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"...profoundly moving..." -Publishers Weekly Nelson Mandela's two great-grandchildren ask their grandmother, Mandela's youngest daughter, 15 questions about their grandad - the global icon of peace and forgiveness who spent 27 years in prison. They learn that he was a freedom fighter who put down his weapons for the sake of peace, and who then became the President of South Africa and a Nobel Peace Prize-winner, and realise that they can continue his legacy in the world today. Seen through a child's perspective, and authored jointly by Nelson Mandela's great-grandchildren and daughter, this amazing story is told as never before to celebrate what would have been Nelson's Mandela 100th birthday. 'Janey is like a whirlwind of selflessness. A beautiful spirit in a beautiful country doing a beautiful thing. I encourage my children to be more 'Janey'. With more positive spirits like Janey, the world would be a better place.' - Ben Fogle In 2014 and in her mid-twenties, Janey Lowes had been a vet for just two years when she left her home in County Durham and went travelling. Visiting Sri Lanka, she was horrified to see the state of so many of the island's dogs, in particular the three million strays. Over 5,000 miles from home, Janey decided there and then that she was going to move to the island indefinitely and do everything within her power to help them. She raised £10,000 to get started, setting up a charity called WECare Worldwide, and began work. Frightened, determined and excited all at the same time, she found a local who was willing to work

with her and began scouring the streets for dogs in need. Some she patched up as best she could at the roadside, others she brought back and treated in a make-shift surgery she had cobbled together in her new home. With very little equipment, she and her small team came up with new and ingenious ways to treat the animals. In this highly inspiring and heartfelt book full of challenges and adventure, Janey introduces us to her world and the tireless work she carries out. As she says, 'I feel as though all these dogs are my dogs and I have a responsibility to them.' In it, we meet many of the colourful characters who have come to offer help, along with innumerable street dogs who have suffered all sorts of trauma and injury, only to be scooped up by Janey and her team and saved. In today's world, we're constantly rushing from one thing to the next and are struggling with information overload. We're more disconnected from ourselves and our loved ones than ever before. Rediscover the joy of the simple things through the Danish concept of Hygge in *The Cozy Life*. This book will inspire you to slow down and enjoy life's cozy moments! * Learn about the Danish cultural phenomenon of Hygge, and the secret to why Denmark is consistently rated the happiest country in the world * Embrace the little things and take simplicity and minimalism up a notch * Add Hygge into every aspect of your life with practical examples and tips * Say goodbye to the Winter Blues and live a healthier, centred life This charming little book, filled with hand drawn illustrations, beautifully addresses that yearning we all have for a more authentic life, created by ourselves instead of external forces. What's stopping you from living a more meaningful and connected life? In the midst of Trump's attacks on the media, comes this look at the rigorous, independent reporting of the year's most underreported news stories. While the country's president displays a brazen disregard for the First Amendment and routinely demonizes the press as "the enemy of the people," *Censored 2020* looks beyond Donald Trump's dizzying contempt for the truth to clarify the corporate

media's complicity in misinforming the American public--while also providing a clear vision of a better future, based on rigorous, trustworthy independent reporting that presents a fuller picture of truth. With a discerning eye, *Censored 2020* focuses the public's attention on the most important but underreported news stories of 2018-2019. These stories expose the corporate news media's systemic blind spots while highlighting the crucial role played by independent journalists in providing the kind of news necessary for informed, engaged citizens. The book also examines this year's lowlights in "junk food news" and "news abuse"--further revealing how corporate news often functions as propaganda--as well as highlights of exemplary organizations that champion "Media Democracy in Action." Additional chapters address the importance of constructive journalism, the untold story of Kashmir, news coverage of LGBTQ issues in the Trump era, "fake news" as a Trojan horse for censorship, and online memes as a form of political communication. "In a thrilling tilt-a-whirl of crime and drama . . . Smith has carefully chosen writers concerned with the true nature of the small suburban borough." —Electric Literature Staten Island may be New York City's forgotten borough, but it ranks high up on the list of places known for organized crime. If that wasn't enough to boost its noir reputation, there are its haunted mansion, hate crimes, and Cropsey urban legend. Dark deeds will always find a home on this side of the Verrazano bridge, and they give Staten Island a character all its own. *Staten Island Noir* includes editor Patricia Smith's Robert L. Fish Memorial Award-winning short story, "When They Are Done with Us," which was also selected for inclusion in *The Best American Mystery Stories 2013*. You'll find more tales by Bill Loehfelm, S.J. Rozan, Ted Anthony, Todd Craig, Ashley Dawson, Bruce DeSilva, Louisa Ermelino, Binnie Kirshenbaum, Michael Largo, Mike Penncavage, Linda Nieves-Powell, Shay Youngblood, and Eddie Joyce. "It's not enough for noir to be dark. It's got to be bad-ass. Its words, its decaying and horrible beauty have got to hit

you like a spiked heel dragged from your guts to your gullet. It's got to twist the hot knife of passion in that soft space right below your belly while pumping bullets into your heart. It's got to make you bleed . . . Staten Island Noir features some dusky and drop-dead gorgeous gems (emphasis on the dead) that do just that." —Grub Street Daily "[An] exceptionally strong anthology." —Publishers Weekly, starred review

What is there in developmental relationships beyond setting and striving to achieve goals? The presence of goals in coaching and mentoring programs has gone largely unquestioned, yet evidence is growing that the standard prescription of SMART, challenging goals is not always appropriate - and even potentially dangerous - in the context of a complex and rapidly changing world. *Beyond Goals* advances standard goal-setting theory by bringing together cutting-edge perspectives from leaders in coaching and mentoring. From psychology to neuroscience, from chaos theory to social network theory, the contributors offer diverse and compelling insights into both the advantages and limitations of goal pursuit. The result is a more nuanced understanding of goals, with the possibility for practitioners to bring greater impact and sophistication to their client engagements. The implications of this reassessment are substantial for all those practicing as coaches and mentors, or managing coaching or mentoring initiatives in organizations.

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. Isabelle "Izzy" Harmon is home again. Literally. After landing her first teaching gig, Izzy has found herself sleeping in her old room on an ancient twin bed that squeaks whenever she moves. Sure, she loves Honeywell, Iowa but part of her wanted to move to civilization rather than return to her old life after graduating from college. Farm life is in her blood but so is the man who lives next door. It's too bad he never saw her as more than his best friend's little sister. It's true what they say... distance makes the heart grow fonder and four years away did nothing to quell the way Izzy's heart rate doubles whenever he's nearby. She hoped to get over it, but things don't always work out the way we hope. Nashville "Nash" Watson never left. His goal of playing baseball in the majors flew out the window the second he found out he was going to be a father. No regrets, though, because Nash figured he'd return to Honeywell, Iowa to farm his family's land. It was the only thing he knew for sure. Well, that and he's never falling for another woman again. Ever. This volume in the Kids of Canada series follows two children as they learn that sometimes the best way to get what you want is to share. Mike likes Jenny's bike, but he doesn't know how to ride one. He's too afraid to tell her that, so he tries to learn how to ride it on his own. That only makes trouble for them both. *Mike and the Bike* is a book for beginning readers that shows how young people can overcome their fears--together. 4LTR Press solutions give students the option to choose the format that best suits their learning preferences. This option is perfect for those students who focus on the textbook as their main course resource. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version. Frances Starn is a writer living in Berkeley, California. --Book Jacket. For 50 of your

Favorite Family Recipes Recipes and Shit Kitchen Recipe Book Table of Contents, Full 2 Page Spread for Each Recipe Allowing Plenty of Room to Write Down Recipe & Notes, plus a Framed in Area for Photo of the Finished Recipe! Creating Something of your Own Can be a Self-Esteem Builder, Not to Mention Lots of Fun! Put all your Favorite Family and Friends Recipes in Your Very Own Cookbook - Perfect for Women, Wife, Mom, Grandma Y 7" x 10", 110 Pages, Sturdy Paperback Glossy Cover, Perfect Bound. Personalize this Family Recipe Book & Adults! Add in all your Secret Family Recipes in this Blank Cookbook This Book makes a great gift and Family Activity for Mom, Dad, and Grandparents to share with Kids and Grandchildren! Create New Traditions, Bake and Record all your Holiday Cookie Recipes and More! Made in the USA. Investment has flooded back to cities because dense, walkable, mixed-use urban environments offer choices that support diverse dreams. Auto-oriented, single-use suburbs have a hard time competing. Suburban Remix brings together experts in planning, urban design, real estate development, and urban policy to demonstrate how suburbs can use growing demand for urban living to renew their appeal as places to live, work, play, and invest. The case studies and analysis show how compact new urban places are being created in suburbs to produce health, economic, and environmental benefits, and contribute to solving a growing equity crisis. Guide C: Reference Data contains the basic physical data and calculations which form the crucial part of building services engineer background reference material. Expanded and updated throughout, the book contains sections on the properties of humid air, water and steam, on heat transfer, the flow of fluids in pipes and ducts, and fuels and combustion, ending with a comprehensive section on units, mathematical and miscellaneous data. There are extensive and easy-to-follow tables and graphs. ·Essential reference tool for all professional building services engineers ·Easy to follow tables and graphs make the data accessible

for all professionals ·Provides you with all the necessary data to make informed decisions Dark. Powerful. Dangerous James Maxwell is one of the billionaire elites who rules Las Vegas City with an iron fist. This is his story. My name is Mia Donovan, a twenty-two-year-old, small-town girl who has signed a contract with the billionaire in exchange for my brother's freedom and protection. My world has changed—both for better and worse. James Maxwell is the man behind this. I'm fascinated, mesmerized by this charm that binds me to him, entrapping me in his embrace. I've fallen in love with him, which hurts because it is unrequited. What's worse, my life is at risk because I'm too close to the powerful man who has too many enemies. And so our story continues... Entwined with You contains Chained to You: Volumes 3 & 4 of the Chained to You serial. Vegas Billionaires Series: 1 - Chained to You [James and Mia Book 1] 2 - Entwined with You [James and Mia Book 2] 3 - Loved by You [James and Mia Book 3] 4 - Chained by Love [William and Savannah] Keywords: romance ebook, sexy romance, steamy contemporary romance, steamy romance, steamy billionaire romance, sexy billionaire romance Intended as the primary text for introductory courses on medical anthropology, this book integrates human biological data relevant to health and disease with both evolutionary theory and the social environments that more often than not produce major challenges to health and survival. Because students who take this fastest-growing anthropology course come from a variety of disciplines (anthropology, biology, especially pre-med students, and health sciences, especially), the text does not assume anything beyond a basic high-school level familiarity with human biology and anthropology. The authors first present basic biological information on a particular health condition and then expand their analysis to include evolutionary, historical, and cross-cultural perspectives. Among the topics covered are nutrition, infectious disease, stress, reproductive health, behavioral disease, aging, race/racism and health, mental health, and healers and healing. 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 0 (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 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

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