

Per Min From Clean Code Illustration

Clean Code in Python

Getting the most out of Python to improve your codebase Key Features Save maintenance costs by learning to fix your legacy codebase Learn the principles and techniques of refactoring Apply microservices to your legacy systems by implementing practical techniques Book Description Python is currently used in many different areas such as software construction, systems administration, and data processing. In all of these areas, experienced professionals can find examples of inefficiency, problems, and other perils, as a result of bad code. After reading this book, readers will understand these problems, and more importantly, how to correct them. The book begins by describing the basic elements of writing clean code and how it plays an important role in Python programming. You will learn about writing efficient and readable code using the Python standard library and best practices for software design. You will learn to implement the SOLID principles in Python and use decorators to improve your code. The book delves more deeply into object oriented programming in Python and shows you how to use objects with descriptors and generators. It will also show you the design principles of software testing and how to resolve software problems by implementing design patterns in your code. In the final chapter we break down a monolithic application to a microservice one, starting from the code as the basis for a solid platform. By the end of the book, you will be proficient in applying industry approved coding practices to design clean, sustainable and readable Python code. What you will learn Set up tools to effectively work in a development environment Explore how the magic methods of Python can help us write better code Examine the traits of Python to create advanced object-oriented design Understand removal of duplicated code using decorators and descriptors Effectively refactor code with the help of unit tests Learn to implement the SOLID principles in Python Who this book is for This book will appeal to team leads, software architects and senior software engineers who would like to work on their legacy systems to save cost and improve efficiency. A strong understanding of Programming is assumed.

Clean Code

Even bad code can function. But if code isn't clean, it can bring a development organization to its knees. Every year, countless hours and significant resources are lost because of poorly written code. But it doesn't have to be that way. Noted software expert Robert C. Martin presents a revolutionary paradigm with Clean Code: A Handbook of Agile Software Craftsmanship. Martin has teamed up with his colleagues from Object Mentor to distill their best agile practice of cleaning code "on the fly" into a book that will instill within you the values of a software craftsman and make you a better programmer—but only if you work at it. What kind of work will you be doing? You'll be reading code—lots of code. And you will be challenged to think about what's right about that code, and what's wrong with it. More importantly, you will be challenged to reassess your professional values and your commitment to your craft. Clean Code is divided into three parts. The first describes the principles, patterns, and practices of writing clean code. The second part consists of several case studies of increasing complexity. Each case study is an exercise in cleaning up code—of transforming a code base that has some problems into one that is sound and efficient. The third part is the payoff: a single chapter containing a list of heuristics and "smells" gathered while creating the case studies. The result is a knowledge base that describes the way we think when we write, read, and clean code. Readers will come away from this book understanding How to tell the difference between good and bad code How to write good code and how to transform bad code into good code How to create good names, good functions, good objects, and good classes How to format code for maximum readability How to implement complete error handling without obscuring code logic How to unit test and practice test-driven development This book is a must for any developer, software engineer, project manager, team lead, or systems analyst with an interest in producing better code.

Java Concurrency in Practice

Threads are a fundamental part of the Java platform. As multicore processors become the norm, using concurrency effectively becomes essential for building high-performance applications. Java SE 5 and 6 are a huge step forward for the development of concurrent applications, with improvements to the Java Virtual Machine to support high-performance, highly scalable concurrent classes and a rich set of new concurrency building blocks. In *Java Concurrency in Practice*, the creators of these new facilities explain not only how they work and how to use them, but also the motivation and design patterns behind them. However, developing, testing, and debugging multithreaded programs can still be very difficult; it is all too easy to create concurrent programs that appear to work, but fail when it matters most: in production, under heavy load. *Java Concurrency in Practice* arms readers with both the theoretical underpinnings and concrete techniques for building reliable, scalable, maintainable concurrent applications. Rather than simply offering an inventory of concurrency APIs and mechanisms, it provides design rules, patterns, and mental models that make it easier to build concurrent programs that are both correct and performant. This book covers: Basic concepts of concurrency and thread safety Techniques for building and composing thread-safe classes Using the concurrency building blocks in `java.util.concurrent` Performance optimization dos and don'ts Testing concurrent programs Advanced topics such as atomic variables, nonblocking algorithms, and the Java Memory Model

The Art of Clean Code

Learn eight principles to simplify your code and become a more effective (and successful) programmer. Most software developers waste thousands of hours working with overly complex code. The eight core principles in *The Art of Clean Coding* will teach you how to write clear, maintainable code without compromising functionality. The book's guiding principle is simplicity: reduce and simplify, then reinvest energy in the important parts to save you countless hours and ease the often onerous task of code maintenance. Bestselling author Christian Mayer leverages his experience helping thousands perfect their coding skills in this new book. With expert advice and real-world examples, he'll show you how to: Concentrate on the important stuff with the 80/20 principle -- focus on the 20% of your code that matters most Avoid coding in isolation: create a minimum viable product to get early feedback Write code cleanly and simply to eliminate clutter Avoid premature optimization that risks over-complicating code Balance your goals, capacity, and feedback to achieve the productive state of Flow Apply the Do One Thing Well philosophy to vastly improve functionality Design efficient user interfaces with the Less is More principle Tie your new skills together into one unifying principle: Focus The Python-based *The Art of Clean Coding* is suitable for programmers at any level, with ideas presented in a language-agnostic manner.

Clean coder (Clean Coders video series)

Practical Software Architecture Solutions from the Legendary Robert C. Martin ("Uncle Bob") By applying universal rules of software architecture, you can dramatically improve developer productivity throughout the life of any software system. Now, building upon the success of his best-selling books *Clean Code* and *The Clean Coder*, legendary software craftsman Robert C. Martin ("Uncle Bob") reveals those rules and helps you apply them. Martin's *Clean Architecture* doesn't merely present options. Drawing on over a half-century of experience in software environments of every imaginable type, Martin tells you what choices to make and why they are critical to your success. As you've come to expect from Uncle Bob, this book is packed with direct, no-nonsense solutions for the real challenges you'll face—the ones that will make or break your projects. Learn what software architects need to achieve—and core disciplines and practices for achieving it Master essential software design principles for addressing function, component separation, and data management See how programming paradigms impose discipline by restricting what developers can do Understand what's critically important and what's merely a "detail" Implement optimal, high-level structures for web, database, thick-client, console, and embedded applications Define appropriate boundaries and layers, and organize components and services See why designs and architectures go wrong, and how to

prevent (or fix) these failures Clean Architecture is essential reading for every current or aspiring software architect, systems analyst, system designer, and software manager—and for every programmer who must execute someone else’s designs. Register your product for convenient access to downloads, updates, and/or corrections as they become available.

Clean Architecture

As programmers, we’ve all seen source code that’s so ugly and buggy it makes our brain ache. Over the past five years, authors Dustin Boswell and Trevor Foucher have analyzed hundreds of examples of “bad code” (much of it their own) to determine why they’re bad and how they could be improved. Their conclusion? You need to write code that minimizes the time it would take someone else to understand it—even if that someone else is you. This book focuses on basic principles and practical techniques you can apply every time you write code. Using easy-to-digest code examples from different languages, each chapter dives into a different aspect of coding, and demonstrates how you can make your code easy to understand. Simplify naming, commenting, and formatting with tips that apply to every line of code Refine your program’s loops, logic, and variables to reduce complexity and confusion Attack problems at the function level, such as reorganizing blocks of code to do one task at a time Write effective test code that is thorough and concise—as well as readable “Being aware of how the code you create affects those who look at it later is an important part of developing software. The authors did a great job in taking you through the different aspects of this challenge, explaining the details with instructive examples.” —Michael Hunger, passionate Software Developer

The Art of Readable Code

Tackle inefficiencies and errors the Pythonic way Key Features Enhance your coding skills using the new features introduced in Python 3.9 Implement the refactoring techniques and SOLID principles in Python Apply microservices to your legacy systems by implementing practical techniques Book Description Experienced professionals in every field face several instances of disorganization, poor readability, and testability due to unstructured code. With updated code and revised content aligned to the new features of Python 3.9, this second edition of Clean Code in Python will provide you with all the tools you need to overcome these obstacles and manage your projects successfully. The book begins by describing the basic elements of writing clean code and how it plays a key role in Python programming. You will learn about writing efficient and readable code using the Python standard library and best practices for software design. The book discusses object-oriented programming in Python and shows you how to use objects with descriptors and generators. It will also show you the design principles of software testing and how to resolve problems by implementing software design patterns in your code. In the concluding chapter, we break down a monolithic application into a microservices-based one starting from the code as the basis for a solid platform. By the end of this clean code book, you will be proficient in applying industry-approved coding practices to design clean, sustainable, and readable real-world Python code. What you will learn Set up a productive development environment by leveraging automatic tools Leverage the magic methods in Python to write better code, abstracting complexity away and encapsulating details Create advanced object-oriented designs using unique features of Python, such as descriptors Eliminate duplicated code by creating powerful abstractions using software engineering principles of object-oriented design Create Python-specific solutions using decorators and descriptors Refactor code effectively with the help of unit tests Build the foundations for solid architecture with a clean code base as its cornerstone Who this book is for This book is designed to benefit new as well as experienced programmers. It will appeal to team leads, software architects and senior software engineers who would like to write Pythonic code to save on costs and improve efficiency. The book assumes that you have a strong understanding of programming

Clean Code in Python

“This book addresses the topic of software design: how to decompose complex software systems into modules (such as classes and methods) that can be implemented relatively independently. The book first

introduces the fundamental problem in software design, which is managing complexity. It then discusses philosophical issues about how to approach the software design process and it presents a collection of design principles to apply during software design. The book also introduces a set of red flags that identify design problems. You can apply the ideas in this book to minimize the complexity of large software systems, so that you can write software more quickly and cheaply.\"--Amazon.

Marketing Research Report

Special edition of the Federal Register, containing a codification of documents of general applicability and future effect ... with ancillaries.

A Philosophy of Software Design

Learn eight principles to simplify your code and become a more effective (and successful) programmer. Most software developers waste thousands of hours working with overly complex code. The eight core principles in *The Art of Clean Coding* will teach you how to write clear, maintainable code without compromising functionality. The book's guiding principle is simplicity: reduce and simplify, then reinvest energy in the important parts to save you countless hours and ease the often onerous task of code maintenance. Bestselling author Christian Mayer leverages his experience helping thousands perfect their coding skills in this new book. With expert advice and real-world examples, he'll show you how to: Concentrate on the important stuff with the 80/20 principle -- focus on the 20% of your code that matters most Avoid coding in isolation: create a minimum viable product to get early feedback Write code cleanly and simply to eliminate clutter Avoid premature optimization that risks over-complicating code Balance your goals, capacity, and feedback to achieve the productive state of Flow Apply the Do One Thing Well philosophy to vastly improve functionality Design efficient user interfaces with the Less is More principle Tie your new skills together into one unifying principle: Focus The Python-based *The Art of Clean Coding* is suitable for programmers at any level, with ideas presented in a language-agnostic manner.

Code of Federal Regulations

Widely considered one of the best practical guides to programming, Steve McConnell's original *CODE COMPLETE* has been helping developers write better software for more than a decade. Now this classic book has been fully updated and revised with leading-edge practices—and hundreds of new code samples—illustrating the art and science of software construction. Capturing the body of knowledge available from research, academia, and everyday commercial practice, McConnell synthesizes the most effective techniques and must-know principles into clear, pragmatic guidance. No matter what your experience level, development environment, or project size, this book will inform and stimulate your thinking—and help you build the highest quality code. Discover the timeless techniques and strategies that help you: Design for minimum complexity and maximum creativity Reap the benefits of collaborative development Apply defensive programming techniques to reduce and flush out errors Exploit opportunities to refactor—or evolve—code, and do it safely Use construction practices that are right-weight for your project Debug problems quickly and effectively Resolve critical construction issues early and correctly Build quality into the beginning, middle, and end of your project

The Art of Clean Code

Refactoring is gaining momentum amongst the object oriented programming community. It can transform the internal dynamics of applications and has the capacity to transform bad code into good code. This book offers an introduction to refactoring.

Code Complete

The Code of Federal Regulations is the codification of the general and permanent rules published in the Federal Register by the executive departments and agencies of the Federal Government.

Marketing Research Report

An easy-to-use illustrated guide to building codes for residential structures As the construction industry moves to a single set of international building codes, architects and construction professionals need an interpretive guide to understand how the building code affects the early design of specific projects. This newest addition to Wiley's series of focused guides familiarizes code users with the 2009 International Residential Code® (IRC) as it applies to residential buildings. The book provides architects, engineers, and other related building professionals with an understanding of how the International Residential Code was developed, and how it is likely to be interpreted when applied to the design and construction of residential buildings. • User-friendly visual format that makes finding the information you need quick and easy • The book's organization follows the 2009 International Residential Code itself • Nearly 900 illustrations, by architectural illustrator Steven Juroszek in the style of noted illustrator and author Frank Ching, visualize and explain the codes • Text written by experienced experts who have been instrumental in gaining acceptance for the new unified building code This book is an essential companion to the IRC for both emerging practitioners and experienced practitioners needing to understand the new IRC.

Refactoring

With the award-winning book *Agile Software Development: Principles, Patterns, and Practices*, Robert C. Martin helped bring Agile principles to tens of thousands of Java and C++ programmers. Now .NET programmers have a definitive guide to agile methods with this completely updated volume from Robert C. Martin and Micah Martin, *Agile Principles, Patterns, and Practices in C#*. This book presents a series of case studies illustrating the fundamentals of Agile development and Agile design, and moves quickly from UML models to real C# code. The introductory chapters lay out the basics of the agile movement, while the later chapters show proven techniques in action. The book includes many source code examples that are also available for download from the authors' Web site. Readers will come away from this book understanding Agile principles, and the fourteen practices of Extreme Programming Spiking, splitting, velocity, and planning iterations and releases Test-driven development, test-first design, and acceptance testing Refactoring with unit testing Pair programming Agile design and design smells The five types of UML diagrams and how to use them effectively Object-oriented package design and design patterns How to put all of it together for a real-world project Whether you are a C# programmer or a Visual Basic or Java programmer learning C#, a software development manager, or a business analyst, *Agile Principles, Patterns, and Practices in C#* is the first book you should read to understand agile software and how it applies to programming in the .NET Framework.

Influence of Selected Gin-and Mill-cleaning Treatments on Cotton-dust Levels, Spinning Performance, and Yarn Quality

Summary Redis in Action introduces Redis and walks you through examples that demonstrate how to use it effectively. You'll begin by getting Redis set up properly and then exploring the key-value model. Then, you'll dive into real use cases including simple caching, distributed ad targeting, and more. You'll learn how to scale Redis from small jobs to massive datasets. Experienced developers will appreciate chapters on clustering and internal scripting to make Redis easier to use. About the Technology When you need near-real-time access to a fast-moving data stream, key-value stores like Redis are the way to go. Redis expands on the key-value pattern by accepting a wide variety of data types, including hashes, strings, lists, and other structures. It provides lightning-fast operations on in-memory datasets, and also makes it easy to persist to disk on the fly. Plus, it's free and open source. About this book Redis in Action introduces Redis and the key-

value model. You'll quickly dive into real use cases including simple caching, distributed ad targeting, and more. You'll learn how to scale Redis from small jobs to massive datasets and discover how to integrate with traditional RDBMS or other NoSQL stores. Experienced developers will appreciate the in-depth chapters on clustering and internal scripting. Written for developers familiar with database concepts. No prior exposure to NoSQL database concepts nor to Redis itself is required. Appropriate for systems administrators comfortable with programming. Purchase of the print book includes a free eBook in PDF, Kindle, and ePub formats from Manning Publications. What's Inside Redis from the ground up Preprocessing real-time data Managing in-memory datasets Pub/sub and configuration Persisting to disk About the Author Dr. Josiah L. Carlson is a seasoned database professional and an active contributor to the Redis community. Table of Contents PART 1 GETTING STARTED Getting to know Redis Anatomy of a Redis web application PART 2 CORE CONCEPTS Commands in Redis Keeping data safe and ensuring performance Using Redis for application support Application components in Redis Search-based applications Building a simple social network PART 3 NEXT STEPS Reducing memory use Scaling Redis Scripting Redis with Lua

Reducing Costs of Less-than-trailer-load Purchases by Grocery Distribution Firms

"A great book with deep insights into the bridge between programming and the human mind." - Mike Taylor, CGI Your brain responds in a predictable way when it encounters new or difficult tasks. This unique book teaches you concrete techniques rooted in cognitive science that will improve the way you learn and think about code. In The Programmer's Brain: What every programmer needs to know about cognition you will learn: Fast and effective ways to master new programming languages Speed reading skills to quickly comprehend new code Techniques to unravel the meaning of complex code Ways to learn new syntax and keep it memorized Writing code that is easy for others to read Picking the right names for your variables Making your codebase more understandable to newcomers Onboarding new developers to your team Learn how to optimize your brain's natural cognitive processes to read code more easily, write code faster, and pick up new languages in much less time. This book will help you through the confusion you feel when faced with strange and complex code, and explain a codebase in ways that can make a new team member productive in days! Foreword by Jon Skeet. About the technology Take advantage of your brain's natural processes to be a better programmer. Techniques based in cognitive science make it possible to learn new languages faster, improve productivity, reduce the need for code rewrites, and more. This unique book will help you achieve these gains. About the book The Programmer's Brain unlocks the way we think about code. It offers scientifically sound techniques that can radically improve the way you master new technology, comprehend code, and memorize syntax. You'll learn how to benefit from productive struggle and turn confusion into a learning tool. Along the way, you'll discover how to create study resources as you become an expert at teaching yourself and bringing new colleagues up to speed. What's inside Understand how your brain sees code Speed reading skills to learn code quickly Techniques to unravel complex code Tips for making codebases understandable About the reader For programmers who have experience working in more than one language. About the author Dr. Felienne Hermans is an associate professor at Leiden University in the Netherlands. She has spent the last decade researching programming, how to learn and how to teach it. Table of Contents PART 1 ON READING CODE BETTER 1 Decoding your confusion while coding 2 Speed reading for code 3 How to learn programming syntax quickly 4 How to read complex code PART 2 ON THINKING ABOUT CODE 5 Reaching a deeper understanding of code 6 Getting better at solving programming problems 7 Misconceptions: Bugs in thinking PART 3 ON WRITING BETTER CODE 8 How to get better at naming things 9 Avoiding bad code and cognitive load: Two frameworks 10 Getting better at solving complex problems PART 4 ON COLLABORATING ON CODE 11 The act of writing code 12 Designing and improving larger systems 13 How to onboard new developers

The Code of Federal Regulations of the United States of America

Most companies developing software employ something they call "Agile." But there's widespread misunderstanding of what Agile is and how to use it. If you want to improve your software development team's agility, this comprehensive guidebook's clear, concrete, and detailed guidance explains what to do and

why, and when to make trade-offs. In this thorough update of the classic Agile how-to guide, James Shore provides no-nonsense advice on Agile adoption, planning, development, delivery, and management taken from over two decades of Agile experience. He brings the latest ideas from Extreme Programming, Scrum, Lean, DevOps, and more into a cohesive whole. Learn how to successfully bring Agile development to your team and organization--or discover why Agile might not be for you. This book explains how to: Improve agility: create the conditions necessary for Agile to succeed and scale in your organization Focus on value: work as a team, understand priorities, provide visibility, and improve continuously Deliver software reliably: share ownership, decrease development costs, evolve designs, and deploy continuously Optimize value: take ownership of product plans, budgets, and experiments--and produce market-leading software

Residential Building Codes Illustrated

Discover the right way to code in Python. This book provides the tips and techniques you need to produce cleaner, error-free, and eloquent Python projects. Your journey to better code starts with understanding the importance of formatting and documenting your code for maximum readability, utilizing built-in data structures and Python dictionary for improved maintainability, and working with modules and meta-classes to effectively organize your code. You will then dive deep into the new features of the Python language and learn how to effectively utilize them. Next, you will decode key concepts such as asynchronous programming, Python data types, type hinting, and path handling. Learn tips to debug and conduct unit and integration tests in your Python code to ensure your code is ready for production. The final leg of your learning journey equips you with essential tools for version management, managing live code, and intelligent code completion. After reading and using this book, you will be proficient in writing clean Python code and successfully apply these principles to your own Python projects. What You'll Learn Use the right expressions and statements in your Python code Create and assess Python Dictionary Work with advanced data structures in Python Write better modules, classes, functions, and metaclasses Start writing asynchronous Python immediately Discover new features in Python Who This Book Is For Readers with a basic Python programming knowledge who want to improve their Python programming skills by learning right way to code in Python.

Agile Principles, Patterns, and Practices in C#

This fully-illustrated guide offers a quick and easy visual reference for installing electrical systems. Whether you're installing a new system or repairing an old one, you'll appreciate the simple explanations written by a code expert, and the detailed, intricately-drawn and labeled diagrams. A real time-saver when it comes to deciphering the current NEC.

Effects of Variations in Gin and Mill Cleaning on the Lint and Yarn Quality of Mechanically Picked and Stripped Cottons

Business Basics for Dentists Concise yet comprehensive overview of business management principles tailored for dental practices, with strategies to apply the core concepts to achieve success Rather than presenting a rote checklist of steps for success, Business Basics for Dentists, Second Edition describes business, economic, marketing, and management principles and explains how to apply them to dental practice. Now fully updated throughout, this book provides the essential elements of a business course—management principles, economics, business finance, and financial analysis—without getting bogged down in too much detail. Dental students and new practitioners will learn how to use the core strategic and operational business philosophies to develop an effective dental practice. The business management principles are related to various aspects of running and managing a dental practice, including office communications, billing, inventory, and marketing. All aspects of practice transition are approached, including career opportunities, buying a practice, starting a new practice, multi-practitioner arrangements, practice valuation, and planning and developing a practice. The book also covers personal financial planning to ensure that the dentist is also planning for their finances and retirement beyond the bounds of the practice.

Business Basics for Dentists, Second Edition covers: Personal money management and insurance needs, reducing the personal tax burden, estate planning, and securing financing Business entities, basic economics, the legal environment of the dental practice, financial statements, and business taxes and tax planning Management principles, planning the dental practice, financial analysis, and control in the dental office, maintaining production and collections, and gaining case acceptance Generating patients for the practice, controlling costs, promoting staff effectiveness, and maintaining daily operations Focusing on the transition period from a dental student, through corporate employee, to ownership, Business Basics for Dentists is a valuable tool for dental students and professionals seeking to further their career path through actionable advice from experts in the field.

Illustrated Electrical Review

USA Today Bestseller Start waking up to your full potential every single day with the updated and expanded edition of the groundbreaking book with more than 2 million copies sold. Getting everything you want out of life isn't about doing more. It's about becoming more. Hal Elrod and The Miracle Morning have helped millions of people become the person they need to be to create the life they've always wanted. Now, it's your turn. Hal's revolutionary S.A.V.E.R.S. method is a simple, effective step-by-step process to transform your life in as little as six minutes per day: Silence: Reduce stress and improve mental clarity by beginning each day with peaceful, purposeful quiet Affirmations: Reprogram your mind to overcome any fears or beliefs that are limiting your potential or causing you to suffer Visualization: Experience the power of mentally rehearsing yourself showing up at your best each day Exercise: Boost your mental and physical energy in as little as 60 seconds Reading: Acquire knowledge and expand your abilities by learning from experts Scribing: Keep a journal to deepen gratitude, gain insights, track progress, and increase your productivity by getting clear on your top priorities This updated and expanded edition has more than 40 pages of new content, including: The Miracle Evening: Optimize your bedtime and sleep to wake up every day feeling refreshed and energized for your Miracle Morning The Miracle Life: Begin your path to inner freedom so you can truly be happy and learn to love the life you have while you create the life you want

Telegraphic Journal and Monthly Illustrated Review of Electrical Science

Our handbook addresses the urgent issue of air pollution, its control, and the engineering solutions available. This step-by-step guide takes readers through the major environmental crisis we face today, transforming how we perceive the atmosphere and the air we breathe. We delve into the havoc caused by air pollutants and harmful emissions, highlighting their impact on the ozone layer and subsequent harmful effects. Detailed explanations cover all sources of air pollutants and their results, aiming to educate the general public, scientists, analysts, and environmentalists. This book outlines various methodologies and techniques to tackle air pollution, detailing air pollution control systems and identifying the most damaging toxic air pollutants. We also explore the potential health hazards to humans and vegetation, providing a thorough study of how air pollution affects human anatomy and the associated diseases. The clean air is a fundamental right for all, crucial for human survival. Future generations will bear the consequences if we do not address this anomaly adequately. It's a race against time, and together, we must win it.

Engineering; an Illustrated Weekly Journal

It would be nice to breathe optimally without thinking about it. Unfortunately, most of us have developed numerous bad breathing habits, which serve to deliver sub-optimal health. "Breathing To Heal" teaches us how to breathe optimally and efficiently. It also teaches us the physiology of breathing, various techniques for clearing our sinuses and airways, herbs that increase lung health, how to breathe around polluted environments, and how to breathe with different postures, positions and frames of mind. Techniques of pranayama, tai chi, hatha yoga and qigong are also discussed, along with breath control and the Buteyko technique. Allergens and filtration systems are also reviewed. This is a complete and practical book on becoming a better breather every day.

Redis in Action

The Programmer's Brain

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