+L,¶P'HERNL&KDNUDYDUWL,¶PDVFLHQFHHGXFDWRU DQGWRGD\ZH¶UHJRLQJWRWDONDERXWW KH

SHRSOHZKRPDNHXSSXEOLFKHDOWK

,I\RX¶YHZDWFKHGVRPHRIRXURWKHUYLGHRVLQWKLVVHULHV\RXPLJKWWKLQNWKDWMXVWDERXW

HYHU\WKLQJLVSDUW RISXEOLF KHDOWK

7KDW¶VEHFDXVHW KHJRDORISXEOLFKHDOWKLVWRSURWHFWWKHKHDOWKRISHRSOHZKHUHYHUWKH\OLYH

OHDUQ ZRUNDQGPRUH$QGHYHU\RQHIURPILUVWUHVSRQGHUVWRUHVWDXUDQW LQVSHFWRUV KDVD SDUW

W RSOD\

, W¶VDWHDPHIIRUWDQGGLIIHUHQWSXEOLFKHDOWKSURIHVVLRQDOVIXOILOOGLIIHUHQWUROHVWRW DFNOHDELJJHU

LVVXH

7DNHWKHKXPDQSDSLOORPDYLUXVRU+39ZKLFKLVWKHPRVWFRPPRQVH[XDOO\WUDQVPLWWHG

LQIHFWLRQLQWKH866RPHW\SHVRI+39FDQFDXVHFDQFHU LQFOXGLQJWKURDWFDQFHUDQGDQDO

FDQFHU$QG LV$ZKH

VRPHWLPHVVHHPVOLNHDQ RYHUZKHOPLQJWDVNEXWLIZHZRUNWRJHWKHUZHFDQPDNHUHDO

SURJUHVV

7KDQNVIRUZDWFKLQJ7KLVYLGHRLVSDUWRIDVHULHVFUHDWHGE\&RPSOH[O\DQGWKH$PHULFDQ

3XEOLF+HDOW K$VVRFLDW LRQWRVKHGDOLWW OHOLJKWRQWKHLPSRUWDQWZRUNWKDWSXEOLFKHDOWKGRHV7R

OHDUQPRUHYLVLWDSKDRUJ

6RXUFHV

KWWSV ZZZDSKDRUJZKDWLVSXEOLFKHDOWK

KWWSV ZZZSODQQHGSDUHQWKRRGRUJOHDUQVWGVKLYVDIHUVH[KSY

KWWSV ZZZZKRLQWHQQHZVURRPIDFWVKHHWVGHWDLOKXPDQSDSLOORPDYLUXV KSY DQGFHUYLFDOFDQFH

U

KWWSV ZZZEOVJRYRRKOLIHSK\VLFDODQGVRFLDOVFLHQFHHSLGHPLRORJLVWVKWPWDE

KWWSV ZZZKHDOWKDGPLQLVWUDWLRQGHJUHHVFRPVSHFLDOW\DSSOLHGHSLGHPLRORJ\DQGHSLGHPLRORJLFDOUH

VHDUFK

KWWSV FFUFDQFHUJRYQHZVODQGPDUNVDUWLFOHKSYYDFFLQH

KWWSV ZZZSXEOLFKHDOWKGHJUHHVRUJFDUHHUVELRVWDWLVWLFLDQ

KWWSV ZZZEOVJRYRRKFRPPXQLW\DQGVRFLDOVHUYLFHKHDOWKHGXFDWRUVKWPWDE

KWWSV ZZZLVGVFRWODQGRUJ+HDOWK7RSLFV&KLOG+HDOWK3XEOLFDWLRQV  

+395HSRUWSGI

KWWS ZZZKHDOWKVFRWODQGFRPXSORDGVGRFXPHQWV BB*HWSURWHFWHGDJDLQ

VWFDQFHUVFDXVHGE\+396HSWHPEHU(QJOLVKSGI

KWWS ZZZKHDOWKVFRWODQGVFRWQHZV GHFHPEHUYDFFLQDWHJOREDOO\DQGUHGXFHFDQ

FHUFDXVLQJKSYLQVFRWODQG

KWWSV ZZZKSYZRUOGFRPDUWLFOHVSUHYHQWLRQRIKSYLQIHFWLRQDQGDVVRFLDWHGGLVHDVHI

ROORZLQJELYDOHQWKSYYDFFLQDWLRQLQVFRWODQG

DOSW�OH%֠%�OHGX GHFHPEQ࡙DOSWE֠YDOSW