

Nordic eHealth benchmarking I see blue They Will Beat the Memory Out of Us Narrative of the Life of Frederick Douglass Video Art Historicized Everyday Voice Care Computer-Aided Antibody Design Hyppönen, Hannele Trudy Micco Peter Gelderloos Frederick Douglass Dr Malin Hedlin Hayden Joanna Cazden Kouhei Tsumoto

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this report proposes a long term management of earlier nern work to be utilized also in the european and oecd context and indicators on patients and citizens use and experiences of ehealth services an update to prior ehealth policy analysis shows an increase on governance and stakeholder involvement in all countries the existing nern indicators form a good basis for continued monitoring common ehealth indicators from citizens point of view are needed current nordic citizen surveys offer a good basis for this decisions on governance of ehealth benchmarking work and of collaboration between several different reporting organisations are required for long term maagement on ehealth benchmarking with very similar ehealth policy goals the eu who and oecd should join forces in defining common indicators to be collected nationally and reported internationally e g by eurostat

this striking book reveals collective memories of freedom struggles despite attempts to distort or steal our inheritance joy james editor of beyond cop cites as more and more people are mobilizing against war genocide poverty and extraction this book is right on time dean spade author of mutual aid peter gelderloos reminds us that for our survival we must keep the flame of memory alive ensuring that the radical roots of our movements are not whitewashed by the gatekeepers of history franklin lopez anarchist filmmaker founder of submedia how can we resist oppression in the face of ecological crisis police violence and white supremacy in this subversive account peter gelderloos puts forward a radical critique of nonviolent movements weaving history vignettes interviews and personal reflections he shows how we suffer from an inability to pass on lessons from one generation to the next and explores why learning from the failure of antiracist rebellions triggered by police murders from minneapolis to bristol and the climate campaigns that forget their colonial histories gelderloos shows how nonviolent protest is a symptom of social amnesia an inability to remember what we have learned from our past cautioning against future waves of pacification and forgetting he urges us to collectivize memory and

develop the methods we need to fight for our survival peter gelderloos is a writer and social movement participant he is the author of the solutions are already here how nonviolence protects the state anarchy works the failure of nonviolence and worshipping power

in 1817 or 1818 frederick douglass was born into slavery on a plantation in maryland as a young boy he served in a household but as he grew older he faced increasingly brutal conditions and cruel owners after many years he escaped to freedom in new york city and began to publicly denounce slavery through writings and speeches this unabridged version of douglass s powerful autobiography first published in 1845 provides an honest firsthand account of the horrors of slavery in the united states

video art emerged as an art form that from the 1960s and onwards challenged the concept of art hence art historical practices from the perspective of artists critics and scholars engaged with this new medium art was seen as too limiting a notion video art historicized provides a novel insightful and also challenging re interpretation of this field by examining the discourse and its own premises it takes a firm conceptual approach to the material examining the conceptual theoretical and methodological implications that are simultaneously contested by both artists and authors yet intertwined in both the legitimizing and the historicizing processes of video as art

an essential resource for all types of voice users providing practical tools that can help keep the voice healthy and reliable licensed speech therapist singer and voice teacher joanna cazden suggests habits of both lifestyle and attitude that help readers prioritize vocal health avoid common injuries and enjoy a reliable and comfortable voice using simple language and combining modern medicine with home remedies and anecdotes this is an indispensable whole person guide to vocal self care this second edition is updated with current research and addresses new material including the effects of covid 19 and other viruses prevention of fatigue during video calls vocalizing through a mask the latest psychology of making new habits stick the book starts with the basics where your voice box is how it works and why it can seem mysterious and then dives into daily care such as what to eat and drink and vocal rest the next sections provide simple tips for getting past short term hoarseness and straightforward advice about getting help for persistent problems including when to see a doctor and how to choose between speech therapists and voice coaches alternative medicine and herbal remedies are included as well as a handy guide to lozenges and throat sprays the book covers common challenges like how to protect the voice during phone calls travel business events and performers meet and greet obligations

this volume details state of the art methods on computer aided antibody design chapters guide readers through information on antibody sequences and structures modeling antibody structures and dynamics prediction and optimization of biological and biophysical properties of antibodies prediction of antibody antigen interactions and computer aided

antibody affinity maturation and beyond written in the format of the highly successful methods in molecular biology series each chapter includes an introduction to the topic lists necessary materials and reagents includes tips on troubleshooting and known pitfalls and step by step readily reproducible protocols authoritative and cutting edge computer aided antibody design aims to be a useful and practical guide to new researchers and experts looking to expand their knowledge chapter 2 is available open access under a creative commons attribution 4.0 international license via link.springer.com

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