

Stress Check By Azumio

Management Association, Information Resources

Lifelogging for Organizational Stress Measurement Thomas Fischer, René Riedl, 2018-09-26 In recent decades, organizational stress researchers have repeatedly called for more longitudinal studies. This book argues that tools and devices that have been developed for the private or organizational domains could be helpful when it comes to studying longitudinal phenomena, as they offer unobtrusive measurement and are frequently employed by many individuals in daily life. In particular, the book examines lifelogging, a research field that addresses the computer-based collection of individual experiences. Further, it highlights areas in organizational stress research that benefit from insights in the lifelogging literature and provides a summary of tools that can be used for stress measurement. It also offers an overview of the latest research and current developments on lifelogging and organizational stress for researchers interested in self-measurement of stress-related effects and for organizational stress researchers.

Integrating Technology in Positive Psychology Practice Villani, Daniela, 2016-02-29 Most research on the psychological impact of computers and the Internet has focused on the negative side of technology – i.e. how the use (abuse) of interactive systems and videogames can negatively affect mental health and behavior. On the other hand, less attention has been devoted to understanding how emerging technologies can promote optimal functioning at individual, group, and community levels. *Integrating Technology in Positive Psychology Practice* explores the various roles that technology can play in the development of psychological interventions aimed at helping people thrive. Exploring the ways in which ICT can be utilized to foster positive emotions, promote engagement in empowering activities, and support connectedness between individuals, groups, and communities, this timely publication is designed for use by psychologists, IT developers, researchers, and graduate students.

Gaming and Technology Addiction: Breakthroughs in Research and Practice Management Association, Information Resources, 2016-08-05 Addiction is a powerful and destructive condition impacting large portions of the population around the world. While typically associated with substances such as drugs and alcohol, technology and gaming addiction have become a concern in recent years as technology use has become ubiquitous. *Gaming and Technology Addiction: Breakthroughs in Research and Practice* explores the social and psychological implications of technology and gaming addiction in addition to ways to manage and treat this unique form of addiction. Focusing on emerging research, case studies, and future outlooks, this comprehensive publication is an essential resource for psychologists, counselors, graduate-level students, and researchers studying psychology and technology use.

Pervasive and Mobile Sensing and Computing for Healthcare Subhas Chandra Mukhopadhyay, Octavian A. Postolache, 2012-09-14 The pervasive healthcare system focus towards achieving two specific goals: the availability of eHealth applications and medical information anywhere and anytime and the invisibility of computing. Furthermore, pervasive health system encompasses new types of sensing and communication of health information as well as new type of interactions among health providers and people, among patients, among patients and researchers and patients and corporations. This book aims at promoting the discussion on current trends in technologies and concepts that help integrate health monitoring and healthcare more seamlessly to our

everyday lives, regardless of space and time, but also present cutting edge perspectives and visions to highlight future development. The book presents not only the state of the art technologies and solutions to tackle the critical challenges faced by the building and development of the pervasive health system but also potential impact on society at social, medical and technological level.

Paleo from A to Z Darryl Edwards, 2015-09-14 A Paleo Lifestyle Encyclopaedia
If you are looking for a simple way to better understand Paleo concepts, Darryl's Paleo from A to Z guide is the go-to resource. Mark Sisson, best-selling author of *The Primal Blueprint* Looking for answers to your questions about Paleo living? Look no further! This Paleo encyclopaedia makes it easy to learn how to achieve better health by reducing the impact of foods and practices that didn't exist before the dawn of agriculture. Written in jargon-free language, Paleo from A to Z lists over 500 alphabetized topics and incorporates a simple cross-referencing system that links related subjects together--so you can find the answers to your questions quickly and easily. Not only does this handy guide provide you with the information you need to achieve better health through nutrition and lifestyle, it will also motivate you to stay on your journey to improved well-being with practical tips, tricks, and trivia. Topics covered in Paleo from A to Z include: * What foods to enjoy and avoid for a healthy Paleo diet * Toxic chemicals to dodge in your food, on your skin, and in your home * The role of inflammation in your body * Simple tips to improve sleep, reduce stress, and regain vitality * Whether you're new to Paleo living or you're an experienced practitioner, this is your go-to guide for living the healthy lifestyle that nature intended.

Textbook of Family Medicine E-Book David Rakel, Robert E. Rakel, 2015-02-02
This ninth edition of the *Textbook of Family Medicine*, edited by Drs. Robert E. Rakel and David P. Rakel, remains your #1 choice for complete guidance on the principles of family medicine, primary care in the community, and all aspects of clinical practice. Ideal for both residents and practicing physicians, this medical reference book includes evidence-based, practical information to optimize patient care and prepare you for the ABFM exam. A clean, quick-reference layout makes it easy for you to put information to work immediately in your practice. Gain a new understanding of the patient-centered medical home and how to achieve this status in outpatient clinics. Make the most effective care decisions with help from Evidence vs. Harm icons that guide you through key treatments of common medical conditions. Take advantage of today's most useful online resources with a convenient list of outstanding clinical websites. Quickly spot Best Evidence Recommendations with special boxes located throughout the text, and glean helpful tips on diagnosis and therapy from Key Points boxes found on every page. Quickly access content with an efficient new layout that includes more than 1,000 tables and full-color illustrations; treatment boxes for a concise overview of how to treat various conditions; Grade A SORT recommendations; and key points highlighting the major takeaways of each chapter. Take advantage of an enhanced focus on team-based care as the role of primary care providers evolves, and stay up to date on the most current practice guidelines with evidence-based information throughout. Remain at the forefront of the field with coverage on self-care, the emergence of tobacco alternatives such as e-cigarettes, and the changing picture of cancer in America.

Nordic Contributions in IS Research Harri Oinas-Kukkonen,Netta Iivari,Kari Kuutti,Anssi Öörni,Mikko Rajanen,2015-07-22 This book contains the refereed proceedings of the 6th Scandinavian Conference on Information Systems, SCIS 2015, held in Oulu, Finland, in August 2015. The theme for this book as well as for the conference is "Design for, with, and by Users." This theme has characterized information systems research already for decades, and it is still a vibrant topic, especially so within the Scandinavian tradition. The 16 full papers accepted for SCIS 2015 were selected from 44 submissions. In addition, two keynote extended abstracts and one keynote paper are included.

Beyond Training Ben Greenfield,2014 Presents a guide to achieving peak fitness capability by optimizing performance, fat loss, and brain function, covering such aspects of health as nutrition, training, recovery, stress and time management, sleep, and digestion.

Psychosocial Care of Cancer Survivors Cheryl Krauter,2018-06-14 Currently there is a crisis occurring in healthcare involving clinician burnout, emotional exhaustion, lack of inspiration, and loss of personal meaning. For clinicians caring for cancer survivors, these feelings are aggravated by facing the largely unknown realm of survivorship and the issues it brings to patients and clinicians alike. As the number of cancer survivors grows, psychosocial oncology clinicians are increasingly called upon to work with the long-term aftermath of a cancer diagnosis, which requires the capacity to address the emotional and psychosocial issues that are not part of a traditional medical education. Clinicians have plenty of textbooks, but fewer hands-on, interactive guides that teach these kinds of experiential lessons that can be used in their day-to-day work lives. This accessible workbook offers a way to think about these important ideas while providing a structure to implement humanistic clinical practices. Clinical skills, communication tools, empathy as a learned capacity, cultural humility, reflective and mindful exercises designed to increase relationship skills-all of these depend upon this mode of experiential learning, as it teaches useful practices and solutions in order to increase the efficacy and satisfaction of clinical work with cancer survivors and their communities. **Psychosocial Care of Cancer Survivors: A Clinician's Guide and Workbook for Providing Wholehearted Care** is a clinical resource for healthcare practitioners that presents person-centered care as an antidote to the distress both patients and clinicians face in cancer survivorship. It addresses questions of how to bring a humanistic approach and quality attention to the growing needs of patients in the post-treatment phase of a cancer diagnosis. As a workbook, it's both a guide and an applicable resource for daily clinical practice. It provides a needed structure for clinicians to help them reconnect with the meaningful aspects of their work. Designed for busy psychosocial oncology clinicians who may feel disconnected but don't fully understand why, this workbook addresses the need for a humanistic and pragmatic approach to the psychosocial issues that arise in their work with patients. Based on personal interviews with clinicians, written feedback from clinicians, and research describing the formidable demands facing professionals working in cancer healthcare, as well as the dangers of burnout, this is highly practical, interactive guide addresses the emotional and psychological concerns of both patient and clinician. This workbook will be a much-needed resource for humanizing cancer survivorship care. The book is presented in two parts: - Part I focuses on skillful means for providing humanistic patient care. -

Part II offers clinicians pragmatic structures and methods they can start using with patients right away, and provides a humanistic clinical framework that benefits them both personally and professionally. Clinicians will gain:

- Clinical skills vital to forming healing clinical relationships:
- Communication tools to enhance effective collaboration, such as personal and professional boundaries, the essentials of a healing relationship, stages of the clinical interview, collegial collaboration.
- Exercises designed for personal reflection and the implementation of the abovementioned clinical skills and communication tools.
- Useful practices and solutions to increase the efficacy and satisfaction of their work.

Written from the perspective of a clinician-survivor, *Psychosocial Care of Cancer Survivors* is about the healing power of relationship for both patient and practitioner as they negotiate the complex world of cancer survivorship.

Emotions, Technology, and Health, 2016-01-04 Emotions, Technology, and Health examines how healthcare consumers interact with health technology, how this technology mediates interpersonal interactions, and the effectiveness of technology in gathering health-related information in various situations. The first section discusses the use of technology to monitor patients' emotional responses to illness and its treatment, as well as the role of technology in meeting the fundamental human need for information. Section Two describes the use of technology in mediating emotions within and between individuals, and addresses the implications for the design and use of devices that gather behavioral health data and contribute to healthcare interventions. The final section assesses different situations in which technology is a key component of the health intervention—such as tablet use in educating elementary school students with social skills difficulty, physical activity monitoring for children at risk for obesity, and teleconferencing for older adults at risk of social isolation. Shows how information on the internet significantly affects the medical decision-making process for many consumers Describes current applications of social computing and quick access to mental health information on portable electronic devices Discusses how cyber-communication may both impair and enhance one's sense of humanity Details the role of visual media in mediating emotion and memory of time

Smart Fitness Claudio Gervasoni, 2013-07-05 L'uso dello smartphone e la pratica del fitness sono fenomeni in costante crescita in Italia: in media possediamo un cellulare e mezzo a testa, di cui oltre il 60% sono smartphone, e qualcosa come 33 milioni di italiani praticano, seppur in modo saltuario, qualche attività fisica per il proprio benessere. Il punto d'incontro tra questi due mondi sono le app per il fitness, ormai una vera e propria categoria a sé in ogni store: ce ne sono per ogni attività fisica e per ogni livello di preparazione. L'autore di questo libro, giornalista e collaboratore di riviste di fitness e hi-tech, le ha scaricate e testate una a una. Ne è nata una guida divisa per categorie di attività fisica, con preziosi consigli su come utilizzare al meglio le app per mantenersi in forma.

Big Data Bootcamp David Feinleib, 2014-09-26 Investors and technology gurus have called big data one of the most important trends to come along in decades. Big Data Bootcamp explains what big data is and how you can use it in your company to become one of tomorrow's market leaders. Along the way, it explains the very latest technologies, companies, and advancements. Big data holds the keys to delivering better customer service, offering more

attractive products, and unlocking innovation. That's why, to remain competitive, every organization should become a big data company. It's also why every manager and technology professional should become knowledgeable about big data and how it is transforming not just their own industries but the global economy. And that knowledge is just what this book delivers. It explains components of big data like Hadoop and NoSQL databases; how big data is compiled, queried, and analyzed; how to create a big data application; and the business sectors ripe for big data-inspired products and services like retail, healthcare, finance, and education. Best of all, your guide is David Feinleib, renowned entrepreneur, venture capitalist, and author of *Why Startups Fail*. Feinleib's *Big Data Landscape*, a market map featured and explained in the book, is an industry benchmark that has been viewed more than 150,000 times and is used as a reference by VMWare, Dell, Intel, the U.S. Government Accountability Office, and many other organizations. Feinleib also explains:

- Why every businessperson needs to understand the fundamentals of big data or get run over by those who do
- How big data differs from traditional database management systems
- How to create and run a big data project
- The technical details powering the big data revolution

Whether you're a Fortune 500 executive or the proprietor of a restaurant or web design studio, *Big Data Bootcamp* will explain how you can take full advantage of new technologies to transform your company and your career.

The South Asian Health Solution Ronesh Sinha, MD, 2014-01-03 *The South Asian Health Solution* is the first book to provide an ancestral health-based wellness plan culturally tailored for those of South Asian ancestry living in India, the United States and across the world – a population identified as being at the highest risk for heart disease, diabetes, obesity, and related conditions. Dr. Ronesh Sinha, an internal medicine specialist in California's Silicon Valley, sees high risk South Asian patients and runs education and wellness programs for corporate clients. He has taken many South Asians out of the high risk, high body mass category and helped them reverse disease risk factors without medications. His comprehensive lifestyle modification approach has been validated by cutting edge medical science and the real-life success stories he profiles throughout the book.

Журнал «Хакер» №02/2013 , 2017-05-20 «Хакер» – это культовый журнал для тех, кто страстно увлечен современными технологиями. Для тех, кто хочет развиваться в IT или просто быть на острие. В каждом номере: подробные HOWTO, практические материалы по разработке и администрированию, интервью с выдающимися людьми, создавших технологические продукты и известные IT-компании, и, конечно, экспертные статьи о хакерстве и информационной безопасности. Мы предельно открыто пишем о существующих проблемах, рассказывая, как их могут использовать злоумышленники. При этом легкость изложения, даже невероятно сложных тем, – наш конек. У издания нет аналогов ни в России, ни в мире. В номере: Стандартам вопреки Превращаем мобильный девайс в многофункциональный измерительный прибор Обзор эксплойтов Анализ свеженьких уязвимостей Если завтра – кибервойна 0 малвари настоящего, кибервойне будущего и роботах-официантах Кодинг для Windows 8 Испытываем новые инструменты для программирования под «восьмерку» Новый пройденный рубеж Обзор самых важных событий в мире Open Source за 2012 год Многослойная броня Создаем максимально безопасную среду для веб-проектов ASUS RT-AC66U Гигабит по воздуху уже сегодня! и многое другое

The Digital Pill Elgar Fleisch, Christoph Franz, Andreas Herrmann, 2021-03-22

The Digital Pill reflects on apps and digital projects launched by pharmaceutical companies in recent years, as well as the first accreditations for digital pills already issued by recognised regulators. The Digital Pill is essential reading for anyone working in, engaged with or interested in understanding the e-health community.

The Science of Health Disparities Research Irene Dankwa-Mullan, Eliseo J. Pérez-Stable, Kevin L. Gardner, Xinzhi Zhang, Adelaida M. Rosario, 2021-03-16 Integrates the various disciplines of the science of health disparities in one comprehensive volume The Science of Health Disparities Research is an indispensable source of up-to-date information on clinical and translational health disparities science. Building upon the advances in health disparities research over the past decade, this authoritative volume informs policies and practices addressing the diseases, disorders, and gaps in health outcomes that are more prevalent in minority populations and socially disadvantaged communities. Contributions by recognized scholars and leaders in the field—featuring contemporary research, conceptual models, and a broad range of scientific perspectives—provide an interdisciplinary approach to reducing inequalities in population health, encouraging community engagement in the research process, and promoting social justice. In-depth chapters help readers better understand the specifics of minority health and health disparities while demonstrating the importance of advancing theory, refining measurement, improving investigative methods, and diversifying scientific research. In 26 chapters, the book examines topics including the etiology of health disparities research, the determinants of population health, research ethics, and research in African American, Asians, Latino, American Indian, and other vulnerable populations. Providing a unified framework on the principles and applications of the science of health disparities research, this important volume: Defines the field of health disparities science and suggests new directions in scholarship and research Explains basic definitions, principles, and concepts for identifying, understanding and addressing health disparities Provides guidance on both conducting health disparities research and translating the results Examines how social, historical and contemporary injustices may influence the health of racial and ethnic minorities Illustrates the increasing national and global importance of addressing health disparities Discusses population health training, capacity-building, and the transdisciplinary tools needed to advance health equity A significant contribution to the field, The Science of Health Disparities Research is an essential resource for students and basic and clinical researchers in genetics, population genetics, and public health, health care policymakers, and epidemiologists, medical students, and clinicians, particularly those working with minority, vulnerable, or underserved populations.

The Bicycling Big Book of Training Danielle Kosecki, Editors of Bicycling Magazine, 2015-02-24 The Bicycling Big Book of Training is an encouraging, focused training book that will speak to beginner and intermediate cyclists without making them feel like novices. It covers all the information the reader needs to begin an effective training regimen. The book is divided into five sections that are then broken into miniguides for various cycling training disciplines. Cyclists will learn about how the body becomes fit and how that fitness translates to on-the-bike performance, while discovering the components of a successful training plan, including nutrition. Furthermore,

riding disciplines such as road racing, endurance events, cyclocross, mountain biking, and track are discussed at length so readers can figure out which activities are right for them. The Bicycling Big Book of Training is an excellent guide for anyone who wants to learn more about cycling and take their performance to the next level.

Mobile Solutions and Their Usefulness in Everyday Life Sara Paiva, 2018-12-11 This book provides an insight into recent technological trends and innovations in solutions and platforms to improve mobility of visually impaired people. The authors' goal is to help to contribute to the social and societal inclusion of the visually impaired. The book's topics include, but are not limited to, obstacle detection systems, indoor and outdoor navigation, transportation sustainability systems, and hardware/devices to aid visually impaired people. The book has a strong focus on practical applications tested in a real environment. Applications include city halls, municipalities, and companies that must keep up to date with recent trends in platforms, methodologies and technologies to promote urban mobility. Also discuss are broader realms including education, health, electronics, tourism, and transportation. Contributors include a variety of researchers and practitioners around the world.

M-Health Robert Istepanian, Swamy Laxminarayan, Constantinos S. Pattichis, 2007-01-04 M-health can be defined as the 'emerging mobile communications and network technologies for healthcare systems.' This book paves the path toward understanding the future of m-health technologies and services and also introducing the impact of mobility on existing e-health and commercial telemedical systems. M-Health: Emerging Mobile Health Systems presents a new and forward-looking source of information that explores the present and future trends in the applications of current and emerging wireless communication and network technologies for different healthcare scenarios. It also provides a discovery path on the synergies between the 2.5G and 3G systems and other relevant computing and information technologies and how they prescribe the way for the next generation of m-health services. The book contains 47 chapters, arranged in five thematic sections: Introduction to Mobile M-health Systems, Smart Mobile Applications for Health Professionals, Signal, Image, and Video Compression for M-health Applications, Emergency Health Care Systems and Services, Echography Systems and Services, and Remote and Home Monitoring. This book is intended for all those working in the field of information technologies in biomedicine, as well as for people working in future applications of wireless communications and wireless telemedical systems. It provides different levels of material to researchers, computing engineers, and medical practitioners interested in emerging e-health systems. This book will be a useful reference for all the readers in this important and growing field of research, and will contribute to the roadmap of future m-health systems and improve the development of effective healthcare delivery systems.

Networks of Control Wolfie Christl, Sarah Spiekermann, 2016-09-29

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Stress Check By Azumio Introduction

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