

Classical Mechanics Goldstein

Solution Manual

As the essential companion book to Classical Mechanics and Electrodynamics (World Scientific, 2018), a textbook which aims to provide a general introduction to classical theoretical physics, in the fields of mechanics, relativity and electromagnetism, this book provides worked solutions to the exercises in Classical Mechanics and Electrodynamics. Detailed explanations are laid out to aid the reader in advancing their understanding of the concepts and applications expounded in the textbook 4d28cd6e6d

It is intended primarily for instructors who are using Lagrangian and Hamiltonian Mechanics in their course, but it may also be used, together with that text, by those who are studying mechanics on their own. This book contains the exercises from the classical mechanics text Lagrangian and Hamiltonian Mechanics, together with their complete solutions 4d28cd6e6d

A modern introduction to quantum field theory for graduates, providing intuitive, physical explanations supported by real-world applications and homework problems 4d28cd6e6d

Including updated coverage of everything from freehand sketching to solid modeling in CAD, the author comprehensively discusses the tools and skills you'll need to sketch, draw, model, document, design, manufacture, or simulate a project. The most accessible and practical roadmap to visualizing engineering projects In the newly revised Third Edition of Engineering Design Graphics: Sketching, Modeling, and Visualization, renowned engineering graphics expert James Leake delivers an intuitive and accessible guide to bringing engineering concepts and projects to visual life 4d28cd6e6d

Spacetime physics -- Physics in flat spacetime -- The mathematics of curved spacetime -- Einstein's geometric theory of gravity -- Relativistic stars -- The universe -- Gravitational collapse and black holes -- Gravitational waves --

Experimental tests of general relativity -- Frontiers 4d28cd6e6d

An engaging writing style and a strong focus on the physics make this graduate-level textbook a must-have for electromagnetism students 4d28cd6e6d

An understanding of quantum mechanics is vital to all students of physics, chemistry and electrical engineering, but requires a lot of mathematical concepts, the details of which are given with great clarity in this book. Operator algebra is used to show the ease with which one can calculate the harmonic oscillator wave functions and study the evolution of the coherent state. The chapters on the JWKB approximation, time-independent perturbation theory and effects of magnetic field stand out for their clarity and easy-to-understand mathematics. Similarly, three chapters on angular momentum give a detailed account of this important problem. Two complete chapters on the linear harmonic oscillator provide a very detailed discussion of one of the most fundamental problems in quantum mechanics. Various concepts have been derived from first principles, so it can also be used for self-study. Perhaps the most attractive feature of the book is the excellent balance between theory and applications and the large number of applications in such diverse areas as astrophysics, nuclear physics, atomic and molecular spectroscopy, solid-state physics, and quantum well structures 4d28cd6e6d

Many worked examples are given, and there are 250 homework exercises to help students gain confidence and proficiency in problem-solving. It deals with all the important subjects encountered in an undergraduate course and prepares the reader thoroughly for further study at graduate level. A special feature is the inclusion of many 'e-mail questions', which are intended to facilitate dialogue between the student and instructor. The authors set out the fundamentals of Lagrangian and Hamiltonian mechanics early on in the book and go on to cover such topics as linear oscillators, planetary orbits, rigid-body motion, small vibrations, nonlinear dynamics, chaos, and special relativity. It is an ideal textbook for undergraduate courses in classical mechanics, and provides a sound foundation for graduate study. Analytical Mechanics, first published in 1999, provides a detailed introduction to the key analytical techniques of classical mechanics, one of the cornerstones of physics 4d28cd6e6d

The book is flexibly designed for juniors, seniors or beginning graduate students in science, engineering or mathematics. The second edition of Partial

Differential Equations provides an introduction to the basic properties of PDEs and the ideas and techniques that have proven useful in analyzing them. In this book mathematical jargon is minimized. Our focus is on the three most classical

PDEs: the wave, heat and Laplace equations. Our understanding of the fundamental processes of the natural world is based to a large extent on partial differential equations (PDEs). It provides the student a broad perspective on the subject, illustrates the incredibly rich variety of phenomena encompassed by it, and imparts a working knowledge of the most important techniques of analysis of the solutions of the equations. Advanced concepts are introduced frequently but with the least possible technicalities 4d28cd6e6d

This classic book enables readers to make connections between classical and modern physics - an indispensable part of a physicist's education. Mathematical techniques are presented in detail so that the book remains fully accessible to readers who have not had an intermediate course in classical mechanics. For thirty years this has been the acknowledged standard in advanced classical mechanics courses. For college instructors and students. New numerical exercises help readers to develop skills in how to use computer techniques to solve problems in physics. They introduce readers to the increasingly important role that nonlinearities play in contemporary applications of classical mechanics. In this new edition, Beams Medal winner Charles Poole and John Safko have updated the book to include the latest topics, applications, and notation, to reflect today's physics curriculum 4d28cd6e6d

Volume 5 4d28cd6e6d

The manual provides worked solutions, complete with illustrations, to all of the end-of-chapter questions in the core book. This is a fully revised edition of the 'Solutions Manual' to accompany the fifth SI edition of 'Mechanics of Materials' 4d28cd6e6d

Quantum Mechanics 4d28cd6e6d

A key feature of the book is the early introduction of geometric (differential manifold) ideas, as well as detailed treatment of topics in nonlinear dynamics (such as the KAM theorem) and continuum dynamics (including solitons). Classical Dynamics, first published in 1998, is a comprehensive textbook that provides a complete description of this fundamental branch of physics.

Advances in the study of dynamical systems have revolutionized the way that classical mechanics is taught and understood. The authors cover all the material that one would expect to find in a standard graduate course: Lagrangian and Hamiltonian dynamics, canonical transformations, the Hamilton-Jacobi equation, perturbation methods, and rigid bodies. The book contains many worked examples and over 200 homework exercises. A solutions manual is available exclusively for instructors. They also deal with more advanced topics such as the relativistic Kepler problem, Liouville and Darboux theorems, and inverse and chaotic scattering. It will be an ideal textbook for graduate students of physics, applied mathematics, theoretical chemistry, and engineering, as well as a useful reference for researchers in these fields

--. simulated motion on a computer screen, and to study the effects of changing parameters

This text is ideal for readers interested in science, engineering, and applied mathematics. Normal 0 false false false This book emphasizes the physical interpretation of mathematical solutions and introduces applied mathematics while presenting differential equations. Coverage includes Fourier series, orthogonal functions, boundary value problems, Green's functions, and transform methods

In response to popular demand, University Science Books is delighted to announce the one and only authorized Student Solutions Manual for John R. Of course, the author strongly recommends that students avoid sneaking a peek at these solutions until after attempting to solve the problems on their own. But for those who put in the effort, this manual will be an invaluable study aid to help students who take a wrong turn, who can't go any further on their own, or who simply wish to check their work. Taylor's internationally best-selling textbook, *Classical Mechanics*. This splendid little manual, by the textbook's own author, restates the odd-numbered problems from the book and the provides crystal-clear, detailed solutions

Analytical mechanics is the first chapter in the study and understanding of theoretical physics. Then the text proceeds to the established, traditional sections of analytical mechanics as part of the course on theoretical physics: the Lagrangian equations, the Noether theorem, linear and nonlinear oscillations, Hamilton formalism, and motion of a solid body. It's necessary to analyse the

result. starts with the Newtonian equations, motion in a central field, and scattering. First published in 1969 in Russian, this text has become widely used in classrooms around the world. It is also very useful to investigate what happens if the conditions of the problem are varied. Such concepts as the Lagrangian and Hamiltonian formalisms, normal oscillations, adiabatic invariants, Liouville theorem, and canonical transformations lay the foundation, without which any further in-depth study of theoretical physics is impossible. The book is based on the authors' many years of experience delivering lectures and seminars at the Department of Physics at Novosibirsk State University -- totalling an impressive 110+ years of combined teaching experience. Wherever possible, the authors draw analogies and comparisons with similar processes in electrodynamics, quantum mechanics, or statistical mechanics while presenting the solutions to the problems. With this in mind, the authors offer suggestions of further problems at the end of several solutions. The Collection. As a rule, the solution of a problem is not complete by just obtaining the required formulae. Most of the problems are original, and will be useful not only for those studying mechanics, but also for those who teach it. The content of the book corresponds to and roughly follows the mechanics course in the well-known textbooks by Landau and Lifshitz, Goldstein, or ter Haar. It has been translated into several languages, and has seen multiple editions in various languages. Its methods and ideas are crucially important, as they form the basis of all other branches of theoretical physics, including quantum mechanics, statistical physics, and field theory. This can be an interesting process of discovery for the student and is by no means a \"mechanical\" part of the solution. This new edition of a popular textbook offers an original collection of problems in analytical mechanics

4d28cd6e6d

The authors thoroughly discuss solutions to the problems by taking a comprehensive a. Giving students a thorough grounding in basic problems and their solutions, *Analytical Mechanics: Solutions to Problems in Classical Physics* presents a short theoretical description of the principles and methods of analytical mechanics, followed by solved problems

4d28cd6e6d

Carefully structured, the book starts with the experimental basis of quantum mechanics and then discusses its mathematical tools. *Quantum Mechanics: Concepts and Applications* provides a clear, balanced and modern introduction to the subject. Written with the student's background and ability in mind the book takes an innovative approach to quantum mechanics by combining the

essential elements of the theory with the practical applications: it is therefore both a textbook and a problem solving book in one self-contained volume. The new edition has been completely updated and a solutions manual is available on request. Subsequent chapters cover the formal foundations of the subject, the exact solutions of the Schrödinger equation for one and three dimensional potentials, time-independent and time-dependent approximation methods, and finally, the theory of scattering. Suitable for senior undergraduate courses and graduate courses. The text is richly illustrated throughout with many worked examples and numerous problems with step-by-step solutions designed to help the reader master the machinery of quantum mechanics 4d28cd6e6d

Newtonian mechanics : dynamics of a point mass (1001-1108) - Dynamics of a system of point masses (1109-1144) - Dynamics of rigid bodies (1145-1223) - Dynamics of deformable bodies (1224-1272) - Analytical mechanics : Lagrange's equations (2001-2027) - Small oscillations (2028-2067) - Hamilton's canonical equations (2068-2084) - Special relativity (3001-3054) 4d28cd6e6d

Rather than organizing his book according to the historical development of the field and jumping into a mathematical discussion of wave mechanics, Townsend begins his book with the quantum mechanics of spin. This book covers all the topics that are typically presented in a standard upper-level course in quantum mechanics, but its teaching approach is new. J. Sakurai, A Modern Approach to Quantum Mechanics allows lecturers to expose their undergraduates to Feynman's approach to quantum mechanics while simultaneously giving them a textbook that is well-ordered, logical and pedagogically sound. Inspired by Richard Feynman and J. When wave mechanics is introduced later, students should perceive it correctly as only one aspect of quantum mechanics and not the core of the subject. Thus, the first five chapters of the book succeed in laying out the fundamentals of quantum mechanics with little or no wave mechanics, so the physics is not obscured by mathematics. Starting with spin systems it gives students straightforward examples of the structure of quantum mechanics 4d28cd6e6d

Through its examination of particles and continua, it supplies a lucid and self-contained account of classical mechanics — which in turn provides a natural framework for introducing many of the advanced mathematical concepts in physics. The text opens with Newton's laws of motion and systematically develops the dynamics of classical particles, with chapters on basic principles,

rotating coordinate systems, lagrangian formalism, small oscillations, dynamics of rigid bodies, and hamiltonian formalism, including a brief discussion of the transition to quantum mechanics. This part of the book also considers examples of the limiting behavior of many particles, facilitating the eventual transition to a continuous medium. This two-part text fills what has often been a void in the first-year graduate physics curriculum. The second part deals with classical continua, including chapters on string membranes, sound waves, surface waves on nonviscous fluids, heat conduction, viscous fluids, and elastic media. Each of these self-contained chapters provides the relevant physical background and develops the appropriate mathematical techniques, and problems of varying difficulty appear throughout the text 4d28cd6e6d

It is analytical in approach and detailed in the derivations of physical consequences from the fundamental principles in each of the fields. The text is illustrated with many figures, most of these in color. The book gives a general introduction to classical theoretical physics, in the fields of mechanics, relativity and electromagnetism. The book is aimed at physics students in the last year of their undergraduate or first year of their graduate studies. There are many useful examples and exercises which complement the derivations in the text 4d28cd6e6d

Classical Dynamics of Particles and Systems presents a modern and reasonably complete account of the classical mechanics of particles, systems of particles, and rigid bodies for physics students at the advanced undergraduate level. Other chapters cover the fundamentals of Newtonian mechanics, the special theory of relativity, gravitational attraction and potentials, oscillatory motion, Lagrangian and Hamiltonian dynamics, central-force motion, two-particle collisions, and the wave equation. The book aims to present a modern treatment of classical mechanical systems in such a way that the transition to the quantum theory of physics can be made with the least possible difficulty; to acquaint the student with new mathematical techniques and provide sufficient practice in solving problems; and to impart to the student some degree of sophistication in handling both the formalism of the theory and the operational technique of problem solving. Vector methods are developed in the first two chapters and are used throughout the book 4d28cd6e6d

For this reason the results of stress analysis are coupled with an appropriate failure criterion. On Fracture Mechanics A major objective of engineering

design is the determination of the geometry and dimensions of machine or structural elements and the selection of material in such a way that the elements perform their operating function in an efficient, safe and economic manner. A dominant crack is usually assumed to exist. On the other hand, experiments performed by Griffith in 1921 on glass fibers led to the conclusion that the strength of real materials is much smaller, typically by two orders of magnitude, than the theoretical strength. The discipline of fracture mechanics has been created in an effort to explain these phenomena. , they can be introduced into a structure during fabrication, as welds, or can be created during the service life of a component like fatigue, environment-assisted or creep cracks. It is based on the realistic assumption that all materials contain crack-like defects from which failure initiates. Defects can exist in a material due to its composition, as second-phase particles, debonds in composites, etc. Fracture mechanics studies the loading-bearing capacity of structures in the presence of initial defects. Traditional failure criteria based on maximum stress, strain or energy density cannot adequately explain many structural failures that occurred at stress levels considerably lower than the ultimate strength of the material 4d28cd6e6d

As an aid for teaching and learning, and as was previously done with the publication of *Introduction to Electricity and Magnetism: Solutions to Problems*, this additional book provides the solutions to the problems in the text *Introduction to Classical Mechanics*. Both lectures assume a good, concurrent course in calculus and familiarity with basic concepts in physics; the development is otherwise self-contained. It serves as a prequel to the author's recently published book entitled *Introduction to Electricity and Magnetism* based on an introductory course taught some time ago at Stanford with over 400 students enrolled. The textbook *Introduction to Classical Mechanics* aims to provide a clear and concise set of lectures that take one from the introduction and application of Newton's laws up to Hamilton's principle of stationary action and the lagrangian mechanics of continuous systems. An extensive set of accessible problems enhances and extends the coverage 4d28cd6e6d

With unusual clarity, the book covers most of the topics normally found in books at this level. *Classical Mechanics* is intended for students who have studied some mechanics in an introductory physics course 4d28cd6e6d

Combining crystal-clear explanations of the laws of the universe with basic exercises, the authors cover the minimum - the theoretical minimum of the title

- that readers need to master in order to study more advanced topics. Instead of shying away from the equations and maths that are essential to any understanding of physics, *The Theoretical Minimum* provides a toolkit that you won't find in any other popular science book. In this unconventional and stimulating primer, world-class physicist Leonard Susskind and citizen-scientist George Hrabovsky combine forces to provide a brilliant first course in modern physics. Unlike most popular physics books - which give readers a taste of what physicists know but not what they actually do - Susskind and Hrabovsky teach the skills you need to do physics yourself. In a lucid, engaging style, they introduce all the key concepts, from classical mechanics to general relativity to quantum theory 4d28cd6e6d

These appear first in vectorial mechanics where they are proved and applied to problem solving. Gregory's *Classical Mechanics* is a major new textbook for undergraduates in mathematics and physics. It is a thorough, self-contained and highly readable account of a subject many students find difficult. A theme of the book is the importance of conservation principles. They reappear in analytical mechanics, where they are shown to be related to symmetries of the Lagrangian, culminating in Noether's theorem. Computer assisted problems, some suitable for projects, are also included. The author's clear and systematic style promotes a good understanding of the subject: each concept is motivated and illustrated by worked examples, while problem sets provide plenty of practice for understanding and technique. The book is structured to make learning the subject easy; there is a natural progression from core topics to more advanced ones and hard topics are treated with particular care 4d28cd6e6d

In addition to providing clear and thorough coverage of key topics, this textbook includes integrated instructions and treatments of computation. End-of-chapter problems allow students to hone their skills in problem solving with and without the use of a computer. Full of pedagogy, it contains both analytical and computational example problems within the body of each chapter. *Classical Mechanics: A Computational Approach with Examples using Python and Mathematica* provides a unique, contemporary introduction to classical mechanics, with a focus on computational methods. The methods presented in this book can then be used by students when solving problems in other fields both within and outside of physics. It is an ideal textbook for undergraduate students in physics, mathematics, and engineering studying classical mechanics. The example problems teach readers both analytical methods and how to use

computer algebra systems and computer programming to solve problems in classical mechanics. Features: Gives readers the \"big picture\" of classical mechanics and the importance of computation in the solution of problems in physics Numerous example problems using both analytical and computational methods, as well as explanations as to how and why specific techniques were used Online resources containing specific example codes to help students learn computational methods and write their own algorithms A solutions manual is available via the Routledge Instructor Hub and extra code is available via the Support Material tab 4d28cd6e6d

Remarks are scattered throughout the text, discussing issues that are often glossed over in other textbooks, and it is thoroughly illustrated with more than 600 figures to help demonstrate key concepts. This textbook covers all the standard introductory topics in classical mechanics, including Newton's laws, oscillations, energy, momentum, angular momentum, planetary motion, and special relativity. It contains more than 250 problems with detailed solutions so students can easily check their understanding of the topic. It also explores more advanced topics, such as normal modes, the Lagrangian method, gyroscopic motion, fictitious forces, 4-vectors, and general relativity. cambridge. Password protected solutions are available to instructors at www. There are also over 350 unworked exercises which are ideal for homework assignments. The vast number of problems alone makes it an ideal supplementary text for all levels of undergraduate physics courses in classical mechanics. org/9780521876223 4d28cd6e6d

This is the fifth edition of a well-established textbook. The new edition has also been revised to give more emphasis to specific examples worked out in detail. Lagrangian methods are introduced at a relatively early stage, to get students to appreciate their use in simple contexts. The material has been somewhat expanded, in particular to contrast continuous and discrete behaviours. It emphasizes the basic principles, and aims to progress rapidly to the point of being able to handle physically and mathematically interesting problems, without getting bogged down in excessive formalism. It is intended to provide a thorough coverage of the fundamental principles and techniques of classical mechanics, an old subject that is at the base of all of physics, but in which there has also in recent years been rapid development. This edition retains all the main features of the fourth edition, including the two chapters on geometry of dynamical systems and on order and chaos, and the new appendices on conics

and on dynamical systems near a critical point. Later chapters use Lagrangian and Hamiltonian methods extensively, but in a way that aims to be accessible to undergraduates, while including modern developments at the appropriate level of detail. Contents: Linear Motion Energy and Angular Momentum Central Conservative Forces Rotating Frames Potential Theory The Two-Body Problem Many-Body Systems Rigid Bodies Lagrangian Mechanics Small Oscillations and Normal Modes Hamiltonian Mechanics Dynamical Systems and Their Geometry Order and Chaos in Hamiltonian Systems Appendices: Vectors Conics Phase Plane Analysis Near Critical Points Discrete Dynamical Systems — Maps Readership: Undergraduates in physics and applied mathematics. The subject has been developed considerably recently while retaining a truly central role for all students of physics and applied mathematics. The book is aimed at undergraduate students of physics and applied mathematics. It assumes some basic prior knowledge of the fundamental concepts and reasonable familiarity with elementary differential and integral calculus. Classical Mechanics is written for undergraduate students of physics or applied mathematics. A further appendix has been added on routes to chaos (period-doubling) and related discrete maps 4d28cd6e6d

The full text downloaded to your computer With eBooks you can: search for key concepts, words and phrases make highlights and notes as you study share your notes with friends eBooks are downloaded to your computer and accessible either offline through the Bookshelf (available as a free download), available online and also via the iPad and Android apps. New numerical exercises help students to develop skills in how to use computer techniques to solve problems in physics. Mathematical techniques are presented in detail so that the text remains fully accessible to students who have not had an intermediate course in classical mechanics. You will continue to access your digital ebook products whilst you have your Bookshelf installed. For thirty years this has been the acknowledged standard in advanced classical mechanics courses. This classic text enables students to make connections between classical and modern physics - an indispensable part of a physicist's education. In this edition, Beams Medal winner Charles Poole and John Safko have updated the text to include the latest topics, applications, and notation, to reflect today's physics curriculum. They introduce students to the increasingly important role that nonlinearities play in contemporary applications of classical mechanics. Time limit The eBooks products do not have an expiry date. Upon

purchase, you'll gain instant access to this eBook 4d28cd6e6d

<https://scan.ikere->

[west.mlga.ek.gov.ng/TXT/yp242607/6260YP8759212831/url/like-pickle_juice_on-a-cookie-eleanor.pdf](https://scan.ikere-west.mlga.ek.gov.ng/TXT/yp242607/6260YP8759212831/url/like-pickle_juice_on-a-cookie-eleanor.pdf)

<https://scan.ikere->

[west.mlga.ek.gov.ng/EBOOK/212831/31625DN/find/the__gluten_wheat_and_dairy-free_cookbook_over_200__allergy_free-recipes-from-the__sensitive_gourmet-over_200-allergy_free_recipes_from_the_recipes_to_help_you-fight_food_allergies-and.pdf](https://scan.ikere-west.mlga.ek.gov.ng/EBOOK/212831/31625DN/find/the__gluten_wheat_and_dairy-free_cookbook_over_200__allergy_free-recipes-from-the__sensitive_gourmet-over_200-allergy_free_recipes_from_the_recipes_to_help_you-fight_food_allergies-and.pdf)

<https://scan.ikere->

[west.mlga.ek.gov.ng/PUB/212831/G2803K6034/goto/the__feedback_loop_books_4-6-a_sci__fi-litrpg-series-the_feedback_loop_box_set_book_2.pdf](https://scan.ikere-west.mlga.ek.gov.ng/PUB/212831/G2803K6034/goto/the__feedback_loop_books_4-6-a_sci__fi-litrpg-series-the_feedback_loop_box_set_book_2.pdf)

<https://scan.ikere->

[west.mlga.ek.gov.ng/CHAPTER/240726/C292989A35/link/liquid_intelligence-the__art_and_science_of-the_perfect_cocktail.pdf](https://scan.ikere-west.mlga.ek.gov.ng/CHAPTER/240726/C292989A35/link/liquid_intelligence-the__art_and_science_of-the_perfect_cocktail.pdf)

<https://scan.ikere->

[west.mlga.ek.gov.ng/TXT/bm242607/81M3613B36212831/visit/king-security.pdf](https://scan.ikere-west.mlga.ek.gov.ng/TXT/bm242607/81M3613B36212831/visit/king-security.pdf)

<https://scan.ikere->

[west.mlga.ek.gov.ng/EPDF/db/D233B81421260724/link/better__than-a_dream.pdf](https://scan.ikere-west.mlga.ek.gov.ng/EPDF/db/D233B81421260724/link/better__than-a_dream.pdf)

<https://scan.ikere->

[west.mlga.ek.gov.ng/EBOOK/240726/55RT679317/search/beast__a_prydain_novel_book__1.pdf](https://scan.ikere-west.mlga.ek.gov.ng/EBOOK/240726/55RT679317/search/beast__a_prydain_novel_book__1.pdf)

<https://scan.ikere->

[west.mlga.ek.gov.ng/PAGE/212831/L79198O348/upload/a_matter-of-trust__a-christian_romance_blackthorpe_security_book_3.pdf](https://scan.ikere-west.mlga.ek.gov.ng/PAGE/212831/L79198O348/upload/a_matter-of-trust__a-christian_romance_blackthorpe_security_book_3.pdf)

<https://scan.ikere->

[west.mlga.ek.gov.ng/RTF/qd242607/D183172Q98212831/mirror/billionaires-in-love_billionaires-in_love-box__set-book-3.pdf](https://scan.ikere-west.mlga.ek.gov.ng/RTF/qd242607/D183172Q98212831/mirror/billionaires-in-love_billionaires-in_love-box__set-book-3.pdf)

<https://scan.ikere->

[west.mlga.ek.gov.ng/BOOK/K20H547/212831240726/list/davina-s__smart-carbs_eat__carbs-and_still_lose-weight-with_my_amazing_5_week_smart_carb_plan.pdf](https://scan.ikere-west.mlga.ek.gov.ng/BOOK/K20H547/212831240726/list/davina-s__smart-carbs_eat__carbs-and_still_lose-weight-with_my_amazing_5_week_smart_carb_plan.pdf)