

Interlocking Pieces

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the field of lifestyle medicine which is the study of how daily habits and actions impact on both short and long term health and quality of life continues to expand globally the scientific and medical literature that supports the success of these lifestyle habits and actions is now overwhelming thousands of studies provide evidence that regular physical activity maintenance of a health body weight following sound nutritional practices stress reduction and other good practices all profoundly impact both health and quality of life following its predecessors lifestyle medicine third edition is edited by lifestyle medicine pioneer cardiologist dr james rippe this edition has been thoroughly updated and represents the expert opinions of 20 section editors as well as more than 150 expert chapter authors whose knowledge span all aspects of this emerging discipline topics cover lifestyle medicine practices including regular physical activity proper nutrition and weight management these principles are applied to the prevention and or treatment of a wide variety of chronic conditions ranging from heart disease and diabetes to cancer mental health addiction and injury prevention this book serves as evidence base for individuals who wish to practice lifestyle medicine

or incorporate some of its principles into either general medicine or subspecialty practice it provides valuable information to healthcare workers in the fields of nutrition exercise physiology psychology behavioral medicine health promotion and public policy where lifestyle medicine principles play an ever increasing role

bim demystified is a short practical introduction to building information modelling bim addressing bim from the point of view of mainstream practice as opposed to a cutting edge technological perspective it offers a user friendly yet thorough explanation of a subject which is often swamped by jargon and deluged with spin taking a wide view of bim encompassing business opportunity code of conduct cultural issues and the necessity for better legal arrangements too the book s chapters range from the bim ingredients including objects parametrics and standards to the business case for bim and how to implement it bim requires a shift in attitudes if its benefits are to be obtained and this book will allow individuals at all levels in any practice to build a firmer understanding of the merits and wider application of the subject it brings together both managers and technologists within businesses throughout the aecc chain to form better and more valuable propositions for built environment interventions

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