

# Sleeping With Your Smartphone How To Break The 24 7 Habit And Change Way You Work Leslie A Perlow

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argues that monitoring one s electronic business communication 24 7 is actually counterproductive and offers a plan for companies to take time to disconnect in order to boost their productivity

this book presents decision support tools that can be used in the early design stage to analyze the feasibility of a product and its components for remanufacturing it also covers how to design a product specifically for remanufacturing and offers supporting case studies this is a comprehensive solutions guide for remanufacturing decision making the book illustrates an approach that can be used at the product end of life eol stage to generate optimized recovery plans for the returned products opportunities for industry 4 0 to support remanufacturing along with case studies are included to showcase the decision making tools remanufacturing and remanufacturability assessment for the circular economy a solutions guide will be of interest to practitioners business professionals and researchers that work in the industrial and manufacturing sectors those involved with supply chain management and advanced technologies associated with industry 4 0 sustainability and integrated techniques of circular supply chains will also find this book very useful

no systematic analysis of optometric clinical data can be undertaken unless the findings are referred to a logical model that allows comparisons to be made of interaction characteristics that exist between the accommodative and convergence

mechanisms inherent to the human vision system concomitantly many of the concepts applied during any such analytical process are based on hypothetical constructs this text re examines the elements originally proposed by dr a m skeffington and offers a revised insight into how performance changes may occur as individual visual behavior adapts to the impact of environmental demands in depth research and extensive references attempt to substantiate the skeffington paradigm of professional vision analysis long standing challenges to the optometric profession are identified as presented the contents are appropriate for use as a classroom text for reference and for identifying areas for clinical research

lloyd s register has published the rules and regulations for the classification of ships to which all lloyd s register classed ships must conform since 1834 between 1834 and 1870 the rules were bound within the lloyd s register of ships since 1870 they have been published separately today the lloyd s register rules and regulations are still recognised as one of the most comprehensive and respected sets of standards in the maritime industry they are still regularly updated to reflect the advances in technology and changes in regulatory requirements and still function as a trusted companion to surveyors shipowners shipyards and regulatory bodies around the world

this new edition of the standard work the englishman s hebrew concordance of the old testament is an improved and corrected edition that features a new larger format now coded to strong s it is invaluable in bible study for those who do not know hebrew a new index of out of sequence strong s numbers allows the reader to quickly and easily locate any word by its strong s number the hebrew and english indexes have been retained

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