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2023-11-12

ZACHARY MELANY

The Pseudo-Democrat's Dilemma Emerald Group Publishing
As we become more and more aware that eating good food matters, most of us have little idea of how to feed ourselves so that we can stay active and healthy into old age. In this book, Michael Montignac shows us how.

Heat Rises Cambridge University Press

MMS - an amazing substance that consists of three atoms - can eliminate a large number of pathogens. In this book a medical doctor addresses the subject of MMS for the first time.

Scripta Gelliana Routledge

Visit a train station and create a colorful fold-out scene with all your favorite trains. DK Picture Stickers in favorite themes offer great value and hours of sticker fun in a terrific accordion-page format. Kids can create an exciting scene on one of the poster-size spreads, and then pull it out to hang in a bedroom or playroom. Fun facts accompany each reusable sticker.

Test of creative imagery abilities New Press/ORIM

In the sequel to the New York Times bestselling HEAT WAVE, Richard Castle's new thrilling mystery continues the story of NYPD Homicide Detective, Nikki Heat. Tough, sexy, professional, Nikki Heat carries a passion for justice as she leads one of New York City's top homicide squads. In what's sure to be another smash sensation by blockbuster author Richard Castle, readers will once again follow Nikki Heat and hotshot reporter Jameson Rook as they trade barbs and innuendos all while on the trail of a murderer!

Is Democracy Exportable? Penguin UK

Man-made toxins affect our health, safety, and lives: this book plots an empowering, hopeful path to a safer, cleaner world.

A Manual on Statistics of International Trade in Services Univ of California Press

In this volume leading scholars from North America, Europe and Asia come together to explore the topic of business models that takes the demand side (customers and their engagement) seriously. The first part deals with the model dimension of business models. The second part deals with business models and change.

Montignac Recipes and Menus Farrar, Straus and Giroux

Learn Inner Nurturing and End Emotional Eating If you regularly eat when you're not truly hungry, choose unhealthy comfort foods, or eat beyond fullness, something is out of balance. Recent advances in brain science have uncovered the crucial role that our early social and emotional environment plays in the development of imbalanced eating patterns. When we do not receive consistent and sufficient emotional nurturance during our early years, we are at greater risk of seeking it from external

sources, such as food. Despite logical arguments, we have difficulty modifying our behavior because we are under the influence of an emotionally dominant part of the brain. The good news is that the brain can be rewired for optimal emotional health. When Food Is Comfort presents a breakthrough mindfulness practice called Inner Nurturing, a comprehensive, step-by-step program developed by an author who was herself an emotional eater. You'll learn how to nurture yourself with the loving-kindness you crave and handle stressors more easily so that you can stop turning to food for comfort. Improved health and self-esteem, more energy, and weight loss will naturally follow.

Beyond Free and Fair Rockridge Press

This book comprehensively describes an end-to-end Internet of Things (IoT) architecture that is comprised of devices, network, compute, storage, platform, applications along with management and security components. It is organized into five main parts, comprising of a total of 11 chapters. Part I presents a generic IoT reference model to establish a common vocabulary for IoT solutions. This includes a detailed description of the Internet protocol layers and the Things (sensors and actuators) as well as the key business drivers to realize the IoT vision. Part II focuses on the IoT requirements that impact networking protocols and provides a layer-by-layer walkthrough of the protocol stack with emphasis on industry progress and key gaps. Part III introduces the concept of Fog computing and describes the drivers for the technology, its constituent elements, and how it relates and differs from Cloud computing. Part IV discusses the IoT services platform, the cornerstone of the solution followed by the Security functions and requirements. Finally, Part V provides a treatment of the topic of connected ecosystems in IoT along with practical applications. It then surveys the latest IoT standards and discusses the pivotal role of open source in IoT. "Faculty will find well-crafted questions and answers at the end of each chapter, suitable for review and in classroom discussion topics. In addition, the material in the book can be used by engineers and technical leaders looking to gain a deep technical understanding of IoT, as well as by managers and business leaders looking to gain a competitive edge and understand innovation opportunities for the future." Dr. Jim Spohrer, IBM "This text provides a very compelling study of the IoT space and achieves a very good balance between engineering/technology focus and business context. As such, it is highly-recommended for anyone interested in this rapidly-expanding field and will have broad appeal to a wide cross-section of readers, i.e., including engineering professionals, business analysts, university students, and professors." Professor Nasir Ghani, University of South Florida

The PCOS Plan Greystone Books Ltd

Can democratic states transplant the seeds of democracy into developing countries? What have political thinkers going back to

the Greek city-states thought about their capacity to promote democracy? How can democracy be established in divided societies? This book answers these and other fundamental questions behind the concept known as 'democracy promotion.' Following an illuminating concise discussion of what political philosophers from Plato to Montesquieu thought about the issue, the authors explore the structural preconditions (culture, divided societies, civil society) as well as the institutions and processes of democracy building (constitutions, elections, security sector reform, conflict, and trade). Along the way they share insights about what policies have worked, which ones need to be improved or discarded, and, more generally, what advanced democracies can do to further the cause of democratization in a globalizing world. In other words, they seek answers to the question, Is democracy exportable?

Dine Out and Lose Weight Branch Line Video

Human health is facing unprecedented threats from global environmental change. This book describes the challenges and opportunities to safeguard health.

The Club Cambridge University Press

A brilliant, life-affirming, and hilarious memoir from a "genius" (The New York Times) and master storyteller. With illustrations by Jason Polan. The seven years between the birth of Etgar Keret's son and the death of his father were good years, though still full of reasons to worry. Lev is born in the midst of a terrorist attack. Etgar's father gets cancer. The threat of constant war looms over their home and permeates daily life. What emerges from this dark reality is a series of sublimely absurd ruminations on everything from Etgar's three-year-old son's impending military service to the terrorist mind-set behind Angry Birds. There's Lev's insistence that he is a cat, releasing him from any human responsibilities or rules. Etgar's siblings, all very different people who have chosen radically divergent paths in life, come together after his father's shivah to experience the grief and love that tie a family together forever. This wise, witty memoir—Etgar's first nonfiction book published in America, and told in his inimitable style—is full of wonder and life and love, poignant insights, and irrepressible humor.

Planetary Health Disney Electronic Content

Publisher Description

The Market-Driven Supply Chain Llewellyn Worldwide

"Based on years of personal trial and error and professional experience working with renowned medical practitioners as well as advising clients undergoing different treatment stages, Kristy's guidelines and recipes have been carefully developed and properly tested for the SIBO diet plan. Designed to effectively relieve debilitating symptoms while teaching you to become the first line of authority for your own health..."--Back cover.

The White Lioness Hyperion

This title explores what an amazing thing the human body is. It looks at different parts of the body, and how they work. The book also explains how the human body needs support from its owner. This includes eating nutritious foods, exercising, getting enough sleep and fresh air. Illness is also looked at, and how every little illness you get helps to support your body's ability to fight disease later on. Notes for parents and teachers at the back of the book provide valuable advice for how to share this book with your child or class. Suitable for Key Stage 1 (ages 5-7), occasional prompts throughout the text give a chance to discuss the issue being raised. Written by trained psychotherapist, journalist and parent, and illustrated by an experienced children's book artist, this is a part of an acclaimed and successful, long-running series of picture-book non-fiction books for Early Years. Books in the series give advice and promote interaction between children, parents and teachers on a wide variety of personal, social and

emotional issues. They are excellent tools for teachers to use during classroom discussions.

Internet of Things From Hype to Reality Wydawnictwo Liberi Libri
Argues that healthy, educated people are the world's most important resource and that the world's poor have not been adequately helped by foreign aid because of the misunderstandings of donor governments

The Fifth Woman Hachette UK

A New York real estate tycoon plunges to his death on a Manhattan sidewalk. A trophy wife with a past survives a narrow escape from a brazen attack. Mobsters and moguls with no shortage of reasons to kill trot out their alibis. And then, in the suffocating grip of a record heat wave, comes another shocking murder and a sharp turn in a tense journey into the dirty little secrets of the wealthy. Secrets that prove to be fatal. Secrets that lay hidden in the dark until one NYPD detective shines a light. Mystery sensation Richard Castle, blockbuster author of the wildly best-selling Derrick Storm novels, introduces his newest character, NYPD Homicide Detective Nikki Heat. Tough, sexy, professional, Nikki Heat carries a passion for justice as she leads one of New York City's top homicide squads. She's hit with an unexpected challenge when the commissioner assigns superstar magazine journalist Jameson Rook to ride along with her to research an article on New York's Finest. Pulitzer Prize-winning Rook is as much a handful as he is handsome. His wise-cracking and meddling aren't her only problems. As she works to unravel the secrets of the murdered real estate tycoon, she must also confront the spark between them. The one called heat.

Fat Cow, Fat Chance Woodrow Wilson Center Press

In the third book of the New York Times bestselling Nikki Heat series, following HEAT WAVE and NAKED HEAT, Richard Castle's new thrilling mystery continues the story of NYPD Homicide Detective, Nikki Heat. Tough, sexy, professional, Nikki Heat carries a passion for justice as she leads one of New York City's top homicide squads. In what's sure to be another smash sensation by blockbuster author Richard Castle, readers will once again follow Nikki Heat and hotshot reporter Jameson Rook as they trade barbs and innuendos all while on the trail of a murderer!

The Seven Good Years Cambridge University Press

One of the First Books to Demonstrate the Power of Positive Thoughts Fresh with contemporary relevance, this classic of positive thinking from one of the world's greatest motivational writers offers stirring insights on self-transformation. Based on Emmet Fox's simple message that "thoughts are things" and all potential rests in their creative and constructive use, these thirty-one inspiring essays show how to have it all—health, success, happiness, and a liberated spirit—through the power of constructive thought. First published in 1940, *Power Through Constructive Thinking* has been a never-failing source of strength and renewal for generations of readers.

The MMS Handbook New World Library

'A powerful, poignant tale of dieting and despair.' The Times 'A moving, brutally honest memoir about what it feels like to be fat-shamed.' Mail on Sunday _____ At sixty-four, Jenni Murray's weight had become a disability. She avoided the scales, she wore a uniform of baggy black clothes, refused to make connections between her weight and health issues and told herself that she was fat and happy. She was certainly fat. But the happy part was an Oscar-worthy performance. In private she lived with a growing sense of fear and misery that her weight would probably kill her before she made it to seventy. Interwoven with the science, social history and psychology of weight management, *Fat Cow, Fat Chance* is a refreshingly honest account of what it's like to be fat when society dictates that

skinny is the norm. It asks why we overeat and why, when the weight is finally lost through dieting, do we simply pile the pounds back on again? How do we help young people become comfortable with the way they look? What are the consequences of the obesity epidemic for an already overstretched NHS? And, whilst fat shaming is so often called out, why is it that shouting 'fat cow' at a woman in the street hasn't been included in the list of hate crimes? Fusing politics, science and personal pain, this is a powerful exploration of our battle with obesity.

'Agony and confusion, humour and hope. A beautiful book.' Susie Orbach, author of *Fat is a Feminist Issue* 'A perceptive look at health and happiness.' Sunday Express

[Investment in Human Capital](#) New Press/ORIM

Why did election monitoring become an international norm? Why do pseudo-democrats—undemocratic leaders who present themselves as democratic—invite international observers, even when they are likely to be caught manipulating elections? Is election observation an effective tool of democracy promotion, or is it simply a way to legitimize electoral autocracies? In *The Pseudo-Democrat's Dilemma*, Susan D. Hyde explains international election monitoring with a new theory of

international norm formation. Hyde argues that election observation was initiated by states seeking international support. International benefits tied to democracy give some governments an incentive to signal their commitment to democratization without having to give up power. Invitations to nonpartisan foreigners to monitor elections, and avoiding their criticism, became a widely recognized and imitated signal of a government's purported commitment to democratic elections. Hyde draws on cross-national data on the global spread of election observation between 1960 and 2006, detailed descriptions of the characteristics of countries that do and do not invite observers, and evidence of three ways that election monitoring is costly to pseudo-democrats: micro-level experimental tests from elections in Armenia and Indonesia showing that observers can deter election-day fraud and otherwise improve the quality of elections; illustrative cases demonstrating that international benefits are contingent on democracy in countries like Haiti, Peru, Togo, and Zimbabwe; and qualitative evidence documenting the escalating game of strategic manipulation among pseudo-democrats, international monitors, and pro-democracy forces.