



# Multi-Functional Use

Whether or not one relies on a pillow  
It can meet all your needs



Pillow  
Lean on comfortably



Sleeping pillow  
Stretch the neck



Lying on the pillow  
Free your hands

Leg pillow  
Reduce leg soreness

Multi-functional  
Reduce physical stress

## Sweet Spot In Time

**IAEA**

## **Sweet Spot In Time:**

**The Sweet Spot in Time** John Jerome,1980    **Mining for Gold** Tom Camacho,2019-06-20 Godly thriving leaders are precious and valuable but developing those leaders is not easy Many leaders feel stuck tired and frustrated in their growth and calling This can change In Mining for Gold pastor and master coach Tom Camacho offers a fresh perspective on how to draw out the best in ourselves and in those around us Cutting through the complexity and challenges of leadership development he gives us practical and effective tools to help leaders grow personally and develop those around them Coaching through the power of the Holy Spirit provides the clarity and momentum we need to grow When we get clarity everything changes Coaching helps us better understand our identity in Christ our God given wiring and how we naturally bear the most fruit There is gold in God s people waiting to be discovered Let s learn to draw out that treasure and help others flourish in their life and leadership

**Sweet Spots** Mattie-Martha Sempert,2021-12-30 Sweet Spots thinks transversally across language and body and between text and tissue This assemblage of essays collectively proposes that words that is language that lands as written text are more than human material And these materials composed of forces and flows and tendencies are capable of generating text flesh that grows into a thinking in the making The practice of acupuncture and its relational thinking often makes its presence felt to twirl the text tissue of the bodying essays Ficto critical thinking is threaded throughout to activate concepts from process philosophy and use the work of other thinkers William James Felix Guattari and Gilles Deleuze Baruch Spinoza and Virginia Woolf to name a few to forge imaginative connections Entangled in the text tissue are an assortment of entities such as bickering body parts quivering jellyfish heart pacemaker cells a narwhal tooth Taoist parables always with ubiquitous stretchy connective tissue from gooey interstitial fluid to thick planes of fascia ever present to ensure that the essaying bodies become what Alfred North Whitehead calls the one which includes the many includes the one The essaying bodies orient towards the sweetest sweet spot which is found not in the center but slightly askew felt in the reverbering more than that carries their potential Crucially this produces a shift in perspective away from self enclosed bodies and experts toward a care for the connective tissue of relation

**Take Back Your Time** Morgan Tyree,2019-08-20 We all get 24 hours in a day but it never seems like quite enough time does it Morgan Tyree wants to help you take back your time with her proven time management system With energy and enthusiasm Morgan shows you how to organize and manage your time using her simple three color time zone system of green yellow and red moxie time multitasking time and me time She shows you how to identify your most productive times each day regulate between essentials and nonessentials schedule your three time zones match your time zones with your capacities welcome the season of life you re in set achievable goals that align with your values If you ve struggled to find balance and direction in your overloaded life let Morgan s system help you discover the freedom of less hustle and more harmony

**Readicide** Kelly Gallagher,2023-10-10 Readicide The systematic killing of the love of reading often exacerbated by the inane mind numbing

practices found in schools Reading is dying in our schools Educators are familiar with many of the factors that have contributed to the decline poverty second language issues and the ever expanding choices of electronic entertainment In this provocative book *Readicide How Schools are Killing Reading and What You Can Do About It* author and teacher Kelly Gallagher suggests it is time to recognize a new and significant contributor to the death of reading our schools *Readicide* Gallagher argues that American schools are actively though unwittingly furthering the decline of reading Specifically he contends that the standard instructional practices used in most schools are killing reading by Valuing standardized testing over the development of lifelong readers Mandating breadth over depth in instruction Requiring students to read difficult texts without proper instructional support and insisting students focus on academic texts Ignoring the importance of developing recreational reading Losing sight of authentic instruction in the looming shadow of political pressures *Readicide* provides teachers literacy coaches and administrators with specific steps to reverse the downward spiral in reading steps that will help prevent the loss of another generation of readers

[Dosimetry in Brachytherapy - An International Code of Practice for Secondary Standards Dosimetry Laboratories and Hospitals](#) IAEA,2023-12-22 The brachytherapy process requires consistent reference dosimetry that is traceable to metrological primary standards and common procedures to be followed for reference dosimetry globally The Code of Practice is addressed to both Secondary Standards Dosimetry Laboratories and hospitals It fulfills the need for a systematic and internationally unified approach to the calibration and use of vented well type re-entrant ionisation chambers in determining the strength of brachytherapy sources with intensities measurable by such detectors The dosimetry formalism as well as common procedures for calibration reference dosimetry reference class instrument

assessment and commissioning of the well type ionisation chamber system are provided [Skiing ,1993-03 Modelling Diesel Combustion](#) P. A. Lakshminarayanan,Yogesh V. Aghav,2022-01-21 This book comprehensively discusses diesel combustion phenomena like ignition delay fuel air mixing rate of heat release and emissions of smoke particulate and nitric oxide It enables quantitative evaluation of these important phenomena and parameters Most importantly it attempts to model them with constants that are independent of engine types and hence they could be applied by the engineers and researchers for a general engine This book emphasizes the importance of the spray at the wall in precisely describing the heat release and emissions for most of the engines on and off road It gives models for heat release and emissions Every model is thoroughly validated by detailed experiments using a broad range of engines The book describes an elegant quasi one dimensional model for heat release in diesel engines with single as well as multiple injections The book describes how the two aspects namely fuel injection rate and the diameter of the combustion bowl in the piston have enabled meeting advanced emission noise and performance standards The book also discusses the topics of computational fluid dynamics encompassing RANS and LES models of turbulence Given the contents this book will be useful for students researchers and professionals working in the area of vehicle engineering and engine technology This book will also be a good professional book for

practising engineers in the field of combustion engines and automotive engineering     *The Woman's World* ,1888     Essays for the Times Edward Hartley Dewart,1898     *Sunday afternoon half-hour lectures to working men* Charles Leach,1875  
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