

Burntcalories

Albert A Gayle

Burn That Alex Chuiko,2018-01-27 Losing 20 kilos in 8 weeks might seem an impossible mission but with this book things will will be made smooth and easy. Your personal « Burn That Diary» will help you record your progress. Besides presenting the system of effective weight loss, the author discloses the secrets of keeping the weight off and feeling great.

You're Fat! Now Lose It! M J Specogna,2007-09 A Simple Diet and Walking Fitness Program helped the Author lose 70 Pounds in 6 months! No unrealistic and complicated diets or fitness exercise programs to lose pounds. Just a simple program, outlined in easy to understand words. No colonics, enemas, or other bizarre methods to lose pounds. This works! If the author did it, you certainly can too! Take a look at the author's before and after pictures to confirm his weight loss.

Smart Sensors for Industrial Internet of Things Deepak Gupta,Victor Hugo C. de Albuquerque,Ashish Khanna,Purnima Lala Mehta,2021-02-01 This book brings together the latest research in smart sensors technology and exposes the reader to myriad industrial applications that this technology has enabled. The book emphasizes several topics in the area of smart sensors in industrial real-world applications. The contributions in this book give a broader view on the usage of smart sensor devices covering a wide range of interdisciplinary areas like Intelligent Transport Systems, Healthcare, Agriculture, Drone communications and Security. By presenting an insight into Smart Sensors for Industrial IoT, this book directs the readers to explore the utility and advancement in smart sensors and their applications into numerous research fields. Lastly, the book aims to reach through a mass number of industry experts, researchers, scientists, engineers, and practitioners and help them guide and evolve to advance research practices.

How to Love Your Body and Get the Body You Love Yaana Gupta,2011-12-13 Do you look in the mirror and dislike what you see? Are you always trying different diets? Do you feel guilty if you overeat? You're not the only one. For sixteen years, model and actress Yaana Gupta struggled with her body and the way she felt about it. She tried every diet, worked out constantly but the fears remained. In *How to Love Your Body (and get the body you love)*, Yaana writes about how she got the balance back in her life and learnt to love herself. Using her own experiences, she gives you easy to follow eating advice and the real lowdown on food from the right portions to eat to being healthy on the go. She also gives you great tips - how to understand the nutrition labels, the great dabba trick and the best snack to eat when you get a late-night hunger attack. Finally Yaana teaches you the greatest lesson of all - how you can learn to love and accept your body. Because without it, she argues, no weight loss will ever make you happy.

Rebirth H. Castillero,2015-10-19 If you feel defeated because of personal tragedies, broken promises, and unfulfilled dreams, you are not alone. But you can still hit the reset button and experience rebirth through a journey of self-realization and spiritual evolution. You can combat destructive thinking patterns, improve your physical well-being, and find purpose and meaning for your life. Based on the personal experiences of a registered yoga teacher, *Rebirth: Change Your Life through Yoga Mind X* offers a method for finding the true guru inside yourself through a renewal of your mind, body, and soul. It describes the principles of Yoga Mind X, a method for transforming your world with your mind and reaching your highest potential. Through meditation and breathing techniques, yoga postures, and energy healing, you can improve your quality of life and embark on your own rebirth journey. Embrace your uniqueness and magnificence as a human being; experience gratitude for all your blessings; and use your talents and skills to bring love, peace, and hope to yourself and others. This self-improvement guide presents a methodology for the renewal of your mind, body, and soul through a path of self-realization and spiritual evolution.

Journal of the Society of Chemical Industry Society of Chemical Industry (Great Britain),1920

Image Processing and Communications Challenges 9 Michał Choraś,Ryszard S. Choraś,2017-09-27 Presenting a series of research papers on image processing and communications, this book not only provides a summary of currently available technologies but also outlines potential future solutions in these areas. Gathering the proceedings of the 9th International Conference on Image Processing and Communications (IP&C 2017), held in Bydgoszcz, Poland, on September 13–14, 2017, the book is divided into three parts. Part I addresses image processing, offering a comprehensive survey of different methods of image processing and discussing computer vision. In turn, Part II presents novel works in algorithms and methods and showcases formal and practical advances. Lastly, Part III examines networks, communications and a diverse range of applications.

The Iron Age ,1920

Journal of Gas Lighting and Water Supply ,1906

Weight Loss: Tathastu Bhushan Gaonkar,2021-04-07 Don't eat rice Eat only salads Banana is fattening Have only olive oil Walk for 90 mins Skip your dinner Some do get results in terms of weight loss by following such practices, but ask yourself: Is it sustainable? Can you be on a diet for ages? No, right! This book is conceptualised to give the following message: You don't need a magical diet to get fit. Instead, you need to build a good lifestyle. This message is elucidated with real-life examples and practical tips. I am not the first and surely not the last to write about this topic. Some amazing authors have written about it. So what is different about my book? Concepts do not change much; I have correlated these concepts with real-life examples I came across, working with different people. Throughout the book, there are tips towards this end, those that have been tried and tested by many, including me, my family, and the people I have worked with, where I have seen fantastic and sustainable results. While the title of this book is *Weight Loss: Tathastu*, this is not just about losing weight, but taking the right steps for living a healthy life. And when you do that, weight loss has to happen (Tathastu).

The Keane Edge Brian Keane,2022-01-06 Brian Keane's philosophy is simple: any diet will work so long as you stick to it. His goal is clear: to help you find the mindset and unique personal motivation that will enable you to stick to your fitness and nutrition plan and become leaner, stronger and healthier. Ireland's leading fitness podcaster has already helped thousands of people lose body fat and change their relationship with food. By getting your mindset right first, achieving your nutrition and fitness goals becomes simple and possible as never before, giving you the edge on real, lasting fat loss for life. 'Full of tips and tools to help you master your mindset and discover what works best for your health and fitness.' Anna Geary 'Inspiring, helpful and full of facts.' Trisha Lewis 'Brian's passion for

health and fitness shines through.'Karl Henry

Live2Eat, Eat2Live Anita Aange-Koomen,2022-06-04 Forget diets. Beat addictions. Don't give up, but live up. If there would be a pill (without side effects) for guaranteed happiness, would you buy it? You probably would, because «being happy» is the highest goal of every human being, for which we sacrifice everything. Well, such a pill exists. It has no annoying side effects, it's FREE, and you have a «not good, money back» guarantee. It's not even difficult to get it: you have it in your hands right now, but it only works if you take a few pages every day. No starvation and torture sports in this book. Eating is a party and life is fun. If you want to get healthy, slim, fit, and happy, the best way is to slowly-but-surely change your habits. Twelve 7-course dinners full of information, about nutrition and healthy habits, invite you to take a step forward every month, with pleasure, just keep going, even after you have reached your goal. This way, everyone can do it. That is good news. Do you already feel a little happier? Of course you do. It's already working. And you haven't even bought the medicine yet.

Proceedings Institution of Mechanical Engineers (Great Britain),1882

Producer Gas Joseph Emerson Dowson,Alfred Tabois Larter,1912

Point-of-Care Technologies Enabling Next-Generation Healthcare Monitoring and Management Sandeep Kumar Vashist,John H.T. Luong,2019-02-20 This book describes the emerging point-of-care (POC) technologies that are paving the way to the next generation healthcare monitoring and management. It provides the readers with comprehensive, up-to-date information about the emerging technologies, such as smartphone-based mobile healthcare technologies, smart devices, commercial personalized POC technologies, paper-based immunoassays (IAs), lab-on-a-chip (LOC)-based IAs, and multiplex IAs. The book also provides guided insights into the POC diabetes management software and smart applications, and the statistical determination of various bioanalytical parameters. Additionally, the authors discuss the future trends in POC technologies and personalized and integrated healthcare solutions for chronic diseases, such as diabetes, stress, obesity, and cardiovascular disorders. Each POC technology is described comprehensively and analyzed critically with its characteristic features, bioanalytical principles, applications, advantages, limitations, and future trends. This book would be a very useful resource and teaching aid for professionals working in the field of POC technologies, in vitro diagnostics (IVD), mobile healthcare, Big Data, smart technology, software, smart applications, biomedical engineering, biosensors, personalized healthcare, and other disciplines.

Global Thoughts, Local Designs Torkil Clemmensen,Venkatesh Rajamanickam,Peter Dannenmann,Helen Petrie,Marco Winckler,2018-05-29 This book contains revised selected papers presented at 4 workshops held at the 16th IFIP TC 13 International Conference on Human-Computer Interaction, INTERACT 2017, in Mumbai, India, in September 2017. The workshops are: Workshop on Dealing with Conflicting User Interface Properties in User-Centered Development Processes (IFIP WG 13.2 and 13.5), Workshop on Cross Cultural Differences in Designing for Accessibility and Universal Design Organizers (IFIP WG 13.3), Human Work Interaction Design Meets International Development (IFIP WG 13.6), and Beyond Computers: Wearables, Humans, and Things - WHAT! (IFIP WG 13.7). The 15 full papers included in this volume were carefully reviewed and selected from numerous submissions. They show advances in the field of HCI dealing with topics such as human-centered computing, user interface design, evolutionary user interface prototyping, end-user development systems, accessibility design, human work interaction design, and wearables.

Stress-o-Paedia Chitra Jha,2015-03-15 Are you constantly being urged to become better, smarter, fitter, richer, more beautiful or more powerful than others around you? v Is living in this increasingly competitive world causing you stress? Are you always busy and have no time for what you really want to do? Is the mis-alignment of your decisions with your heart's desires making you feel stressed? Are you in that space where your emotional needs are not being met with and you do not feel nurtured by your relationships? Is stress making you implode with health problems or explode in a fit of temper? Do you unconsciously look for quick-fix solutions through eating, shopping, sleeping, gambling, smoking, drinking or procrastinating? Are you looking to transcend your stressed space and find freedom? If you want answer for all these stress-related questions, then this is THE book for you. Whatever be the cause of your stress and however challenging may be the problem, situation, or issue you are currently facing in your life, it has only one purpose for being in your experience – and that purpose is your growth and evolution. Chitra Jha, teaches you how to find and celebrate that purpose by offering compassion to yourself and to your stressors. Through Stress-o-paedia - A detailed guide for a stress-free life, Chitra Jha helps you find your wings of freedom and lead you in your unique journey of becoming stress-free.

5 secrets to lose weight and not gain it back Daniele Esposito,2018

Astrology: In New Perspective Vijay Kumar Lal,2018-01-17 This book contains an in depth and a new perspective on Life Style Management and Personality Development. It provides guiding principles based on Total Quality Management of the personality, to promote and develop the physical, mental and spiritual health in present and future by maintaining a balanced Mind-Body Relationship. Every individual is unique and incomparable with respect to its character, behaviour, nature and system of interaction with the environment.Everyone has a speciality in a specific area of life and these elements are the basic tools for a balanced personality and sound health. This Book contains all the merits and demerits of the mental and physical condition of the body, as well as unique specialties, positive and negative qualities that an individual possesses and by its analysis, how one can achieve a balanced personality. This Book serves the purpose of a Guru or Teacher for readers. Reading this book will help an individual to analyze himself in detail. The rich experience gained over 45 years of consulting experiences in the field of personality development and career management and the judgment of in-depth research done for more than 56000 individual personalities on their life events are included in this book.

Proceedings of the Canadian Society of Civil Engineering Annual Conference 2021 Scott Walbridge,Mazdak Nik-Bakht,Kelvin Tsun Wai Ng,Manas Shome,M. Shahria Alam,Ashraf el Damatty,Gordon Lovegrove,2022-05-25 This book comprises the proceedings of the Annual Conference of the Canadian Society of Civil Engineering 2021. The contents of this volume focus on specialty conferences in construction, environmental, hydrotechnical, materials, structures, transportation engineering, etc. This volume will prove a valuable resource for those in academia and industry.

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