

Boost

Octavian Lascu, Jannie Houlbjerg, Kazuhiro Nakajima, Paul Schouten, IBM Redbooks

Boost Kathy Mackel,2008-09-04 Thirteen-year-old Savvy's three-point shot is deadly. But she gets pushed around on the basketball court. Her older sister, Callie, is on varsity cheerleading, but she's not light enough to be a flier - her coveted position. Both girls need to boost their level of competition to get into the action. How far are they willing to go to be the best?

The Boost C++ Libraries Boris Schäling, The second edition of The Boost C++ Libraries introduces 72 Boost libraries that provide a wide range of useful capabilities. They help you manage memory and process strings more easily. They provide containers and other data structures that go well beyond what the standard library offers. They make it easy to build platform-independent network applications. Simply put, these 72 libraries greatly expand your C++ toolbox. The second edition contains more than 430 examples. All examples are as short as possible, but they are complete, so you can compile and run them as is. They show you what the Boost libraries offer and give you a head start on using the libraries in your own applications. The goal of this book is to increase your efficiency as a C++ developer and to simplify software development with C++. The Boost libraries introduced in this book will help you write less code with fewer bugs and finish projects faster. You code will be more concise and self-explanatory and more easily adapted when requirements change. The second edition is based on the Boost libraries 1.55.0 and 1.56.0 with the latter version having been released in August 2014. The examples are based on C++11 and have been tested with Visual Studio 2013, GCC 4.8 and Clang 3.3 on various platforms. For Boost libraries which were incorporated into the C++11 standard library, differences between Boost and the standard library are highlighted. The Boost libraries are one of the most important and influential open source C++ libraries. Their source code is available under a permissive free software license. Several Boost libraries have been incorporated into the C++11 standard library. The Boost libraries are developed and supported by the Boost community - a worldwide developer community with a strong interest in pushing C++ boundaries further.

The LEGO BOOST Activity Book Daniele Benedettelli,2018-11-27 At last, fans of the LEGO BOOST robot building kit have the learning resource they've been missing! Enter The LEGO BOOST Activity Book: a full-color guide that will help readers learn how to build and code LEGO creations that move, explore their environment, grab and lift objects, and more. The LEGO BOOST kit lets younger builders create fun, multifunctional robots by combining bricks with code, but it doesn't come with a manual. With the help of this complete guide to the LEGO BOOST set, you'll be on your way to building and programming BOOST robots in no time. You'll begin your exploration by building a basic rover robot called MARIO to help you learn the fundamentals of the BOOST programming environment. Next, you'll add features to your rover to control its movement and make it repeat actions and react to colors and sounds. Once you've learned some programming basics, you'll learn how to program your robot to do things like follow lines on the ground, scan its environment to decide where to go, and even play darts. As final projects, you'll create two complete robots: BrickPecker to help you organize your bricks and CYBOT, a robot that talks, shoots objects, and executes voice commands. As you advance through the book, optional lessons aim to deepen your understanding of basic robotics concepts. Brain BOOSTer sections let you dig into the math and engineering behind your builds while a host of experiments seek to test your skills and encourage you to do more with your robots. With countless illustrations, extensive explanations, and a wealth of coding examples to guide you, The LEGO BOOST Activity Book is sure to take you from beginning builder to robotics whiz and give your robot-building brain that needed boost!

The Boost Stephen Baker,2014-05-20 Working in a government office that updates networked brain chips credited with leading humanity to its most significant cognitive leap in history, software prodigy Ralf attempts to stop privacy-invading surveillance only to be murderously targeted by a powerful lobbyist. By the author of The Numerati. 15,000 first printing.

Boost! Michael Bar-Eli,2018 To perform better in any situation - in your career, hobbies, relationships, or in any facet of your life - it is critical to develop psychological skills, which, just like physical abilities, can be taught, learned, and practiced. Both as individuals and as groups, we can tone these psychological skills and use them to heighten awareness, foster talents and technical abilities, and reach peak performance. Mental preparedness and psychological awareness are the keys to thriving in any environment. Few understand the importance of psychological skills better than the internationally recognized professor Michael Bar-Eli. As both a sports and organizational psychologist for more than 35 years, Bar-Eli has not only researched the science of performance but has also worked directly with elite athletes, coaches, and teams to help them improve their success on the court or field. Boost! takes the lessons he's learned from sports psychology and translates them for leaders and managers at any stage in their career. With prescriptive advice, Bar-Eli illustrates how anyone can apply these lessons to better support and inspire co-workers and employees and create a sustainable, successful working environment and business. Boost! breaks down the complex behavioral science of getting ahead. Through original scientific research, unique case studies, and anecdotes from the world of sports and beyond, Bar-Eli explains the psychological underpinnings of human behavior and how we can harness this knowledge to perform at our highest levels, succeeding in our careers and personal lives.

Boost Jamie Gruman,Deirdre Healey,2018-06-01 This is a book about recovery. Not recovery from drugs, alcohol, or surgery, but recovery from the numerous and relentless demands we face in handling our everyday obligations. These demands take a toll on us. Regardless of whether they come from paid employment, caring for young children, looking after elderly parents, or trying to get through graduate school, our daily obligations weigh heavily on us. They deplete our energy. They drain us of motivation. They leave us feeling weary and exhausted. If you tend to feel worn out and want to know how to replenish yourself, this book is for you. We should be able to recover from our daily obligations during our downtime. But many of us don't. In this book we will explain why downtime is inadequate for helping us recharge our batteries, and present you with an effective alternative. Recent scientific developments from around the globe have shed light on the processes that reverse the draining effects of our obligations and help us successfully recover in our leisure time. Not only that, research also reveals that when effective recovery occurs it not only recharges our batteries, but makes us feel happier, makes us healthier, and makes us better at handling the demands that drained us in the first place. We call this boosting to reflect the multi-pronged benefits of successful recovery. In this book we draw on the most cutting-edge science to explain how to transform our ineffective downtime into valuable uptime. Uptime is the time away from our obligations that successfully satisfies the factors that lead us to feel replenished, recharged, recovered, and gives us a boost. Praise for Boost: "Boost has deep implications for everyone" ~ From the Foreword by Shawn Achor, New York Times, bestselling author of Big Potential and The Happiness Advantage "This book is bound to change your life! Writing in an informative, and highly engaging style, Gruman and Healey bring to light a revolutionary new way of dealing with the intensity of everyday obligations. This is by far one of the most comprehensive integrations of modern science and seasoned wisdom in positive psychology. I highly recommend this book." ~ Mirella De Civita, PhD President of Papillon MDC, Founder of Grand Heron International, author of The Courage to Fall into Life 'Boost' does just that! It gives you a lift! This book provides practical and encouraging examples of how to re-energize in the midst of our challenged and time pressured lives. An enjoyable and extremely beneficial read. ~ Chris Kotsopoulos CEO, Children's Wish Foundation of Canada Do you want to know how to recharge? Boost is a must read for you. This fantastic book helps those of us wanting to understand the impact of replenishing ourselves on enhancing our connections, productivity, and happiness, and provides strategies to seriously improve the quality of our lives. ~ Lola Bendana Director, Multi-Languages Corporation "In the age of doing more with less, what every busy working person needs most is proven, practical strategies for staying

productive and focused. This book delivers. After all I've read and heard about the energy crisis in today's workplace, Boost told me a lot I didn't know—and will apply, starting now." ~ Rona Maynard Former Editor of Chatelaine, Author of My Mother's Daughter "In today's world of smartphones, tablets, and relentless connectivity, it is almost impossible to find a reprieve from the stresses of our day to day lives. Gruman and Healey provide clear, well articulated, evidence-based guidance in their expertly written book. Boost is an essential read for anyone looking to live life to the fullest." ~ Marie-Helene Budworth, PhD Associate Professor, School of Human Resource Management, York University

101 Ways To Boost Your Math Skills Susan Shafer, 2004

Boost Steve Brewer, 2004 Another hard-hitting, fast-paced crime novel from acclaimed author Steve Brewer

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Maximum Boost Corky Bell, 1997-08-10 Whether you're interested in better performance on the road or extra horsepower to be a winner on the track, this book gives you the knowledge you need to get the most out of your engine and its turbocharger system. Find out what works and what doesn't, which turbo is right for your needs, and what type of set-up will give you that extra boost. Bell shows you how to select and install the right turbo, how to prep your engine, test the systems, and integrate a turbo with EFI or carbureted engine.

Boost Irrevocable Trust Boost Irrevocable Trust, 2023-12-29

Signal Boost Alyssa Cole, 2019-08-12 "This trilogy gets better with each book." – Library Journal "Cole's Off the Grid series succeeds because it captures the unsettling details of its dystopian setting beautifully, but also because its main characters are so very human and relatable." –RT Book Reviews When technology stopped working, the world as they knew it ended. In a secluded cabin, John and his loved ones have survived. He should feel grateful. But his family is in his face 24/7, he has to watch his best friend, Arden, and brother, Gabriel, flaunt their love, and as a techie in a Luddite world he's pretty much useless. The cabin is brimming with people, but he feels utterly alone. Until he catches Mr. Tall, Blond and Gorgeous raiding their garden. Mykhail is an astrophysics student, he makes John's gaydar ping like crazy and he thinks he knows what caused the devastation. He's on a journey to his university to find answers, and John invites himself along. Partly to get out of the house, and partly because he can't let Mykhail go without acting on the mutual attraction that's so obvious even John's mom is playing matchmaker. The closer they get to campus, the more Mykhail lets down his walls. But with answers come secrets both devastating and deadly, and before they can save the world, they'll have to save themselves. This book is approximately 69,000 words And don't miss the rest of the Off the Grid series: Radio Silence and Mixed Signals are available now! Originally published in 2015

The LEGO BOOST Idea Book Yoshihito Isogawa, 2018-09-25 The LEGO® BOOST® Idea Book contains dozens of ideas for building simple robots with the LEGO BOOST set. The LEGO® BOOST® Idea Book explores 95 creative ways to build simple robots with the LEGO BOOST set. Each model includes a parts list, minimal text, screenshots of programs, and colorful photographs from multiple angles so you can re-create it without step-by-step instructions. You'll learn to build robots that can walk and crawl, shoot and grab objects, and even draw using a pen! Each model demonstrates handy mechanical principles that you can use to come up with your own creations. Models come with building hints and ideas for putting your own spin on things. Best of all, every part you need to build these models comes in the LEGO BOOST Creative Toolbox (set #17101).

You Get What You Get Julie Gassman, 2013-07 Melvin learns how to deal with disappointment.

Introducing IBM Z System Recovery Boost Octavian Lascu, Jannie Houlbjerg, Kazuhiro Nakajima, Paul Schouten, IBM Redbooks, 2022-09-12 This IBM® Redpaper publication introduces System Recovery Boost (SRB), which is a firmware feature that was introduced with IBM z15™ and enhanced on IBM z16™. SRB delivers substantially faster system shutdown and restart, short duration Recovery Process Boosts (RPBs) for sysplex events, and fast catch-up of an accumulated backlog of mission-critical workloads after specific events (such as system restart). SRB is a firmware feature that is available on IBM z15 and IBM z16 central processor complexes (CPCs), and it requires operating system support for use. It is available on older systems. Always check the latest firmware and software for available SRB functions. The IBM Z server generations that are described in this paper are available as the following machine types and models (MTMs): Machine Type 3931 (M/T 3931) Model A01, which is identified as IBM z16 Model A01. Machine Type 8561 (M/T 8561) Model T01, which is identified as IBM z15 Model T01. Machine Type 8562 (M/T 8562) Model T02, which is identified as IBM z15 model T02.

101 Ways to Boost Your Business Andrew Griffiths, 2006 A collection of practical business, financial, legal and personal tips to help your business survive and prosper.

Boost Steve Brewer, 2005 Brewer is acclaimed for his strong, unique, humorous voice, drawing comparisons to Hassen, Leonard and Block.

The Hormone Boost Natasha Turner, 2016-12-27 New York Times bestselling author Dr. Natasha Turner returns with a simple and effective weight-loss plan that harnesses the power of the six hormones linked to strength, energy, and weight loss. When it comes to metabolism, energy, immunity, memory, mood, and strength, who doesn't need a boost now and then? The Hormone Boost is the first book to provide an extensive, scientific overview of the six hormones that influence weight loss. Although it is widely accepted that the thyroid hormones control weight loss efforts, Dr. Turner reveals how the impact of five other hormones—testosterone and DHEAs, adiponectin, growth hormone, adrenaline, and glucagon—are equally important when trying to lose weight. In Dr. Turner's previous bestselling books, she taught you how to identify and solve hormonal imbalances. In The Hormone Boost, she focuses on optimizing what's right and includes a revolutionary plan that has been proven effective for everyone, not just those experiencing symptoms of hormone disruption. With more than 60 recipes and a simple Pick-4 guide to creating meals, smoothies, and salads, the book makes getting the right balance of carbs, fat, and protein easy. The Hormone Boost is chock-full of tips and positive research findings and features daily progress tracking aids and a weekly workout plan that emphasizes strength training. The book also includes advice about supplements for accelerating fat loss, improving sleep, digestion, and skin appearance, as well as building strong muscles and bones. You will find inspiration in the success stories from Dr. Turner's clinical practice and TV belly-fat makeovers. Rather than merely targeting weight loss, The Hormone Boost offers total wellness. No more deprivation, irritability, hunger, or fatigue that so often accompany diets. Dr. Turner's plan will have you energized from the start!

Get a Boost with Green Smoothie Recipes Amy Zulpa, 2014-09-22 Green smoothies are among the greatest (and often over-looked) secrets of health and wellness. By simply combining particular common plants in specific ways, young and old alike can kick-start or regenerate their body's own health system. Get a Boost with Green Smoothie Recipes lays out the secrets of the ancients and their benefits for modern people. It shows how we can make plants more attractive and gastronomically better for modernized fussy eaters, and more importantly, how we can also make them beautifully delicious. This book explains how, and contains more than 40 recipes to trigger weight loss and improve health, as well as some great guidelines on how to make a scrumptious smoothie. The smoothie is also a great way to detox the body and get on a

healthier eating plan. If you are trying to provide your family with the necessary amount of vitamins and minerals that they need in their diet, then Get a Boost with Green Smoothie Recipes might be just what you're looking for.

The Boost Stephen Baker,2014-05-20 Ralf is a software prodigy. He works in the US government office that updates the software in the population's boosts-networked supercomputers contained in a chip implanted within the brains of 99 percent of the world's population. Invented by Chinese researchers in 2032, the boost is credited with leading humanity to its most significant cognitive leap since the discovery of fire. Days before a national upgrade, Ralf notices that the update includes an open surveillance gate-meaning that Americans, who had negotiated high levels of privacy with the Chinese manufacturers, will now be subjected to the invasive Chinese standard. Ralf attempts to hack the boost, but is caught by agents working for Washington's preeminent lobbyist. His boost is ripped from his head, and Ralf barely escapes with his life. Pursued by the lobbyist's mercenary cadre, Ralf flees to the US-Mexico border, where there are others like him-wild humans on the fringes of society, unenhanced by technology. It's a frightening and backward world controlled by powerful drug lords. Ralf's only hope is to somehow work with these wild bosses of the analog world-in hopes of winning back freedom in the digital one. At the Publisher's request, this title is being sold without Digital Rights Management Software (DRM) applied.

The Top Books of the Year Boost The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous captivating novels captivating the hearts of readers worldwide. Lets delve into the realm of popular books, exploring the captivating narratives that have enthralled audiences this year. The Must-Read : Colleen Hoover "It Ends with Us" This heartfelt tale of love, loss, and resilience has gripped readers with its raw and emotional exploration of domestic abuse. Hoover skillfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can prevail. Boost : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This spellbinding historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids absorbing storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens "Where the Crawdads Sing" This evocative coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens crafts a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These bestselling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of engaging stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a exceptional and gripping novel that will keep you wondering until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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