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Makers of American Machinist's Tools

At Home with May and Axel Vervoordt

An understanding of the developments in classical analysis during the nineteenth century is vital to a full appreciation of the history of twentieth-century mathematical thought. It was during the nineteenth century that the diverse mathematical formulae of the eighteenth century were systematized and the properties of functions of real and complex variables clearly distinguished; and it was then that the calculus matured into the rigorous discipline of today, becoming in the process a dominant influence on mathematics and mathematical physics. This Source Book, a sequel to D. J. Struik's Source Book in Mathematics, 1200-1800, draws together more than eighty selections from the writings of the most influential mathematicians of the period. Thirteen chapters, each with an introduction by the editor, highlight the major developments in mathematical thinking over the century. All material is in English, and great care has been taken to maintain a high standard of accuracy both in translation and in transcription. Of particular value to historians and philosophers of science, the Source Book should serve as a vital reference to anyone seeking to understand the roots of twentieth-century mathematical thought.

Presentation S.O.S.

"In recent years the debate on multiculturalism in the UK and other Western societies has focused principally on Islam, and the specific 'problems' said to be posed by Muslims have been invoked to justify

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the claim that multiculturalism has failed. That claim is opened to scrutiny and challenged in this unique collection through a series of explorations of specific issues and controversies - including the question of the veil, crime, political Islam, the role of Muslim women, sexuality and the Danish cartoons affair - and through more general reflections on the nature of multiculturalism. By exploring the nature of cultural differences and sensitivities and examining the way conflicts have played out, this challenging book makes a wide-ranging contribution to debate and a more constructive inter-cultural engagement. The contributors draw upon the disciplines of social science, ethics, theology, philosophy and education to examine the nature of the issues and flashpoints and to draw out implications for theory, policy and practice." --from back cover.

Great Gals

Discover all that Adobe Dreamweaver CC has to offer! Whether you're looking for a thorough introduction to Dreamweaver or a reliable reference for web design and development work, this proven resource is an ideal choice. ADOBE DREAMWEAVER CC REVEALED combines vibrant, full-color illustrations and clear, step-by-step tutorials to help readers master the industry-standard web development software. In addition to detailed information on the current Dreamweaver interface, features, and functionality, the text includes hands-on projects and real-world case studies to help readers hone their skills and appreciate their professional relevance. The text

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highlights features new to CC and explores cutting-edge web standards and design trends. The author, an experienced design professional and award-winning educator, also emphasizes fundamental web design principles, helping readers develop knowledge and skills that go beyond a specific software package and can serve them well throughout their careers. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

University Planning and Architecture

A university campus is a place with special resonance: conjuring images of cloistered quadrangles and wood-panelled libraries, often echoing centuries of scholarly tradition. And yet it is also a place of cutting-edge science, interactive learning, youth, vibrancy, and energy. It is this dual nature which makes the physical environment of a university so dynamic as well as a highly challenging landscape to design and manage successfully. Today, the scale of the pressures and the rate of change facing higher education institutions are greater than ever. Squeezed public spending, rising tuition fees and the growing education ambitions of developing nations are set against a backdrop of rapid technological progress and changing pedagogies. What are the repercussions for the physical realities of university planning and architecture? And how are university campuses adapting to contend with these pressures? University Trends introduces the most significant, widespread and thought-provoking trends in campus

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design today. Part 1 identifies current trends such as starchitecture, large-scale campus extensions, adaptive re-use, and international branch campuses. Part 2 profiles each trend via highly-illustrated, global case studies of well-publicised as well as lesser-known projects. The essential guide to current and future trends in campus design.

Surreal Photography and Effective Advertising

This study of 30 mothers looks at the varying ways women balance work and family life. It is carried out through intensive interviews and the data is examined from several theoretical standpoints, including structural theory, motherhood theory, and feminist theory. A supplemental text for graduate and advanced undergraduate courses in Family Studies Programs and Women's Studies programs.

How to Never Look Fat Again

Call it power walking, fitness walking, or just plain walking. Indoors or out, walking is one of the healthiest and most rewarding forms of exercise available to all sorts of people, young and old. In fact, walking burns about the same number of calories per mile as running (and it's a lot easier on your knees). Walking is one of the most adaptable workout activities around – you can walk for an hour straight to make your walking program effective and to achieve your goals, or you can accumulate this hour over the course of a day. Fitness Walking For

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Dummies is for anyone who wants to start an exercise program but may not have the knowledge or motivation to do it. If you're already a walking fanatic, you'll find out how to become a better fitness walker. This easy-to-understand guide is also for those who are on track to Lose weight Decrease blood pressure Control cholesterol Relieve stress Prevent heart disease Deal with depression Explore what it takes to begin an exercise program by setting goals, choosing shoes, and considering nutrition to optimize your workout. Fitness Walking For Dummies also covers the following topics and more: Warm-up and cool-down routines Strength training The four levels of walking: Lifestyle, Fitness, High-Energy, Walk-Run Weight-training routines and stretches that add variety Buying and using a treadmill Age, pregnancy, and walking with your dog Dealing with pain and injuries Like 67 million other people in the United States who log over 201 million miles a year, you want to take advantage of all of the great things a regular walking program can do for you. Whether your goal is to improve your health or your appearance, lose weight, get stronger, feel good about yourself, or all of the above, walking can help you get to where you want to go. This book can help you do that by showing you everything you need to know about starting and maintaining a walking program.

Wingfield College and Its Patrons

University Trends

In the wake of Damon Pope's death, there's a power vacuum left all along the West Coast and the Sons of Anarchy are determined to make sure the right crew fills it with whatever force necessary, and deadly force is always on the table.

Power, Process and Participation

The environment of a university – what we term a campus – is a place with special resonance. They have long been the setting for some of history's most exciting experiments in the design of the built environment. Christopher Wren at Cambridge, Le Corbusier at Harvard, and Norman Foster at the Free University Berlin: the calibre of practitioners who have shaped the physical realm of academia is superlative. Pioneering architecture and innovative planning make for vivid assertions of academic excellence, while the physical estate of a university can shape the learning experiences and lasting outlook of its community of students, faculty and staff. However, the mounting list of pressures – economic, social, pedagogical, technological – currently facing higher education institutions is rendering it increasingly challenging to perpetuate the rich legacy of campus design. In this strained context, it is more important than ever that effective use is made of these environments and that future development is guided in a manner that will answer to posterity. This book is the definitive compendium of the prestigious sphere of campus design, envisaged as a tool to help institutional leaders and designers to engage their campus's full potential by revealing the narratives of the world's

most successful, time-honoured and memorable university estates. It charts the worldwide evolution of university design from the Middle Ages to the present day, uncovering the key episodes and themes that have conditioned the field, and through a series of case studies profiles universally-acclaimed campuses that, through their planning, architecture and landscaping, have made original, influential and striking contributions to the field. By understanding this history, present and future generations can distil important lessons for the future. The second edition includes revised text, many new images, and new case studies of the Central University of Venezuela and Indian Institute of Management Ahmedabad.

Feminism and the Politics of Travel After the Enlightenment

USS Relentless

Following the best seller Axel Vervoordt: Timeless Interiors, this volume of twenty new interiors expands on the Vervoordt vision for creating exceptional homes that combine natural elements, antiques, and fine art. The art of harmonious living is extolled in this volume through twenty bespoke interiors designed by the Axel Vervoordt company. Each room incorporates natural elements—light, water, metal, wood—blended with a modern aesthetic and punctuated with fine art. The Vervoordt concept of the home is revealed through a refined balance between art and nature to create timeless living spaces. The range of featured

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properties includes homes by the sea as well as in urban and rural locations, demonstrating a breadth of styles possible within the essential Vervoordt design principles. Photography by Laziz Hamani brings into focus both the unique design details and the carefully constructed interiors that fuse to create each striking setting. These exceptional residences are rich with inspirational ideas to incorporate into your own home so that you can celebrate your living space in the singular Vervoordt style.

Life as Sport

The new groundbreaking style-guide from bestseller author Charla Krupp on how to look 10 pounds lighter, 10 years younger and 10 times sexier every day, all year--in summer, winter, at the gym, even in a swimsuit! You'll never get dressed the same way again once you discover: *smart, easy ways to hide arm flap, a big bust, a muffin top, back fat, Buddha belly, a big booty, wide hips, thunder thighs, and heavy calves--and that's only half the book. *which fabrics, colors, and styles make women look fat *absolutely the best shades, shapes, and brilliant buys to make the pounds invisible *clever solutions for special fashion situations--workout gear, evening wear, and even swimsuits! *which products, fashions, and services you shouldn't waste your money on *the top ten tips that will make you look thinner by tonight! So, if you've ever put on a piece of clothing and asked "Does this make me look fat?" Finally, here is the book that will answer your question.

Just a Spoonful of Laughter Helps the Medicine Go Down

Everything you need to make your next talk a resounding success is right here-even if you dread the thought of approaching a podium! In Presentation S.O.S., renowned communications expert Mark Wiskup gives you a quick, concise, and (yes!) fun way to confidently sell your ideas to any audience. Packed with unique tips and featuring nine easy, painless steps that will transform you into a great presenter, this book shows you how to: Develop a "Power Sound Bite" to grab your listeners' attention and focus your message. Get the most out of PowerPoint-and dodge its pitfalls. Avoid seemingly harmless words and expressions that can turn the audience against you. Finish big with a knock-'em-dead "Power Close." Win the Q&A battle-learn how to handle even the toughest questions and most difficult members of your audience. Book jacket.

The Economics of Regional Clusters

The topic for this book incorporates photography, surrealism and print advertisement by advertisers to garner attention towards the products and services that they promote. The term "Photo-surrealism" is developed by the author in this book. The word "Photo" is derived from the photography technique used in advertising and "Surrealism" from the surrealism style. This book discusses the characteristics of Photo-surrealism style, its importance and effectiveness in print advertising

today.

In Its Corporate Capacity

Provides exercise tips and fitness facts for individuals of all fitness levels, combined with inspirational advice and anecdotes from fitness gurus.

The Two Faces of Islam

GOOD HABITS OF GREAT CHAMPIONS Champions are made in the battles of life. Champions are made of consistent winning streaks. Every champion bears the marks of battle wounds but they never give up. There are habits, daily pursuits and practices these champions possess that make them win in their chosen causes. These core habits explored in this book based on insights from the life of the Master will surely explode your potential to end your life well and impact not only your immediate family but your whole world.

Fitness Walking For Dummies

GRABBING A GOLDEN DREAM WITH GOLDEN GLOVES Does boxing teach anything besides how to club someone into submission? Can it transcend its sordid reputation and instill love, compassion and honor in Americas most troubled kids? In this raw yet uplifting memoir about amateur boxing, author Peter Wood tells of his begrudging return to a world he thought hed left behind. He steps back into the mud of boxing, coaching two troubled teens who dreamas he once

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didof becoming Golden Gloves champions.His compelling story moves far beyond the grunt and sweat of the local gym. It explores the classrooms of a suburban high school and digs through the remains of unhappy childhoods. Its a story about how boxing is a way out, and how it cleanses the soul.This book brings the subculture of amateur boxing up close and weaves a powerful story of redemption, beating demons and battling for glory.

Sw Brit Columbia/n-Washington Exp Map

From celebrated fitness trainer Chris Powell, star of ABC's EXTREME WEIGHT LOSS, comes this inspirational weight loss book to help anyone conquer their weight. You've seen him change lives on television. Now, in Choose to Lose, Powell presents fast and easy workouts, diet guidance, basic recipes, and insight into finding the true transformation mindset. Following his Carb Cycle Solution, you can drop pounds safely and quickly while learning how to listen to your body to optimize your overall health and fitness. Powell's easy-to-follow Carb Cycle Solution contradicts everything you've heard about avoiding carbohydrates in an attempt to lose weight. Not only does Chris encourage you to eat carbs, he will show you how to use them to amplify your weekly weight loss. By cycling between high-carb and low-carb days, your body will alternate boosting metabolism one day and burning fat the next. You will never feel deprived of the foods you love, because you can fine-tune the solution to suit your needs. Powell gives you complete control over your nutrition plus plenty of opportunities

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to indulge, and offers many delicious recipes to help you stay on track. If you work it, the Carb Cycle Solution may very well work for you--for the rest of your life. With detailed exercises and accompanying photographs, as well as guidelines on how to revamp your environment, support system, and more, Powell not only shows you how to lose pounds, but also works with you as a coach and mentor, teaching you how to finally take control of the incredible machine that is your body. His words of encouragement will be there day after day as you build unstoppable momentum, guiding your body toward your ideal weight. Great physical change begins with a psychological one: Change your mind, change your body. - EAT MORE CARBS - BURN FAT - BUILD MUSCLE - QUICK-FIX RECIPES - NO GYM REQUIRED - CHEAT EVERY OTHER DAY

The Tender Years (Prairie Legacy Book #1)

This edited book examines European external interventions in human security, in order to illustrate the evolution and nature of the European Union as a global political actor. In 2003, the EU deployed its first external mission under the European Security and Defence Policy (ESDP) with a military force to the former Yugoslav Republic of Macedonia. Since then it has instigated over 18 civilian and military missions to deal with humanitarian crises all over the world. This book presents a series of eight case studies of external interventions by the EU covering the Balkans, Africa, the Middle East, Afghanistan and

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Indonesia, to illustrate the nature of the EU as a global actor. Using the concept of human security to assess the effectiveness of these missions in meeting the EU's aim of being a 'force for good in the world', this study addresses two key issues: the need for an empirical assessment of EU foreign and security policies based on EU intervention in conflict and post-conflict situations and the idea of 'human security' and how this is applied in European foreign policy. This book will be of great interest to students of European Security, EU politics, human security, post-conflict reconstruction, and IR in general. Mary Kaldor is Co-Director of the Centre for the Study of Global Governance, London School of Economics and Political Science (LSE). Prior to this she worked at Sussex University as Jean Monnet Reader in Contemporary European Studies. Mary Martin is a Research Fellow at the Centre for the Study of Global Governance, the London School of Economics. From 2006-2009 she was co-ordinator of the Human Security Study Group. She was formerly a foreign correspondent and European editor for The Daily Telegraph and Guardian newspapers.

Consumer Reports 2002

Since the 1660s, the Seminary of Montreal -- a French, male religious community -- had been an integral part of the merchant, seigneurial, and clerical elite that dominated Montreal. Its significance in pre-industrial society was strengthened by its role as seigneur of Montreal Island and titular parish priest. The Seminary survived the British conquest, but came

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under increasing attack in the early nineteenth century from industrial producers and large capitalists landlords who resented the Seminary's seigneurial expropriations. By the 1830s, anticlerical elements in the peasantry and other popular classes had joined in the attack.

The European Union and Human Security

If you've not programmed with Transact-SQL, this book is for you. It begins with an overview of SQL Server query operations and tools used with T-SQL, and covers both the 2005 and 2008 releases of SQL Server query tools and the query editor. The book then moves to show you how to design and build applications of increasing complexity. Other important tasks covered include full text indexing, optimizing query performance, and application design and security considerations. The companion website also provides all of the code examples from the book.

Sons of Anarchy #12

The best book on clockmaking now includes color photographs and new designs, from a leaping trout to cars and trucks. Need a kitchen timekeeper? Try a clock shaped like a hamburger or potato basket. Want to create something that will make children smile? Pick a bunny, lamb, or little pig model. The themes range from sports to music, from country and western to barnyard animals, so there's a pattern here for everyone. You'll also find detailed information on the hardware required; tracing, cutting, sanding,

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finishing, and painting techniques; and inserting clock parts. What's more, these clocks make terrific gifts!

Women, Work, and Families

Just a Spoon Full of Laughter is a great read for anyone that's been to a doctor's office and made it out alive. Written by an actual physician, it will keep you in stitches (no pun intended) from one story to the next. See for yourself what could be so funny about the physician office visit. Whether it's recalling his first sigmoidoscopy or performing an autopsy, you'll keep this riveting series of short humorous stories right there in the bathroom for pleasurable reading. You may even find yourself somewhere between the pages. From an author who will never be a New York Times Best Seller, it's a great book for young or old, male or female, professional or not. It's especially ideal for that person in your life who has everything except a sense of humor. It's ideal as a stocking stuffer, white elephant gift or for future yard sales. "The funniest book I ever read." Says Dr. Zhivago "Yes! Yes! Yes!" Says Dr. No

GOOD HABITS OF GREAT CHAMPIONS

Jalil Muntaqim is a former member of the Black Panther Party and the Black Liberation Army. For over forty years, Jalil has been a political prisoner, and one of the New York Three (NY3), in retaliation for his political activism. Escaping the Prism Fade to Black is a collection of Jalil's poetry and essays, written from behind the bars of Attica prison. Combining the

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personal and the political, these texts afford readers with a rare opportunity to get to know a man who has spent most of his life-over forty years-behind bars for his involvement in the Black Liberation Movement of the 1960s and early 1970s. Jalil's poetry deals with a range of themes-spirituality, history, and the struggle for justice; depression, humor, and sexual desire; the pain and loneliness of imprisonment, the ongoing racist oppression of New Afrikan people in the United States, and the need to find meaning in one's life. At the same time, his political essays show him to be as eager as ever to intervene in and grapple with the events of today, always with an eye to concretely improving the lives of the oppressed. Escaping the Prism Fade to Black also includes an extensive examination of the U.S. government's war against the Black Liberation Army in general, and Jalil and the New York Three in particular, by renowned scholar-activist Ward Churchill. In this highly detailed essay, "The Other Kind: On the Integrity, Consistency, and Humanity of Jalil Abdul Muntaqim," Churchill traces this story from the FBI's murderous COINTELPRO repression of the Black Panther Party, through the NEWKILL operation which led to the NY3's incarceration, to the more recent Phoenix Taskforce which orchestrated the re-prosecution of Jalil and other veteran Black activists, in the case of the San Francisco 8. With illustrations by revolutionary prisoner-artists Zolo Agona Azania and Kevin "Rashid" Johnson, as well as various outside artist-activists.

Choose to Lose

Twenty Fathoms Down

Taking the Enlightenment and the feminist tradition to which it gave rise as its historical and philosophical coordinates, *Feminism and the Politics of Travel After the Enlightenment* explores the coincidence of feminist vindications and travel in the late eighteenth and nineteenth centuries, the way travel's utopian dimension and feminism's utopian ideals have intermittently fed off each other in productive ways. Travel's gender politics is analyzed in the works of J.-J. Rousseau, Mary Wollstonecraft, Stéphanie-Félicité de Genlis, Germaine de Staël, Frances Burney, Flora Tristan, Suzanne Voilquin, Gustave Flaubert George Sand, Robyn Davidson, and Sara Wheeler.

The Things We Don't Forget

Since its formation in 1932, Saudi Arabia has been ruled by two interdependent families. The Al Sa'uds control politics and the descendants of Ibn Abd al-Wahhab impose Wahhabism—a violent, fanatical perversion of the pluralistic Islam practiced by most Muslims. Stephen Schwartz argues that Wahhabism, vigorously exported with the help of Saudi oil money, is what incites Palestinian suicide bombers, Osama bin Laden, and other Islamic terrorists throughout the world. Schwartz reveals the hypocrisy of the Saudi regime, whose moderate facade conceals state-sponsored repression and terrorism. He also raises troubling questions about Wahhabi infiltration of America's Islamic community and about U.S. oil companies sanitizing Saudi Arabia's image for the

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West. This sharp analysis and eye-opening expose illuminates the background to the September 11th terrorist attacks and offers new approaches for U.S. policy toward its closest ally in the Middle East.

Beginning T-SQL with Microsoft SQL Server 2005 and 2008

Book 4 of Cowboys & Brides From New York Times and USA Today-bestselling author Carolyn Brown comes a contemporary Western romance filled to the brim with sexy cowboys, gutsy heroines, and genuine down-home Texas twang. Texas rancher Mason Harper's daughters want a new mama in the worst way, and when a beautiful woman in a tattered wedding gown appears on their doorstep, the two little girls adopt her-no ifs, ands, or buts about it. Mason isn't sure about taking in a complete stranger, but Lord knows he needs a nanny, and Annie Rose Boudreau stirs his heart in long-forgotten ways Annie Rose is desperate, and when a tall, sexy cowboy offers her a place to stay, she can't refuse. After all, it's just for a little while. As she settles in deeper, her heart tells her both Mason and her role as makeshift mama suit her just fine. But will Mason feel the same way once her nightmare past catches up with her? Fans of Linda Lael Miller and Diana Palmer will thrill to this moving story of a lonely cowboy and his two little girls finding the family of their dreams. Cowboys & Brides Series: Billion Dollar Cowboy (Book 1) The Cowboy's Christmas Baby (Book 2) The Cowboy's Mail Order Bride (Book 3) How to Marry a Cowboy (Book 4) Praise for Bestselling Contemporary Western

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Romances by Carolyn Brown: "Sizzling Brown imbues her lively story with lots of heart."-Publishers Weekly
"Hilarious a great, entertaining read."-Fresh Fiction
"Writing so expressive I could almost hear the country drawl."-Night Owl Reviewer Top Pick, 4 stars

Escaping the Prism Fade to Black

A saga of the US Navy from the Barbary War of 1803 through the War of 1812. In 1803, a young man joins the crew of what will become the most famous frigate of the early US Navy - USS Constitution. From the sands of North Africa during the first Barbary War, across the aquamarine waters of the Caribbean, we follow the exploits of a young American seaman, Alain de Noux. At the outbreak of the War of 1812, Captain de Noux takes the ship he personally designed to sea to fight the mightiest navy in the world - Britain's Royal Navy. USS Relentless is the newest, largest, fastest frigate in the world, her hull coated in resin that allows her to fly across the waves, her radically-designed sails and special chute-sail that acts as a spinnaker pulls the big frigate along at nearly eighteen knots. Armed with weapons far in advance of its time - steel cannons with rifled barrels that propel shells farther than any cannon on any ship, along with special binoculars that aid lookouts to see at night, USS Relentless is a most lethal ship. The ship also carries high caliber shells that explode on contact and special carcass rounds filled with white phosphorous, consuming any ship it strikes in flames. USS Relentless challenges all ships, including the huge British ships-of-the-line, contemporary

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battleships. Terrorizing the Atlantic for months, Relentless is sent on a more important mission, a mission with no return ticket. She will fly the American flag into combat for the first time across the Indian Ocean, attacking the fat merchant ships of Britain's lucrative East India Company. America does not have the means to invade Britain, but USS Relentless can disrupt her most profitable trade routes. Alain finds success in war and finally meets the woman that will change his world, if only for a short time. In his heart, he knows he will die a young man. It is a race. How many ships can the great raider destroy or capture before the Royal Navy's fleet can destroy her? Along the shoals of the Laccadive Islands, In what the world will call The Battle of the Arabian Sea, USS Relentless must fight an entire fleet in order for Alain to get back to the love of his life.

How to Marry a Cowboy

Covering Great Gals of the past and present as well as quotes, prompts, and ideas to help women create their own great life, "Great Gals" is a daily planner, a diary, a depository for goals, dreams, experiments, and ideas.

Growth and International Trade

A comprehensive study of the mergers affecting the railway industry from 1970 to the present and the relaxation of federal regulations that contributed to them.

A Source Book in Classical Analysis

Daring and defiant there's no stopping diver Hawk Ridley as he takes the plunge into a briny world of untold riches and danger. The Caribbean is a fortune hunter's dream, salted with the gold of galleons long ago claimed by the deep. Now Hawk's headed for the Windward Passage of Haiti to stake his claim. But a rival team has also picked up the scent, and they're willing to turn the sea red with blood to get to the gold first. Fighting off ruthless competitors is nothing new to Hawk but fighting off a beautiful woman is a different story. Is she an innocent stowaway or a seductive saboteur? Between the cool millions lying on the bottom of the ocean, and the boiling-hot race to grab it, Hawk's about to find the answer and make a discovery *Twenty Fathoms Down* that will blow you out of the water. "Primo Pulp Fiction." —Booklist

Islam in the West

Continuing the story from *Love Comes Softly*, the granddaughter of the Davis's experiences a tragedy, she has a crisis of faith.

Railroad Mergers and the Language of Unification

Why do sports captivate people? They allow us to watch human beings achieve peak performance, but, beyond physical strength and skill, what's really impressive is an athlete's mental prowess—their will to succeed, engagement with their environment, and

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self-confidence. In *Life as Sport*, sport psychologist Dr. Jonathan Fader shares the skills that he teaches professional athletes—to enhance motivation, set productive goals, sharpen routines, manage stress, and clarify thought processes—and applies them to real-world situations. Dr. Fader’s book is the product of thousands of hours of conversations with athletes from various teams and sports: power forwards, tennis phenoms, power-hitting outfielders, and battle-scarred linebackers, as well as hedge-fund managers, entrepreneurs, A-list actors, and dozens of other elite achievers in sports, business, and performing arts. It offers a compendium of stories, theories, and techniques that have been helpful to players, coaches, and executives in professional sports. What emerges is more than just a set of techniques, but a life philosophy that anyone can live by: an internal code to help translate our talent and drive toward the highest plateaus of performance. Dr. Fader designs his strategies to be studied, learned, practiced, and improved. He offers his readers the same exercises that he uses in every session with a professional athlete. These exercises help you to get truly engaged, whether you are designing a new business plan, working to inspire a team or individual, or even falling in love. This is what it means to truly live life as sport—to approach it with the same immediacy, wonder, and engagement that athletes feel at their peak during a game. *Life as Sport* helps you to pursue your own goals with an enriched intensity—not only because it creates new potential, but also because it helps you unlock what was always there to begin with.

125 Wood Clock Patterns

The 650th anniversary of the foundation of Wingfield College was the occasion for a special two-day symposium marking the culmination of a three-year UEA-funded research project into the college and castle. The building projects of the late medieval aristocracy focused on their homes and the monasteries, churches or chantry foundations under their patronage where their family were buried and commemorated. This commemoration allowed a visual celebration of their achievements, status and lineage, the scale and prestige of which reflected on the fortunes of the family as a whole. Wingfield is explored in the context of both the actual building of the castle, chantry chapel and the college, and that of the symbolic function of these as a demonstration of aristocratic status. The contributions to this book examine many topics which have hitherto been neglected, such as the archaeology of the castle, which had never been excavated, the complex history of the college's architecture, and the detailed study of the monuments in the church. The latest techniques are used to reconstruct the college and castle, with a DVD to demonstrate these. And the context of the family and its fortunes are explored in chapters on the place of the de la Poles in fifteenth century history, as soldiers, administrators and potential claimants to the throne.

Adobe Dreamweaver Creative Cloud Revealed

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This textbook guides the reader towards various aspects of growth and international trade in a Diamond-type overlapping generations framework. Using the same model type throughout the book, timely topics such as growth with bubbles, debt reduction in rich countries and policies to mitigate climate change are explored. The first part starts from the “old” growth theory and bridges to the “new” growth theory (including R&D and human capital approaches). The second part presents an intertemporal equilibrium theory of inter and intra-sectoral trade and concludes by analyzing the debt mechanics inducing the huge imbalances among eurozone countries. The book is primarily addressed to graduate students wishing to proceed to the analytically more demanding journal literature.

A Clenched Fist

In the same understated, covetable style as her husband's interiors, May Vervoordt's recipes bring out the essence of fresh ingredients in simple yet exceptional dishes. Over the past twenty-five years, Axel and May Vervoordt have cultivated a reputation for excellence in the fields of art, interior design, and entertaining. In this contemporary cookbook, May shares 107 seasonal recipes for entertaining in style. With an emphasis on the essence of individual ingredients and cooking in harmony with the seasons, May—in typical Vervoordt fashion—demonstrates that simplicity is the ultimate sophistication. Her dishes are easy to prepare, original, and healthful, and still allow the home chef time to enjoy the meal with

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guests. Grouped by season, the recipes offer a broad selection for all occasions, from Mango and Sweet Potato Salad or Sesame-Tarragon Chicken to Chocolate Fondant Cake with Pear Sorbet. Close-ups of the recipes are complemented by lifestyle photographs offering a glimpse inside the elegant Vervoordt residence.

The Buzz on Exercise & Fitness

This important new book takes a critical view on regional industry clusters, in particular their identification and formation, and the policies which help create and support them.

Axel Vervoordt

This book focuses on participatory capacity-building in ways that address the practical needs and strategic interests of the disadvantaged and disempowered - it examines how differences in class, ethnicity, race, caste, religion, age and gender lead to the 'politics of exclusion'. It offers innovative, accessible tools to enable facilitators from both inside and outside communities to empower those who are frequently omitted from decision-making processes. The style and approach are interactive, stimulating reflection and involvement by all parties. Power, Process and Participation aims to enable facilitators from inside and outside communities to involve and empower those commonly excluded in decision making processes. It provides a balanced overview of how 'participation' has been used in this context and

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raises the questions that all those involved in this type of activity should ask themselves. There are three distinct sections: Part 1: Definitions, history and issues - which provides an overview of some of the broad issues underlying the themes addressed in this book. A useful brief history is given of well known participatory methodologies and key questions are asked on the use and misuse of 'participation': whose ends does it serve, who is involved and what are the power relations, appropriate time frames and scale and how should it proceed in order to best serve the interests of the people involved? Part 2: Methods and ethics in our research and our use of the mediaN251pp - Whose expertise counts? How is it acknowledged? These are explored in the context of contributors' experience of undertaking research with women in Zimbabwe. Questions of ownership and consent as well as other issues are discussed further in the context of the use of video in participatory communication. Part 3: Tools for environmental and social change - The longest section in the book gives 35 tools and how to use them in facilitating participation. An introductory session explains how to use the section. Tools are cross referenced and for each the purpose, materials, process and estimated time is provided. For a number of the tools, examples of how they have been used in practice are included. Power, Process and Participation describes itself as a manual and although it does not immediately look like one, it is readable, logically arranged and combines instructions on how tools can be used with examples of how they have been used in practice. There are notes on how to use the book and how to choose from the tools offered. This book would be useful to anyone

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looking for both an overview of participation and how it can be used and misused; and guidance on facilitating the process.

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