

Overcoming Obsessive Thoughts How To Gain Control Of Your Ocd

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Javier Santos Chenghui Zhang John Zyskind Jintao Wang B. S. Daya Sagar Mayo Clinic California (State). Herbert Brownell
California. Division of Industrial Safety International Union of Mine, Mill, and Smelter Workers

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are you running your business or is your business running you do you feel like you re constantly spinning your wheels are you wrestling with personnel conflicts inconsistent profits and growth that feels more chaotic than controlled do you feel like you ve lost the grip on the company you worked so hard to build if you re like most entrepreneurs you re facing one or more of these frustrations and it s not because you re not smart enough or don t work hard enough it s because your business has hit a ceiling and the way you ve been running it is no longer enough to get to the next level you don t need more passion you need a system business traction is not another book of passing management theories it is a complete proven and practical system for getting a real grip on your business this is the simple powerful playbook that will give you more focus more growth and more enjoyment from your company empowering you to achieve the success you ve always envisioned inside this powerful system you will learn to master the six key components of your business clarify your vision learn how to get your leadership team 100 on the same page with where your business is going and exactly how it s going to get there end the confusion and create an organization that is laser focused on a single shared vision build a team of a players implement a simple but powerful framework right people right seats to build a team of accountable high performing individuals who thrive in your culture and drive results without your constant oversight run on facts not feelings discover how to identify and track a handful of key metrics that give you an absolute pulse on your business learn to predict problems and make faster better decisions based on data not drama solve problems once and for all master a disciplined weekly process to smoke out discuss and permanently resolve the nagging issues that have been holding your company back for months or even years systematize your success document and simplify the core processes that define your business create consistency and scalability that gives you more efficiency more profit and more freedom gain real traction instill a rhythm of focus and accountability throughout your entire organization with quarterly priorities and weekly meetings that ensure your vision is executed day in and day out why is this the operating system your business needs because it s a simple holistic and proven framework that works this book is for the entrepreneurs founders and leadership teams of businesses who are ready to stop the chaos and regain control build a cohesive accountable and effective team achieve consistent profitable and sustainable growth finally have the freedom to work on the business not just in it imagine your entire team focused accountable and executing on your vision imagine having the time to focus on the

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the variable gain control method is a new construction technique for the control of nonlinear systems by properly conducting state transformation that depends on the variable gains the control design problem of nonlinear systems can be transformed into a gain construction problem thus effectively avoiding the tedious iterative design procedure different from the classical backstepping method and forwarding design method the structure of variable gain control is simpler in the sense that fewer design parameters are required facilitating the improvement of system control performance to highlight the learning research and promotion of variable gain control variable gain control and its applications in energy conversion is written based on the research results of peers at home and abroad and combining our latest research this book presents innovative technologies for designing variable gain controllers for nonlinear systems it systematically describes the origin and principles of variable gain control for nonlinear systems focuses on the controller design and stability analysis and reflects the latest research in addition variable gain control methods applied to energy conversion are also included discussion remarks are provided in each chapter highlighting new approaches and contributions to emphasize the novelty of the presented design and analysis methods in addition simulation results are given in each chapter to show the effectiveness of these methods it can be used as a reference book or a textbook for students with some background in feedback control systems researchers graduate students and engineers in the fields of control information renewable energy generation electrical engineering mechanical engineering applied mathematics and others will benefit from this book

with the advent of wavelength routing and dynamic reconfigurable optical networks new demands are being made in the design and operation of optical amplifiers this book provides for the first time a comprehensive review of optical amplifier technology in the context of these recent advances in the field it demonstrates how to manage the trade offs between amplifier design network architecture and system management and operation the book provides an overview of optical amplifiers and reconfigurable networks before examining in greater detail the issues of importance to network operators and equipment manufacturers including 40g and

100g transmission optical amplifier design is fully considered focusing on fundamentals design solutions and amplifier performance limitations finally the book discusses other emerging applications for optical amplifiers such as optical networks for high data rate systems free space systems long single span links and optical digital networks this book will be of great value to r d engineers network and systems engineers telecommunications service providers component suppliers industry analysts network operators postgraduate students academics and anyone seeking to understand emerging trends in optical networks and the consequent changes in optical amplifier design features and applications provides an in depth and focused review of the new reconfigurable network architecture and its impact on optical amplifiers addresses 40g and 100g transmission and networking written by experts in the field with deep technical knowledge and practical experience of commercial practice and concerns

this book elaborates on the significance of the development of marine unmanned equipment as well as the history and current status of the development at home and abroad and analyzes the technical characteristics of marine unmanned equipment from the dimensional fields of overview basic principles key technologies and applications in marine engineering taking unmanned aircraft and unmanned boat equipment platforms as examples the four necessary technologies to achieve the intelligent development of maritime unmanned equipment are introduced in detail sonar technology optoelectronic technology radar technology maritime communication technology and so on the book explains the relevant professional knowledge in the form of examples keeps a close eye on the practical application makes the professional knowledge more professional and readable and is oriented to the practitioners of marine equipment as well as the public s study book

the encyclopedia of mathematical geosciences is a complete and authoritative reference work it provides concise explanation on each term that is related to mathematical geosciences over 300 international scientists each expert in their specialties have written around 350 separate articles on different topics of mathematical geosciences including contributions on artificial intelligence big data compositional data analysis geomathematics geostatistics geographical information science mathematical morphology mathematical petrology multifractals multiple point statistics spatial data science spatial statistics and stochastic process modeling each topic

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