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— **JESSICA MCCABE**, author of *How to ADHD: An Insider's Guide to Working with Your Brain (Not Against It)*

# **EXTRA FOCUS**

**THE QUICK START GUIDE TO  
ADULT ADHD**

**JESSE J. ANDERSON**

ILLUSTRATED BY NATE KADLAC

# Focus T2quick Start Guide

**David DuRocher**

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

## **Focus T2quick Start Guide:**

*Hadoop 2 Quick-Start Guide* Douglas Eadline, 2015-10-28 Get Started Fast with Apache Hadoop 2 YARN and Today's Hadoop Ecosystem With Hadoop 2 x and YARN Hadoop moves beyond MapReduce to become practical for virtually any type of data processing Hadoop 2 x and the Data Lake concept represent a radical shift away from conventional approaches to data usage and storage Hadoop 2 x installations offer unmatched scalability and breakthrough extensibility that supports new and existing Big Data analytics processing methods and models Hadoop 2 Quick Start Guide is the first easy accessible guide to Apache Hadoop 2 x YARN and the modern Hadoop ecosystem Building on his unsurpassed experience teaching Hadoop and Big Data author Douglas Eadline covers all the basics you need to know to install and use Hadoop 2 on personal computers or servers and to navigate the powerful technologies that complement it Eadline concisely introduces and explains every key Hadoop 2 concept tool and service illustrating each with a simple beginning to end example and identifying trustworthy up to date resources for learning more This guide is ideal if you want to learn about Hadoop 2 without getting mired in technical details Douglas Eadline will bring you up to speed quickly whether you're a user admin devops specialist programmer architect analyst or data scientist Coverage Includes Understanding what Hadoop 2 and YARN do and how they improve on Hadoop 1 with MapReduce Understanding Hadoop based Data Lakes versus RDBMS Data Warehouses Installing Hadoop 2 and core services on Linux machines virtualized sandboxes or clusters Exploring the Hadoop Distributed File System HDFS Understanding the essentials of MapReduce and YARN application programming Simplifying programming and data movement with Apache Pig Hive Sqoop Flume Oozie and HBase Observing application progress controlling jobs and managing workflows Managing Hadoop efficiently with Apache Ambari including recipes for HDFS to NFSv3 gateway HDFS snapshots and YARN configuration Learning basic Hadoop 2 troubleshooting and installing Apache Hue and Apache Spark

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**Caffe2 Quick Start Guide** Ashwin Nanjappa,2019-05-31 Build and train scalable neural network models on various platforms by leveraging the power of Caffe2 Key FeaturesMigrate models trained with other deep learning frameworks on Caffe2Integrate Caffe2 with Android or iOS and implement deep learning models for mobile devicesLeverage the distributed capabilities of Caffe2 to build models that scale easilyBook Description Caffe2 is a popular deep learning library used for fast and scalable training and inference of deep learning models on various platforms This book introduces you to the Caffe2 framework and shows how you can leverage its power to build train and deploy efficient neural network models at scale It will cover the topics of installing Caffe2 composing networks using its operators training models and deploying models to different architectures It will also show how to import models from Caffe and from other frameworks using the ONNX interchange format It covers the topic of deep learning accelerators such as CPU and GPU and shows how to deploy Caffe2 models for inference on accelerators using inference engines Caffe2 is built for deployment to a diverse set of hardware using containers on the cloud and resource constrained hardware such as Raspberry Pi which will be demonstrated By the end of this book you will be able to not only compose and train popular

neural network models with Caffe2 but also be able to deploy them on accelerators to the cloud and on resource constrained platforms such as mobile and embedded hardware What you will learn Build and install Caffe2 Compose neural networks Train neural network on CPU or GPU Import a neural network from Caffe Import deep learning models from other frameworks Deploy models on CPU or GPU accelerators using inference engines Deploy models at the edge and in the cloud Who this book is for Data scientists and machine learning engineers who wish to create fast and scalable deep learning models in Caffe2 will find this book to be very useful Some understanding of the basic machine learning concepts and prior exposure to programming languages like C and Python will be useful **Quick Start Guide to VHDL** Brock J. LaMeres, 2023-11-21 This textbook provides a starter's guide to VHDL This book can be used in conjunction with a one semester course in Digital Systems Design or on its own for designers who only need an introduction to the language This book is designed to provide a bottoms up approach to learning the VHDL language This design supports a course in which foundational knowledge is covered before moving into advanced topics However this design also supports use as a reference manual The author has designed the presentation with learning goals and assessment at its core Each section addresses a specific learning outcome that the student should be able to do after its completion The concept checks and exercise problems provide a rich set of assessment tools to measure student performance on each outcome The New Consultant's Quick Start Guide Elaine Biech, 2019-04-30 An action plan for working as a consultant Management consulting is a 250 billion industry and growing at a rate of over four percent annually Many predict that more than 40 percent of the U S workforce will soon be contingent freelance or consulting members of the workforce making this book more relevant than ever Individuals become independent consultants out of necessity or preference necessity because they lost their job or the company offered an attractive exit package preference because they want a career change more control over their time or an enriched varied work situation Consulting also appeals to the Millennial workforce who are searching for careers that offer a good salary as well as meaningful work The New Consultant's Quick Start Guide Serves as a companion to The New Business of Consulting Provides you with a place to plan your transition into consulting Helps you identify your niche develop a business plan charge what you're worth and create a marketing strategy to ensure a steady stream of clients Prepares you for changes you will encounter beyond your professional life including social family and financial aspects The New Consultant's Quick Start Guide helps you work through the challenges of consulting such as working alone deciding on necessary insurance coverage finding your first clients struggling with cash flow and understanding market trends

**Continuous Delivery and DevOps - A Quickstart Guide** Paul Swartout, 2018-10-31 A practical and engaging guide to help map out plan and navigate through the journey to successful CD and DevOps adoption Key Features Identify and overcome the issues that stifle the delivery of quality software Learn how Continuous Delivery and DevOps work together with other agile tools Real world examples tricks and tips that will help the successful adoption of CD DevOps Book

Description Over the past few years Continuous Delivery CD and DevOps have been in the spotlight in tech media at conferences and in boardrooms alike Many articles and books have been written covering the technical aspects of CD and DevOps yet the vast majority of the industry doesn't fully understand what they actually are and how if adopted correctly they can help organizations drastically change the way they deliver value This book will help you figure out how CD and DevOps can help you to optimize streamline and improve the way you work to consistently deliver quality software In this edition you'll be introduced to modern tools techniques and examples to help you understand what the adoption of CD and DevOps entails It provides clear and concise insights into what CD and DevOps are all about how to go about both preparing for and adopting them and what quantifiable value they bring You will be guided through the various stages of adoption the impact they will have on your business and those working within it how to overcome common problems and what to do once CD and DevOps have become truly embedded Included within this book are some real world examples tricks and tips that will help ease the adoption process and allow you to fully utilize the power of CD and DevOps What you will learn Explore Continuous Delivery and DevOps in depth Discover how CD and DevOps fits in with recent trends such as DataOps SecOps pipelines and CI Understand the root causes of the pain points within your existing product delivery process Understand the human elements of CD and DevOps and how intrinsic they are to your success Avoid common traps pitfalls and hurdles as you implement CD and DevOps Monitor and communicate the relative success of DevOps and CD adoption Extend and reuse CD and DevOps approaches Who this book is for Whether you are a software developer a system administrator an agile coach a product manager a project manager a CTO a VP a CEO or anyone else involved in software delivery you will have a common problem which is delivering quality software This book has been written for anyone and everyone who wants to understand how to regularly deliver quality software to their customers without said pain **Vue.js Quick Start Guide** Ajdin

Imsirovic, 2018-10-25 Vue.js is the latest trending frontend framework Simplicity reactivity and flexibility are some of the key benefits that Vue offers to developers This book will help you learn everything you need to know to build stunning reactive web apps with Vue.js 2 quickly and easily **Blockchain Quick Start Guide** Xun (Brian) Wu, Weimin Sun, 2018-12-27

Learn quick and effective techniques to get up and running with building blockchain including Ethereum and Hyperledger Fabric Key Features Understand the key concepts of decentralized applications and consensus algorithms Learn key concepts of Ethereum and Solidity programming Practical guide to get started with build efficient Blockchain applications with Ethereum and Hyperledger Book Description Blockchain is a technology that powers the development of decentralized applications This technology allows the construction of a network with no single control that enables participants to make contributions to and receive benefits from the network directly This book will give you a thorough overview of blockchain and explain how a blockchain works You will begin by going through various blockchain consensus mechanisms and cryptographic hash functions You will then learn the fundamentals of programming in Solidity the defacto language for

developing decentralized applications in Ethereum After that you will set up an Ethereum development environment and develop package build and test campaign decentralized applications The book also shows you how to set up Hyperledger composer tools analyze business scenarios design business models and write a chain code Finally you will get a glimpse of how blockchain is actually used in different real world domains By the end of this guide you will be comfortable working with basic blockchain frameworks and develop secure decentralized applications in a hassle free manner What you will learn Understand how blockchain hashing works Write and test a smart contract using Solidity Develop and test a decentralized application Build and test your application using Hyperledger Fabric Implement business network using Hyperledger Composer Test and interact with business network applications Who this book is for The book is for developers analysts or anyone looking to learn about Blockchain in a quick and easy manner

Oracle Blockchain Quick Start Guide  
Vivek Acharya, Anand Eswararao Yerrapati, Nimesh Prakash, 2019-09-06

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Service then this book is for you Some familiarity with the basic concepts of blockchain will be helpful to get the most out of this book

**QuickStart Guide to Roberta's Rules of Order** Alice Collier Cochran,2009-01-01 This QuickStart Guide to Roberta's Rules of Order is a companion workbook to implement two major sections on meetings and group decisions in the book by the same name Wiley Publishing 2004 It provides eight agendas and worksheets for a group to complete and agree on how they will meet and make decisions They will have customized rules to use in their business meetings Using sailing analogies it's flexible focused and even fun compared to parliamentary procedure and other methods

**Comprehensive Biomedical Physics** ,2014-07-25 Comprehensive Biomedical Physics Ten Volume Set is a new reference work that provides the first point of entry to the literature for all scientists interested in biomedical physics It is of particularly use for graduate and postgraduate students in the areas of medical biophysics This Work is indispensable to all serious readers in this interdisciplinary area where physics is applied in medicine and biology Written by leading scientists who have evaluated and summarized the most important methods principles technologies and data within the field Comprehensive Biomedical Physics is a vital addition to the reference libraries of those working within the areas of medical imaging radiation sources detectors biology safety and therapy physiology and pharmacology as well as in the treatment of different clinical conditions and bioinformatics This Work will be valuable to students working in all aspect of medical biophysics including medical imaging and biomedical radiation science and therapy physiology pharmacology and treatment of clinical conditions and bioinformatics The most comprehensive work on biomedical physics ever published Covers one of the fastest growing areas in the physical sciences including interdisciplinary areas ranging from advanced nuclear physics and quantum mechanics through mathematics to molecular biology and medicine Contains 1800 illustrations all in full color

**Windows 11 User Guide** Logan T. Parker,2025-07-30 Feeling lost with Windows 11 Unlock the Full Power of Your PC with the Windows 11 User Guide Whether you're upgrading from a previous version or diving into Windows for the first time Windows 11 User Guide The Complete Manual for Beginners and Seniors by Logan T Parker is the only resource you'll need to confidently navigate Microsoft's most advanced and user friendly operating system yet Written in a friendly detailed and easy to follow tone this Windows 11 simplified manual takes the mystery out of modern computing What's Inside This Windows 11 Comprehensive Manual for Beginners Complete Installation Guide Learn everything from scratch with a practical Windows 11 installation guide from upgrading through Windows Update to performing a clean install You'll understand system requirements setup steps and what to expect during configuration all clearly described in straightforward text Discover the New Features Get familiar with new tools like Snap Layouts Widgets and Virtual Desktops This Windows 11 tutorial for seniors and beginners features thoroughly written explanations that break down what's new and how to use each tool with ease Customization Made Simple Make your PC truly yours with a full Windows 11 customization guide Learn how to change backgrounds themes icons sound alerts and widgets using clear step by step written instructions This is a personalization



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**Olympus OM System OM-1 User Guide:** Awoyinfa Samuel Damilola, The Olympus OM System OM 1 User Guide is the ultimate companion for photographers looking to master the powerful OM 1 camera This comprehensive guidebook is meticulously crafted to help both beginners and experienced shooters unlock the full potential of this advanced mirrorless camera The book begins with an in depth exploration of the OM 1 s physical controls buttons and dials providing clear explanations and illustrations to ensure you can navigate the camera s interface with ease From there it delves into the various shooting modes settings and customizations empowering you to tailor the camera to your specific needs and shooting style Whether you re a novice seeking to understand the fundamentals of photography or an experienced pro looking to push the boundaries this guide has you covered It offers practical tips and techniques for a wide range of shooting scenarios from landscape and portrait photography to action and low light situations The author s expertise shines through in the clear and concise writing style making complex concepts accessible to photographers of all levels Real world examples and sample images illustrate the principles discussed helping you apply the knowledge gained to your own photography In addition to the technical aspects the guide also covers essential post processing techniques ensuring you can enhance and refine your images to achieve your desired look With its comprehensive coverage and user friendly approach the Olympus OM System OM 1 User Guide is an indispensable resource for anyone looking to take their photography to new heights with this exceptional camera

**The Complete Guide to Fujifilm's X-H1**

**(B&W Edition)** Tony Phillips,2018-07-06 The X H1 in plain English Written for Fujifilm s outstanding X H1 camera this is This is EVERYTHING X H1 explained in easy to understand language It is the Manual on Steroids and much more In it I assume you are a photographer so I don t dive in to the basics of photography except in an Appendix Everything comes with clear tutorials and examples So if you re uncertain about anything your X H1 does grab this book It s packed with clear tutorials and examples with over 900 tips tricks and tweaks to help you master photography with your X H1 **The**

**Complete Guide to the Olympus O-MD E-M1 II (B&W Edition)** Tony Phillips,2017-09-15 The OM D E M1 camera has been hailed as The King of Micro Four Thirds format for good reason The engineers gave this camera one of the most customizable and nuanced user interfaces ever While a good move even experienced users will sometimes need help getting their arms around all of the different permutations of features or groups of features spread across different menus In this detailed and easy to read reference professional photographer Tony Phillips simplifies the complexity and provides the shortest learning curve for this infinitely configurable camera Get the most out of your investment from the most highly regarded source of books for digital cameras *Stage Lighting - the technicians guide* Skip Mort,2013-11-01 Stage technicians or techies don t read books they seek information on the basis of the need to know This is a practical guide to stage lighting covering equipment lighting a performance space special effects and lighting design It can be read cover to cover but also used as reference manual which provides easy access to the content through the use of tabulated sections and keywords The information in each chapter is presented at three levels A quick start basic information providing enough to get started More info more detailed knowledge Extras extended technical information and data The three strands run visually throughout the guide enabling students to mix and match their own personal level of study or to fast track through to the information they need on stage This handy accessible guide is packed with illustrations pictures diagrams plans and technical data In addition a DVD is included using unique video clips to illustrate the text show the practical use of equipment and examples of different lighting techniques and effects The differentiated format makes it equally suitable as a quick start for school students or at an extended level for aspiring theatre technicians teachers amateur dramatic enthusiasts or anyone needing a quick on the job reference **The Complete Guide to Fujifilm's X-Pro2 (B&W Edition)** Tony

Phillips,2016-06-14 If you re uncertain in any way about even one thing your XPro2 does then save time and money and grab this book This is EVERYTHING X Pro2 explained in easy to understand language It is the Manual on Steroids and much more In it I assume you are a photographer so I don t dive in to the basics of photography except in an Appendix Everything comes with clear tutorials and examples As a bonus hey I m trying to entice you to buy my book I give everyone who buys my book a PDF copy of my other eBook Mastering Flash with Fujifilm X Cameras value 9 95 value Find out how in the book But Wait There s also an XLS spreadsheet listing all camera settings with a brief explanation of each my own recommendations and space to note your own settings **Manual of Techniques in Invertebrate Pathology** Lawrence A. Lacey,2012-04-25

Manual of Techniques in Invertebrate Pathology Second Edition describes a wide range of techniques used in the identification isolation propagation cultivation bioassay quantification preservation and storage of the major groups of entomopathogens including entomophthorales entomopathogenic fungi entomopathogenic bacteria of the Bacilli Nematode parasites and pathogens and parasites of terrestrial molluscs The book presents the perspectives of an international group of experts in the fields of invertebrate pathology including microbiology mycology virology nematology biological control and integrated pest management Organized into 15 chapters the book covers methods for the study of virtually every major group of entomopathogen as well as methods for discovery and diagnosis of entomopathogens and the use of complementary methods for microscopy It discusses the use of molecular techniques for identifying and determining phylogeny factors that contribute to resistance to entomopathogens and several other aspects of the science of invertebrate pathology It also explains initial handling and diagnosis of diseased invertebrates basic techniques in insect virology and bioassay of bacterial entomopathogens against insect larvae In addition the reader is introduced to the use of bacteria against soil inhabiting insects and preservation of entomopathogenic fungal cultures The remaining chapters focus on research methods for entomopathogenic microsporidia and other protists how the pathogenicity and infectivity of entomopathogens to mammals are tested and preparations of entomopathogens and diseased specimens for more detailed study using microscopy Experienced insect pathologists biologists entomologists students biotechnology personnel technicians those working in the biopesticide industry and government regulators will find this manual extremely helpful Step by step instructions for the latest techniques on how to isolate identify culture bioassay and store the major groups of entomopathogens New edition fully updated to address changes in the taxonomy of the vast majority of taxa Discussion of safety testing of entomopathogens in mammals and also broader methods such as microscopy and molecular techniques Provides extensive supplemental literature and recipes for media fixatives and stains

**The Complete Guide to Fujifilm's X-t2 (B&W Edition)** Tony Phillips, 2017-01-31 Listed as Mirrorless Camera Manuals whose books you ll actually enjoy reading If you re uncertain in any way about even one thing your XT2 does then save time and money and grab this book This is EVERYTHING X T2 explained in easy to understand language It is the Manual on Steroids and much more This full color ebook Covers every mode menu button function and socket Explains the new Flash modes including wireless flash Includes all my camera settings and an explanation of why on earth I do it that way Covers every essential of shooting like ISO Focus WB Metering flash modes and the more esoteric ones too Explains how and why to customize all the buttons and menus Has a great tutorial to help you master the ins and outs of RAW Explains why all glass Fuji lenses are not born equal Includes a 22 page Condensed Guide to the Basics of modern digital photography Valuable bonuses are included as well

*Blockchain QuickStart Guide* Dr. Kalpesh Parikh, Amit Johri, 2022-03-22 Adopt distributed technology to deliver immutable data ownership solutions KEY FEATURES Understand how Blockchain is the backbone of bitcoin and smart contracts Complete coverage across distributed systems

blockchain frameworks smart contracts and wallet Includes use cases and current trends on the adoption of blockchain across different business models DESCRIPTION This book is about developing a comprehensive understanding of blockchain how it works and can benefit the functioning of the organization This book exposes you to blockchain technology and illustrates how to leverage it to create value First you should have a working grasp of cryptography cypher modes digital signatures and digital certificates all of which are thoroughly covered in the first chapter of this book By gradually introducing you to Distributed Ledger Technology you can start understanding blockchain After that you ll become acquainted with fundamental blockchain concepts like consensus models algorithms and procedures You ll learn about blockchain platforms such as Ethereum and Hyperledger Fabric that enable the development of DApps DeFi applications and systems driven by blockchains Additionally concepts such as smart contracts the Ethereum virtual machine accounts wallets GAS and mining are explained briefly and simplified The book analyses current blockchain developments various blockchain as a Service BaaS platforms and helps you to gain a better grasp of the technology Throughout the book you will understand multiple blockchain principles procedures tools and platforms required to begin developing blockchain based business networks WHAT YOU WILL LEARN Acquaint yourself with the blockchain s application cases and primary benefits Consensus models distributed networks and cryptography techniques are well understood Recognize how smart contracts and cryptocurrencies work Familiarize yourself with the HyperLedger Fabric and Ethereum Examine the Blockchain as a Service BaaS model platform user interfaces infrastructure and network WHO THIS BOOK IS FOR This book is intended for prospective blockchain developers technical consultants and anybody who is interested in learning and exploring the principles of blockchain technology including the distributed systems networking cryptography and smart contracts Having prior knowledge around IT systems would be preferred TABLE OF CONTENTS 1 Cryptography The Basics 2 Understanding Distributed Ledger Technology and Blockchain 3 Consensus Models in Blockchain 4 Cryptocurrency 5 Ethereum Smart Contract and dApps 6 Hyperledger Fabric 7 Blockchain Trends

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