

## Creare App Per Android Diit Unict

Yes, you can create your own apps for Android devices—and it's easy to do. This extraordinary book introduces you to App Inventor 2, a powerful visual tool that lets anyone build apps. Learn App Inventor basics hands-on with step-by-step instructions for building more than a dozen fun projects, including a text answering machine app, a quiz app, and an app for finding your parked car! The second half of the book features an Inventor's Manual to help you understand the fundamentals of app building and computer science. App Inventor 2 makes an excellent textbook for beginners and experienced developers alike. Use programming blocks to build apps—like working on a puzzle Create custom multi-media quizzes and study guides Design games and other apps with 2D graphics and animation Make a custom tour of your city, school, or workplace Control a LEGO® MINDSTORMS® NXT robot with your phone Build location-aware apps by working with your phone's sensors Explore apps that incorporate information from the Web

The ultimate guide to cryptography, updated from an author team of the world's top cryptography experts. Cryptography is vital to keeping information safe, in an era when the formula to do so becomes more and more challenging. Written by a team of world-renowned cryptography experts, this essential guide is the definitive introduction to all major areas of cryptography: message security, key negotiation, and key management. You'll learn how to think like a cryptographer. You'll discover techniques for building cryptography into products from the start and you'll examine the many technical changes in the field. After a basic overview of cryptography and what it means today, this indispensable resource covers such topics as block ciphers, block modes, hash functions, encryption modes, message authentication codes, implementation issues, negotiation protocols, and more. Helpful examples and hands-on exercises enhance your understanding of the multi-faceted field of cryptography. An author team of internationally recognized cryptography experts updates you on vital topics in the field of cryptography Shows you how to build cryptography into products from the start Examines updates and changes to cryptography Includes coverage on key servers, message security, authentication codes, new standards, block ciphers, message authentication codes, and more Cryptography Engineering gets you up to speed in the ever-evolving field of cryptography.

Provides information on creating mobile applications for the Windows Phone 7.5 platform.

Explore what Flutter has to offer, where it came from, and where it's going. Mobile development is progressing at a fast rate and with Flutter – an open-source mobile application development SDK created by Google – you can develop applications for Android and iOS, as well as Google Fuchsia. Learn to create three apps (a personal information manager, a chat system, and a game project) that you can install on your mobile devices and use for real. You will begin by getting a solid foundation of Flutter knowledge, and building on it immediately by constructing two more traditional productivity apps.. You will also learn to create a game, enabling you to see a whole other perspective on what Flutter can do. In addition to building these apps, you'll have the benefit of reviewing real-world issues you might encounter, along with ways to deal with them through tips and tricks, all designed to make your Flutter experience that much more productive and, frankly, fun! Practical Flutter will leave you with a solid grasp of how to build apps with Flutter, and springboard into creating more advanced apps on your own. By the time your journey through this material concludes, another larger one will begin as you springboard, well-prepared, into the larger world of Flutter development, tackling any project that comes your way with aplomb. Practical Flutter is a learning adventure you won't want to miss. What You'll Learn Get a Flutter project started and logically structure it Use the interface elements Flutter provides, such as widgets, controls, and extensions Build layouts using interface elements Use available tooling, specifically Android Studio Leverage server-side development and connect a Flutter app to a server back-end. Who This Book Is For Mobile developers who are looking to build for multiple mobile platforms and trying to do so with a codebase that is largely the same across all. Basic knowledge of iOS and Android generally, and some general programming experience is expected.

Master the challenges of Android user interface development with these sample patterns With Android 4, Google brings the full power of its Android OS to both smartphone and tablet computing. Designing effective user interfaces that work on multiple Android devices is extremely challenging. This book provides more than 75 patterns that you can use to create versatile user interfaces for both smartphones and tablets, saving countless hours of development time. Patterns cover the most common and yet difficult types of user interactions, and each is supported with richly illustrated, step-by-step instructions.

Includes sample patterns for welcome and home screens, searches, sorting and filtering, data entry, navigation, images and thumbnails, interacting with the environment and networks, and more Features tablet-specific patterns and patterns for avoiding results you don't want Illustrated, step-by-step instructions describe what the pattern is, how it works, when and why to use it, and related patterns and anti-patterns A companion website offers additional content and a forum for interaction Android Design Patterns: Interaction Design Solutions for Developers provides extremely useful tools for developers who want to take advantage of the booming Android app development market.

The Web has changed the game for your customers— and, therefore, for you. Now, CustomerCentric Selling, already recognized as one of the premier methodologies for managing the buyer-seller relationship, helps you level the playing field so you can reach clients when they are ready to buy and create a superior customer experience. Your business and its people need to be “CustomerCentric”—willing and able to identify and serve customers' needs in a world where competition waits just a mouse-click away. Traditional wisdom has long held that selling means convincing and persuading buyers. But today's buyers no longer want or need to be sold in traditional ways. CustomerCentric Selling gives you mastery of the crucial eight aspects of communicating with today's clients to achieve optimal results: Having conversations instead of making presentations Asking relevant questions instead of offering opinions Focusing on solutions and not only relationships Targeting businesspeople instead of gravitating toward users Relating product usage instead of relying on features Competing to win—not just to stay busy Closing on the buyer's timeline (instead of yours) Empowering buyers instead of trying to “sell” them What's more, CustomerCentric Selling teaches and reinforces key tactics that will make the most of your organization's resources. Perhaps you feel you don't have the smartest internal systems in place to ensure an ideal workflow. (Perhaps, as is all too common, you lack identifiable systems almost entirely.) From the basics—and beyond—of strategic budgeting and negotiation to assessing and developing the skills of your sales force, you'll learn how to make sure that each step your business takes is the right one.

Discover how every solution in some way related to the IoT needs a platform and how to create that platform. This book is about being agile and reducing time to market without breaking the bank. It is about designing something that you can scale incrementally without having to do a lot of rework and potentially disrupting your current state of the work. So the key questions are: what does it take, how long does it take, and how much does it take to build your own IoT platform? Build Your Own IoT Platform answers these questions and provides you with step-by-step guidance on how to build your own IoT platform.

The author bursts the bubble of IoT platforms and highlights what the core of an IoT platform looks like. There are must-haves and there are nice-to-haves; this book will distinguish the two and focus on how to build the must-haves. Building your own IoT platform is not only the biggest cost saver, but also can be a satisfying learning experience, giving you control over your project. What You Will Learn Architect an interconnected system Develop a flexible architecture Create a redundant communication platform Prioritize system requirements with a bottom-up approach Who This Book Is For IoT developers and development teams in small- to medium-sized companies. Basic to intermediate programming skills are required.

Simple Happy Kitchen is this first illustrated guide for a plant-based vegan lifestyle. It is packed with humorous and engaging illustrations designed to help you and your family learn more about plant-based nutrition. The book takes the reader through simple steps needed to live a healthy, nutrient-filled, compassionate life. The guide introduces a new way to learn about nutrition - with positivity, humor and fun. It breaks down complicated nutritional information, helping families learn the basics and many benefits of this lifestyle. This is not a diet or cooking book - It is the first book of its kind, meant to help guide readers and improve the diets of children and families all over the world. Instead of charts, numbers and warnings, the book uses a visual language everyone can understand. What's inside? Why go plant-based? - Why is it good for you? - How to understand the nutrition facts label? - Building a healthy shopping list - Guides for spices, oils, leafy greens, legumes and grains - Benefits of soaking and sprouting - Substitutes and plant-based milks - Planning your meals - Cooking and storing hacks - Guide for protein, iron, calcium, vitamins and minerals - Simple ways to increase minerals absorption - Making food fun for kids - Vegan lifestyle with kids - Cruelty-free shopping guide - Fun facts about animals - Checklists for going vegan - Easy to make meals - And much more! The book was written together with a clinical dietitian, making sure it is not just fun but also factual.

Heart and Brain: Body Language continues the adventures of the loveably conflicted sentimental Heart and rational Brain, as well as other bodily inhabitants like Gallbladder, Muscle, and Tongue. Warm-hearted and laugh-out-loud funny, these comics bring our inner struggles to vibrant, humorous life.

The power of ASP.NET MVC 5 stems from the underlying ASP.NET platform. To make your ASP.NET MVC applications the best they can be, you need to fully understand the platform features and know how they can be used to build effective and elegant MVC framework applications. The ASP.NET platform provides ASP.NET MVC applications with a rich suite of services including vital every-day features like extensible request handling, state management, and user authentication. Understanding how these features work is the difference between creating an average web application and the best-in-class. MVC applications that are architected with a thorough knowledge of the underlying platforms are faster to write, faster to run, and more readily adaptable to change. In Pro ASP.NET MVC 5 Platform, best-selling author Adam Freeman explains how to get the most from the entire ASP.NET platform, beginning with a nuts-and-bolts description of the patterns and tools you need through to the most advanced features. He goes in-depth at every stage to give you the practical knowledge that you need to apply these concepts to your own code.

How do today's most successful tech companies—Amazon, Google, Facebook, Netflix, Tesla—design, develop, and deploy the products that have earned the love of literally billions of people around the world? Perhaps surprisingly, they do it very differently than the vast majority of tech companies. In INSPIRED, technology product management thought leader Marty Cagan provides readers with a master class in how to structure and staff a vibrant and successful product organization, and how to discover and deliver technology products that your customers will love—and that will work for your business. With sections on assembling the right people and skillsets, discovering the right product, embracing an effective yet lightweight process, and creating a strong product culture, readers can take the information they learn and immediately leverage it within their own organizations—dramatically improving their own product efforts. Whether you're an early stage startup working to get to product/market fit, or a growth-stage company working to scale your product organization, or a large, long-established company trying to regain your ability to consistently deliver new value for your customers, INSPIRED will take you and your product organization to a new level of customer engagement, consistent innovation, and business success. Filled with the author's own personal stories—and profiles of some of today's most-successful product managers and technology-powered product companies, including Adobe, Apple, BBC, Google, Microsoft, and Netflix—INSPIRED will show you how to turn up the dial of your own product efforts, creating technology products your customers love. The first edition of INSPIRED, published ten years ago, established itself as the primary reference for technology product managers, and can be found on the shelves of nearly every successful technology product company worldwide. This thoroughly updated second edition shares the same objective of being the most valuable resource for technology product managers, yet it is completely new—sharing the latest practices and techniques of today's most-successful tech product companies, and the men and women behind every great product.

If you need to learn CUDA but don't have experience with parallel computing, CUDA Programming: A Developer's Introduction offers a detailed guide to CUDA with a grounding in parallel fundamentals. It starts by introducing CUDA and bringing you up to speed on GPU parallelism and hardware, then delving into CUDA installation. Chapters on core concepts including threads, blocks, grids, and memory focus on both parallel and CUDA-specific issues. Later, the book demonstrates CUDA in practice for optimizing applications, adjusting to new hardware, and solving common problems. Comprehensive introduction to parallel programming with CUDA, for readers new to both Detailed instructions help readers optimize the CUDA software development kit Practical techniques illustrate working with memory, threads, algorithms, resources, and more Covers CUDA on multiple hardware platforms: Mac, Linux and Windows with several NVIDIA chipsets Each chapter includes exercises to test reader knowledge This excellent addition to the UTiCS series of undergraduate textbooks provides a detailed and up to date description of the main principles behind the design and implementation of modern programming languages. Rather than focusing on a specific language, the book identifies the most important principles shared by large classes of languages. To complete this general approach, detailed descriptions of the main programming paradigms, namely imperative, object-oriented, functional and logic are given, analysed in depth and compared. This provides the basis for a critical understanding of most of the programming languages. An historical viewpoint is also included, discussing the evolution of programming languages, and to provide a context for most of the constructs in use today. The book concludes with two chapters which introduce basic notions of syntax, semantics and computability, to provide a completely rounded picture of what constitutes a programming language. /div

L'obiettivo di ogni sviluppatore Android è semplice: creare la migliore applicazione possibile. Questo ebook presenta due utili strumenti per raggiungere tale, ambizioso, traguardo. Si parte da RoboGuice, un framework che permette di snellire il codice di un'app grazie alla Dependency Injection applicata ad Android. E meno codice vuol dire meno bug e meno costi di manutenzione. Grazie a RoboGuice è infatti possibile iniettare View, Resource, System Service e altri tipi di oggetti lasciando che sia il framework a preoccuparsi dei dettagli. A RoboGuice si affianca quindi Robotium, un secondo framework che consente di testare un'applicazione a livello di interfaccia e interazione. Un ebook pratico, ricco di frammenti codice e progetti e pensato per sviluppatori esperti che ambiscono a creare applicazioni migliori e più facili da mantenere. | Questo ebook è lungo 160.000 battute. All'ebook è collegata un'area di discussione e confronto sui temi trattati, scoprila all'indirizzo <http://sushi.apogeeonline.com/forums/forum/roboGuice-e-robotium>

Athletes are naturally exposed to significant psychological challenges in sports, but do not wait helplessly for the assistance of sports psychologists or trainers. Instead, they practise one form or another of self-regulation. Self-talk in Sport explores one such self-regulatory strategy: self-talk, the inner voice that accompanies every human being throughout their lives. Over time, research has revealed many secrets of self-talk in sport, though many others remain unveiled. This book offers you the opportunity to discover the multiple identities of our self-talk, how the “inner coach” serves as a rational counterpart to the irrational self, and what we need to do to develop our inner voice to reach its maximum self-regulatory potential. There is a general need for concrete interventions in sport, exercise, and performance psychology. In addition, the autonomous functioning of people is a central aim of psychological interventions that align with positive psychology and focus on people's strengths rather than weaknesses. In this volume, researchers and applied practitioners are shown how they can use self-talk interventions to strengthen people's rational self-regulation in order to deal with a variety of situations that apply to both sport and other exercise and performance contexts. Since self-talk is a tangible result of cognitive processes and inner experiences that researchers and applied practitioners can barely access, Self-talk

in Sport is a tool for sports psychologists to understand and interact with hidden parts within athletes that have a major impact on sport and exercise experiences and performance. A book demonstrating the diverse – both rational and irrational identities – of self-talk, as well as specific interventions to change the inner dialogue of athletes, is a fundamental piece in the education of sport scientists.

A revised new edition of the bestselling toolkit for creating, building, and maintaining a strong brand From research and analysis through brand strategy, design development through application design, and identity standards through launch and governance, *Designing Brand Identity, Fourth Edition* offers brand managers, marketers, and designers a proven, universal five-phase process for creating and implementing effective brand identity. Enriched by new case studies showcasing successful world-class brands, this Fourth Edition brings readers up to date with a detailed look at the latest trends in branding, including social networks, mobile devices, global markets, apps, video, and virtual brands. Features more than 30 all-new case studies showing best practices and world-class Updated to include more than 35 percent new material Offers a proven, universal five-phase process and methodology for creating and implementing effective brand identity

*Molecular Driving Forces, Second Edition* E-book is an introductory statistical thermodynamics text that describes the principles and forces that drive chemical and biological processes. It demonstrates how the complex behaviors of molecules can result from a few simple physical processes, and how simple models provide surprisingly accurate insights into the workings of the molecular world. Widely adopted in its First Edition, *Molecular Driving Forces* is regarded by teachers and students as an accessible textbook that illuminates underlying principles and concepts. The Second Edition includes two brand new chapters: (1) "Microscopic Dynamics" introduces single molecule experiments; and (2) "Molecular Machines" considers how nanoscale machines and engines work. "The Logic of Thermodynamics" has been expanded to its own chapter and now covers heat, work, processes, pathways, and cycles. New practical applications, examples, and end-of-chapter questions are integrated throughout the revised and updated text, exploring topics in biology, environmental and energy science, and nanotechnology. Written in a clear and reader-friendly style, the book provides an excellent introduction to the subject for novices while remaining a valuable resource for experts.

250 imaginative good tasting recipes combined with comprehensive, up-to-date information that highlight the healthy benefits of vegetarian cooking. It also suggests prescriptive meals and beneficial dietary and lifestyle changes.

The ASP.NET MVC 5 Framework is the latest evolution of Microsoft's ASP.NET web platform. It provides a high-productivity programming model that promotes cleaner code architecture, test-driven development, and powerful extensibility, combined with all the benefits of ASP.NET. ASP.NET MVC 5 contains a number of advances over previous versions, including the ability to define routes using C# attributes and the ability to override filters. The user experience of building MVC applications has also been substantially improved. The new, more tightly integrated, Visual Studio 2013 IDE has been created specifically with MVC application development in mind and provides a full suite of tools to improve development times and assist in reporting, debugging and deploying your code. The popular Bootstrap JavaScript library has also now been included natively within MVC 5 providing you, the developer, with a wider range of multi-platform CSS and HTML5 options than ever before without the penalty of having to load-in third party libraries.

We've all sneaked the odd five minutes here or there playing the latest Flash game that someone sent round the office, but creating those games is trickier than it looks. The aim of *Foundation Game Design with Flash* is to take you, even if you've minimal multimedia or programming experience, through a series of step-by-step examples and detailed case studies to the point where you'll have the skills to independently design any conceivable 2D game using Flash and ActionScript. The book is a non-technical one-stop-shop for all the most important skills and techniques a beginner game designer needs to build games with Flash from scratch. Whether you're creating quick blasts of viral amusement, or more in-depth action or adventure titles, this book is for you. Focused and friendly introduction to designing games with Flash and ActionScript Five detailed case studies of Flash games Essential techniques for building games, with each chapter gently building on the skills of preceding chapters

Get a brisk introduction to building fast, interactive single-page web applications with Vue.js, the popular JavaScript framework that organizes and simplifies web development. With this practical guide, you'll quickly move from basics to custom components and advanced features—including JSX, the JavaScript syntax extension. Author Callum Macrae shows you how to use the most useful libraries in the Vue ecosystem, such as vue-router for routing, vuex for state management, and vue-test-utils for testing. If you're a frontend developer familiar with JavaScript, HTML, and CSS, this book will show you how to develop a fully featured web application using Vue. Learn Vue.js basics, including its use of templates to display data on a page Set up Vue projects from scratch, or use vue-cli to set up from a template Create a maintainable codebase by splitting code into self-contained components Discover how Vue.js works with CSS to style your websites and applications Use render functions and JSX, rather than templates, to determine what Vue displays Control how code is executed and displayed with vue-router Manage state in one centralized place with the Vuex library Write unit tests to ensure your Vue components don't break in the future

Get picture-perfect results with *Photoshop Elements 2021* Photoshop Elements has a reputation for delivering the photo editing power that non-professional photographers and designers need to get eye-catching—and art-quality—results. This book offers guidance for applying everything from simple, one-click fixes all the way up to detailed retouching of your images. *Photoshop Elements 2021 For Dummies* assumes no prior photo-editing experience and makes it easy for even the absolute beginner to quickly grasp how to edit to create slick, professional-looking photos. In no time at all you'll feel confident in everything from common image fixes to utilizing more creative techniques, such as using image layers to create a standout look. You'll also find tips on building and managing complex photo projects.

Understand photo-editing concepts Adjust clarity, color, and brightness Add artistic touches Catalog and organize your work This fun and easy guide provides the steps you need to get the most out of this popular version of Photoshop—and will help you achieve truly beautiful results!

Diets are failing in an epic way. Chances are you've tried one of the popular diets out there. The Atkins Diet, The South Beach Diet, The Zone Diet, The Blood Type Diet, The Eat Clean Diet, The Alkaline Diet, The Ornish Diet, The Insert Name Here Diet. You probably lost some weight... for awhile. Did you keep it off? Chances are you didn't. In fact, chances are you regained it all back and possibly then some. You aren't alone. Six out of seven people who are overweight are able to successfully lose weight during their lifetime. But 85-95% of them will fail at keeping it off in the long term. If this sounds bad, consider that ?-? of those people will add back on more weight than they lost in the first place! If this cycle is repeated it can turn into 'yo-yo dieting', quite possibly one of the worst things you can do for your mental and physical health. Ask anyone and they will tell you that you need to lose weight and keep it off and prevent yo-yo dieting, but no one gives you an idea of HOW to accomplish that. What makes our book different? We discuss WHY diets fail on a physiological, psychological, and sociological level so you can better understand why what you did previously did not work. Then we also detail the MOST IMPORTANT behaviors, methods, and traits for losing weight and KEEPING IT OFF. This book is for everyone who wants to lose weight and keep it off, especially for those frustrated and hopeless chronic dieters tired of trying all the popular diets only to repeatedly fail. There is still hope to be found in these pages. Please give us the chance to guide you.

Create dynamic, feature-rich, and robust enterprise applications using the Spring framework

Master core REST concepts and create RESTful web services in Java About This Book Build efficient and secure RESTful web APIs in Java.. Design solutions to produce, consume and

visualize RESTful web services using WADL, RAML, and Swagger Familiarize the role of RESTful APIs usage in emerging technology trends like Cloud, IoT, Social Media. Who This Book Is For If you are a web developer with a basic understanding of the REST concepts and envisage to get acquainted with the idea of designing and developing RESTful web services, this is the book for you. As all the code samples for the book are written in Java, proficiency in Java is a must. What You Will Learn Introduce yourself to the RESTful software architectural style and the REST API design principles Make use of the JSR 353 API, JSR 374 API, JSR 367 API and Jackson API for JSON processing Build portable RESTful web APIs, making use of the JAX-RS 2.1 API Simplify API development using the Jersey and RESTEasy extension APIs Secure your RESTful web services with various authentication and authorization mechanisms Get to grips with the various metadata solutions to describe, produce, and consume RESTful web services Understand the design and coding guidelines to build well-performing RESTful APIs See how the role of RESTful web services changes with emerging technologies and trends In Detail Representational State Transfer (REST) is a simple yet powerful software architecture style to create lightweight and scalable web services. The RESTful web services use HTTP as the transport protocol and can use any message formats, including XML, JSON(widely used), CSV, and many more, which makes it easily inter-operable across different languages and platforms. This successful book is currently in its 3rd edition and has been used by thousands of developers. It serves as an excellent guide for developing RESTful web services in Java. This book attempts to familiarize the reader with the concepts of REST. It is a pragmatic guide for designing and developing web services using Java APIs for real-life use cases following best practices and for learning to secure REST APIs using OAuth and JWT. Finally, you will learn the role of RESTful web services for future technological advances, be it cloud, IoT or social media. By the end of this book, you will be able to efficiently build robust, scalable, and secure RESTful web services using Java APIs. Style and approach Step-by-step guide to designing and developing robust RESTful web services. Each topic is explained in a simple and easy-to-understand manner with lots of real-life use-cases and their solutions.

Voice user interfaces (VUIs) are becoming all the rage today. But how do you build one that people can actually converse with? Whether you're designing a mobile app, a toy, or a device such as a home assistant, this practical book guides you through basic VUI design principles, helps you choose the right speech recognition engine, and shows you how to measure your VUI's performance and improve upon it. Author Cathy Pearl also takes product managers, UX designers, and VUI designers into advanced design topics that will help make your VUI not just functional, but great. Understand key VUI design concepts, including command-and-control and conversational systems Decide if you should use an avatar or other visual representation with your VUI Explore speech recognition technology and its impact on your design Take your VUI above and beyond the basic exchange of information Learn practical ways to test your VUI application with users Monitor your app and learn how to quickly improve performance Get real-world examples of VUIs for home assistants, smartwatches, and car systems

A charming new series from the author of Millie Vanilla's Cupcake Cafe

Offers six sample business models and thirty case studies to help build and monetize a business.

Are you trying to drop some excess pounds or just want to add some definition to the muscle? All you need to get results is by carrying out regular exercises and sustaining a healthy diet. However, having good success with diet and workout plans depends on your body type. While some diet and workout plan may work for you, some other diet plan may not work for you. While other diets give you generic information, the endomorphic diet are designed to suit your specific body type. The endomorph diet as you will see in this book, do not only teach you approaches to lose weight and get healthy, it also shows you how to keep those excess fat out for ever! This diet book has been written with you in mind to take you through the journey of shedding excess weight and living the healthy life that you deserve. In this book, you would get the following: -Discover what makes an endomorph and the other body types.-Contains Endomorph food list.-Well spelt out exercises that is specific to endomorphs-Workout plan for endomorph-Meal plan for endomorph-Amazing yet simple recipes that would wow you-What to order when eating out.-A shopping list to make your shopping easier and faster. -And lots more! Are you ready to start the journey? Simply click on Buy Now to begin. \*\*Get the eBook version Free when you purchase the paperback version\*\*

Se avete bisogno di perdere peso, probabilmente avrete già sentito parlare della dieta chetogenica. È l'ultima mania del mondo della dieta. E allora la differenza qual è? La dieta chetogenica si basa su una scienza genuina ed è stata utilizzata per aiutare nella perdita di peso almeno dagli anni '80. La dieta chetogenica si basa sull'utilizzo dei processi naturali di combustione dei grassi del vostro corpo per perdere quei chili in poco tempo. Quindi, se state cercando la guida per principianti definitiva per la chetogenica, questo è il libro che fa per voi. Questo libro entra in una vasta quantità di dettagli su come sfruttare la chetosi per perdere molto peso velocemente ed è pieno di consigli unici per fare la chetogenica, basati su un sacco di esperienza personale. Nel corso di questo libro, tratterete dettagli importanti come: Cos'è la dieta chetogenica e perché funziona Una lista della spesa campione e deliziose ricette per iniziare Cosa sì (e cosa no) mangiare quando si cerca di fare la chetogenica Informazioni importanti per mangiare fuori sulla chetogenica, così come per farlo in modo efficace ed evitare di prendere un giorno di imbroglione solo per un'occasione speciale. E' inclusa anche una guida passo-passo su come passare lentamente alla chetogenica senza sconvolgerti o rovinare la dieta a te stesso, essendo irresponsabile e frettoloso. Lentamente e sicuramente, lasceremo cadere uno o due cibi alla volta fino a quando non sarai finalmente in chetogenica. Questo metodo renderà la chetogenica di partenza un gioco da ragazzi. Un'intuizione fantastica su come evitare le comuni insidie della chetogenica, come il desiderio di carboidrati e la temuta influenza della chetogenica. Molte persone hanno visto risultati fantastici usando la chetogenica. Perché continuare ad aspettare? Questo libro vi fornirà tutte le risorse di cui avete bisogno come principiante per la chetogenica. Prendete questo libro e iniziate il percorso verso il vostro corpo felice e sano da sogno.

Learn how to convert website visitors into customers Part science and part art, conversion optimization is designed to turn visitors into customers. Carefully developed testing procedures are necessary to help you fine-tune images, headlines, navigation, colors, buttons, and every other element, creating a website that encourages visitors to take the action you seek. This book guides you through creating an optimization strategy that supports your business goals, using appropriate analytics tools, generating quality testing ideas, running online experiments, and making the adjustments that work. Conversion optimization is part science and part art; this guide provides step-by-step guidance to help you optimize your website for maximum conversion rates Explains how to analyze data, prioritize experiment opportunities, and choose the right testing methods Helps you learn what to adjust, how to do it, and how to analyze the results

Features hands-on exercises, case studies, and a full-color insert reinforcing key tactics Author has used these techniques to assist Fortune 500 clients You Should Test That explains both the "why" and the "how" of conversion optimization, helping you maximize the value of your website.

Dieta Chetogenica Per Principianti In Italiano/ Ketogenic Diet For Beginners In Italian: Perdere Molto Peso Velocemente Usando i Processi Naturali del Vostro Corpo Tilcan Group Limited  
Android Programming: The Big Nerd Ranch Guide is an introductory Android book for programmers with Java experience. Based on Big Nerd Ranch's popular Android Bootcamp course, this guide will lead you through the wilderness using hands-on example apps combined with clear explanations of key concepts and APIs. This book focuses on practical techniques for developing apps compatible with Android 4.1 (Jelly Bean) and up, including coverage of Lollipop and material design. Write and run code every step of the way, creating apps that integrate with other Android apps, download and display pictures from the web, play sounds, and more. Each chapter and app has been designed and tested to provide the knowledge and experience you need to get started in Android development. Big Nerd Ranch specializes in developing and designing innovative applications for clients around the world. Our experts teach others through our books, bootcamps, and onsite training. Whether it's Android, iOS, Ruby and Ruby on Rails, Cocoa, Mac OS X, JavaScript, HTML5 or UX/UI, we've got you covered. The Android team is constantly improving and updating Android Studio and other tools. As a result, some of the instructions we provide in the book are no longer correct. You can find an addendum addressing breaking changes at: <https://github.com/bignerdranch/AndroidCourseResources/raw/master/2ndEdition/Errata/2eAddendum.pdf>.

Jump into the world of Near Field Communications (NFC), the fast-growing technology that lets devices in close proximity exchange data, using radio signals. With lots of examples, sample code, exercises, and step-by-step projects, this hands-on guide shows you how to build NFC applications for Android, the Arduino microcontroller, and embedded Linux devices. You'll learn how to write apps using the NFC Data Exchange Format (NDEF) in PhoneGap, Arduino, and node.js that help devices read messages from passive NFC tags and exchange data with other NFC-enabled devices. If you know HTML and JavaScript, you're ready to start with NFC. Dig into NFC's architecture, and learn how it's related to RFID Write sample apps for Android with PhoneGap and its NFC plugin Dive into NDEF: examine existing tag-writer apps and build your own Listen for and filter NDEF messages, using PhoneGap event listeners Build a full Android app to control lights and music in your home Create a hotel registration app with Arduino, from check-in to door lock Write peer-to-peer NFC messages between two Android devices Explore embedded Linux applications, using examples on Raspberry Pi and BeagleBone

Reverse the effects of aging and maintain optimal health for life through the revolutionary 6 Keys program by New York Times bestselling author Jillian Michaels. With Master Your Metabolism, Jillian Michaels showed us how to take control of the metabolic machinery underneath our weight and health struggles. Now she's ahead of the curve again -- conquering the mayhem, myths, and misunderstandings associated with aging. After all, if you can decide your weight, why not your age? Scientists and doctors have identified six major age inciters: metabolism, damaged macromolecules, epigenetics, inflammation, stress adaptation, telomeres. The 6 Keys presents an ageless health, fitness, and beauty plan that addresses all six of them -- and gets them working for you instead of against you. Empowering and rigorously researched, The 6 Keys outlines powerful lifestyle interventions, dietary guidelines, exercise plans, and vanguard strategies for cultivating mindfulness that restore and protect human performance, keeping you fit, healthy, and beautiful for life.

D'Eramo presents an invigorating history that transforms the way we think about the city and the development of American capitalism.

A Tour of Data Science: Learn R and Python in Parallel covers the fundamentals of data science, including programming, statistics, optimization, and machine learning in a single short book. It does not cover everything, but rather, teaches the key concepts and topics in Data Science. It also covers two of the most popular programming languages used in Data Science, R and Python, in one source. Key features: Allows you to learn R and Python in parallel Cover statistics, programming, optimization and predictive modelling, and the popular data manipulation tools – data.table and pandas Provides a concise and accessible presentation Includes machine learning algorithms implemented from scratch, linear regression, lasso, ridge, logistic regression, gradient boosting trees, etc. Appealing to data scientists, statisticians, quantitative analysts, and others who want to learn programming with R and Python from a data science perspective. Understand how Node-RED, the free and open-source flow-based programming tool, is used for handling IoT data and how it allows programmers of any level to interconnect I/O, APIs, and online services in new and exciting ways. This book is a comprehensive introduction to Node-RED and will get you up to speed with building web apps in no time.

Based on Big Nerd Ranch's popular iPhone Bootcamp class, iPhone Programming: The Big Nerd Ranch Guide leads you through the essential tools and techniques for developing applications for the iPhone, iPad, and iPod Touch. In each chapter, you will learn programming concepts and apply them immediately as you build an application or enhance one from a previous chapter. These applications have been carefully designed and tested to teach the associated concepts and to provide practice working with the standard development tools Xcode, Interface Builder, and Instruments. The guide's learn-while-doing approach delivers the practical knowledge and experience you need to design and build real-world applications. Here are some of the topics covered: Dynamic interfaces with animation Using the camera and photo library User location and mapping services Accessing accelerometer data Handling multi-touch gestures Navigation and tabbed applications Tables and creating custom rows Multiple ways of storing and loading data: archiving, Core Data, SQLite Communicating with web services A Localization/Internationalization "After many 'false starts' with other iPhone development books, these clear and concise tutorials made the concepts gel for me. This book is a definite must have for any budding iPhone developer." –Peter Watling, New Zealand, Developer of BubbleWrap

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