

## Elastic Hearts

The heart is our most important organ and perhaps our most mysterious. Every day it pumps 9000 litres of blood and beats around 100,000 times. But the heart is more than just a pump. In all major human cultures, it is seen as the source of love, sympathy, joy, courage, strength and wisdom. Why is this so? Having witnessed the extraordinary complexity and unpredictability of human hearts in the operating theatre – each one individual in its make-up, like a fingerprint – heart surgeon Reinhard Friedl went on a search for answers. He examined closely the latest findings in neurocardiology and psychocardiology, and in *The Beat of Life* he shares his discoveries. In the tradition of Giulia Enders' *Gut* and Norman Doidge's *The Brain That Changes Itself*, he uses riveting personal stories to illustrate the complex relationship between the heart, the brain and the psyche. *The Beat of Life* ends with a plea: that we recognise the heart's wisdom and adopt a more heart-centred way of living, which will lead to greater health.

In the tradition of Henry Marsh's *Do No Harm*, Reinhard Friedl's *The Source of All Things* is a heart surgeon's personal investigation of the human heart, moving from his riveting clinical experiences to a more poetic understanding of its workings. The heart is our most important organ. Yet despite that it has not changed since the appearance of *Homo sapiens* 300,000 years ago, it is also our most mysterious. In most human cultures, it is seen as the source of love, sympathy, joy, courage, strength and wisdom. What if the heart could

answer questions neurosciences can't begin to? Having witnessed the extraordinary complexity and unpredictability of human hearts in the operating theatre—each one individual, like a fingerprint—heart surgeon Reinhard Friedl looked again at this “primitive pump” to reconcile it with his experiences from thousands of heart operations. In this book, he presents findings from various scientific disciplines, such as secret connections of the heart and brain and their influence on emotions and consciousness. He reveals the miracle that is the heart that we speak about so often yet is strangely foreign to many human beings. Full of compelling patient stories, *The Source of All Things* ends with a plea: that we recognize the heart's wisdom and adopt a more heart-centered way of living, leading to greater health and more joy.

For some, the bravest thing a person could ever do is to admit that they've fallen in love. Saying the words out loud changes everything and there's no way to take them back. It's impossible to pluck the words out of the air and slip them into their back pocket to keep the truth safely tucked away. The best feeling in the entire world though, is to know ,irrevocably, that the person they fell in love with, fell just as hard in love with them. That's what makes a romance, a romance. *Need You Now* is a collection of four best-selling novels including: *The Dirty Duet* by Laurelin Paige *Half Truths* by Claire Contreras *Sinner* by Sierra Simone *Hostage* by Skye Warren and *Annika Martin* *Top Shelf Romance* represents the best of the best in romance. There are no cliffhangers. These are simply must-read novels for readers looking for the

best in happily ever afters.

The second edition of MODERN GARDE MANGER: A GLOBAL PERSPECTIVE, was written for both the working chef and the serious student engaged in the practice and study of culinary arts. The first edition was winner of the International Association of Culinary Professionals (IACP) Cookbook Award. Its carefully researched information and fully tested recipes span the international spectrum of the modern garde manger station. Four sections covering twenty chapters focus on the chef's required knowledge and responsibilities. This second edition has been reorganized to provide a clearer transition from subject to subject, and skill set to skill set. Special features include: Chapter Goals; Professional Profiles; Ask the Expert; People, Places, Things; Review Questions; Activities and Applications; and Key Words in Review. The text contains material on molecular cuisine, plus creative equipment used by garde manger chefs. There are more than 800 four-color photographs of which more than 300 are new, including many finished plates, platters, showpieces and step-by-step procedures, plus many additional recipes and expanded content on food show competition, buffet table layouts, ice sculpting techniques and more. . While Modern Garde Manger, 2e still retains its exposure to international recipes and techniques, more traditionally American recipes and techniques have

been included in this edition. MODERN GARDE MANGER 2E is the most comprehensive book of its kind available for today's student and professional chef. In addition, a CourseMate website is available to accompany the text. CourseMate includes: an interactive eBook; Engagement Tracker, a first-of-its-kind tool that monitors student engagement in the course; and interactive teaching and learning tools including quizzes, flashcards, crossword puzzles, PowerPoint slides and more. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

Up-to-date, authoritative and comprehensive, Heart Failure, 4th Edition, provides the clinically relevant information you need to effectively manage and treat patients with this complex cardiovascular problem. This fully revised companion to Braunwald's Heart Disease helps you make the most of new drug therapies such as angiotensin receptor neprilysin inhibitors (ARNIs), recently improved implantable devices, and innovative patient management strategies. Led by internationally recognized heart failure experts Dr. G. Michael Felker and Dr. Douglas Mann, this outstanding reference gives health care providers the knowledge to improve clinical outcomes in heart failure patients. Focuses on a clinical approach to treating heart failure, resulting from a broad variety of cardiovascular

problems. Covers the most recent guidelines and protocols, including significant new updates to ACC, AHA, and HFSA guidelines. Covers key topics such as biomarkers and precision medicine in heart failure and new data on angiotensin receptor neprilysin inhibitors (ARNIs). Contains four new chapters: Natriuretic Peptides in Heart Failure; Amyloidosis as a Cause of Heart Failure; HIV and Heart Failure; and Neuromodulation in Heart Failure. Covers the pathophysiological basis for the development and progression of heart failure. Serves as a definitive resource to prepare for the ABIM's Heart Failure board exam. 2016 British Medical Association Award: First Prize, Cardiology (3rd Edition). WINNER OF THE NATIONAL BOOK CRITICS CIRCLE AWARD "Writing criticism is to writing fiction and poetry as hugging the shore is to sailing in the open sea," writes John Updike in his Foreword to this collection of literary considerations. But the sailor doth protest too much: This collection begins somewhere near deep water, with a flotilla of short fiction, humor pieces, and personal essays, and even the least of the reviews here—those that "come about and draw even closer to the land with another nine-point quotation"—are distinguished by a novelist's style, insight, and accuracy, not just surface sparkle. Indeed, as James Atlas commented, the most substantial critical articles, on Melville, Hawthorne, and Whitman, go out as far as

Updike's fiction: They are "the sort of ambitious scholarly reappraisal not seen in this country since the death of Edmund Wilson." With *Hugging the Shore*, Michiko Kakutani wrote, Updike established himself "as a major and enduring critical voice; indeed, as the pre-eminent critic of his generation." For decades, medicine saw men and women as essentially the same physically except in the area of reproduction. However, a new and groundbreaking science of gender-specific medicine has discovered astonishing distinctions between male and female bodies. From the thickness of our skin to the signs of a heart attack to ways we metabolize drugs, the sexes have significant physiological differences. But, what do these differences mean to you and your doctor? In this groundbreaking book, internationally respected academic physician and lecturer, Dr. Marianne Legato pulls together more than a decade of research into sex-specific health. The result is a powerful tool for anyone interested in the critical nuances in the ways men and women might present symptoms or be treated for disease. It's a book that will not only change the way you think about women's health, it just might save your life. If exercise is healthy (so good for you!), why do many people dislike or avoid it? These engaging stories and explanations will revolutionize the way you think about exercising—not to mention sitting, sleeping, sprinting, weight lifting, playing, fighting,

walking, jogging, and even dancing. “Strikes a perfect balance of scholarship, wit, and enthusiasm.” —Bill Bryson, New York Times best-selling author of *The Body* • If we are born to walk and run, why do most of us take it easy whenever possible? • Does running ruin your knees? • Should we do weights, cardio, or high-intensity training? • Is sitting really the new smoking? • Can you lose weight by walking? • And how do we make sense of the conflicting, anxiety-inducing information about rest, physical activity, and exercise with which we are bombarded? In this myth-busting book, Daniel Lieberman, professor of human evolutionary biology at Harvard University and a pioneering researcher on the evolution of human physical activity, tells the story of how we never evolved to exercise—to do voluntary physical activity for the sake of health. Using his own research and experiences throughout the world, Lieberman recounts without jargon how and why humans evolved to walk, run, dig, and do other necessary and rewarding physical activities while avoiding needless exertion. Exercised is entertaining and enlightening but also constructive. As our increasingly sedentary lifestyles have contributed to skyrocketing rates of obesity and diseases such as diabetes, Lieberman audaciously argues that to become more active we need to do more than medicalize and commodify exercise. Drawing on insights from evolutionary biology and

anthropology, Lieberman suggests how we can make exercise more enjoyable, rather than shaming and blaming people for avoiding it. He also tackles the question of whether you can exercise too much, even as he explains why exercise can reduce our vulnerability to the diseases mostly likely to make us sick and kill us.

From New York Times and USA Today bestselling author Claire Contreras comes a new story in her Sexy Royals series... Princess Pilar is tired of playing by the rules. She's sick of the spotlight and being seen as the uptight goody-too-shoes the media has cast her to be. She's especially tired of the fact that her brothers are allowed to run off and do whatever they want while she sits inside watching the world pass her by. That's why she decides that while her older brothers are off on their usual summer holidays, she's going to quietly pack her things and travel to the one place her parents have always forbidden her to step foot on – Ibiza. As the star of the French premiere fútbol league, Benjamin Drake has it all – the money, the cars, the clothing contracts, and any woman he wants. Problem is, the only woman Ben has ever wanted badly enough to stop partying is Princess Pilar, the one he can never, ever have. Despite his fame and achievements, in Pilar's world, she'll always be royalty and he'll always be a kid from the wrong side of the tracks who got lucky. He'd never be accepted. He knows

that. Yet, when he spots Pilar partying at the same club as him, all bets are off. He's determined to get her in his bed, even if it's just for one night. \*\*Every 1001 Dark Nights novella is a standalone story. For new readers, it's an introduction to an author's world. And for fans, it's a bonus book in the author's series. We hope you'll enjoy each one as much as we do.\*\*

My first mistake was not sending her away the minute she walked into my office. My second mistake was agreeing to represent her during her divorce. My third was not being able to resist her when she comes onto me. My fourth can NOT be falling in love with her. I don't care how beautiful, smart and caring she is. It doesn't matter how good she feels pressed up against me. She's my client. I'm her attorney. This needs to end before it gets any messier.

Beth Parker Stone knows what it feels like to be alone. She just didn't expect to feel that way, only three months into her perfect marriage. Ayden Stone is a man who has everything, except the one thing he needs most--the only woman he has ever loved. Fearing for her and their unborn twins, he has to send her away, knowing he has the fight of his life on his hands to save himself and, more importantly, his family. He must do things he knows will jeopardize his marriage and bring him close to breaking point, but with his back against the wall, he has no choice.

He must do ... whatever it takes. The French connection deepens, opening old wounds, revealing secrets and emotional scars which Ayden must endure alone. New enemies from their past close in, threatening their relationship and their very existence. With everything to fight for, they must make a stand to safeguard their lives and their love ... or risk losing it all.

"The Wheat Princess" by Jean Webster. Published by Good Press. Good Press publishes a wide range of titles that encompasses every genre. From well-known classics & literary fiction and non-fiction to forgotten?or yet undiscovered gems?of world literature, we issue the books that need to be read. Each Good Press edition has been meticulously edited and formatted to boost readability for all e-readers and devices. Our goal is to produce eBooks that are user-friendly and accessible to everyone in a high-quality digital format.

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