

A man with dark hair and a beard, wearing a grey t-shirt and brown shorts, stands in a dense jungle. He is looking off to the side with a serious expression. The background is filled with tall palm trees and lush green foliage. In the lower right foreground, the words "Last Days" are written in a large, bold, green font.

**Last
Days**

Last 90 Days Sleep Optimization 2025

Chao Zhang

Last 90 Days Sleep Optimization 2025:

Optimizing Sedation & Analgesia in the ICU, An Issue of Critical Care Clinics Yahya Shehabi, Joanna L. Stollings, Timothy D Girard, 2025-10-21 In this issue of Critical Care Clinics guest editors Drs Yahya Shehabi Joanna L Stollings and Timothy D Gerard bring their considerable expertise to the topic of Optimizing Sedation and Analgesia in the ICU Top experts cover key issues such as the role of antipsychotic agents for adjunct sedation analgesia first for every patient current concepts in critical illness monitoring sedation depth in critical illness inhalational agents as ICU sedatives and much more Contains 14 relevant practice oriented topics including optimal sedation in the elderly critically ill sedation in non invasive ventilation optimal sedation in ventilated patients with septic shock optimal sedation in the patients with acute brain injury including post cardiac arrest future directions in sedation and analgesia and more Provides in depth clinical reviews on optimizing sedation and analgesia in the ICU offering actionable insights for clinical practice Presents the latest information on this timely focused topic under the leadership of experienced editors in the field Authors synthesize and distill the latest research and practice guidelines to create clinically significant topic based reviews

Logic For Growth

Lucas Nguyen, AI, 2025-01-26 Logic for Growth reimagines personal development by arguing that structured reasoning not just optimism or grit is the cornerstone of lasting happiness and growth Bridging philosophy neuroscience and practical self help the book positions logical literacy as a skill anyone can cultivate to navigate life's complexities Its central theme challenges the myth that intuition alone drives success instead showcasing how evidence based thinking helps counteract cognitive biases and emotional reactivity The book stands out by merging ancient wisdom with modern science like linking Stoic emotional regulation to neuroplasticity research and provides actionable tools such as decision audits and cognitive behavioral therapy exercises A striking example cites a 1984 MIT study where even experts fell prey to flawed reasoning underscoring the universal need for deliberate thinking Through relatable anecdotes a nurse triaging patients a parent making childcare decisions it demonstrates how probabilistic reasoning and metacognition transform theoretical concepts into daily habits Structured in three parts Logic for Growth first dismantles misconceptions about gut instinct then integrates philosophical frameworks with behavioral science and finally offers step by step strategies for real world application Unlike traditional self help books it prioritizes peer reviewed data over inspirational anecdotes creating a rigorous yet accessible guide By reframing mindfulness as a tool for analytical focus and addressing debates about emotion's role in logic the book offers a balanced toolkit for thriving in uncertainty proving that clarity not guesswork fuels growth

CURRENT Medical

Diagnosis and Treatment 2025 Maxine A. Papadakis, Michael W. Rabow, Kenneth R. McQuaid, Monica Gandhi, 2024-09-06 The 1 annual guide in adult internal medicine Each year CURRENT Medical Diagnosis and Treatment CMDT undergoes extensive revision to deliver new clinical developments in every field of adult internal medicine making it the most popular annual textbook of its kind For more than six decades CMDT has been disseminating authoritative information that students

residents and clinicians need to build their medical knowledge expertise and confidence Written by top experts in their fields chapters are formatted so you can find the most relevant diagnostic tools for day to day practice CURRENT Medical Diagnosis Treatment 2025 provides Emphasis on the practical aspects of clinical diagnosis and disease management Coverage of more than 1 000 diseases and disorders Hundreds of quick access drug treatment tables with indexed trade names Essentials of Diagnosis provides snapshot of common diseases disorders Diagnostic and treatment algorithms and tables present critical information at a glance Carefully curated references provide peer reviewed evidence based information and PMID numbers for quick online access Hundreds of full color photographs and illustrations CMDT 2025 updates include Year in Review table highlights nearly 100 recent advances impacting clinical practice New chapter on Substance Use Disorders New photos reflecting clinical conditions in a variety of skin tones Key updates to Viral Rickettsial Infections chapter including concise directives on COVID 19 and measles Expanded coverage of major GI Disorders such as Crohn disease and ulcerative colitis **Scientific and Technical Aerospace Reports** ,1990 *Commerce Business Daily* ,2000 Social Workers as Game Changers Laura Lewis,2017-01-30 Designed to promote active hands on learning this unique book is composed of 11 chapter length case studies that prepare students to address the types of challenging social issues they will encounter as practicing social workers The cases covering topics from immigration gangs and education to race mental health and end of life care illustrate the interrelationship between the micro mezzo and macro levels and facilitate not just recall of facts but also higher level learning Each case allows students to confront realistic scenarios as they evaluate analyze and synthesize information resulting in more engaged and informed classroom discussions

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