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But Will the Planet Notice? Gernot Wagner 2011-09-27 You are one of seven billion people on Earth. Whatever you or I do personally—eat tofu in a Hummer or hamburgers in a Prius—the planet doesn't notice. In our confrontation with climate change, species preservation, and a planet going off the cliff, it is what several billion people do that makes a difference. The solution? It isn't science, politics, or activism. It's smarter economics. The hope of mankind, and indeed of every living thing on the planet, is now in the hands of the dismal science. Fortunately, we've been there before. Economists helped crack the acid rain problem in the 1990's (admittedly with a strong assist from a phalanx of lawyers and activists). Economists have helped get lead out of our gas, and they can explain why lobsters haven't disappeared off the coast of New England but tuna is on the verge of extinction. More disquietingly, they can take the lessons of the financial crisis and model with greater accuracy than anyone else the likelihood of environmental catastrophe, and they can help save us from global warming, if only we let them.

1001 Walks Barry Stone 2018-03-19 1001 Walks You Must Experience Before You Die features wide-ranging, carefully chosen routes varying from the rugged delights of the Pembrokeshire Coastal Path to the wilderness of Jamaica, and the Harz Witches' Trail high up in the German mountains. The hand-picked excursions take in mountain passes, woodland paths, ancient Native-American trails, and much more. There are easy walks for beginners—some lasting barely an hour - and more demanding challenges that may take several weeks to complete. Every fact-packed entry provides a wealth of information about a must-try walk, including essential details about its start and finish points, overall distance, difficulty rating, maps, and the time it should take to complete. In short, 1001 Walks You Must Experience Before You Die is an essential reference book and guide for all those who love to get out of their cars, get off their bikes, and lace up their walking shoes.

All About Passion Stephanie Laurens 2009-03-17 New York Times bestselling Australian author Stephanie Laurens delivers the latest tale in the immensely popular Cynster series. When Chillingworth is elected an 'honorary Cynster' at the end of All About Love, he knows he needs a wife, and an heir. His goal; a simple marriage without romance. He agrees to marry a woman he believes to be pliant and quiet. Unfortunately for him, the woman he thinks is Francesca Rawling is really her cousin, Franni. Francesca herself is proud, passionate and opinionated in short, the perfect bride for a Cynster...

Personality: Classic Theories And Modern Research, 3/E Friedman 2008-09

Liars, Inc. Paula Stokes 2015-03-24 A dark and twisted psychological tale, which Kirkus Reviews called "captivating to the very end" in a starred review—perfect for fans of I Hunt Killers and Gone Girl. Max Cantrell has never been a big fan of the truth, so when the opportunity arises to sell forged permission slips and cover stories to his classmates, it sounds like a good way to make a little money. So with the help of his friend Preston and his girlfriend, Parvati, Max starts Liars, Inc. Suddenly everybody needs something, and the cash starts pouring in. Who knew lying could be so lucrative? When Preston wants his own cover story to go visit a girl he met online, Max doesn't think twice about it. But then Preston never comes home. And the evidence starts to pile up—terrifying clues that lead to Preston's body. Terrifying clues that point to Max as the killer....

Pat the Zoo (Pat the Bunny) Golden Books 2012 While at the zoo Pat the Bunny pets the animals, from a wrinkly elephant to a feathery parrot. On board pages.

Odes Sharon Olds 2016-09-08 'Interspersed with acts of breathtaking linguistic daring.' Charlotte Mendelson, Observer Book of the Year Opening with a powerful and tender 'Ode to the Hymen', Sharon Olds uses this age-old poetic form to address many aspects of herself, in a collection that is centred around the female body and female pleasures, and touches along the way on parts of her own story which will be familiar from earlier works, each episode and memory now burnished by the

wisdom and grace of looking back. In such poems as 'Ode to My Sister', 'Ode of Broken Loyalty', 'Ode to My Whiteness', 'Blow Job Ode', 'Ode to the Last 38 Trees in New York City Visible from This Window', Olds treats us to an intimate self-examination that, like all her work, is universal and by turns searing and charming in its honesty. From the early bodily joys and sorrows of her girlhood to the recent deaths of those dearest to her – the 'Sheffield Mountain Ode' for Galway Kinnell is one of the most stunning pieces here – Olds shapes her world in language that is startlingly fresh, profound in its conclusions, and life-giving for the reader.

Bridge Engineering, Third Edition Jim J. Zhao 2012-04-09 The state of the art in highway bridge engineering Fully updated with the latest codes and standards, including load and resistance factor design (LRFD), Bridge Engineering, Third Edition covers highway bridge planning, design, construction, maintenance, and rehabilitation. This thoroughly revised reference contains cutting-edge analytical, design, and construction practices, the most current information on new materials and methods, and proven, cost-effective maintenance and repair techniques. Real-world case studies and hundreds of helpful photos and illustrations are also included in this practical resource. BRIDGE ENGINEERING, THIRD EDITION FEATURES COMPLETE COVERAGE OF: Highway bridge structures Project inception Project funding Design standards Bridge inspection and site survey Physical testing As-built plans and other record data Superstructure types Deck types Wearing surface types Deck joint types Design loads Design methods Internal forces Load distribution Concrete deck slabs Composite steel members Plate girder design Continuous beams Protecting steel superstructures Load rating Prestressed concrete Substructure design Abutments Piers Bearings Managing the design process Contract documents Bridge management systems

Boyfriends with Girlfriends Alex Sanchez 2011-04-19 Sergio is bisexual, but his only real relationship was with a girl. Lance has always known he was gay, but he's never had a real boyfriend. When the two of them meet, they have an instant connection—but will it be enough to overcome their differences? Allie's been in a relationship with a guy for the last two years—but when she meets Kimiko, she can't get her out of her mind. Does this mean she's gay? Or bi? Kimiko, falling hard for Allie, is willing to stick around and help Allie figure it out. Boyfriends with Girlfriends is Alex Sanchez at his best, writing with a sensitive hand to portray four very real teens striving to find their places in the world—and with each other.

Ellison Wonderland Harlan Ellison 2012-03-05 Originally published in 1962 and re-issued in 1974 and in 1983, Ellison Wonderland contains sixteen stories with copyrights ranging from 1956 to 1961. This edition contains an Introduction written for the 1974 edition and updated for the 1983 edition. This collection was among Ellison's first and it shows a writer with a wide-ranging imagination, ferocious creative energy, devastating wit and an eye for the wonderful and terrifying and tragic. Among the gems are "All The Sounds of Fear", "The Sky is Burning", "The Very Last Day of a Good Woman" and "In Lonely Lands". Though they stand tall on their own merits they also point the way to the sublime stories that followed soon after and continue to come even now, more than forty years later.

Business Intelligence Rajiv Sabherwal 2013-02-19 Business professionals who want to advance their careers need to have a strong understanding of how to utilize business intelligence. This new book provides a comprehensive introduction to the basic business and technical concepts they'll need to know. It integrates case studies that demonstrate how to apply the material. Business professionals will also find suggested further readings that will develop their knowledge and help them succeed.

Blue Legalities Irus Braverman 2020-01-17 The ocean and its inhabitants sketch and stretch our understandings of law in unexpected ways. Inspired by the blue turn in the social sciences and humanities, Blue Legalities explores how regulatory frameworks and governmental infrastructures are made, reworked, and contested in the oceans. Its interdisciplinary contributors analyze topics that range from militarization and Maori cosmologies to island building in the South China Sea and underwater robotics. Throughout, Blue Legalities illuminates the vast and

unusual challenges associated with regulating the turbulent materialities and lives of the sea. Offering much more than an analysis of legal frameworks, the chapters in this volume show how the more-than-human ocean is central to the construction of terrestrial institutions and modes of governance. By thinking with the more-than-human ocean, Blue Legalities questions what we think we know—and what we don't know—about oceans, our earthly planet, and ourselves. Contributors. Stacy Alaimo, Amy Braun, Irus Braverman, Holly Jean Buck, Jennifer L. Gaynor, Stefan Helmreich, Elizabeth R. Johnson, Stephanie Jones, Zsafia Korosy, Berit Kristoffersen, Jessica Lehman, Astrida Neimanis, Susan Reid, Alison Rieser, Katherine G. Sammler, Astrid Schrader, Kristen L. Shake, Phil Steinberg

Welfare Wifey's K'wan 2010-09-28 After the deaths and arrests of his entire crew and an informant-fueled investigation into his past, the man known on the streets as Animal relocates to Texas and finds fame and stardom as the newest act signed to the notorious Big Dawg Entertainment. His girlfriend, Gucci, is thrilled when she gets the news that he's coming back to New York on a promotional tour, but when she discovers the hidden agenda behind his homecoming nothing can prepare her for the life-altering consequences that will come of it. There goes the neighborhood . . . again.

Borders: A Very Short Introduction Alexander C. Diener 2012-08-06 Compelling and accessible, this Very Short Introduction challenges the perception of borders as passive lines on a map, revealing them instead to be integral forces in the economic, social, political, and environmental processes that shape our lives. Highlighting the historical development and continued relevance of borders, Alexander Diener and Joshua Hagen offer a powerful counterpoint to the idea of an imminent borderless world, underscoring the impact borders have on a range of issues, such as economic development, inter- and intra-state conflict, global terrorism, migration, nationalism, international law, environmental sustainability, and natural resource management. Diener and Hagen demonstrate how and why borders have been, are currently, and will undoubtedly remain hot topics across the social sciences and in the global headlines for years to come. This compact volume will appeal to a broad, interdisciplinary audience of scholars and students, including geographers, political scientists, anthropologists, sociologists, historians, international relations and law experts, as well as lay readers interested in understanding current events.

The Naked Emperor Bartho Smit 1982

Business Statistics Wayne W. Daniel 1979-01-01

HSP Math Evan M. Maletsky 2004-02-01

The Flawless Consulting Fieldbook and Companion Peter Block 2012-03-21 Don't venture into the consulting field without this essential Fieldbook & Companion! Following on the heels of the best-selling Flawless Consulting, Second Edition comes The Flawless Consulting Fieldbook and Companion. Whether you work as a consultant or you work with consultants, this relentlessly practical guide will be your best friend as you discover how consulting influences your business- and real life- decisions and those of others. The Flawless Consulting Fieldbook and Companion is packed with: Sample scenarios Case studies Client-consultant dialogues Hands-on tools Action plans Implementation checklists "Wow! A companion a business owner can't be without! The insights of 30 consultants the caliber of Peter Block is priceless." --Sue Mosby, principal, CDFM2 Architecture Inc. "This book is a companion piece for both the desktop and bedside of those who do consulting full time or in their role as leader. I plan to keep this book close to me to both guide and inspire my work." --Phil Harkins, president, Linkage, Inc.

Save Karyn Karyn Bosnak 2012-01-31 What would you do if you owed \$20,000? Would you: a) Not tell your parents? b) Stop colouring your hair, having pedicures and buying Gucci? c) Start your own website that asks for money without apology? If you were Karyn Bosnak, you'd do all three... In New York for the first time, with the dream job and the smart flat, Karyn starts spending...and spending. But when it all goes horribly wrong, and her credit card balance mounts in a terrifying manner, Karyn knows that she has to take control. She starts her website www.savekaryn.com on which she fearlessly asks for donations to help pay off her debts. The website receives over 2 million hits and has replies from all over the world - some supportive, many abusive. But after four months, Karyn has become a new woman- debt-free, grateful and happy. This is the hilarious and touching true story of how she does it.

Buddha at Bedtime Dharmachari Nagaraja 2010-01-01 Building on the age-old art of storytelling, this beautiful book retells 20 ancient Buddhist tales in a way that will aid relaxation and prepare your child for sleep.

The Book of L G. Rozenberg 2012-12-06 This book is dedicated to Aristid Lindenmayer on the occasion of his 60th birthday on November 17, 1985.

Contributions range from mathematics and theoretical computer science to biology. Aristid Lindenmayer introduced language-theoretic models for developmental biology in 1968. Since then the models have been customarily referred to as L systems. Lindenmayer's invention turned out to be one of the most beautiful examples of interdisciplinary science: work in one area (developmental biology) induces most fruitful ideas in other areas (theory of formal languages and automata, and formal power series). As evident from the articles and references in this book, the interest in L systems is continuously growing. For newcomers the first contact with L systems usually happens via the most basic class of L systems, namely, DOL systems. Here "0" stands for zero context between developing cells. It has been a major typographical problem that printers are unable to distinguish between 0 (zero) and O (oh). Thus, DOL was almost always printed with "oh" rather than "zero", and also pronounced that way. However, this misunderstanding turned out to be very fortunate. The wrong spelling "DOL" of "DOL" could be read in the suggestive way: DO L Indeed, hundreds of researchers have followed this suggestion. Some of them appear as contributors to this book. Of the many who could not contribute, we in particular regret the absence of A. Ehrenfeucht, G. Herman and H.A. Maurer whose influence in the theory of L systems has been most significant.

The New One-Page Project Manager Clark A. Campbell 2012-11-30 How to manage any project on just one piece of paper The New One-Page Project Manager demonstrates how to efficiently and effectively communicate essential elements of a project's status. The hands of a pocket watch reveal the time of day without following every spring, cog, and movement behind the face. Similarly, an OPPM template reduces any project—no matter how large or complicated—to a simple one-page document, perfect for communicating to upper management and other project stakeholders. Now in its Second Edition, this practical guide, currently saving time and effort in thousands of organizations worldwide, has itself been simplified, then refined and extended to include the innovative AgileOPPM. This Second Edition will include new material and updates including an introduction of the ground-breaking AgileOPPM and an overview of MyOPPM template builder, available on-line Includes references throughout the book to the affiliated sections in the Project Management Body of Knowledge (PMBOK®) Shows templates for the Project Management Office (PMO) This new and updated Second Edition will help you master the one-page approach to both traditional project management and Agile project management. (PMBOK is a registered marks of the Project Management Institute, Inc.)

Blabac Photo Mike Blabac 2009 A stunning chronicle of a youth movement as seen through the lens of Mike Blabac, a man as dedicated to his craft as he is to the skateboarding lifestyle that has inspired it. Skateboarding is more than a hobby, it is a way of life that shapes everything from music to fashion, video to art. 300 awe-inspiring images communicate the stories of some of skateboarding's finest athletes including Eric Koston and Stevie Williams.

Fallocaust Quil Carter 2014-07-09 Over two hundred and thirty years ago the Fallocaust happened, killing almost everything that lived and creating what is now known as the greywastes. A dead wasteland where cannibalism is a necessity, death your reality, and life before the radiation nothing but pictures in dog-eared magazines. Reaver is a greywaster, living in a small block controlled by a distant ruler said to have started the Fallocaust. He is a product of the savage world he was raised in and prides himself on being cold and cruel. Then someone new to his town catches his eye, someone different than everyone else. Without knowing why he starts to silently stalk him, unaware of where it will lead him.

Noisy Trucks Tiger Tales 2020-09-22 Young readers will love to feel the different textures and hear the truck sounds in this interactive, sturdy board book designed for children ages 3 and up. Includes an on/off switch on the back cover to extend battery life. Touch, feel, and hear the trucks on every page of this sturdy board book. Engaging photographs and appealing textures encourage young readers to explore the exciting world of trucks. Press the touch-and-feels to hear five realistic truck sounds, with a button on the last page to play all five sounds again!

Warship 2019 2019-05-30 For over 40 years, Warship has been the leading annual resource on the design, development, and deployment of the world's combat ships. Featuring a broad range of articles from a select panel of distinguished international contributors, this latest volume combines original research, new book reviews, warship notes, an image gallery, and much more, maintaining the impressive standards of scholarship and research with which Warship has become synonymous. In the 2019 edition of this celebrated title, articles include Hans Lengerer's exploration of the genesis of the Six-Six Fleet, Michele Cosentino's look at

Project 1030, Italy's attempt to create a torpedo-armed attack and ballistic missile submarines, and A D Baker III's drawing feature on the USS Lebanon. Detailed and accurate information is the keynote of all the articles, which are fully supported by plans, data tables and stunning photographs.

Sway Kat Spears 2014-09-16 A YALSA 2015 Best Fiction for Young Adults Pick In Kat Spears's hilarious and often poignant debut, high school senior Jesse Alderman, or "Sway," as he's known, could sell hell to a bishop. He also specializes in getting things people want---term papers, a date with the prom queen, fake IDs. He has few close friends and he never EVER lets emotions get in the way. For Jesse, life is simply a series of business transactions. But when Ken Foster, captain of the football team, leading candidate for homecoming king, and all-around jerk, hires Jesse to help him win the heart of the angelic Bridget Smalley, Jesse finds himself feeling all sorts of things. While following Bridget and learning the intimate details of her life, he falls helplessly in love for the very first time. He also finds himself in an accidental friendship with Bridget's belligerent and self-pitying younger brother who has cerebral palsy. Suddenly, Jesse is visiting old folks at a nursing home in order to run into Bridget, and offering his time to help the less fortunate, all the while developing a bond with this young man who idolizes him. Could the tin man really have a heart after all? A Cyrano de Bergerac story with a modern twist, Sway is told from Jesse's point of view with unapologetic truth and biting humor, his observations about the world around him untempered by empathy or compassion---until Bridget's presence in his life forces him to confront his quiet devastation over a life-changing event a year earlier and maybe, just maybe, feel something again.

Everyday Harumi Harumi Kurihara 2016-06-02 In Everyday Harumi, now reissued as an attractive jacketed paperback, Harumi Kurihara, Japan's most popular cookery writer, selects her favourite foods and presents more than 60 new home-style recipes for you to make for family and friends. Harumi wants everyone to be able to make her recipes and she demonstrates how easy it is to cook Japanese food for every day occasions without needing to shop at specialist food stores. Using many of her favourite ingredients, Harumi presents recipes for soups, starters, snacks, party dishes, main courses and family feasts that are quick and simple to prepare, all presented in her effortless, down-to-earth and unpretentious approach to stylish living and eating. Every recipe is photographed and includes beautiful step-by-step instructions that show key Japanese cooking techniques. Texture and flavour are important to Japanese food and Harumi takes you through the basic sauces you can make at home and the staples you should have in your store cupboard. Photographed by award-winning photographer Jason Lowe, this warm and approachable cookbook invites you to cook and share Japanese food in a simple and elegant style.

Issues in Aging Mark Novak 2015-07-22 Opportunities and optimism in Aging. Issues in Aging, 3rd edition takes an optimistic view of aging and human potential in later life. This book presents the most up-to-date facts on aging today, the issues raised by these facts, and the societal and individual responses that will create a successful old age for us all. Mark Novak presents the full picture of aging--exhibiting both the problems and the opportunities that accompany older age. The text illustrates how generations are dependent on one another and how social conditions affect both the individual and social institutions. Learning Goals -Upon completing this book, readers will be able to: -Understand how large-scale social issues--social attitudes, the study of aging, and demographic issues--affect individuals and social institutions -Identify the political responses to aging and how individuals can create a better old age for themselves and the people they know -Separate the myths from the realities of aging -Recognize the human side of aging -Trace the transformation of pension plans, health, and opportunities for personal expression and social engagement to the new ecology of aging today

Automotive Service Job Sheets for NATEF Task Mastery Chris Hadfield 2011-09-06 Help your students master the skills they need to succeed in the automotive industry, with nearly 200 hands-on lab and shop activities correlated to National Automotive Technicians Education Foundation (NATEF) tasks for all eight Automotive Service Excellence (ASE) systems. With content organized by technology area for convenient reference, this dynamic, full-color manual provides detailed illustrations with step-by-step instructions for all major service, diagnostic, and repair procedures, from engines to electronics. Extensive new and updated material makes the Second Edition of this valuable resource even more useful, with performance-based worksheets covering everything on the current NATEF Task List--more than 450 tasks in all! In addition, integrated assessment and critical thinking questions help students reflect on their work,

enhance their understanding, and develop important real-world skills they can apply as working automotive professionals. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

Contemporary Business 2006 Louis E. Boone 2005 Contemporary Business 2006, is updated and even better than before! Containing the most important introductory business topics, this paperback text also includes the most current information available in any business text, and the best supplementary package in the business. You'll find this new paperback updated edition of Contemporary Business creates excitement about the world of business for your students as well as helping them improve their critical thinking skills. Opening new doors of possibility can be difficult - Contemporary Business, gives students the business language they need to feel confident in taking the first steps toward becoming successful business majors and successful business people. The Best Just Got Better!

Burnham's Celestial Handbook, Volume Two Robert Burnham 2013-04-15 Volume II of a comprehensive three-part guide to celestial objects outside our solar system ranges from Chamaeleon to Orion. Features coordinates, classifications, physical descriptions, hundreds of visual aids. 1977 edition.

Bound Carbohydrates in Nature Leonard Warren 1994-02-17 This 1994 book is based on a series of six lectures delivered at the University of Sienna under the auspices of the Lezioni Lincee. The content of the book reflects and delineates the author's career in biochemical research. The lectures revolve around the special role which bound carbohydrates play in nature. Also discussed are the properties of membrane glycoproteins, involved in the resistance of cells to drugs. The metabolism of sugars and sialic acids, which form a pivotal role in the author's research, are covered in detail. The book chronicles just some of the huge advances which have been made in biochemistry over the past few decades and will prove an invaluable and entertaining first hand account for researchers and graduate students.

Top 10 Seoul DK Travel 2017-06-01 Your Guide to the 10 Best of Everything in Seoul Discover the best of everything South Korea's capital city has to offer with the essential DK Eyewitness Top 10 Travel Guide Seoul. Top 10 lists showcase the best places to visit in Seoul, from Dongdaemun market to the grand royal palace of Gyeongbokgung. Seven easy-to-follow itineraries explore the city's most interesting areas - from the arty district of Insadong to Bukhansan National Park - while reviews of the best hotels, shops and restaurants in Seoul will help you plan your perfect trip.

The Literacy Jigsaw Puzzle Beverly Tyner 2012 Discover how to identify, assemble, and deliver a comprehensive literacy plan that meets the needs of all learners, regardless of ability, in your classroom.

Breathe Belisa Lozano-Vranich 2014-02-14 Using straightforward jargon-free language, BREATHE presents Dr. Belisa's unique approach to breathing exercises. It is a book for people who are looking to address their fatigue, sleeping problems, anxiety, and stress - all of which are worsened by shallow, erratic inefficient breaths and, consequently, suboptimal oxygenation of the body and brain at a cellular level. In addition, the exercises and theory taught in BREATHE will result in better endurance in sports. You'll be taking care of yourself from the inside out. Dr. Belisa's method teaches you to relearn or remember how you used to breathe rather than teach you a skill requiring the attention and motivation that it takes to acquire a new habit. Dr. Belisa asks you put aside ten minutes a day for fourteen days, working from your baseline, and pushing yourself just as you would in a gym or in physical therapy. The result: more energy, less pain, lower cortisol (and control of belly fat), less GI problems, and a better immune system. The explosion of technology, longer hours spent seated at a desk or car, and high levels of daily stress everyone accepts as normal have had a tremendous effect on the way people breathe. This in turn has created or exacerbated medical problems such as high blood pressure, irritable bowel, and insomnia. BREATHE is a primer that covers all the critical core issues related to oxygen, your lungs, and your breathing patterns. It teaches you how to breathe in an anatomically congruous way that maximizes inhaled and exhaled, lung expansion, and ribcage flexibility. Finally, BREATHE is perfect for someone wanting to explore concepts of mindfulness and meditation. If you are looking to improve such brain functions as focusing and problem solving, or if you just want to relax and rejuvenate by quickly ridding yourself of oxidative stress of the day, this book is for you.

Squirrels on Skis J. Hamilton Ray 2013-09-10 This new Beginner Book about manic skiing squirrels---by J. Hamilton Ray with illustrations by Pascal Lemaitre---has the feeling of an old classic read-aloud. "Nobody

knew how the mania grew. First there was one, and then there were two. Three more came gliding from under the trees. LOOK! On the hill. Those are squirrels on skis! Below lay the town, snow-covered and still. Not a sound could be heard. All was silent, until . . . Swwwishhhh swooped the skiers, all dressed for play. Eighty-five squirrels and more on the way!" As you can imagine, the townsfolk are NOT amused. Can intrepid reporter Sally Sue Breeze find out where the squirrels are getting their skis-and make them stop skiing long enough to eat lunch-before pest-control guy Stanley Powers sucks them up in his vacuum device? (Don't worry—Sally triumphs in a most unexpected way.) With delightfully understated, funny illustrations by Pascal Lemaitre, this is the perfect book for beginning readers to curl up and chill out with on a snow day—or any day! Originally created by Dr. Seuss, Beginner Books encourage children to read all by themselves, with simple words and illustrations that give clues to their meaning.

Plain Roots Becki Willis 2018-11 Taryn Clark thought she'd outgrown the need to find her birth mother. She thought that a successful career and a comfortable life in the city were enough to be happy. Did she really need to know about the woman who had given her away? Adopted at birth, her first few years were happy. It hadn't mattered that she didn't know her heritage; she had parents who loved her and wanted her. But divorce, and then death, ripped their tiny family apart, and at the tender age of six, she entered the foster care system. Over the next dozen years, she shuffled from home to home. Finding her roots seemed an impossible dream. But dreams are resilient. An unexpected discovery awakens old yearnings of belonging to a family, of being part of something bigger than herself. Finding the brief, ambiguous note from her birth mother is enough to unfurl the ribbons of hope still binding her heart. Her quest takes her to Lancaster County, Pennsylvania and the heart of the Plain community. Aided by her unique eye color, a healthy dose of luck, and the private investigator she hires, Taryn finds her birth family easily enough, but finding the truth is another matter. In all her musings, she never imagined a scenario where her mother might be Amish. She never imagined that the fabric of her life might be a patchwork of faith and fear, stitched

together with a dark family secret. Taryn is determined to trace her roots, even if it means digging in the mud to do so. Now she's caught in the quicksand of a shocking discovery and the consequences of choices made, almost forty years ago. She'll risk everything to uncover the truth and to claim the family--and the roots--she so desperately craves.

Beans 20 Ways America's Test Kitchen 2020-04-28 Humble beans are the true MVPs of the kitchen. They have a long shelf life, are packed with protein, and best of all, they taste great in a wide variety of applications. This collection of 20 foolproof recipes gives beans their due, putting them center stage in recipes such as Ultracreamy Hummus (you've never had homemade hummus this velvety-smooth) and White Bean and Tuna Salad (two pantry-friendly ingredients come together for a dish that's greater than the sum of its parts). We share the secrets to making light and crispy Falafel as well as irresistible soups and sides. Whether you're looking for breakfast inspiration (our recipe for Scrambled Eggs with Pinto Beans and Cotija Cheese delivers tender eggs with a mildly spicy kick), internationally inspired mains such as Palak Dal (Spinach Dal with Cumin and Mustard Seeds) and Tuscan Shrimp and Beans, or hearty vegetarian dishes such as Black Bean Burgers and Meatless "Meat" Sauce with Chickpeas and Mushrooms, this collection gives you 20 great reasons to put beans on the menu.

Brain Training For Runners Matt Fitzgerald 2007-09-04 Based on new research in exercise physiology, author and running expert Matt Fitzgerald introduces a first-of-its-kind training strategy that he's named "Brain Training." Runners of all ages, backgrounds, and skill levels can learn to maximize their performance by supplying the brain with the right feedback. Based on Fitzgerald's eight-point brain training system, this book will help runners: - Resist running fatigue - Use cross-training as brain training - Master the art of pacing - Learn to run "in the zone" - Outsmart injuries - Fuel the brain for maximum performance Packed with cutting-edge research, real-world examples, and the wisdom of the world's top distance runners, Brain Training for Runners offers easily applied advice and delivers practical results for a better overall running experience.