

An Introduction to Mindfulness Meditatio

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Introduction

Welcome to *The Physics of Everyday Things*. This book explores physical principles using simple examples.

We'll examine how: - Motion works - Energy is transferred - Waves behave in sound and light

Basic Principles of Mechanics

Physics begins with motion.

Newton's Laws

1. **Law of Inertia:** An object in motion stays in motion unless acted on by a force.
2. **$F = ma$:** Force equals mass times acceleration.
3. **Action and Reaction:** For every action, there's an equal and opposite reaction.