

Fast

Julian Birkinshaw,Jonas Ridderstråle

Fast Millie Belizaire,2020-07-07 fast adj. 1. A girl or guy who is quick to engage in sexual activities. --Oftentimes used to shame. Oftentimes used to blame victims for their own abuse. After the untimely death of her mother, Caprice Latimore has to move in with her grandmother. At eight years old, life as she knows it is turned upside down. The trauma of losing her mother is made worse with the introduction of Marcel, her grandmother's adult son who still lives in the home. Her uncle Marcel takes an inappropriate interest in her that ultimately results in a tragic breaking point for the child. The only silver lining is that shortly after what Caprice calls that night, Marcel is booked by local police with a drug possession charge. He's sentenced to prison for twelve years. Seven years later, however, Marcel is released on good behavior. Caprice is now sixteen, still dealing with the emotional scars of the past. But things aren't like they were before. Because now she has Shaun Taylor, the boy across the street who will do whatever it takes to make sure no one ever hurts Caprice again. fast is a standalone that spans twenty years. Separated into three acts, we watch Caprice grow from eight years old to sixteen years old to twenty-eight years old. She gets hurt, she falls in love, she grows, and she just might overcome. fast is a story written about victims who were made to feel like their abuse was their own fault. TRIGGER WARNINGS Child abuse, assault in prisons, mental instability, etc. Some themes touched upon in this story may trigger you. Please protect your mental health.

The 40-Day Social Media Fast Wendy Speake,2020-11-03 Are you addicted to your phone? Do you find yourself engaging online but unengaged at home with the people right in front of you? Do you spend hours scrolling through Facebook, Instagram, newsfeeds, and YouTube videos? Have your devices become divisive--dividing you from family and friends and, most importantly, God? What would happen if you took some time to fast from social media in order to get social with God and others once more? In the pattern of her popular 40-Day Sugar Fast, Wendy Speake offers you The 40-Day Social Media Fast. This screen sabbatical is designed to help you become fully conscious of your dependence on social media so you can purposefully unplug from screens and plug into real life with the help of a very real God. Take a break from everyone and everything you follow online. Disconnect in order to reconnect with the only One who said follow me.

Deep Learning for Coders with fastai and PyTorch Jeremy Howard,Sylvain Gugger,2020-06-29 Deep learning is often viewed as the exclusive domain of math PhDs and big tech companies. But as this hands-on guide demonstrates, programmers comfortable with Python can achieve impressive results in deep learning with little math background, small amounts of data, and minimal code. How? With fastai, the first library to provide a consistent interface to the most frequently used deep learning applications. Authors Jeremy Howard and Sylvain Gugger, the creators of fastai, show you how to train a model on a wide range of tasks using fastai and PyTorch. You'll also dive progressively further into deep learning theory to gain a complete understanding of the algorithms behind the scenes. Train models in computer vision, natural language processing, tabular data, and collaborative filtering Learn the latest deep learning techniques that matter most in practice Improve accuracy, speed, and reliability by understanding how deep learning models work Discover how to turn your models into web applications Implement deep learning algorithms from scratch Consider the ethical implications of your work Gain insight from the foreword by PyTorch cofounder, Soumith Chintala

Hold Fast Blue Balliett,2013-03-01 From NYT bestselling author Blue Balliett, the story of a girl who falls into Chicago's shelter system, and from there must solve the mystery of her father's strange disappearance. Where is Early's father? He's not the kind of father who would disappear. But he's gone . . . and he's left a whole lot of trouble behind.As danger closes in, Early, her mom, and her brother have to flee their apartment. With nowhere else to go, they are forced to move into a city shelter. Once there, Early starts asking questions and looking for answers. Because her father hasn't disappeared without a trace. There are patterns and rhythms to what's happened, and Early might be the only one who can use them to track him down and make her way out of a very tough place.With her signature, singular love of language and sense of mystery, Blue Balliett weaves a story that takes readers from the cold, snowy Chicago streets to the darkest corner of the public library, on an unforgettable hunt for deep truths and a reunited family.

How Fast is It? Ben Hillman,2008 In this third book by Ben Hillman, young readers will learn and see just how fast something is. By comparing objects such as the Thrust SSC (that's a Thrust-powered Super Sonic Car), an ostrich (don't underestimate the ostrich, my friend!), the human brain, and bamboo,wildly different objects are taken out of normal context and placed next to one another to allow for new and exciting perspectives. So just how fast is an ostrich? An ostrich would beat a top-notch professional cyclist in a ten-mile (sixteen km) race, hands down! While the best cyclists can race at blistering speeds of twenty-five miles per hour, the ostrich can run at forty-five miles per hour! Other books in the series that kids will enjoy: How Big Is It? and How Strong Is It?

Fail Fast, Fail Often Ryan Babineaux,John Krumboltz,2013-12-26 Bold, bossy and bracing, Fail Fast, Fail Often is like a 200-page shot of B12, meant to energize the listless job seeker. —New York Times What if your biggest mistake is that you never make mistakes? Ryan Babineaux and John Krumboltz, psychologists, career counselors, and creators of the popular Stanford University course “Fail Fast, Fail Often,” have come to a compelling conclusion: happy and successful people tend to spend less time planning and more time acting. They get out into the world, try new things, and make mistakes, and in doing so, they benefit from unexpected experiences and opportunities. Drawing on the authors’ research in human development and innovation, Fail Fast, Fail Often shows readers how to allow their enthusiasm to guide them, to act boldly, and to leverage their strengths—even if they are terrified of failure.

Stupid Fast Geoff Herbach,2011-06-01 Just before his sixteenth birthday, Felton Reinstein has a sudden growth spurt that turns him from a small, jumpy, picked-on boy with the nickname of Squirrel Nut to a powerful athlete, leading to new friends, his first love, and the courage to confront his family's past and current problems.

Fast Burn! Ian K. Smith, M.D.,2021-04-13 A motivational diet plan to blast fat—and keep it off—by Ian K. Smith, M.D., the #1 New York Times bestselling author of Clean & Lean. New York Times bestselling author Ian K. Smith, M.D.’s unique new plan takes intermittent fasting to the next level, combining the power of time-restricted eating with a detailed program that flips the body into a negative energy state, scorching fat on the way to weight loss and physical transformation. Many IF books leave readers to figure out what and how much they should eat during their feeding window, and even how long to fast each day. Smith knows that even readers highly motivated to change their weight and their health need marching orders, and they’re all here in Fast Burn!’s nine-week program. Dr. Ian believes in cleaner eating—forget perfect—and the two positively disruptive Jigsaw Weeks he works into his Fast Burn! program not only mix things up so Fast Burners stay on track, but introduce refreshing and less structured plant-based weeks to the program. Fast Burn! goes beyond the daily meal plan, but also includes simple and achievable exercises—with both gym and out-of-gym options—for every week as well as thirty-three recipes focusing on improved calorie quality, including the plan’s signature Burner Smoothie, to use throughout the three stages of the program.

Wicked Fast Bentley Warren,Bones Bourcier,2013-11 One of the most decorated short-track drivers of his generation, seven-time champion at New York’s Oswego Speedway, four-time ISMA series champ, and two-time Little 500 winner, Bentley Warren is also a self-taught entrepreneur, merry saloon-keeper, hot-rod Harley rider, and overall hell-raiser with a heart. WICKED FAST ė written with Bones Bourcier ė brings the reader into Bentley’s world. We promise, it’s a fun place to visit!

Falling Fast Sophie McKenzie,2012-03-01 This is life, not a rehearsal... When River auditions for a part in an inter-school performance of Romeo and Juliet, she finds herself smitten by Flynn, the boy playing Romeo. River believes in romantic love, and she can't wait to experience it. But Flynn comes from a damaged family - is he even capable of giving River what she wants? The path of true love never did run smooth...

Fast Fat Flush Millan Chessman,2020-02-07 Without your health, you have nothing. It is the very foundation by which everything else in life grows and flourishes. Without it, peace, joy, happiness, and purpose are absent, and the ability to express love and support to your family, spouse, employer, and friends can be lost and nonexistent. In pain and suffering, one is caught up totally into themselves and unable to serve and care for others. In five decades of practice as a fasting coach, this book's author observed over half of her clients suffered from depression. Today we have evidence that this is a result of toxicity and incorrect diet, resulting

in sickness, mentally and physically. Success in life's ambitions can become illusive. Many people state they eat clean and healthy, but further investigation as to what is being put into the body is actually fueling carcinogens, free radicals, toxicity, and disease, creating addictions to unhealthy (and deadly) foods. This prematurely steals life at an exponential rate. Many of our medical directives ensure the continuation of these cycles through toxic drugs and adulterated dietary guidelines. The most important approach to master a healthy condition is by taking steps outlined in this book through fasting, healthy eating, detoxification, vitamin/mineral supplementation, and, importantly, exercises. Fasting is the universal key to combating illness as well as keeping weight under control and never having to diet again for a lifetime. This is the ultimate guide to optimizing your health, the greatest asset you will ever possess. This book will guide you into a place of vibrant, purposeful, and glowing well-being, resulting in abundant life. It is not difficult. This book tells you how.

Fast/Forward Julian Birkinshaw, Jonas Ridderstråle, 2017-04-04 A guide to the adhocracy form of business management and how it can foster a company's success. The leading companies of the past twenty years have all harnessed the power of information to gain competitive advantage. But as access to big data becomes ubiquitous, it can no longer guarantee a leg up. Fast/Forward makes the case that we are entering a new era in which firms that understand the limits of 1s and 0s will take the lead. Whereas the industrial age saw the rise of bureaucracy, and the information age has been described as a meritocracy, we are witnessing the rise of adhocracy. In uncertain, rapidly-changing times, adhocratic organizations scan the horizon for winning opportunities. Then, instead of questing after more analysis, they respond with agility by making smart, intuitive decisions. Combining decisive action with emotional conviction, future-facing firms seize the day. Fast/Forward paints the big picture of a new approach to strategy and provides the necessary playbook to make your company fit for the future. Praise for Fast/Forward "Fast/Forward makes a compelling case for spontaneity, speed, and a willingness to lead with intuition. More importantly, it speaks to the leadership qualities required to implement its suggestions—providing practical ways to cultivate to those qualities." —Jeffrey Pfeffer, Stanford University, author of *Power: Why Some People Have It—and Others Don't* "[Birkinshaw and Ridderstråle] are on the right track: In an ever-faster, globalized world, companies not only need a compelling strategy, but also an adaptive and caring performance culture. To unleash their full ingenuity, we have to empower our colleagues to act like owners." —Joe Kaeser, President and CEO, Siemens AG "Big data is oversold as the most important facet of competitive advantage. Rather, breakthrough leaps of faith are necessary to achieve extraordinary results. Fast-Forward is full of practical advice about how to capitalize on this simple idea in order to forge your corporate future." —Anita McGahan, Rotman School of Management, author of *How Industries Evolve*

Fast Fiction Denise Jaden, 2014-01-15 Writers flock to National Novel Writing Month (NaNoWriMo) each November because it provides a procrastination-busting deadline. But only a fraction of the participants meet their goal. Denise Jaden was part of that fraction, writing first drafts of two subsequently published novels in that tight time frame. In *Fast Fiction*, she shows other writers how to do what she did, step-by-step, writer to writer. To ensure success, her program begins a month before the month of drafting. During this prep period writers think through plot, theme, characters, setting, etc. Then Jaden provides day-by-day coaching for the thirty-day drafting period. After writers "race to the finish," they are not left high and dry. Jaden's "After the Draft" revision tips allow writers to determine if a draft is not just workable but compelling, so that they don't waste months or years developing it. Her camaraderie and skill allow Jaden to both instruct and inspire.

Essential UML Aladdin Ayesh, 2002-07-24 *UML fast* introduces the concepts of object-oriented analysis, design and programming, using the Unified Modeling Language (UML). UML is one of the best known modeling languages in the object-oriented software development world, and is fast becoming a standard amongst OO software developers. The book contains plenty of examples and detailed illustrations, making it easy for readers to get up and running with UML fast. In providing these examples the author relies on one of the well known use case tools, Select Enterprise. Advice is given on how to set up Select Enterprise as well as how to use it to speed up the modeling process of practical software.

Fast Fuel: Food for Running Success Renee McGregor, 2016-10-18 No matter if you're running a 5k or a marathon, getting your training diet right is essential to maximise your performance. Renee McGregor, one of the UK's top sports nutritionists, explains the dietary plans needed to hit your goals as a runner. The science of what to eat, and why, is clearly and practically laid out for whatever kind of running you do. Meal plans are tailored to your running goals and cover what to eat on rest, easy, moderate and high-intensity training days. This includes how to get to grips with eating before, during and after running in the most efficient way for your body to fuel and restore itself, as well as marathon race meal plans and the top race day foods. Importantly, all of these meals and snacks are made for real people with real lives.

Thinking, Fast and Slow Daniel Kahneman, 2011-10-25 Major New York Times bestseller Winner of the National Academy of Sciences Best Book Award in 2012 Selected by the New York Times Book Review as one of the ten best books of 2011 A Globe and Mail Best Books of the Year 2011 Title One of The Economist's 2011 Books of the Year One of The Wall Street Journal's Best Nonfiction Books of the Year 2011 2013 Presidential Medal of Freedom Recipient Kahneman's work with Amos Tversky is the subject of Michael Lewis's *The Undoing Project: A Friendship That Changed Our Minds* In his mega bestseller, *Thinking, Fast and Slow*, Daniel Kahneman, the renowned psychologist and winner of the Nobel Prize in Economics, takes us on a groundbreaking tour of the mind and explains the two systems that drive the way we think. System 1 is fast, intuitive, and emotional; System 2 is slower, more deliberative, and more logical. The impact of overconfidence on corporate strategies, the difficulties of predicting what will make us happy in the future, the profound effect of cognitive biases on everything from playing the stock market to planning our next vacation—each of these can be understood only by knowing how the two systems shape our judgments and decisions. Engaging the reader in a lively conversation about how we think, Kahneman reveals where we can and cannot trust our intuitions and how we can tap into the benefits of slow thinking. He offers practical and enlightening insights into how choices are made in both our business and our personal lives—and how we can use different techniques to guard against the mental glitches that often get us into trouble. Winner of the National Academy of Sciences Best Book Award and the Los Angeles Times Book Prize and selected by The New York Times Book Review as one of the ten best books of 2011, *Thinking, Fast and Slow* is destined to be a classic.

Fast Software Encryption Antoine Joux, 2011-06-24 This book constitutes the thoroughly refereed post-conference proceedings of the 18th International Workshop on Fast Software Encryption, held in Lyngby, Denmark, in February 2011. The 22 revised full papers presented together with 1 invited lecture were carefully reviewed and selected from 106 initial submissions. The papers are organized in topical sections on differential cryptanalysis, hash functions, security and models, stream ciphers, block ciphers and modes, as well as linear and differential cryptanalysis.

Compute as Fast as the Engineers Can Think! ULTRAFast COMPUTING TEAM FINAL REPORT R. T. Biedron, 1999

Fast Quantitative Magnetic Resonance Imaging Guido Buonincontri, Joshua Kaggie, Martin Graves, 2020-02-20 Among medical imaging modalities, magnetic resonance imaging (MRI) stands out for its excellent soft-tissue contrast, anatomical detail, and high sensitivity for disease detection. However, as proven by the continuous and vast effort to develop new MRI techniques, limitations and open challenges remain. The primary source of contrast in MRI images are the various relaxation parameters associated with the nuclear magnetic resonance (NMR) phenomena upon which MRI is based. Although it is possible to quantify these relaxation parameters (qMRI) they are rarely used in the clinic, and radiological interpretation of images is primarily based upon images that are relaxation time weighted. The clinical adoption of qMRI is mainly limited by the long acquisition times required to quantify each relaxation parameter as well as questions around their accuracy and reliability. More specifically, the main limitations of qMRI methods have been the difficulty in dealing with the high inter-parameter correlations and a high sensitivity to MRI system imperfections. Recently, new methods for rapid qMRI have been proposed. The multi-parametric models at the heart of these techniques have the main advantage of accounting for the correlations between the parameters of interest as well as system imperfections. This holistic view on the MR signal makes it possible to regress many

individual parameters at once, potentially with a higher accuracy. Novel, accurate techniques promise a fast estimation of relevant MRI quantities, including but not limited to longitudinal (T1) and transverse (T2) relaxation times. Among these emerging methods, MR Fingerprinting (MRF), synthetic MR (syMRI or MAGIC), and T1–T2 Shuffling are making their way into the clinical world at a very fast pace. However, the main underlying assumptions and algorithms used are sometimes different from those found in the conventional MRI literature, and can be elusive at times. In this book, we take the opportunity to study and describe the main assumptions, theoretical background, and methods that are the basis of these emerging techniques. Quantitative transient state imaging provides an incredible, transformative opportunity for MRI. There is huge potential to further extend the physics, in conjunction with the underlying physiology, toward a better theoretical description of the underlying models, their application, and evaluation to improve the assessment of disease and treatment efficacy.

Architectures and Synthesizers for Ultra-low Power Fast Frequency-Hopping WSN Radios Emanuele Lopelli,Johan van der Tang,Arthur H.M. van Roermund,2010-11-19 Wireless sensor networks have the potential to become the third wireless revolution after wireless voice networks in the 80s and wireless data networks in the late 90s. Unfortunately, radio power consumption is still a major bottleneck to the wide adoption of this technology. Different directions have been explored to minimize the radio consumption, but the major drawback of the proposed solutions is a reduced wireless link robustness. The primary goal of Architectures and Synthesizers for Ultra-low Power Fast Frequency-Hopping WSN Radios is to discuss, in detail, existing and new architectural and circuit level solutions for ultra-low power, robust, uni-directional and bi-directional radio links. Architectures and Synthesizers for Ultra-low Power Fast Frequency-Hopping WSN Radios guides the reader through the many system, circuit and technology trade-offs he will be facing in the design of communication systems for wireless sensor networks. Finally, this book, through different examples realized in both advanced CMOS and bipolar technologies opens a new path in the radio design, showing how radio link robustness can be guaranteed by techniques that were previously exclusively used in radio systems for middle or high end applications like Bluetooth and military communications while still minimizing the overall system power consumption.

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Table of Contents Fast

1. Understanding the eBook Fast	◦ Participating in Virtual Book Clubs
◦ The Rise of Digital Reading Fast	◦ Following Authors and Publishers Fast
◦ Advantages of eBooks Over Traditional Books	9. Balancing eBooks and Physical Books Fast
2. Identifying Fast	◦ Benefits of a Digital Library
◦ Exploring Different Genres	◦ Creating a Diverse Reading Collection Fast
◦ Considering Fiction vs. Non-Fiction	10. Overcoming Reading Challenges
◦ Determining Your Reading Goals	◦ Dealing with Digital Eye Strain
3. Choosing the Right eBook Platform	◦ Minimizing Distractions
◦ Popular eBook Platforms	◦ Managing Screen Time
◦ Features to Look for in an Fast	11. Cultivating a Reading Routine Fast
◦ User-Friendly Interface	◦ Setting Reading Goals Fast
4. Exploring eBook Recommendations from Fast	◦ Carving Out Dedicated Reading Time
◦ Personalized Recommendations	12. Sourcing Reliable Information of Fast
◦ Fast User Reviews and Ratings	◦ Fact-Checking eBook Content of Fast
◦ Fast and Bestseller Lists	◦ Distinguishing Credible Sources
5. Accessing Fast Free and Paid eBooks	13. Promoting Lifelong Learning
◦ Fast Public Domain eBooks	◦ Utilizing eBooks for Skill Development
◦ Fast eBook Subscription Services	◦ Exploring Educational eBooks
◦ Fast Budget-Friendly Options	14. Embracing eBook Trends
6. Navigating Fast eBook Formats	◦ Integration of Multimedia Elements
◦ ePub, PDF, MOBI, and More	◦ Interactive and Gamified eBooks
◦ Fast Compatibility with Devices	
◦ Fast Enhanced eBook Features	
7. Enhancing Your Reading Experience	
◦ Adjustable Fonts and Text Sizes of Fast	
◦ Highlighting and Note-Taking Fast	
◦ Interactive Elements Fast	
8. Staying Engaged with Fast	
◦ Joining Online Reading Communities	

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