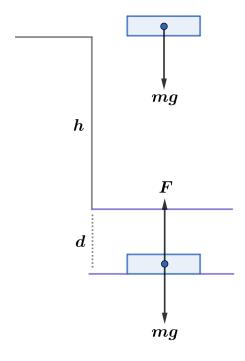
2016 F=ma Exam: Problem 3

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There is no net work done on the textbook since it starts at rest and ends at rest. Gravity does work

$$W_g = mg(h+d)$$

while the snow does work

$$W_s = -Fd$$

Since $W_{\text{tot}} = 0$,

$$W_g + W_s = mg(h+d) - Fd = 0$$

Solving for the retarding force F,

$$F = \frac{mg(h+d)}{d} = \frac{(5 \text{ kg})(10 \text{ m/s}^2)(3 \text{ m} + 1 \text{ m})}{1 \text{ m}} = 200 \text{ N}$$

so the answer is $\boxed{\mathbf{E}}$.