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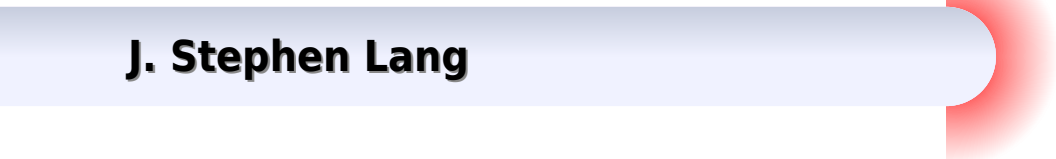
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Self Help Quick Start

J. Stephen Lang



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The Self-Care Habit: The 4-Step Formula to Ditch the Stress and Find Your Flow Aditi Ramchandani, 2022-09-01 Imagine how the world would be if we were less stressed more fulfilled and truly happy If this feels like a faraway reality it's only because we've given our power away to stress When we can truly hone the skills to manage stress we will have the space energy and clarity to take back our power and our lives For most of us stress is ruling our lives and stealing our joy We are more exhausted worn out and dissatisfied than ever and are dying literally and figuratively for another way Stress is reducing our immunity our energy levels and our ability to think clearly and make empowered decisions 90% of doctor visits are due to stress and as a society we are sicker than ever The good news is it doesn't have to stay this way The solution to stress is self care Microsoft recently released a study in 2021 that proves small breaks can dramatically decrease stress levels and improve our ability to focus Self care doesn't have to take a lot of time and it doesn't have to cost a lot of money What it requires is your attention and the right tools The mission of this book is to teach simple stress management tools that will transform your life As a society we were never taught this important life skill at school at home or at work and this book is here to change that Shifting your relationship to stress will allow you to lead forward with clarity and confidence If we as a collective learned the skills to manage stress we would be a more innovative productive and happier society In this book you will learn a stress management technique to clear mental fog breakthrough tension and have greater focus joy and balance This book will teach you how to self care in a way that nurtures your entire being your mind body and spirit It can be used as an informational guide as well as a step by step manual to create your own personalized self care practice The author Aditi kickstarted her wellness journey after facing her own personal health challenges At 20 years old she experienced a half paralyzed face due to stress and battled with years of depression burnout and dissatisfaction while trying to keep up with the fast pace of hustle culture She became a Certified Life Health Coach to help herself and others As a life coach and emotional wellness speaker she equips working professionals with tools to reduce burnout and create the personal success and happiness they desire In her healing journey Aditi released 60 pounds of emotional weight off her body quit her corporate job

to pursue entrepreneurship full time and lived as a digital nomad for 3 years road tripping across the country Aditi is a certified Life Coach through The Life Coach School a certified Health Coach through The Institute of Integrative Nutrition and is currently pursuing Yoga Teacher Training with Blue Moon Yoga She combines the knowledge of her versatile training and intuitive guidance with her own twist that is digestible and fun She teaches emotional and cognitive tools to help professionals create greater mental and physical wellness It is her personal mission to equip others with the wellness tools that were never taught in school Aditi loves to travel speak and teach around the world at in person and online events

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platforms required to begin developing blockchain based business networks WHAT YOU WILL LEARN Acquaint yourself with the blockchain s application cases and primary benefits Consensus models distributed networks and cryptography techniques are well understood Recognize how smart contracts and cryptocurrencies work Familiarize yourself with the HyperLedger Fabric and Ethereum Examine the Blockchain as a Service BaaS model platform user interfaces infrastructure and network WHO THIS BOOK IS FOR This book is intended for prospective blockchain developers technical consultants and anybody who is interested in learning and exploring the principles of blockchain technology including the distributed systems networking cryptography and smart contracts Having prior knowledge around IT systems would be preferred TABLE OF CONTENTS 1 Cryptography The Basics 2 Understanding Distributed Ledger Technology and Blockchain 3 Consensus Models in Blockchain 4 Cryptocurrency 5 Ethereum Smart Contract and dApps 6 Hyperledger Fabric 7 Blockchain Trends

Microsoft Power BI Quick Start Guide Devin Knight,Mitchell Pearson,Bradley Schacht,Erin Ostrowsky,2020-10-30 An accessible fast paced introduction to all aspects of Power BI for new or aspiring BI professionals data analysts and data visualizers Purchase of the print or Kindle book includes a free eBook in the PDF format Key Features Updated with the latest features in Power BI including Dataflow AI insights visuals and row level security Get faster and more intuitive data insights using Microsoft Power BI and its business intelligence capabilities Build accurate analytical models reports and dashboards Book Description This revised edition has been fully updated to reflect the latest enhancements to Power BI It includes a new chapter dedicated to dataflow and covers all the essential concepts such as installation designing effective data models as well as building basic dashboards and visualizations to help you and your organization make better business decisions You ll learn how to obtain data from a variety of sources and clean it using Power BI Query Editor You ll then find out how you can design your data model to navigate and explore relationships within it and build DAX formulas to make your data easier to work with Visualizing your data is a key element in this book and you ll get to grips rapidly with data visualization styles and enhanced digital storytelling techniques In addition you will acquire the skills to build your own dataflows understand the Common Data Model and automate data flow refreshes to eradicate data cleansing inefficiency This guide will help you understand how to administer your organization s Power BI environment so that deployment can be made seamless data refreshes can run properly and security can be fully implemented By the end of this Power BI book you ll have a better understanding of how to get the most out of Power BI to perform effective business intelligence What you will learn Connect to data sources using import and DirectQuery options Use Query Editor for data transformation and data cleansing processes including writing M and R scripts and dataflows to do the same in the cloud Design optimized data models by designing relationships and DAX calculations Design effective reports with built in and custom visuals Adopt Power BI Desktop and Service to implement row level security Administer a Power BI cloud tenant for your organization Use built in AI capabilities to enhance Power BI data transformation techniques Deploy your Power BI desktop files into the Power BI

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