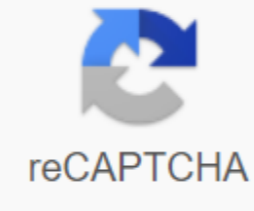




I'm not robot



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Often filled with jargon, acronyms, and directions that require a Ph.D to understand, software manuals 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 is often wrong. The first step in writing a good tutorial is to get the actual writing process as far away from the engineers as possible. The software developer knows more than anyone who makes the software work, but that doesn't mean the developer should write the folder. On the contrary, this 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, which is its educational level, and how that end user will use the software. In most cases, end users don't need to know the finer points of programming and the back-end operation of the software – they just need to know how to use it to make their work easier. The tutorial should be largely task-oriented, rather than heavily descriptive. Because the tutorial is written to help users understand how to perform specific tasks, the author must also have an understanding of those tasks, and as a result, go through each discrete step of each function, is absolutely essential. It is not necessary for the author to necessarily know how the programme was created from a design or development point, but it is essential to have a strong work knowledge of all its features. While performing each task, take time to write down each step each step, including printing, drop-down lists, 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 the writing begins, planning a kick-off meeting between the author, developer and engineers, and potential end users to inform the author's work from the beginning. Interviews with scholars and engineers must be recorded, with transcripts made for later reference. A tutorial should not be too text-heavy. Instead, incorporate liberal use of graphics and screen clips. Describing an action is much clearer with text-based directions from a screen clip that clearly illustrates that direction. Close both front and after views, to show what the screen looks like before each action, and what happens after the action has been taken. A simple screen capture utility like the Snipping Tool included in Microsoft Windows works fine for capturing these images. Make sure to number each image, and include a caption that briefly describes it. Center it immediately under the paragraph that first introduces the concept depicted in the image. Communicated clearly in a technical document requires planning and careful standards throughout the guide. Standards in both language, and nomenclature help to avoid confusion. Templates are available and can be a good starting point for uniformity, although it can definitely be adapted to match each situation. Use a one-inch margin with a single column best fit the need to add graphics; A two-column setting can appear too crowded, and can make placement of images confusing. More than any other type of document, a software user directory tends to go through various items before it's completed, and it tends to go through a review process by various stakeholders. Using the Track Changes feature on Microsoft Word is an easy way to keep track of each individual's comments and changes. Creating multiple versions to each review cycle, each with a different file name, also helps together the process and ensures that all stakeholders are satisfied with the final result. Unless you can think of a smart way to save it, user manuals are kind of an effort to stick around. When you find yourself in need of one, however, Central Manuals you can find and download it for free in the PDF format. You can look on just about any instruction manual online, but since many products come with a... Read more!e's face it, most of us throw away these things unless we are completely clueless about a specific product. With Central Manuals there is no need to worry because their collection of manuals is comprehensive. You can search by type or tag, and they've covered virtually everything. There are manuals for cameras, video camera, smartphones, mp3 players, tablets, eBook readers, smart watches, activity trackers, and video game consoles. You can even find instruction manuals for software. You can start to find the manuals you need at the link below. Central Manuals - Find and Download For Free | Central Manuals The 1950s appear to have been a time when the CIA put a tremendous amount of energy in perfecting the science of torture. The CIA carried out coverage experiments, at times on tireless Americans, using LSD in search of a truth serum [source: The New York Times]. It used electric currents to cause pain [source: The Boston Globe]. The agency conducted trials investigating the effects of sensory deprivation [source: The Washington Post]. The CIA found that the best methods for extracting information from detainees do not come through the infection of physical pain or pain, but by psychological pain. Although the brand of the CIA is devised by more than a decade of trial and errors, it still cannot cause physical pain, it can still do real damage. Historian and expert on the topic of the CIA entrance, Alfred McCoy, writes, Although apparently cruel, no-touch torture leaves deep psychological scars. The victims often need treatment to recover from trauma far more crippling than physical pain [source: The Boston Globe]. Indeed, there is a tutorial of the manual and the CIA literally wrote it. In 1963, the Agency created the KUBARK Counterintelligence Interrogation manual. It was, as Alfred McCoy put it, codifying everything the CIA learned from its experiments throughout the 50s. In the KUBARK (the code name for the CIA in the Vietnam War [source: The Washington Post]) manual, methods for violating detainees are generally based on psychology. Identifying a victim's sense of self and then stripping it away is part of the first step toward violating him or her. An introvert or shy detainee can be kept naked and maybe sexually humiliated, for example. Clothes can also be taken to alienate the detainee and make him or her less comfortable. Creating a sense of unfamiliarity, disorientation and isolation seems to undermine the characteristics of psychologically detainees in view of the KUBARK manual. Practices such as famine, preserving prisoners in small, windowless cells with immutable artificial light and forcing prisoners to sit or stand in awkward positions (stress positions) for long periods are decimated or prohibited straight by the United States government. Yet these techniques are part of the regimen prescribed by KUBARK. So, too, use hypnosis and drugs to extract information. While it does not mention directly electric shock, ask the manual for interrogators to ensure that a potential safe house to be used for torch has access to electricity. As one source told The Baltimore Sun, The CIA has privately and informally admitted in the past that it referred to the application of electric shocks to interrogation suspects [source: The Baltimore Sun]. However, physical pain is ultimately deemed counterproductive by the manual. It's a much worse experience, the guide concludes, for a prisoner to fear that pain can come than actually experiencing it. The old saying that anticipation is worse than the experience also seems to have a base in the shade field of torture. A newer book, largely a review of the KUBARK manual, draws the same fundamental conclusion – that psychological torment is crucial to physical abuse. The Human Resource Exploitation Manual - 1983 was first published due to an investigative report into human rights abuses in Honduras. Read about the CIA's manual version 2.0 on the next page. Getty ImagesBaby came back! Sir Mix-A-Lot may have captured these lyrics more than 20 years ago, but our fascination with buffalo remains. In fact, from Iggy Azalea's captivating derriere to Sofia Vergara's ridiculously toned tag, behind has replaced breasts as the it body part of the decade. But there are reason to worry if you think yours are not on par: Whether your pain-in-the-buttocks focus concerns on health issues (sciatica, anyone?) or more cosmetic cosmetic (hello, cellulite!), we covered them. What it is Pain (often located in your lower back or thigh) that travels along your sciatic nerve, which runs from your bottom back through each of your legs. Most of the time, sciatica is due to a herniated disc, which bulges out and expresses the nerve. But sometimes it is caused by pyriformist syndrome, which is when the bandful pyriformist muscle (it stretches from your sacrum to the top of your thigh leg) presses the sciatic nerve. You will probably 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 orthopaedic surgery at the North-West University's Feinberg School of Medicine. There is also a genetic component. Sciatica can sometimes occur during pregnancy, when your extension uterus can push against the nerve. What it feels like anything from a dull pain to a shooting or burning knife pain to an electric shock. Rx A primary care physician or an orthopaedic specialist should be able to diagnose sciatica through a physical examination. Usually the condition with over-the-counter or prescription anti-inflammatory or muscle debuloseers, stretching exercises or physical therapy. A corticist injection can work for short-term relief. If your pain persists for longer than six weeks, you may need an MRI to determine the cause. Problem No. 2: Sacroiliac joint pain What it is pain around the sacroiliac joint, located in your bottom back where your spine and linger meets. While it is common to have discomfort in the area during and post-pregnancy (if your pelvis widens to prepare for birth, ligaments stretch and drag on the joint, causing pain), many women experience it due to muscle distress or weakness. Don't ignore the hurt: This could mean wearing cartilage between the legs, which can lead to arthritis. How it feels like Pain in the bottom back and hip (often on one side) that worsens with bending or activity; it tends to get more serious after 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 orthopaedic specialist with a physical exam and X-ray. Treatment is usually conservative: over-the-counter anti-inflammatory and, if necessary, a corticist injection right into the joint pain to alleviate. The best prevention is a strong core, which helps push down the joint by strengthening surrounding muscles. Talk to your dock over moves (such as boards and hip increases) to do on your own. What the hole?! If you see blood in your poop or on the toilet paper, or youth and swelling around your anus, you may have hembra. The most common risk factor, says Steven Naymagon, MD, gastroenterologist at Mount Sinai Hospital: constipation. Your MD can say if you Hemicbere (under the skin around you by investigating the area; Hemorrhoids within 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 anything rarer, such as colon cancer. Treatment is usually over-the-counter products with witch hazel or hydrocogisonis e to relieve swelling and/or itching, as well as soaping in a hot sitz bath. Also key: Slow your fiber intake to 25 to 30 grams per day, and drink plenty of water. If that doesn't work, dr. Naymagon adds, your dock may perform an in-office procedure known as a rubber tape ligation, where she places a tape around the hemorrhoid to cut off its circulation (the band, and the 'roid, fall off within a week). What this is an injury to one of your hamstring muscles, which runs down the back of your thighs of your pelvis. While this can happen to anyone who is active, you are more susceptible if you get older because muscles get tight as you get older, says Jordan Metz, MD, a sports medicine doctor at the Hospital for Special Surgery in New York City. What it feels like a sharp pain in the back of your buttocks or bone during activity (when the actual stress takes place) as well as beyond, 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 connection around your hip and height. If you have more than a few days hobbies, see your primary care dock or a sports medicine specialist. You can see an X-ray or MRI if it is a full tear or a tension, and can get crutches or a prescription for physical therapy. Therapy.

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