

pick up book put on table .78m high
use. 1.56 J of energy acceleration is 1.54 m/s²

What is mass?

$$W = F \times d$$

$$F = m \cdot a$$

$$W = m \times a \times d$$

$$m = \frac{W}{a \times d}$$

$$m = \frac{1.56 \text{ J}}{1.54 \text{ m/s}^2 \cdot .78 \text{ m}}$$

~~kg m²/s²~~

.454 Kg/lb

105 ~~lbs~~ $\frac{.454 \text{ (Kg)}}{1 \text{ ~~lb~~}}$