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“Enchanting and mesmerizing!” —PATTI CALLAHAN, *New York Times* bestselling author of *Becoming Mrs. Lewis* A storied castle. A band of rebels. A nation chasing a centuries-old dream of freedom. And three women who rise above it all . . . When Laine Forrester travels overseas to attend her best friend’s vineyard wedding, she expects to find the bride on the brink of a fairy-tale life. But after a series of unforeseen setbacks, it seems the storybook lives they’d imagined are suddenly ripping apart. With hopes of resurrecting a happy ending, Laine agrees to accompany the newlyweds to the groom’s home in Ireland—never expecting she’d be the one drawn in by its wide-open moors, backroads bordering the Irish Sea, and a mysterious castle that dares to keep its secrets hidden. From the storied streets of Dublin to the shores of the Emerald Isle, Laine is drawn in to the land and its rich history. The castle ruins whisper stories of Issy—a photojournalist battling through the 1916 Easter Rising, and Maeve—the castle’s lady of legend, fighting for survival through the 1798 rebellion that started it all. Spanning more than two centuries, *Castle on the Rise* unites the legacy of three women who must risk mending the broken places within for life, love, and the belief that even through the depths of our pain, a masterpiece of a story can emerge. “*Castle on the Rise* perfectly showcases rising star Kristy Cambron’s amazing talent! Perfect pacing, lovely prose, and an intricate plot blend together in a delightful novel I couldn’t put down. Highly recommended!” —Colleen Coble, *USA TODAY* bestselling author of *Secrets at Cedar Cabin* and the *Rock Harbor* series “Cambron’s latest is one of her best. Gripping and epic, this intricately woven tale of three generations

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seeking truth and justice will stay with you long after the last page.” —Rachel Hauck, New York Times bestselling author

Yara Silva has always known that ghosts walk alongside the living. The women of her family are Wakers, born with the ability to see and talk to ghosts. But having grown up watching the toll it's taken on her family, Yara has dreaded the day her abilities would surface. At sixteen, her powers have yet to show, and the longer they take, the more hopeful she is they'll pass her by, leaving her to live a normal life. All that changes on Yara's first day at her elite boarding school, when a dark mist only she can see attacks Brent, a handsome fellow student. Yara rushes to his rescue, but her act of heroism draws the attention of a dark spirit, which begins stalking her. Thrown headfirst into a legacy she never wanted, Yara finds herself entrenched in a sixty-year-old curse that haunts the school, threatening not only her life, but the lives of her closest friends as well. The past isn't going to go quietly. But it's up to Yara to put it to rest, once and for all.

Harvard Business School is the iconic business school. An admission ticket to HBS is a hot commodity and an HBS degree is highly respected in the business world. This book, written by an HBS grad and seasoned businesswoman, tells you why. It is a distillation of the most valuable and pragmatic but yet easiest to learn concepts taught at HBS.

Coffee is one of the most popular drinks in the world but how does the production influence chemistry and quality? This book covers coffee production, quality and chemistry from the plant to the cup. Written by an international collection of contributors in the field who concentrate on coffee research, it is edited expertly to ensure quality of content, consistency and organization across the chapters. Aimed at advanced undergraduates, postgraduates and researchers and accompanied by a sister volume covering how health is influenced by the consumption of coffee, these titles provide

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an impactful and accessible guide to the current research in the field.

A complete reference for the design and construction of the steel-string folk guitar and the classical guitar.

This volume reviews current concepts on the relationship between nutrition and childhood growth and discusses the effectiveness of nutrition intervention programmes in preventing growth failure. The contributors present reference data for the assessment of infant and child growth, examine the causes and functional consequences of inadequate growth, and evaluate various public health approaches to improving childhood nutrition. Full consideration is also given to the impact of the nutrition transition in developing countries and the risk of obesity resulting from altered diet and physical activity patterns."

The key novelty of this book is first of all in the successful attempt to conduct jointly modeling of environment in terms of physical environment related parameters and measuring similar parameters by means of multispectral remote sensing, primarily by means of passive microwave remote sensing technology. Another new step is in the development and utilization of a multilevel approach which includes remote sensing of the land and water parameters like soil moisture, depth to water table, biomass of vegetation, temperature and salinity of water, in situ measurements of similar parameters and incorporation of GIS and data sets into the models of typical environments. The part of book, which contains remote sensing is focused on multipurpose observations from aircraft obtained in many soil-climatic zones in different countries and is reach of the examples of practical application. Applied mathematicians, geophysicists, hydrologists, socio-economists, statesmen and other researchers of environmental changes will find a wealth of information and ideas in this book.

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Set sail round the Caribbean's most stunning and fascinating islands and ports on the cruise of a lifetime. Be inspired by the new edition of Insight Guide Caribbean Cruises, a comprehensive full-colour guide to the Caribbean's many ports of call, from Florida to the Lesser Antilles. Inside Insight Guide Caribbean Cruises: A fully-overhauled edition by our expert cruise specialist. Colourful photography brings this tropical region and its people to life. Lively features cover not just the cruising angle but the cultural one too: from choosing the right cruise for you, cruise ship cuisine and pampering, to the Caribbean people, the region's history, and photo features on Carnival, Architecture and more. Highlights of the region's top attractions, including the spectacular Pitons in St Lucia, the man-made wonder that is the Panama Canal and Georgian Nelson's Dockyard in Antigua. Descriptive place-by-place accounts cover the whole region from Florida, Mexico and Central America to the different parts of the Caribbean; a guide to the cruise lines' private islands is also included. Detailed, high-quality maps throughout will help you get around and travel tips give you all the essential information for planning a memorable trip, including a dedicated section on life aboard a cruise ship. About Insight Guides: Insight Guides has over 40 years' experience of publishing high-quality, visual travel guides. We produce around 400 full-colour print guide books and maps as well as picture-packed eBooks to meet different travellers' needs. Insight Guides' unique combination of beautiful travel photography and focus on history and culture together create a unique visual reference and planning tool to inspire your next adventure. 'Insight Guides has spawned many imitators but is still the best of its type.' - Wanderlust Magazine

It's a summer internship. Never mind that the owners are hot. Never mind that there are three of them. Never

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mind that they are twice her age. Never mind that they have a secret “play” room in the basement. Never mind that she’s never been more intrigued in her life. She only has three months. No matter how deeply she gets involved, she can’t stay...

JKA Shotokan Karate Kyu Exam Required Kihon (basic techniques), from the 8th Kyu to the 1st Kyu.

It took all of thirty seconds for two shots to bring the world of Margaret Tabaaha crashing down around her. After losing her husband in Afghanistan during the first year of Operation Enduring Freedom, her two sons were all she had left. Now they had been taken from her violently, deliberately, plunging her into a whiskey bottle and stripping away her reason for living. When Arthur Nakai receives a call from his first love, Margaret, her voice pleading for his help, it comes as he is attending a wake for one of the men he considered a brother from his days in the Marines 6th LAR Wolf Pack Battalion. Feeling a deep and responsible obligation to help her, Arthur soon finds himself involved in the multi-billion-dollar world of the oil and gas industry and coming face-to-face with an old adversary, Elias Dayton. Their paths had crossed when Arthur was a member of the Shadow Wolves, an elite tactical unit within US Customs and Border Protection. Now Dayton runs Patriot Security, a Blackwater-type firm that keeps the oil rigs, gas wells, and man camps secure from the Water Protectors, protesters pushing to stop the fracking and poisoning of Native lands. As Arthur works through the case from his end, Navajo police chief Jake Bilagody tackles it from another angle, looking into the strained relationship

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between the oil company and the Navajo people, all while searching for a missing Navajo man that may have become an unwilling piece on the reservation checkerboard. But when Arthur learns the identity of the boys' killer, he struggles to make sense of it. Because if the clues are right, he will be forced to make a decision that will haunt him for the rest of his life.

Learning that Hazel Marie is pregnant with twins and that the father, private investigator J. D. Pickens, has left town, Miss Julia summons the wayward man to solve a local theft in the hopes of reuniting the couple. By the author of Miss Julia Paints the Town.

To Mr. Tate Howard, You are quite possibly the most infuriating, annoying and grumpy man I've ever met in my life. I know you think that you're God's gift to women, but I have a secret to let you in on: you're not. You're God's gift to yourself. Get over your wanna-be cool surfer self and grow up. I thought it was time that someone addressed your big head and told you straight to your face that you're not all that. Just because you have an Ivy league education doesn't mean you're the smartest man in the world. In fact, I'm not even sure if you would have gotten in if you didn't have rich parents. Yes, I went there. Every woman doesn't want to sleep with you and I'm sure you're not even good in bed. And I'm someone that would know. From, Your Secret Not Admirer

love comes in many colors. this is a story of breaking and healing, of forgiving but not forgetting, of understanding and balance. it is not only something to enjoy, but something to learn from. here are the things i

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did right, and the many things i did wrong. i give them to you, so that when love comes knocking, you will have a sense of what to do when you open the door. Explore the experience of six different relationships in this moving collection that dives into the highs and lows of love.

One cowboy, one bar, one hell of a holiday! Praise for Carolyn Brown's country music romances: "You won't want to miss this boot scootin' contemporary full of sexy cowboys and sassy women."-The Romance Studio (My Give a Damn's Busted) She means business... Sharlene Waverly is determined to have the "new and improved" Honky Tonk up and running before the holiday. For that, she'll need Holt Jackson, the best darn carpenter in the state. But his warm, whisky-colored eyes make her insides melt, and before she knows it, she's sharing her darkest secrets and talking about the nightmares... He's determined to keep things professional... Holt Jackson needs the job at the Honky Tonk, but is completely unprepared to handle the beautiful new bar owner he's working for. Sharlene and Holt try like crazy to deny the sparks flying between them, but their love may just be the best Christmas present either one of them ever got. Praise for I Love This Bar: "Heart...sass...a lot of sparks and romance...country music. What more can I say? I really had fun with this book."-Red-Headed Book Child "Guaranteed to leave you countrified and satisfied!"-Love Romance Passion

Jason is a cynical rich playboy. He doesn't take life seriously, He doesn't believe in settling down. Eileen's thirtieth birthday is almost here. But as always she's her parent's afterthought. Her family is too busy planning a

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shotgun wedding for her older sister—and she has to help. It's just another year where she's overlooked. But the best man is smoking hot and actually notices her and makes her feel special. Jason doesn't believe in commitment, but Eileen intrigues him. She's not the kind of girl he usually hooks up with. She doesn't even fall for his charm. He's made it his task to convince her that he's not the shallow man she thinks he is. But can Jason give up his playboy lifestyle to become what Eileen needs?

Taking a longer view than most literature on economic development, Richard A. Easterlin stresses the enormous contrast between the collective experience of the last half century in both developed and developing countries and what has gone before. An economic historian and demographer, the author writes in the tradition of the "new economic history," drawing on economic theory and quantitative evidence to interpret the historical experience of economic theory and population growth. He reaches beyond the usual disciplinary limits to draw, as appropriate, on sociology, political science, psychology, anthropology, and the history of science. The book will be of interest not only to social scientists but to all readers concerned with where we have been and where we are going. ". . . Easterlin is both an economic historian and a demographer, and it is the combination of these two disciplines and the fine balance between theory and experience that make this well-written, refreshingly optimistic book excellent reading." --Population and Development Review "In this masterful synthesis, Richard Easterlin draws on the disciplines of economic history, demography, sociology, political science, psychology, and the history of science to present an integrated explanation of the origins of modern economic growth and of the mortality

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revolution. . . . His book should be easily accessible to non-specialists and will give them a sense of why economic history can inform our understanding of the future." --Dora L. Costa, Massachusetts Institute of Technology, EH.Net and H-Net "Growth Triumphant is, simply, a fascinating book. Easterlin has woven together a history of economic growth, economic development, human mortality and morbidity, the connections each has with the others, and the implications of this nexus of forces on the future. . . . This book deserves a wide audience." --Choice "In what must surely be the most fair-minded, well-balanced, and scrupulously reasoned and researched book on the sensational subjects implied in its title--the Industrial Revolution, the mortality and fertility revolutions, and the prospects for future happiness for the human race--Professor Easterlin has set in place the capstone of his research career." --Journal of Economic History Richard A. Easterlin is Professor of Economics, University of Southern California.

Coffee: A Comprehensive Guide to the Bean, the Beverage, and the Industry offers a definitive guide to the many rich dimensions of the bean and the beverage around the world. Leading experts from business and academia consider coffee's history, global spread, cultivation, preparation, marketing, and the environmental and social issues surrounding it today. They discuss, for example, the impact of globalization; the many definitions of organic, direct trade, and fair trade; the health of female farmers; the relationships among shade, birds, and coffee; roasting as an art and a science; and where profits are made in the commodity chain. Drawing on interviews and the lives of people working in the business—from pickers and roasters to coffee bar owners and consumers—this book brings a compelling human side to the story. The authors avoid romanticizing or demonizing any group in the business. They consider basic but widely

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misunderstood issues such as who adds value to the bean, the constraints of peasant life, and the impact of climate change. Moving beyond simple answers, they represent various participants in the supply chain and a range of opinions about problems and suggested solutions in the industry. Coffee offers a multidimensional examination of a deceptively everyday but extremely complex commodity that remains at the center of many millions of lives. Tracing coffee's journey from field to cup, this handbook to one of the world's favorite beverages is an essential guide for professionals, coffee lovers, and students alike. Contributions by: Sarah Allen, Jonathan D. Baker, Peter S. Baker, Jonathan Wesley Bell, Clare Benfield, H. C. "Skip" Bittenbender, Connie Blumhardt, Willem Boot, Carlos H. J. Brando, August Burns, Luis Alberto Cuéllar, Olga Cuellar, Kenneth Davids, Jim Fadden, Elijah K. Gichuru, Jeremy Hagggar, Andrew Hetzel, George Howell, Juliana Jaramillo, Phyllis Johnson, Lawrence W. Jones, Alf Kramer, Ted Lingle, Stuart McCook, Michelle Craig McDonald, Sunalini Menon, Jonathan Morris, Joan Obra, Price Peterson, Rick Peyser, Sergii Reminny, Paul Rice, Robert Rice, Carlos Saenz, Vincenzo Sandalj, Jinap Selamat, Colin Smith, Shawn Steiman, Robert W. Thurston, Steven Topik, Tatsushi Ueshima, Camilla C. Valeur, Geoff Watts, and Britta Zeitemann

What induced the British to adopt foreign coffee-drinking customs in the seventeenth century? Why did an entirely new social institution, the coffeehouse, emerge as the primary place for consumption of this new drink? In this lively book, Brian Cowan locates the answers to these questions in the particularly British combination of curiosity, commerce, and civil society. Cowan provides the definitive account of the origins of coffee drinking and coffeehouse society, and in so doing he reshapes our understanding of the commercial and consumer revolutions in Britain during the long Stuart century.

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Britain's virtuosi, gentlemanly patrons of the arts and sciences, were profoundly interested in things strange and exotic. Cowan explores how such virtuosi spurred initial consumer interest in coffee and invented the social template for the first coffeehouses. As the coffeehouse evolved, rising to take a central role in British commercial and civil society, the virtuosi were also transformed by their own invention. Stone Barrington must track down an enemy intent on disturbing law and order in the latest action-packed thriller from the #1 New York Times bestselling author. Upon returning from a dangerous coastal adventure, Stone Barrington is looking forward to some normalcy with the leading lady in his life. But when a grisly crime arrives on his doorstep, along with some suspicious new clients eager for his help, Stone realizes peace and quiet are no longer an option. As it turns out, the mastermind behind the malfeasance rocking New York City and the nation's capital wields a heavy hand of influence. And when Stone is unable to recruit those closest to the case to his side, he is left with few leads and a handful of dead-ends. But with the help of important people in high places--and the expertise of alluring new friends--Stone is more than ready to rise to the occasion. "Initiate and close probate with ease, learn how to locate and manage estate assets, deal with creditors' claims, taxes and trusts, avoid the common mistakes made by many executors"--Cover.

Goodnight Mysteries: Book 1 - 3 The Goodnight Mysteries series is the small-town mystery romance spinoff of the Matchmaker Mysteries. Goodnight... Sometimes sweet dreams end in murder. * Die Noon * Matilda Dare can't sleep. Her insomnia is one more reason to move to the quirky small town of Goodnight, New Mexico after she inherits a house, a small newspaper, and two old dogs there. But despite the Goodnight name, Matilda still spends her nights wide awake,

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and she has good reason after a reporter is murdered. With a mystery to solve, she begins to investigate the town and uncovers more suspects than she knows what to do with. Meanwhile, the hottie cowboy sheriff is doing his own investigation into Matilda, and the mysterious, handsome stranger, who just happens to live with her, is showing up in all the wrong places. As her investigation continues, danger increases, and it might end up spelling lights out for Matilda. * A Doom with a View * Matilda Dare still can't sleep. Since she's arrived in Goodnight, New Mexico, she's solved one murder and had more than one conversation with a dead woman. Obsessed with finding the woman's killer, she has to put that on hold when her newspaper receives a mysterious, coded letter. When the author of the letter winds up dead, Matilda is thrust into a mystery that puts her new friends into danger. The hunky Sheriff Goodnight and Matilda's hunky roommate Boone are along for the ride in this funny action adventure that might end up spelling lights out for Matilda. * Jurassic Dark * Matilda Dare might be in a new relationship, but she's not sure. Ever since Boone kissed her, it's been up in the air if they're an item or not. Either way, she can't focus on romance for very long because one of her best friends has been accused of murder, and Matilda is bound and determined to prove her innocence. Matilda and Boone find themselves on the trail of the real killer out in the wilds of New Mexico. But as they're pursuing the killer, they're being pursued as well. * "Elise Sax will win your heart."—New York Times bestselling author Jill Shalvis * "Sax will make you laugh. Her larger-than-life characters jump off the page and make crazy seem like a fun place to hang out."—New York Times bestselling author Christie Craig * "With quirky characters reminiscent of Janet Evanovich's Stephanie Plum series and a small-town heroine redolent of Charlaine Harris' Sookie Stackhouse" --RT Book Reviews "Fans of laugh-out-

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loud romantic suspense will enjoy this new author as she joins the ranks of Janet Evanovich, Katie MacAllister, and Jennifer Crusie.”—Booklist, on *An Affair to Dismember* “A lighthearted and amusing caper with a sexy side order of romance . . . Gladie is an endearing mess of a character, and the book is fast-paced and amusing, with a large cast of quirky, small-town characters.”—Kirkus Reviews, on *Matchpoint* * “There’s plenty for fans to enjoy in Sax’s third *Matchmaker* installment, complete with energetic narration, zany humor and a mystery that’s as engaging as the details of Gladie’s love life.”—RT Book Reviews, on *Love Game* This accessible report, with illustrations and many visual aids, outlines the extent of the crisis in the coffee market and the reasons behind it, and presents a strategy for action.

"Interaction design has many dimensions to it. It addresses how people deal with words, read images, explore physical space, think about time and motion, and how actions and responses affect human behavior. Various disciplines make up interaction design, such as industrial design, cognitive psychology, user interface design and many others. It is my hope that this book is a starting point for creating a visual language to enhance the understanding of interdisciplinary theories within interaction design. The book uses concise descriptions, visual metaphors and comparative diagrams to explain each term's meaning. Many ideas in this book are based on timeless principles that will function in varying contexts"--Provided by author.

Grey paused and studied the crudely drawn figure. A rough shaped face, traced in ashes, stared back at them. Above the face, a message: 'Hell Awaits' 1893. A trail of footprints lead Deputy Archie Lean and criminologist Perceval Grey to the body of a murdered thief. The victim's exposed flesh has been burnt beyond

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recognition and occult symbols mark the nearby walls. But two days earlier this same man was lowered into his grave . . . As Lean and Grey dig deeper, they're pulled into a maze of death, deceit and revenge as they try to prevent a devious murderer from unlocking an ancient and lethal power. Rich in history, mystery and witchcraft, *The Devil's Revenge* is a breathless historical thriller about the darkest of secrets. Secrets that some would kill for . . .

Beginning with general international Web sites the guide is then organized by continent, then by specific country. Sites are divided into five categories within each country - general information, economy, business and trade, business travel and contact information.

Concise text prepares readers to pursue abstract analysis in the literature of pure mathematics. Detailed, easy-to-follow proofs and examples illustrate topics including real numbers, vector and metric spaces, infinite series, and other concepts. 1969 edition.

Each passing year bears witness to the development of ever more powerful computers, increasingly fast and cheap storage media, and even higher bandwidth data connections. This makes it easy to believe that we can now – at least in principle – solve any problem we are faced with so long as we only have enough data. Yet this is not the case. Although large databases allow us to retrieve many different single pieces of information and to compute simple aggregations, general patterns and regularities often go undetected. Furthermore, it is exactly these patterns, regularities and trends that are often most valuable. To avoid the danger of “drowning in

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information, but starving for knowledge” the branch of research known as data analysis has emerged, and a considerable number of methods and software tools have been developed. However, it is not these tools alone but the intelligent application of human intuition in combination with computational power, of sound background knowledge with computer-aided modeling, and of critical reflection with convenient automatic model construction, that results in successful intelligent data analysis projects. *Guide to Intelligent Data Analysis* provides a hands-on instructional approach to many basic data analysis techniques, and explains how these are used to solve data analysis problems. Topics and features: guides the reader through the process of data analysis, following the interdependent steps of project understanding, data understanding, data preparation, modeling, and deployment and monitoring; equips the reader with the necessary information in order to obtain hands-on experience of the topics under discussion; provides a review of the basics of classical statistics that support and justify many data analysis methods, and a glossary of statistical terms; includes numerous examples using R and KNIME, together with appendices introducing the open source software; integrates illustrations and case-study-style examples to support pedagogical exposition. This practical and systematic textbook/reference for graduate and advanced undergraduate students is also essential reading for all professionals who face data analysis problems. Moreover, it is a book to be used following one’s exploration of it. Dr. Michael R. Berthold is Nycomed-

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Professor of Bioinformatics and Information Mining at the University of Konstanz, Germany. Dr. Christian Borgelt is Principal Researcher at the Intelligent Data Analysis and Graphical Models Research Unit of the European Centre for Soft Computing, Spain. Dr. Frank Höppner is Professor of Information Systems at Ostfalia University of Applied Sciences, Germany. Dr. Frank Klawonn is a Professor in the Department of Computer Science and Head of the Data Analysis and Pattern Recognition Laboratory at Ostfalia University of Applied Sciences, Germany. He is also Head of the Bioinformatics and Statistics group at the Helmholtz Centre for Infection Research, Braunschweig, Germany.

The traditionally separate Fixed, Mobile, and Internet sectors have been evolving recently toward a single sector, offering numerous implications for those involved in technology and business. It is therefore essential for telecommunication professionals to get a keen grasp of where the industry is heading. Providing a solid foundation in the industry, *Introduction to Mobile Communications: Technology, Services, Markets* explores the core requirements of modern mobile telecommunications—from markets to technology. It explains how wireless systems work, how mobility is supported, the underlying infrastructure, and what interactions are needed among the different functional components. The book also examines how mobile communications are evolving in order to meet the changing needs of users. The information provided in the book comes primarily from the four core modules of the Certificate in Mobile Communications Distance Learning

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program run by the Informa Telecoms Academy in London. Designed by a highly experienced training development team, the program examines the complex and fascinating world of mobile communications.

Designed to give a broad picture of mobile communications, the book provides an excellent grounding for those involved in both business and engineering-leaving them much better equipped to fulfill roles within their current or prospective companies

Taxonomy, distribution, biology, and use as an exotic;
Reproductive biology; Genetics and tree improvement;
Vegetative propagation; Nursery practices; Growth and yield; Insect pests; Diseases; Properties and utilization;
Economics and market prospects.

IT Certification Success Exam Cram 2 provides you with a detailed explanation of the certification arena from Ed Tittel, one of the most respected figures in the industry. The book explains the various certification programs, their prerequisites, what can be done with them, and where you might want to go next. Readers preparing for a certification exam find the best-selling Exam Cram 2 series to be the smartest, most efficient way to become certified. This book focuses exactly on what you need to know to get certified now!

The primary function of this book is to serve as a guide to the selection of books for children, recognizing the vast range of books published and the individual rates of reading and social development of different children. Don't waste you time with health and diet Web sites that don't work The Internet provides unlimited resources that make it easy to learn about various diets, weight-

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loss programs, and weight-reduction procedures. But with so many sources, which ones can you trust for information that's safe, accurate, and up-to-date? The Internet Guide to Medical Diets and Nutrition saves you time, trouble, and effort in your search for Web sites that offer the facts about diet programs and nutrition philosophies that meet your health, medical, or religious needs. The Internet Guide to Medical Diets and Nutrition helps you filter out Web sites that offer little, if any, real help in maintaining special diets that address specific diseases (low protein, high calcium, low gluten, hypoallergenic, diabetes, cancer, anemia, etc.), religious or philosophical mandates (Hindu, kosher, vegan, Muslim, macrobiotic, etc.), or commercial regimens (Atkins™, Weight Watchers®, NutriSystem®, etc.), or provide answers to questions about bariatric surgery (gastric bypass, stomach stapling, etc.). This invaluable reference resource teaches you how locate Web sites recommended to you, how to evaluate the information you find there, how to research a particular diet or health concern, how to choose and use the right search engine, the significance of domains in Web addresses, and how to observe proper etiquette when participating in Internet discussion groups. Topics examined in the Internet Guide to Medical Diets and Nutrition include: general diet and nutrition Web sites Web calculators (Body Mass Index, exercise, calories, weight-maintenance, healthy weight) the nutrient content of foods food labels non-surgical weight-loss Web sites caloric restrictions hypnosis weight-loss centers and workshops weight-loss surgery Web sites Web sites for specific medical

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conditions vegetarianism recipes online discussion groups and much more! The Internet Guide to Medical Diets and Nutrition also includes a glossary of terms and screen captures of important Web sites. The book is a must-have as an everyday resource for consumers with diet and health interests and concerns, and as a reference tool for medical and public libraries.

Handbook of Energy Efficiency in Buildings: A Life Cycle Approach offers a comprehensive and in-depth coverage of the subject with a further focus on the Life Cycle. The editors, renowned academics, invited a diverse group of researchers to develop original chapters for the book and managed to well integrate all contributions in a consistent volume. Sections cover the role of the building sector on energy consumption and greenhouse gas emissions, international technical standards, laws and regulations, building energy efficiency and zero energy consumption buildings, the life cycle assessment of buildings, from construction to decommissioning, and other timely topics. The multidisciplinary approach to the subject makes it valuable for researchers and industry based Civil, Construction, and Architectural Engineers. Researchers in related fields as built environment, energy and sustainability at an urban scale will also benefit from the books integrated perspective. Presents a complete and thorough coverage of energy efficiency in buildings Provides an integrated approach to all the different elements that impact energy efficiency Contains coverage of worldwide regulation

The fruit of some twenty years' experience leading Buddhist meditation retreats, this book touches on a

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wide range of topics raised repeatedly by meditators and includes favorite stories, key Buddhist teachings, and answers to most-asked questions.

The war is over and blackouts are a thing of the past, except in the village of Melchester, where the local council has refused to sully its streets with unsightly lamps. The night is pitch black, but hardly quiet. Young lovers are rendezvousing, a police constable is helping himself to a few of his neighbor's partridges, and a poet is going to visit his beloved, a new verse on his lips. She will never hear it, sadly, for the young man is stopped along his way – stopped forever, by the tight grip of the garrote. The local constabulary wastes no time reaching out to Scotland Yard, which sends its best man: the easygoing detective-inspector Littlejohn. In Melchester he will find unspeakable secrets – and one citizen whose soul is as dark as the village night.

The only official Kaplan Lecture Notes for USMLE Step 1 cover the comprehensive information you need to ace the exam and match into the residency of your choice. Up-to-date: Updated annually by Kaplan's all-star faculty Integrated: Packed with clinical correlations and bridges between disciplines Learner-efficient: Organized in outline format with high-yield summary boxes Trusted: Used by thousands of students each year to succeed on USMLE Step 1 Looking for more prep? Our USMLE Step 1 Lecture Notes 2019: 7-Book Set has this book, plus the rest of the 7-book series.

With DK's Great Fruit & Vegetable Guide, the work of choosing the best plant varieties is done for you. DK's experts have selected the cream of each crop to give

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you an easy choice between a tempting but manageable selection of star performers. For each of the 125 featured fruits or vegetables, there is a fully illustrated selection of recommended cultivars, combining classic heritage types with deservedly popular modern varieties. Detailed catalog entries, illustrated with enticing pictures, describe each cultivar's proven qualities. Relevant growing information is flagged with clear symbols. Points such as delicious flavor, disease-resistance, reliability of cropping, storage life, or culinary versatility, as well as season of crop, pollination data, and sowing depths are covered in full. You will find simple, step-by-step photography and friendly tips and pointers on matters such as sowing and planting, pest and disease control, supports and shelters, as well as planning, crop rotation, and making compost. Vegetable crop planners help the gardener plan which cultivar to sow when.

Sponsored by Glaxo Laboratories Ltd., and held in Sidney Sussex College, Cambridge.

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