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Get stronger, healthier, happier before getting our best tips, workouts, recipes and more. Often filled with jargon, abbreviations, and directions requiring an understanding of doctoral degrees, software user manuals are sometimes written from the developer's point of view, not the user's point of view. As a result, management can make assumptions about the level of skill of the reader, which are often incorrect. The first step in writing a good user guide is to get the actual writing process as far away from the engineers as possible. A software developer knows more than anyone what makes the software work, but that doesn't mean the developer has to write a guide. On the contrary, it is a clear disadvantage. More important than a deep understanding of the inner workings of the software is understanding who the end user will be, what his educational level is, and how that end user will use the software. In most cases, end users don't need to know the intricacies of programming and back-end software work - they just need to know how to use it to make their work easier. The user's manual should be largely task-oriented, not highly descriptive. Since the guide 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 every discrete step of each function is absolutely necessary. It is not necessary for a writer to necessarily know how the program was created in terms of design or development, but it is important to have a strong working knowledge of all its features. In every task, write each step, including clicks, menus, and other activities. While the developer should not be the one who writes the guide, it will still be a valuable resource for the writer, and before recording, the start plan is between the writer, developer and engineers, and potential end users to help inform the writer's work from the start. Interviews with subject experts and engineers should be recorded, and transcripts should be made for later reference. The user's manual should not be too textual. Rather, include the liberal use of graphics and video clips. The description of the action is much clearer with text directions accompanied by a video clip that clearly illustrates this direction. Turn on both before and after viewings to show what the screen looks like before each action and what happens after the action has been taken. A simple screen capture tool, such as the snipping tool included in Microsoft Windows, works well to capture these images. Be sure about the number of each image, and signature that briefly describes it. Its center is directly under the paragraph, which for the first time introduces the concept depicted in the image. Clear communication in a technical document requires and careful adherence to standards throughout the guide. Standards in both view and language and item help avoid confusion. Patterns are available and can be a good starting point for uniformity, although they can certainly be adapted to each situation. Using a single-inch margin with a single column is best suited to the need to add graphics; setting up two columns may seem too crowded and can make posting images confusing. More than any other type of document, the software user manual is likely to go through several iterations before it is completed, and it will probably go through the process of being reviewed by several stakeholders. Using the Track Change feature in Microsoft Word is an easy way to track comments and changes for each person. 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. If you can't think of a smart way to store them, the user's guide is kind of a hassle to keep around. When you find yourself in need of one, however, The Central Guide allows you to find and download them for free in PDF format. You can look up just about any instruction manual online, but since many products come with a... More Let's face it, most of us throw away these things if we have absolutely no idea about a particular product. With the Central Manual, there is no need to worry, because their collection of guides is extensive. You can search by type or brand and they are almost all covered. There are guides for cameras, video cameras, smartphones, mp3 players, tablets, ebooks, smartwatches, activity trackers and gaming consoles. You can even find instructions for the software. You can start searching for the guides you need to click on the link below. Central Guides - Find and download for free the Central Guides of the 1950s seems to have been a time when the CIA put a huge amount of energy into perfecting the science of torture. The CIA conducted covert experiments, sometimes on unsuspecting Americans, using LSD in search of a truth serum (source: The New York Times). He used electric currents to cause pain (source: The Boston Globe). The agency conducted research investigating the effects of sensory deprivation (source: The Washington Post). The CIA found that the best methods of obtaining information from detainees were not through physical pain or torture, but through psychological torture. While the brand of torture the CIA has developed after more than a decade of trial and error can't cause physical pain, it's all it can do to cause real damage. Alfred McCoy, a historian and expert on CIA and torture, writes: Although seemingly less violent torture without touching leaves deep psychological scars. Victims often need treatment to recover Injuries are far more crippling than physical pain (source: The Boston Globe). Advertising There is really a guide about torture and the CIA literally wrote it. In 1963, the Agency established a manual to interrogate the counterintelligence of KUBARK. This was, as Alfred McCoy says, codifying everything the CIA learned from its experiments throughout the 1950s. In the KUBARK manual (codenamed by the CIA in the Vietnam War (source: The Washington Post) methods of hacking detainees are usually based on psychology. disorientation and isolation appear to be a hallmark of the psychological undermining of the prisoner in the purview of the LEADERSHIP OF THE KUBAR. Practices such as hunger, the detention of prisoners in small, windowless cells with constant artificial light and the compulsion of prisoners to sit or stand in uncomfortable positions (stressful positions) for long periods of time have been banned or prohibited by the United States Government. However, these methods are part of the regime prescribed by KUBARK. Also, use hypnosis and drugs to extract information. Although it does not specifically mention the electric shock, the manual calls on investigators to be sure that the potential safe room to be used for torture has access to electricity. According to a source at The Baltimore Sun, the CIA has acknowledged privately and informally in the past that it is a matter of using electric shocks to interrogate suspects (source: The Baltimore Sun). Physical pain, however, is ultimately considered a counterproductive guide. It's a much worse experience, the guidebook concludes, for a prisoner to fear that pain may come than actually experiencing it. The old adage that expectation is worse than experience also seems to have a basis in the dark field of torture. The new book, a largely revision of KUBARK's leadership, draws the same fundamental conclusion - that psychological torment is paramount to physical violence. The Human Resources Exploitation Manual - The 1983 was first published as a result of an investigation into human rights violations in Honduras. Read about CIA torture manual version 2.0 on the next page. Getty Images The child is back! Sir Meeks-A-Lot may have tapped these texts more than 20 years ago, but our fascination with homelessness still remains. In fact, from the curvy derriere of Iggy Azalea to Sofia Vergara's ridiculously tinted carcasses, behind the replaced breasts as it is part of the body But there is no reason to worry if you think your not at the proper level: whether your yours problems focus on health issues (radiculitis, anyone?) or more cosmetic issues (hello, cellulite!). We have them covered. What is pain (often found in the lower back or hip) that travels along the sciatic nerve that runs from the lower back down through each of your legs. Most of the time, sciatica is due to a herniated disc that bulges and compresses the nerve. But sometimes it is caused by piriformis syndrome, which is when the striped muscle piriformis (it extends from the sacrum to the upper femur) compresses the sciatic nerve. You are more likely to experience the first signs between the ages of 30 and 50. Years of sitting can increase the risk of sciatica, said Wellington Hsu, MD, professor of orthopedic surgery at Northwestern University Feinberg School of Medicine. There is also a genetic component. Ishias can sometimes occur during pregnancy, when the enlargement of the uterus can push against the nerve. What it feels like is anything from blunt pain to shooting or burning knife pain with an electric shock. An Rx primary care physician or podiatrist should be able to diagnose sciatica through a physical examination. Usually the condition improves with over-the-counter or prescription anti-inflammatory drugs or muscle relaxants, stretching exercises or physiotherapy. Cortisone injections can work for short-term relief. If your pain persists for more than six weeks, you may need an MRI to determine the cause. Problem No. 2: Sacroiliac Joint Pain What is the pain around the sacral 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 at the joint, causing pain), many women experience it due to muscle tightness or weakness. Don't ignore the pain: This may mean that the cartilage between the bones wears out, which can lead to arthritis. What it feels like is pain in the lower back and hips (often on one side) that worsens with a bend or activity; it tends to get more serious after you sit for a long time and feels better when you go to bed. Rx It can be diagnosed by your attending physician or orthopedic specialist with physical examination and X-ray. Treatment is usually conservative: over-the-counter anti-inflammatory drugs and, if necessary, cortisone injections directly into the joint to relieve pain. The best prevention is a strong core, which helps to relieve pressure from the joint, strengthening the surrounding muscles. Talk to your paper about movements (such as planks and thigh lifts) to do on your own. What's a hole?! If you notice blood in the stern or on the toilet or itching and swelling around the anus, you may have hemorrhoids. The most common risk factor, says Steven Naymagon, MD, gastroenterologist at Mount Sinai Hospital: constipation. Constipation, MD can tell if you have an external hemorrhoid (under the skin around the anus) by examining the area; Hemorrhoids inside the rectum can also usually be diagnosed by manual examination, but if there is bleeding, you may need a colonoscopy or flexible sigmoidoscopy to rule out something scarier like colon cancer. Treatment is usually over-the-counter products with hazelnuts or hydrocortisone to relieve swelling and/or itching, as well as soaking in a warm Sitz bath. Also key: Slowly up your fiber intake to 25 to 30 grams a day, and drink lots of water. If that doesn't work, Dr. Naymagon adds, your paper can perform an office procedure known as band band binding, where it puts a strip around the hemorrhoid to cut off its circulation (strip, and roid, fall within a week). What is an injury to one of your hamstring muscles that run down the back of your hips from your pelvis. While this can happen to anyone who is active, you're more susceptible as you get older because your muscles tighten as you age, says Jordan Metzl, MD, a sports medicine physician at the Hospital for Special Surgery in New York. What it feels like a sharp pain in the back butt or foot during activity (when the actual tension occurs) and also afterwards, along with swelling and bruising. Rx Your first step OF RICE: rest, ice (use cold packs 20 minutes at a time, several times a day), compression with a bandage around your hips and height. If you've been poo for more than a few days, look at your GP or sports medicine specialist. You can do an X-ray or MRI to see if it is a complete tear or tension, and can get crutches or a prescription for physiotherapy. Therapy.

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