

Heartwork The Path Of Self Compassion 9 Practices

The Mindful Path to Self-Compassion A Practical Guide to EMDR Therapy Twisted Network Programming Essentials Warrior Concepts, Applications, and Simulations in Combinatorics TensorFlow for Machine Intelligence The Theosophical Path A Commentary on St. Paul's Epistles to the Ephesians, Philippians, Colossians, and to Philemon Serious Python Data Analytics and Management in Data Intensive Domains Mountain Path Raspberry Pi and AVR Projects The Antivirus Hacker's Handbook Education Lamps and Paths A Selection of Lectures Delivered Before the Sunday Lecture Society Rust Programming By Example The Theosophist What is and what Might be Electrical Engineer Christopher K. Germer Ytje van Pelt Abe Fettig Geoff Thompson Drivet, Alessio Mr. Rohit Manglik Joseph Agar Beet Julien Danjou Panos Pardalos Cefn Hoile Joxean Koret Theodore Thornton Munger Sunday Lecture Society, London Guillaume Gomez Edmond Holmes

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this wise eloquent and practical book illuminates the nature of self compassion and offers easy to follow scientifically grounded steps for incorporating it into daily life vivid examples and innovative exercises make this an ideal resource for readers new to mindfulness

this emdr guide offers essential evidence based tools and strategies to help clinicians effectively treat trauma and mental health challenges this first english language edition presents a concise trauma informed approach grounded in the adaptive information processing aip model offering updated strategies for new and seasoned clinicians it introduces six trauma sensitive pathways for identifying core memories and provides flexible trans diagnostic tools for treating complex posttraumatic stress disorder cptsd and other clinical challenges with clear case examples and step by step guidance the guide connects theory to practice in diverse settings unlock your free ebook with your print purchase accessible anytime on springer publishing connect key features step by step emdr therapy guidance for cptsd co occurring

conditions and trauma related disorders builds clinical competencies in trauma focused care using evidence based emdr strategies includes clinical case examples structured protocols and adaptable interventions written by expert emdr clinicians grounded in the aip model equips professionals with the latest research and innovations to optimize emdr interventions

written for developers who want build applications using twisted this book presents a task oriented look at this open source python based technology

combinatorics the mathematical study of counting and combinations plays a foundational role across various scientific and technological disciplines to understand complex networks and algorithms combinatorics helps with cryptography and statistical physics as the field evolves using advanced applications and computer base simulations become integral using combinatorial structures and hypothesis by blending abstract theory with practical computation modern combinatorics continues to drive innovation and discovery across mathematics and beyond concepts applications and simulations in combinatorics offers a comprehensive yet accessible exploration of combinatorics emphasizing its relevance across different educational levels it examines the philosophical and practical significance of discrete mathematics highlighting how combinatorics supports critical thinking and problem solving in diverse fields covering topics such as combinatorial calculus graph counting and probability this book is an excellent resource for mathematicians researchers academicians educators and more

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an indispensable collection of practical tips and real world advice for tackling common python problems and taking your code to the next level features interviews with high profile python developers who share their tips tricks best practices and real world advice gleaned from years of experience sharpen your python skills as you dive deep into the python programming language with serious python you ll cover a range of advanced topics like multithreading and memorization get advice from experts on things like designing apis and dealing with databases and learn python internals to help you gain a deeper understanding of the language itself written for developers and experienced programmers serious python brings together over 15 years of python experience to teach you how to avoid common mistakes write code more efficiently and build better programs in less time as you make your way through the book s extensive tutorials you ll learn how to start a project and tackle topics like versioning layouts coding style and automated checks you ll learn how to package your software for distribution optimize performance use the right data structures define functions efficiently pick the right libraries build future proof programs and optimize your programs down to the bytecode you ll also learn how to make and use effective decorators and methods including abstract static and class methods employ python for functional programming using generators pure functions and functional

functions extend flake8 to work with the abstract syntax tree ast to introduce more sophisticated automatic checks into your programs apply dynamic performance analysis to identify bottlenecks in your code work with relational databases and effectively manage and stream data with postgresql if you ve been looking for a way to take your python skills from good to great serious python will help you get there learn from the experts and get seriously good at python with serious python

this book includes the revised selected papers from the 26th international conference on data analytics and management in data intensive domains damdid rcdl 2024 held in nizhny novgorod russia during october 22 25 2024 the 15 full papers and 5 short papers presented in this volume were carefully reviewed and selected from 71 submissions they focus on conceptual modeling and ontologies generative and transformer based models machine learning methods and applications and statistical methods and applications

as an incredibly cheap credit card sized computer the raspberry pi is breaking down barriers by encouraging people of all ages to experiment with code and build new systems and objects and this book provides readers with inspiring and insightful examples to explore and build upon written for intermediate to seasoned raspberry pi users this book explores four projects from around the world explained by their makers these projects cover five major categories in the digital maker space music light games home automation and the internet of things

hack your antivirus software to stamp out future vulnerabilities the antivirus hacker s handbook guides you through the process of reverse engineering antivirus software you explore how to detect and exploit vulnerabilities that can be leveraged to improve future software design protect your network and anticipate attacks that may sneak through your antivirus line of defense you ll begin building your knowledge by diving into the reverse engineering process which details how to start from a finished antivirus software program and work your way back through its development using the functions and other key elements of the software next you leverage your new knowledge about software development to evade attack and exploit antivirus software all of which can help you strengthen your network and protect your data while not all viruses are damaging understanding how to better protect your computer against them can help you maintain the integrity of your network discover how to reverse engineer your antivirus software explore methods of antivirus software evasion consider different ways to attack and exploit antivirus software understand the current state of the antivirus software market and get recommendations for users and vendors who are leveraging this software the antivirus hacker s handbook is the essential reference for software reverse engineers penetration testers security researchers exploit writers antivirus vendors and software engineers who want to understand how to leverage current antivirus software to improve future applications

discover the world of rust programming through real world examples key features implement various features of rust to build blazingly fast applications learn to build gui applications using gtk rs explore the multi threading aspect of rust to tackle problems in concurrency and in distributed environments book description rust is an open source safe concurrent practical language created by mozilla it runs blazingly fast

prevents segfaults and guarantees safety this book gets you started with essential software development by guiding you through the different aspects of rust programming with this approach you can bridge the gap between learning and implementing immediately beginning with an introduction to rust you ll learn the basic aspects such as its syntax data types functions generics control flows and more after this you ll jump straight into building your first project a tetris game next you ll build a graphical music player and work with fast reliable networking software using tokio the scalable and productive asynchronous io rust library over the course of this book you ll explore various features of rust programming including its sdl features event loop file i o and the famous gtk widget toolkit through these projects you ll see how well rust performs in terms of concurrency including parallelism reliability improved performance generics macros and thread safety we ll also cover some asynchronous and reactive programming aspects of rust by the end of the book you ll be comfortable building various real world applications in rust what you will learn compile and run the rust projects using the cargo rust package manager use rust sdl features such as the event loop windows infinite loops pattern matching and more create a graphical interface using gtk rs and rust sdl incorporate concurrency mechanism and multi threading along with thread safety and locks implement the ftp protocol using an asynchronous i o stack with the tokio library who this book is for this book is for software developers interested in system level and application programming who are looking for a quick entry into using rust and understanding the core features of the rust programming it s assumed that you have a basic understanding of java c ruby python or javascript

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