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**VCP-DCV Official Cert Guide** John Davis 2020-06-20 VCP-DCV Official Cert Guide, Fourth Edition helps you systematically prepare for your VCP-DCV 2019 exam by mastering all key exam objectives associated with vSphere v.6.7. Thoroughly updated for VMware's 2019 exam changes, it offers an exceptionally well-organized and efficient test-preparation system based on proven series elements and techniques. Chapter-opening Do I Know This Already? quizzes help you decide how much time you need to spend on each section, exam topic lists make referencing easy, and chapter-ending Exam Preparation Tasks help you drill on the key concepts you must know thoroughly. The companion website contains a powerful Pearson IT Certification Practice Test engine that enables you to focus on individual topic areas or take a complete, timed exam. The assessment engine tracks your performance and provides feedback on a module-by-module basis, laying out a complete assessment of your knowledge to help you focus your study where it is needed most. Leading VMware consultants, trainers, and data center experts John A. Davis, Steve Baca, and Owen Thomas share preparation hints and test-taking tips, helping you identify areas of weakness and improve conceptual knowledge and hands-on skills. Material is presented concisely, focusing on promoting understanding and retention. Coverage includes: vSphere prerequisites Storage and network infrastructure (physical and virtual) vCenter Server features Clusters and virtual machines VMware product integration High availability solutions Securing vSphere Planning and performing vSphere installations Configuring vSphere (SSO and Virtual Networking) Monitoring resources VM configuration and performance Managing networking, storage, security, clusters, resources, vCenter Server, and VMs Well regarded for its detail, assessment features, comprehensive scenarios, and challenging review questions and exercises, this official study guide helps you master the concepts and techniques that will enable you to succeed on the exam the first time.

*Getting Started with the Internet of Things* Cuno Pfister 2011-05-24 This hands-on introductory guide will quickly show how to program embedded devices using the .NET Micro Framework and the Netduino Plus board, and then connect these devices to the Internet using Pachube, a cloud platform for sharing real-time sensor data.

**Learning Malware Analysis** Monnappa K A 2018-06-29 Understand malware analysis and its practical implementation Key Features Explore the key concepts of malware analysis and memory forensics using real-world examples Learn the art of detecting, analyzing, and investigating malware threats Understand adversary tactics and techniques Book Description Malware analysis and memory forensics are powerful analysis and investigation techniques used in reverse engineering, digital forensics, and incident response. With adversaries becoming sophisticated and carrying out advanced malware attacks on critical infrastructures, data centers, and private and public organizations, detecting, responding to, and investigating such intrusions is critical to information security professionals. Malware analysis and memory forensics have become must-have skills to fight advanced malware, targeted attacks, and security breaches. This book teaches you the concepts, techniques, and tools to understand the behavior and characteristics of malware through malware analysis. It also teaches you techniques to investigate and hunt malware using memory forensics. This book introduces you to the basics of malware analysis, and then gradually progresses into the more advanced concepts of code analysis and memory forensics. It uses real-world malware samples, infected memory images, and visual diagrams to help you gain a better understanding of the subject and to equip you with the skills required to analyze, investigate, and respond to malware-related incidents. What you will learn Create a safe and isolated lab environment for malware analysis Extract the metadata associated with malware Determine malware's interaction with the system Perform code analysis using IDA Pro and x64dbg Reverse-engineer various malware functionalities Reverse engineer and decode common encoding/encryption algorithms Reverse-engineer malware code injection and hooking techniques Investigate and hunt malware using memory forensics Who this book is for This book is for incident responders, cyber-security investigators, system administrators, malware analyst, forensic practitioners, student, or curious security professionals interested in learning malware analysis and memory forensics. Knowledge of programming languages such as C and Python is helpful but is not mandatory. If you have written few lines of code and have a basic understanding of programming concepts, you'll be able to get most out of this book.

*Rewire Your Brain* John B. Arden, PhD 2010-03-22 How to rewire your brain to improve virtually every aspect of your life-based on the latest research in neuroscience and psychology on neuroplasticity and evidence-based practices Not long ago, it was thought that the brain you were born with was the brain you would die with, and that the brain cells you had at birth were the most you would ever possess. Your brain was thought to be "hardwired" to function in predetermined ways. It turns out that's not true. Your brain is not hardwired, it's "softwired" by experience. This book shows you how you can rewire parts of the brain to feel more positive about your life, remain calm during stressful times, and improve your social relationships. Written by a leader in the field of Brain-Based Therapy, it teaches you how to activate the parts of your brain that have been underactivated and calm down those areas that have been hyperactivated so that you feel positive about your life and remain calm during stressful times. You will also learn to improve your memory, boost your mood, have better relationships, and get a good night sleep. Reveals how cutting-edge developments in neuroscience, and evidence-based practices can be used to improve your everyday life Other titles by Dr. Arden include: Brain-Based Therapy-Adult, Brain-Based Therapy-Child, Improving Your Memory For Dummies and Heal Your Anxiety Workbook Dr. Arden is a leader in integrating the new developments in neuroscience with psychotherapy and Director of Training in Mental Health for Kaiser Permanente for the Northern California Region

Explaining exciting new developments in neuroscience and their applications to daily living, Rewire Your Brain will guide you through the process of changing your brain so you can change your life and be free of self-imposed limitations.

*The Girl Who Could Fly* Victoria Forester 2008-06-24 You just can't keep a good girl down . . . unless you use the proper methods. Piper McCloud can fly. Just like that. Easy as pie. Sure, she hasn't mastered reverse propulsion and her turns are kind of sloppy, but she's real good at loop-the-loops. Problem is, the good folk of Lowland County are afraid of Piper. And her ma's at her wit's end. So it seems only fitting that she leave her parents' farm to attend a top-secret, maximum-security school for kids with exceptional abilities. School is great at first with a bunch of new friends whose skills range from super-strength to super-genius. (Plus all the homemade apple pie she can eat!) But Piper is special, even among the special. And there are consequences. Consequences too dire to talk about. Too crazy to consider. And too dangerous to ignore. At turns exhilarating and terrifying, Victoria Forester's debut novel has been praised by Stephenie Meyer, author of the Twilight saga, as "the oddest/sweetest mix of Little House on the Prairie and X-Men...Prepare to have your heart warmed." The Girl Who Could Fly is an unforgettable story of defiance and courage about an irrepressible heroine who can, who will, who must . . . fly. This title has Common Core connections. Praise for Victoria Forester and The Girl Who Could Fly: "It's the oddest/sweetest mix of Little House on the Prairie and X-Men. I was smiling the whole time (except for the part where I cried). I gave it to my mom, and I'm reading it to my kids—it's absolutely multigenerational. Prepare to have your heart warmed." Stephenie Meyer, author of the Twilight saga "In this terrific debut novel, readers meet Piper McCloud, the late-in-life daughter of farmers...The story soars, just like Piper, with enough loop-de-loops to keep kids uncertain about what will come next....Best of all are the book's strong, lightly wrapped messages about friendship and authenticity and the difference between doing well and doing good."--Booklist, Starred Review "Forester's disparate settings (down-home farm and futuristic ice-bunker institute) are unified by the rock-solid point of view and unpretentious diction... any child who has felt different will take strength from Piper's fight to be herself against the tide of family, church, and society."--The Horn Book Review The Girl Who Could Fly is a 2009 Bank Street - Best Children's Book of the Year.

**The Uninhabitable Earth** David Wallace-Wells 2020 "It is worse, much worse, than you think. If your anxiety about global warming is dominated by fears of sea-level rise, you are barely scratching the surface of what terrors are possible. In California, wildfires now rage year-round, destroying thousands of homes. Across the US, "500-year" storms pummel communities month after month, and floods displace tens of millions annually. This is only a preview of the changes to come. And they are coming fast. Without a revolution in how billions of humans conduct their lives, parts of the Earth could become close to uninhabitable, and other parts horrifically inhospitable, as soon as the end of this century. In his travelogue of our near future, David Wallace-Wells brings into stark relief the climate troubles that await -- food shortages, refugee emergencies, and other crises that will reshape the globe. But the world will be remade by warming in more profound ways as well, transforming our politics, our culture, our relationship to technology, and our sense of history. It will be all-encompassing, shaping and distorting nearly every aspect of human life as it is lived today. Like An Inconvenient Truth and Silent Spring before it, The Uninhabitable Earth is both a meditation on the devastation we have brought upon ourselves and an impassioned call to action. For just as the world was brought to the brink of catastrophe

within the span of a lifetime, the responsibility to avoid it now belongs to a single generation"--

Mindshift Barbara Oakley, PhD 2017-04-18 Mindshift reveals how we can overcome stereotypes and preconceived ideas about what is possible for us to learn and become. At a time when we are constantly being asked to retrain and reinvent ourselves to adapt to new technologies and changing industries, this book shows us how we can uncover and develop talents we didn't realize we had—no matter what our age or background. We're often told to "follow our passions." But in Mindshift, Dr. Barbara Oakley shows us how we can broaden our passions. Drawing on the latest neuroscientific insights, Dr. Oakley shepherds us past simplistic ideas of "aptitude" and "ability," which provide only a snapshot of who we are now—with little consideration about how we can change. Even seemingly "bad" traits, such as a poor memory, come with hidden advantages—like increased creativity. Profiling people from around the world who have overcome learning limitations of all kinds, Dr. Oakley shows us how we can turn perceived weaknesses, such as impostor syndrome and advancing age, into strengths. People may feel like they're at a disadvantage if they pursue a new field later in life; yet those who change careers can be fertile cross-pollinators: They bring valuable insights from one discipline to another. Dr. Oakley teaches us strategies for learning that are backed by neuroscience so that we can realize the joy and benefits of a learning lifestyle. Mindshift takes us deep inside the world of how people change and grow. Our biggest stumbling blocks can be our own preconceptions, but with the right mental insights, we can tap into hidden potential and create new opportunities.

**Ethics for the Information Age** Michael Jay Quinn 2006 Widely praised for its balanced treatment of computer ethics, Ethics for the Information Age offers a modern presentation of the moral controversies surrounding information technology. Topics such as privacy and intellectual property are explored through multiple ethical theories, encouraging readers to think critically about these issues and to make their own ethical decisions.

*Hacking- The art Of Exploitation* J. Erickson 2018-03-06 This text introduces the spirit and theory of hacking as well as the science behind it all; it also provides some core techniques and tricks of hacking so you can think like a hacker, write your own hacks or thwart potential system attacks.

**The IoT Hacker's Handbook** Aditya Gupta 2019-03-30 Take a practioner's approach in analyzing the Internet of Things (IoT) devices and the security issues facing an IoT architecture. You'll review the architecture's central components, from hardware communication interfaces, such as UARTand SPI, to radio protocols, such as BLE or ZigBee. You'll also learn to assess a device physically by opening it, looking at the PCB, and identifying the chipsets and interfaces. You'll then use that information to gain entry to the device or to perform other actions, such as dumping encryption keys and firmware. As the IoT rises to one of the most popular tech trends, manufactures need to take necessary steps to secure devices and protect them from attackers. The IoT Hacker's Handbook breaks down the Internet of Things, exploits it, and reveals how these devices can be built securely. What You'll LearnPerform a threat model of a real-world IoT device and locate all possible attacker entry points Use reverse engineering of firmware binaries to identify security issues Analyze,assess, and identify security issues in exploited ARM and MIPS based binariesSniff, capture, and exploit radio communication protocols, such as Bluetooth Low Energy (BLE),

and ZigBee Who This Book is For Those interested in learning about IoT security, such as pentesters working in different domains, embedded device developers, or IT people wanting to move to an Internet of Things security role.

**PCI Express System Architecture** Ravi Budruk 2004 ••PCI EXPRESS is considered to be the most general purpose bus so it should appeal to a wide audience in this arena.•Today's buses are becoming more specialized to meet the needs of the particular system applications, building the need for this book.•Mindshare and their only competitor in this space, Solari, team up in this new book.

**Rtfm** Ben Clark 2014-02-11 The Red Team Field Manual (RTFM) is a no fluff, but thorough reference guide for serious Red Team members who routinely find themselves on a mission without Google or the time to scan through a man page. The RTFM contains the basic syntax for commonly used Linux and Windows command line tools, but it also encapsulates unique use cases for powerful tools such as Python and Windows PowerShell. The RTFM will repeatedly save you time looking up the hard to remember Windows nuances such as Windows wmic and dsquery command line tools, key registry values, scheduled tasks syntax, startup locations and Windows scripting. More importantly, it should teach you some new red team techniques.

*Essential System Administration* Æleen Frisch 2002-08-23 Essential System Administration,3rd Edition is the definitive guide for Unix system administration, covering all the fundamental and essential tasks required to run such divergent Unix systems as AIX, FreeBSD, HP-UX, Linux, Solaris, Tru64 and more. Essential System Administration provides a clear, concise, practical guide to the real-world issues that anyone responsible for a Unix system faces daily.The new edition of this indispensable reference has been fully updated for all the latest operating systems. Even more importantly, it has been extensively revised and expanded to consider the current system administrative topics that administrators need most. Essential System Administration,3rd Edition covers: DHCP, USB devices, the latest automation tools, SNMP and network management, LDAP, PAM, and recent security tools and techniques.Essential System Administration is comprehensive. But what has made this book the guide system administrators turn to over and over again is not just the sheer volume of valuable information it provides, but the clear, useful way the information is presented. It discusses the underlying higher-level concepts, but it also provides the details of the procedures needed to carry them out. It is not organized around the features of the Unix operating system, but around the various facets of a system administrator's job. It describes all the usual administrative tools that Unix provides, but it also shows how to use them intelligently and efficiently.Whether you use a standalone Unix system, routinely provide administrative support for a larger shared system, or just want an understanding of basic administrative functions, Essential System Administration is for you. This comprehensive and invaluable book combines the author's years of practical experience with technical expertise to help you manage Unix systems as productively and painlessly as possible.

**The Data Science Design Manual** Steven S. Skiena 2017-07-01 This engaging and clearly written textbook/reference provides a must-have introduction to the rapidly emerging interdisciplinary field of data science. It focuses on the principles fundamental to becoming a good data scientist and the key skills needed to build systems for collecting, analyzing, and interpreting data. The Data Science Design Manual is a source of practical insights that

highlights what really matters in analyzing data, and provides an intuitive understanding of how these core concepts can be used. The book does not emphasize any particular programming language or suite of data-analysis tools, focusing instead on high-level discussion of important design principles. This easy-to-read text ideally serves the needs of undergraduate and early graduate students embarking on an "Introduction to Data Science" course. It reveals how this discipline sits at the intersection of statistics, computer science, and machine learning, with a distinct heft and character of its own. Practitioners in these and related fields will find this book perfect for self-study as well. Additional learning tools: Contains "War Stories," offering perspectives on how data science applies in the real world Includes "Homework Problems," providing a wide range of exercises and projects for self-study Provides a complete set of lecture slides and online video lectures at www.data-manual.com Provides "Take-Home Lessons," emphasizing the big-picture concepts to learn from each chapter Recommends exciting "Kaggle Challenges" from the online platform Kaggle Highlights "False Starts," revealing the subtle reasons why certain approaches fail Offers examples taken from the data science television show "The Quant Shop" (www.quant-shop.com)

**REST API Development with Node.js** Fernando Doglio 2018-07-19 Manage and understand the full capabilities of successful REST development. REST API development is a hot topic in the programming world, but not many resources exist for developers to really understand how you can leverage the advantages. This completely updated second edition provides a brief background on REST and the tools it provides (well known and not so well known), then explains how there is more to REST than just JSON and URLs. You will learn about the maintained modules currently available in the npm community, including Express, Restify, Vatican, and Swagger. Finally you will code an example API from start to finish, using a subset of the tools covered. The Node community is currently flooded with modules; some of them are published once and never updated again - cluttering the entire universe of packages. Pro REST API Development with Node.js shines light into that black hole of modules for the developers trying to create an API. Understand REST API development with Node.js using this book today. What You'll Learn Understand how REST and API development mix up with Node.js Create a scalable, technology agnostic, and uniform interface Prepare your services to be consumed by your clients Test and deploy your API Review troubleshooting techniques Who This Book Is For Any Node.js developer who wants to fully understand REST API development. Beginner and Intermediate Node.js developers who are looking to fully understand how to create RESTful microservices.

**Nevada** Imogen Binnie 2022-06-07 One of Vogue's Best Books of 2022 So Far, Buzzfeed's Summer Books You Won't Be Able To Put Down, Book Riot's Best Summer Reads for 2022, and Dazed's Queer Books to Read in 2022 "[Nevada] is defiant, terse, not quite cynical, sometimes flip, addressed to people who think they know. It is, if you like, punk rock." —The New Yorker "Nevada is a book that changed my life: it shaped both my worldview and personhood, making me the writer I am. And it did so by the oldest of methods, by telling a wise, hilarious, and gripping story." —Torrey Peters, author of Detransition, Baby A beloved and blistering cult classic and finalist for the Lambda Literary Award for Transgender Fiction finally back in print, Nevada follows a disaffected trans woman as she embarks on a cross-country road trip. Maria Griffiths is almost thirty and works at a used bookstore in New York City while trying to stay true to her punk values. She's in love with her bike but not with her girlfriend, Steph. She takes random pills and drinks more than is good for her, but doesn't

inject anything except, when she remembers, estrogen, because she's trans. Everything is mostly fine until Maria and Steph break up, sending Maria into a tailspin, and then onto a cross-country trek in the car she steals from Steph. She ends up in the backwater town of Star City, Nevada, where she meets James, who is probably but not certainly trans, and who reminds Maria of her younger self. As Maria finds herself in the awkward position of trans role model, she realizes that she could become James's savior—or his downfall. One of the most beloved cult novels of our time and a landmark of trans literature, Imogen Binnie's Nevada is a blistering, heartfelt, and evergreen coming-of-age story, and a punk-smeared excavation of marginalized life under capitalism. Guided by an instantly memorable, terminally self-aware protagonist—and back in print featuring a new afterword by the author—Nevada is the great American road novel flipped on its head for a new generation.

The Millionaire Fastlane MJ DeMarco 2011-01-04 10TH ANNIVERSARY EDITION Is the financial plan of mediocrity -- a dream-stealing, soul-sucking dogma known as "The Slowlane" your plan for creating wealth? You know how it goes; it sounds a lil something like this: "Go to school, get a good job, save 10% of your paycheck, buy a used car, cancel the movie channels, quit drinking expensive Starbucks mocha lattes, save and penny-pinch your life away, trust your life-savings to the stock market, and one day, when you are oh, say, 65 years old, you can retire rich." The mainstream financial gurus have sold you blindly down the river to a great financial gamble: You've been hoodwinked to believe that wealth can be created by recklessly trusting in the uncontrollable and unpredictable markets: the housing market, the stock market, and the job market. This impotent financial gamble dubiously promises wealth in a wheelchair -- sacrifice your adult life for a financial plan that reaps dividends in the twilight of life. Accept the Slowlane as your blueprint for wealth and your financial future will blow carelessly asunder on a sailboat of HOPE: HOPE you can find a job and keep it, HOPE the stock market doesn't tank, HOPE the economy rebounds, HOPE, HOPE, and HOPE. Do you really want HOPE to be the centerpiece for your family's financial plan? Drive the Slowlane road and you will find your life deteriorate into a miserable exhibition about what you cannot do, versus what you can. For those who don't want a lifetime subscription to "settle-for-less" and a slight chance of elderly riches, there is an alternative; an expressway to extraordinary wealth that can burn a trail to financial independence faster than any road out there. Why jobs, 401(k)s, mutual funds, and 40-years of mindless frugality will never make you rich young. Why most entrepreneurs fail and how to immediately put the odds in your favor. The real law of wealth: Leverage this and wealth has no choice but to be magnetized to you. The leading cause of poorness: Change this and you change everything. How the rich really get rich - and no, it has nothing to do with a paycheck or a 401K match. Why the guru's grand deity - compound interest - is an impotent wealth accelerator. Why the guru myth of "do what you love" will most likely keep you poor, not rich. And 250+ more poverty busting distinctions... Demand the Fastlane, an alternative road-to-wealth; one that actually ignites dreams and creates millionaires young, not old. Change lanes and find your explosive wealth accelerator. Hit the Fastlane, crack the code to wealth, and find out how to live rich for a lifetime.

**Reboot** Jerry Colonna 2019-06-18 One of the start-up world's most in-demand executive coaches—hailed as the "CEO Whisperer" (Gimlet Media)—reveals why radical self-inquiry is critical to professional success and healthy relationships in all realms of life. Jerry Colonna helps start-up CEOs make peace with their demons, the psychological habits and behavioral patterns that have helped them to succeed—molding them into highly accomplished

individuals—yet have been detrimental to their relationships and ultimate well-being. Now, this venture capitalist turned executive coach shares his unusual yet highly effective blend of Buddhism, Jungian therapy, and entrepreneurial straight talk to help leaders overcome their own psychological traumas. Reboot is a journey of radical self-inquiry, helping you to reset your life by sorting through the emotional baggage that is holding you back professionally, and even more important, in your relationships. Jerry has taught CEOs and their top teams to realize their potential by using the raw material of their lives to find meaning, to build healthy interpersonal bonds, and to become more compassionate and bold leaders. In Reboot, he inspires everyone to hold themselves responsible for their choices and for the possibility of truly achieving their dreams. Work does not have to destroy us. Work can be the way in which we achieve our fullest self, Jerry firmly believes. What we need, sometimes, is a chance to reset our goals and to reconnect with our deepest selves and with each other. Reboot moves and empowers us to begin this journey.

**Mechanical Failure** Joe Zieja 2016-06-14 A smooth-talking ex-sergeant, accustomed to an easygoing peacetime military, unexpectedly re-joins the fleet and finds soldiers preparing for the strangest thing—war. The two hundred years' (and counting) peace is a time of tranquility that hasn't been seen since...well, never. Mankind in the Galactic Age had finally conquered war, so what was left for the military to do but drink and barbecue? That's the kind of military that Sergeant R. Wilson Rogers lived in before he left the fleet to become a smuggler. But it turns out that smuggling is hard. Like getting-arrested-for-dealing-with-pirates-and-forced-back-into-service kind of hard. It doesn't seem so bad—the military was a perpetual tiki party anyway—but when Rogers returns after only a year away, something has changed. These are soldiers—actual soldiers doing actual soldier things like preparing for a war that Rogers is sure doesn't exist. Rogers vows to put a stop to all this nonsense—even if it means doing actual work. With an experienced ear for military double-speak, Zieja has created a remarkable and sarcastic adventure.

**The Ghost Brigades** John Scalzi 2007-04-01 The Ghost Brigades are the Special Forces of the Colonial Defense Forces, elite troops created from the DNA of the dead and turned into the perfect soldiers for the CDF's toughest operations. They're young, they're fast and strong, and they're totally without normal human qualms. The universe is a dangerous place for humanity—and it's about to become far more dangerous. Three races that humans have clashed with before have allied to halt our expansion into space. Their linchpin: the turncoat military scientist Charles Boutin, who knows the CDF's biggest military secrets. To prevail, the CDF must find out why Boutin did what he did. Jared Dirac is the only human who can provide answers -- a superhuman hybrid, created from Boutin's DNA, Jared's brain should be able to access Boutin's electronic memories. But when the memory transplant appears to fail, Jared is given to the Ghost Brigades. At first, Jared is a perfect soldier, but as Boutin's memories slowly surface, Jared begins to intuit the reason's for Boutin's betrayal. As Jared desperately hunts for his "father," he must also come to grips with his own choices. Time is running out: The alliance is preparing its offensive, and some of them plan worse things than humanity's mere military defeat... Old Man's War Series #1 Old Man's War #2 The Ghost Brigades #3 The Last Colony #4 Zoe's Tale #5 The Human Division #6 The End of All Things Short fiction: "After the Coup" Other Tor Books The Android's Dream Agent to the Stars Your Hate Mail Will Be Graded Fuzzy Nation Redshirts Lock In The Collapsing Empire (forthcoming) At the Publisher's request, this title is being sold without Digital Rights Management Software (DRM) applied.

**Caged Lion: Joseph Pilates and His Legacy** John Howard Steel 2020-05-20 The surprising story of Pilates-the man and the method.

**101 Juice Recipes** Joe Cross 2013-09-16 The latest recipe book from Joe Cross, star of the inspiring weight loss documentary Fat, Sick & Nearly Dead, contains 101 delicious juice recipes (with 101 pictures!) to optimize your health, help you slim down, and satisfy your taste buds. The recipes include everything from Joe's signature Mean Green Juice to exciting new juices like the Green Honey, Mexi Cali and the Peach Chai. Whether you're new to juicing, looking to complete a Reboot or just want to add variety to your daily juicing routine, this book is for you. The recipes are organized by color to ensure you enjoy a range of flavors and more importantly, receive a wide spectrum of nutrients. Have a health condition? Follow the key that indicates what juices are best for fighting specific conditions like diabetes, high cholesterol, osteoporosis, etc. You'll also find guidelines for cleaning and storing your fruits and veggies and a substitution chart if you want to swap fruit and veggies you don't like or are hard to find in your area. Try a new juice every day!

**Linux Network Administrator's Guide** Olaf Kirch 2000 This introduction to networking on Linux now covers firewalls, including the use of ipchains and Netfilter, masquerading, and accounting. Other new topics in this second edition include Novell (NCP/IPX) support and INN (news administration).

**The Reboot with Joe Juice Diet Recipe Book** Joe Cross 2017-05-04 Before I started juicing, I was overweight and on medication to treat an autoimmune disease. By drinking only fresh vegetable and fruit juices while making my film, Fat, Sick & Nearly Dead, I lost the weight, got off those drugs and started feeling better than ever! To keep healthy and happy today, I drink a lot of juice and eat a balanced diet centred on fruit s and vegetables -this book will help you feel great too!

**7lbs in 7 Days Super Juice Diet** Jason Vale 2013-01-17 Lose up to 7lbs in 7 days with The Juice Master Jason Vale's ultra-fast 1-week super juice cleanse. The man who helped Jordan to get her post-baby body back has designed a healthy and effective diet and exercise programme to reshape your body in just one week, but with lasting results.

*Code Complete* Steve McConnell 2004-06-09 Widely considered one of the best practical guides to programming, Steve McConnell's original CODE COMPLETE has been helping developers write better software for more than a decade. Now this classic book has been fully updated and revised with leading-edge practices—and hundreds of new code samples—illustrating the art and science of software construction. Capturing the body of knowledge available from research, academia, and everyday commercial practice, McConnell synthesizes the most effective techniques and must-know principles into clear, pragmatic guidance. No matter what your experience level, development environment, or project size, this book will inform and stimulate your thinking—and help you build the highest quality code. Discover the timeless techniques and strategies that help you: Design for minimum complexity and maximum creativity Reap the benefits of collaborative development Apply defensive programming techniques to reduce and flush out errors Exploit opportunities to refactor—or evolve—code, and do it safely Use construction practices that are right-weight for your project Debug problems quickly and effectively Resolve critical construction issues

early and correctly Build quality into the beginning, middle, and end of your project

**Kubernetes Operators** Jason Dobies 2020-02-21 Operators are a way of packaging, deploying, and managing Kubernetes applications. A Kubernetes application doesn't just run on Kubernetes; it's composed and managed in Kubernetes terms. Operators add application-specific operational knowledge to a Kubernetes cluster, making it easier to automate complex, stateful applications and to augment the platform. Operators can coordinate application upgrades seamlessly, react to failures automatically, and streamline repetitive maintenance like backups. Think of Operators as site reliability engineers in software. They work by extending the Kubernetes control plane and API, helping systems integrators, cluster administrators, and application developers reliably deploy and manage key services and components. Using real-world examples, authors Jason Dobies and Joshua Wood demonstrate how to use Operators today and how to create Operators for your applications with the Operator Framework and SDK. Learn how to establish a Kubernetes cluster and deploy an Operator Examine a range of Operators from usage to implementation Explore the three pillars of the Operator Framework: the Operator SDK, the Operator Lifecycle Manager, and Operator Metering Build Operators from the ground up using the Operator SDK Build, package, and run an Operator in development, testing, and production phases Learn how to distribute your Operator for installation on Kubernetes clusters

**Breath** James Nestor 2020-05-26 A New York Times Bestseller A Washington Post Notable Nonfiction Book of 2020 Named a Best Book of 2020 by NPR "A fascinating scientific, cultural, spiritual and evolutionary history of the way humans breathe—and how we've all been doing it wrong for a long, long time." —Elizabeth Gilbert, author of Big Magic and Eat Pray Love No matter what you eat, how much you exercise, how skinny or young or wise you are, none of it matters if you're not breathing properly. There is nothing more essential to our health and well-being than breathing: take air in, let it out, repeat twenty-five thousand times a day. Yet, as a species, humans have lost the ability to breathe correctly, with grave consequences. Journalist James Nestor travels the world to figure out what went wrong and how to fix it. The answers aren't found in pulmonology labs, as we might expect, but in the muddy digs of ancient burial sites, secret Soviet facilities, New Jersey choir schools, and the smoggy streets of São Paulo. Nestor tracks down men and women exploring the hidden science behind ancient breathing practices like Pranayama, Sudarshan Kriya, and Tummo and teams up with pulmonary tinkerers to scientifically test long-held beliefs about how we breathe. Modern research is showing us that making even slight adjustments to the way we inhale and exhale can jump-start athletic performance; rejuvenate internal organs; halt snoring, asthma, and autoimmune disease; and even straighten scoliotic spines. None of this should be possible, and yet it is. Drawing on thousands of years of medical texts and recent cutting-edge studies in pulmonology, psychology, biochemistry, and human physiology, Breath turns the conventional wisdom of what we thought we knew about our most basic biological function on its head. You will never breathe the same again.

**Dragons of Deceit** Margaret Weis 2022-08-02 Margaret Weis and Tracy Hickman return to the unforgettable world of the New York Times bestselling Dragonlance series as a new heroine—desperate to restore her beloved father to life—sets off on a quest to change time. "I love Dragonlance and I love Margaret Weis and Tracy Hickman. Plain and simple. Their books are my favorite fantasy series of all time."—Joe Manganiello Destina Rosethorn—as her name implies—believes herself to be a favored child of destiny. But when her father dies in

the War of the Lance, she watches her carefully constructed world come crashing down. She loses not only her beloved father but also the legacy he has left her: the family lands and castle. To save her father, she hatches a bold plan—to go back in time and prevent his death. First, she has to secure the Device of Time Journeying, last known to be in the possession of the spirited kender Tasslehoff Burrfoot. But to change time, she'll need another magical artifact—the most powerful and dangerous artifact ever created. Destina's quest takes her from the dwarven kingdom of Thorbardin to the town of Solace and beyond, setting in motion a chain of disastrous events that threaten to divert the course of the River of Time, alter the past, and forever change the future.

*The Art of Memory Forensics* Michael Hale Ligh 2014-07-22 Memory forensics provides cutting edge technology to help investigate digital attacks Memory forensics is the art of analyzing computer memory (RAM) to solve digital crimes. As a follow-up to the best seller Malware Analyst's Cookbook, experts in the fields of malware, security, and digital forensics bring you a step-by-step guide to memory forensics—now the most sought after skill in the digital forensics and incident response fields. Beginning with introductory concepts and moving toward the advanced, The Art of Memory Forensics: Detecting Malware and Threats in Windows, Linux, and Mac Memory is based on a five day training course that the authors have presented to hundreds of students. It is the only book on the market that focuses exclusively on memory forensics and how to deploy such techniques properly. Discover memory forensics techniques: How volatile memory analysis improves digital investigations Proper investigative steps for detecting stealth malware and advanced threats How to use free, open source tools for conducting thorough memory forensics Ways to acquire memory from suspect systems in a forensically sound manner The next era of malware and security breaches are more sophisticated and targeted, and the volatile memory of a computer is often overlooked or destroyed as part of the incident response process. The Art of Memory Forensics explains the latest technological innovations in digital forensics to help bridge this gap. It covers the most popular and recently released versions of Windows, Linux, and Mac, including both the 32 and 64-bit editions.

The Shock Doctrine Naomi Klein 2010-04-01 The bestselling author of No Logo shows how the global "free market" has exploited crises and shock for three decades, from Chile to Iraq In her groundbreaking reporting, Naomi Klein introduced the term "disaster capitalism." Whether covering Baghdad after the U.S. occupation, Sri Lanka in the wake of the tsunami, or New Orleans post-Katrina, she witnessed something remarkably similar. People still reeling from catastrophe were being hit again, this time with economic "shock treatment," losing their land and homes to rapid-fire corporate makeovers. The Shock Doctrine retells the story of the most dominant ideology of our time, Milton Friedman's free market economic revolution. In contrast to the popular myth of this movement's peaceful global victory, Klein shows how it has exploited moments of shock and extreme violence in order to implement its economic policies in so many parts of the world from Latin America and Eastern Europe to South Africa, Russia, and Iraq. At the core of disaster capitalism is the use of cataclysmic events to advance radical privatization combined with the privatization of the disaster response itself. Klein argues that by capitalizing on crises, created by nature or war, the disaster capitalism complex now exists as a booming new economy, and is the violent culmination of a radical economic project that has been incubating for fifty years.

Microsoft Azure Essentials - Fundamentals of Azure Michael Collier 2015-01-29 Microsoft

Azure Essentials from Microsoft Press is a series of free ebooks designed to help you advance your technical skills with Microsoft Azure. The first ebook in the series, Microsoft Azure Essentials: Fundamentals of Azure, introduces developers and IT professionals to the wide range of capabilities in Azure. The authors - both Microsoft MVPs in Azure - present both conceptual and how-to content for key areas, including: Azure Websites and Azure Cloud Services Azure Virtual Machines Azure Storage Azure Virtual Networks Databases Azure Active Directory Management tools Business scenarios Watch Microsoft Press's blog and Twitter (@MicrosoftPress) to learn about other free ebooks in the "Microsoft Azure Essentials" series.

Genius Foods Max Lugavere 2018-03-20 New York Times Bestseller Discover the critical link between your brain and the food you eat and change the way your brain ages, in this cutting-edge, practical guide to eliminating brain fog, optimizing brain health, and achieving peak mental performance from media personality and leading voice in health Max Lugavere. After his mother was diagnosed with a mysterious form of dementia, Max Lugavere put his successful media career on hold to learn everything he could about brain health and performance. For the better half of a decade, he consumed the most up-to-date scientific research, talked to dozens of leading scientists and clinicians around the world, and visited the country's best neurology departments—all in the hopes of understanding his mother's condition. Now, in Genius Foods, Lugavere presents a comprehensive guide to brain optimization. He uncovers the stunning link between our dietary and lifestyle choices and our brain functions, revealing how the foods you eat directly affect your ability to focus, learn, remember, create, analyze new ideas, and maintain a balanced mood. Weaving together pioneering research on dementia prevention, cognitive optimization, and nutritional psychiatry, Lugavere distills groundbreaking science into actionable lifestyle changes. He shares invaluable insights into how to improve your brain power, including the nutrients that can boost your memory and improve mental clarity (and where to find them); the foods and tactics that can energize and rejuvenate your brain, no matter your age; a brain-boosting fat-loss method so powerful it has been called "biochemical liposuction"; and the foods that can improve your happiness, both now and for the long term. With Genius Foods, Lugavere offers a cutting-edge yet practical road map to eliminating brain fog and optimizing the brain's health and performance today—and decades into the future.

**Practical Web Penetration Testing** Gus Khawaja 2018-06-22 Learn how to execute web application penetration testing end-to-end Key Features Build an end-to-end threat model landscape for web application security Learn both web application vulnerabilities and web intrusion testing Associate network vulnerabilities with a web application infrastructure Book Description Companies all over the world want to hire professionals dedicated to application security. Practical Web Penetration Testing focuses on this very trend, teaching you how to conduct application security testing using real-life scenarios. To start with, you'll set up an environment to perform web application penetration testing. You will then explore different penetration testing concepts such as threat modeling, intrusion test, infrastructure security threat, and more, in combination with advanced concepts such as Python scripting for automation. Once you are done learning the basics, you will discover end-to-end implementation of tools such as Metasploit, Burp Suite, and Kali Linux. Many companies deliver projects into production by using either Agile or Waterfall methodology. This book shows you how to assist any company with their SDLC approach and helps you on your journey to becoming an application security specialist. By the end of this book, you will have

hands-on knowledge of using different tools for penetration testing. What you will learn Learn how to use Burp Suite effectively Use Nmap, Metasploit, and more tools for network infrastructure tests Practice using all web application hacking tools for intrusion tests using Kali Linux Learn how to analyze a web application using application threat modeling Know how to conduct web intrusion tests Understand how to execute network infrastructure tests Master automation of penetration testing functions for maximum efficiency using Python Who this book is for Practical Web Penetration Testing is for you if you are a security professional, penetration tester, or stakeholder who wants to execute penetration testing using the latest and most popular tools. Basic knowledge of ethical hacking would be an added advantage.

**Learning MySQL** Seyed Tahaghoghi 2007-11-28 Presents instructions on using MySQL, covering such topics as installation, querying, user management, security, and backups and recovery.

**Kubernetes: Up and Running** Kelsey Hightower 2017-09-07 Legend has it that Google deploys over two billion application containers a week. How's that possible? Google revealed the secret through a project called Kubernetes, an open source cluster orchestrator (based on its internal Borg system) that radically simplifies the task of building, deploying, and maintaining scalable distributed systems in the cloud. This practical guide shows you how Kubernetes and container technology can help you achieve new levels of velocity, agility, reliability, and efficiency. Authors Kelsey Hightower, Brendan Burns, and Joe Beda—who've worked on Kubernetes at Google and other organizatons—explain how this system fits into the lifecycle of a distributed application. You will learn how to use tools and APIs to automate scalable distributed systems, whether it is for online services, machine-learning applications, or a cluster of Raspberry Pi computers. Explore the distributed system challenges that Kubernetes addresses Dive into containerized application development, using containers such as Docker Create and run containers on Kubernetes, using the docker image format and container runtime Explore specialized objects essential for running applications in production Reliably roll out new software versions without downtime or errors Get examples of how to develop and deploy real-world applications in Kubernetes

*Reboot with Joe Recipe Book* Joe Cross 2012-12-01 Use this recipe book in your kitchen for healthy inspiration and quick and easy access to a wide variety of plant-based recipes inspired by the film Fat, Sick & Nearly Dead by Joe Cross (for juicing and eating). This cookbook features over 70 of Joe Cross' favorite juice recipes, smoothie recipes, salad recipes, veggie dishes and more.

**Penetration Testing** Georgia Weidman 2014-06-14 Penetration testers simulate cyber attacks to find security weaknesses in networks, operating systems, and applications. Information security experts worldwide use penetration techniques to evaluate enterprise defenses. In Penetration Testing, security expert, researcher, and trainer Georgia Weidman introduces you to the core skills and techniques that every pentester needs. Using a virtual machine–based lab that includes Kali Linux and vulnerable operating systems, you'll run through a series of practical lessons with tools like Wireshark, Nmap, and Burp Suite. As you follow along with the labs and launch attacks, you'll experience the key stages of an actual assessment—including information gathering, finding exploitable vulnerabilities, gaining access to systems, post exploitation, and more. Learn how to: –Crack passwords and wireless network keys with brute-forcing and wordlists –Test web applications for vulnerabilities –Use

the Metasploit Framework to launch exploits and write your own Metasploit modules –Automate social-engineering attacks –Bypass antivirus software –Turn access to one machine into total control of the enterprise in the post exploitation phase You'll even explore writing your own exploits. Then it's on to mobile hacking—Weidman's particular area of research—with her tool, the Smartphone Pentest Framework. With its collection of hands-on lessons that cover key tools and strategies, Penetration Testing is the introduction that every aspiring hacker needs.

**The Reboot with Joe Juice Diet** Joe Cross 2014-02-04 A NEW YORK TIMES BEST-SELLER Since his documentary, Fat, Sick & Nearly Dead, was released in 2010 and became a worldwide sensation, Joe Cross has become a tireless advocate for the power of juicing. The Reboot with Joe Juice Diet brings us of the plan that allowed him to overcome obesity, poor health, and bad habits, and presents success stories from others whose lives he's touched. Joe—who managed to lose one hundred pounds and discontinue all his medication by following his own plan—walks you through his life before juicing, sharing his self-defeating attitude toward food and fitness, and brings you along on his journey from obesity and disease to fitness, a clean bill of health, and the clarity of physical wellness. In addition to sharing Joe's inspirational story, The Reboot with Joe Juice Diet gives readers all the tools they need to embark on their own journey to health and wellness, including inspiration and encouragement, recipes, and diet plans.

**Learning Web Design** Jennifer Robbins 2018-05-11 Do you want to build web pages but have no prior experience? This friendly guide is the perfect place to start. You'll begin at square one, learning how the web and web pages work, and then steadily build from there. By the end of the book, you'll have the skills to create a simple site with multicolumn pages that adapt for mobile devices. Each chapter provides exercises to help you learn various techniques and short quizzes to make sure you understand key concepts. This thoroughly revised edition is ideal for students and professionals of all backgrounds and skill levels. It is simple and clear enough for beginners, yet thorough enough to be a useful reference for experienced developers keeping their skills up to date. Build HTML pages with text, links, images, tables, and forms Use style sheets (CSS) for colors, backgrounds, formatting text, page layout, and even simple animation effects Learn how JavaScript works and why the language is so important in web design Create and optimize web images so they'll download as quickly as possible NEW! Use CSS Flexbox and Grid for sophisticated and flexible page layout NEW! Learn the ins and outs of Responsive Web Design to make web pages look great on all devices NEW! Become familiar with the command line, Git, and other tools in the modern web developer's toolkit NEW! Get to know the super-powers of SVG graphics