

Ctrl Alt Delete How I Grew Up Online

This handy cookbook teaches new-to-intermediate Linux users the essential skills necessary to manage a Linux system, using both graphical and command-line tools. Whether you run Linux in embedded, desktop, server, or cloud or virtual environments, the fundamental skills are the same. This book aims to get you up and running quickly, with copy-paste examples. Carla Schroder provides recipes that cover specific problems, with discussions that explain how each recipe works, as well as references for additional study. You'll learn how to: Use systemd, the new comprehensive service manager Build simple or complex firewalls with firewalld Set up secure network connections for Linux systems and mobile devices Rescue nonbooting systems Reset lost passwords on Linux and Windows Use dnsmasq to simplify managing your LAN name services Manage users and groups and control access to files Probe your computer hardware and monitor hardware health Manage the GRUB bootloader and multiboot Linux and Windows Keep accurate time across your network with the newest tools Build an internet router/firewall on Raspberry Pi Manage filesystems and partitioning

This IBM® Redbooks® publication describes how to create Linux® virtual servers in IBM z/VM® on IBM System z® hardware. This book adopts a cookbook format that provides a concise, repeatable set of procedures for installing and configuring z/VM in a logical partition (LPAR) and then installing and customizing Linux. You need an IBM System z LPAR with the associated resources, z/VM V6.1 media, and a Linux distribution. This book assumes that you have a general familiarity with System z technology and terminology. It does not assume an in-depth understanding of z/VM and Linux. It is written for those clients who want to get a quick start with z/VM and Linux on the mainframe.

Het geheugenboek van Lara Avery is perfect voor fans van John Green, Jennifer Niven en Gayle Forman. De 17-jarige Sammie weet precies wat ze wil: met de hoogste cijfers haar eindexamen halen en het kleine plaatsje waar ze woont voorgoed de rug toekeren. Dan hoort ze dat ze een zeldzame ziekte heeft die haar herinneringen van haar zal stelen. En zo wordt het geheugenboek geboren. Sammie schrijft aan haar toekomstige zelf: over waar ze haar studieboeken opbergt, op wie ze verliefd is en wie haar hart heeft gebroken, en over haar oude jeugdvriend die er alles aan doet haar aan het lachen te maken, en haar tot het einde toe te steunen... Het geheugenboek van Lara Avery zal gegarandeerd je hart breken. Houd je zakdoekjes maar klaar!

De daemon is een moorddadig computerprogramma dat opdrachten geeft aan andere software en op die manier mensen vermoordt, soldaten rekruteert en kapitaal verplaatst. De daemon heeft de wereld veroverd. Het heeft alles, echt alles onder controle en is hard op weg de menselijke beschaving te verwoesten. Eén man staat op. Voormalig rechercheur

Pete Sebeck vecht tegen de daemon en hij wordt leider van de opstand. Lukt het Sebeck om de nietsontziende software te vernietigen?

Ctrl Alt Delete: Democracy in Reboot pushes its readers to become aware of what has not been working in our democracy. Some will be curious, and some readers will want to be a part of the change. Either way, this book will serve you. If Congress, the Supreme Court, or the presidency have lost credibility in your world, you will want to read this book. Many are puzzled how a democratic republic could do all the things the United States has done over time and still be called a democracy. The Constitution is a confusing document, and author Dennis Ondrejka believes it is misunderstood or not followed and has failed many citizens throughout history. If you are confused or angry about the way our country is going, then this book is for you. You will see our foundational failures and examine ways to make recommendations for change. A blog will also be provided for public comment and recommendations.

Uitleg voor gebruikers van een Windows-pc die willen overstappen naar een Mac van Apple.

Are you in search of the next upgrade in life, that perfect 4.0 version of yourself? How fantastic would it be to have a life that is highly impactful, makes you feel superbly functional and hard-wires you to dream and do what seems to be impossible! If these attributes sound like the opening announcement for the next biggest game changer for your life-well good, because that's exactly what you will experience with author Elect Lady, Dr. Patricia A. Owens' latest book entitled, Control-Alt-Delete. Dr. Owens has a passion for souls and through her writing she bears her heart for supporting believers through their life long Christian journey. About the Author As a servant of God, wife, mother and author, Dr. Owens is the epitome of grace and virtue-a true 21st Century Woman. Married to the illustrious Prophet Phillip Owens and has labored along his side for 40 years as co-pastor of Immanuel's Temple System of Church (ITSC). A church and ministry that extends the Word of God locally and around the world-with roots in Lansing, Michigan, and Las Vegas, Nevada. She has mothered three accomplished children, Minister Emanuel, Minister Rachel, and Minister Josiah, who help complete their parents' bi-coastal ministry with their exemplary service. In addition to her duties as a co-pastor, Dr. Owens can be seen and heard greatly exhorting and speaking the Word of God on the international broadcast The Word Network, as well as other media platforms where she and Prophet Owens have faithfully edified the body of Christ. Stay tuned into the dynamic work of this anointed and appointed woman of God at www.immanuelstemple.com.

Divorce, unemployment, sickness, abuse, death of a loved one; sometimes parts of our life do not function the way we want, need, or expect. Like hitting CTRL ALT DEL to reset a computer, wouldn't it be great if we could also reset life? This book can help you do just that. Inspiring stories, sensible strategies, applicable principles and activities all work together so that you can take CONTROL of your life, turn it toward an ALTERNATE direction, and DELETE the behaviors

and habits that do not work, so that you can live the life you want.

This book provides everything you need to manage and maintain Windows 7. You'll learn all of the features and enhancements in complete detail, along with specifics for configuring the operating system to put you in full control. Bestselling author and Windows expert William Stanek doesn't just show you the steps you need to follow, he also tells you how features work, why they work, and how you can customize them to meet your needs. Learn how to squeeze every bit of power out of Windows 7 to take full advantage of its features and programs. Set up, customize, and tune Windows 7-Optimize its appearance and performance, install and manage software, customize your hardware, and install printers, scanners, and faxes Manage your files and data-Search your computer more efficiently, secure your data, share and collaborate, and get the most out of optional programs such as Windows Live Mail Master your digital media-Create media libraries, manage digital pictures and videos, make DVDs, and create movies Get connected and start networking-Set up a home or small-office network, conquer Internet Explorer, and master on-the-go networking Protect your computer-Keep your family safe while on the Internet, navigate the computer security maze, and configure Windows 7's protection features Manage and support Windows 7 systems-Configure user accounts, disks and drives, troubleshoot and handle routine maintenance, and resolve advanced support and recovery issues Learn advanced tips & techniques-Manage the Windows boot environment, explore Group Policy, and much more

One woman's journey from cancer diagnosis, stoma surgery, chemotherapy and cardiac arrest to swimmer, cyclist and runner. £1 from every copy will go to the Royal Surrey County Hospital Charity, supporting the work of the Intensive Care Unit

A game-changing book that outlines the ways in which technology has transformed how brands and businesses innovate and connect with consumers: "An indispensable read for a time when so much is in transition" (Arianna Huffington). The DNA of business has changed. Forever. You can blame technology, smartphones, social media, online shopping and everything else, but nothing changes this reality: we are in a moment of business purgatory. So, what are you going to do about it? Mitch Joel, one of the world's leading experts in new media, warns that the time has come to CTRL ALT DELETE. To reboot and to start re-building your business model. If you don't, Joel warns, not only will your company begin to slide backwards, but you may find yourself unemployable within five years. That's a very strong warning, but in his new book, CTRL ALT DELETE, Joel explains the convergence of five key movements that have changed business forever. The movements have already taken place, but few businesses have acted on them. He outlines what you need to know to adapt right now. He also points to the seven triggers that will help you take advantage of these game-changing factors to keep you employable as this new world of business unfolds. Along the way, Joel introduces his novel concept of "squiggle" which explains how you can learn to adapt your personal approach to your career, as new technology becomes the norm. In short, this is not a book about "change management" but rather a book about "changing both you AND your business model."

This booklet addresses the origins and rise of the so-called "alt-right," the fascistic movement that grabbed headlines in the months leading up to the 2016 election of Donald Trump as president of the United States. The first essay, Matthew Lyons's "CTRL-ALT-DELETE," is a thorough survey of the origins of the alt-right, a look at its constituent parts and beliefs at the present time, as well as observations about how its future relationship with the Trump administration may play out. Of particular interest, Lyons draws attention to the importance of sexism and misogyny within this movement, to its long-term "metapolitical" strategy, as well as to the tensions between the disparate groups that have found their home under its banner. Supplementing "CTRL-ALT-DELETE" is an essay written by comrades from the Its Going Down

website, "The Rich Kids of Fascism." This is a view from activists currently involved in opposing both the far right and the state, on the streets. As its title would imply, "Rich Kids" focuses on the elitist class politics of the alt right, and how that sets it apart from other far right phenomenon like boneheads or militias. Looking at the alt-right's fortunes over the past few years, IGD show the role played by both the media, and white racist fears about the ongoing struggles of Black people and immigrants, in feeding this threat. An appendix, "Notes on Trump," by Bromma, serves not so much as a counterpoint, as a contextualization. Not directly addressing the alt-right itself, Bromma's Notes posit that the election of Trump and the rise of the far right are not simple accidents of history, nor the result of some single failure on our side or success on theirs, but are conjoined expressions of a deep shift within the world economy. As he argues, "What's coming into view, semi-hidden underneath the frenzied soap opera of reactionary populism, is that the tide of globalization has crested and started to recede." The alt right in one expression of this reactionary moment. We must oppose them, but also prepare ourselves to oppose what might come next. Understanding one's enemy can only help in this regard, and indeed a thorough understanding of an opposing political force can also help us prepare for future far right iterations. That is why this booklet is being offered now. A tool for work that needs doing. Let's get started.

Marie Forleo zorgt dat je stopt met uitstellen en helpt je je dromen achterna te gaan. Voor iedereen die wil stoppen met uitstellen en aan de slag wil gaan. De miljoenen fans van Marie Forleo halen hun hart op: het langverwachte boek is eindelijk hier. Alles is uitvogelbaar geeft lezers de moed om, ondanks hun angsten, hun dromen waar te maken en significante veranderingen in de wereld teweeg te brengen. Het geloof in ons eigen kunnen staat daarbij centraal. Alles is uitvogelbaar maakt korte metten met disfunctionele overtuigingen en belemmerend gedrag. Forleo neemt je stap voor stap mee in de achtbaan van creativiteit, verandering en vooruitgang. Dit meesterwerk helpt je boven alles jouw innerlijke kracht aan te boren.

For a company that promised to "put a pause on new features," Apple sure has been busy-there's barely a feature left untouched in Mac OS X 10.6 "Snow Leopard." There's more speed, more polish, more refinement-but still no manual. Fortunately, David Pogue is back, with the humor and expertise that have made this the #1 bestselling Mac book for eight years straight. You get all the answers with jargon-free introductions to: Big-ticket changes. A 64-bit overhaul. Faster everything. A rewritten Finder. Microsoft Exchange compatibility. All-new QuickTime Player. If Apple wrote it, this book covers it. Snow Leopard Spots. This book demystifies the hundreds of smaller enhancements, too, in all 50 programs that come with the Mac: Safari, Mail, iChat, Preview, Time Machine. Shortcuts. This must be the tippiest, trickiest Mac book ever written. Undocumented surprises await on every page. Power usage. Security, networking, build-your-own Services, file sharing with Windows, even Mac OS X's Unix chassis-this one witty, expert guide makes it all crystal clear.

The official "Ubuntu 10.10 Server Guide" contains information on how to install and configure various server applications on your Ubuntu system to fit your needs.

Provides more than two hundred tips on ways to modify the Windows XP and Vista operating system, applications, and hardware associated with it.

A philosopher from Alabama once said, "Life's like a box a' chocolates, you never know what'cha gon' get." This is a pretty good line for my life story. Why? Well, why don't you read the book to find out, people?

With Leopard, Apple has unleashed the greatest version of Mac OS X yet, and David Pogue is back with another meticulous Missing Manual to cover the operating system with a wealth of detail. The new Mac OS X 10.5, better known

as Leopard, is faster than its predecessors, but nothing's too fast for Pogue and this Missing Manual. It's just one of reasons this is the most popular computer book of all time. Mac OS X: The Missing Manual, Leopard Edition is the authoritative book for Mac users of all technical levels and experience. If you're new to the Mac, this book gives you a crystal-clear, jargon-free introduction to the Dock, the Mac OS X folder structure, and the Mail application. There are also mini-manuals on iLife applications such as iMovie, iDVD, and iPhoto, and a tutorial for Safari, Mac's web browser. This Missing Manual is amusing and fun to read, but Pogue doesn't take his subject lightly. Which new Leopard features work well and which do not? What should you look for? What should you avoid? Mac OS X: The Missing Manual, Leopard Edition offers an objective and straightforward instruction for using: Leopard's totally revamped Finder Spaces to group your windows and organize your Mac tasks Quick Look to view files before you open them The Time Machine, Leopard's new backup feature Spotlight to search for and find anything in your Mac Front Row, a new way to enjoy music, photos, and videos Enhanced Parental Controls that come with Leopard Quick tips for setting up and configuring your Mac to make it your own There's something new on practically every page of this new edition, and David Pogue brings his celebrated wit and expertise to every one of them. Mac's brought a new cat to town and Mac OS X: The Missing Manual, Leopard Edition is a great new way to tame it.

When beautiful Jenny Morris uses Facebook to get her ex-boyfriend Hal Griffiths to stalk her she has no idea what a dangerous game she is playing - for someone else is watching from the murky shadows of cyberspace. And when an horrific murder in a sleepy Welsh village stirs a seasoned reporter, a conceited detective and an overweight IT expert into action, they too always seem to be one step behind the mysterious killer - Hagar. Against the backdrop of a tangled web of deviant sexual practices Hal must rescue his lover before the killer strikes again. In the wilds of the Brecon Beacons National Park an electrifying climax is played out when Hal is forced to confront his deadly rival. A full-throttle thriller effortlessly blending violence, eroticism and suspense, Ctrl-Alt-Delete is both a modern love story and a prophetic tale of intrigue in our ever-distracting machine driven world. A truly gripping debut novel by Dave Lewis.

In the fast-paced, tech-heavy future, even hackers need to take a break. Bits isn't working right now, and instead spends her days in VR, making necessary additions to the immersion's neglected night sky. When Dolly shows up with a problem that needs solving, Bits can't just boot her. Especially not when she finds out Bristol's been arrested and they have a narrow window of opportunity to bust her out. There's something wrong, more than jail, more than the effects of all that time in VR, but she can't remember. She and Dolly have to hit the road first and figure out the details later, because if they lose track of Bristol now, they might never get a second chance.

Een computerfreak heeft een softwareprogramma (Daemon) ontwikkeld dat de hele financiële wereld op zijn kop zet.

Vervolg op 'Daemon'.

In 'Grote verwachtingen' vertelt en duidt Geert Mak de recente geschiedenis zoals alleen hij dat kan. Het is het vervolg op het immens succesvolle 'In Europa' dat vijftien jaar geleden verscheen. Enkele jaren later volgde de 35-delige tv-serie met de schrijver in de hoofdrol. In Europa ging over de twintigste eeuw en hoe die in veel opzichten gruwelijke periode getekend door twee wereldoorlogen, ons heeft gevormd. 'Grote verwachtingen' gaat over de eerste twee decennia van de eenentwintigste eeuw. Het neemt de draad op waar 'In Europa' eindigde, in 1999. Mak schetst de sfeer en stemming tijdens de eeuwwisseling, het optimisme dat toen hoogtij vierde maar dat gaandeweg verdween, de gevoelens rond de invoering van de euro, de gevolgen van de aanslag op de Twin Towers, de toestand in Oost-Europa en Rusland, de bankencrisis, de Verenigde Staten, Noord- versus Zuid-Europa, en de vluchtelingen.

The DNA of business has changed. Forever. Joel, one of the world's leading experts in new media, warns that the time has come to reboot and to start re-building a business model. He explains the convergence of five key movements that have changed business forever.

InfoWorld is targeted to Senior IT professionals. Content is segmented into Channels and Topic Centers. InfoWorld also celebrates people, companies, and projects.

Ctrl alt deleteLuitingh Sijthoff

We all know something has gone wrong: people hate politics, loathe the media and are now scared of each other too. Journalist and one-time senior political advisor Tom Baldwin tells the riveting--often terrifying--story of how a tidal wave of information overwhelmed democracy's sandcastle defenses against extremism and falsehood. Ctrl Alt Delete exposes the struggle for control between a rapacious 24-hour media and terrified politicians that has loosened those leaders' grip on truth as the internet rips the ground out from under them. It explains how dependency on data, algorithms and digital technology brought about the rise of the Alt Right, the Alt Left and a triumphant army of trolls driving people apart. And it warns of the rise of those threatening to delete what remains of democracy: resurgent populists in Westminster, the White House and the Kremlin, but also--just as often--liberals fearful of mob rule. This is an explosive, brutally honest and sometimes funny account of what we all got wrong, and how to put it right again. It will change the way you look at the world--and especially the everyday technology that crashed our democracy.

In Silicon Valley worden mysterieuze moorden gepleegd door een psychopathische hacker die alles van zijn slachtoffers afweet. Hun werk, vrienden, relaties, hobby's, en zelfs hun geheimen... Uiteindelijk berooft hij zijn slachtoffers van hun allerlaatste bezit: het leven. Inspecteur Bishop van Moordzaken schakelt een jonge hacker, die een straf uitzit wegens computerfraude, Wyatt Gillette in. Bishops en Gilettes jacht op de geheimzinnige dader vindt zowel in de werkelijke als in

de virtuele wereld plaats en vergt het uiterste van hun doorzettingsvermogen en vindingrijkheid, want de dader schijnt precies te weten waar zij mee bezig zijn en lijkt hen steeds een stapje voor.

The must-read summary of Mitch Joel's book: "Ctrl Alt Delete: Reboot Your Business. Reboot Your Life. Your Future Depends On It.". This summary of the ideas from Mitch Joel's book "Ctrl Alt Delete" highlights that every industry will sooner rather than later be forced to make the transition into the fully-digital future of business. This summary highlights that the need to reboot applies to both businesses and individuals, as both need to make changes to take advantage of the new dynamics. Added-value of this summary: • Save time • Understand key concepts • Expand your knowledge To learn more, read "Ctrl Alt Delete" and discover the key to making the right transition.

153 Pages Ctrl Alt Delete Supreme Journal Diary Notebook

Describes what cyberbullying is and how to deal with it.

Emma Gannon was born in 1989, the year the World Wide Web was conceived, so she's literally grown up alongside the Internet. There've been late night chat room experiments, sexting from a Nokia and dubious webcam exchanges. And let's not forget catfishing, MSN, digital friendships and #feminism. She was basically social networking way before it was a thing – and she's even made a successful career from it. Ctrl Alt Delete is Emma's painfully funny and timely memoir, in which she aims to bring a little hope to anybody who has played out a significant part of their life online. Her confessions, revelations and honesty may even make you log off social media (at least for an hour).

Examines the impact of online name-calling, rumours, and threats, and helps you deal with bullying whether you're a target, a bully or a witness"--back cover.

'Dat is wat je het meest betovert: Backmans humor, fantasie en vermogen om mensen en hun dagelijkse beslommeringen warm en teder neer te zetten, gecombineerd met literair vakmanschap.' – Verdens Gang Het bezoeken van een open huis is meestal geen kwestie van leven of dood, maar het wordt precies dat wanneer een bankrover na een mislukte overval een appartement binnenvalt waar op dat moment een bezichtiging plaatsvindt. Onder de aanwezigen bevinden zich onder anderen een zevenentachtjarige vrouw die lang genoeg heeft geleefd om niet bang te worden als ze wordt bedreigd met een pistool, een jong stel dat op het punt staat voor het eerst een kind te krijgen maar het over niets eens lijkt te kunnen worden, en een mysterieuze man die zich heeft opgesloten in het toilet. Tijdens deze bezichtiging die ineens een gijzeling is geworden leren de aanwezigen elkaar steeds beter kennen en onthullen ze tegen wil en dank verrassende waarheden over zichzelf. Ieder van hen heeft een leven met verdrietige momenten, pijnlijke herinneringen, geheimen voor hun naasten en passies waar ze zich voor schamen. Als de gijzelaars na enige tijd worden vrijgelaten maar de politie de gijzelnemer niet in het appartement aantreft, vormt dat het begin van een serie verwarrende verhoren, waarin niemand lijkt te kunnen uitleggen wat er in het appartement is gebeurd. Angstige mensen is een hilarische en tegelijkertijd aangrijpende roman over de kracht van vriendschap, vergeving en hoop – de dingen die

ons redden, zelfs in de meest angstige tijden.

“Go play!’ advises Peary in her third collection, and we do, with ‘a tassel of rain,’ with ‘dove-colored sounds’ and ‘starter castles.’ The topos is New England archaeology; it’s Colorforms and Legos; Charley Harper landscapes become interiors; we are delighted to already find ourselves where we couldn’t possibly get to.”—Caroline Knox, author, *Flemish: Poems In Control Bird Alt Delete*, the reader is invited to explore strange landscapes: some based on the ruins of New England and others following the architectural prints of the unconscious. The reader walks through woods filled with cellar holes, rock walls, and lilac bushes, and is made to think of people gone missing. Robert Frost meets Times Square. Nature intrudes in unexpected ways on domestic settings—and vice versa—domestic and industrial settings appear in bits inside the pastoral. Birds, one-dimensional but strangely wise, flit back and forth and rebelliously tape up their songs. The senses are thoroughly blended, leading to strange combinations and sensory experiences, to states of mindfulness and blizzard distraction. All the while, the unconscious threatens to intrude, with its underlined places, its trap doors inside ordinary conversations, the mazes it hangs up like “welcome home” banners next to people’s mouths while they speak. The reader follows the first-person I through mazes, office spaces, and coils of highway traffic, hoping for some redemption, some sort of answer to all the deletion.

The Most Complete, Easy-to-Follow Guide to Ubuntu Linux The #1 Ubuntu server resource, fully updated for Ubuntu 10.4 (Lucid Lynx)—the Long Term Support (LTS) release many companies will rely on for years! Updated JumpStarts help you set up Samba, Apache, Mail, FTP, NIS, OpenSSH, DNS, and other complex servers in minutes Hundreds of up-to-date examples, plus comprehensive indexes that deliver instant access to answers you can trust Mark Sobell’s *A Practical Guide to Ubuntu Linux®*, Third Edition, is the most thorough and up-to-date reference to installing, configuring, and working with Ubuntu, and also offers comprehensive coverage of servers—critical for anybody interested in unleashing the full power of Ubuntu. This edition has been fully updated for Ubuntu 10.04 (Lucid Lynx), a milestone Long Term Support (LTS) release, which Canonical will support on desktops until 2013 and on servers until 2015. Sobell walks you through every essential feature and technique, from installing Ubuntu to working with GNOME, Samba, exim4, Apache, DNS, NIS, LDAP, g ufw, firestarter, iptables, even Perl scripting. His exceptionally clear explanations demystify everything from networking to security. You’ll find full chapters on running Ubuntu from the command line and desktop (GUI), administering systems, setting up networks and Internet servers, and much more. Fully updated JumpStart sections help you get complex servers running—often in as little as five minutes. Sobell draws on his immense Linux knowledge to explain both the “hows” and the “whys” of Ubuntu. He’s taught hundreds of thousands of readers and never forgets what it’s like to be new to Linux. Whether you’re a user, administrator, or programmer, you’ll find everything you need here—now, and for many years to come. The world’s most practical Ubuntu Linux book is now even more useful! This book delivers Hundreds of easy-to-use Ubuntu examples Important networking coverage, including DNS, NFS, and Cacti Coverage of crucial Ubuntu topics such as sudo and the Upstart init daemon More detailed, usable coverage of Internet server configuration, including Apache (Web) and exim4 (email) servers State-of-the-art security techniques, including up-to-date firewall setup

techniques using `gufw` and `iptables`, and a full chapter on `OpenSSH` A complete introduction to Perl scripting for automated administration Deeper coverage of essential admin tasks—from managing users to `CUPS` printing, configuring LANs to building a kernel Complete instructions on keeping Ubuntu systems up-to-date using `aptitude`, `Synaptic`, and the Software Sources window And much more...including a 500+ term glossary

A medic who travels to war zones to heal the wounded, Henry Hayes has no idea that when he's in the field, he is activated by the mysterious Biotek group and becomes the ultimate weapon of assassination and war: Deathlok! But now, other parties good and bad are taking an interest in him. Deathlok tackles globetrotting missions including racing the clock in the Philippines; infiltrating a hostage situation in Stuttgart, Germany; taking on an aerial assault on a battlefield; and even stopping an airplane in mid-flight! Meanwhile, S.H.I.E.L.D. agent Andrea Hope investigates Henry Hayes, and she'll go to an Avenger for help! As Domino finds Michael Collins, the previous Deathlok, Henry Hayes lands in the hospital while searching for his daughter! But will S.H.I.E.L.D. or Biotek track him down first? Collecting Deathlok (2014) #1-5 and material from Original Sins #1.

Vaak slikken we een pilletje tegen de hoofdpijn of smeren zalf op onze geïrriteerde huid. Dat is zonde, want veel van deze ongemakken zijn een rechtstreeks gevolg van wat je eet. Als je achterhaalt welke voeding verantwoordelijk is voor je kwalen, voel je je snel weer fit. Huisarts Servaas Bingé ontwikkelde hiervoor een slim voedingsplan om je lichaam volledig te resetten. De opzet is eenvoudig: gedurende 10 dagen eet je wat er op De lijst staat, dat is de eliminatiefase. Daarna ga je stap voor stap voedingsmiddelen herintroduceren om te kijken wat voor jou werkt. Zo herprogrammeer je jezelf en creëer je een gezond voedingspatroon dat is aangepast aan je eigen behoeftes. Je zult zien dat je je binnen no time beter en energiever voelt en dat is het volhouden waard! [bullet of streamer]10-daags menu met recepten voor ontbijt, lunch en avondeten 'Als je snapt hoe voeding voor jou werkt en waarom je je levensstijl wilt aanpassen, heb je een grote kans van slagen. Dit boek van Dr. Servaas Bingé met zijn heldere, toegankelijke uitleg biedt daarvoor een ideaal startpunt.' – Huisarts Tamara de Weijer

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