

Disqus Basic Biomechanics Susan Hall

Guide C: Reference Data contains the basic physical data and calculations which form the crucial part of building services engineer background reference material. Expanded and updated throughout, the book contains sections on the properties of humid air, water and steam, on heat transfer, the flow of fluids in pipes and ducts, and fuels and combustion, ending with a comprehensive section on units, mathematical and miscellaneous data. There are extensive and easy-to-follow tables and graphs. ·Essential reference tool for all professional building services engineers ·Easy to follow tables and graphs make the data accessible for all professionals ·Provides you with all the necessary data to make informed decisions

This spectacular new hardcover collects the Batman stories illustrated by Marshall Rogers, whose work helped redefine The Dark Knight as a more human hero. Featuring bold, rich portrayals of The Joker, Clayface, Hugo Strange and The Penguin set in sweeping, gothic portrayals of Gotham City, this book includes Bruce Wayne's love affair with Silver St. Cloud and her astonishing discovery of his alter ego.

Many physical, chemical, biomedical, and technical processes can be described by partial differential equations or dynamical systems. In spite of increasing computational capacities, many problems are of such high complexity that they are solvable only with severe simplifications, and the design of efficient numerical schemes remains a central research challenge. This book presents a tutorial introduction to recent developments in mathematical methods for model reduction and approximation of complex systems. Model Reduction and Approximation: Theory and Algorithms contains three parts that cover (I) sampling-based methods, such as the reduced basis method and proper orthogonal decomposition, (II) approximation of high-dimensional problems by low-rank tensor techniques, and (III) system-theoretic methods, such as balanced truncation, interpolatory methods, and the Loewner framework. It is tutorial in nature, giving an accessible introduction to state-of-the-art model reduction and approximation methods. It also covers a wide range of methods drawn from typically distinct communities (sampling based, tensor based, system-theoretic).?? This book is intended for researchers interested in model reduction and approximation, particularly graduate students and young researchers.

Once, elephants came in two colours: black or white. They loved all other creatures - but each set wanted to destroy the other. Peace-loving elephants ran and hid in the deepest jungle while battle commenced. The war-mongers succeeded: for a long time it seemed that there were no elephants in the world at all, not of any colour. But then the descendants of the peace-loving ones emerged from the jungle, and by now they were all grey. 'This book was one of my favourites as a kid, I simply relished in the gloriousness of a load of elephants battling it out in a bizarre forest. It wasn't until I was a bit older that I recognised the importance of the message that lay (not so subtly) underneath.' OLIVER JEFFERS

A complete blueprint for designing and implementing a state-of-the-art trading and risk management system Providing a highly accessible mix of good software design, practical mathematical models and today's most widely used business practices, this book arms you with everything you need to create a sophisticated trading and risk management system appropriate for most asset classes. Gurav Mengla, a top financial trading system software designer, draws upon his years of experience at Barclays, HSBC and other leading financial institutions to cut through the complexities of trading system design, offering you time-tested solutions to virtually all technical challenges to automated trading system design and implementation. Packed with case studies and examples from top financial institutions, worldwide, complete with system design details and source code Emphasizes extensibility, and scalability with strategies for incorporating new models seamlessly into existing systems Features comprehensive coverage of the most widely used financial models and most

prevalent practices in the financial community today Explores daily, weekly, monthly and yearly reporting subsystem that aggregate risk at all organizational levels—from desk to department to division to the entire firm CD includes valuable data and system design details from the book, including C++ source code and system models

Analysis of Hydrodynamic Models presents a concise treatment of a number of partial differential equations of hydrodynamic origin, including the incompressible Euler equations, SQG, Boussinesq, incompressible porous medium, and Oldroyd-B. The author's approach is based on properties of the particle trajectory maps and on analysis of the back-and-forth passage between the Lagrangian and the Eulerian descriptions. This concise, unified approach brings readers up to date on current open problems. This book is intended for graduate students and junior researchers in mathematics.

Today it is usually not long before a problem gets expressed as a human rights issue. Indeed, human rights law continues to gain increasing attention internationally, and must move quickly in order to keep up with a social world that changes so rapidly. This Very Short Introduction, in its second edition, brings the issue of human rights up to date, considering the current controversies surrounding the movement. Discussing torture and arbitrary detention in the context of counter terrorism, Andrew Clapham also considers new challenges to human rights in the context of privacy, equality and the right to health. Looking at the philosophical justification for rights, the historical origins of human rights and how they are formed in law, Clapham explains what our human rights actually are, what they might be, and where the human rights movement is heading. ABOUT THE SERIES: The Very Short Introductions series from Oxford University Press contains hundreds of titles in almost every subject area. These pocket-sized books are the perfect way to get ahead in a new subject quickly. Our expert authors combine facts, analysis, perspective, new ideas, and enthusiasm to make interesting and challenging topics highly readable.

Notebook Large Size 8.5 x 11 Ruled 150 Pages Softcover

This textbook describes the biomechanics of bone, cartilage, tendons and ligaments. It is rigorous in its approach to the mechanical properties of the skeleton yet it does not neglect the biological properties of skeletal tissue or require mathematics beyond calculus. Time is taken to introduce basic mechanical and biological concepts, and the approaches used for some of the engineering analyses are purposefully limited. The book is an effective bridge between engineering, veterinary, biological and medical disciplines and will be welcomed by students and researchers in biomechanics, orthopedics, physical anthropology, zoology and veterinary science. This book also: Maximizes reader insights into the mechanical properties of bone, fatigue and fracture resistance of bone and mechanical adaptability of the skeleton Illustrates synovial joint mechanics and mechanical properties of ligaments and tendons in an easy-to-understand way Provides exercises at the end of each chapter

Taryn Clark thought she'd outgrown the need to find her birth mother. She thought that a successful career and a comfortable life in the city were enough to be happy. Did she really need to know about the woman who had given her away? Adopted at birth, her first few years were happy. It hadn't mattered that she didn't know her heritage; she had parents who loved her and wanted her. But divorce, and then death, ripped their tiny family apart, and at the tender age of six, she entered the foster care system. Over the next dozen years, she shuffled from home to home. Finding her roots seemed an impossible dream. But dreams are resilient. An unexpected discovery awakens old yearnings of belonging to a family, of being part of something bigger than herself. Finding the brief, ambiguous note from her birth mother is enough to unfurl the ribbons of hope still binding her heart. Her quest takes her to Lancaster County, Pennsylvania and the heart of the Plain community. Aided by her unique eye color, a healthy dose of luck, and the private investigator she hires, Taryn finds her birth family easily enough, but finding the truth is another matter. In all her musings, she never imagined a

scenario where her mother might be Amish. She never imagined that the fabric of her life might be a patchwork of faith and fear, stitched together with a dark family secret. Taryn is determined to trace her roots, even if it means digging in the mud to do so. Now she's caught in the quicksand of a shocking discovery and the consequences of choices made, almost forty years ago. She'll risk everything to uncover the truth and to claim the family--and the roots--she so desperately craves.

This volume concerns a new research and policy agenda on ageing around the world.

Katriana Cardona My life ended the moment the X-Clan found me. Bitten.Turned.And claimed by him. My genetic markers label me as a rare Omega. But inside, I'm all female alpha. And I will not heel. Not even to the Alpha of Andorra Sector. Ander Cain promises me protection.A new world of pleasure and pain.But he wants all of me in return.Even if it means taking me by force. I'll be damned if I give up my inner fight. I spent the last twenty-one years battling the walking dead. These wolves won't know what hit them when I'm through. Ander Cain My life began the moment I found her, my darling little mate. She's the force of nature Andorra Sector needs to give us hope for a future. A reason to keep going and to protect our lands from the zombie infestation beyond. Yet she refuses to play by our rules. Born in a time where humans will do anything to survive, she's not used to the pack hierarchy or the laws our kind abides by. Oh, but she'll learn. And I'll thoroughly enjoy being the one to train her. Katriana Cardona can fight me all she wants, but in the end, she will be mine. Whether she submits or not. Note: This is a standalone shifter romance with omegaverse and dystopian elements. There will be three main novels in the X-Clan series, all featuring different couples. Novellas may appear in between about side characters as well.

There is already a wealth of literature covering cumulative trauma disorders and medical management, as well as the biomechanics of manual material handling and lower back problems. However, despite a spike in the number of work-related musculoskeletal disorders (WRMSDs) in the upper limbs—due to a sharp increase in the amount of computer-related jobs—few if any books have focused exclusively on WRMSDs, until now. *Biomechanics of the Upper Limbs: Mechanics, Modeling and Musculoskeletal Injuries, Second Edition* offers vital information and tools to improve analysis of external forces and their effects on the human body. This can help ergonomists better understand job stressors and the role they play in the development of disorders, enabling them to modify the work environment and educate practitioners to better control harmful situations. Using the author's medical and engineering expertise to distill essential subject matter and useful technical data, this comprehensive text explores: Biomechanics of the upper limbs and the motor control system The structure and physiology of the human musculoskeletal and neuromuscular systems Recent research findings and solutions to various ergonomic problems Models of various components of the neuromuscular systems, as well as larger systems in the upper limbs Risk factors for disorders and tools used to identify their causes Designed as a textbook for a typical semester-long graduate-level engineering or kinesiology course, this book includes a link to an ancillary website that offers materials such as PowerPoint® slides, sample exams, and an instructor's manual with complete solutions. It also serves as a practical, up-to-date, engineering-oriented resource for researchers, industrial ergonomists, industrial hygienists, and medical professionals who require supplementary material.

Dr. Mark Wiley has spent decades researching and mastering natural wellness practices around the world. He's taken those techniques and pioneered a powerful, integrated mind/body approach to arthritis relief and prevention. Simply put, mainstream medicine fails to eradicate our everyday pains, illnesses and diseases. It fails because it is passive and reactionary and thus it is unable to prevent you from experiencing chronic health conditions. The important thing is to see and know that the solution to your daily suffering is grounded in a five-part process called, the Arthritis Relief Action Plan: Part 1: Educate yourself about the real causes

and solutions of arthritis Part 2: Reduce the current level of symptoms you are experiencing Part 3: Halt or significantly reduce the worsening of your condition Part 4: Prevent the symptoms from flaring to improve your quality of life Part 5: Regenerate healthy tissue to reverse the damage done In the pages of *Arthritis Reversed*, Dr. Wiley shows you how to determine the underlying-and sometimes hidden-causes of your arthritic symptoms. These are actually obvious root causes and contributors that are only "hidden" because you have not (yet) been taught to look for and identify them. Dr. Wiley shows you how to do this and then how to use that knowledge to reduce your pain and halt or slow the progression of the condition, typically within 30 to 90 days.

Evaluation Roots: A Wider Perspective of Theorists' Views and Influences, Second Edition provides an updated examination of current evaluation theories and traces their evolution. Marvin C. Alkin shows how theories build upon theories and how the theories are related to each other. The way in which these evaluation "roots" grew to form a tree helps to provide a better understanding of evaluation theory. In addition to the editor's overview, the book contains essays by leading evaluation theorists. In these pieces, the evaluators comment on their own development and give their views of their placement upon the tree. **All royalties from sales of this book are donated to support the AEA Research on Evaluation Student Award.**

An invaluable resource for students of law, politics, international relations and technology as well as for diplomats and civil society actors, this publication demonstrates how the Council of Europe contributes to ensuring that everyone's voice online can be heard. This is key to sustainable, human rights oriented and people-centred digitalisation. Human rights matter on the internet. Without freedom of expression, people cannot participate in everything that the information society has to offer. Yet online free speech is in danger. Between state laws, private rules and algorithms, full participation in the online communicative space faces many challenges. This publication explores the profound impact of the internet on free expression and how it can be effectively secured online. The second, updated edition of this introduction into the protection of freedom of expression online answers essential questions regarding the extent and limits of freedom of expression online and the role of social networks, courts, states and organisations in online communication spaces. In clear language, with vivid examples spanning two decades of internet law, the authors answer questions on freedom of expression in cyberspace. Addressing issues from the protection of bloggers to the right to access online information, the publication also shows the importance of the standard-setting, monitoring and promotion activities of international and non-governmental organisations and includes a chapter on relevant national practice. It pays special attention to the role of European human rights law and the Council of Europe as this region's most important human rights organisation.

The official publication of the International Society for the Study of the Lumbar Spine, this volume is the most authoritative and up-to-date reference on the lumbar spine. This edition provides more balance between basic science and

clinical material and has been completely reorganized for easy reference. New chapters cover gene therapy, outcomes assessment, and alternatives to traditional nonoperative treatment. The editors have also added chapters on preparation for surgery, surgical approaches, spinal instrumentation, and bone grafts. Chapters on specific disorders have a consistent structure—definition, natural history, physical examination, imaging, nonoperative treatment, operative treatment, postoperative management, results of surgery, and complications. A Survey of Augmented Reality summarizes almost fifty years of research and development in the field of Augmented Reality (AR). It provides an overview of the common definitions of AR, and shows how AR fits into taxonomies of other related technologies.

Steetwise, young "New York Globe" reporter Jennifer Brady determines to uncover the past of the young and handsome, rising union president, Tony Marco, who is about to be appointed by the governor to a special commission

Healthy Feet for People with Diabetes is the most comprehensive, easy-to-read guide for prevention, treatment, and self-care of foot problems; practical information which is vital for people with diabetes and their caregivers. People with diabetes are at the greatest risk of having foot care issues. In fact, every 30 seconds, someone loses a limb due to diabetes. Dr. Mark Hinkes, who has been a podiatrist for more than 30 years, has seen too many of his patients require debilitating toe, foot or leg amputation. He developed this easy-to-follow educational "owner's manual" to help people quickly identify possible foot problems and stop them before they get out-of-control. To make the book more user-friendly, medical terms are simplified; Do's and Don'ts are clearly identified; and there are "Top Tips" for everything from selecting socks and shoes, to skin care, to suggestions for caregivers. The 150-page book is colorfully designed as a blend of a magazine and textbook, with large type, boxed lists, pictures that make foot health issues easy to visually identify, and an extensive reference to Internet links and foot health care informational resources. Recommendations are fully backed by scientific evidence. The 20 concise, yet thorough, chapters start with a focus on prevention. Using easy-to-follow directions, such as how to wash and dry your feet and inspect your socks and shoes, the book carefully explains what steps to take to prevent diabetic foot lesions. As it progresses, the book delves into descriptions of most common foot problems -- everything from skin and toenail troubles to warts, tumors and cysts -- along with directions on how to manage these issues. It quickly becomes apparent; however, that what may appear to be a minor issue - incorrectly cutting a toenail or stepping on a pin while walking barefoot at home - can "trigger" a drastically more serious problem, which, if left untreated, can cause pain, nerve damage, infection, inflammation, and, in the worst case, the type of wound or ulcer that ultimately can lead to an amputation. Chapters devoted to caregivers, the medical team and podiatrists, give people with diabetes a clear understanding of whom they can call upon for personal and professional assistance, what role they can play, and the

background and expertise of various healthcare professionals. If you or someone you care for has diabetes, reading this insightful book and following its well thought-out guidelines is a proactive approach to taking responsibility for your health that has the potential to greatly decrease your health care expenditures and greatly improve your quality of life. Further, it is an excellent reference tool for families, medical students, and healthcare providers.

This book provides the essential foundations of both linear and nonlinear analysis necessary for understanding and working in twenty-first century applied and computational mathematics. In addition to the standard topics, this text includes several key concepts of modern applied mathematical analysis that should be, but are not typically, included in advanced undergraduate and beginning graduate mathematics curricula. This material is the introductory foundation upon which algorithm analysis, optimization, probability, statistics, differential equations, machine learning, and control theory are built. When used in concert with the free supplemental lab materials, this text teaches students both the theory and the computational practice of modern mathematical analysis.

Foundations of Applied Mathematics, Volume 1: Mathematical Analysis?includes several key topics not usually treated in courses at this level, such as uniform contraction mappings, the continuous linear extension theorem, Daniell?Lebesgue integration, resolvents, spectral resolution theory, and pseudospectra. Ideas are developed in a mathematically rigorous way and students are provided with powerful tools and beautiful ideas that yield a number of nice proofs, all of which contribute to a deep understanding of advanced analysis and linear algebra. Carefully thought out exercises and examples are built on each other to reinforce and retain concepts and ideas and to achieve greater depth. Associated lab materials are available that expose students to applications and numerical computation and reinforce the theoretical ideas taught in the text. The text and labs combine to make students technically proficient and to answer the age-old question, "When am I going to use this?"

First published in 1951, Cherokee Cooklore introduces us to traditional Cherokee cooking. It starts with a photographic essay as Aggie Lossiah demonstrates how she makes bean bread. This is followed by recipes gathered from the North Carolina Cherokee community (including yellowjacket soup, blood pudding, hominy corn drink, baked squirrel, and hickory nut soup). A description of Cherokee food customs follows. This is a fascinating booklet that provides valuable food lore for the adventuresome gourmet or the student of Native American history.

Bringing a lively and accessible style to a complex subject, "Cyborgs and Barbie Dolls" explores the idea of the 'posthuman' and the ways in which it is represented in popular culture. Toffoletti explores images of the posthuman body from goth-rocker Marilyn Manson's digitally manipulated self-portraits to the famous TDK 'baby' adverts, and from the work of artist Patricia Piccinini to the curiously 'plastic' form of the ubiquitous Barbie doll, controversially rescued here from her negative image. Drawing on the work of thinkers including Baudrillard, Donna Haraway and Rosi Braidotti, "Cyborgs and Barbie Dolls" explores the nature of the human - and its ambiguous gender - in an age

of biotechnologies and digital worlds.

After being forced to leave home for being different, Robert reinvents himself as Bobby Raver.

Presenting more than two hundred of the greatest haiku ever written about the game. There are moments in every baseball game that make fans catch their breath: the pause while a pitcher looks in for the sign, the moment a cocksure rookie gets picked off first, or the instant a batter lashes a game-winning homer into the night sky, just before the sell-out crowd explodes onto its feet. Haiku captures these moments like no other poetic form, and *Baseball Haiku* captures the sights, the sounds, the smells, and the emotions of the game like no previous collection. Some of the most important haiku poets of both America and Japan are featured in this anthology; including Jack Kerouac, a longtime baseball fan who pioneered English-language haiku; Alan Pizzarelli, one of the top American haiku and senryu poets of the last thirty years; and Masaoka Shiki, one of the four great pillars of Japanese haiku—a towering figure—who was instrumental in popularizing baseball in Japan during the 1890s. With over two hundred poems spanning more than a century of ball playing, *Baseball Haiku* reveals the intricate ways in which this enduring and indelible sport—which is played on a field, under an open sky—has always been linked to nature and the seasons. And just as a haiku happens in a timeless now, so too does *Baseball Haiku* evoke those unforgettable images that capture the actions and atmospheres of the national pastime: each poem resonates like the lonely sound of cleats echoing in the tunnel as a grizzled veteran leaves his final game. The largest collection of haiku and senryu on baseball ever assembled, *Baseball Haiku* is an extraordinary treasure for any true baseball fan.

Mathematics and Climate is a timely textbook aimed at students and researchers in mathematics and statistics who are interested in current issues of climate science, as well as at climate scientists who wish to become familiar with qualitative and quantitative methods of mathematics and statistics. The authors emphasize conceptual models that capture important aspects of Earth's climate system and present the mathematical and statistical techniques that can be applied to their analysis. Topics from climate science include the Earth's energy balance, temperature distribution, ocean circulation patterns such as El Niño/Southern Oscillation, ice caps and glaciation periods, the carbon cycle, and the biological pump. Among the mathematical and statistical techniques presented in the text are dynamical systems and bifurcation theory, Fourier analysis, conservation laws, regression analysis, and extreme value theory. The following features make *Mathematics and Climate* a valuable teaching resource: issues of current interest in climate science and sustainability are used to introduce the student to the methods of mathematics and statistics; the mathematical sophistication increases as the book progresses and topics can thus be selected according to interest and level of knowledge; each chapter ends with a set of exercises that reinforce or enhance the material presented in the chapter and stimulate critical thinking and communication skills; and the book contains an extensive list of references to the literature, a glossary of terms for the nontechnical reader, and a detailed index.

Some promises are forever... Hugh McInnis, trying to escape the past and the present finds himself at an auction, his attention fixed on a Norwegian beauty intended for the highest bidder. He wished he could say what possessed him to bid on Dalla. Dalla was intended for a convent—punishment for disobeying her father—until her uncle intercepted

her journey and put her up for auction. A stubborn quiet Norwegian woman and a grumpy Highlands man have no business traversing the landscape. Not together, anyway. Yet, that's exactly what they are forced to do.

Tensors, or hypermatrices, are multi-arrays with more than two indices. In the last decade or so, many concepts and results in matrix theory—some of which are nontrivial—have been extended to tensors and have a wide range of applications (for example, spectral hypergraph theory, higher order Markov chains, polynomial optimization, magnetic resonance imaging, automatic control, and quantum entanglement problems). The authors provide a comprehensive discussion of this new theory of tensors. *Tensor Analysis: Spectral Theory and Special Tensors* is unique in that it is the first book on these three subject areas: spectral theory of tensors; the theory of special tensors, including nonnegative tensors, positive semidefinite tensors, completely positive tensors, and copositive tensors; and the spectral hypergraph theory via tensors.

Math 1 B

Scholars from across law and internet and media studies examine the human rights implications of today's platform society. Today such companies as Apple, Facebook, Google, Microsoft, and Twitter play an increasingly important role in how users form and express opinions, encounter information, debate, disagree, mobilize, and maintain their privacy. What are the human rights implications of an online domain managed by privately owned platforms? According to the Guiding Principles on Business and Human Rights, adopted by the UN Human Right Council in 2011, businesses have a responsibility to respect human rights and to carry out human rights due diligence. But this goal is dependent on the willingness of states to encode such norms into business regulations and of companies to comply. In this volume, contributors from across law and internet and media studies examine the state of human rights in today's platform society. The contributors consider the “datafication” of society, including the economic model of data extraction and the conceptualization of privacy. They examine online advertising, content moderation, corporate storytelling around human rights, and other platform practices. Finally, they discuss the relationship between human rights law and private actors, addressing such issues as private companies' human rights responsibilities and content regulation. Contributors Anja Bechmann, Fernando Bermejo, Agnès Callamard, Mikkel Flyverbom, Rikke Frank Jørgensen, Molly K. Land, Tarlach McGonagle, Jens-Erik Mai, Joris van Hoboken, Glen Whelan, Jillian C. York, Shoshana Zuboff, Ethan Zuckerman Open access edition published with generous support from Knowledge Unlatched and the Danish Council for Independent Research.

Hot and Smoky Shrimp Tacos, Roasted Wild Mushroom Tacos with Queso Fresco, Fire-Roasted Corn and Poblano Chile Tacos—these are a few of the most taste-tempting tacos you'll ever put in your mouth. And what to top them with—of course, it must be the perfect salsa!

Designed specifically for orthopedic surgeons involved in the review of musculoskeletal MRIs, this book enables clinicians to develop a systematic approach to the interpretation of MRI studies. It opens by providing clinicians with a solid understanding of essential concepts, including the physics of MRI, various pulse sequences available for obtaining an MRI, and normal MRI anatomy. The authors then present an overview of core concepts of image interpretation and step-by-step guidance on how to determine which pulse sequences have been utilized, how to evaluate images, and how to correlate imaging findings with patient history and clinical presentation. The remaining sections of the book present protocols for acquiring and interpreting MRIs of the upper extremity, lower extremity, and spine. Additional chapters cover special considerations for imaging articular cartilage and soft-tissue and bone tumors, as well as advanced techniques such as MR arthrography and MR angiography,

correlation with other imaging modalities, and safety issues. Features: More than 700 MRIs and instructive illustrations to highlight key concepts related to normal anatomy and pathologic processes Practical discussion of how other imaging modalities correlate with MRI Clinical insights from leading orthopedic surgeons and radiologists An ideal resource for orthopedic surgeons, residents, and fellows, this book provides essential instruction on how to approach MRI studies in everyday practice. With its practical coverage of clinical concepts, this book will also serve as a valuable reference for radiologists, rheumatologists, primary care physicians, and other specialists who care for patients with musculoskeletal conditions.

When Harriet Hall graduated from medical school in 1970 and entered the Air Force, she was in a distinct minority. As the second woman ever to do an Air Force internship, she had to fight for acceptance. Even a patient's 3 year old daughter proclaimed, "Oh, Daddy! That's not a doctor, that's a lady." She was refused a residency, paid less than her male counterparts, couldn't live on base, and couldn't claim her husband as a dependent because he wasn't a wife. After six years as a general medical officer in Franco's Spain, she became a family practice specialist and a flight surgeon, doing everything from delivering babies to flying a B-52. She earned her pilot's license despite being told "Women aren't supposed to fly," and eventually retired from the Air Force as a full colonel. She is witness to an era when society was beginning to accept women in traditionally male jobs but didn't entirely like the idea yet. A somewhat warped sense of humor kept her afloat, and it spices the stories she tells about her own experiences and the patients and colleagues she encountered.

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