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Indian Made Easy Amandip Uppal 2016-06-22 This collection of over 140 recipes presents a fresh approach to cooking Indian food, taking you on an amazing spice journey that fits a fast-paced lifestyle. You'll find quick, uncomplicated recipes for Butter Chicken and Prawn Curry, tempting vegetarian dishes, as well as Lamb Kofta with Saffron Creme Fraiche and slowly simmered Beef and Potato Curry. Complete your meal with homemade chutneys, pickles and infused rice, then finish off with a decadent dessert or spiced chai. Special features guide you through making paneer, yoghurt and flatbreads, plus there's a fabulous menu planner and information on pantry staples, must-have spices and alternative ingredients. Indian Made Easy has what you need to create everything from a simple, sumptuous dish to an opulent feast - all filled with the wonderful flavours of India.

Blood and Guts Roy Porter 2003-06-26 Mankind's battle to stay alive is the greatest of all subjects. This brief, witty and unusual book by Britain's greatest medical historian compresses into a tiny span a lifetime spent thinking about millennia of human ingenuity in the quest to cheat death. Each chapter sums up one of these battlefields (surgery, doctors, disease, hospitals, laboratories and the human body) in a way that is both frightening and elating. Startlingly illustrated, A SHORT HISTORY OF MEDICINE is the ideal present for anyone who is keenly aware of their own mortality and wants to do something about it. It is also a wonderful memorial to one of Penguin's greatest historians.

Hospitality Marketing David Bowie 2016-10-04 This introductory textbook shows you how to apply the principles of marketing within the hospitality industry. Written specifically for students taking marketing modules within a hospitality course, it contains examples and case studies that show how ideas and concepts can be successfully applied to a real-life work situation. It emphasizes topical issues such as sustainable marketing, corporate social responsibility and relationship marketing. It also describes the impact that the internet has had on both marketing and hospitality, using a variety of tools including a wide range of internet learning activities. This 3rd Edition has been updated to include: Coverage of hot topics such as use of technology and social media, power of the consumer and effect on decision making, innovations in product design and packaging, ethical marketing and sustainability marketing Updated online resources including: power point slides, test bank of questions, web links and additional case studies New and updated international case studies looking at a broad range of hospitality settings such as restaurants, cafes and hotels New discussion questions to consolidate student learning at the end of each chapter.

Catherine Lim Collection Jim Algie 2011-04-15 Bizarre Thailand takes readers off the well-rutted

road of tourist hotspots into the darkest and sexiest hinterlands. Welcome to a twilight zone where travellers become soldiers and cowboys, a black magician courts politicians and film stars, sacred tortoises mate on the streets of a small town, and Fertility Goddesses are wooed with massive phalluses. In this strange land, nothing is what it seems: a prison becomes a tourist attraction, a 20-storey robot is a building, a man becomes a beauty queen, a Buddhist temple turns into hell on earth, a loving wife is immortalized as the most famous and ferocious of all phantoms, and a serial killer's corpse is reincarnated as a museum exhibit. Bizarre Thailand takes an irreverent look at how the profound, profane and frankly quite odd intertwine with the rhythms and flows of everyday Thai life, paying homage to the quintessential culture of one of Southeast Asia's most captivating destinations.

Butterfly Effect Andy Andrews 2011-06-01 Speaker and New York Times best-selling author Andy Andrews shares a compelling and powerful story about a decision one man made over a hundred years ago, and the ripple effect it's had on us individually, and nationwide, today. It's a story that will inspire courage and wisdom in the decisions we make, as well as affect the way we treat others through our lifetime. Andrews speaks over 100 times a year, and *The Butterfly Effect* is his #1 most requested story.

International Spa Management Sarah Rawlinson 2017-02-28 a sound and thorough guide for all future spa managers looking at all aspects on the successful running of a spa facility. Divided into four parts it discusses the following: • The spa industry • The spa consumer • The business of spas • Future directions

Dare to Be Yourself Alan Cohen 1994 In this powerful map to self-discovery, Alan Cohen draws on sources from Buddhism to the Bible, from Gandhi and Einstein to *A Course In Miracles*, sharing many of his own radiant moments of revelation on the spiritual path. He shows how we can let go of the past, overcome fear, and discover the power of love in our lives. Once we are engaged in the work of truly being ourselves, each challenge becomes an opportunity for growth, each choice a lesson in commitment, each relationship a renewal of God's work. *Dare To Be Yourself* will dramatically enlighten, empower, and enliven you as you awaken to life and love and the unique gifts that are yours to give the world. "Alan Cohen has a rare and precious quality. He inspires happiness, and the message itself is as pure as his heart." -- Hugh Prather

Reunion Planner Phyllis A. Hackleman 2009-06 "...Family reunions, class reunions, service reunions ... A-to-Z guide to reunions that leaves nothing to chance..." --back cover.

Fascial Dysfunction Leon Chaitow 2014-08 Fascial dysfunction is now recognized as one of the main underlying causes of musculoskeletal pain leading to impaired and reduced mobility. These are the symptoms which confront all practitioners of manual therapy in their everyday practice. *Fascial Dysfunction - Manual Therapy Approaches* aims to assess more precisely the dysfunction of their clients and its cause and to increase practitioner awareness of the various techniques which may help them in their attempts to alleviate their clients' problems. --

Anyone Who Thinks There's Safety in Numbers Hasn't Looked at the Stock Market Pages Lambda Publishing 2020-11-08 This notebook features the quote " Anyone who thinks there's safety in numbers hasn't looked at the stock market pages " on the cover, it's perfect for anyone to record ideas, or to use for writing and note-taking. It can be used as a notebook, journal or composition book. Simple and elegant. 108 pages, high quality cover and 6 x 9" inches in size.

On the Night Joey Ramone Died Jim Algie 2018-02-06 Can a fallen rock star rise again? That's the question Lek is forced to ask himself on the night Joey Ramone died. Born on an American military base in Thailand and coming of age during what Francis Ford Coppola called "the first rock and roll war," the Thai musician has to confront his demons of addiction, his poisonous divorce, his deteriorating relationship with his musician son (named after Dee Dee Ramone) and his new career as a boy band producer, as he begins his journey on the rocky road to making a comeback. In the second interconnected novella, "The Genocide Girls and Boys," he meets a younger woman from Norway who is fascinated by extreme metal and the Cambodian genocide. She inspires him to start working on a new album. Smart, pretty and deeply troubled, Edana will push both his

creative and self-destructive streaks to the brink, in a tale marinated in drugs and liquor, and set to a soundtrack that melds everyone from Cannibal Corpse to Chet Baker, and the Carpenters to the Clash, the Replacements, Rolling Stones and the Jesus and Mary Chain. The first paperback edition of the book contains a new 130-page nonfiction section of "Rock Writings and Musical Memoirs" that mixes the author's music journalism with tales from his own career as a trailblazer in Canada's indie-rock scene. "When Punk Turned 40" denotes the movement's backstory, while "My Close Encounters with Rock Stars," features Joe Strummer, the Pixies, Pearl Jam, Soundgarden, Mudhoney, the Jesus and Mary Chain, Ice-T, the Gun Club, Teenage Head, Jim Carroll, Leonard Cohen and "Assholes in Headlining Bands I Barely Met Yet Still Despise." The grand finale, "My Last Show and Worst Onstage Disaster," chronicles a near-death experience the author had during his final gig in Berlin.

Change Your Smile Ronald E. Goldstein 1988 In this second edition of a work on improving the appearance of patients' teeth, there are new sections on bleaching, porcelain laminates, porcelain inlays/onlays, resin-bonded bridges and more.

Understanding the Global Spa Industry Gerry Bodeker 2010-08-20 The spa industry is currently the fastest growing segment of the hospitality and leisure industry with revenues exceeding those from amusement parks, box office receipts, vacation ownership gross sales and ski resort ticket sales. Understanding the Global Spa Industry is the first book to examine management practices in this industry and offers a groundbreaking and comprehensive approach to global spa management, covering everything from the beginnings of the industry through to contemporary management and social and ethical issues. With contributions from internationally renowned business leaders, practitioners and academics, this unique book is packed with case studies, examples and advice for all those working in, and studying, the international spa industry. Understanding the Global Spa Industry brings an analytic lens to the spa movement, examining past, current and future trends and the potential for shaping wellness and health services in the 21st century.

Curing the Incurable MD JD Thomas E Levy 2011-08-01 High-dose vitamin C has been able to cure or contribute to the cure of many common infectious diseases, such as hepatitis and polio. Here's documented evidence that vitamin C is the treatment of choice for many potentially fatal infectious diseases and toxins.

Quiet Time Program 2020-01-07 "Therefore do not be like them. For your Father knows the things you have need of before you ask Him." Matt 6:8 It is with joy and gratitude to God that St. Mark's Coptic Orthodox Church, Sydney, presents the latest instalment in its 'Quiet Time' series. Year after year, there are countless experiences of youth whose lives have been transformed by spending some moments in solitude with God, contemplating on His word. One of the beautiful things about spending quiet time with the Lord, is that is a dynamic, ever-changing experience. In view of this, the structure of the Quiet Time readings this year has been changed. As opposed to previous years - where there was a daily reading program starting on January 1st - the readings will be organised into one or two week blocks. Each block will revolve around a particular theme, and each reading will be accompanied by a meaningful contemplation. It is our prayer that once again, these readings may speak directly into our hearts in this coming year. May the Lord provide the exact messages that we need to hear in this coming year, even before we ask Him.

The Elephant Tourism Business Eric Laws 2020-11-23 Elephant tourism is a growing activity in many countries across Asia and Africa and is popular with tourists from all parts of the world. Elephant tourism has grown rapidly, providing the only viable way for elephants and their owners to survive since the banning of logging. Old logging camps have been developed into sanctuaries for some elephants, but many other camps were established as entertainment centres, resulting in serious welfare issues for the elephants and their mahouts. The profits from elephant tourism in Asia have encouraged African operators to follow a similar business model. This book draws attention to the need for a comprehensive and rigorous focus on local solutions to improve the welfare of captive elephants, their mahouts and local residents, and to enhance tourists'

experiences of elephant tourism.

Isma'ili Modern Jonah Steinberg 2011 The Isma'ili Muslims, a major sect of Shi'i Islam, form a community that is intriguing in its deterritorialized social organization. Informed by the richness of Isma'ili history, theories of transnationalism and globalization, and firsthand ethnographic f

The God Equation Michio Kaku 2021-04-06 'A majestic story' David Bodanis, Financial Times From the international bestselling author of *Physics of the Impossible* and *Physics of the Future* This is the story of a quest: to find a Theory of Everything. Einstein dedicated his life to seeking this elusive Holy Grail, a single, revolutionary 'god equation' which would tie all the forces in the universe together, yet never found it. Some of the greatest minds in physics took up the search, from Stephen Hawking to Brian Greene. None have yet succeeded. In *The God Equation*, renowned theoretical physicist Michio Kaku takes the reader on a mind-bending ride through the twists and turns of this epic journey: a mystery that has fascinated him for most of his life. He guides us through the key debates in modern physics, from Newton's law of gravity via relativity and quantum mechanics to the latest developments in string theory. It is a tale of dazzling breakthroughs and crushing dead ends, illuminated by Kaku's clarity, storytelling flair and infectious enthusiasm. The object of the quest is now within sight: we are closer than ever to achieving the most ambitious undertaking in the history of science. If successful, the Theory of Everything could simultaneously unlock the deepest mysteries of space and time, and fulfil that most ancient and basic of human desires - to understand the meaning of our lives.

When There Were Birds Roy Adkins 2021-11-11 'A marvellously original slice of social history' Daily Mail (Book of the Week) 'The facts and folklore of birdlife, and man's equivocal relationship with birds, are dissected in admirable detail in this handsome new book' Sunday Times Birds are a joy and solace in troubled times, as well as a reminder of past experiences and a symbol of hope for the future. For centuries, they were also seen as a source of food, feathers and even fuel, and being so numerous, many were persecuted as pests. *When There Were Birds* is a social history of Britain that charts the complex connections between people and birds, set against a background of changes in the landscape and evolving tastes, beliefs and behaviour. Birds were once key elements of the nation's history, traditions and sports, and this gave rise to a rich legacy of literature, language and myths. No other group of animals has had such a complex and lengthy relationship with humankind. Birds have been kept in cages as pets, taught to speak and displayed as trophies. More practically, they have been used to tell the time, predict the weather, foretell marriages, provide unlikely cures for ailments, convey messages and warn of poisonous gases. Although very familiar, birds have often seemed strange, sinister and alarming. With their ability to fly, they bridged the gap between the earth and the heavens, and superstitions were rife because they were presumed to be linked to the supernatural. *When There Were Birds* draws together many disparate, forgotten strands to present a story that is an intriguing and unexpectedly significant part of our heritage.

Routledge Handbook of Hospitality Marketing Dogan Gursoy 2017-10-02 This handbook analyzes the main issues in the field of hospitality marketing by focusing on past, present and future challenges and trends from a multidisciplinary global perspective. The book uniquely combines both theoretical and practical approaches in debating some of the most important marketing issues faced by the hospitality industry. Parts I and II define and examine the main hospitality marketing concepts and methodologies. Part III offers a comprehensive review of the development of hospitality marketing over the years. The remaining parts (IV–IX) address key cutting-edge marketing issues such as innovation in hospitality, sustainability, social media, peer-to-peer applications, Web 3.0 etc. in a wide variety of hospitality settings. In addition, this book provides a platform for debate and critical evaluation that enables the reader to learn from the industry's past mistakes as well as future opportunities. The handbook is international in its constitution as it attempts to examine marketing issues, challenges and trends globally, drawing on the knowledge of experts from around the world. Because of the nature of hospitality, which often makes it inseparable from other industries such as tourism, events, sports and even retail, the book has a

multidisciplinary approach that will appeal to these disciplines as well as others including management, human resources, technology, consumer behavior and anthropology.

Fighting Globesity Philip Mills 2007 One of the most significant books to have been written by a New Zealand business leader. Phillip Mills, the Ernst and Young Entrepreneur of the Year and a global exporter of fitness programmes to 71 countries, has spent the last year forming his views on health and fitness and sustainability into an engaging and challenging book, *Fighting Globesity*. All New Zealanders should read it. As Phillip jokes, "What would a couple of gym bunnies know about climate change and sustainability?" As it turns out, rather a lot. Phillip has done wide reading and research in this area over the last few years. From that he has distilled a carefully argued message: we need to get fit and stay fit, we need to consume fewer resources, we need to urgently engage with health and climate change issues - and we can make a difference. In this he may well be a step ahead of many other business thinkers. Accompanied by exercise and training programmes, nutritional information, recipes and more, *FIGHTING GLOBESITY - A Practical Guide To Personal Health And Global Sustainability* combines the Mills's experience to create a cutting-edge lifestyle prescription which will be sustainable for both the individual and the planet.

Rich Girl Poor Girl Pam Sowder 2021-01-05 Pam Sowder needed to bring in extra money for her family but struggled to find a solution that would give her the flexibility that she needed to continue to be an active and present mother. Once she discovered the industry of direct sales, her life changed! No one thought she would succeed, including herself. But, she worked through her doubt and discomfort to create a multimillion-dollar business! Several decades later, Pam has touched hundreds of thousands of people globally. With this book, she shares her wisdom on how you too can go from wanting to earn an extra hundred dollars monthly to millions. In this book, you will learn how to: Find your why Create your dream day Get rid of your internal bully Change your money mindset Get out of your own way Let go of the cursed how And much, much more *Rich Girl Poor Girl* shows you that no obstacle is too difficult to overcome and that the game of direct sales can be won by anyone, from anywhere.

Entrepreneurship in the Arab World El-khazindar Business Research and Case Center 2016-07-06 This collection of case-studies showcases the experiences of ten intriguing entrepreneurial ventures from emerging markets in the Arab world (Egypt, the UAE, Morocco, and Saudi Arabia). Readers will receive an in-depth insight on a variety of localized strategic, managerial, marketing, and innovative approaches and practices, which create unique challenges and opportunities in a region undergoing rapid political, social, and economic transformations. The unique case-studies address different stages within the exciting entrepreneurial cycle, from start-up to growth, sustainability, and international expansion. This casebook is a valuable resource for anyone wanting to know more about launching and sustaining a business within developing Arab economies, as well as being an effective teaching tool for disciplines related to new venture management and entrepreneurship.

Retronesia Tariq Khalil 2017-12 *Retronesia: The Years of Building Dangerously* is the first must-have guide to Indonesia's most creative architectural period. Be inspired by the beauty and verve of 1950s and 60s Indonesia when professional architects were a rarity, but the talent pool was overflowing with adventurers. At a time when retro style revival has never been more popular, *Retronesia* cuts through cultural amnesia to celebrate virtually unknown treasures of mid-century Modernism across the archipelago. This style atlas - systematically examines the cultural and political forces shaping design during 1950 to mid-1960s Indonesia - providing readers with over 50 curated destinations. Going beyond a travel guide, *Retronesia* has crafted oral histories into bite sized biographies to provide compelling accounts of public life and ambition. Carefully photographed, surviving examples cover the world of work, rest and play from classic public housing, futurist state institutions, once luxury townhouses and villas to the faded glamour of volcanic hill station retreats. *Retronesia* is an unmatched resource for anyone wanting to see and

do more with their travels in Indonesia.

Kaplan SSAT & ISEE 2016: For Private and Independent School Admissions Kaplan Test Prep 2015-09-25 Every year, nearly 100,000 students take the Secondary School Admission Test (SSAT) or the Independent School Entrance Examination (ISEE) in order to gain admission to a top private school. Kaplan SSAT & ISEE 2016 provides the perfect mix of strategy and review for students looking to ace these important exams. This comprehensive study guide provides students with all of the resources they need for test day preparation, and gives parents advice on how to help their children navigate what can be a daunting experience for first-time test takers. Kaplan's SSAT & ISEE 2016 also includes: * Six full-length practice tests—three SSATs and three ISEEs—tailored to upper, middle, and lower grade levels * Detailed answer explanations * Hundreds of practice questions covering the most frequently tested material * Intensive, test-specific math and verbal workouts * Customized review sections for important subject areas, including verbal reasoning, mathematics, reading comprehension, and writing * Practical tips for every question type * Proven test-taking strategies to help students score higher

Homeless to Billionaire Andres Pira 2019-05-07 Create Business Legacy Adventure In Homeless to Billionaire, Andres Pira presents eighteen principles for attracting wealth, creating opportunity, and celebrating self-discovery. Inspired by his own massive life changes, Pira's details his business journey from telemarketer to one of Thailand's best-known billionaires. Using his mentors like Bryan Tracy, Jack Canfield and Bob Proctor, Pira puts proven knowledge into action, innovating along the way, using his own employees and clients; through failure and success, the 18 Principles are forged. Uncanny wisdom, from this millennial adventurer turned businessman, is blended with proven research and case studies into powerful lessons. "Do whatever it is you want to do in life. Be whomever you want to be. Go wherever you want to go. Have whatever it is you want to have right now," urges Pira. It's part autobiography, part success workbook, and 100% life lessons. From making employees jump out of airplanes, to summiting mountain tops, Pira details how to move from fear to inspiration, competitiveness to domination, and student to mentor in business. His call to action is for readers to live their legacy every day. "I really enjoyed Homeless To Billionaire. It's a valuable work on wealth-creation that also reads like a thrilling adventure story. Take the time to visit the world of Andres Pira; you'll be richly rewarded for it." Gay Hendricks, Ph.D. Author of The Big Leap www.hendricks.com "This book shares an inspiring, miraculous story that's a must read! It's packed full of Golden Nuggets and proven wealth principles to help you create your own miracle!" Debbie Allen International Speaker & Bestselling Author of The Highly Paid Expert and Success Is EASY "People who want proof that your mind can create reality need to read this inspiring book. Young Andres went from homeless to billionaire. His 18 principles are brilliant. They work!" Bob Proctor

A Class of Their Own Matthew Hammett Knott 2022-02-03 'There are so many laughs in this book, you almost forget how upsetting capitalism is' Simon Amstell A naked Russian oligarch is spanking me in his basement. His weapon is a birch branch, the setting his luxurious home sauna. Above us is 30,000 square feet of one of Moscow's most obscene private homes, an original Damien Hirst above the fireplace, a vacuum cleaning system built into the skirting boards. Invisible speakers serenade us with a desolate pan pipe cover of 'Bridge Over Troubled Water'. A light display rotates kaleidoscopically, illuminating the oligarch's genitals in a variety of unexpected hues. Everyone is silent. Then the oligarch's son Nikita looks at me with a mysterious smile. 'Now my mother will bring us honey.' Matt Knott spent over a decade traveling the globe as a private tutor. He has taught Shakespeare in Moscow, times tables in Tuscany, and is still trying to figure out how to explain long division. With brilliant honesty and wit, he takes us inside a world most of us only glimpse speeding past in a luxury SUV. Unfolding across four continents and featuring a colourful cast of butlers, billionaires and yummy mummies, this is a hilarious and touching chronicle of an unforgettable time.

Mr Five Per Cent Jonathan Conlin 2019-01-10 Winner of the BAC Wadsworth Prize for Business History 2020 When Calouste Gulbenkian died in 1955 at the age of 86, he was the richest man in

the world, known as 'Mr Five Per Cent' for his personal share of Middle East oil. The son of a wealthy Armenian merchant in Istanbul, for half a century he brokered top-level oil deals, concealing his mysterious web of business interests and contacts within a labyrinth of Asian and European cartels, and convincing governments and oil barons alike of his impartiality as an 'honest broker'. Today his name is known principally through the Gulbenkian Foundation in Lisbon, to which his spectacular art collection and most of his vast wealth were bequeathed. Gulbenkian's private life was as labyrinthine as his business dealings. He insisted on the highest 'moral values', yet ruthlessly used his wife's charm as a hostess to further his career, and demanded complete obedience from his family, whom he monitored obsessively. As a young man he lived a champagne lifestyle, escorting actresses and showgirls, and in later life - on doctor's orders - he slept with a succession of discreetly provided young women. Meanwhile he built up a superb art collection which included Rembrandts and other treasures sold to him by Stalin from the Hermitage Museum. Published to mark the 150th anniversary of his birth, Mr Five Per Cent reveals Gulbenkian's complex and many-sided existence. Written with full access to the Gulbenkian Foundation's archives, this is the fascinating story of the man who more than anyone else helped shape the modern oil industry.

Medical Hydrology Sidney Licht 1963

The White Lions of Timbavati Chris McBride 2014 The author was a wildlife manager at Timbavati, a Transvaal game reserve. He made a significant study of white lions, a unique and endangered species.

My Only Story Deon Wiggert 2020-10-02 In November 2019, Deon Wiggert's sensational weekly podcasts held South Africa in thrall as he hunted down the paedophile who raped him as a schoolboy. Now, in My Only Story, he completes his exposé of Willem Breytenbach, the once brilliant teacher and later media luminary who led a predatory life. Deon's mission to expose his abuser takes him from Breytenbach's high-school years at an agricultural school in South Africa's hinterland to the famous Grey College in Bloemfontein and the media titan Naspers. But his quest reveals so much more. As he traces systemic failures through schools great and small, he uncovers a culture of complicity that presents a clear and horrid danger to South Africa's children. While investigating men who prey on boys and girls, Deon devises a model that anyone can use to identify paedophiles in their midst. In his own words: 'It's pleasant to pretend that men don't rape children, but once you accept that they do, it becomes surprisingly easy to recognise their trickery. Once you match a universal pattern to a specific man's profile, you can spot the deceit before it is too late.' My Only Story is a riveting, thoughtful and often irreverent account of one man's determination to overcome childhood trauma; to help others face their demons; and to extract some beauty from the boyhood he lost.

Powermask Walter Van Beirendonck 2017 Since the nineties, Walter Van Beirendonck has been fascinated with masks. They change your identity, invoke a certain atmosphere and have an instant impact. Many artists, among whom are André Breton, Pablo Picasso and even Brueghel, have been influenced by them. Power Mask - The Power of Masks elaborates on the many different aspects of masks: the link between Western art and African masks, the supernatural aspect, rituals about masks, masks in fashion or as a fetish... This book accompanies an expo in the Wereldmuseum (World Museum) Rotterdam, from 1 September 2017 until 7 January 2018.

AUTHOR: Walter Van Beirendonck has launched clothing lines of his own making since 1983. His creations are characterised by bright, exceptional colour combinations and a strong graphical influence. He supervises and teaches at the Antwerp Fashion Academy. SELLING POINTS: * Walter Van Beirendonck's book on all the different aspects of 'masks' includes work by James Ensor, Paul McCarthy, Keith Haring, Louise Bourgeois, Emil Nolde, Axel Hoedt, Leigh Bower, Man Ray, Pablo Picasso, André Breton... * With texts by Valerie Steele, Kaat Debo, and Chris Dercon * Elaborates on the many different aspects of masks: from the link between Western art and African masks, to their supernatural aspect, rituals about masks, masks in fashion, and even masks as a

fetish 260 colour, 40 b/w
AW2 Reda Amalou 2014

The Life-Changing Power of Sophrology Dominique Antiglio 2018-04-19 A practical sophrology guide to reducing stress and living up to your full potential. 'I like Antiglio. She is calming.' - The Times Sophrology is a unique stress management and personal development technique to help you relax, feel confident and cope with life's ups and downs. It is a straightforward method combining relaxation, breathing, body awareness and visualisation into a step by step practice and it has the power to radically transform your life. Sophrology is already extremely popular on the continent. Elite athletes, CEOs and pop stars, among others, have used the techniques to dramatically improve their professional performance and reach a state of balance. It is also used in schools, as well as in the workplace, to enhance wellbeing. Dominique Antiglio, a globally sought-after and highly praised sophrologist, guides you through the key exercises to manage stress, improve your sleep, prepare for events, boost your confidence and positively transform your daily life. By learning the basics of sophrology, you will feel happier and discover inner strength and resilience you never knew you had. Featuring practical tips, case studies and 13 audio downloads, this leading book on sophrology is a must-have self-help resource. 'The simplest, most natural way of calming and focusing our lives lies in front of our noses, breathing. This book will transform all our lives if we follow its helpful suggestions.' - Sir Anthony Seldon 'Sophrology looks set to be the ... answer to all our problems' - The Guardian 'Sophrology is big news in the wellness world.' - ELLE 'You've heard of mindfulness, now meet its dynamic young cousin sophrology' - The Observer

Sara Her Daily Diary 2019-11-23 PERSONALIZED DIARY FOR WOMEN Do yourself some good, and spend a little time with this daily journal for women. It is complete with prompts for your feelings, thoughts and reflections. It provides a place for you to think about what is important and that's you! A custom diary to record goals, what you are thinking about and feeling on specific days. This journal is wonderful to utilize daily and makes the perfect gift for those women and girls in your life who would benefit from journaling Features: *measures 6x9 inches which is a perfect compact size for your purse or backpack *Matte paperback cover and high quality interior cream paper *120 custom pages with guided prompts for your affirmations *daily pages for writing prompts to express your feelings and thoughts *section for your reflections where you can write what you are thankful for *personalized with your name ADD TO CART and share with your friends and family. They make great holiday gifts for nurses, student nurses, teens, women, aunts, godmothers and grandmothers. Perfect to share with family, friends and co-workers Click on the author name Her Daily Diary underneath the listing title to view our assortment of custom journals and notebooks.

Logic Programming Marcus J. Lambert 2014 Prolog for logic programming is one of the most intensively studied software languages in the 1980s. During the same period, the data-flow model for parallel computation attracted a lot of attention of researchers in the computer science; hence, it was very natural that several approaches were tried toward combining the two and implementing logic programs in parallel machines with the data-flow architecture. These approaches, however, were rather indirect ones in the sense that they developed programs describing AND/OR-parallelism for deduction using a data-flow language and executed them in a data-flow computer, and yet did not devise a direct model for parallel execution (reasoning) of a logic program. This book discusses fuzzy logic inferencing for Pong; dislog; SEProlog; and provides direct graphical representations of first-order logic for inference.

The Distance Between Lost and Found Kathryn Holmes 2015-02-17 Blending elements of Laurie Halse Anderson's *Speak* and Gary Paulsen's *Hatchet*, this gripping story from Kathryn Holmes was deemed "a page turner" by author Richard Peck and "an intense story of survival" by ALA Booklist in its starred review. Sophomore Hallie Calhoun has just endured the most excruciating six months of her life. Once the rumors about her and the preacher's son, Luke, made their way around school, her friends abandoned her, and as a result, Hallie has completely withdrawn. Now

on a hiking trip in the Smoky Mountains with the same people who have relentlessly taunted her, Hallie is pushed to her limit. Then Hallie, outgoing newcomer Rachel, and Jonah—Hallie's former friend—get separated from the rest of the group. As days go by without rescue, their struggle for survival turns deadly. Stranded in the wilderness, the three have no choice but to trust one another in order to stay alive...and for Hallie, that means opening up about what really happened that night with Luke. From the catty atmosphere of high school to the unpredictable terrain of the mountains, this novel is a poignant, raw journey about finding yourself after having been lost for so long.