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Transmission Line Design Manual Holland H. Farr 1980

Distribution System Modeling and Analysis William H. Kersting 2001-08-31 For decades, distribution engineers did not have the sophisticated tools developed for analyzing transmission systems-often they had only their instincts. Things have changed, and we now have computer programs that allow engineers to simulate, analyze, and optimize distribution systems. Powerful as these programs are, however, without a real unders

Exploring AutoCAD Civil 3D 2020, 10th Edition Prof. Sham Tickoo 2020-04-04 Exploring AutoCAD Civil 3D 2020 book introduces the users to the powerful Building Information Modeling (BIM) solution, AutoCAD Civil 3D. The book helps you learn, create and visualize a coordinated data model that can be used to design and analyze a civil engineering project for its optimum and cost-effective performance. This book has been written considering the needs of the professionals such as engineers, surveyors, watershed and storm water analysts, land developers, and CAD technicians, who wish to learn and explore the usage and abilities of AutoCAD Civil 3D in their respective domains. This book provides comprehensive text and graphical representation to explain concepts and procedures required in designing solutions for various infrastructure works. The tutorials and exercises, which relate to real-world projects, help you better understand the tools in AutoCAD Civil 3D.

Fundamentals of Chemical Engineering Thermodynamics, SI Edition Kevin D. Dahm 2014-02-21 A brand new book, FUNDAMENTALS OF CHEMICAL ENGINEERING THERMODYNAMICS makes the abstract subject of chemical engineering thermodynamics more accessible to undergraduate students. The subject is presented through a problem-solving inductive (from specific to general) learning approach, written in a conversational and approachable manner. Suitable for either a one-semester course or two-semester sequence in the subject, this book covers thermodynamics in a complete and mathematically rigorous manner, with an emphasis on solving practical engineering problems. The approach taken stresses problem-solving, and draws from best practice engineering teaching strategies. FUNDAMENTALS OF CHEMICAL ENGINEERING THERMODYNAMICS uses examples to frame the importance of the material. Each topic begins with a motivational example that is investigated in context to that topic. This framing of the material is helpful to all readers, particularly to global learners who require big picture insights, and hands-on learners who struggle with abstractions. Each worked example is fully annotated with sketches and comments on the thought process behind the solved problems. Common errors are presented and explained. Extensive margin notes add to the book accessibility as well as presenting opportunities for investigation. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

FreeBSD Handbook FreeBSD Documentation Project 2000 The FreeBSD Handbook is a comprehensive FreeBSD tutorial and reference. It covers installation, day-to-day use of FreeBSD, and mach more, such as the Ports collection, creating a custom kernel, security topics, the X Window System, how to use FreeBSD's Linux binary compatibility, and how to upgrade your system from source using the 'make world' command, to name a few.

An Introduction to Mathematical Modeling Edward A. Bender 2012-05-23 Accessible text features over 100 reality-based examples pulled from the science, engineering, and operations research fields. Prerequisites: ordinary differential equations, continuous probability. Numerous references. Includes 27 black-and-white figures. 1978 edition.

Learning Analytics: Fundaments, Applications, and Trends Alejandro Peña-Ayala 2017-02-17 This book

provides a conceptual and empirical perspective on learning analytics, its goal being to disseminate the core concepts, research, and outcomes of this emergent field. Divided into nine chapters, it offers reviews oriented on selected topics, recent advances, and innovative applications. It presents the broad learning analytics landscape and in-depth studies on higher education, adaptive assessment, teaching and learning. In addition, it discusses valuable approaches to coping with personalization and huge data, as well as conceptual topics and specialized applications that have shaped the current state of the art. By identifying fundamentals, highlighting applications, and pointing out current trends, the book offers an essential overview of learning analytics to enhance learning achievement in diverse educational settings. As such, it represents a valuable resource for researchers, practitioners, and students interested in updating their knowledge and finding inspirations for their future work.

DSP Software Development Techniques for Embedded and Real-Time Systems Robert Oshana 2006-01-09 Today's embedded and real-time systems contain a mix of processor types: off-the-shelf microcontrollers, digital signal processors (DSPs), and custom processors. The decreasing cost of DSPs has made these sophisticated chips very attractive for a number of embedded and real-time applications, including automotive, telecommunications, medical imaging, and many others—including even some games and home appliances. However, developing embedded and real-time DSP applications is a complex task influenced by many parameters and issues. DSP Software Development Techniques for Embedded and Real-Time Systems is an introduction to DSP software development for embedded and real-time developers giving details on how to use digital signal processors efficiently in embedded and real-time systems. The book covers software and firmware design principles, from processor architectures and basic theory to the selection of appropriate languages and basic algorithms. The reader will find practical guidelines, diagrammed techniques, tool descriptions, and code templates for developing and optimizing DSP software and firmware. The book also covers integrating and testing DSP systems as well as managing the DSP development effort. Digital signal processors (DSPs) are the future of microchips! Includes practical guidelines, diagrammed techniques, tool descriptions, and code templates to aid in the development and optimization of DSP software and firmware

XML 1.1 Bible Elliotte Rusty Harold 2004-03-01 Updated and better than ever, this more focused revision

provides comprehensive coverage of XML to anyone with a basic understanding of HTML and Web servers Featuring all-new examples, this book contains everything readers need to know to incorporate XML in their Web site plans, designs, and implementations Continues expert Elliotte Rusty Harold's well-known track record for delivering the best XML guidance available Includes coverage of the most recent XML 1.1 specification and the latest trends in XML Web publishing Companion Web site includes additional examples and reference material found in previous editions that readers may find useful

The Linux Development Platform Rafeeq Ur Rehman 2003 Two leading Linux developers show how to choose the best tools for your specific needs and integrate them into a complete development environment that maximizes your effectiveness in any project, no matter how large or complex. Includes research, requirements, coding, debugging, deployment, maintenance and beyond, choosing and implementing editors, compilers, assemblers, debuggers, version control systems, utilities, using Linux Standard Base to deliver applications that run reliably on a wide range of Linux systems, comparing Java development options for Linux platforms, using Linux in cross-platform and embedded development environments.

Advanced Mechanics of Materials Arthur P. Boresi 2019-12-12

SOLID EDGE ST10 FOR DESIGNERS. SHAM. TICKOO 2018

Feature Extraction and Image Processing for Computer Vision Mark Nixon 2019-11-17 Feature Extraction for Image Processing and Computer Vision is an essential guide to the implementation of image processing and computer vision techniques, with tutorial introductions and sample code in MATLAB and Python. Algorithms are presented and fully explained to enable complete understanding of the methods and techniques demonstrated. As one reviewer noted, "The main strength of the proposed book is the link between theory and exemplar code of the algorithms." Essential background theory is carefully explained. This text gives students and researchers in image processing and computer vision a complete introduction to classic and state-of-the art methods in feature extraction together with practical guidance on their implementation. The only text to concentrate on feature extraction with working implementation and

worked through mathematical derivations and algorithmic methods A thorough overview of available feature extraction methods including essential background theory, shape methods, texture and deep learning Up to date coverage of interest point detection, feature extraction and description and image representation (including frequency domain and colour) Good balance between providing a mathematical background and practical implementation Detailed and explanatory of algorithms in MATLAB and Python

Assessment and Teaching of 21st Century Skills Esther Care 2017-11-07 This book provides a detailed description of research and application outcomes from the Assessment and Teaching of 21st Century Skills project, which explored a framework for understanding the nature of these skills. The major element of this new volume is the presentation of research information from the global assessment of two 21st century skills that are amenable to teaching and learning: collaborative problem solving, and learning in digital networks. The outcomes presented include evidence to support the validity of assessment of 21st century skills and descriptions of consequent pedagogical approaches which can be used both to teach the skills and to use them to enhance key learning goals in secondary education systems. The sections of the volume are connected through a focus on the degree to which innovative assessment tasks measure the constructs of interest. This focus is informed by conceptual and methodological issues associated with affordances of 21st century computer-based assessment. How understanding of the nature of the skills, as derived from these assessments, can guide approaches to the integration of 21st century skills in the classroom, is informed by initiatives adopted by participating countries. The guiding questions in this volume are: "Do the assessment tasks measure the constructs?" and "What are the implications for assessment and teaching in the classroom?" It is the third volume of papers from this project published by Springer.

SolidWorks 2013 for Designers Prof. Sham Tickoo 2013-01-25 "Consists of 1028 pages of heavily illustrated text covering the following features of SolidWorks: part design, assembly design, detailing and drafting, blocks, sheet metal modeling, and surface modeling."--Cover.

Ubiquitous and Mobile Learning in the Digital Age Demetrios G. Sampson 2012-12-13 This edited volume with selected expanded papers from CELDA (Cognition and Exploratory Learning in the Digital Age) 2011

(http://www.celda--conf.org/) will focus on Ubiquitous and Mobile Informal and Formal Learning in the Digital Age, with sub-topics: Mobile and Ubiquitous Informal and Formal Learning Environments (Part I), Social Web Technologies for new knowledge representation, retrieval, creation and sharing in Informal and Formal Educational Settings (Part II), Virtual Worlds and Game--based Informal and Formal Learning (Part III), Location--based and Context-- Aware Environments for Formal and Informal Learning Integration (Part IV) There will be approximately twenty chapters selected for this edited volume from among peer--reviewed papers presented at the CELDA (Cognition and Exploratory Learning in the Digital Age) 2011 Conference in Rio de Janeiro, Brazil in November, 2011.

SolidWorks 2011 Parts and Assemblies Bible, Two-Volume Set Matt Lombard 2012-05-03 A comprehensive e-book package for SolidWorks users SolidWorks is a powerful 3D solid modeler used in computer-aided design (CAD). Popular for its drag-and-drop, point-and-click, and cut-and-paste functions, SolidWorks is complex, and the detail found in these two comprehensive guides gives new users everything they need to become productive with the program. This e-book set features in-depth instruction and complete tutorials on parts (making part models and drawings of those parts) and assemblies (building assemblies and creating assembly drawings). Together they provide the knowledge you need to get up and running with SolidWorks 2011. SolidWorks 2011 is a complex 3D solid modeling program; the two in-depth guides in this e-book set cover making parts models and building assemblies, as well as creating drawings of both Set includes complete e-book versions of SolidWorks 2011 Parts Bible and SolidWorks 2011 Assemblies Bible Written by a veteran manufacturing engineer and consultant who does SolidWorks training, maintains a SolidWorks blog, and is known as the go-to guy for information about the software Covers both the "how" and "why" of SolidWorks, with extensive detail that will take you from novice to confident SolidWorks user SolidWorks 2011 Parts & Assemblies Set provides a comprehensive education in using this popular 3D solid modeling program. SolidWorks 2011 Parts & Assemblies Set provides a comprehensive education in using this popular 3D solid modeling program.

Microcavities Alexey Kavokin 2017 Both rich fundamental physics of microcavities and their intriguing potential applications are addressed in this work, oriented to undergraduate and postgraduate students as well as to physicists and engineers

Cyber Security Engineering Nancy R. Mead 2016-11-07 Cyber Security Engineering is the definitive modern reference and tutorial on the full range of capabilities associated with modern cyber security engineering. Pioneering software assurance experts Dr. Nancy R. Mead and Dr. Carol C. Woody bring together comprehensive best practices for building software systems that exhibit superior operational security, and for considering security throughout your full system development and acquisition lifecycles. Drawing on their pioneering work at the Software Engineering Institute (SEI) and Carnegie Mellon University, Mead and Woody introduce seven core principles of software assurance, and show how to apply them coherently and systematically. Using these principles, they help you prioritize the wide range of possible security actions available to you, and justify the required investments. Cyber Security Engineering guides you through risk analysis, planning to manage secure software development, building organizational models, identifying required and missing competencies, and defining and structuring metrics. Mead and Woody address important topics, including the use of standards, engineering security requirements for acquiring COTS software, applying DevOps, analyzing malware to anticipate future vulnerabilities, and planning ongoing improvements. This book will be valuable to wide audiences of practitioners and managers with responsibility for systems, software, or quality engineering, reliability, security, acquisition, or operations. Whatever your role, it can help you reduce operational problems, eliminate excessive patching, and deliver software that is more resilient and secure.

Microwave Engineering David M. Pozar 2011-11-22 Pozar's new edition of Microwave Engineering includes more material on active circuits, noise, nonlinear effects, and wireless systems. Chapters on noise and nonlinear distortion, and active devices have been added along with the coverage of noise and more material on intermodulation distortion and related nonlinear effects. On active devices, there's more updated material on bipolar junction and field effect transistors. New and updated material on wireless communications systems, including link budget, link margin, digital modulation methods, and bit error rates is also part of the new edition. Other new material includes a section on transients on transmission lines, the theory of power waves, a discussion of higher order modes and frequency effects for microstrip line, and a discussion of how to determine unloaded.

Basic Computer Architecture Smruti R. Sarangi 2021-09 This book is a comprehensive text on basic,

undergraduate-level computer architecture. It starts from theoretical preliminaries and simple Boolean algebra. After a quick discussion on logic gates, it describes three classes of assembly languages: a custom RISC ISA called SimpleRisc, ARM, and x86. In the next part, a processor is designed for the SimpleRisc ISA from scratch. This includes the combinational units, ALUs, processor, basic 5-stage pipeline, and a microcode-based design. The last part of the book discusses caches, virtual memory, parallel programming, multiprocessors, storage devices and modern I/O systems. The book's website has links to slides for each chapter and video lectures hosted on YouTube.

Advances and Applications in Sliding Mode Control systems Ahmad Taher Azar 2014-11-01 This book describes the advances and applications in Sliding mode control (SMC) which is widely used as a powerful method to tackle uncertain nonlinear systems. The book is organized into 21 chapters which have been organised by the editors to reflect the various themes of sliding mode control. The book provides the reader with a broad range of material from first principles up to the current state of the art in the area of SMC and observation presented in a clear, matter-of-fact style. As such it is appropriate for graduate students with a basic knowledge of classical control theory and some knowledge of state-space methods and nonlinear systems. The resulting design procedures are emphasized using Matlab/Simulink software.

A Dictionary of Grammatical Terms in Linguistics R.L. Trask 2013-04-15 This dictionary of grammatical terms covers both current and traditional terminology in syntax and morphology. It includes descriptive terms, the major theoretical concepts of the most influential grammatical frameworks, and the chief terms from mathematical and computational linguistics. It contains over 1500 entries, providing definitions and examples, pronunciations, the earliest sources of terms and suggestions for further reading, and recommendations about competing and conflicting usages. The book focuses on non-theory-boumd descriptive terms, which are likely to remain current for some years. Aimed at students and teachers of linguistics, it allows a reader puzzled by a grammatical term to look it up and locate further reading with ease.

Solid Edge 2020 for Designers, 17th Edition Prof. Sham Tickoo 2020-01-20 Solid Edge 2020 for

Designers book introduces the readers to Solid Edge 2020, one of the world's leading parametric solid modeling packages. Consisting of 15 chapters, the book covers the Part, Assembly, Drafting, and Sheet Metal environments of Solid Edge 2020. Both synchronous and ordered environments are discussed throughout this book. Also, 3D sketching is discussed in both synchronous and ordered environments. 3D sketching combines the speed and flexibility of modeling with precise control on dimension driven designs, thereby providing tremendous productivity gains over traditional methods. The author emphasizes on the solid modeling and editing techniques that enhance the productivity and efficiency of the users. In addition, chapters have tutorials and exercises that are based on the tools discussed in the chapter to help users initially learn the tools and concepts and then understand their practical usage and working. Salient Features Comprehensive coverage of Solid Edge 2020 concepts and techniques Detailed explanation of all commands and tools Tutorial approach to explain concepts Hundreds of illustrations for easy understanding of concepts Step-by-step instructions to guide the users through the learning process Additional information throughout the book in the form of notes and tips Real world mechanical engineering designs as tutorials, exercises, and projects Self-Evaluation Tests and Review Questions for tests Table of Contents Chapter 1: Introduction to Solid Edge 2020 Chapter 2: Drawing Sketches Chapter 3: Adding Relationships and Dimensions to Sketches Chapter 4: Editing, Extruding, and Revolving the Sketches Chapter 5: Working with Additional Reference Geometries Chapter 6: Advanced Modeling Tools-I Chapter 7: Editing Features Chapter 8: Advanced Modeling Tools-II Chapter 9: Advanced Modeling Tools-III Chapter 10: Assembly Modeling-I Chapter 11: Assembly Modeling-II Chapter 12: Generating, Editing, and Dimensioning Drawing Views Chapter 13: Surface Modeling Chapter 14: Sheet Metal Design Chapter 15: Introduction to Convergent Modeling Student Projects Index

SolidWorks 2007 for Designers Sham Tickoo 2007

Aircraft Structures for Engineering Students Thomas Henry Gordon Megson 1977

Design, Operation and Training Manual for an Intensive Culture Shrimp Hatchery Granvil Dean Treece 1999-06-01 Covers two species Penaeus monodon and Penaeus vannamei. It is organized into three main parts (Design, Operation, and Training). The design part focuses on two hatcheries and gives

detailed plans of their construction as well as other options. The operation portion of the manual details the procedures for most efficient operation of a specific hatchery. This manual consists of compiled, presently known information important for training new personnel. Contains enough detail to provide the newcomer with knowledge to run a hatchery and provides details to assist the experienced hatchery manager. Illustrated.

IPC-A-610G Acceptability of Electronic Assemblies (Russian) Ipc 2017-10-30

Solid Edge V18 for Designers Sham Tickoo 2006-07-01

Robust Control Design with MATLAB® Da-Wei Gu 2006-03-30 Shows readers how to exploit the capabilities of the MATLAB® Robust Control and Control Systems Toolboxes to the fullest using practical robust control examples.

Learning Oracle 11g Prof Sham Tickoo Purdue Univ 2014-04-04 Covers the following key features: retrieving data in SQL, data manipulation and transaction, built-in functions in Oracle 11g, PL/SQL subprograms, exception handling in PL/SQL, cursors and triggers, compound triggers.

Bayesian Networks Olivier Pourret 2008-04-30 Bayesian Networks, the result of the convergence of artificial intelligence with statistics, are growing in popularity. Their versatility and modelling power is now employed across a variety of fields for the purposes of analysis, simulation, prediction and diagnosis. This book provides a general introduction to Bayesian networks, defining and illustrating the basic concepts with pedagogical examples and twenty real-life case studies drawn from a range of fields including medicine, computing, natural sciences and engineering. Designed to help analysts, engineers, scientists and professionals taking part in complex decision processes to successfully implement Bayesian networks, this book equips readers with proven methods to generate, calibrate, evaluate and validate Bayesian networks. The book: Provides the tools to overcome common practical challenges such as the treatment of missing input data, interaction with experts and decision makers, determination of the optimal granularity and size of the model. Highlights the strengths of Bayesian networks whilst also presenting a

discussion of their limitations. Compares Bayesian networks with other modelling techniques such as neural networks, fuzzy logic and fault trees. Describes, for ease of comparison, the main features of the major Bayesian network software packages: Netica, Hugin, Elvira and Discoverer, from the point of view of the user. Offers a historical perspective on the subject and analyses future directions for research. Written by leading experts with practical experience of applying Bayesian networks in finance, banking, medicine, robotics, civil engineering, geology, geography, genetics, forensic science, ecology, and industry, the book has much to offer both practitioners and researchers involved in statistical analysis or modelling in any of these fields.

Handbook of Steel Connection Design and Details Akbar R. Tamboli 2010 Surveys the leading methods for connecting structural steel components, covering state-of-the-art techniques and materials, and includes new information on welding and connections. Hundreds of detailed examples, photographs, and illustrations are found throughout this handbook. --from publisher description.

Handbook of Technical Writing Charles T. Brusaw 1997-08-15 New to this edition: Up-to-date information on on-line research and computer resources. A unique four-way access system enables users of the Handbook of Technical Writing to find what they need quickly and get on with the job of writing: 1. The hundreds of entries in the body of the Handbook are alphabetically arranged, so you can flip right to the topic at hand. Words and phrases in bold type provide cross-references to related entries. 2. The topical key groups alphabetical entries and page numbers under broader topic categories. This topical table of contents allows you to check broader subject areas for the specific topic you need. 3. The checklist of the writing process summarizes the opening essay on "Five Steps to Successful Writing" in checklist form with page references to related topics, making it easy to use the Handbook as a writing text. 4. The comprehensive index provides an exhaustive listing of related and commonly confused topics, so you can easily locate information even when you don't know the exact term you're looking for.

Self–Directed Learner – the Three Pillar Model of Self–Directedness Jennifer Gavriel 2005-01-17 Self-directed learning is perhaps the Holy Grail of adult learning and for good reason. Within this seemingly simple phrase lies the battleground for the frustrations of both educator and learner as they work through

the difficulties of an unequal and sometimes intense partnership

Synthesis and Analysis Methods for Safety and Reliability Studies G. Apostolakis 2012-12-06 This book originates from the NATO Advanced Study Institute on Synthesis and Analysis Methods for Safety and Reliability Studies held at Sogesta Conference Centre, Urbino, Italy, 3-14 July 1978. The Institute, co-directed by Prof. E.J. Henley and Dr. G. Volta, was attended by 67 persons from twelve countries. The focus of the Institute was on theoretical and applied aspects of reliability and risk analysis methodologies. The Institute was composed of lectures, workshops and gu~ded discussions. From the large quantity of written material that was used and produced during the Institute, a number of papers introducing the most relevant research results and trends in the field have been selected. The papers have been edited, partly rewritten and rearranged in order to obtain in the end an integrat ed exposition of methods and techniques for reliability analysis and computation of complex systems. The book is divided into four sections which correspond to fairly homogeneous areas from a methodological point of view. Each section is preceded by an introduction prepared by the Editors which aims at helping the readers to put in perspective and appre ciate the contribution of each paper to the subject of the section.

Earthquake Source Asymmetry, Structural Media and Rotation Effects Roman Teisseyre 2006-07-01 This breakthrough book is the first to examine the rotational effects in earthquakes, a revolutionary concept in seismology. Existing models do no yet explain the significant rotational and twisting motions that occur during an earthquake and cause the failure of structures. The rotation and twist effects are investigated and described, and their consequences for designing tall buildings and other important structures are presented. This book will change the way the world views earthquakes.

ICT Systems and Sustainability Milan Tuba 2020-12-14 This book proposes new technologies and discusses future solutions for ICT design infrastructures, as reflected in high-quality papers presented at the 5th International Conference on ICT for Sustainable Development (ICT4SD 2020), held in Goa, India, on 23–24 July 2020. The conference provided a valuable forum for cutting-edge research discussions among pioneering researchers, scientists, industrial engineers, and students from all around the world. Bringing together experts from different countries, the book explores a range of central issues from an

international perspective.

Solidworks 2013 Bible Matt Lombard 2013-02-15 A comprehensive resource packed with information for both beginners and advanced users SolidWorks is the leading 3D solid modeling software used in computer-aided design. It's powerful but not simple. This complete guide introduces beginners to the software but then goes far beyond, covering numerous details that advanced users have requested. Beginners will learn not only how the software works but why, while more experienced users will learn all about search criteria, Pack-and-Go, other file management concepts, and much more. A valuable companion website contains before and after real-world parts and assemblies along with many example files used in the text. Additionally, the text of the book is augmented by video tutorials with author voice-over which can be found on the website. SolidWorks is the leading 3D CAD program, and previous editions of this book have sold more than 33,000 copies Covers necessary information to give beginners a solid foundation in the software, including part and assembly modeling and 2D drawing techniques Addresses a wide range of advanced topics not treated in other books, including best practices, search criteria, Pack-and-Go, and other file management concepts Includes tutorials on both beginning and advanced topics, with videos; sample part, assembly, and drawing files; and before-and-after example files available on the companion website SolidWorks 2013 Bible is the ultimate resource on SolidWorks 2013, the book beginners can start with and advanced users will want to keep close at hand.

The Immortality Edge Michael Fossel 2010-12 Based on Nobel Prize-winning genetic research-a simple plan to keep your telomeres healthy for better health and longevity Telomeres play an important role in protecting our chromosomes from critical damage. The shortening of the telomere disrupts vital cellular function and promotes the previously seemingly inevitable onset of aging and various diseases, including cancer and Alzheimer's. Drawing from the groundbreaking discoveries about telomeres that won the 2009 Nobel Prize in Medicine, this book includes a highly prescriptive program that shows you how to live longer by slowing telomere shortening and rejuvenating your cells through relatively simple alterations in nutrition habits and other lifestyle changes. Written by authors with extensive knowledge of genetics, telomeres, and longevity Offers a simple action plan you can start using immediately Includes a revolutionary new eating plan Recommends individualized supplement programs Shares a diet and

exercise approach grounded in solid scientific research The exciting recent discoveries about telomeres promise to revolutionize our approach to anti-aging much as antioxidants did ten years ago. Unlike trendy diet and fitness books with no basis in science, The Immortality Edge targets health at its innermost level by laying out a realistic, lifelong plan using easy steps that can fit into any busy schedule-steps that can improve the length and quality of your life.