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Sustaining Your Well-Being in Higher Education Jorden Cummings, 2024-09-02 This book provides an evidence based approach to sustainable self care anchoring these strategies in individual academic workers core personal values It teaches readers how to use their values to leverage self care strategies into a workable individualized and effective map to wellness Working in the demanding environment of higher education can leave little time for self care yet making space for wellness and self care is essential to creating a creative and innovative environment for academic work This book shows how to create and successfully implement realistic self care plans By identifying core values and using these to develop individualized self care plans *Sustaining Your Well Being in Higher Education* pushes back against a one size fits all approach while also discussing the role of self care in academic labor activism and providing strategies for readers to become advocates for better self care practices within their zones of influence Designed to provide academic workers with the skills they need to develop workable and sustainable self care plans this book is an invaluable resource for students and professionals working in all areas of higher education

Tools in Fluvial Geomorphology G. Mathias Kondolf, Hervé Piégay, 2016-06-13 *Fluvial Geomorphology* studies the biophysical processes acting in rivers and the sediment patterns and landforms resulting from them It is a discipline of synthesis with

roots in geology geography and river engineering and with strong interactions with allied fields such as ecology engineering and landscape architecture This book comprehensively reviews tools used in fluvial geomorphology at a level suitable to guide the selection of research methods for a given question Presenting an integrated approach to the interdisciplinary nature of the subject it provides guidance for researchers and professionals on the tools available to answer questions on river restoration and management Thoroughly updated since the first edition in 2003 by experts in their subfields the book presents state of the art tools that have revolutionized fluvial geomorphology in recent decades such as physical and numerical modelling remote sensing and GIS new field techniques advances in dating tracking and sourcing statistical approaches as well as more traditional methods such as the systems framework stratigraphic analysis form and flow characterisation and historical analysis This book Covers five main types of geomorphological questions and their associated tools historical framework spatial framework chemical physical and biological methods analysis of processes and forms and future understanding framework Provides guidance on advantages and limitations of different tools for different applications data sources equipment and supplies needed and case studies illustrating their application in an integrated perspective It is an essential resource for researchers and professional geomorphologists hydrologists geologists engineers planners and ecologists concerned with river management conservation and restoration It is a useful supplementary textbook for upper level undergraduate and graduate courses in Geography Geology Environmental Science Civil and Environmental

Engineering and interdisciplinary courses in river management and restoration **Groundwater Resource Development** L Hamill,F G Bell,2013-10-22 Groundwater Resource Development describes the basic steps involved in the development of a groundwater resource in the search for productive aquifers This book discusses groundwater exploration construction and testing of water wells water quality and pollution considerations and groundwater management This text is comprised of 10 chapters and begins by presenting the steps in the evaluation development and management of an aquifer for water supply The reader is then introduced to the fundamentals of groundwater with emphasis on their origin and occurrence as well as the influence of porosity and permeability on groundwater accumulation migration and distribution The chapters that follow focus on groundwater exploration assessment of aquifer recharge and potential well yield and factors affecting the quality of groundwater The issues to be considered in well design and construction are also highlighted along with aquifer hydraulics and pumping tests groundwater pollution and optimum management of groundwater resources This text concludes with a chapter on techniques used in modeling the response of a groundwater reservoir This book will be of value to geologists civil engineers environmental scientists mathematicians chemists water well contractors and others involved in the profession of water engineering Moffatt's How to prepare notes of lessons Thomas J. Livesey,1881 A Handbook of Colloquial Japanese Basil Hall Chamberlain,1907 **The Works of Hubert Howe Bancroft: Popular tribunals. 1887** Hubert Howe Bancroft,1887 *Preclinical Development Handbook* Shayne Cox Gad,2008-03-14 A clear straightforward resource to guide

you through preclinical drug development Following this book's step by step guidance you can successfully initiate and complete critical phases of preclinical drug development The book serves as a basic comprehensive reference to prioritizing and optimizing leads dose formulation ADME pharmacokinetics modeling and regulations This authoritative easy to use resource covers all the issues that need to be considered and provides detailed instructions for current methods and techniques Each chapter is written by one or more leading experts in the field These authors representing the many disciplines involved in preclinical toxicology screening and testing give you the tools needed to apply an effective multidisciplinary approach The editor has carefully reviewed all the chapters to ensure that each one is thorough accurate and clear Among the key topics covered are Modeling and informatics in drug design Bioanalytical chemistry Absorption of drugs after oral administration Transporter interactions in the ADME pathway of drugs Metabolism kinetics Mechanisms and consequences of drug drug interactions Each chapter offers a full exploration of problems that may be encountered and their solutions The authors also set forth the limitations of various methods and techniques used in determining the safety and efficacy of a drug during the preclinical stage This publication should be readily accessible to all pharmaceutical scientists involved in preclinical testing enabling them to perform and document preclinical safety tests to meet all FDA requirements before clinical trials may begin

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