

Ketogene Ernährung Fur Einsteiger Und Anfanger Ge

Eventually, you will completely discover a other experience and ability by spending more cash. yet when? do you assume that you require to get those every needs next having significantly cash? Why dont you attempt to get something basic in the beginning? Thats something that will lead you to understand even more a propos the globe, experience, some places, in the same way as history, amusement, and a lot more?

It is your totally own become old to work reviewing habit. in the course of guides you could enjoy now is **Ketogene Ernährung Fur Einsteiger Und Anfanger Ge** below.

Ontology of Theistic Beliefs - Mirosław Szatkowski 2018-08-21

This volume aims to apply ontological theories and arguments to theistic beliefs and theistic world views. After an introduction that traces out the complexity of the field by categorizing the multifaceted definitions of ontology and (theistic) believing, thirteen articles discuss specific aspects of the two terms as well as their interaction. With contributions by Chris Daly, Gabriele De Anna, Michał Głowala, Christian Kanzian, Daniel Linford, Jason Megill, Uwe Meixner, Elisa Paganini, Eleonore Stump, Mirosław Szatkowski, William F. Vallicella and Peter van Inwagen.

The Vindication of Nothingness - Marco Simionato 2021-11-17

The philosophical question of nothingness has often been controversial. The main core of the question is the use of 'nothing' or 'nothingness' as a noun phrase rather than a quantifier phrase. This work deals with the question of nothingness and metaphysical nihilism in analytic philosophy. After evaluating an account of nothingness based on the notion of an empty possible world, the present work proposes two original arguments for metaphysical nihilism. With a preface by Graham Priest. "Simionato's book delivers a welcome deepening of our understanding of nothing." Graham Priest

Life Without Bread - Christian Allen 2000

Based on more than 40 years of clinical research, this illuminating book

unravels the mysteries of nutrition and shows how a low-carbohydrate/high protein diet can help prevent cancer, diabetes, heart disease, and obesity, as well as increase strength, endurance, and muscle mass.

Without Stress Learning Can Be Easy - Gordon Stokes 1996-08

Biblical Hermeneutics - 1994

Outlines the alternative "biblical-historical" method of interpretation, which emphasizes the interpreter's need to know God—and thereby the Holy Spirit's centrality to valid exegesis.

Concepts and Contexts of Vattel's Political and Legal Thought - Peter Schröder 2021-06-24

Swiss-born Emer de Vattel (1714–1767) was one of the last eminent thinkers of natural law. He shaped the later part of early-modern natural jurisprudence. At the time, the subject had become a fashionable academic sub-discipline in both jurisprudence and philosophy. Vattel's considerable impact on statesmen, political thinkers, diplomats and lawyers during his lifetime and after rested primarily on the fact that his *The Law of Nations* (1758) transformed natural law into the basis of a more comprehensive and practicable theory of interstate relations. His ideas served to promote reform programmes whose comprehensive natures spanned the domains of economic reform, constitutionalism and

international diplomacy and foreign trade policy. Vattel's conception centred round the principle that defined all sovereign states as nations composed of societies of free men and profoundly influenced legal and political debates in the eighteenth and nineteenth centuries.

Transactions on Computational Science XXXIV - Marina L. Gavrilova 2019

The LNCS journal Transactions on Computational Science reflects recent developments in the field of Computational Science, conceiving the field not as a mere ancillary science but rather as an innovative approach supporting many other scientific disciplines. The journal focuses on original high-quality research in the realm of computational science in parallel and distributed environments, encompassing the facilitating theoretical foundations and the applications of large-scale computations and massive data processing. It addresses researchers and practitioners in areas ranging from aerospace to biochemistry, from electronics to geosciences, from mathematics to software architecture, presenting verifiable computational methods, findings, and solutions, and enabling industrial users to apply techniques of leading-edge, large-scale, high performance computational methods. This, the 34th issue of the Transactions on Computational Science, contains seven in-depth papers focusing on research on data analytics using machine learning and pattern recognition, with applications in wireless networks, databases, and remotely sensed data.

Cambridge English Empower Elementary Presentation Plus with Student's Book and Workbook - Herbert Puchta 2015-07-30

Cambridge English Empower is a general adult course that combines course content from Cambridge University Press with validated assessment from the experts at Cambridge English Language Assessment. Elementary Presentation Plus provides the complete Elementary Student's Book content and the Workbook content with built-in annotation tools, embedded audio, and class video in an easy-to-operate format for interactive whiteboards or computers and projectors.

STRENGTH THROUGH CRISES - Marc Wallert 2021-01-23

In 2000, Marc Wallert and 20 other hostages were taken by terrorists to

a Philippine island and imprisoned in the jungle for 140 days. 20 years later, he describes the strategies he used to survive and what he learned from the experience. The jungle didn't break him, but the day-to-day life that followed drove him to burnout. In order to better understand why, he set out to find answers by focusing on the defining moments of his life - the crises. In this book, he explains effective strategies for both private and professional life that can help people get through crises and become even stronger as they do so.

The Aesthetic Use of the Logical Functions in Kant's Third Critique - Stephanie Adair 2018-06-25

In the third Critique Kant details an aesthetic operation of judgment that is surprising considering how judgment functioned in the first Critique. In this book, I defend an understanding of Kant's theory of Geschmacksurteil as detailing an operation of the faculties that does not violate the cognitive structure laid out in the first Critique. My orientation is primarily epistemological, elaborating the determinations that govern the activity of pure aesthetic judging that specify it as a "bestimmte" type of judgment without transforming it into "ein bestimmendes Urteil". I focus on identifying how the logical functions from the table of judgments operate in the pure aesthetic judgment of taste to reveal "the moments to which this power of judgment attends in its reflection" (CPJ, 5:203). In the course of doing so, a picture emerges of how the world is not just cognizable in a Kantian framework but also charged with human feeling, acquiring the inexhaustible, inchoate meaningfulness that incites "much thinking" (CPJ, 5:315). The universal communicability of aesthetic pleasure serves as the foundation that grounds robust intersubjective relations, enabling genuine connection to others through a shared a priori feeling.

Mobile Applications Development - Tarkeshwar Barua 2020-12-16

The book covers the concepts of Python programming language along with mobile application development. Starting from fundamentals, the book continues with the explanation of mobile app development using Kivy framework. All the chapters offer questions and exercises for to better understanding of the subject. At the end of the book some hands-

on projects are given to help the readers to improve their programming and project development skills.

Philosophy and Community Practices - Roberto Franzini Tibaldeo 2018

The book deals with the relevance of community-based philosophical practices to individual and social empowerment. The methodological focus is on «Philosophy for Communities», an application of Lipman and Sharp's «Philosophy for Children» to non-formal and informal education contexts with adults. The book shows how to assess community practices.

Library Design for the 21st Century - Diane Koen 2018-12-03

Library design in the 21st century has one common theme: collaboration is at the heart of innovation. Designing modern libraries is a complex process involving many stakeholders and participants. Libraries of all types work with an almost limitless range of constituent groups for input, buy-in and successful implementation. Securing support for new library buildings and renovations of libraries engages many people: library clients, community members, faculty, funding agencies, donors, governing authorities, librarians, architects, interior designers and planners. Telling the right story and getting to the end game demand carefully crafted approaches, wide-ranging skills, a unified vision and productive teamwork. The IFLA Library Buildings and Equipment Section has selected the best papers presented by award-winning architects and international thought leaders from the academic and public library sector at our recent satellite conferences and seminars: "Collaborative Strategies for Successful Library Design" (Chicago, Illinois), "What comes after the Third Place?" (Columbus, Ohio); "Key Issues for Library Space: International Perspectives" (Maynooth, Ireland); "Storage, the final frontier" (Munich, Germany) and "Telling and selling the space story" (Wrocław, Poland). The stories by the library and design professionals within this publication illustrate how powerful a role partnerships, outreach and cooperation play in a library project's success.

Hypothesis-Driven Simulation Studies - Fabian Lorig 2019-08-16

Fabian Lorig develops a procedure model for hypothesis-driven

simulation studies which supports the design, conducting, and analysis of simulation experiments. It is aimed at facilitating the execution of simulation studies with regard to the replicability and reproducibility of the results. In comparison to existing models, this approach is based on a formally specified hypothesis. Each step of the simulation study can be adapted to the central hypothesis and performed in such a way that it can optimally contribute to the verification and thus to the confirmation or rejection of the hypothesis.

Dynamic Behavior Risk Assessment for Autonomous Systems - Patrik Feth 2020

Operating Systems / Betriebssysteme - Christian Baun 2020-04-16

Memory management, hardware management, process administration and interprocess communication are central areas of operating systems. The concepts and principles on which classical and modern operating systems are based are explained by the author using relevant tasks and solutions. The work thus provides a comprehensible introduction to the architecture of operating systems and is therefore also suitable for teaching in the bachelor's program. Uniquely, the book presents all content bilingually: in two columns, the German and English texts appear side by side, so that readers can improve their language skills and vocabulary at the same time. Speicherverwaltung, Hardwareverwaltung, Prozessadministration und Interprozesskommunikation sind zentrale Bereiche von Betriebssystemen. Die Konzepte und Prinzipien, auf denen klassische und moderne Betriebssysteme basieren, erläutert der Autor anhand von einschlägigen Aufgabenstellungen und Lösungen. Das Werk gibt damit eine verständliche Einführung in die Architektur von Betriebssystemen und eignet sich deshalb auch für die Lehre im Bachelorstudium. Memory management, hardware management, process administration and interprocess communication are central areas of operating systems. The concepts and principles on which classical and modern operating systems are based are explained by the author using relevant tasks and solutions. The work thus provides a comprehensible introduction to the architecture of operating systems and is therefore

also suitable for teaching in the bachelor's program.

Tools of the Trade - Gordon Stokes 1991-01-01

The Heretical Perspectives of Jan Patočka (1907-1977) - Ludger Hagedorn 2018-10-11

This special issue of the Journal Labyrinth is dedicated to the philosophy of Jan Patočka. It commemorates not only the 110th anniversary of his birth but also the 40th anniversary of his tragic death in 1977. In that year Patočka became one of the first spokespersons of the civil rights movement Charter 77 - an engagement marked by confrontation with the communist regime, which ultimately cost him his life. The issue's title invokes this double commemoration and alludes to his most famous and most heartily debated book, "Heretical Essays in the Philosophy of History." These essays, written towards the end of his life, in some sense can be seen as the culmination of his inquiries and long-term aspirations in the philosophy of history. Yet, it is by no means unequivocal why the author deemed these six essays to be "heretical."

Abnehmen Mit Keto (Mixversion) - Alex Brandstätter 2019-12-10

Medicine - Religion - Spirituality - Dorothea Lüddeckens 2018-11-30

In modern societies the functional differentiation of medicine and religion is the predominant paradigm. Contemporary therapeutic practices and concepts in healing systems, such as Transpersonal Psychology, Ayurveda, as well as Buddhist and Anthroposophic medicine, however, are shaped by medical as well as religious or spiritual elements. This book investigates configurations of the entanglement between medicine, religion, and spirituality in Europe, Asia, North America, and Africa. How do political and legal conditions affect these healing systems? How do they relate to religious and scientific discourses? How do therapeutic practitioners position themselves between medicine and religion, and what is their appeal for patients?

Generation of Usable Policy Administration Points for Security and Privacy - Manuel Rudolph 2020

Fast, Fresh, Simple - Donna Hay 2011-09-01

Combining vibrant flavours and fresh ingredients with simple, no fuss techniques, is the perfect companion for everyday cook.

Gluten-Free Cookbook - Britta-Marei Lanzenberger 2015-04

"This cookbook gives you recipes and shopping tips to make your transition to gluten-free living easy."--

No Fighting, No Biting, No Screaming - Bo Hejlskov Elvén 2010-09-15

Fighting, biting, screaming and other behaviours that challenge the people dealing with them are often triggered by unsuitable surroundings or unrealistic demands. In this fresh and effective approach, Bo Hejlskov Elvén shows how identifying and adapting these problem areas can dramatically improve behaviour in people with autism and other developmental disabilities. This practical book explains how to reassess difficult situations and offers easy and effective strategies for eliciting positive responses without resorting to restraint and punishment. Based on the successful low-arousal approach, it is a proven method of stepping away from distress and towards calm, improving the quality of life of everyone involved. Helpful examples covering a wide range of developmental disabilities from autism to Down's Syndrome illustrate the positive changes that can be achieved. This empowering book will be invaluable to anyone attempting to deal with unproductive behaviour in individuals with developmental disabilities, whether at home or in a professional environment.

Statistics for the Behavioral Sciences - Susan A. Nolan 2011-02

Nolan and Heinzen's engaging introduction to statistics has captivated students with its easy readability and vivid examples drawn from everyday life. The mathematics of statistical reasoning are made accessible with careful explanations and a helpful three-tier approach to working through exercises: Clarifying the Concepts, Calculating the Statistics, and Applying the Concepts. New pedagogy, end-of-chapter material, and the groundbreaking learning space StatsPortal give students even more tools to help them master statistics than ever before.

Nonsequential and Distributed Programming with Go - Christian

Maurer 2021-01-19

Der Band bietet eine kompakte Einführung in die Nichtsequentielle Programmierung als gemeinsamen Kern von Vorlesungen über Betriebssysteme, Verteilte Systeme, Parallele Algorithmen, Echtzeitprogrammierung und Datenbanktransaktionen. Basiskonzepte zur Synchronisation und Kommunikation nebenläufiger Prozesse werden systematisch dargestellt: Schlösser, Semaphore, Monitore, lokaler und netzweiter Botschaftenaustausch. Die Algorithmen sind in der Programmiersprache Google Go formuliert, mit der viele Synchronisationskonzepte ausgedrückt werden können.

Leading from Under the Sword of Damocles - Nabil Abu el Ata
2018-03-20

Globalization trends and the rapid pace of technological innovations have introduced unprecedented change and uncertainty. For unprepared businesses, the drivers of the Fourth Industrial Revolution will become a constant source of surprise and crises will unfold at an ever-increasing rate. To thrive under these conditions, companies must adopt new risk management technologies and practices that enable business leaders to better anticipate and adjust to changing dynamics. This book helps readers understand how algorithm-based predictive and prescriptive analytics principles can be used to control risk in today's dynamic business environment. It serves as a reference guide for business leaders and risk management practitioners of companies that are global in reach or operate dynamically complex systems. Using the technological and scientific innovations presented in this book, business leaders can gain a wider understanding of risk and prescriptively determine which actions are necessary to ensure the business is optimally positioned to meet its stated long-term goals and objectives. Case studies show how the presented methods can be practically applied to preemptively expose risks and support decisions to optimize, transform or disrupt current business models, strategies, organizational structure and information systems when necessary to maintain a market position or outperform competitors. These methods have been proven through hundreds of client cases. By using mathematical emulation to link business risks to

strategic imperatives, it becomes possible to achieve a higher annual profit margin and better growth. As we enter the Fourth Industrial Revolution, companies that are able to expose risks caused by dynamic complexity and maintain the alignment between the goals of the business and operational execution will be better prepared to make the shifts necessary for long-term success and keep the business moving toward its goals.

The Art of Colour and the Human Form - Rudolf Steiner 2018-02
Based on Rudolf Steiner's indications, Gerard Wagner shows a wholly new approach to the human form in art. The Art of Colour and the Human Form presents the seven motif sketches concerned with the "spirit form of the human being," as well as numerous studies that Gerard Wagner painted over a period of thirty years. The intention of this volume is to present an artistic approach to these unique motifs and to indicate their potential "color build-up." The Art of Colour and the Human Form contributes to a more comprehensive understanding of this new direction in art.

Perfect - Rachel Joyce 2014-01-14

A spellbinding novel that will resonate with readers of Mark Haddon, Louise Erdrich, and John Irving, Perfect tells the story of a young boy who is thrown into the murky, difficult realities of the adult world with far-reaching consequences. Byron Hemmings wakes to a morning that looks like any other: his school uniform draped over his wooden desk chair, his sister arguing over the breakfast cereal, the click of his mother's heels as she crosses the kitchen. But when the three of them leave home, driving into a dense summer fog, the morning takes an unmistakable turn. In one terrible moment, something happens, something completely unexpected and at odds with life as Byron understands it. While his mother seems not to have noticed, eleven-year-old Byron understands that from now on nothing can be the same. What happened and who is to blame? Over the days and weeks that follow, Byron's perfect world is shattered. Unable to trust his parents, he confides in his best friend, James, and together they concoct a plan. . . . As she did in her debut, The Unlikely Pilgrimage of Harold Fry, Rachel

Joyce has imagined bewitching characters who find their ordinary lives unexpectedly thrown into chaos, who learn that there are times when children must become parents to their parents, and who discover that in confronting the hard truths about their pasts, they will forge unexpected relationships that have profound and surprising impacts. Brimming with love, forgiveness, and redemption, Perfect will cement Rachel Joyce's reputation as one of fiction's brightest talents. Praise for Perfect "Touching, eccentric . . . Joyce does an inviting job of setting up these mysterious circumstances, and of drawing Byron's magical closeness with Diana."—Janet Maslin, The New York Times "Haunting . . . compelling."—Minneapolis Star Tribune "[Joyce] triumphantly returns with Perfect. . . . As Joyce probes the souls of Diana, Byron and Jim, she reveals—slowly and deliberately, as if peeling back a delicate onion skin—the connection between the two stories, creating a poignant, searching tale."—O: The Oprah Magazine "Perfect touches on class, mental illness, and the ways a psyche is formed or broken. It has the tenor of a horror film, and yet at the end, in some kind of contortionist trick, the narrative unfolds into an unexpected burst of redemption. [Verdict:] Buy It."—New York "Joyce's dark, quiet follow-up to her successful debut, The Unlikely Pilgrimage of Harold Fry, could easily become a book club favorite. . . . Perfect is the kind of book that blossoms under thoughtful examination, its slow tendencies redeemed by moments of loveliness and insight. However sad, Joyce's messages—about the limitations of time and control, the failures of adults and the fears of children, and our responsibility for our own imprisonment and freedom—have a gentle ring of truth to them."—The Washington Post "There is a poignancy to Joyce's narrative that makes for her most memorable writing."—NPR's All Things Considered

Mindfulness in Plain English - Henepola Gunaratana 2011-09-06
 With over a quarter of a million copies sold, Mindfulness in Plain English is one of the most influential books in the burgeoning field of mindfulness and a timeless classic introduction to meditation. This is a book that people read, love, and share - a book that people talk about, write about, reflect on, and return to over and over again. Bhante Gunaratana is also

the author of Eight Mindful Steps to Happiness, Beyond Mindfulness in Plain English, The Four Foundations of Mindfulness in Plain English, and his memoir Journey to Mindfulness.

Everlee My Story Book - Customeyes PUBLICATIONS 2019-04-18
 ***** CLICK THE AUTHOR NAME "CUSTOMEYES PUBLICATIONS" FOR MORE SKETCHBOOKS, JOURNALS & DIARIES ***** Give your children the gift of creativity! This book has been designed to help kids practice penmanship - a skill that also helps cognitive development, according to some studies. It can be used by Teachers, Parents or Homeschool students alike. Features: Space of story title Space for writing Space for drawing Over 100 blank lined pages with a boxed area to draw (approx. 52 sheets) Large 8.5" x 11" lined paper with midline dashes giving plenty of writing space to draw & write. A flexible lightweight paperback cover, which makes it lighter and easier to carry around. Complete with a unique, cool & trendy personalized letter & name cover. This story book notebook is perfect to help children: Spend time using their creative side Practice their lettering skills Develop their writing skills Learn how to draw & write stories Write about their experiences With homework exercises Spend less time using technology Make storytelling fun and set your children up for success to help them reach their goals and aspirations with this cool draw & write story book. Order yours now!

Oxygen Transport to Tissue XXVII - Giuseppe Cicco 2006-11-22
 This book covers the proceedings of the 32nd scientific meeting of the International Society on Oxygen Transport to Tissue (ISOTT) in Bari, Italy, August 21-26, 2004. It covers all aspects of oxygen delivery to tissue, including blood flow and its regulation as well as oxygen metabolism. Special emphasis is placed on methods of oxygen measurement in living tissue and application of these technologies to understanding physiological and biochemical basis for pathology related to tissue oxygenation. The event hosted was a multidisciplinary meeting designed to bring together experts and students from a range of research fields.

Building Parliament - Yves Mény 2009

Unequal Neighbourhoods, Unequal Schools - Julia Nast 2019-08-20

Do schools work differently in deprived and privileged neighbourhoods? As segregation is on the rise in many cities, this book explores how different neighbourhood contexts shape public organisations, by using an innovative approach that combines a Bourdieusian perspective and new institutional theory. Based on interviews and ethnographic data from two primary schools in Berlin, Germany, it shows how local social compositions, symbolic meanings of urban areas, and neighbourhood-based policy interventions structure schools. Educational professionals adapt to these structural differences. The book analyses how teachers' understandings and practices vary by local context - and what that means for the reproduction of urban inequality.

Professional SharePoint 2013 Administration - Shane Young
2013-04-08

SharePoint admin author gurus return to prepare you for working with the new features of SharePoint 2013! The new iteration of SharePoint boasts exciting new features. However, any new version also comes with its fair share of challenges and that's where this book comes in. The team of SharePoint admin gurus returns to present a fully updated resource that prepares you for making all the new SharePoint 2013 features work right. They cover all of the administration components of SharePoint 2013 in detail, and present a clear understanding of how they affect the role of the administrator. Compares and contrasts SharePoint 2013 to earlier versions Helps make your SharePoint 2013 installation smooth and successful Addresses managing customizations Looks at SharePoint 2013 for Internet sites Includes an introduction to SQL Server 2012 Professional SharePoint 2013 Administration enhances your SharePoint skill set and immerses you in the new content of the platform.

The Philosophy and Politics of Aesthetic Experience - Nathan Ross
2017-04-07

This book develops a philosophy of aesthetic experience through two socially significant philosophical movements: early German Romanticism and early critical theory. In examining the relationship between these

two closely intertwined movements, we see that aesthetic experience is not merely a passive response to art—it is the capacity to cultivate true personal autonomy, and to critique the social and political context of our lives. Art is political for these thinkers, not only when it paints a picture of society, but even more when it makes us aware of our deeply ingrained forms of experience in a transformative way. Ultimately, the book argues that we have to think of art as a form of truth that is not reducible to communicative rationality or scientific knowledge, and from which philosophy and politics can learn valuable lessons.

Making Friends - 1991

Offers advice on how to be a friend by being more of a contributor than a taker, emphasizing the positive, and learning to assert oneself, express anger but avoid arguments, learn from mistakes, and establish rules

Dialectic for beginners - Carlos Cirne-Lima 1997

Causality and Resemblance - Maria-Jesús Soto-Bruna 2018

Las diversas contribuciones de este volumen se encuadran en la especulación medieval cosmológico-metafísica que versa sobre la cuestión central acerca de la unidad y la multiplicidad del Logos en el cosmos. Debido a la ausencia de una interpretación homogénea -henología versus ontología- en los estudios medievales acerca del significado de la natura, propone estudiar cuáles han sido las vías principales de justificación del contenido de dicha natura como explicación y manifestación (explicatio) de un principio artífice causal. Se profundiza en las nociones de unidad y pluralidad imbricadas en un mundo en el que el Logos se manifiesta -al modo de causalidad inmanente- en diversos ámbitos de la legibilidad de lo natural. La selección de líneas significativas -que giran históricamente, de modo precedente, o consecuente, alrededor de la polémica del Liber de causis- servirá para un diálogo con algunas exposiciones contemporáneas acerca de la recuperación de la concepción del Logos clásico; tal como se plantea, por ejemplo, en H. G. Gadamer y J.-L. Nancy. *** Die Beiträge dieses Sammelbandes erörtern die für die kosmologisch-metaphysische Spekulation des Mittelalters zentrale Frage nach der Einheit und Vielheit

des Logos im Kosmos. Jenseits der üblichen Gegenüberstellung von
Henologie und Ontologie, wie sie in der Forschung über die
mittelalterliche Konzeption der natura noch weitgehend dominierend ist,
wird hier der Versuch unternommen, einige der Hauptlinien zu
skizzieren, auf denen die Rechtfertigung der Auffassung stattgefunden
hat, nach der die Natur im Ganzen als Entfaltung und Manifestation
(explicatio) eines künstlich-schöpferischen kausalen Prinzips zu
begreifen ist. Dabei spielt die Polemik um das sogenannte Liber de

causis vom historischen und systematischen Standpunkt aus eine
zentrale Rolle. Im Zusammenhang mit der Diskussion klassischer
mittelalterlicher Positionen wird schließlich auch die Möglichkeit eines
produktiven Dialogs mit zeitgenössischen Konzeptionen erörtert, die auf
eine Rehabilitierung der klassischen Logos-Auffassung abzielen, so etwa
bei Autoren wie H.-G. Gadamer und J.-L. Nancy.

Mental Exercises - Torkom Saraydarian 1996-01-01