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Get stronger, healthier, happierSign up to receive our top tips, workouts, recipes and more. Often filled with jargon, acronyms and directions that require a Ph.D to understand, software user guides are sometimes written from the point of view of a developer rather than a user. As a result, the guide can make assumptions about the reader's skill level that are often wrong. The first step in writing a good user guide is to get the actual writing process as far away from engineers as possible. The software developer knows more than anyone what makes the software work, but that does not mean that the developer should write the instructions. On the contrary, it is a clear disadvantage. More important than a deep understanding of the inner workings of the software is an understanding of who the end user will be, what his level of education is and how this end user will use the software. In most cases, end users don't need to know the finer points of programming and back-end work in the software – they just need to know how to use it to make their job easier. The user guide should be largely task-oriented rather than highly descriptive. Because the manual is written to help users understand how to perform specific tasks, the author must have an understanding of these tasks as well, and as a result, going through each discrete step of each function is absolutely essential. It is not necessary for the author necessarily to know how the program was created from a design or development point of view, but it is important to have a strong working knowledge of all its functions. When you perform each task, you'll spend time writing down every step, including clicks, drop-down menus, and other actions. Although the developer should not be the one to write the manual, she will still be a valuable resource for the author, and before writing begins, schedule a kickoff meeting between the author, developer and engineers, and potential end users to help inform the author's work from the beginning. Interviews with experts and engineers should be recorded, with transcripts made for later reference. A user's manual must not be too text-heavy. Rather incorporate liberal use of graphics and screen clips. Describing an action is much clearer with text-based instructions accompanied by a screen clipping that clearly illustrates this direction. Include both before and after views to show what the screen looks like before you take each action, and what happens after the action is done. A simple screenshot tool such as the Snipping Tool included in Microsoft Windows works well to capture these images. Be sure to number each image and include a caption that briefly describes it. Centre it immediately under the section that first introduces the concept depicted in the Communication clearly in a technical document requires and careful compliance with standards throughout the guide. Standards in both presentation, language and nomenclature help avoid confusion. Templates are available and can be a good starting point for uniformity, although these can certainly be adapted to each situation. Using a margin of one inch with a single column best suits the need to add graphics. A two-column setting may look too crowded and can confuse the placement of images. More than any other type of document, a software user guide will likely go through multiple iterations before it is finished, and it is likely to go through a review process by multiple stakeholders. Using the Track Changes feature in Microsoft Word is an easy way to keep track of an individual's comments and changes. Creating multiple versions after each review cycle, each with a different file name, also helps the process and ensures that all stakeholders are satisfied with the final result. Unless you can think of a clever way to save them, user guides are a bit of a hassle to stick around. However, when you need one, central manuals can help you find and download them for free in PDF format. You can look up almost any instruction manual online, but since many products come with a ... Read moreLads in the eyes, most of us throw these things away unless we are completely clueless about a particular product. With Central Manuals, there is no need to worry because their collection of manuals is extensive. You can search by type or tag, and they have pretty much everything covered. There are manuals for cameras, camcorders, smartphones, mp3 players, tablets, eBook readers, smart watches, activity trackers, and video game consoles. You can even find software instructions. You can start to find the manuals you need at the link below. Central Manuals - Find and download for free | Central Manuals of the 1950s seem to have been a time when the CIA put a tremendous amount of energy into perfecting the science of torture. The CIA conducted secret experiments, sometimes on unsuspecting Americans, using LSD in the search for a truth serum [source: The New York Times]. It used electrical currents to inflict pain [source: The Boston Globe]. The agency conducted experiments examining the effects of sensory deprivation [source: The Washington Post]. The CIA found that the best methods for extracting information from detainees come not through the infliction of physical pain or torture, but through psychological torture. Although the mark of torture the CIA devised over more than a decade of trial and error cannot inflict physical pain, it can still do some real damage. Historian and expert on the subject of CIA and torture, Alfred McCoy, writes: Although seemingly less brutal, no-touch torture leaves deep psychological scars. Victims often need trauma far more crippling than physical pain [source: The Boston Globe]. Advertising There is actually a torture manual and the CIA literally wrote it. In 1963, the Agency created the KUBARK Counterintelligence Interrogation Manual. It was, as Alfred McCoy puts it, codifying everything the CIA had learned from its experiments through the 1950s. In KUBARK (codename for cia in Vietnam War [source: The Washington Post]) manual, methods of breaking prisoners are generally based on psychology. Identifying a victim's sense of self and then stripping it away is part of the first step towards breaking him or her. An introverted or shy detainee can be kept naked and perhaps sexually humiliated, for example. Clothes can also be taken simply to alienate the detainee and make him or her less comfortable. Creating a sense of uncertainty, disorientation and isolation seems to be the hallmark of psychologically undermining a detainee in the responsibilities of the Kubark manual. Practices like starvation, keeping inmates in small, windowless cells with immutable artificial light and forcing inmates to sit or stand in uncomfortable positions (stress positions) for long periods of time have been condemned or banned outright by the U.S. government. But these techniques are part of the regimen prescribed by KUBARK. So also uses hypnosis and drugs to extract information. While it does not mention electric shock directly, the manual calls for interrogators to be sure that a potential safe house to be used for torture has access to electricity. As a source told The Baltimore Sun, the CIA has acknowledged privately and informally in the past that this referred to the use of electric shocks to interrogate suspects [source: The Baltimore Sun]. Physical pain, however, is ultimately considered counterproductive by the manual. It's a much worse experience, the guidebook concludes, for an inmate to fear that the pain may come than to actually experience it. The old adage that expectation is worse than the experience also seems to have a basis in the shadowy area of torture. A recent book, largely an revision of the KUBARK manual, draws the same basic conclusion - that psychological torment is paramount to physical abuse. The Human Resource Exploitation Manual - 1983 was first published following an investigative report on human rights violations in Honduras. Read about the CIA's torture manual version 2.0 on the next page. Getty Images Baby come back! Sir Mix-A-Lot may have rapped these lyrics more than 20 years ago, but our fascination with pimples remains. In fact, from Iggy Azalea's curvy derriere to Sofia Vergara's ridiculously toned tush, behind has replaced breasts like the body part of this decade. But there's no need to worry if you think yours isn't up to par: About your concerns focus on health issues (sciatica, anyone?) or more cosmetic issues (hello, cellulite!), we've got them covered. What is Pain (often placed in your lower back or hip) that travels along your sciatic nerve, which runs from your lower back down through each of your legs. Most of the time, sciatica is caused by a herniated disk, which bulges out and compresses the nerve. But sometimes it is caused by piriformis syndrome, which is when bandlike piriformis muscle (it extends from your sacrum to the top of the thigh bone) squeezes the sciatic nerve. You are most likely to experience the first signs between the ages of 30 and 50. Years of sitting can increase the risk of sciatica, says Wellington Hsu, MD, professor of orthopedic surgery at Northwestern University Feinberg School of Medicine. There is also a genetic component. Sciatica can sometimes occur during pregnancy, when your expanding uterus can push against the nerve. What it feels like everything from a dull pain to a shooting or burning knife-like pain to an electric shock. Rx A primary care doctor or an orthopedic specialist should be able to diagnose sciatica through a physical exam. Usually the condition improves with over-the-counter or prescription anti-inflammatory or muscle relaxants, stretching exercises or physical therapy. A cortisone injection can work for short-term relief. If your pain continues for more than six weeks, you may need an MRI scan to pinpoint the cause. Problem No 2: Sacroiliac Joint Pain What It Is Pain around the sacroiliac joint, located in your lower back where your spine and pelvic bone meet. Although it is common to have discomfort in the area during and after pregnancy (as your pelvis expands to prepare for birth, ligaments stretch and tug on joints, causing pain), many women experience it due to muscle density or weakness. Don't ignore evil: It can mean that cartilage between the bones is worn down, which can lead to arthritis. What it feels like pain in the lower back and hip (often on one side) that worsens with bending or activity; it tends to become more serious when you sit for long periods of time and feel better when you lie down. Rx It can be diagnosed by your primary care physician or an orthopedic specialist with a physical exam and X-ray. The treatment is usually conservative: over-the-counter anti-inflammatories and, if necessary, a cortisone injection straight into the joint to relieve pain. The best prevention is a strong core, which helps to take the pressure off the joint by strengthening the surrounding muscles. Talk to your doc about movements (such as planks and hip raises) to do on their own. What hole?! If you notice blood in your stern or toilet paper, or itching and swelling around your anus, you may have The most common risk factor, says Steven Naymagon, MD, gastroenterologist at The Mount Sinai Hospital: constipation. Constipation. MD can tell if you have external hemorrhoids (under the skin around your anus) by examining the area; hemorrhoids inside your rectum can also usually be diagnosed by a manual exam, but if there is bleeding, you may need a colonoscopy or flexible sigmoidoscopy to rule out something more scary, like colon cancer. Treatment is usually over-the-counter products with witch hazel or hydrocortisone to relieve swelling and/or itching, as well as soaking in a hot sitz bath. Also key: Slow up your fiber intake to 25 to 30 grams a day, and drink plenty of water. If that doesn't work, Dr. Naymagon adds, your doc can perform an in-office procedure known as an elasticated ligation, in which she places a band around the hemorrhoid to cut off her turnover (the band, and 'roid, falls off within a week). What it is An injury to one of your hamstring muscles that runs down the back of the thighs from your pelvis. Although it can happen to anyone who is active, you are more susceptible as you get older because muscles tighten as you age, says Jordan Metz, MD, a sports medicine physician at the Hospital for Special Surgery in New York City. What it feels like a sharp pain in the back of your ass or legs during activity (when the actual load occurs) as well as afterwards, along with swelling and bruising. Rx Your first step is RICE: rest, ice (use cold packs 20 minutes at a time, several times a day), compression with a bandage around the thigh and elevation. If you are hobbling for more than a few days, see your primary care doc or a sports medicine specialist. You can have an X-ray or MRI to see if it is a full tear or a strain, and can get crutches or a prescription for physical therapy. Therapy.

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