomedical technologies used in HIV prevention, specifically syringes, condoms, and HIV testing are critical to the success of using HIV treatments for prevention. HIV Treatment as Prevention: Primer for Behavior-Based Implementation summarizes the scientific evidence for advancing the use of antiretroviral therapies for HIV prevention. The evidence makes clear that HIV treatments can prevent HIV transmission, but will fail if behavioral aspects of treatment and HIV transmission are ignored. Of greatest concern are medication adherence and risks for contracting other sexually transmitted infections. Placing HIV treatment within the context of behavioral interventions for maintaining medication adherence and reducing sexual risk behaviors is therefore essential to the future of HIV prevention. HIV Treatment as Prevention: Primer for Behavior-Based Implementation highlights two pioneering behavioral interventions aimed at maximizing the effects of antiretroviral therapies for preventing HIV transmission. One of the interventions, developed by the Author's research team, is discussed in detail and the intervention manual is included as an Appendix. Drug overdose, driven largely by overdose related to the use of opioids, is now the leading cause of unintentional injury death in the United States. The ongoing opioid crisis lies at the intersection of two public health challenges: reducing the burden of suffering from pain and containing the rising toll of the harms that can arise from the use of opioid medications. Chronic pain and opioid use disorder both represent complex human conditions affecting millions of Americans and causing untold disability and loss of function. In the context of the growing opioid problem, the U.S. Food and Drug Administration (FDA) launched an Opioids Action Plan in early 2016. As part of this plan, the FDA asked the National Academies of Sciences, Engineering, and Medicine to convene a committee to update the state of the science on pain research, care, and education and to identify actions the FDA and others can take to respond to the opioid epidemic, with a particular focus on informing FDA's development of a formal method for incorporating individual and societal considerations into its risk-benefit framework for opioid approval and monitoring.

This book identifies lessons learned from natural hazard experiences to help communities plan for and adapt to climate change. Written by leading experts, the case studies examine diverse experiences, from severe storms to sea-level related hazards, droughts, heat waves, wildfires, floods, earthquakes and tsunamis, in North America, Europe, Australasia, Asia, Africa and Small Island Developing States. The lessons are grouped according to four imperatives: (i) Develop collaborative governance networks; (ii) build adaptive capabilities; (iii) invest in pre-event planning; and (iv) the moral imperative to undertake adaptive actions that advance resilience and sustainability. "A theoretically rich and empirically grounded analysis of the interface between disaster risk management and climate change adaptation, comprehensive yet accessible, and very timely." Mark Pelling, Department of Geography, King's College London, UK. "This book represents a major contribution to the understanding of natural hazards planning as an urgent first step for reducing disaster risk and adapting to climate change to ensure sustainable and equitable development." Sálvano Briceño, Vice-Chair, Science Committee, Integrated Research on Disaster Risk IRDR, an ICSU/ISSC/ISDR programme. Former Director International Strategy for Disaster Reduction, UNISDR. "What a welcome addition to the young literature on climate adaptation and hazard mitigation! Bruce Glavovic and Gavin Smith each bring to the editing task a rare blend of solid scholarly attainment and on-the-ground experience that shines through in this extensively-documented synthesis of theoretical ideas from the realms of climate and hazards and their validation in a rich set of diverse case studies pulled in from around the world. This book should remain a classic for many years." William H. Hooke, American Meteorological Society.

A comprehensive, easy-to-use guide to the foods that curb memory loss and improve cognitive longevity, this book will forever change how you think about diet and aging. Even though people around the world are living longer than ever, but record numbers of us are experiencing cognitive decline and other brain disorders later in life. But there is good news: We now have the knowledge to extend both lifespan and mindspan, helping to ensure that our minds and bodies stay in peak form at any age. Studying the diets of the populations that live longest with low levels of dementia, as well as the ways that certain food additives and ingredients interact with our genes, Dr. Preston Estep shatters myths about which foods are (and are not) beneficial to our brains, with simple changes you can make today to slow cognitive decline. Startling in its revelations about healthy eating for those over the age of forty, The Mindspan Diet challenges us to rethink our approach to many common staples, including:

- Iron: While iron-fortified foods sound healthy, high iron intake can be toxic, especially for people over forty, and increases the risk of type 2 diabetes, Alzheimer's, and Parkinson's disease.
- Whole grains: Processed grains such as white rice, pasta, and flour are actually staples in the diets of cultures with the best cognitive health.
- Protein: Though it's considered by some to be a miracle macronutrient, high levels of protein are actually hard on the kidneys, and may promote cancer and accelerate the progression of dementia.

Complete with food recommendations, shopping lists, advice on reading nutrition labels, and more than seventy delicious recipes, The Mindspan Diet shows that you can enjoy the richest flavors life has to offer and remain lean, healthy, and cognitively intact for a very long life. Praise for The Mindspan Diet

"Eye-opening . . . fascinating, important . . . Estep includes plenty of practical info on improving one's mindspan and puts some refined grains back on the table."—Publishers Weekly (starred review)

"Presenting a sensible regimen that people can follow easily, this recommended diet book [has] useful information about aging."—Library Journal

You've been charged with growing your business. Incremental growth can no longer deliver the results you need. You need truly dynamic growth - and you need to achieve it without risking a hugely expensive gamble. How can you encourage innovative new ventures and pursue ambitious growth while minimizing risk? In Discovery-Driven Growth, authors McGrath and MacMillan show how companies can plan and pursue an aggressive growth agenda with confidence. By carefully framing their strategic growth opportunities, testing each project assumption against a series of checkpoints, and creating a culture that acts on evidence and learning instead of blind stumbling, companies can better control their costs, minimize surprises, and know when to disengage from questionable projects--before it's too late. Providing tools that will help you select and better assess the potential of any strategic venture, from new product lines to entirely new businesses, the authors outline a comprehensive process that lets you identify, manage, and leverage your company's full portfolio of opportunities. By reducing up-front costs and eliminating unnecessary risks, you'll be able to avoid missteps and explore more options to create the breakthrough growth that your business requires.

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