It Essentials 50 Chapter 1

GUIDE TO NETWORKING ESSENTIALS provides students with both the knowledge and hands-on skills necessary to work with network operating systems in a network administration environment. By focusing on troubleshooting and computer networking technologies, this book offers a comprehensive introduction to networking and to advances in software, wireless and network security. Challenge Labs and Hands-On Projects are directly integrated in each chapter to allow for a hands-on experience in the classroom. Updated content reflects the latest networking technologies and operating systems including new Ethernet standards, cloud computing, Windows 10, Windows Server 2016, and recent Linux distributions. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version. Collated by Scott Moeller of Cass Business School, this collection brings together the informative articles a budding finance practitioner needs to operate effectively in today's corporate environment. Bringing together core finance knowledge and cutting-edge research topics in an engaging and effective way, this text is the ideal companion for all practitioners and students of finance. You will find insights into the practical applications of theory in key areas such as balance sheets and

cash flow, financial regulation and compliance, funding and investment, governance and ethics, mergers and acquisitions, and operations and performance. Contributors to this collection include some of the leading experts in their respective fields: Aswath Damodaran, Harold Bierman, Jr, Andreas Jobst, Frank J. Fabozzi, Ian Bremmer, Javier Estrada, Marc J. Epstein, Henrik Cronqvist, Daud Vicary Abdullah, Meziane Lasfer, Dean Karlan, Norman Marks, Seth Armitage, and many others. In this collection you will discover: * Over 80 best-practice articles, providing the best guidance on issues ranging from risk management and capital structure optimization through to market responses to M&A transactions and general corporate governance * Over 65 checklists forming step-by-step guides to essential tasks, from hedging interest rates to calculating your total economic capital * 55 carefully selected calculations and ratios to monitor firms' financial health * A fully featured business and finance dictionary with over 5,000 definitions
IT Essentials: PC Hardware and Software Companion Guide, Fifth Edition IT Essentials: PC Hardware and Software Companion Guide, Fifth Edition, supports the Cisco Networking Academy IT Essentials: PC Hardware and Software version 5 course. The course is designed for Cisco Networking Academy students who want to pursue careers in IT and learn how computers work, how to

assemble computers, and how to safely and securely troubleshoot hardware and software issues. As CompTIA Approved Quality Content, the course also helps you prepare for the CompTIA A+ certification exams 220-801 and 220-802. CompTIA A+ 220-801 covers the fundamentals of computer technology, installation and configuration of PCs, laptops, related hardware, and basic networking. CompTIA A+ 220-802 covers the skills required to install and configure PC operating systems and configure common features, such as network connectivity and email for Android and Apple iOS mobile operating systems. Students must pass both exams to earn the CompTIA A+ certification. The features of the Companion Guide are designed to help you study and succeed in this course: -- Chapter objectives—Review core concepts by answering the focus questions listed at the beginning of each chapter. -- Key terms—Refer to the updated lists of networking vocabulary introduced, and turn to the highlighted terms in context. -- Course section numbering—Follow along with the course heading numbers to easily jump online to complete labs, activities, and quizzes referred to within the text. -- Check Your Understanding Questions and Answer Key—Evaluate your readiness with the updated end-of-chapter questions that match the style of questions you see on the online course quizzes. -- Glossary in the back of the book to define Key Terms The lab icon in the

Companion Guide indicates when there is a hands-on Lab or Worksheet to do. The Labs and Worksheets are compiled and published in the separate book, IT Essentials: PC Hardware and Software Lab Manual, Fifth Edition. With more than 1300 pages of activities, including Windows 7, Windows Vista, and Windows XP variations covered in the CompTIA A+ exam objectives, practicing and performing these tasks will reinforce the concepts and help you become a successful PC technician.

Chiropractors see more skin than any other primary health provider, and have a perfect opportunity to make early diagnoses of serious skin conditions, such as malignant melanoma. In order to provide comprehensive patient care, chiropractic physicians must have a solid foundation of dermatology. Essentials of Dermatology for Chiropractors is the first dermatology text designed specifically for chiropractic students and professionals. Essentials of Dermatology for Chiropractors is a full-color reference on general dermatology for chiropractors and chiropractic students. With over 200 full-color photos and illustrations it is also a valuable resource for understanding the natural and complementary treatments available for many common skin disorders. Including a completely cross-referenced listing of conditions and treatments, this text is an ideal source of relevant dermatological information for chiropractic college

dermatology instructors, chiropractic students, and practicing chiropractors. PowerPoint slides available for instructors.

Brings Readers Up to Speed in This Important and Rapidly Growing AreaSupported by many examples in mathematics, physics, economics, engineering, and other disciplines, Essentials of Topology with Applications provides a clear, insightful, and thorough introduction to the basics of modern topology. It presents the traditional concepts of topological

Essentials of Forensic Medicine and Toxicology is an abridged version of the Textbook of Forensic Medicine and Toxicology. The book comprises chapters on thanatology, deaths from other causes, forensic psychiatry, forensic science, corrosive poisons, irritant poisons, and poisons acting on the brain and spinal cord. In addition, the book consists of several diagrams and illustrations to help understand the concepts better. This book is essential for forensic scientists.

Readers learn to maximize the use of mobile devices, make the most of online tools for collaboration and communications, and fully utilize today's Internet capabilities with the latest edition of DISCOVERING COMPUTERS ESSENTIALS ENHANCED. Learners see how technology skills assist in gaining employment and advancing careers. This edition highlights the most recent developments with new emphasis on Web Development, creating a strong web

presence, and the latest Windows 10 information. The authors emphasize actionable content with a proven learning structure and practice to reinforce key skills. Self-assessments open each chapter, enabling readers to target study and learn more in less time. DISCOVERING COMPUTERS ESSENTIALS ENHANCED presents the content needed to succeed in a way that ensures understanding. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version. Concise, practical, and based on the best available research, Essentials of Organizational Behavior: An Evidence-Based Approach, Second Edition equips students with the necessary skills to become effective leaders and managers. Author Terri A. Scandura uses an evidence-based approach to introduce students to new models proven to enhance the well-being, motivation, and productivity of people in the work place. Experiential exercises, self-assessments, and a variety of real-world cases and examples provide students with ample opportunity to apply OB concepts and hone their critical thinking abilities. New to this Edition A new Emotions and Moods chapter delves into important topics like emotional intelligence, emotional contagion, and affective neuroscience. A new Power and Politics chapter unpacks the most effective influence strategies and helps students develop their political skills. A stremlined

table of contents now combines perception and decision making in a single chapter and change and stress in a single chapter. New case studies, including some from SAGE Business Cases for the Interactive eBook, on topics such as virtual teams, equal pay and the gender wage gap, and the use of apps at work introduce timely and relevant discussions to help foster student engagement. The new edition has been rigorously updated with the latest research throughout and includes expanded coverage of Machiavellian leadership, ethical decision making, and organizational design through change. New Best Practices and Research in Action boxes as well as new Toolkit Activities and Self-Assessments have been added to make the text even more hands-on and practical.

The only book available to cover XLink, XML Base, and XPointer pieces of the XML specification. * Authors are well-established XML experts, with extensive writing and technical editing experience. * Features a source code index, as well as a traditional index, and appendices of resources and language references. * CD-ROM includes all the source code from the book. * Companion Web site contains links to updated information and resources.

A proven bestseller, ESSENTIALS OF STATISTICS FOR THE BEHAVIORAL SCIENCES, 8e gives you straightforward instruction, unrivaled accuracy, built-in learning aids, and plenty of real-world examples to help you understand statistical concepts. The authors take time to fully explain statistical procedures so that you can go beyond memorizing formulas and begin gaining a conceptual understanding of statistics. They also take care to show you how having

an understanding of statistical procedures will help you comprehend published findings--ultimately leading you to become a savvy consumer of information. Available with InfoTrac Student Collections http://gocengage.com/infotrac. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

Health & Wellness

Use JSON for building web applications with technologies like HTML, JavaScript, Angular, Node.js, Hapi.js, Kafka, socket.io, MongoDB, Gulp.js, and handlebar.js, and others formats like GEOJSON, JSON-LD, MessagePack, and BSON. Key Features Use JSON with trending technologies like Angular, Hapi.js, MongoDB, Kafka, and Socket.io Debug, validate, and format JSON using developer toolkits, JSONLint, and JSON Editor Online Explore other JSON formats like GeoJSON, JSON-LD, BSON, and MessagePack Book Description JSON is an established and standard format used to exchange data. This book shows how JSON plays different roles in full web development through examples. By the end of this book, you'll have a new perspective on providing solutions for your applications and handling their complexities. After establishing a strong basic foundation with JSON, you'll learn to build frontend apps by creating a carousel. Next, you'll learn to implement JSON with Angular 5, Node.js, template embedding, and composer.json in PHP. This book will also help you implement Hapi.js (known for its JSON-configurable architecture) for server-side scripting. You'll learn to implement JSON for real-time apps using Kafka, as well as how to implement JSON for a task runner, and for MongoDB BSON storage. The book ends with some case studies on JSON formats to help you sharpen your creativity by exploring futuristic JSON implementations. By the end of the

book, you'll be up and running with all the essential features of JSON and JavaScript and able to build fast, scalable, and efficient web applications. What you will learn Use JSON to store metadata for dependency managers, package managers, configuration managers, and metadata stores Handle asynchronous behavior in applications using callbacks, promises, generators, and async-await functions Use JSON for Angular 5, Node.js, Gulp.js, and Hapi.js Implement JSON as BSON in MongoDB Make use of JSON in developing automation scripts Implement JSON for realtime using socket.io and distributed systems using Kafka Who this book is for If you're a web developer with a basic understanding of JavaScript and want to write JSON data, integrate it with RESTful APIs to create faster and scalable applications, this book is for you.

The third edition of this book introduces the Porcelynne Pattern Drafting and Manipulation Method. This method is a mathematical approach to determining measurements for drafting. Jennifer Fairbanks approaches pattern manipulation and design unlike previous methods. Developing the methods used in this book was not only challenging, but it was also thorough. This third edition of Bare Essentials: Bras introduces drafting for torso shape and height. The Bare Essentials series is an invaluable resource for anyone entering into the field of lingerie design. This volume summarizes the basics of bra design, from sewing and construction to drafting and pattern grading; introducing these subjects in a manageable capacity. Bare Essentials is organized into three main sections based on the complexities of the information provided. Patterns for this book can be downloaded at Porcelynne.com. They are located as an option for the book. What you will learn: • Construction methods using elastics and stretch fabrics • Manipulation of basic patterns • Pattern drafting from measurements • Sloper

creation and complex pattern manipulation • Developing grade rules and grading patterns IT EssentialsPC Hardware and Software Companion GuidePearson Education LOGIC: THE ESSENTIALS concentrates on the fundaments of introductory logic. Practical in orientation and content, Essentials is loaded with class-tested, proven practice exercises. The book is tailored to address the needs of many of today's instructors who are challenged by time constraints but yet want to instill in their students a solid grasp of basic logical principles and the requisite skill to apply them in everyday life. This new text is based on the classic and bestselling textbook, A Concise Introduction to Logic, and nearly all of the exercises in the correlative chapters, so central to the effectiveness of that text, have been retained to ensure more than enough practice for students to master the central concepts. The text focuses largely on deductive logic, but it contains sufficient treatment of induction to provide a solid footing for informal fallacies. The result is a contemporary approach--more focused, more practical, less theoretical--built on a tradition of precise, elegant, and clear presentation of the subject matter of logic, both formal and informal. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version. Contributors represent a diverse denominational cross section and include Dennis Williams, Gary Bredfelt, Gordon Coulter, Michael J. Anthony, James Estep, Jr., Jane Carr, Mark Henze, Mark Simpson, Michelle Anthony, Richard Leyda, and Tony Buchanaan. Master the essentials of real estate law and develop a strong understanding of the role of the real estate paralegal with this concise, yet comprehensive text. Taking a case-based approach, ESSENTIALS OF PRACTICAL REAL ESTATE

LAW, 6e details the transactional aspects of the law needed to assist attorneys with closing real estate purchases, sales, and mortgage loans secured by real estate. Case summaries throughout give you a chance to practice your analytical skills and see how concepts are applied in practice. In addition, each chapter includes practical assignments and a self-study examination, along with numerous forms and checklists, to ensure that you are well prepared to work as a professional in real estate. Offering up-to-date coverage of technology and the impact of the recent recession, this resource reflects the latest laws and regulations of the industry. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version. Health Sciences & Professions

Master the essential principles of economics with the help of today's most popular educational economics series that's trusted worldwide. Mankiw's ESSENTIALS OF ECONOMICS, 9E uses a concise, inviting presentation that emphasizes only the material that helps you better understand the world and economy in which you live. You learn to become a more astute participant in today's economy with a strong understanding of both the potential and limits of economic policy. The latest relevant examples bring economic principles to life. Acclaimed author Gregory Mankiw explains, I tried to put myself in the position of

someone seeing economics for the first time. My goal is to emphasize the material that learners should and do find interesting about the study of the economy. Real scenarios, useful economic facts, and clear explanations demonstrate how economic concepts play a role in the decisions you make every day. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version. The Meaning of Marketing -- Marketing Strategy -- The Environment of Marketing Strategy -- Buyer Behavior -- Marketing Research -- Market Segmentation -- Developing Customer Loyalty -- Marketing in the Digital Age -- Product Strategy -- Prices -- Distribution -- Promotion -- Advertising -- Sales and Sales Management -- Controlling and Monitoring -- Ethical Considerations in Marketing. With the oil and gas industry facing new challenges—deeper offshore installations, more unconventional oil and gas transporting through pipelines, and refinery equipment processing these opportunity feedstocks--new corrosion challenges are appearing, and the oil and gas industry's infrastructure is only as good as the quality of protection provided and maintained. Essentials of Coating, Painting, and Linings for the Oil, Gas, and Petrochemical Industries is the first guide of its kind to directly deliver the necessary information to prevent and control corrosion for the components on the offshore rig, pipelines underground and petrochemical

equipment. Written as a companion to Cathodic Corrosion Protection Systems, this must-have training tool supplies the oil and gas engineer, inspector and manager with the full picture of corrosion prevention methods specifically catered for oil and gas services. Packed with real world case studies, critical qualifications, inspection criteria, suggested procedure tests, and application methods, Essentials of Coating, Painting, and Linings for the Oil, Gas and Petrochemical Industries is a required straightforward reference for any oil and gas engineer and manager. Understand how to select, prime and apply the right coating system for various oil and gas equipment and pipelines – both upstream and downstream Train personnel with listed requirements, evaluation material and preparation guides, including important environmental compliance considerations Improve the quality of your equipment, refinery and pipeline with information on repair and rejection principles

By staying current, remaining relevant, and adapting to emerging course needs, Operating System Concepts by Abraham Silberschatz, Peter Baer Galvin and Greg Gagne has defined the operating systems course through nine editions. This second edition of the Essentials version is based on the recent ninth edition of the original text. Operating System Concepts Essentials comprises a subset of chapters of the ninth edition for professors who want a shorter text and do not

cover all the topics in the ninth edition. The new second edition of Essentials will be available as an ebook at a very attractive price for students. The ebook will have live links for the bibliography, cross-references between sections and chapters where appropriate, and new chapter review questions. A two-color printed version is also available.

The following chapter comes from Mastering the Art of Asset Allocation, which focuses on the knowledge and nuances that will help you achieve asset allocation success. Asset allocation authority David Darst builds upon his bestselling The Art of Asset Allocation to explore every aspect of asset allocation from foundations through correlations, providing you with detailed techniques for understanding and implementing asset allocation in any portfolio.

AutoCAD is a premier PC-based drafting tool that has been used by millions of engineers, draftsmen, project managers, and engineering students since its inception in 1982. AutoCAD 2011 Essentials provides new and seasoned users with simple step-by-step procedures on how to create, modify, annotate, and add dimension to any engineering drawing. Use the DVD to set up drawing exercises, view all of the book's figures in full color, and draw with a trial version of AutoCAD 2011. Fifty-five "workshops" throughout the book simulate a full real-world project from concept to completion, without overlooking any of the

fundamental commands and functions of AutoCAD® 2011.

•• Additional exercises and activities for reinforcement• Authored by the course developers• Opportunity to begin the professional practice of maintaining a journal of networking knowledge

MODERN FOOD SERVICE PURCHASING is designed specifically to provide culinary arts professionals with current, in-depth coverage of the essential concepts of purchasing, storeroom operations, and financial stewardship. This comprehensive resource brings together under one cover the four fundamentals of contemporary food service purchasing: Market and distribution systems. Storeroom operations. Cost controls. Product information. Delivering a chef-focused overview of financial management and the formulas used to control a successful business, Modern Food Service Purchasing explains in detail how to set up a successful storeroom operation while providing chefs and buyers with a comprehensive reference that will deliver value for years to come. Extensive color photography, useful charts and forms, and a comprehensive glossary of key terms round out the coverage. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

Tried and true - build A&P confidence every step of the way! Here's the approach that makes A&P easier to master. A student-friendly writing style, superb art program, and learning opportunities in every chapter build a firm foundation in this must-know subject

to ensure success.

Preceded by Textbook of human disease in dentistry / Mark Greenwood, Robin A. Seymour, and John G. Meechan. 2009.

Providing a ready reference for the initial triage, collection of diagnostic samples, and management of a poisoning case, Small Animal Toxicology Essentials focuses on the most common poisons encountered by companion animals. From prevention to evaluation, monitoring, and treatment, the book is a guide for veterinary technicians to differentiate between significant and insignificant exposures and effectively manage animal poisonings. Emphasizing clinical signs, differential diagnoses, and case management, the book begins with the principles of veterinary toxicology, such as terminology, history-taking, and decontamination. The second half of the book is devoted to specific toxicants, including plants, metals, drugs, and household poisons. A companion website at www.wiley.com/go/poppenga provides review questions in Word and color images available for download into PowerPoint. Small Animal Toxicology Essentials is a useful resource for veterinary technicians, especially those with a interest in emergency and critical care, and veterinary technician students, as well as practicing veterinarians looking for an introduction to toxicology.

Thorough yet concise, ESSENTIALS OF STRATEGIC MANAGEMENT, Third Edition, is a brief version of the authors' market-leading text STRATEGIC MANAGEMENT: AN INTEGRATED APPROACH. Following the same framework as the larger book,

ESSENTIALS helps students identify and focus on core concepts in the field in a more succinct, streamlined format. Based on real-world practices and current thinking, the text's presentation of strategic management features an increased emphasis on the business model concept as a way of framing the issues of competitive advantage. Cutting-edge research, new strategic management theory, and a hands-on approach allow students to explore major topics in management, including corporate performance, governance, strategic leadership, technology, and business ethics. In addition, a high-quality case program examines small, medium, and large companies--both domestic and international--so that students gain experience putting chapter concepts into real-world practice in a variety of scenarios. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

The only authorized textbook for the Cisco Networking Academy Program. IT Essentials I: PC Hardware and Software Companion Guide, Second Edition is the Cisco approved textbook that supports version 3.x of the web-based course in the Cisco Networking Academy Program. The goal of IT Essentials I is to lay a foundation of the basic information required to assemble a computer and troubleshoot problems that occur. You learn how to properly install, configure, upgrade, troubleshoot, and repair PC hardware and software. The topics covered in this guide help prepare you to pass the CompTIA A+ certification exam to become a certified computer service

technician and pursue a future career in IT technology or simply be equipped with the knowledge of how a computer works. Use this Companion Guide as a portable desk reference to access the information for study and review at any time! Chapter objectives provide references to the concepts covered in each chapter, and an extensive glossary lists key terms and their definitions. In addition, review questions at the end of each chapter track progress and aid studying. This book also provides information on the careers available to an IT professional, detailing career paths, including related fields, degree fields, and the fields where certification is necessary. Throughout this book are references to worksheet and lab activities found in IT Essentials I: PC Hardware and Software Lab Companion. This lab companion provides you with ample opportunities for hands-on practice and thought-provoking review questions. Companion Titles for IT Essentials I: IT Essentials I: PC Hardware and Software Lab Companion Second Edition ISBN: 1-58713-138-2 IT Essentials I: PC Hardware and Software Engineering Journal and Workbook Second Edition ISBN: 1-58713-137-4 Companion CD-ROM This companion CD-ROM contains more than 800 comprehensive exam questions to review for the A+ and Server+ certification exams, 15 interactive e-Lab activities, 14 high-resolution PhotoZooms, and 28 video vignettes covering hardware and software installation. This book is part of the Cisco Networking Academy Program Series from Cisco Press. The products in this series support and complement the Cisco Networking Academy Program.

IT Essentials v7 Companion Guide supports the Cisco Networking Academy IT Essentials version 7 course. The course is designed for Cisco Networking Academy students who want to pursue careers in IT and learn how computers work, how to assemble computers, and how to safely and securely troubleshoot hardware and software issues. The features of the Companion Guide are designed to help you study and succeed in this course: · Chapter objectives–Review core concepts by answering the focus questions listed at the beginning of each chapter. · Key terms–Refer to the updated lists of networking vocabulary introduced, and turn to the highlighted terms in context. · Course section numbering–Follow along with the course heading numbers to easily jump online to complete labs, activities, and quizzes referred to within the text. · Check Your Understanding Questions and Answer Key–Evaluate your readiness with the updated end-of-chapter questions that match the style of questions you see on the online course quizzes. This book is part of the Cisco Networking Academy Series from Cisco Press®. Books in this series support and complement the Cisco Networking Academy.

People need to understand the information systems ramifications of the Health Insurance Portability and Accountability Act (HIPAA). They are eager to get unbiased and comprehensive information about what HIPAA means for them. This book, HIPAA@IT Essentials addresses that need. Content: This book is organized into the following three main chapters: 1. Transactions and Codes, 2. Privacy, and 3. Security. The Transactions and Codes Chapter relates to exchanges between healthcare providers and payers. The Chapter covers

transactions, code sets, identifiers, and impact. The Privacy Chapter focuses on the relationship between patients and the healthcare system, and the chapter addresses consent and authorize, access and amend, administration, other regulations, and impact. The Security Chapter explains how to keep information safe and covers: compliance life cycle, real-world security policy; computer security models; and technical security mechanisms. The healthcare providers and payers have agreed that standardization of the transactions between them would be helpful. Standards for transactions and code sets are vital to efficient and effective communication among healthcare organizations. The impact should be higher quality at less cost. Privacy relates to power. When one person has another person's private information, that other person loses some control. This power perspective sheds light on the intense conflict that surrounds privacy discussions. The Privacy Rule gives the patient strong rights over his or her information. The Security Chapter describes how organizations address the proposed Security Rule. Workflow management is vital to healthcare organizations and when done properly gives security as a derivative. Therefore, organizations should see the proposed Security Rule as a challenge to improve their workflow. The reader is assured that the author will watch for any changes in law or regulation. When a significant change occurs, such as a Final Rule is issued (or withdrawn), the author will make available updated information. Audience and Related Work Anyone working in or around healthcare could benefit by reading this book. The targeted audience is people in healthcare organizations that have some information systems responsibility. More particularly, managers in hospitals and information systems consultants have responsibilities that require them to know the content of this book. The book also serves many others, such as nurses or radiologists within the provider community, information

systems staff within an insurance company, and salespeople in consulting firms or lawyers. A company might use the books to help persuade staff about the relevance of HIPAA to a company's information policies and tools. The material assumes no particular background of the audience as regards information systems or healthcare. However, maturity is assumed in terms of understanding both healthcare and information systems.

Presents the contemporary classic depicting the struggles of a U.S. airman attempting to survive the lunacy and depravity of a World War II base

Sugar chains (glycans) are often attached to proteins and lipids and have multiple roles in the organization and function of all organisms. "Essentials of Glycobiology" describes their biogenesis and function and offers a useful gateway to the understanding of glycans.

We all want to look and feel good. We also want to perform well whether it's in the weight room, in sports, or at work. Research has shown exercise, proper nutrition, and adequate recovery affect health and human performance. However, there's lot of conflicting and confusing information regarding exercise and nutrition. In Essentials of Exercise and Sport Nutrition, author Dr. Richard B. Kreider offers an up-to-date assessment of the science and practice of exercise and sport nutrition. Kreider, who has conducted extensive research on the subject and has consulted with numerous teams, coaches, and athletes for more than thirty years, brings a scientific and applied perspective to discussing the latest research and how it can be used to optimize performance. He also provides summary recommendations, training programs, and meal plans for beginners through athletes, as well as for individuals who want to lose and/or manage their weight.

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