



Trending Sleep Tracker Ring 2025

Advertising Research Foundation

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Breathing Exercises For Dummies Shamash Alidina,2025-11-04 Take control of your breath take control of your life Breathing Exercises For Dummies teaches you more than 50 ways to reduce stress practice mindfulness improve your sleep and beyond Breathing exercises help you feel and perform at your best These strategies have been in use since ancient times and modern research shows how effective they can be This book teaches you meditative breathing exercises to reduce anxiety and improve focus in the moment as well as tips for retraining your normal breath to be more supportive of your everyday well being Need to relax Need to reenergize Need a boost to your creativity and decision making There s a breathing exercise for that Learn about the benefits of breathing exercises and the scientific evidence behind them Discover 50 exercises including pursed lip breathing diaphragmatic breathing 4 7 8 breathing and beyond Manage pain address insomnia get relief from anxiety and improve your creativity all with the power of your breath Use breathing exercises at home at school at work on the field or on the stage Anyone who breathes can benefit from breathing exercises Whether you re managing physical or mental health challenges or just want to be more successful Breathing Exercises For Dummies gives you the tools to make easy breathwork a part of your everyday routine

Utilizing AI of Medical Things for Healthcare Security and Sustainability Ouaissa, Mariyam,Ouaissa, Mariya,Imad, Muhammad,Qurashi, Jameel Ahmad,Farooq,

Mansoor,2025-04-11 The integration of AI and IoT in healthcare particularly through the Internet of Medical Things IoMT is revolutionizing medical care by enhancing efficiency and personalization These technologies enable more accurate patient monitoring streamlined healthcare delivery and customized treatment plans that address individual needs With the ability to analyze vast amounts of patient data in real time AIoMT is improving diagnostics outcomes and the overall patient experience This transformation holds significant potential to reduce healthcare costs alleviate the burden on traditional systems and improve overall public health By fostering smarter healthcare practices AIoMT is helping to shape a more responsive efficient and accessible medical landscape Utilizing AI of Medical Things for Healthcare Security and Sustainability explores the transformative role of AI and IoMT in modern healthcare It delves into how AI driven technologies and smart medical devices are revolutionizing patient care through real time monitoring predictive analytics and personalized treatment plans Covering topics such as autonomous vehicles disease prediction and wearable health technology this book is an excellent resource for researchers healthcare professionals academicians technologists and more

Unboxing Bengaluru Malini Goyal,Prashanth Prakash,2023-11-30 India s tech startup industry today is estimated to be worth over 0.5 trillion employing over 5 million people And the stage for this incredible tech tonic rise and transformation of the country into the world s software powerhouse is Bengaluru Being the backdrop to this dramatic transition Bengaluru has changed irrevocably The city has been through many avatars pensioner s paradise PSU capital garden city India s Silicon city and pub capital Once known for secure state and federal government jobs it is now a buzzing startup hub attracting job

seekers from India and abroad And the new monikers will continue From ed tech to health tech mobility to EVs Bengaluru is at the heart of the multiple shifts underway in the digital era Truly it is the city of new beginnings In Unboxing Bengaluru the first ever deep dive into the city Malini Goyal and Prashanth Prakash ably unravel the city s journey and the ensuing social behavioural technological and consumptive changes They look at why people are drawn to the city how the cosmopolitan culture and multi linguistic society gives it a distinct flavour the parallel economies that have cropped up how the influx of young workers have changed the city and the fault lines of unplanned and poorly managed growth over the decades Richly researched and vividly written Unboxing Bengaluru is filled with absorbing vignettes extensive reportage and solid data A fascinating book and a must read for anyone interested in understanding the city and indeed India *Human 2.0* Jaspreet Kaur,2026-01-12

Human 2.0 Reimagining HR in the Age of Transhumanism explores the transformative effects of transhumanist technologies such as AI biotechnology and neuro enhancements on the field of human resources HR **Sit Less** Liam Sharma,2025-03-14 *Sit Less* tackles the growing problem of sedentary behavior often called the new smoking by offering practical methods to weave movement into daily routines especially at work It highlights the dangers of prolonged sitting which can lead to poor circulation and increased risk of chronic diseases while also addressing the mental barriers that prevent us from being more active The book emphasizes small consistent changes rather than overwhelming lifestyle overhauls The book progresses by first establishing the scientific basis for the dangers of prolonged sitting It then explores psychological factors and offers evidence based strategies to overcome these challenges Readers will learn desk friendly exercises and techniques to improve posture and incorporate movement breaks This book uniquely bridges health and fitness with self help and stress management by showing how physical inactivity contributes to stress and decreased well being It empowers readers to take control of their health by providing tools and knowledge to transform sedentary habits into active routines fostering a sustainable and active lifestyle through incremental adjustments *Instruments* ,1955

Instruments and Automation ,1955 *Asian Development Outlook* ,2018 *Instruments; the Magazine of Measurement and Control* ,1955 *A Concordance to the Poems and Plays of Robert Browning* ,1996 *Index to Theses with Abstracts Accepted for Higher Degrees by the Universities of Great Britain and Ireland and the Council for National Academic Awards* ,1986 *Dental Practice* ,1972 *International Aerospace Abstracts* ,1992 *Russian Life* ,1997

Science Citation Index ,1995 Vols for 1964 have guides and journal lists **Government Reports Announcements & Index** ,1982 *Biology Digest* ,1989 *Oceanic Abstracts with Indexes* ,1981 *Author Index to Psychological Index ... and Psychological Abstracts ...* ,1960 *The Continuing Study of Newspaper Reading Advertising Research Foundation*,1939

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