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KEY=SIGNALS - SIENA JORDAN

Signals, Systems, and Transforms

Pearson Higher Ed This is the eBook of the printed book and may not include any media, website access codes, or print supplements that may come packaged with the bound book. For sophomore/junior-level signals and systems courses in Electrical and Computer Engineering departments. Signals, Systems, and Transforms, Fourth Edition is ideal for electrical and computer engineers. The text provides a clear, comprehensive presentation of both the theory and applications in signals, systems, and transforms. It presents the mathematical background of signals and systems, including the Fourier transform, the Fourier series, the Laplace transform, the discrete-time and the discrete Fourier transforms, and the z-transform. The text integrates MATLAB examples into the presentation of signal and system theory and applications.

Signals, Systems, and Transforms

Prentice Hall For sophomore/junior-level signals and systems courses in Electrical and Computer Engineering departments. Signals, Systems, and Transforms, Fourth Edition is ideal for electrical and computer engineers. The text provides a clear, comprehensive presentation of both the theory and applications in signals, systems, and transforms. It presents the mathematical background of signals and systems, including the Fourier transform, the Fourier series, the Laplace transform, the discrete-time and the discrete Fourier transforms, and the z-transform. The text integrates MATLAB examples into the presentation of signal and system theory and applications.

Signals & Systems

Pearson Educación New edition of a text intended primarily for the undergraduate courses on the subject which are frequently found in electrical engineering curricula--but the concepts and techniques it covers are also of fundamental importance in other engineering disciplines. The book is structured to develop in parallel the methods of analysis for continuous-time and discrete-time signals and systems, thus allowing exploration of their similarities and differences. Discussion of applications is emphasized, and numerous worked examples are included. Annotation copyrighted by Book News, Inc., Portland, OR

Signals, Systems and Inference, Global Edition

For upper-level undergraduate courses in deterministic and stochastic signals and system engineering An Integrative Approach to Signals, Systems and Inference Signals, Systems and Inference is a comprehensive text that builds on introductory courses in time- and frequency-domain analysis of signals and systems, and in probability. Directed primarily to upper-level undergraduates and beginning graduate students in engineering and applied science branches, this new textbook pioneers a novel course of study. Instead of the usual leap from broad introductory subjects to highly specialized advanced subjects, this engaging and inclusive text creates a study track for a transitional course. Properties and representations of deterministic signals and systems are reviewed and elaborated on, including group delay and the structure and behavior of state-space models. The text also introduces and interprets correlation functions and power spectral densities for describing and processing random signals. Application contexts include pulse amplitude modulation, observer-based feedback control, optimum linear filters for minimum mean-square-error estimation, and matched filtering for signal detection. Model-based approaches to inference are emphasized, in particular for state estimation, signal estimation, and signal detection. The text explores ideas, methods and tools common to numerous fields involving signals, systems and inference: signal processing, control, communication, time-series analysis, financial engineering, biomedicine, and many others. Signals, Systems and Inference is a long-awaited and flexible text that can be used for a rigorous course in a broad range of engineering and applied science curricula.

Signals, Systems, and Transforms

Prentice Hall Provides a treatment of signals and systems, with Fourier, Laplace and z transforms. This text is intended for an introductory course in the theory of signals and linear systems. It presents the basic concepts and analytical tools in an organized format. It aims to give the instructor flexibility, while choosing sequential or integrated coverage.

Introduction to Digital Communications

Academic Press Introduction to Digital Communications explores the basic principles in the analysis and design of digital communication systems, including design objectives, constraints and trade-offs. After portraying the big picture and laying the background material, this book lucidly progresses to a comprehensive and detailed discussion of all critical elements and key functions in digital communications. The first undergraduate-level textbook exclusively on digital communications, with a complete coverage of source and channel coding, modulation, and synchronization. Discusses major aspects of communication networks and multiuser communications Provides insightful descriptions and intuitive explanations of all complex concepts Focuses on practical applications and illustrative examples. A companion Web site includes solutions to end-of-chapter problems and computer exercises, lecture slides, and figures and tables from the text

Signals & Systems

Signals, Systems, and Transforms

International Edition

For sophomore/junior-level signals and systems courses in Electrical and Computer Engineering departments. This text provides a clear, comprehensive presentation of both the theory and applications in signals, systems, and transforms. It presents the mathematical background of signals and systems, including the Fourier transform, the Fourier series, the Laplace transform, the discrete-time and the discrete Fourier transforms, and the z-transform. The text integrates MATLAB examples into the presentation of signal and system theory and applications.

Essentials of MATLAB Programming

Cengage Learning Now readers can master the MATLAB language as they learn how to effectively solve typical problems with the concise, successful ESSENTIALS OF MATLAB PROGRAMMING, 3E. Author Stephen Chapman emphasizes problem-solving skills throughout the book as he teaches MATLAB as a technical programming language. Readers learn how to write clean, efficient, and well-documented programs, while the book simultaneously presents the many practical functions of MATLAB. The first seven chapters introduce programming and problem solving. The last two chapters address more advanced topics of additional data types and plot types, cell arrays, structures, and new MATLAB handle graphics to ensure readers have the skills they need. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

Signals and Systems in Biomedical Engineering

Signal Processing and Physiological Systems Modeling

Springer Science & Business Media The use of digital signal processing is ubiquitous in the field of physiology and biomedical engineering. The application of such mathematical and computational tools requires a formal or explicit understanding of physiology. Formal models and analytical techniques are interlinked in physiology as in any other field. This book takes a unitary approach to physiological systems, beginning with signal measurement and acquisition, followed by signal processing, linear systems modelling, and computer simulations. The signal processing techniques range across filtering, spectral analysis and wavelet analysis. Emphasis is placed on fundamental understanding of the concepts as well as solving numerical problems. Graphs and analogies are used extensively to supplement the mathematics. Detailed models of nerve and muscle at the cellular and systemic levels provide examples for the mathematical methods and computer simulations. Several of the models are sufficiently sophisticated to be of value in understanding real world issues like neuromuscular disease. This second edition features expanded problem sets and a link to extra downloadable material.

Feedback Control of Dynamic Systems

Pearson Higher Ed This is the eBook of the printed book and may not include any media, website access codes, or print supplements that may come packaged with the bound book. For senior-level or first-year graduate-level courses in control analysis and design, and related courses within engineering, science, and management. Feedback Control of Dynamic Systems, Sixth Edition is perfect for practicing

control engineers who wish to maintain their skills. This revision of a top-selling textbook on feedback control with the associated web site, FPE6e.com, provides greater instructor flexibility and student readability. Chapter 4 on A First Analysis of Feedback has been substantially rewritten to present the material in a more logical and effective manner. A new case study on biological control introduces an important new area to the students, and each chapter now includes a historical perspective to illustrate the origins of the field. As in earlier editions, the book has been updated so that solutions are based on the latest versions of MATLAB and SIMULINK. Finally, some of the more exotic topics have been moved to the web site.

Understanding Digital Signal Processing

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Pearson Education Amazon.com's Top-Selling DSP Book for Seven Straight Years—Now Fully Updated! Understanding Digital Signal Processing, Third Edition, is quite simply the best resource for engineers and other technical professionals who want to master and apply today's latest DSP techniques. Richard G. Lyons has updated and expanded his best-selling second edition to reflect the newest technologies, building on the exceptionally readable coverage that made it the favorite of DSP professionals worldwide. He has also added hands-on problems to every chapter, giving students even more of the practical experience they need to succeed. Comprehensive in scope and clear in approach, this book achieves the perfect balance between theory and practice, keeps math at a tolerable level, and makes DSP exceptionally accessible to beginners without ever oversimplifying it. Readers can thoroughly grasp the basics and quickly move on to more sophisticated techniques. This edition adds extensive new coverage of FIR and IIR filter analysis techniques, digital differentiators, integrators, and matched filters. Lyons has significantly updated and expanded his discussions of multirate processing techniques, which are crucial to modern wireless and satellite communications. He also presents nearly twice as many DSP Tricks as in the second edition—including techniques even seasoned DSP professionals may have overlooked. Coverage includes New homework problems that deepen your understanding and help you apply what you've learned Practical, day-to-day DSP implementations and problem-solving throughout Useful new guidance on generalized digital networks, including discrete differentiators, integrators, and matched filters Clear descriptions of statistical measures of signals, variance reduction by averaging, and real-world signal-to-noise ratio (SNR) computation A significantly expanded chapter on sample rate conversion (multirate systems) and associated filtering techniques New guidance on implementing fast convolution, IIR filter scaling, and more Enhanced coverage of analyzing digital filter behavior and performance for diverse communications and biomedical applications Discrete sequences/systems, periodic sampling, DFT, FFT, finite/infinite impulse response filters, quadrature (I/Q) processing, discrete Hilbert transforms, binary number formats, and much more

Digital Control System Analysis and Design

Digital Signal Processing Using MATLAB

Nelson Books This supplement to any standard DSP text is one of the first books to successfully integrate the use of MATLAB® in the study of DSP concepts. In this book, MATLAB® is used as a computing tool to explore traditional DSP topics, and solve problems to gain insight. This greatly expands the range and complexity of problems that students can effectively study in the course. Since DSP applications are primarily algorithms implemented on a DSP processor or software, a fair amount of programming is required. Using interactive software such as MATLAB® makes it possible to place more emphasis on learning new and difficult concepts than on programming algorithms. Interesting practical examples are discussed and useful problems are explored. This updated second edition includes new homework problems and revises the scripts in the book, available functions, and m-files to MATLAB® V7.

Signal Processing and Linear Systems

Oxford University Press, USA "This text presents a comprehensive treatment of signal processing and linear systems suitable for undergraduate students in electrical engineering. It is based on Lathi's widely used book, Linear Systems and Signals, with additional applications to communications, controls, and filtering as well as new chapters on analog and digital filters and digital signal processing.This volume's organization is different from the earlier book. Here, the Laplace transform follows Fourier, rather than the reverse; continuous-time and discrete-time systems are treated sequentially, rather than interwoven. Additionally, the text contains enough material in discrete-time systems to be used not only for a traditional course in signals and systems but also for an introductory course in digital signal processing. In Signal Processing and Linear Systems Lathi emphasizes the physical appreciation of concepts rather than the mere mathematical manipulation of symbols. Avoiding the tendency to treat engineering as a branch of applied mathematics, he uses mathematics not so much to prove an axiomatic theory as to enhance physical and intuitive understanding of concepts. Wherever possible, theoretical results are supported by carefully chosen examples and analogies, allowing students to intuitively discover meaning for themselves"--

Digital Design: Principles And Practices, 4/E

Pearson Education India

Modern Engineering Mathematics

Prentice Hall Giving an applications-focused introduction to the field of Engineering Mathematics, this book presents the key mathematical concepts that engineers will be expected to know. It is also well suited to maths courses within the physical sciences and applied mathematics. It incorporates many exercises throughout the chapters.

So You Think You're Smart

150 Fun and Challenging Brain Teasers

International Puzzle Feature So You Think You're Smart is an eclectic collection of word games, riddles and logic puzzles to tantalize, tease and boggle the brains of readers of all ages and educational levels. The brain teasers are about ordinary words and things that everybody knows about so only common sense and a bit of resourcefulness are needed to solve them. The book is in its 17th printing and has appeared on Saturday Night Live.

Signals and Systems

Analysis Using Transform Methods and MATLAB

McGraw-Hill Companies As in most areas of science and engineering, the most important and useful theories are the ones that capture the essence, and therefore the beauty, of physical phenomena. This is true of signals and systems. Signals and Systems: Analysis Using Transform Methods and MATLAB captures the mathematical beauty of signals and systems and offers a student-centered, pedagogically driven approach. The author has a clear understanding of the issues students face in learning the material and does a superior job of addressing these issues. The book is intended to cover a two-semester sequence in Signals and Systems for juniors in engineering.

Communication systems

an introduction to signals and noise in electrical communication

Digital Signal Processing, 4e

Pearson Education India This fourth edition covers the fundamentals of discrete-time signals, systems, and modern digital signal processing. Appropriate for students of electrical engineering, computer engineering, and computer science, the book is suitable for undergraduate and graduate courses and provides balanced coverage of both theory and practical applications.

When God Unfolds the Rose

Infinity Publishing Annie has many unanswered questions! Will she find her one and true love or will she be destined to stay single all her life and do a work for God?

Digital Signal Processing

Pearson A significant revision of a best-selling text for the introductory digital signal processing course. This book presents the fundamentals of discrete-time signals, systems, and modern digital processing and applications for students in electrical engineering, computer engineering, and computer science. The book is suitable for either a one-semester or a two-semester undergraduate level course in discrete systems and digital signal processing. It is also intended for use in a one-semester first-year graduate-level course in digital signal processing.

Modern Control Systems

Modern Control Systems, 12e, is ideal for an introductory undergraduate course in control systems for engineering students. Written to be equally useful for all engineering disciplines, this text is organized around the concept of control systems theory as it has been developed in the frequency and time domains. It provides coverage of classical control, employing root locus design, frequency and response design using Bode and Nyquist plots. It also covers modern control methods based on state variable models including pole placement design techniques with full-state feedback controllers and full-state observers. Many examples throughout give students ample opportunity to apply the theory to the design and analysis of control systems. Incorporates computer-aided design and analysis using MATLAB and LabVIEW MathScript.

Discrete-Time Signal Processing

Pearson Education India

Mathematical Techniques

An Introduction for the Engineering, Physical, and Mathematical Sciences

Oxford University Press, USA All students of engineering, science, and mathematics take courses on mathematical techniques or `methods', and large numbers of these students are insecure in their mathematical grounding. This book offers a course in mathematical methods for students in the first stages of a science or engineering degree. Its particular intention is to cover the range of topics typically required, while providing for students whose mathematical background is minimal. The topics covered are: * Analytic geometry, vector algebra, vector fields (div and curl), differentiation, and integration. * Complex numbers, matrix operations, and linear systems of equations. * Differential equations and first-order linear systems, functions of more than one variable, double integrals, and line integrals. * Laplace transforms and Fourier series and Fourier transforms. * Probability and statistics. The earlier part of this list consists largely of what is thought pre-university material. However, many science students have not studied mathematics to this level, and among those that have the content is frequently only patchily understood. Mathematical Techniques begins at an elementary level but proceeds to give more advanced material with a minimum of manipulative complication. Most of the concepts can be explained using quite simple examples, and to aid understanding a large number of fully worked examples is included. As far as is possible chapter topics are dealt with in a self-contained way so that a student only needing to master certain techniques can omit others without trouble. The widely illustrated text also includes simple numerical processes which lead to examples and projects for computation, and a large number of exercises (with answers) is included to reinforce understanding.

Signals and Systems

John Wiley & Sons Incorporated Design and MATLAB concepts have been integrated in text. ∗ Integrates applications as it relates signals to a remote sensing system, a controls system, radio astronomy, a biomedical system and seismology.

Agile Management for Software Engineering Complete Self-Assessment Guide

Createspace Independent Publishing Platform Are there any constraints known that bear on the ability to perform Agile Management for Software Engineering work? How is the team addressing them? In a project to restructure Agile Management for Software Engineering outcomes, which stakeholders would you involve? How much are sponsors, customers, partners, stakeholders involved in Agile Management for Software Engineering? In other words, what are the risks, if Agile Management for Software Engineering does not deliver successfully? How does the organization define, manage, and improve its Agile Management for Software Engineering processes? What are the business goals Agile Management for Software Engineering is aiming to achieve? Defining, designing, creating, and implementing a process to solve a business challenge or meet a business objective is the most valuable role... In EVERY company, organization and department. Unless you are talking a one-time, single-use project within a business, there should be a process. Whether that process is managed and implemented by humans, AI, or a combination of the two, it needs to be designed by someone with a complex enough perspective to ask the right questions. Someone capable of asking the right questions and step back and say, 'What are we really trying to accomplish here? And is there a different way to look at it?' For more than twenty years, The Art of Service's Self-Assessments empower people who can do just that - whether their title is marketer, entrepreneur, manager, salesperson, consultant, business process manager, executive assistant, IT Manager, CxO etc... - they are the people who rule the future. They are people who watch the process as it happens, and ask the right questions to make the process work better. This book is for managers, advisors, consultants, specialists, professionals and anyone interested in Agile Management for Software Engineering assessment. All the tools you need to an in-depth Agile Management for Software Engineering Self-Assessment. Featuring 616 new and updated case-based questions, organized into seven core areas of process design, this Self-Assessment will help you identify areas in which Agile Management for Software Engineering improvements can be made. In using the questions you will be better able to: - diagnose Agile Management for Software Engineering projects, initiatives, organizations, businesses and processes using accepted diagnostic standards and practices - implement evidence-based best practice strategies aligned with overall goals - integrate recent advances in Agile Management for Software Engineering and process design strategies into practice according to best practice guidelines Using a Self-Assessment tool known as the Agile Management for Software Engineering Scorecard, you will develop a clear picture of which Agile Management for Software Engineering areas need attention. Included with your purchase of the book is the Agile Management for Software Engineering Self-Assessment downloadable resource, which contains all questions and Self-Assessment areas of this book in a ready to use Excel dashboard, including the self-assessment, graphic insights, and project planning automation - all with examples to get you started with the assessment right away. Access instructions can be found in the book. You are free to use the Self-Assessment contents in your presentations and materials for customers without asking us - we are here to help.

E Does Not Equal Mc Squared

This is an engaging book ready to take you on an afternoon voyage through the cosmos. You help with experiments and learn some of the processes that go into making up scientific hypotheses on relativity, the speed of light and other light matters. Some humor is interjected to soften the dryness of the subject matter. Delightful illustrations will welcome you along for the fun. Come along for the ride and begin your adventure into light science. Find out why some ideas from days past are no longer considered correct and how that changes the way we will all look at the science of the stars in the future.

Shifting Gears: A Brain-Based Approach to Engaging Your Best Self

Rose translates the best from brain-based research into practical skills and strategies anybody can use. Field-tested on more than 100,000 people, these core concepts really work to reduce stress, manage anger, and improve relationships.

Me and E

A Baseball Odyssey

"Me and E: A Baseball Odyssey is a reflection on parenting a highly skilled, nationally-ranked and difficult baseball prodigy, told through the author's eyes as he witnessed and participated in the successes and failures of his son playing baseball and growing up in Central Florida. It deals with the changing world of competitive youth sports, over-involved parents, fanatical coaches, the hypocrisies inherent in high school athletics, the college recruiting process and how we teach our kids to grow up and become decent human beings - despite ourselves. It involves well-known sports figures as well as local sports icons with traits and characteristics that everyone will recognize. It's a book about flawed parenting, about living vicariously through a gifted child and learning, finally, that being a good father is as much about letting go as it is about being there. Call it Moneyball meets Everything I Know I Learned in Kindergarten.

Inner Bridges

A Guide to Energy Movement and Body Structure

Principles of Electronic Communication Systems

McGraw-Hill Science, Engineering & Mathematics "Principles of Electronic Communication Systems" is an introductory course in communication electronics for students with a background in basic electronics. The program provides students with the current, state-of-the-art electronics techniques used in all modern forms of electronic communications, including radio, television, telephones, facsimiles, cell phones, satellites, LAN systems, digital transmission, and microwave communications. The text is readable with easy-to-understand line drawings and color photographs. The up-to-date content includes a new chapter on wireless communications systems. Various aspects of troubleshooting are discussed throughout..

Signals and Systems

Theory and Applications

"This is a signals and systems textbook with a difference: Engineering applications of signals and systems are integrated into the presentation as equal partners with concepts and mathematical models, instead of just presenting the concepts and models and leaving the student to wonder how it all relates to engineering."--Preface.

Linear Systems and Signals

Oxford University Press, USA Similar to its predecessor, this edition presents a clear, comprehensive introduction to signals and linear systems. The book emphasises physical appreciation of concepts through heuristic reasoning, metaphors, analogies, and creative explanations. Such an approach is different from a purely deductive technique that uses mere mathematical manipulation of symbols and ignores the physical meaning behind various derivations, which deprives a student of the enjoyable experience of logically uncovering the subject matter. Here the author uses mathematics not so much to prove axio-matic theory as to support and enhance physical and intuitive understanding. Wherever possible, theoretical results are interpreted heuristically and are enhanced by carefully chosen examples and analogies. The organization of the text allows for a great deal of flexibility in teaching continuous-time and discrete-time concepts. The natural order of the chapters in the book integrates the two; however, the book can also be tailored to teach these concepts sequentially. Its thorough content, practical approach, and structural adaptability make Linear Systems and Signals 2e, ideal for undergraduate courses in linear systems or signals and systems. Covers new topics such as: Fourier applications to communication systems Bode plots Bandpass systems Convergence of an infinite series Group and phase delay Impulse invariance method of designing analog systems using digital filters Offers MATLAB focus sessions at the end of each chapter Includes more than 200 worked examples and end-of-chapter problems Provides updated and revised illustrations throughout Presents historical background notes to stimulate interest in the field

Reset

Rupel J Jones Publishing Hopelessly in a funk with no apparent way out, mortgage industry veteran, Mark Stiles, grasped desperately to the only thing that could help: CHANGE. For the past few years, Mark has been stuck in a life of mediocrity - unfulfilled and simply getting by..... Slowly, but surely, both his personal and professional lives have derailed and are on a one-way track to disaster. Now, after a chance encounter with an old friend and colleague in the business, Mark is presented with a challenging opportunity that can radically change his life. A change that could not only allow him to achieve his dreams and provide an abundant life for his family, but a change that could inject long-forgotten purpose, meaning and fulfillment back into his career and very soul. Whether you're a mortgage veteran or a newbie to the residential mortgage scene, this book is possibly the answer to your problems! It not only provides solutions to the issues you've faced with loan files, but it outlines a proven, strategic framework for re-structuring your life to reach all the goals you've set for yourself and achieve unlimited success. The only question is: are you prepared to hit the Reset button and change?

Health (4th Edition)

139 POWERFUL and Scientifically PROVEN Health Tips to Boost Your Health, Shed Pounds and Live Longer!

Get Your Hands On 139 Health Tips Scientifically PROVEN to WORK (41 Of Them Are GUARANTEED to Surprise You!) From the best selling author, Linda Westwood, comes Health (4th Edition): 139 POWERFUL & Scientifically PROVEN Health Tips to Boost Your Health, Shed Pounds & Live Longer! This book will help you start changing your life and your health forever! If you are trying to lose weight, but can't see any results... If you're constantly feeling tired, lazy, or lethargic throughout the day... Or do you want to feel and look more healthy than you have in years... THIS BOOK IS FOR YOU! This book provides you with a HUGE 139 health tips that have been specially collected to powerfully work on your body in days, NOT weeks or months! (41 of them are also scientifically proven and guaranteed to surprise you!) It comes with tons of information, explanations of why the tips are recommended, and all the actionable steps that you need to implement the tips IMMEDIATELY into your life! If you successfully implement JUST A FEW of these health tips, you will... - Start losing weight without working out as hard - Begin burning all that stubborn fat, especially belly fat, thigh fat and butt fat - Say goodbye to inches off your waist and other hard-to-lose areas - Learn how you can live a healthier lifestyle without trying - Transform your body and mind in less than 3 weeks - Get excited about eating healthy and working out - EVERY TIME!

Spilling the Tea

Createspace Independent Publishing Platform A collection of short stories along with poems to express a college woman's encounters with the three most important men in her life thus far. In this book the reader will go on a journey living the love and heart breaking experiences the author writes of and eventually being guided to the self loving woman she is today. These poems represent love, honesty, heart break, and realization.

Build an Extreme Green Solar Hot Water Heater

Grasslands Publishing What's so tough about building a solar collector? Most people think it's time they tried to do their part at lowering their monthly utility bills or curbing climate change, but they suspect that their dream of building a hot water solar collector is more than they can handle. In some cases, this may be true. However, if you have already performed your own plumbing repairs, this project may not be as difficult as and more affordable than you imagine. This down-to-earth guide can show you just how possible such a project can be. With simple step-by-step instructions, fifty-six clear illustrations, and a complete parts list from a major hardware store, you may fulfill your dream of going solar sooner than you think. This is an excellent book with clear and well thought out plans. With a little investment of time and the parts listed, you will have a worthy product that will save money and provide satisfaction. A. J. Shea I am very impressed with the plans for this solar hot water system. I think it was easy to understand and complete with material lists and where to get them. I am looking forward to building one soon. Dean Cardin For anyone wanting to build their own solar collector, this is a great tool. Like others have said, follow the directions with respect to the materials specified. BigBear

Can You Believe It !

Ordinary People - Extraordinary Stories

Createspace Independent Publishing Platform When we're going through challenging times, we tend to think we're alone. In the middle of the bad times, it's difficult to see how life could ever be even just okay again, never-mind good. The purpose of this book is to provide encouragement and inspiration for those who are going through challenges from which they can currently see no relief. Reading stories of ordinary people overcoming extraordinary challenges using a technique you can use to achieve the same results is one of the most empowering gifts you can give to yourself. "It's 2 a.m. I am in Hawaii. And I'm dying. The pain comes in my body and the voice in my mind confirms it. This is real. Cancer is real. As I look down the barrel of my own emotional gun, my mind flashes back to conversations with another practitioner when I recall saying to her of her Fibromyalgia recovery account - "It's alright for you - You've got a story! I don't have one! " Well, be careful what you ask for - because you just might get it. I'll rephrase that. Be careful what you ask for -you will definitely get it. I definitely had a story now. The question was would I live to tell it?" Foreword by Robert G. Smith (Founder of FasterEFT)