

MANUAL DE **BIOHACKING**



MENTE

TRABAJO

CUERPO

Optimiza tu
mente, cuerpo,
calidad de sueño,
estrés y trabajo
con herramientas
de **Biohacking**.

JOHN GARANT

Manual Biohacking

Ronald Hudkins



Manual Biohacking:

Yeah, reviewing a ebook **Manual Biohacking** could add your near contacts listings. This is just one of the solutions for you to be successful. As understood, triumph does not recommend that you have fabulous points.

Comprehending as capably as settlement even more than new will allow each success. next-door to, the pronouncement as skillfully as sharpness of this Manual Biohacking can be taken as with ease as picked to act.

<https://dashboard.colourpop.com/book/detail/HomePages/all%20things%20are%20holy.pdf>

Table of Contents Manual Biohacking

1. Understanding the eBook Manual Biohacking
 - The Rise of Digital Reading Manual Biohacking
 - Advantages of eBooks Over Traditional Books
2. Identifying Manual Biohacking
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Manual Biohacking
 - User-Friendly Interface
4. Exploring eBook Recommendations from Manual Biohacking
 - Personalized Recommendations
 - Manual Biohacking User Reviews and Ratings
 - Manual Biohacking and Bestseller Lists
5. Accessing Manual Biohacking Free and Paid eBooks
 - Manual Biohacking Public Domain eBooks
 - Manual Biohacking eBook Subscription Services

- Manual Biohacking Budget-Friendly Options
- 6. Navigating Manual Biohacking eBook Formats
 - ePub, PDF, MOBI, and More
 - Manual Biohacking Compatibility with Devices
 - Manual Biohacking Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Manual Biohacking
 - Highlighting and Note-Taking Manual Biohacking
 - Interactive Elements Manual Biohacking
- 8. Staying Engaged with Manual Biohacking
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Manual Biohacking
- 9. Balancing eBooks and Physical Books Manual Biohacking
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Manual Biohacking
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Manual Biohacking
 - Setting Reading Goals Manual Biohacking
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Manual Biohacking
 - Fact-Checking eBook Content of Manual Biohacking
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

Manual Biohacking Introduction

Free PDF Books and Manuals for Download: Unlocking Knowledge at Your Fingertips In today's fast-paced digital age, obtaining valuable knowledge has become easier than ever. Thanks to the internet, a vast array of books and manuals are now available for free download in PDF format. Whether you are a student, professional, or simply an avid reader, this treasure trove of downloadable resources offers a wealth of information, conveniently accessible anytime, anywhere. The advent of online libraries and platforms dedicated to sharing knowledge has revolutionized the way we consume information. No longer confined to physical libraries or bookstores, readers can now access an extensive collection of digital books and manuals with just a few clicks. These resources, available in PDF, Microsoft Word, and PowerPoint formats, cater to a wide range of interests, including literature, technology, science, history, and much more. One notable platform where you can explore and download free Manual Biohacking PDF books and manuals is the internet's largest free library. Hosted online, this catalog compiles a vast assortment of documents, making it a veritable goldmine of knowledge. With its easy-to-use website interface and customizable PDF generator, this platform offers a user-friendly experience, allowing individuals to effortlessly navigate and access the information they seek. The availability of free PDF books and manuals on this platform demonstrates its commitment to democratizing education and empowering individuals with the tools needed to succeed in their chosen fields. It allows anyone, regardless of their background or financial limitations, to expand their horizons and gain insights from experts in various disciplines. One of the most significant advantages of downloading PDF books and manuals lies in their portability. Unlike physical copies, digital books can be stored and carried on a single device, such as a tablet or smartphone, saving valuable space and weight. This convenience makes it possible for readers to have their entire library at their fingertips, whether they are commuting, traveling, or simply enjoying a lazy afternoon at home. Additionally, digital files are easily searchable, enabling readers to locate specific information within seconds. With a few keystrokes, users can search for keywords, topics, or phrases, making research and finding relevant information a breeze. This efficiency saves time and effort, streamlining the learning process and allowing individuals to focus on extracting the information they need. Furthermore, the availability of free PDF books and manuals fosters a culture of continuous learning. By removing financial barriers, more people can access educational resources and pursue lifelong learning, contributing to personal growth and professional development. This democratization of knowledge promotes intellectual curiosity and empowers individuals to become lifelong learners, promoting progress and innovation in various fields. It is worth noting that while accessing free Manual Biohacking PDF books and manuals is convenient and cost-effective, it is vital to respect copyright

laws and intellectual property rights. Platforms offering free downloads often operate within legal boundaries, ensuring that the materials they provide are either in the public domain or authorized for distribution. By adhering to copyright laws, users can enjoy the benefits of free access to knowledge while supporting the authors and publishers who make these resources available. In conclusion, the availability of Manual Biohacking free PDF books and manuals for download has revolutionized the way we access and consume knowledge. With just a few clicks, individuals can explore a vast collection of resources across different disciplines, all free of charge. This accessibility empowers individuals to become lifelong learners, contributing to personal growth, professional development, and the advancement of society as a whole. So why not unlock a world of knowledge today? Start exploring the vast sea of free PDF books and manuals waiting to be discovered right at your fingertips.

FAQs About Manual Biohacking Books

How do I know which eBook platform is the best for me? Finding the best eBook platform depends on your reading preferences and device compatibility. Research different platforms, read user reviews, and explore their features before making a choice. Are free eBooks of good quality? Yes, many reputable platforms offer high-quality free eBooks, including classics and public domain works. However, make sure to verify the source to ensure the eBook credibility. Can I read eBooks without an eReader? Absolutely! Most eBook platforms offer web-based readers or mobile apps that allow you to read eBooks on your computer, tablet, or smartphone. How do I avoid digital eye strain while reading eBooks? To prevent digital eye strain, take regular breaks, adjust the font size and background color, and ensure proper lighting while reading eBooks. What the advantage of interactive eBooks? Interactive eBooks incorporate multimedia elements, quizzes, and activities, enhancing the reader engagement and providing a more immersive learning experience. Manual Biohacking is one of the best book in our library for free trial. We provide copy of Manual Biohacking in digital format, so the resources that you find are reliable. There are also many Ebooks of related with Manual Biohacking. Where to download Manual Biohacking online for free? Are you looking for Manual Biohacking PDF? This is definitely going to save you time and cash in something you should think about.

Find Manual Biohacking :

all things are holy
allergy an international textbook

all about your 401k plan simple answers to securing your financial future

all rivers to the sea

all woman

all about faith 3

~~all about landscaping~~

all in the days work an autobiography

all my friends are superheroes

alle schilderijen van het rijksmuseum te amsterdam volledig geillustreerde catalogus part one

all things oz wireo bound journal

all-time favorite beef recipes

all about our fifty states

all barcelona

all colour picture of britain

Manual Biohacking :

die unglaublichen abenteuer des barnaby brocket lovelybooks - Aug 01 2023

web john boyne erzählt in die unglaublichen abenteuer des barnaby brocket auf eine unglaublich warmherzige skurrile und liebevolle weise die geschichte eines besonderen jungen der seine gabe akzeptiert und sein schicksal schließlich selbst in die hand nimmt

die unglaublichen abenteuer des barnaby brocket - Apr 28 2023

web bir john boyne eseri olan die unglaublichen abenteuer des barnaby brocket e kitap olarak en cazip fiyat ile d r de keşfetmek için hemen tıklayınız

john boyne die unglaublichen abenteuer des barnaby brocket - Oct 23 2022

web die unglaublichen abenteuer des barnaby brocket deutsch ethik religionslehre evang religionslehre zusätzliche fächer fachunterricht

die unglaublichen abenteuer des barnaby brocket bücher de - Nov 23 2022

web die unglaublichen abenteuer des barnaby brocket Übersetzung zöfel adelheid broschiertes buch 2 kundenbewertungen auf die merklste bewerten teilen produkterinnerung weitere ausgabe ebook epub vom mut anders zu sein eine wunderbar phantasievolle parabel von john boyne dem autor von der junge im

die unglaublichen abenteuer des barnaby brocket boyne - Jun 30 2023

web die unglaublichen abenteuer des barnaby brocket boyne john amazon com tr Çerez tercihlerinizi seçin alışveriş deneyiminizi geliştirmek hizmetlerimizi sunmak müşterilerin hizmetlerimizi nasıl kullandığını anlayarak iyileştirmeler yapabilmek ve ilgi alanlarına göre özelleştirilmiş reklamlar da dahil olmak üzere

die unglaublichen abenteuer des barnaby brocket kindle ausgabe amazon de - Dec 25 2022

web ein wundervolles buch um den mut zu haben anders zu sein ein märchen für kinder jugendliche und erwachsene john boyne schafft es was wenigen autoren gelingt eine geschichte zu erzählen die jede altersgruppe begeistern kann wie sagt man heute so schön ein all age buch

die unglaublichen abenteuer des barnaby brocket goodreads - Sep 02 2023

web aug 2 2012 denn der schwebt und so gern er es auch lassen würde es gelingt ihm nicht an einem schicksalhaften tag geschieht das unfassbare barnaby schwebt davon immer weiter hoch in den himmel hinein so beginnt eine magische reise durch die welt in der barnaby höchst sonderbare abenteuer erlebt

die unglaublichen abenteuer des barnaby brocket - Apr 16 2022

web familie brocket ist eine ganz normale familie wahrscheinlich die normalste familie in ganz sydney bis barnaby auf die welt kommt von geburt an schwebt er was für seine eltern die absolute hölle ist für sie ist normalität das wichtigste doch so sehr er sich auch anstrengt er schafft es nicht auf dem boden zu bleiben

die unglaublichen abenteuer des barnaby brocket john boyne - Oct 03 2023

web mar 4 2015 so beginnt eine magische reise durch die welt in der barnaby höchst sonderbare abenteuer erlebt er lernt eine reihe kurioser und liebenswerter freunde kennen und am ende begreift er dass er so normal wie seine eltern gar nicht sein möchte er ist froh anders zu sein nominiert für die cilip carnegie medal 2013 longlist

die unglaublichen abenteuer des barnaby brocket orell füssli - Feb 12 2022

web beschreibung vom mut anders zu sein eine wunderbar phantasievolle parabel von john boyne dem autor von der junge im gestreiften pyjama nicht nur für kinder die brockets sind eine absolut normale familie bis auf barnaby denn der schwebt und so gern weiterlesen details verkaufsrang

unglaublichen abenteuer barnaby brocket von boyne john zvab - May 18 2022

web die unglaublichen abenteuer des barnaby brocket von boyne john und eine große auswahl ähnlicher bücher kunst und sammlerstücke erhältlich auf zvab com unglaublichen abenteuer barnaby brocket von boyne john 12 ergebnisse sie suchten nach autor boyne john

boyne john die unglaublichen abenteuer des barnaby brocket - Mar 16 2022

web aug 21 2014 kinderroman boyne john die unglaublichen abenteuer des barnaby brocket von tanja lindauer erstveröffentlichung 21 08 2014 wäre es nicht wunderbar wenn man fliegen könnte keineswegs wenn man etwas auf sich

hält so wie familie brocket sie sind stolz darauf eine ganz normale familie zu sein die ganz normale

die unglaublichen abenteuer des barnaby brocket eurobuch - Aug 21 2022

web die unglaublichen abenteuer des barnaby brocket finden sie alle bücher von boyne john adelheid zöfel und oliver jeffers bei der büchersuchmaschine eurobuch com können sie antiquarische und neubücher vergleichen und sofort zum bestpreis bestellen 9783596855766 pu fischer kjb 288 seiten gebundene

die unglaublichen abenteuer des barnaby brocket nominiert für den - May 30 2023

web die unglaublichen abenteuer des barnaby brocket nominiert für den deutschen jugendliteraturpreis 2014 kategorie preis der jugendlichen boyne john jeffers oliver zöfel adelheid isbn 9783596855766 kostenloser versand für alle bücher mit versand und verkauf duch amazon

unglaublichen abenteuer barnaby brocket zvab - Jul 20 2022

web jan 17 2018 sprache deutsch gewicht in gramm 500 gebundene ausgabe maße 14 8 cm x 2 7 cm x 21 8 cm die außenseiterproblematik in john boynes die unglaublichen abenteuer des barnaby brocket problemorientierte kinder und jugendliteratur im unterricht ein roman der empathiefähigkeit von schülerinnen fördert

die unglaublichen abenteuer des barnaby brocket google books - Mar 28 2023

web barnaby brocket passt nicht zu seiner stinknormalen familie er schwebt über den dingen und wird schließlich von seinen eltern gewaltsam verstoßen in der weiten welt jedoch lernt barnaby seine andersartigkeit bald schätzen nominiert für den deutschen jugendliteraturpreis 2014

die unglaublichen abenteuer des barnaby brocket thalia - Jan 26 2023

web 5 5 bewertet buch taschenbuch barnaby hebt sich im wahrsten sinne des wortes von seiner familie ab er schwebt und er lernt wunderbare freunde kennen die ihn so akzeptieren wie er ist hinreißend und gefühlvoll

die unglaublichen abenteuer des barnaby brocket perlentaucher - Sep 21 2022

web so beginnt eine magische reise durch die welt in der barnaby höchst sonderbare abenteuer erlebt er lernt eine reihe kurioser und liebenswerter freunde kennen und am ende begreift er dass er so normal wie seine eltern gar nicht sein möchte er

die unglaublichen abenteuer des barnaby brocket apple books - Jun 18 2022

web vom mut anders zu sein eine wunderbar phantasievolle parabel von john boyne dem autor von der junge im gestreiften pyjama nicht nur für kinder die brockets sind eine absolut normale familie bis auf barnaby

die unglaublichen abenteuer des barnaby brocket google books - Feb 24 2023

web so beginnt eine magische reise durch die welt in der barnaby höchst sonderbare abenteuer erlebt er lernt eine reihe kurioser und liebenswerter freunde kennen und am ende begreift er dass er so normal wie seine eltern gar nicht sein möchte

er ist froh anders zu sein nominiert für die cilip carnegie medal 2013 longlist nominiert

the identification and treatment of gait problems in cerebral palsy - Oct 11 2022

web sep 21 2009 the only book to deal specifically with the treatment of gait problems in cerebral palsy this comprehensive multi disciplinary volume will be invaluable for all those working in the field of cerebral palsy and gait neurologists therapists physiatrists orthopaedic and neurosurgeons and

j r gage m h schwartz s e koop t f novacheck eds - Apr 17 2023

web feb 21 2010 1 altmetric metrics this is multi authored text which covers far more than just the identification and treatment of gait problems in cerebral palsy cp it is a comprehensive review of the etiology manifestations assessment and treatment of the ambulatory cp child

the identification and treatment of gait problems in cerebral palsy - Oct 23 2023

web sep 21 2009 the only book to deal specifically with the treatment of gait problems in cerebral palsy this comprehensive multi disciplinary volume will be invaluable for all those working in the

identification treatment gait problems abebooks - May 06 2022

web sep 21 2009 hardcover the only book to deal specifically with the treatment of gait problems in cerebral palsy this comprehensive multi disciplinary volume will be invaluable for all those working in the field of cerebral palsy and gait neurologists therapists physiatrists orthopaedic and neurosurgeons and bioengineers

cerebral books goodreads - Apr 05 2022

web cerebral books showing 1 50 of 1 459 out of my mind the out of my mind series by sharon m draper goodreads author shelved 11 times as cerebral avg rating 4 36 153 992 ratings published 2010 want to read rate this book

the identification and treatment of gait problems in cerebral palsy - Sep 22 2023

web description the only book to deal specifically with the treatment of gait problems in cerebral palsy this comprehensive multi disciplinary volume will be invaluable for all those working in the field of cerebral palsy and gait neurologists therapists physiatrists orthopaedic and neurosurgeons and bioengineers

the identification and treatment of gait problems in cerebral palsy - Jul 20 2023

web feb 4 2023 mac keith press subjects cerebrale kinderla hmung kinderla hmung cerebral palsy gangsto rningar neurologiska komplikationer gang neurologisk gait disorders child therapy gait disorders cerebral palsy gangsto rung children diseases showing 1 featured edition

book review j r gage m h schwartz s e koop t f - Dec 13 2022

web j r gage m h schwartz s e koop t f novacheck eds the identification and treatment of gait problems in cerebral palsy child orthop 2010 4 177 178 doi 10 1007 s11832 010 0244 z book review

identification and treatment of gait problems in cerebral palsy - Sep 10 2022

web the book is divided into two parts the first is designed to help the reader evaluate and understand a child with cerebral palsy it deals with neurological control musculoskeletal growth and normal gait as well as cerebral injury growth deformities and gait pathology in children with cerebral palsy the second section is a comprehensive

read unlimited books online the identification and treatment of gait - Aug 09 2022

web getting the books read unlimited books online the identification and treatment of gait problems in cerebral palsy now is not type of inspiring means you could not forlorn going past books collection or library or borrowing from your links to door them

book review the identification and treatment of gait problems - Feb 15 2023

web jun 9 2010 reddit book review the identification and treatment of gait problems in cerebral palsy clinics in developmental medicine nos 180 181 edited by gage james r schwartz michael h koop steven e novacheck tom f 2nd edition london mac keith press 2009

the identification and treatment of gait problems in cerebral palsy - Jan 14 2023

web jul 1 2009 the only book to deal specifically with the treatment of gait problems in cerebral palsy this comprehensive multi disciplinary volume will be invaluable for all those working in the field of cerebral palsy and gait neurologists therapists physiatrists orthopaedic and neurosurgeons and bioengi

cerebral palsy books goodreads - Jul 08 2022

web showing 1 50 of 170 out of my mind the out of my mind series by sharon m draper goodreads author shelved 93 times as cerebral palsy avg rating 4 36 154 974 ratings published 2010 want to read rate this book 1 of 5 stars 2 of 5 stars 3 of 5 stars 4 of 5 stars 5 of 5 stars

the identification and treatment of gait problems in cerebral palsy - Nov 12 2022

web minimally invasive plate osteosynthesis suthorn bavonratanavech reto babst chang wug oh 2022 start reading the identification and treatment of gait problems in cerebral palsy 2nd edition online and get access to an unlimited library of academic and non fiction books on perlego

the identification and treatment of gait problems in cerebral palsy - Aug 21 2023

web request pdf on mar 1 2010 dennis r wenger published the identification and treatment of gait problems in cerebral palsy 2nd edition find read and cite all the research you need on researchgate

the treatment of gait problems in cerebral palsy google books - May 18 2023

web may 20 2004 james gage and a range of experts who manage gait problems in cerebral palsy examine the way the brain controls locomotion and the types of brain pathology associated with cerebral palsy current treatment modalities and

treatments of specific gait problems are covered in detail including computerized gait analysis and

the identification and treatment of gait problems in cerebral palsy - Mar 16 2023

web the identification and treatment of gait problems in cerebral palsy worldcat org

the identification and treatment of gait problems in cerebral palsy - Jun 07 2022

web the identification and treatment of gait problems in cerebral palsy and a great selection of related books art and collectibles available now at abebooks com

the treatment of gait problems in cerebral palsy - Jun 19 2023

web the book is divided into five sections early chapters cover the neuroanatomical neurophysiological and biomechanical background further sections are devoted to patient assessment gait pathology in cerebral palsy treatment options including detailed discussion of orthopaedic surgery and assessment of outcome

ld210 autistic spectrum conditions docest - Jan 18 2022

web just invest tiny era to retrieve this on line notice ld 210 introductory awareness of autistic spectrum as capably as evaluation them wherever you are now memory in

ld210autisticspectrumconditionsv8 833 words bartleby - Dec 29 2022

web ld 210 introductory awareness of autistic spectrum ld 210 introductory awareness of autistic spectrum 2 downloaded from rjonline org on 2020 07 07 by guest

unit ld210 introductory awareness of autistic spectrum - May 02 2023

web introductory awareness of autistic spectrum conditions autism is a developmental disability caused by neurological dysfunction it affects the way a person understands

ld 210 introductory awareness of autistic spectrum book - Aug 25 2022

web success next to the broadcast as skillfully as acuteness of this ld 210 introductory awareness of autistic spectrum can be taken as skillfully as picked to act islands of

ld 210 introductory awareness of autistic spectrum pdf - Oct 27 2022

web sep 6 2023 ld 210 introductory awareness of autistic spectrum 2 12 downloaded from uniport edu ng on september 6 2023 by guest substance misuse and their families a

essays on introductory awareness of autistic spectrum - Feb 16 2022

web unit purpose and aim s the unit provides introductory awareness on autistic spectrum conditions it provides learners with key areas of knowledge and explores important

ld 210 introductory awareness of autistic spectrum - Jul 24 2022

web scientific research in any way in the midst of them is this ld 210 introductory awareness of autistic spectrum that can be

your partner autism humanity and personhood

title - Jun 03 2023

web introductory awareness of autistic spectrum conditions understand the areas in which individuals with an autistic spectrum conditions characteristically have difficulties 1 1

ld 210 introductory awareness of autistic spectrum russell lang - Dec 17 2021

web apr 25 2023 ld 210 introductory awareness of autistic spectrum 1 14 downloaded from uniport edu ng on april 25 2023 by guest ld 210 introductory awareness of

ld 210 introductory awareness of autistic spectrum pdf - Apr 20 2022

web autistic children have a wide range of behavioral characteristics the autistic students that i have had in my classroom have been able to handle the pressures of the general

ld 210 introductory awareness of autistic spectrum pdf - May 22 2022

web ld 210 introductory awareness of autistic spectrum eventually you will unconditionally discover a additional experience and triumph by spending more cash yet when do you

4222 253 introductory awareness of autistic spectrum bartleby - Apr 01 2023

web the pronouncement as capably as keenness of this ld 210 introductory awareness of autistic spectrum can be taken as well as picked to act recent advances in autism

ld 210 introductory awareness of autistic spectrum - Jun 22 2022

web aug 28 2023 ld 210 introductory awareness of autistic spectrum 1 13 downloaded from uniport edu ng on august 28 2023 by guest ld 210 introductory awareness of

ld 210 introductory awareness of autistic spectrum michael - Feb 28 2023

web ld 210 introductory awareness of autistic spectrum author christoph gustloff from orientation sutd edu sg subject ld 210 introductory awareness of autistic

ld 210 introductory awareness of autistic spectrum - Jan 30 2023

web introductory awareness of autistic spectrum conditions understand the areas in which individuals with an autistic spectrum conditions characteristically have difficulties 1 1

unit ld210 introductory awareness of autistic spectrum - Mar 20 2022

web there are tons of free term papers and essays on introductory awareness of autistic spectrum conditions ld 210 on cyberessays com we also have a wide variety of

ld 210 introductory awareness of autistic spectrum conditions onefile - Oct 07 2023

web unit 28 introductory awareness of autistic spectrum conditions unit code ld 210 unit reference number m 601 5316 qcf

level 2 credit value 2 guided learning hours 17

ld210autisticspectrumconditionsv8 833 words studymode - Jul 04 2023

web title ld 210 introductory awareness of autistic spectrum conditions level 2 credit value 2 learning outcomes the learner will assessment criteria the learner can 1

ld 210 introductory awareness of autistic spectrum - Nov 27 2022

web mar 22 2023 ld 210 introductory awareness of autistic spectrum is available in our book collection an online access to it is set as public so you can get it instantly our

ld 210 introductory awareness of autistic spectrum conditions - Aug 05 2023

web ld 210 introductory awareness of autistic spectrum conditions level 2 credit value 2 learning outcomes the learner will assessment criteria the learner can 1 understand

ld 210 introductory awareness of autistic spectrum pdf - Nov 15 2021

ld 210 introductory awareness of autistic spectrum pdf - Sep 25 2022

web spectrum ld 210 introductory awareness of autistic spectrum book review unveiling the power of words in a global driven by information and connectivity the energy of

unit 28 introductory awareness of autistic spectrum conditions - Sep 06 2023

web jul 11 2016 ld 210 introductory awareness of autistic spectrum conditions please could anyone help me with these 2 questions i need to hand it in tomorrow many thanks