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We are familiar with its symptoms: hot flashes, night sweats, and more. While menopause triggers physical changes, it also brings forth spiritual issues that, for many women, mark a redefinition of the feminine self. To address the impact of menopause, Gabriele Kushi has created a practical guide to dealing with this special time. The author first provides a clear understanding of the overall process of menopause, from biological changes to emotional challenges. She then offers research-based nutritional guidelines that can help relieve menopausal symptoms, as well as healthful kitchen-tested recipes based on a natural foods diet. However, it is the stories and portraits of twenty menopausal women that are the heart and soul of the book. Here is a true companion for any woman who wants to nurture her own spiritual growth, adopt a natural foods diet, and enjoy good health throughout the midlife years.

J. California Cooper writes with a transparent clarity and such exuberant energy that her characters leap off the page, bursting with the stories they've got to tell--stories of simple people, stories of families and fate, of love and marriage, of death and the triumph of the human spirit. Cooper is that most rare and wondrous thing: a true storyteller whose tales trace the energies of life itself. J. California Cooper writes with a transparent clarity and such exuberant energy that her characters leap off the page, bursting with the stories they've got to tell--stories of simple people, stories of families and fate, of love and marriage, of death and the triumph of the human spirit. Cooper is that most rare and wondrous thing: a true storyteller whose tales trace the energies of life itself.

With fugitive parents, a brother dodging loan sharks, a hunky

cop who's made her outlaw family his business, a buff body mover looking to make a move on her and her ex-fiancé back in the picture, Carlotta Wren thought her life couldn't get any more complicated. And then... Her best friend jumps on the body-moving bandwagon. Her fugitive parents phone home. Her identity is stolen by a look-alike. Her look-alike is found, well...dead. Under suspicion for murder, Carlotta discovers that her devious double might've been bumped off accidentally—and that she could be the real target! Throw in dealing with her motley crew of family, friends and wannabe lovers, and Carlotta begins to think that jail isn't such a bad alternative after all.... Look for all six books in Stephanie Bond's Body Movers series, available now from Harlequin MIRA!

With the aid of her Economics of Aging class, Teresa Ghilarducci has compiled this comprehensive sourcebook as a guide through the maze of Social Security and the economics of growing old in America. *What You Need to Know About the Economics of Growing Old (But Were Afraid to Ask)* is divided into five sections. The first section addresses the status of the elderly and explores such issues as the average life expectancy and the number of elderly living in poverty. The second deals with the structure of the Social Security system and its disbursement of benefits. The third traces the economic path to old age. The fourth considers changing social norms, including the increase in the number of women in the workforce. The final section looks at what happens when the elderly work for pay. This book will be valuable from the classroom to the halls of Congress. Simply put, it contains information everyone should know.

Revive Your Spirit Does the abundant Christian life you're "supposed" to have feel more like a chore than reality? Impoverished and stale, is your spirit crying out for

recharging? One of the most powerful voices of the past two hundred years, Andrew Murray wrote extensively about this age-old struggle. This treasury of 365 gems of biblical wisdom is presented here in contemporary English by best-selling author Bruce Wilkinson. Each day will lead you deeper into God's presence. Your spirit is yearning for it. Don't delay. Let these timeless secrets of a more meaningful spiritual life invigorate your soul.

In 1191, fifteen-year-old Tristan, a youth of unknown origin raised in an English abbey, becomes a Templar Knight's squire during the Third Crusade and soon finds himself on a mission to bring the Holy Grail to safety.

Brand meets his dream girl in college—a half-human, half-leopard shapeshifter who cannot shift. Werewolves and cats are natural enemies but the power of their sexual chemistry overwhelms them. She steals his heart and makes him whole. When she abandons him it fractures his world and he knows no woman can ever take her place. Though many seek his attention, he is cold and unattainable. The love they share is soul deep but the fate of Charma's family lies in her hands. The memory of every heated touch they share will cut out both their hearts when she leaves him but to save them all, she must run. After nine years of desolation and heartbreak Charma is back. She risks forfeiting her life to warn Brand of an impending attack but she doesn't hesitate. Brand has her in his arms once more and he will never lose her again.

The lines we once crossed so easily have widened and torn us apart... Once upon a time I thought Finn and I would live happily ever after, but real life doesn't always have a happy ending. He's testing my trust, and I'm losing faith in the man I thought I'd spend the rest of my life with, and there's nothing I can do to stop it. He's the one I trusted to keep me safe, but now he's the source of my greatest pain... Forgiveness is fragile, and some fractures never fully heal... One mistake--a

slip in a moment of weakness--might cost me everything I've worked so hard for. The thing about trust is that it's a lot easier to lose than it is to build. Just as I'm about to give up and surrender to the demons from my past, an unexpected threat reminds me what I'm best at: protecting the woman I love. Whether or not she wants me, I will fight for Carrie and our daughter, and I will keep them safe--no matter the cost. Even if I have to put my life and my heart on the line.

Energy budget near the surface; Radiation balance near the surface; Soil temperatures and heat transfer; Air temperature and humidity in the PBL; Wind distribution in the PBL; An introduction to viscous flows; Fundamentals of turbulence; Near-neutral boundary layers; Thermally stratified surface layer; Evaporation from homogeneous surfaces; Stratified atmospheric boundary layers; Nonhomogeneous ; Agricultural and forest micrometeorology.

A foremost expert on Middle Eastern relations examines Iran's current nuclear potential while charting America's future course of action, recounting the prolonged clash between both nations to outline options for American policymakers. By the author of *The Persian Puzzle*.

Before Season Eight, Joss Whedon brought generations of Slayers and vampires to comics with the help of his acclaimed TV writing team and some of the best artists to ever grace the comics page. Now all those stories, plus selected stories from Season Eight, are collected in one deluxe collection with a new cover by Jo Chen. Joss writes multiple tales: a somber vamp tale, drawn by Cameron Stewart; the story of the first Slayer, drawn by Leinil Yu; and more. *Buffy the Vampire Slayer: Tales* also reprints for the first time new Season Eight stories written by novelist Jackie Kessler (*Hell's Belles*) and awardwinning cartoonist Becky Cloonan (*Demo*), featuring vampires living in the public eye, killing Slayers and killing each other. * This book collects

stories from MySpace Dark Horse Presents #31 and Tales of the Vampires: Carpe Noctem parts 1 and 2; Buffy: Tales of the Vampires oneshot; Buffy the Vampire Slayer: Tales of the Vampires #1#5; Buffy the Vampire Slayer: Tales of the Slayers #1"Broken Bottle of Djinn"; Buffy the Vampire Slayer: Tales of the Slayers TPB. Before Season Eight . . .

The remote town of Broome, the desert and the Kimberley coast - Australia's last frontier and a land of ancient beauty - are the backdrop for Kimberley Sun, the sequel to Di Morrissey's international bestseller, Tears of The Moon. Lily Barton, now 53, is beautiful, adventurous and looking for a life change. Sami, her daughter, is driving alone through the outback to finally, reluctantly, confront her family roots. Together they are swept into a world where myths and reality converge, as they find that everyone they meet has a story to tell. From Farouz, the son of an Afghan camel driver, to Bobby, the Chinese-Aboriginal man who is tangled up in the murder of a German tourist, to Bidy, the survivor from Captain Tyndall and Olivia's era . . . And who is the mysterious artist hiding in the desert? All have a secret and a story to share as each finds their place under the Kimberley sun . . .

The Air Resource Board's "Blue Book" is available exclusively from LexisNexis. The publication includes selections from the following Codes: • Health and Safety • Civil Procedure • Education • Food and Agriculture • Government • Harbors and Navigation • Labor • Public Resources • Revenue and Taxation • Streets and Highways • Vehicle This useful manual also includes a comprehensive table of contents, a table of sections affected by recent legislation, and a professionally prepared index.

'Greenwood's strength lies in her ability to create characters that are wholly satisfying: the bad guys are bad, and the good guys are great' Vogue 1929: Girls are going missing in

Melbourne. Little, pretty golden-haired girls. And not just pretty. Three of them are pregnant, poor girls from the harsh confines of the Magdalene Laundry. People are getting nervous. Polly Kettle, a pushy, self-important Girl Reporter with ambition and no sense of self-preservation, decides to investigate - and promptly goes missing herself. It's time for Phryne and Dot to put a stop to this and find Polly Kettle before something quite irreparable happens to all of them. It's all piracy and dark cellars, convents and plots, murder and mystery . . . and Phryne finally finds out if it's true that blondes have more fun. Praise for Kerry Greenwood: 'Elegant, fabulously wealthy and sharp as a tack, Phryne sleuths with customary panache... [she is] irresistibly charming' The Age 'Phryne Fisher is gutsy and adventurous, and endowed with plenty of grey matter' West Australian 'In a word: delightful' Herald Sun 'Miss Fisher has beauty, brains and oodles of style ... a well-constructed novel that enchants, excites, enthrals and entertains' Good Reading Magazine

Are you having trouble demonstrating to management what a manufacturing execution system (MES) is and what it can do for you? Or do you simply need to justify why you even need a MES? Perhaps you are the executive decision maker and just need some answers. Bianca Scholten, the author of the best-selling book, *The Road to Integration: Applying ISA-95 in Manufacturing*, shares her expertise on the topic in her latest easy-to-read guide to MES. In recent decades, says Scholten, industrial companies have invested much time and money in not only machine and production line automation but also in ERP

(Enterprise Resource Planning) systems. The MES falls between these two layers. Many of the preparatory activities (e.g., detailed production scheduling and recipe management), but also retrospective activities (e.g., data collection, reporting, and analysis) are primitive at best. Ideal for CEOs, CFOs, and managers, Scholten sheds some light on how to get out of this outdated situation using real-world examples and the knowledge gleaned from IT, production managers, and other colleagues who have been through the MES experience. She covers MES selection, company expectations during implementation and initial use of the MES, advice on developing and maintaining a multi-site MES template, and return on investment. She also adds a bird's-eye view of the ISA-95 standard for better communication between systems and their applications.

What drives a man to travel to sixty countries and spend a fortune to count birds? And what if that man is your father? Richard Koeppel's obsession began at age twelve, in Queens, New York, when he first spotted a Brown Thrasher, and jotted the sighting in a notebook. Several decades, one failed marriage, and two sons later, he set out to see every bird on earth, becoming a member of a subculture of competitive bird watchers worldwide all pursuing the same goal. Over twenty-five years, he collected over seven thousand species, becoming one of about ten

people ever to do so. *To See Every Bird on Earth* explores the thrill of this chase, a crusade at the expense of all else—for the sake of making a check in a notebook. A riveting glimpse into a fascinating subculture, the book traces the love, loss, and reconnection between a father and son, and explains why birds are so critical to the human search for our place in the world. “Marvelous. I loved just about everything about this book.”—Simon Winchester, author of *The Professor and the Madman* “A lovingly told story . . . helps you understand what moves humans to seek escape in seemingly strange other worlds.”—Stefan Fatsis, author of *Word Freak* “Everyone has his or her addiction, and birdwatching is the drug of choice for the father of author Dan Koepfel, who writes affectionately but honestly about his father’s obsession.”—*Audubon Magazine* (editor’s choice) “As a glimpse into human behavior and family relationships, *To See Every Bird on Earth* is a rarity: a book about birding that nonbirders will find just as rewarding.”—*Chicago Tribune*

Our understanding of calcium carbonate precipitation within freshwa-ter carbonate systems is being revolutionized by new quantitative ap-proaches at both field and laboratory scale. These systems cover a di-verse range of topical research areas including tufas, speleothems, stro-matolites and microbial processes. Progress by various international research groups has been impressive, with major

contributions to such areas as climate change, absolute dating, carbon sequestration, and biofilm construction and precipitation. A diverse sample of interrelated research is presented that provides a tantalizing glimpse of the inter-play between microbial, geochemical and physical processes that control the development of tufas and speleothems. This volume will provide a cross-disciplinary platform that will stimulate further exchanges about new concepts, methodologies and interpretations associated with freshwater carbonates. In particular, it will help reinforce the importance of cross-discipline research: the driving force behind the new field of Geobiology

Book 1 in Maggie Shayne's Bestselling Wings in the Night Series The Thin Line between Love and Death... In two centuries of living death, vampire Eric Marquand had learned to live with the cruel fate that had condemned him to walk forever in shadow, forever alone. Then he found the woman he knew was meant for him—and understood that to possess her was to destroy her. Against all reason, Tamara Dey saw clearly that her destiny was eternally entwined with Eric's and that she must not only accept but welcome the terror and splendor of the vampire's kiss. She trembled at the thought of spending eternity in his arms, but was her trembling born of desire...or fear? Don't miss a single title in Maggie Shayne's Wings in the Night series: Twilight

Phantasies Twilight Memories Twilight Illusions, with bonus novella "Beyond Twilight" Born in Twilight, with bonus novella "Twilight Vows" Twilight Hunger Embrace the Twilight, with bonus novella "Run from Twilight" Edge of Twilight Blue Twilight, with bonus novella "Before Blue Twilight" Prince of Twilight Demon's Kiss Lover's Bite Angel's Pain Bloodline, with bonus novella "Vampires in Paradise" Twilight Prophecy Twilight Fulfilled

Within the mysteries of the body, especially those who have been murdered, 18th-century anatomist Dr. Thomas Silkstone specializes in uncovering the tell-tale clues that lead towards justice... Newly released from the notorious asylum known as Bedlam, Lady Lydia Farrell finds herself in an equally terrifying position--as a murder suspect--when she stumbles upon the mutilated body of Sir Montagu Malthus in his study at Boughton Hall. Meanwhile Dr. Thomas Silkstone has been injured in a duel with a man who may or may not have committed the grisly deed of which Lydia is accused. Despite his injury, Thomas hopes to clear his beloved's good name by conducting a postmortem on the victim. With a bit of detective work, he learns that Montagu's throat was slit by no ordinary blade, but a ceremonial Sikh dagger from India--a clue that may be connected to the fabled lost mines of Golconda. From the mysterious disappearance of a cursed diamond buried with Lydia's dead husband, to the undying

legend of a hidden treasure map, Thomas must follow a trail of foreign dignitaries, royal agents--and even more victims--to unveil the sinister and shocking secrets in the stones... Praise for *The Devil's Breath* "Excellent...Both literally and figuratively atmospheric, this will appeal to fans of Imogen Robertson's series during the same period." --Publishers Weekly (starred review)

Coaching, training, mentoring and development are all about helping staff to learn, whether it is new knowledge, skills or adapting to the cultural attitudes of the organization. This book critically analyzes the methods and instruments available for those who want to learn and those who want to encourage their employees to learn. It avoids jargon and aims to make the theory and practice of learning more easily understood and therefore accomplished.

A new look at maths without the Boring Bits . . . How many trillions are there in a googol? Which fractions are vulgar? What famous mathematician refused to eat beans? And which one never travelled without his pet spider in an ivory box? Mathematical theorems and equations are inextricably entangled with the great, and often eccentric thinkers who made breakthrough discoveries. Teacher and numbers expert Liz Strachan takes readers beyond the classroom, combining anecdotes, proofs and party tricks to reveal the foundations of algebra, geometry and trigonometry in a clear and

entertaining style. From the Difference Engine to magic squares and from the Fibonacci rabbits to Fermat's Last Theorem, this fascinating tour of the weird world of numbers, imaginary, real or infinite, will appeal to anyone with an enquiring mind.

Learn at your own pace with this proven course for beginners. Learn proper breathing, posture, and warm-up techniques that will keep you singing for a lifetime with confidence and in a variety of styles. Includes practice exercises, demonstrations by professional singers and motivating accompaniments to sing along with.

Presents a collection of mouthwatering dishes suitable for a simple meal for family and friends. This book includes such dishes as Pan-roasted Pumpkin Salad, Smoked Salmon and Egg Tarts, and Mushroom-topped Steaks. It contains twenty recipe cards, each with a shopping list of ingredients, easy instructions and a photo of the finished dish.

From Pulitzer Prize winner Edward Humes comes *Eco Barons*, the story of the remarkable visionaries who have quietly dedicated their lives and their fortunes to saving the planet from ecological destruction. While many people remain paralyzed by the scope of Earth's environmental woes, eco barons—a new and largely unheralded generation of Rockefellers and Carnegies—are having spectacular success saving forests and wildlands, pulling endangered species back from the brink, and pioneering the clean and green technologies needed if life and civilization are to endure. A groundbreaking account that is both revealing and

inspiring, Eco Barons tells of the former fashion magnate and founder of Esprit who has saved more rainforests than any other person and of the college professor who patented the "car that can save the world," the plug-in hybrid. There are the impoverished owl wranglers who founded the nation's most effective environmental group and forced a reluctant President George W. Bush to admit that humans cause global warming. And there is the former pool cleaner to Hollywood stars who became the guiding force behind a worldwide effort to reduce greenhouse gas emissions. At a time when there is no shortage of dire news about the environment, Eco Barons offers a story of hope, redemption, and promise—proof that one person with determination and vision can make a difference.

This study argues that neorealism's visual genius is inseparable from its almost invisible relation to the Fascist past: a connection inscribed in cinematic landscapes. While largely a silent narrative, neorealism's complex visual processing of two decades of Fascism remains the greatest cultural production in the service of memorialization and comprehension for a nation that had neither a Nuremberg nor a formal process of reconciliation. Through her readings of canonical neorealist films, Minghelli unearths the memorial strata of the neorealist image and investigates the complex historical charge that invests this cinema. This book is both a formal analysis of the new conception of the cinematic image born from a crisis of memory, and a reflection on the relation between cinema and memory. Films discussed include *Ossessione*

(1943) Paisà (1946), Ladri di biciclette (1948), and Cronaca di un amore (1950).

One of the most famous figures of the American frontier, Daniel Boone clashed with the Shawnee and sought to exploit the riches of a newly settled region. Despite Boone's fame, his life remains wrapped in mystery. The Boone legend, which began with the publication of John Filson's *The Adventures of Col. Daniel Boone* and continued through modern times with Fess Parker's Daniel Boone television series, has become a hopeless mix of fact and fiction. Born in 1819, archivist Lyman Draper was a tireless collector of oral history and is responsible for much of what we do know about Boone. Particularly interested in frontier history, Draper conducted interviews with the famous and the obscure and collected thousands of manuscripts (he walked hundreds of miles through the South to save historical materials during the Civil War). In an 1851 visit with Boone's youngest son, Nathan, and Nathan's wife, Olive, Draper produced over three hundred pages of notes that became the most important source of information about Daniel. The interviews provide a wealth of accurate, first-hand information about Boone's years in Kentucky, his capture by Indians, his defense of Fort Boonesboro, his lengthy hunting expeditions, and his final years in Missouri. *My Father, Daniel Boone* is an engaging account of one of America's great pioneers, in which Nathan makes a point of separating fact from fiction. From explaining the methods his father used to track game to detailing how land speculation and legal problems from title claims caused Boone to leave

Kentucky and take up residence farther west, Nathan Boone's portrait of his father brings a crucial period in frontier history to life.

Rev. ed. of: Analysis without paralysis: 10 tools to make better strategic decisions. c2008.

"Brings together historians, philosophers, critics, curators, artists, and educators to ask how art is and should be taught. Explores the theories that underwrite art education at all levels, the pertinent history of art education, and the most promising current conceptualizations"--Provided by publisher.

Origins of Pan-Africanism: Henry Sylvester Williams, Africa, and the African Diaspora recounts the life story of the pioneering Henry Sylvester Williams, an unknown Trinidadian son of an immigrant carpenter in the late-19th and early 20th century. Williams, then a student in Britain, organized the African Association in 1897, and the first-ever Pan-African Conference in 1900. He is thus the progenitor of the OAU/AU. Some of those who attended went on to work in various pan-African organizations in their homelands. He became not only a qualified barrister, but the first Black man admitted to the Bar in Cape Town, and one of the first two elected Black borough councilors in London. These are remarkable achievements for anyone, especially for a Black man of working-class origins in an era of gross racial discrimination and social class hierarchies. Williams died in 1911, soon after his return to his homeland,

Trinidad. Through original research, *Origins of Pan-Africanism: Henry Sylvester Williams, Africa, and the African Diaspora* is set in the social context of the times, providing insight not only into a remarkable man who has been heretofore virtually written out of history, but also into the African Diaspora in the UK a century ago.

A plant anatomy textbook unlike any other on the market today. Carol A. Peterson described the first edition as 'the best book on the subject of plant anatomy since the texts of Esau'. Traditional plant anatomy texts include primarily descriptive aspects of structure, this book not only provides a comprehensive coverage of plant structure, but also introduces aspects of the mechanisms of development, especially the genetic and hormonal controls, and the roles of plasmodesmata and the cytoskeleton. The evolution of plant structure and the relationship between structure and function are also discussed throughout. Includes extensive bibliographies at the end of each chapter. It provides students with an introduction to many of the exciting, contemporary areas at the forefront of research in the development of plant structure and prepares them for future roles in teaching and research in plant anatomy.

[Siren Publishing: The Lynn Hagen ManLove Collection: Erotic Alternative Paranormal Cowboy Romantic Suspense, M/M, shape-shifters, capture,

HEA] Stripper is no stranger to using whatever means necessary in order to gain the information he needs. He's been hired to find a missing woman who has the codes Nicolas Reno is after. When Stripper kidnaps Reno and takes him to a place where he plans to torture the man for information, he soon discovers that he just might have the wrong guy. Wilbur Castro has no clue why he's been kidnapped. He wakes tied to a chair in a grungy room with no recollection of the night before. The stranger with hazel eyes keeps calling him Reno and no matter how much Wilbur argues otherwise, the guy isn't listening to him. His captor is convinced that Wilbur is the man in question. When the real Reno goes after Wilbur, intent on stealing the man's identity and life, Wilbur finds himself reaching out to the very man who'd kidnapped him. ** A Siren Erotic Romance

Historically, Filipina/o Americans have been one of the oldest and largest Asian American groups in the United States. In this pathbreaking work of historical scholarship, Dorothy B. Fujita-Rony traces the evolution of Seattle as a major site for Philippine immigration between World Wars I and II and examines the dynamics of the community through the frameworks of race, place, gender, and class. By positing Seattle as a colonial metropolis for Filipina/os in the United States, Fujita-Rony reveals how networks of transpacific trade and militarism encouraged migration to the city, leading to the early

establishment of a Filipina/o American community in the area. By the 1920s and 1930s, a vibrant Filipina/o American society had developed in Seattle, creating a culture whose members, including some who were not of Filipina/o descent, chose to pursue options in the U.S. or in the Philippines. Fujita-Rony also shows how racism against Filipina/o Americans led to constant mobility into and out of Seattle, making it a center of a thriving ethnic community in which only some remained permanently, given its limited possibilities for employment. The book addresses class distinctions as well as gender relations, and also situates the growth of Filipina/o Seattle within the regional history of the American West, in addition to the larger arena of U.S.-Philippines relations.

Biofuel and bioenergy produced from biowastes and biomass is a clean energy source which can be produced renewably. The 21 chapters of this book provide state-of-the-art reviews, current research, and technology developments with respect to 1st, 2nd, and 3rd generation biofuels and bioenergy. The book focuses on the biological/ biochemical pathway, as this option has been reported to be the most cost-effective method for biofuel/bioenergy production. The opening chapter covers the overview of the current status of biofuel and bioenergy production. The rest of the chapters are grouped into seven categories; they cover

biomethane production, microbial fuel cells, feedstock production, preprocessing, biomass pretreatment, enzyme hydrolysis, and syngas fermentation. Algal processes for biofuel production, biobutanol production, bioreactor systems, and value-added processing of biofuel residues are included. This book addresses life cycle analyses (LCA) of 1st and 2nd generation biofuels (from corn, soybean, jatropha, and cellulosic biomass) and the emerging applications of nanotechnology in biofuel/bioenergy production. The book is organized in such a way that each preceding chapter builds a foundation for the following one. At the end of each chapter, current research trends and further research needs are outlined. This is one of the first books in this emerging field of biofuel/bioenergy that provides in-depth technical information on the broad topics of biofuel and bioenergy with extensive illustrations, case studies, summary tables, and up-to-date references. This book will be valuable to researchers, instructors, senior undergraduate and graduate students, decision-makers, professionals, and others interested in the field of biofuel/bioenergy.

Hard-to-find classic provides detailed, authentic coverage of British clothing (civil, royal, and ecclesiastic) from early Saxon era (ca. A.D. 460) to reign of King George III (1820).

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