

Personal Best

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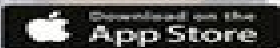
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Personal Best Erin Belieu, Carl Phillips, 2023-10-24 Home to fifty eight author selected poems and accompanying essays Personal Best Makers on Their Poems That Matter Most is a far reaching essential touchstone for the art of poetry in the United States today Personal Best Makers on Their Poems That Matter Most is home to fifty eight author selected poems and accompanying essays that explain how and why each poet chose a poem as their personal best The anthology offers a provocative and surprising range of responses in which readers will find poetic context for the life of a poem and revelatory insight into the unique personal experiences that shape the writing process itself Including works from a wide variety of voices both new and well established Personal Best is a far reaching essential touchstone for the art of poetry in the United States today The anthology gives readers both long time fans of poetry and those just discovering its possibilities an intimate view of the heart and spirit that make poetry one of our most quintessentially human forms of expression **Personal Best** Edward Muesch, 2008-06 Personal Best Chasing the Wind Above and Below the Equator is more than a sailing adventure It s the story of one man s drive to realize his dream Finally it is time for his dream to be realized Ed and his wife will sail around the world Sail with them as they experience the wonders triumphs and difficulties of living their dream Storms breakdowns personal loss and a miraculous escape from drowning in the 2004 Tsunami in Thailand serve as the backdrop to seeing the wonders of the world and meeting the people who are a part of it Modern Web Development with Go Dušan Stojanović, 2023-03-02 Build fast scalable web server applications by harnessing the power of solution driven programming with Go KEY FEATURES Understanding the core concepts of the Go programming language Designing and development of modern Web Server applications Dealing with different kinds of database management solutions Deploying applications with cutting edge technologies Monitoring and maintenance of applications with popular tools DESCRIPTION In this book we are going to learn how to design develop and deploy Web Server Applications using the Go programming language In recent years Go has become the industrial standard for these kinds of applications so by learning this a lot of good opportunities can be opened in the market All subjects will be covered through various practical examples This book will cover the state of the art technology for the development of Web Applications and follow all industrial standards At the beginning we will do the preparation for development Here we will learn the basics of the Go programming language the basics of Web Servers how to set up a project with Go and how to design software solutions Later we will concentrate more on development We will learn how to develop the application designed in the previous chapters how to use different types of databases how to test our application and how to make it secure At the end of the book we will show how to deploy the application and monitor it after deployment After reading this book the readers can independently develop Web Server Applications or include themselves in already started projects WHAT WILL YOU LEARN Solve common problems with the Go programming language Be familiar with the terms related to server applications Understand the phases in the software development process Be able

to independently design software solutions and use some best practices Be familiar with multiple different database management solutions relational and NoSQL and be able to predict which best suits their needs Learn how to deploy applications Understand and know how to apply monitoring and alerting concepts

WHO THIS BOOK IS FOR The book is for beginners and experienced developers who want to learn and have a thorough introduction to web development using the Go programming language With a lot of practical examples and guidelines on how to install and configure specific tools beginners will easily understand and follow the content covered in this book On the other hand more experienced developers will certainly find some useful tips and tricks

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Personal Best Marc Woods, 2012-01-30 True inspiration from a true inspiration vibrant and instructional fresh original and devoid of the usual sound bites and transatlantic psychobabble of many books of this genre The Independent on Sunday It s not always easy to embrace life to get up and go to follow your dreams and make things happen imagine how much more difficult it must be to achieve your dreams after suffering from cancer as a teenager and losing your leg But that s exactly what Marc Woods did Marc overcame his challenges and went on to become a four times Paralympic Gold medalist It s that determination and dedication that Marc shares with us in this powerful book His inspiring story is the motivation we all need to start being the best we can be This fully updated Second Edition includes a new chapter on Resilience Personal Best is a truly inspirational book written with great honesty compassion and humility Marc s ability to overcome adversity and triumph in so many diverse areas is an example to us all Sarah The Duchess of York Marc has a remarkable story and is an absolute inspiration Roger Daltrey Personal Best will help you to Set specific measurable and achievable goals Learn to forge supportive teams and communicate with those around you Find role models and follow their example Learn to ignore other people s prejudices and not let them hold you back Deal with change both change that you chose and change that you don t Manage stress both at home and at work Marc Woods is a five time Paralympian He has won 12 Paralympic medals as well as 21 other medals from championships around the world He was a member of the British Olympic Athletes Commission and a founding member of the British Athletes Council He works extensively with individuals teams and global businesses encouraging them to develop best practice within their given areas of interest Approximately 25 000 people each year watch him deliver his motivational presentations

Personal Best Margaret Watson, 2013-11-30 The minute Tess Phillips crossed the finish line in the Chicago Marathon her life began to change As the female winner in this year s race she was handed a check for fifty thousand dollars The money would keep her fledgling recycling business afloat for awhile but there was one catch If she wanted to keep the money she had to let a local sports writer shadow her for an entire week Although Tess didn t mind

sharing her training tips she couldn't afford to have a reporter prying into her personal life. Especially a reporter like Nick Bartholomew. With his mocking grin, his aggressive style, and his intense blue eyes, Nick wouldn't let one detail slip by. Once Nick started nosing around Tess's business problems, they were sure to leak out. She had to avoid him even if he was the most attractive man she'd ever met. From the start, Nick Bartholomew was not pleased with this assignment. He was sure that Tess Phillips was a complete fraud. No one could win a marathon on their first try. But one look at Tess's clear blue eyes made Nick doubt his reporter's instincts. They weren't the eyes of a hustler. They were too trusting, too vulnerable. If a man stared into Tess Phillips's eyes long enough, he would begin to believe in all sorts of fairy tales. Before he lost his objectivity, Nick had to cut to the chase. It was time to uncover Tess's secret, and he was the best man for the job. Margaret Watson, a star in the world of contemporary romance, grabs you on the opening page and keeps you reading to the happily ever after. New York Times bestselling author Susan Elizabeth Phillips.

Advancing Sports and Exercise via Innovation Garry Kuan, Yu-Kai Chang, Tony Morris, Teo Eng Wah, Rabi'u Muazu Musa, Anwar P. P. Abdul Majeed, 2023-05-31. This book presents the proceedings of the 9th Asian South Pacific Association of Sport Psychology International Congress ASPASP 2022 Kuching, Malaysia, which entails the different sporting innovation themes: namely Applied Sport and Social Psychology, Health and Exercise, Motor Control and Learning, Counselling and Clinical Psychology, Biomechanics, Data Mining and Machine Learning in Sports, amongst others. It presents the state of the art technological advancements towards the aforesaid themes and provides a platform to shape the future direction of sport science specifically in the field of sports and exercise psychology.

Ultimate Genetic Algorithms with Python Indrajit Kar, Zonunfeli Ralte, 2025-09-22. TAGLINE: Harness Genetic Algorithms to Build the Next Generation of Adaptive AI. KEY FEATURES: Step by step tutorials on Genetic Algorithms using PyGAD and DEAP. Real world Genetic Algorithm applications in ML, DL, NLP, CV, and RL. Advanced coverage of evolutionary and metaheuristic algorithms. Integration of Genetic Algorithms with generative and agent based AI systems. DESCRIPTION: Genetic Algorithms (GAs) are nature inspired optimization tools that help AI systems adapt, improve, and solve complex problems efficiently. *Ultimate Genetic Algorithms with Python* explains elaborately the fundamentals of GAs to practical Python based implementation using PyGAD and DEAP. The book starts with a solid foundation explaining how evolutionary principles can be applied to optimization tasks, search problems, and model improvement. You will also explore GA applications across multiple AI domains: optimizing machine learning workflows, evolving neural network architectures in deep learning, enhancing feature selection in NLP, improving performance in computer vision, and guiding exploration strategies in reinforcement learning. Each application chapter includes step by step coding examples, performance comparisons, and tuning techniques. The later sections focus on advanced metaheuristics, swarm intelligence, and integrating GAs with generative and agent based AI systems. You will also learn how to design self evolving multi agent frameworks, leverage swarm based methods, and connect GAs to next gen AI architectures such as Model Context Protocols (MCP). Thus, by the end of the book, you will have developed

all the skills to design implement and scale GA driven solutions for real world AI challenges Hence evolve your AI solutions start building with Genetic Algorithms today WHAT WILL YOU LEARN Master the fundamentals and components of Genetic Algorithms Implement GAs in Python using PyGAD DEAP and PyTorch Apply GAs for optimization feature selection and neural architecture search Enhance AI workflows in ML DL NLP CV and RL with GAs Explore metaheuristic and swarm based algorithms for complex problem solving Integrate GAs into generative multi agent and self evolving AI systems WHO IS THIS BOOK FOR This book is tailored for data scientists AI ML engineers researchers and advanced students aiming to apply Genetic Algorithms to real world AI challenges It is also best suited for professionals in optimization generative AI and agent based systems Readers should have basic Python programming skills and foundational knowledge of machine learning concepts Hence whether you are a beginner seeking a solid foundation or an experienced practitioner aiming to deepen your expertise in evolutionary computation this handbook provides a practical and in depth resource to enhance your skills and deliver impactful AI solutions

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Personal Reminiscences, Anecdotes and Letters of Gen. R. E. Lee. (Address on the Celebration of the First Memorial Anniversary at Washington and Lee University, January 19, 1871. By J. P. Holcombe.). John William JONES (D.D.), 1864

Personal Memoirs of a residence of thirty years with the Indian tribes on the American frontiers ... 1812 to 1842 Henry Rowe Schoolcraft, 1851 **Female Masculinity** Jack Halberstam, 2019-01-05 In this quintessential work of queer theory Jack Halberstam takes aim at the protected status of male masculinity and shows that female masculinity has offered a distinct alternative to it for well over two centuries Demonstrating how female masculinity is not some bad imitation of virility but a lively and dramatic staging of hybrid and minority genders Halberstam catalogs the diversity of gender expressions among masculine women from nineteenth century pre lesbian practices to contemporary drag king performances Through detailed textual readings as well as empirical research Halberstam uncovers a hidden history of female masculinities while arguing for a more nuanced understanding of gender categories that would incorporate rather than pathologize them He rereads Anne Lister s diaries and Radclyffe Hall s *The Well of Loneliness* as foundational assertions of female masculine identity considers the enigma of the stone butch and the politics surrounding butch femme roles within lesbian communities and explores issues of transsexuality among transgender dykes lesbians who pass as men and female to male transsexuals who may find the label of lesbian a temporary refuge Halberstam also tackles such topics as women and

boxing butches in Hollywood and independent cinema and the phenomenon of male impersonators Featuring a new preface by the author this twentieth anniversary edition of *Female Masculinity* remains as insightful timely and necessary as ever

Los Angeles Magazine ,2002-07 Los Angeles magazine is a regional magazine of national stature Our combination of award winning feature writing investigative reporting service journalism and design covers the people lifestyle culture entertainment fashion art and architecture and news that define Southern California Started in the spring of 1961 Los Angeles magazine has been addressing the needs and interests of our region for 48 years The magazine continues to be the definitive resource for an affluent population that is intensely interested in a lifestyle that is uniquely Southern Californian

Monty Python Douglas McCall,2013-11-26 A chronological listing of the creative output and other antics of the members of the British comedy group Monty Python both as a group and individually Coverage spans between 1969 the year Monty Python s Flying Circus debuted and 2012 Entries include television programs films stage shows books records and interviews Back matter features an appendix of John Cleese s hilarious business training films an index of Monty Python s sketches and songs an index of Eric Idle s sketches and songs as well as a general index and selected bibliography

Handbook of Positive Psychology in Schools Kelly-Ann Allen,Michael J. Furlong,Dianne Vella-Brodrick,Shannon Suldo,2022-02-23 The Handbook of Positive Psychology in Schools offers the most current and comprehensive insights into how positive psychology principles provide a framework for young people to become active agents in their own learning The third edition of this groundbreaking volume assembles the latest global research identifying fundamental assets hope optimism gratitude self efficacy emotional regulation among others that support students learning and well being Chapters examining social ecological perspectives on classroom quality and school climate provide best practice guidance on schoolwide policies and practices These 35 new chapters explore positive psychology s ongoing influence and advances on prevention intervention and assessment practices in schools

Medical-Surgical Nursing - E-Book Sharon L. Lewis,Shannon Ruff Dirksen,Margaret M. Heitkemper,Linda Bucher,Ian Camera,2015-07-13 Written by a dedicated team of expert authors led by Sharon Lewis Medical Surgical Nursing 8th Edition offers up to date coverage of the latest trends hot topics and clinical developments in the field to help you provide exceptional care in today s fast paced health care environment Completely revised and updated content explores patient care in various clinical settings and focuses on key topics such as prioritization clinical decision making patient safety and NCLEX exam preparation A variety of helpful boxes and tables make it easy to find essential information and the accessible writing style makes even complex concepts easy to grasp Best of all a complete collection of interactive learning and study tools help you learn more effectively and offer valuable real world preparation for clinical practice

Inspiring Motivation in Children and Youth David A. Bergin,2022-09-26 Inspiring Motivation in Children and Youth How to Nurture Environments for Learning explores motivation and its crucial role in promoting well being in the classroom and life beyond school It will help all those who work with children and youth to understand and improve their

motivation and to create nurturing environments for younger people David Bergin provides a highly accessible exploration of key research examining the ways children's goals self efficacy self determination and feelings of being cared for affects their motivation as well as their desire to learn more about themselves and the world This essential guide also addresses influences of competition diversity prejudice and discrimination on motivation The book provides a comprehensive look at the importance of instilling motivation at this critical age highlighting the benefits through real life examples and anecdotes Illustrated with stories from diverse contexts the author provides practical advice on how to use goals effectively help children feel competent autonomous and like they belong Inspiring Motivation in Children and Youth is for any student looking to excel in a psychological educational health or social work setting as well as professionals in the field and parents It is targeted for people who work or plan to work with children from pre school to high school and will be useful to teachers youth leaders coaches counselors social workers and nurses

Cambridge International AS & A Level Computer Science David Watson, Helen Williams, 2019-07-15 This title is endorsed by Cambridge Assessment International Education to support the full syllabus for examination from 2021 Develop computational thinking and ensure full coverage of the revised Cambridge Assessment International Education AS A Level Computer Science syllabus 9618 with this comprehensive Student's Book written by experienced authors and examiners Improve understanding with clear explanations examples illustrations and diagrams plus a glossary of key terms Reinforce learning with a range of activities exercises and exam style questions Prepare for further study with extension activities that go beyond the requirements of the syllabus and prompt further investigation about new developments in technology Follow a structured route through the course with in depth coverage of the full AS A Level syllabus Answers are available online www.hoddereducation.co.uk/cambridgeextras Also available in the series Programming skills workbook ISBN 9781510457683 Student eTextbook ISBN 9781510457614 Whiteboard eTextbook ISBN 9781510457621

Global Perspectives in Positive Education Rob Stokoe, 2018-07-18 The common goal of the contributing authors in this publication is to engage learn from and share success in order to energise the positive education movement for the benefit of our young people This is the greatest contribution we can make to the future of our global society and the wellbeing of its citizens We all seek to offer to everyone the potential to achieve success to be purposeful and content contributing positively to their own wellbeing and that of others Presenting at conferences across Australia Singapore Dubai and the UK has offered a unique insight in to the breadth and quality of Positive Education globally The positive education community encompasses a dedicated and selfless group of individuals researchers practitioners and leaders who are doing great things to help more young people to grow as robust individuals and learners Yet all too often we fail to join the dots to connect the passion and expertise of our global community to share the best of what we do and what we think Sharing are expertise passion and enthusiasm is essential if we are to truly support our young people The International Positive Education Network IPEN was established in 2014 to promote these values and sharing of

insight and expertise Its mission being to promote academics alongside character and wellbeing to connect people and to share best practice worldwide The commitment to these values are exemplified by the writers who have kindly offered their expertise for the good of others from Dr Helen Street Australia to Yukun Zhao in China and Professor Leonid Illushin in Russia Other chapters have come from Dr Abdullah Al Karam KHDA Dubai Professor Andrew Martin Australia and Amba Brown in Singapore *There is Another Way!* Margaret A. Byrnes, Jeanne Baxter, 2012-01-01 **Personal Memorials of Daniel Webster** Charles Lanman, 1852 **Cycling and the British** Neil Carter, 2022-12-10 Cycling is currently enjoying a boom in popularity What are the reasons behind this phenomenon How have perceptions and the popularity of cycling shifted This book charts the historical development of cycling both as a leisure and sporting activity since the 19th century and explores the wider political and cultural context in which cycling in Britain emerged In particular it examines cycling s relationship with environmental politics and its place in popular culture Neil Carter successfully traverses several historical sub disciplines including the history of transport leisure sport medicine and politics employing the analytical tools of class gender political culture the role of the state and commercialism to demonstrate how British identity has shaped and been shaped by cycling At a time when it has become part of debates over transport and health *Cycling and the British A Modern History* provides a timely and clear analysis of the changes and continuities in attitudes towards cycling

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