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It's Easier Than You Think Sylvia Boorstein 2011-08-23 Using delightful and deceptively powerful stories from everyday experiences, beloved Buddhist teacher Sylvia Boorstein demystifies spirituality, charts the path to happiness through the Buddha's basic teachings, shows how to eliminate hindrances to clear seeing, and develops a realistic course toward wisdom and compassion. A wonderfully engaging guide, full of humor, memorable insights, and love.

Peppa's Storybook Collection (Peppa Pig) Scholastic, 2017-10-31 Seven Peppa Pig stories in one book! In this timeless hardcover storybook treasury, enjoy seven charming tales about everyone's favorite little piggy, Peppa! From Peppa's first sleepover party to the adventures of Princess Peppa and Sir George the Brave Knight, this collection of classic stories is sure to delight any Peppa Pig fan. This collection includes: The Story of Peppa Pig, Best Friends, George Catches a Cold, Princess Peppa, George's New Dinosaur, Peppa's First Sleepover, and Playtime for Peppa and George.

Peppa Pig: Official Annual 2017 2016-08-04

The Portable Paul and Jane Bowles Paul Bowles 1994

Ukrainian Genealogy John D. Pihach 2007 A guide to tracing one's Ukrainian ancestry in Europe.

Blood on My Hands Kishalay Bhattacharjee 2015-10-15 'You are here to catch militants, so you have to catch militants. This is your business. You can't say, I have a budget of only 30,000, so I can't catch them.' This anonymous confession by an army officer splits wide open the anatomy of staged encounters in India's

northeast, and explains how awards and citations are linked to a body count. Speaking to investigative journalist and conflict specialist Kishalay Bhattacharjee, the confessor tells of the toll this brutality has taken on him. An essay by Bhattacharjee and a postscript that analyses the hidden policy of extra-judicial killings and how it threatens India's democracy contextualize this searing confession. An explosive document on institutionalized human rights abuse.

Stained Glass Rain Bruce Boston 2002-08-19 "Stained Glass Rain is as image dense and metaphysically jam-packed as any acid trip. Yet for all the very accurate descriptions of hallucinatory experience, this book is no more nostalgia trip.... Like LSD itself, the sixties have been demonized and beatified but rarely have they been humanized as fully as in this novel." --Howard V. Hendrix

America, Compromised Lawrence Lessig 2018-11-15 "There is not a single American awake to the world who is comfortable with the way things are." So begins Lawrence Lessig's sweeping indictment of contemporary American institutions and the corruption that besets them. We can all see it—from the selling of Congress to special interests to the corporate capture of the academy. Something is wrong. It's getting worse. And it's our fault. What Lessig shows, brilliantly and persuasively, is that we can't blame the problems of contemporary American life on bad people, as our discourse all too often tends to do. Rather, he explains, "We have allowed core institutions of America's economic, social, and political life to become corrupted. Not by evil souls, but by good souls. Not through crime, but through compromise." Every one of us, every day, making the modest compromises that seem necessary to keep moving along, is contributing to the rot at the core of American civic life. Through case studies of Congress, finance, the academy, the media, and the law, Lessig shows how institutions are drawn away from higher purposes and toward money, power, quick rewards—the first steps to corruption. Lessig knows that a charge so broad should not be levied lightly, and that our instinct

will be to resist it. So he brings copious, damning detail gleaned from years of research, building a case that is all but incontrovertible: America is on the wrong path. If we don't acknowledge our own part in that, and act now to change it, we will hand our children a less perfect union than we were given. It will be a long struggle. This book represents the first steps.

Cold Comfort Lyn Lifshin 1997 Like images of battle on a shield or decorative scars, these poems carry the history of the body with agony and pride, as enduring tokens of what it is to be alive.

Meditation For Dummies® Stephan Bodian 2011-03-03 The popular guide-over 80,000 copies sold of the first edition-now revised and enhanced with an audio CD of guided meditations According to Time magazine, over 15 million Americans now practice meditation regularly. It's a great way to reduce stress, increase energy, and enjoy better health. This fun and easy guide has long been a favorite with meditation newcomers. And now it's even better. For this new edition, author Stephan Bodian has added an audio CD with more than 70 minutes of guided meditations that are keyed to topics in the book, from tuning in to one's body, transforming suffering, and replacing negative patterns to grounding oneself, consulting the guru within, and finding a peaceful place. The book also discusses the latest research on the health benefits of meditation, along with new advice on how to get the most out of meditation in today's fast-paced world. Stephan Bodian (Fairfax, CA and Sedona, AZ) is a licensed psychotherapist and the former editor-in-chief of Yoga Journal. He has written for Fitness, Alternative Medicine, Cooking Light, and Tricycle and is the coauthor of Buddhism For Dummies (0-7645-5359-3).

Relentless Forward Progress Bryon Powell 2013-10-04 Ready to Run an Ultramarathon? When you consider marathons, do you think, "been there, done that"? Like so many others, do you believe that humans were born to run? Do you seek a new challenge that tests your mental and physical limits? If you answered yes to any of these questions, then it's time to read "Relentless Forward Progress" and give ultramarathons a try! Veteran ultramarathoner and coach Bryon Powell shares insider know-ledge about training, racing, fueling, hydration, and much more. In this guide, you'll find: --Daily training plans for races from 50k to 100 miles --A crash course in how to trail run --Advice from some of the world's top ultrarunners --Proven strategies for race day success --Useful approaches for running uphill and downhill --What to look for in ultramarathon gear -- Practical wisdom on speed work --Cross training ideas for running fitness and recovery --Tips on running barefoot --Inspiration to go farther than you've ever gone before

The Runner in Red Tom Murphy 2017-12-11 Set against the backdrop of the 2000 Boston Marathon, the millennial marathon, this fictional novel attempts to solve the mystery of the "Runner in Red."

The Palgrave Handbook of Contemporary Irish Theatre and Performance Eamonn Jordan 2018-09-18 This Handbook offers a multiform sweep of theoretical, historical, practical and personal glimpses into a landscape roughly characterised as contemporary Irish theatre and performance. Bringing together a spectrum of voices and sensibilities in each of its four sections – Histories, Close-ups, Interfaces, and Reflections – it casts its gaze back across the past sixty years or so to recall, analyse, and assess the recent legacy of theatre and performance on this island. While offering information, overviews and reflections of current thought across its chapters, this book will serve most handily as food for thought and a springboard for curiosity. Offering something different in its mix of themes and perspectives, so that previously unexamined surfaces might come to light individually and in conjunction with other essays, it is a wide-ranging and indispensable resource in Irish theatre studies.

How Firm a Foundation David Weber 2011-09-13 Hiding secret agendas from their subjects throughout a terrible war in the Charisian Empire, the Emperor and his inner circle of advisors launch a desperate counter-attack against a corrupt Church of God Awaiting that is complicated by a discovery in the Church's Zion Temple. By the best-selling author of A Mighty Fortress. 150,000 first printing.

Chocolate-Covered Katie Katie Higgins 2015-01-06 What if you CAN eat all of your favorite desserts . . . and still be healthy and fit into your skinny jeans? Meet Katie: a girl who eats chocolate every day and sometimes even has cake for breakfast! When Katie's sugar habit went too far in college and left her lacking energy, she knew something needed to change. So she began developing her own naturally sweet recipes and posting them online. Soon, Katie's healthy dessert blog had become an Internet sensation, with over six million monthly visitors. Now, in her first cookbook, Katie shares over 80 never-before-seen recipes, such as Chocolate Obsession Cake, Peanut Butter Pudding Pops, and Ultimate Unbaked Brownies, that use only real ingredients, without any unnecessary fats, sugars, or empty calories. These desserts prove once and for all that health and happiness can go hand-in-hand-you can have your dessert and eat it, too!

A Mighty Fortress David Weber 2010-04-13 The latest novel in the New York Times-bestselling series begun with Off Armageddon Reef, By Schism Rent Asunder, and By Heresies Distressed. Young Cayleb Ahrmahk

has accomplished things few people could even dream of. Not yet even thirty years old, he's won the most crushing naval victories in human history. He's smashed a hostile alliance of no less than five princedoms and won the hand of the beautiful young Queen Sharleyan of Chisholm. Cayleb and Sharleyan have created the Charisian Empire, the greatest naval power in the history of Safehold, and they've turned Charis into a place of refuge for all who treasure freedom. Their success may prove short-lived. The Church of God Awaiting, which controls most of Safehold, has decreed their destruction. Mother Church's entire purpose is to prevent the very things to which Charis is committed. Since the first attempt to crush the heretics failed, the Church has no choice but to adopt some of the hated Charisian innovations for themselves. Soon a mighty fleet will sail against Cayleb, destroying everything in its path. But there are still matters about which the Church knows nothing, including Cayleb and Sharleyan's adviser, friend, and guardian- the mystic warrior-monk named Merlin Athrawes. Merlin knows all about battles against impossible odds, because he is in fact the cybernetic avatar of a young woman named Nimue Alban, who died a thousand years before. As Nimue, Merlin saw the entire Terran Federation go down in fire and slaughter at the hands of a foe it could not defeat. He knows that Safehold is the last human planet in existence, and that the stasis the Church was created to enforce will be the human race's death sentence if it is allowed to stand. The juggernaut is rumbling down on Charis, but Merlin Athrawes and a handful of extraordinary human beings stand in its path. The Church is about to discover just how potent the power of human freedom truly is, in David Weber's *A Mighty Fortress*. Safehold Series 1. Off Armageddon Reef 2. By Schism Rent Asunder 3. By Heresies Distressed 4. A Mighty Fortress 5. How Firm A Foundation 6. Midst Toil and Tribulation 7. Like A Mighty Army 8. Hell's Foundations Quiver 9. At the Sign of Triumph At the Publisher's request, this title is being sold without Digital Rights Management Software (DRM) applied.

The Secret Life of Jesse James Arthur Winfield Knight 1996-06

The Greatest Inventions of the Past 2,000 Years John Brockman 2000 The responses of some of the world's leading scientists and creative thinkers vary from the computer to the eraser, from movable type to classical music, from the lens to counting systems, from the concepts of free will to democracy.

Crazy Horse Never Died Roxy Gordon 1989

The Last Course Claudia Fleming 2019-11-12 A beautiful new edition of “the greatest dessert book in the

history of the world” (Bon Appétit), featuring 175 timeless recipes from Gramercy Tavern’s James Beard Award–winning pastry chef. NAMED ONE OF THE BEST COOKBOOKS OF THE YEAR BY The New York Times Book Review • The Atlantic • Food Network Claudia Fleming is a renowned name in the pastry world, acclaimed for having set an industrywide standard at New York City’s Gramercy Tavern with her James Beard Award–winning desserts. With *The Last Course*, dessert lovers everywhere will be able to re-create and savor her impressive repertoire at home. Fleming’s desserts have won a range of awards because they embody her philosophy of highly satisfying food without pretension, a perfect balance for home cooks. Using fresh, seasonal ingredients at the peak of their flavor, Fleming creates straightforward yet enchanting desserts that are somehow equal to much more than the sum of their parts. She has an uncanny ability to match contrasting textures, flavors, and temperatures to achieve a perfect result—placing something brittle and crunchy next to something satiny and smooth, and stretching the definition of sweet and savory while retaining an elemental simplicity. *The Last Course* contains 175 mouthwatering recipes that are organized seasonally by fruits, vegetables, nuts, herbs and flowers, spices, sweet essences, dairy, and chocolate. In the final chapter, Fleming suggests how to combine and assemble desserts from the previous chapters to create the ultimate composed desserts. And each chapter and each composed dessert is paired with a selection of wines. Recipes include Raspberry–Lemon Verbena Meringue Cake, Blueberry–Cream Cheese Tarts with Graham Cracker Crust, Cherry Cheesecake Tart with a Red Wine Glaze, Concord Grape Sorbet, Apple Tarte Tatin, Chestnut Soufflés with Armagnac-Nutmeg Custard Sauce, Buttermilk Panna Cotta with Sauternes Gelée, Warm Chocolate Ganache Cakes, and more. Beautifully illustrated with more than eighty color photographs throughout, *The Last Course* is a timeless, one-of-a-kind collection filled with original recipes that will inspire dessert enthusiasts for years to come. Praise for *The Last Course* “While I must admit to being particularly partial to Claudia’s Buttermilk Panna Cotta, every dessert in *The Last Course* made me salivate. Claudia’s inspired recipes are so beautifully transcribed that even the most nervous of home cooks will feel comfortable trying them and will be a four-star chef for the day.”—Daniel Boulud “The Goddess of New American Pastry.”—Elle

The Outlaw Bible of American Poetry Alan Kaufman 1999 Serving as a primer for generational revolt and poetic expression, this collection brings readers the words, visions, and extravagant lives of bohemians, beatniks, hippies, punks, and slackers. 50 photos & illustrations. Readings.

Shadows Before the Maiming Scott C. Holstad 1999-12

Orr Bobby Orr 2013-10-15 Hockey legend Bobby Orr tells his story, from his Ontario childhood to his years with the Bruins and Blackhawks to today in this New York Times bestselling sports memoir. Bobby Orr is often referred to as the greatest defenseman ever to play the game of hockey. But all the brilliant achievements leave unsaid as much as they reveal. They don't tell what inspired Orr, what drove him, what it was like for a shy small-town kid to suddenly land in the full glare of the media. They don't tell what it was like when the agent he regarded as a brother betrayed him and left him in financial ruin. They don't tell what he thinks of the game of hockey today. Now he breaks his silence in a memoir as unique as the man himself.... INCLUDES PHOTOGRAPHS

Patrick Roy Michel Roy 2015-10-01 Reveals the man behind the mask—the triumphs and failures of one of the greatest goaltenders in the history of hockey. In the early 1970s, a young Patrick Roy laced up his hockey skates for the very first time, like thousands of other kids. More than 30 years later, his indomitable will to win and his focus on being the very best brought him four Stanley Cups, three Conn Smythe trophies, three Vezina trophies, and many more individual honors. An incredible hockey talent who was instrumental in changing the very art of goaltending, Roy's success was driven as much by determination and perseverance as by talent. *Patrick Roy: Winning, Nothing Else* brings to life Roy's phenomenal career and unmasks his more mysterious personal side. Michel Roy, the father of this great sports legend, reveals what makes Patrick tick, taking us behind the scenes and into the family life of one of the greatest goaltenders of all time.

The Great Night Chris Adrian 2011-06-02 On Midsummer's Eve three heartsick lovers are trapped in San Francisco's Buena Vista Park. Ill met by moonlight, they are stalked by a psychopathic Puck, in thrall to a beautiful Titania, and ambushed by a homeless musical theatre troupe. Together they must survive a night that might just repair their hearts, if it doesn't destroy them first. Selected by the New Yorker as one of the best young writers in America, Adrian has created a singularly playful, moving and humorous novel - a story that effortlessly crosses the borders between reality and dreams, suffering and magic, and mortality and immortality.

The Family Fang Kevin Wilson 2011-08-09 Mr. and Mrs. Fang called it art. Their children called it mischief. Performance artists Caleb and Camille Fang dedicated themselves to making great art. But when an artist's work lies in subverting normality, it can be difficult to raise well-adjusted children. Just ask Buster and Annie Fang. For as long as they can remember, they starred (unwillingly) in their parents' madcap pieces. But now

that they are grown up, the chaos of their childhood has made it difficult to cope with life outside the fishbowl of their parents' strange world. When the lives they've built come crashing down, brother and sister have nowhere to go but home, where they discover that Caleb and Camille are planning one last performance—their magnum opus—whether the kids agree to participate or not. Soon, ambition breeds conflict, bringing the Fangs to face the difficult decision about what's ultimately more important: their family or their art. Filled with Kevin Wilson's endless creativity, vibrant prose, sharp humor, and keen sense of the complex performances that unfold in the relationships of people who love one another, *The Family Fang* is a masterfully executed tale that is as bizarre as it is touching.

Theories of Flight Simon Morden 2011-05-01 Winner of the 2012 Philip K. Dick Award *Theorem: Petrovitch* has a lot of secrets. Proof: Secrets like how to make anti-gravity for one. For another, he's keeping a sentient computer program on a secret server farm - the same program that nearly destroyed the Metrozone a few months back. *Theorem: The city is broken.* Proof: The people of the OutZone want what citizens of the Metrozone have. And then burn it to the ground. Now, with the heart of the city destroyed by the New Machine Jihad, the Outies finally see their chance. *Theorem: These events are not unconnected.* Proof: Someone is trying to kill Petrovitch and they're willing to sink the whole city to do it.

The Routledge Handbook of Tourism and Hospitality Education Dianne Dredge 2014-10-03 Tourism is much more than an economic sector, it is also a social, cultural, political, and environmental force that drives societal change. Understanding, responding to, and managing this change will inevitably require knowledge workers who are able to address a range of problems associated with tourism, travel, hospitality, and the increasingly complex operating environment within which they exist. The purpose of this Handbook is to provide an insightful and authoritative account of the various issues that are shaping the higher educational world of tourism, hospitality and events education and to highlight the creative, inventive and innovative ways that educators are responding to these issues. It takes as its central focus a dynamic curriculum space shaped by internal and external factors from global to local scales, a variety of values and perspectives contributed by a range of stakeholders, and shifting philosophies about education policy, pedagogy and teaching practice. A benchmark for future curriculum design and development, it critically reviews the development of conceptual and theoretical approaches to tourism and hospitality education. The Handbook is composed of contributions from specialists in the field, is interdisciplinary in coverage and international in scope through its authorship and content. Providing a systematic guide to the current state of knowledge on

tourism and hospitality education and its future direction this is essential reading for students, researchers and academics in Tourism, Hospitality, Events, Recreation and Leisure Studies.

Philographics Genis Carreras 2013 A series of 95 beautiful designs explaining philosophy using simple colors and shapes.

Our Cloaked Minds Michael Packard, Sr 2021-07-13 WARNING! A virus has been detected and it is infecting the minds of many people! Many are not aware of this because they are asymptomatic! This book does a magnificent job identifying this "virus" and puts a big scope on mental health and awareness. This book exposes Facts. "Just Go Google it" is a statement this indie author says throughout the book because he knows the truth shall set you free! This book was written by an African American male, who like many, has suffered from the systematic and racial injustice that is so prevalent in this world and country. The entire human race has been Mentally torn down and broken. Mental Health does not get enough attention! WHY? That may be unknown but MENTAL HEALTH and AWARENESS IS WHAT MATTERS MOST. This book will help EVERYONE Rise up and be FREE from the PSYCHOLOGICAL chains that has many bound. WE SHALL OVERCOME! LIFT EVERY VOICE AND SING!

Duty and Desire Anju Gattani 2020-05 To uphold family honor and tradition, Sheetal Prasad is forced to forsake the man she loves and marry playboy millionaire Rakesh Dhanraj while the citizens of Raigun, India, watch in envy. On her wedding night, however, Sheetal quickly learns that the stranger she married is as cold as the marble floors of the Dhanraj mansion. Forced to smile at family members and cameras and pretend there's nothing wrong with her marriage, Sheetal begins to discover that the family she married into harbors secrets, lies and deceptions powerful enough to tear apart her world. With no one to rely on and no escape, Sheetal must ally with her husband in an attempt to protect her infant son from the tyranny of his family.

The Taste of Mustique Kevin Snook 2007 A book about the food and people of the island of Mustique. It includes recipes which are presented together with stories written by those who live on this 'paradise' and profiles of Mustique landmarks. It includes photographs that illustrate not only the recipes but also various facets of life on the island.

[Performance art in Eastern Europe since 1960](#) Amy Bryzgel 2017-03-17 This volume presents the first

comprehensive academic study of the history and development of performance art in the former communist countries of Central, Eastern and South Eastern Europe since the 1960s. Covering 21 countries and more than 250 artists, this text demonstrates the manner in which performance art in the region developed concurrently with the genre in the West, highlighting the unique contributions of Eastern European artists. The discussions are based on primary source material-interviews with the artists themselves. It offers a comparative study of the genre of performance art in countries and cities across the region, examining the manner in which artists addressed issues such as the body, gender, politics and identity, and institutional critique.

Power to the People Mark V. Tushnet 2021 Power to the People proposes that some forms of populism are inconsistent with constitutionalism, while others aren't. By providing a series of case studies, some organized by nation, others by topic, the book identifies these populist inconsistencies with constitutionalism-and, importantly, when and how they are not. Opening a dialogue for the possibility of a deeper, populist democracy, the book examines recent challenges to the idea that democracy is a good form of government by exploring possibilities for new institutions that can determine and implement a majority's views without always threatening constitutionalism.

Picasso Marina Picasso 2010-12-15 Marina Picasso remembers being six years old and standing awkwardly in front of the gates of Picasso's grand house near Cannes. She was there with her father and eight-year-old brother to collect from her grandfather the weekly allowance that Picasso grudgingly gave his eldest son to support his family. Sometimes they were sent away and on other occasions, the gates would be opened and they would walk into the intimidating, exciting chaos of Picasso's studio to face the man himself and his unpredictable moods. Looking back, Marina can understand why Picasso had so little interest in his grandchildren; but at the time, she and her brother longed for him to love and understand them. Just a few miles away down the Côte d'Azur, they led a hand-to-mouth existence. Her father was a weak man, reliant on his father for everything and her mother lived in her own fantasy world; the family were therefore utterly dependent on Picasso. People assumed they were rich and privileged because they were Picassos and they were to live their lives under the burden of these assumptions. It was this that caused Marina's brother to commit suicide and when her father died Marina found herself in the ironic position of being one of the major heirs to Picasso's estate.

Death Poems Thomas Ligotti 2013-05-09 We are proud to announce the updated version of *Death Poems* by Thomas Ligotti, with a whole new section of poetry titled "Closing Statements". Cover art and internal illustrations by the amazing Richard A. Kirk. Long out of print, *Death Poems* was originally produced in a very small edition by Durtro in 2004. This highly prized collection has been virtually unobtainable until now.

Total Penguins Rick Buker 2010 A comprehensive overview of a classic hockey team includes season-by-season summaries; complete stats; biographies of all Hall of Fame players, coaches, general managers and owners; details of every trade, draft pick and free-agent signing; and much more.

The B2B Social Media Book Kipp Bodnar 2011-12-20 Advance your B2B marketing plans with proven social media strategies. Learn social media's specific application to B2B companies and how it can be leveraged to drive leads and revenue. B2B marketers are undervalued and under appreciated in many companies. Social media and online marketing provide the right mix of rich data and reduction in marketing expenses to help transform a marketer into a superstar. The *B2B Social Media Book* provides B2B marketers with actionable advice on leveraging blogging, LinkedIn, Twitter, Facebook and more, combined with key strategic imperatives that serve as the backbone of effective B2B social media strategies. This book serves as the definitive reference for B2B marketers looking to master social media and take their career to the next level. Describes a methodology for generating leads using social media. Details how to create content offers that increase conversion rates and drive leads from social media. Offers practical advice for incorporating mobile strategies

into the marketing mix. Provides a step-by-step process for measuring the return on investment of B2B social media strategies. The *B2B Social Media Book* will help readers establish a strong social media marketing strategy to generate more leads, become a marketing superstar in the eye of company leaders, and most importantly, contribute to business growth.

In an Uncharted Country Clifford Garstang 2009-08 The award-winning stories that make up this linked collection showcase ordinary men and women in and around Rugglesville, Virginia, as they struggle to find places and identities in their families and the community. They experience natural disasters, a sun-worshipping cult, Vietnam flashbacks, kidnapping, addiction, and loss. The book's opening story, "Flood, 1978," follows Hank, who comes to understand his father's deep sense of grief over the death of his wife. Later, in "Hand-painted Angel," Hank's sons see the family spinning apart as their father ages and family secrets are disclosed. In "The Clattering of Bones," Walt mourns the collapse of his marriage after the loss of a child, but in the collection's title story he recognizes his emotional need for family. The concluding story, "Red Peony," unifies the collection, as many of the book's characters come together for a tumultuous 4th of July Celebration.

Around the World with Peppa 2018-08-28 In this Level 1 reader, Peppa Pig and her family go on an airplane adventure around the world to visit all of Peppa's friends! Based on the hit animated show as seen on Nick Jr. Includes stickers!