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Thinking Ancient Samnium focuses on the region of Samnium in Italy, where a rich blend of historical, literary, epigraphic, numismatic, and archaeological evidence supports a fresh perspective on the complexity and dynamism of a part of the ancient Mediterranean that is normally regarded as marginal. This volume presents new ways of looking at ancient Italian communities that did not leave written accounts about themselves but played a key role in the early development of Rome, first as staunch opponents and later as key allies. It combines written and archaeological evidence to form a new understanding of the ancient inhabitants of Samnium during the last six centuries BC, how they identified themselves, how they developed unique forms of social and political organisation, and how they became entangled with Rome's expanding power and the impact that this had on their daily lives.

DigiCat Publishing presents to you this special edition of "The Old Man and the Sea" by Ernest Hemingway. DigiCat Publishing considers every written word to be a legacy of humankind. Every DigiCat book has been carefully reproduced for republishing in a new modern format. The books are available in print, as well as ebooks. DigiCat hopes you will treat this work with the acknowledgment and passion it deserves as a classic of world literature.

The European Union (EU) is a political and economic partnership that represents a unique form of cooperation among sovereign countries. The EU is the latest stage in a process of integration begun after World War II, initially by six Western European countries, to foster interdependence and make another war in Europe unthinkable. The EU currently consists of 28 member states, including most of the countries of Central and Eastern Europe, and has helped to promote peace, stability, and economic prosperity throughout the European continent. The EU has been built through a series of binding treaties. Over the years, EU member states have sought to harmonize laws and adopt common policies on an increasing number of economic, social, and political issues. EU member states share a customs union; a single market in which capital, goods, services, and people move freely; a common trade policy; and a common agricultural policy. Nineteen EU member states use a common currency (the euro), and 22 member states participate in the Schengen area of free movement in which internal border controls have been eliminated. In addition, the EU has been developing a Common Foreign and Security Policy (CFSP), which includes a Common Security and Defense Policy (CSDP), and pursuing cooperation in the area of Justice and Home Affairs (JHA) to forge common internal security measures. Member states work together through several EU institutions to set policy and to promote their collective interests. In recent years, however, the EU has faced a number of internal and external crises. Most notably, in a June 2016 public referendum, voters in the United Kingdom (UK) backed leaving the EU. The pending British exit from the EU (dubbed "Brexit") comes amid multiple other challenges, including the rise of populist and to some extent anti-EU political parties, concerns about democratic backsliding in some member states (including Poland and Hungary), ongoing pressures related to migration, a heightened terrorism threat, and a resurgent Russia. The United States has supported the European integration project since its inception in the 1950s as a means to prevent another catastrophic conflict on the European continent and foster democratic allies and strong trading partners. Today, the United States and the EU have a dynamic political partnership and share a huge trade and investment relationship. Despite periodic tensions in U.S.-EU relations over the years, U.S. and EU policymakers alike have viewed the partnership as serving both sides' overall strategic and economic interests. EU leaders are anxious about the Trump Administration's commitment to the EU project, the transatlantic partnership, and an open international trading system—especially amid the Administration's imposition of tariffs on EU steel and aluminum products since 2018 and the prospects of future auto tariffs. In July 2018, President Trump reportedly called the EU a “foe” on trade but the Administration subsequently sought to de-escalate U.S.-EU tensions and signaled its intention to launch new U.S.-EU trade negotiations. Concerns also linger in Brussels about the implications of the Trump Administration's “America First” foreign policy and its positions on a range of international issues, including Russia, Iran, the Israeli-Palestinian conflict, climate change, and the role of multilateral institutions. This report serves as a primer on the EU. Despite the UK's vote to leave the EU, the UK remains a full member of the bloc until it officially exits the EU (which is scheduled to occur by October 31, 2019, but may be further delayed). As such, this report largely addresses the EU and its institutions as they currently exist. It also briefly describes U.S.-EU political and economic relations that may be of interest.

"The anecdotes associated with Texas's fabled cowboy hero burst from the pages in rapid succession, Kellogg's robust illustrations enlarging and enriching the energetic text."--School Library Journal. "A read-aloud treat....One of Kellogg's best."--Booklist.

A Low-Carb Approach to the Fresh-and-Delicious, Heart-Smart Lifestyle

From the Baroque to the Modern, 1492-1800

10th International Conference, TACAS 2004, Held as Part of the Joint European Conferences on Theory and Practice of Software, ETAPS 2004, Barcelona, Spain, March 29 - April 2, 2004, Proceedings

The Making of New World Slavery

The Six Week Plan to Flatten Your Stomach and Keep You Lean for Life

Annual Report 2020-21

Text, Cases and Materials

This book is Open Access under a CC BY licence. This book, LNCS 11429, is part III of the proceedings of the 25th International Conference on Tools and Algorithms for the Construction and Analysis of Systems, TACAS 2019, which took place in Prague, Czech Republic, in April 2019, held as part of the European Joint Conferences on Theory and Practice of Software, ETAPS 2019. It's a special volume on the occasion of the 25 year anniversary of TACAS.

A perceptive ethnographic study explores the complex issues of gender identity and sexuality in high school, in a study based on eighteen months of fieldwork in a racially diverse working-class high school, looking at the definition of masculinity in terms of both a field of meaning and as a set of social practices. Simultaneous.

COMBINE THE LOW-CARB, FAT-BURNING KETOGENIC DIET WITH THE DELICIOUS, HEART-SMART MEDITERRANEAN LIFESTYLE ULTIMATE HEALTHY EATING The heart-smart and brain-healthy Mediterranean diet offers you an easy-to-follow lifestyle for losing weight while enjoying crisp produce, freshly caught fish and healthy fats. Now, the innovative program in this book supercharges this time-tested diet by applying the scientifically proven fat-burning approach of the ketogenic diet. The Ketogenic Mediterranean Diet will help you: •Change the way your body uses energy •End your carb cravings •Dramatically reduce fat storage •Reduce your risk of heart disease and diabetes The recipes, tips and meal plans in this book will help you prepare delicious dishes like Tomato Basil Zucchini Pasta, Cloud Bread and Chocolate Mug Cake, all while losing weight and eating healthy.

This first compilation of writings by art critic Jan Verwoert galvanizescentral themes he has been developing in pursuit of a language todescribe art's transformative potential in conceptual, performative andemotional terms. He analyzes the power of public gestures toconstitute communities as well as the pressure to perform that governsthe sphere of creative labor, in order to show how particular artistsperform gestures and invoke community differently. Exploring theemotional power games that shape social relations, Verwoert looks foran alternative ethos of action and feeling, asking: How can a modernistapproach to artistic form as a means of social critique be expandedto fully avow its subliminal affective undercurrents, and produce apleasurably crooked form of criticality in art and writing?

Tell Me what You Want, what You Really, Really Want

The European Union

Paint Small and Often To Become a More Creative, Productive, and Successful Artist

The Stories of Damanhur

Ancient Samnium

The Constitutional Framework for Enhanced Cooperation in EU Law

The Greatest Cowboy of All Time

A unique system for jump-starting artistic creativity, encouraging experimentation and growth, and increasing sales for artists of all levels, from novices to professionals. Have you landed in a frustrating rut? Are you having trouble selling paintings in galleries, getting bogged down, or finding excuses to avoid working in the studio? Author Carol Marine knows exactly how you feel—she herself suffered from painter’s block, until she discovered “daily painting.” The idea is simple: do art (usually small) often (how often is up to you), and if you’d like, do it that your block dissolves and you’re painting work you love—and more of it than you ever thought possible! With her encouraging tone and useful exercises, Marine teaches you to: -Master composition and value -Become confident in any medium including oil painting, acrylic painting, and watercolor -Choose subjects wisely -Stay fresh and loose -Photograph, post, and sell your art online -Become connected to the growing movement of daily painters around the world

Bill was just four years old when he fell from the family wagon near the Pecos River on the western frontier. Accidentally left behind by his family, he was raised by coyotes, and he didn't realize he was human until he was an adult. When he did, Pecos Bill returned to civilization.

developed during his peculiar upbringing to become the best cowboy in the West.

Tools and Algorithms for the Construction and Analysis of Systems25 Years of TACAS: TOOLympics, Held as Part of ETAPS 2019, Prague, Czech Republic, April 6–11, 2019, Proceedings, Part IIISpringer

The Constitutional Framework for Enhanced Cooperation in EU Law analyses the primary-law framework of the flexibility tool of “enhanced cooperation”. Against the background of recent Member State practice, Robert Böttner redefines its constitutional rules and draws conclusions for the EU’s integration.

28 Days to a Fitter, Healthier You: A Cookbook

25 Years of TACAS: TOOLympics, Held as Part of ETAPS 2019, Prague, Czech Republic, April 6–11, 2019, Proceedings, Part III

Peter Norton's Intro to Computers 6/e

Real Mermaids Don't Wear Toe Rings

The Intellectual Struggle for Florence

Pre-pregnancy to 24 Months of Age

Daily Painting

There is no longer any doubt that the inherited genetic constitution of the individual has a large influence on the entire life cycle, from human fetal development and pre- and postnatal growth to subsequent health status. However, growing evidence suggests that this predisposition is not rigid, but that early genetic imprinting, caused by exposure to a diverse spectrum of nutrients, macromolecules, microbial agents and other cellular or soluble components present in the external environment, is also of importance. According to this concept of the developmental origins of adult diseases, intrauterine and early life events play an important role in the etiology of human diseases: there seems to exist a critical ‘window of opportunity’ in the human infant before and during pregnancy, and up to 24 months of age. Altered exposure to different environmental agents during this critical period may determine the nature of responses in the perinatal period, and the expression of specific disease states in later life. The papers presented in this publication thus focus on the impact of perinatal growth, nutrition, environmental microflora, and host immune responses on the outcome of health and disease in later life.

The acclaimed #1 "New York Times"-bestselling author presents a spellbinding tale of a mother's tragic loss and one man's last chance at gaining salvation. Once again, Picoult mesmerizes and enthralls readers with this story of redemption, justice, and love.

An exploration of our fall from the pinnacle of human evolution 200,000 years ago and how we can begin our return • Explores recent neurological and psychological research on the brain and the role of plant biochemistry in human brain expansion • Explains how humanity ’ s prehistoric diet change led to a neurodegenerative condition characterized by aggression and a fearful perception of the world • Outlines a strategy of raw foods, tantric sexuality, shamanic practices, andentheogens to reverse our mental degeneration and restore our advanced abilities Over a period of a million years the human brain expanded at an increasingly rapid rate, and then, 200,000 years ago, the expansion abruptly stopped. Modern science has overlooked this in order to maintain that we are at the pinnacle of our evolution. However, the halt in brain expansion explains not only recently uncovered anomalies within the human brain but also the global traditions of an earthly paradise lost and of humanity ’ s degeneration from our original state of perpetual wonder and joy. Drawing on more than 20 years of research, authors Tony Wright and Graham Gynn explore how our modern brains are performing far below their potential and how we can unlock our higher abilities and return to the euphoria of Eden. They explain how for millions of years early forest-dwelling humans were primarily consuming the hormone-rich sex organs of plants–fruit–each containing a highly complex biochemical cocktail evolved to influence DNA transcription, rapid brain development, and elevated neural and pineal gland activity. Citing recent neurological and psychological studies, the authors explain how the loss of our symbiotic fruit-based diet led to a progressive neurodegenerative condition characterized by aggressive behaviors, a fearful perception of the world, and the suppression of higher artistic, mathematical, and spiritual abilities. The authors show how many shamanic and spiritual traditions were developed to counteract our decline. They outline a strategy of raw foods, tantric sexuality, shamanic practices, and entheogen use to reverse our degeneration, restore our connection with the plant world, and regain the bliss and peace of the brain of Eden.

This book aims to inform about the current empirical results of the work of experts in the field security and emergency management and risk management in connecting science, theory and practice in various fields related to security management and emergency management. The chapters present research work and case studies from international, state as well as regional levels. The book is divided into five sections, which deal with Safety and Security Science, Security and Emergency management, Threats and Risks, Cyber Risks and Extraordinary Event, Preparation and Solutions. The book is intended primarily for scientific communities established in security sciences, theorists and experts working in various positions and levels of security organizations, universities with specializations in security studies, but also for the expert public interested in security issues or entities directly responsible for security and emergency management.

The Old Man and the Sea

Trends and Future Directions in Security and Emergency Management

The Window of Opportunity

Questions and Answers

The Common Security and Defence Policy: National Perspectives

Change of Heart

Restoring the Connection between Neurochemistry and Consciousness

"Peter Norton's Introduction to Computers 5th Edition" is a state-of-the-art text that provides comprehensive coverage of computer concepts. It is geared toward students learning about computer systems for the first time. Some of the topics covered are: an Overview of computers, input methods and output devices, processing data, storage devices, operating systems, software, networking, Internet resources, and graphics.

"The Chest of Memories" and "Checkmate to Time!" are the exciting and fascinating accounts of a veritable modern epic: the birth of a civilisation and the subsequent construction of the Temples of Humankind. It is an exciting and a bit magical story, how a common dream can become reality.

The World Health Organization estimates that there are 2.1 billion individuals with obesity globally. Nearly three quarters of adults in the United States are overweight or obese. The average individual with obesity cuts ten years off their life expectancy, yet less than 40% of physicians routinely counsel individuals concerning the adverse health consequences of obesity. Obesity Prevention and Treatment: A Practical Guide equips healthcare practitioners to include effective weight management counselling in the daily practice of medicine. Written by lifestyle medicine pioneer and cardiologist, Dr. James Rippe and obesity expert Dr. John Foreyt, this book provides evidence-based discussions of obesity and its metabolic consequences. A volume in the Lifestyle Medicine Series, it provides evidence-based information about the prevention and treatment of obesity through lifestyle measures, such as regular physical activity and sound nutrition, as well as the use of new medications or bariatric surgery available to assist in weight management. Provides a framework and practical strategies to assist practitioners in safe and effective treatments of obesity. Contains information explaining the relationship between obesity and increased risk of heart disease, diabetes, cancer, osteoarthritis, and other chronic conditions. Chapters begin with bulleted key points and conclude with a list of Clinical Applications. Written for practitioners at all levels, this user-friendly, evidence-based book on obesity prevention and treatment will be valuable to practitioners in general medicine or subspecialty practices.

The first comprehensive catalogue of the Getty Museum's significant collection of French Rococo é b é nisterie furniture. This catalogue focuses on French é b é nisterie furniture in the Rococo style dating from 1735 to 1760. These splendid objects directly reflect the tastes of the Museum's founder, J. Paul Getty, who started collecting in this area in 1938 and continued until his death in 1976. The Museum's collection is particularly rich in examples created by the most talented cabinet masters then active in Paris, including Bernard van Risenburgh II (after 1696-ca. 1766), Jacques Dubois (1694-1763), and Jean-Fran ç ois Oeben (1721-1763). Working for members of the French royal family and aristocracy, these craftsmen excelled at producing venerated and marquetried pieces of furniture (tables, cabinets, and chests of drawers) fashionable for their lavish surfaces, refined gilt-bronze mounts, and elaborate design. These objects were renowned throughout Europe at a time when Paris was considered the capital of good taste. The entry on each work comprises both a curatorial section, with description and commentary, and a conservation report, with construction diagrams. An introduction by Anne-Lise Desmas traces the collection's acquisition history, and two technical essays by Arlen Heginbotham present methodologies and findings on the analysis of gilt-bronze mounts and lacquer. www.getty.edu/publications/rococo

Return to the Brain of Eden

Histories of Ornament

A Novel

Volume 2

Meal Prep Your Way to Weight Loss

Using Research and Reason in Education

The Ketogenic Mediterranean Diet

Diets & Dieting.

Here's a full-color book of posters showing turn of the century advertisements for everything from cocoa, corsets, cigarettes and inner tubes, to toothpaste and beer. An introductory section helps detail the origins, development and market of each product. Freak of nature takes on a whole new meaning... If she hadn't been so clueless, she might have seen it coming. But really, who expects to get into a relaxing bathtub after a stressful day of shopping for tankinis and come out with scales and a tail? Most. Embarrassing. Moment. Ever. Jade soon discovers she inherited her mermaid tendencies from her mom. But if Mom was a mermaid, how did she drown? Jade is determined to find out. So how does a plus-size, aqua-phobic mer-girl go about doing that exactly? And how will Jade ever be able to explain her secret to her best friend, Cori, and to her crush, Luke? This summer is about to get a lot more interesting... "Absolutely fresh and sweet, a quirky coming of age story." - The YA-5

This book provides educators, parents, and policy makers with an in-depth exploration of language development in early childhood, describing how it is fueled by responsive caregiver?child interactions and intertwined with social-emotional development, executive function, and literacy. The first half of the book presents a rigorous discussion of the research on early childhood development; the second half reviews various programs that support language and literacy development through home visits, parent coaching, book giveaways, and other means.

Pigeons on the Grass Alas

Trends and Applications in Information Systems and Technologies

Contemporary Curators Talk about the Field

Preference Learning

Obesity Prevention and Treatment

Cocoa & Corsets

A Selection of Late Victorian and Edwardian Posters and Showcards from the Stationers' Company Copyright Records Preserved in the Public Record Office

The topic of preferences is a new branch of machine learning and data mining, and it has attracted considerable attention in artificial intelligence research in previous years. It involves learning from observations that reveal information about the preferences of an individual or a class of individuals. Representing and processing knowledge in terms of preferences is appealing as it allows one to specify desires in a declarative way, to combine qualitative and quantitative modes of reasoning, and to deal with inconsistencies and exceptions in a flexible manner. And, generalizing beyond training data, models thus learned may be used for preference prediction. This is the first book dedicated to this topic, and the treatment is

comprehensive. The editors first offer a thorough introduction, including a systematic categorization according to learning task and learning technique, along with a unified notation. The first half of the book is organized into parts on label ranking, instance ranking, and object ranking; while the second half is organized into parts on applications of preference learning in multiattribute domains, information retrieval, and recommender systems. The book will be of interest to researchers and practitioners in artificial intelligence, in particular machine learning and data mining, and in fields such as multicriteria decision-making and operations research.

The fresh, flavorful seafood and veggie cookbook for a fat-burning keto diet Eating a low-carb, high-fat ketogenic diet can boost your energy and help your body burn fat--and it doesn't have to include tons of bacon and butter. Break free from common keto constraints with this pescatarian cookbook. The simple, accessible recipes and meal plan feature fresh vegetables and seafood that taste delicious and help shift your metabolism into fat-burning mode. Get the basics on adapting a pescatarian diet to achieve ketosis. Discover recipes strategically planned to fit the macro ratio, so you don't have to calculate all your nutrients. Whether you're already pescatarian and looking to begin a keto diet, or a keto convert looking for an alternative to typical meat-heavy dishes, this pescatarian cookbook is your answer. Flavorful fish & veggies--Dig in to 100 recipes for breakfasts, snacks, soups, salads, vegetarian and vegan entrees, fish and shellfish entrees, desserts, and more. An easy 12-day meal plan--Kick-start your journey with a two-week, macro-balanced pescatarian meal plan, complete with shopping lists. Healthy fats, keto benefits--Unlock the fat-burning benefits of a keto diet with a higher intake of healthy fats from foods like salmon, trout, nuts, avocado, and olive oil. Take the next step in your journey to better health with the perfect pescatarian cookbook for a keto diet.

Unleash Your Secret Weapon for Restoring Trust: Open, Honest Communications! Most PR books tell you how to "spin" your message. People are sick of that! Spin Sucks will teach you how to communicate honestly, responsibly, openly, and authentically...and truly earn the trust of your customers, stakeholders, investors, and communities. Top PR thought leader and blogger Gini Dietrich runs the number one PR blog in the world, spinsucks.com, where she shares cutting-edge tips and tools for effective, ethical communications. Now, she's integrated all she's learned into a complete, actionable guide for every business leader who understands there are new rules to communications, but don't know what to do. No matter what your organization does, Dietrich will help you: Share your story more powerfully--without sex, extortion, or "truth-stretching" Humanize your organization, even if you don't have outsized personalities Tell the truth, using the best techniques honed by centuries of storytellers Overcome whisper campaigns, anonymous attackers, and trolls Create fresh, honest content that's compelling to both humans and Google Systematically prepare yourself to engage more successfully online Clarify and close gaps between your message and your customer's perception Celebrate your brand ambassadors Master seven steps for handling online criticism, and transforming critics into fans Keep others from stealing your great content Learn actionable lessons from others' successes (and failures) Develop more positive, productive agency (or client) relationships Converge paid, owned, earned, and shared media--and get more value from all of them spinsucks.com This book is composed of a selection of articles from The 2021 World Conference on Information Systems and Technologies (WorldCIST'21), held online between 30 and 31 of March and 1 and 2 of April 2021 at Hangra de Heroismo, Terceira Island, Azores, Portugal. WorldCIST is a global forum for researchers and practitioners to present and discuss recent results and innovations, current trends, professional experiences and challenges of modern information systems and technologies research, together with their technological development and applications. The main topics covered are: A) Information and Knowledge Management; B) Organizational Models and Information Systems; C) Software and Systems Modeling; D) Software Systems, Architectures, Applications and Tools; E) Multimedia Systems and Applications; F) Computer Networks, Mobility and Pervasive Systems; G) Intelligent and Decision Support Systems; H) Big Data Analytics and Applications; I) Human-Computer Interaction; J) Ethics, Computers & Security; K) Health Informatics; L) Information Technologies in Education; M) Information Technologies in Radiocommunications; N) Technologies for Biomedical Applications.

Connecting Through Talk

How Teachers Can Use Scientifically Based Research to Make Curricular & Instructional Decisions

Dude, You're a Fag

Nurturing Childrens Development With Language

What's in a Name?

Masculinity and Sexuality in High School

As professionals, teachers can become more effective and powerful by developing the skills to recognize scientifically based practice and, when the evidence is not available, use some basic research concepts to draw conclusions on their own. This paper offers a primer for those skills that will allow teachers to become independent evaluators of educational research.

In this companion volume to the acclaimed classic The Overthrow of Colonial Slavery, Robin Blackburn traces European doctrines of race and slavery from medieval times to the early modern epoch. At the time when European powers colonized the Americas, the institution of slavery had almost disappeared from Europe itself. Having overcome an institution widely regarded as oppressive, why did they sponsor the construction of racial slavery in their new colonies? The Making of New World Slavery finds in the emergent West both a stigmatization of the ethno-religious Other and a new culture of consumption, freed from earlier moral restrictions. Robin Blackburn argues that independent commerce, geared to burgeoning consumer markets, was the driving force behind the rise of plantation slavery. The Baroque state fed greedily off this commerce whilst unsuccessfully seeking to regulate slavery. Successive chapters of the book consider the deployment of slaves in the colonial possessions of the Portuguese, the Spanish, the Dutch, the English and the French. Robin Blackburn argues that the organization of slave plantations placed the West on a destructive path to modernity and that greatly preferable alternatives were both proposed and rejected. Finally he shows that the surge of Atlantic trade, premised on the killing toil of the plantations, made a decisive contribution to both the Industrial Revolution and the rise of the West. The Making of New World Slavery is a masterly study of this momentous and baleful epoch in the making of the modern world.

The first edition of this seminal textbook made a significant impact on the teaching of EU external relations law. This new edition retains the hallmarks of that success, while providing a fully revised and updated account of this burgeoning field. It offers a dual perspective, looking at questions from both the EU constitutional law perspective (the principles underpinning EU external action, the EU's powers, and the role of the Court of Justice of the EU); and the international law perspective (the effect of international law in the EU legal order and the position of the EU in international organisations such as the WTO). A number of key substantive policy areas are explored, including trade, security and defence, police and judicial cooperation, the environment, human rights, and development cooperation. Taking a 'text, cases and materials' approach, it allows students to gain a thorough understanding of milestones in the evolution of EU law in this area, their judicial interpretation and scholarly appraisal. Linking these pieces together through the authors' commentary and analysis ensures that students are given the necessary guidance to properly position and digest these materials. Lastly, each chapter concludes with a section entitled 'The Big Picture of EU External Relations Law', which weaves together the diverse and complex materials into a coherent whole and stimulates critical discussion of the topics covered.

A 28-day program for eating clean, featuring more than 100 healthy recipes with time-saving advance-prep methods, from the author of The 5-Day Real Food Detox "An effective guide to help you achieve a healthier life and stop dieting once and for all."—Mark Hyman, M.D., #1 New York Times bestselling author of Food: What the Heck Should I Eat? LOSE WEIGHT IN JUST FOUR WEEKS Any successful goal starts with a plan. And diet and fitness guru Nikki Sharp knows all about planning. The former model, Instagram star, and author of The 5-Day Real Food Detox discovered that the best way to drop pounds and feel great is through meal prep: making portion-controlled dishes in advance that can be enjoyed all week. Now Sharp shares her secrets and shortcuts for creating a week's worth of healthy, plant-based food designed to help you lose the weight and keep it off. Meal Prep Your Way to Weight Loss breaks it down for you in three easy parts: First, you'll learn the life-changing, health-altering meal-prep system. Second, you'll discover "super meals" that infuse ultra-nutrition into every bite. Finally, you'll receive Sharp's 28-day guide to meal prepping your weekly breakfast, lunch, dinner, and snacks with ease. As a meal prep master, you'll enjoy [?] steady, satisfying weight loss—up to five pounds each week [?] automatic portion control without counting calories, fat grams, or carbohydrates [?] an escape from emotional eating and bingeing [?] tips and tricks for easy-to-freeze preps [?] stress-free cooking, eating—and an overall healthy lifestyle Loaded with photos, grocery shopping lists, and such delicious recipes as Noodles and Cashew Cream, Summer Spring Rolls, Orange Dreamsicle Bliss Balls, and Paleo Bread, Meal Prep Your Way to Weight Loss will save you time and money—and help you eat clean and sustainably for the rest of your life! "This book is a must-read for anyone trying to lose weight, get healthy, or change his or her life. Meal prepping is the key to sustainable habits, and Nikki breaks it down to help you succeed."—David Zinczenko, #1 New York Times bestselling author and NBC News health and wellness contributor

The Pescatarian Keto Cookbook

Permanent Structured Cooperation

French Rococo Ébénisterie in the J. Paul Getty Museum

Being Pakistani

EU External Relations Law

From Global to Local

Communication and Reputation Management in the Digital Age

How different is Pakistan's culture from that of India? Exploring various aspects of the arts, literature and heritage of Pakistan, Raza Rumi argues that culture in Pakistan is not particularly unique to the nation, but rather a part of the cultural identities shared by South Asians. From the songs of Kabir and the ballads of Bulleh Shah to the cult of the feminine in the Sindh region, Rumi takes a kaleidoscopic view of the deep-set cultural mores that tie India and Pakistan together. Going further, he examines aspects of the visual arts, poetry, music and literature of Pakistan that impact global cultural narratives. Finally, he introduces readers to contemporary Pakistani writers and artists and the milieu in which they express their creativity, giving us a fascinating glimpse into cultural productions in Pakistan today. Being Pakistani is a riveting account of artistic traditions and their significance in present-day Pakistan, presenting an alternative view of the country, beyond the usual headlines that focus on political instability and terrorism.

The Intellectual Struggle for Florence is an analysis of the ideology that developed in Florence with the rise of the Medici, during the early fifteenth century, the period long recognized as the most formative of the early Renaissance. Instead of simply describing early Renaissance ideas, this volume attempts to relate these ideas to specific social and political conflicts of the fifteenth century, and specifically to the development of the Medici regime. It first shows how the Medici party came to be viewed as fundamentally different from their opponents, the "oligarchs," then explores the intellectual world of these oligarchs (the "traditional culture"). As political conflicts sharpened, some humanists (Leonardo Bruni and Francesco Filelfo) with close ties to oligarchy still attempted to enrich traditional culture with classical learning, while others, such as Niccolo Niccoli and Poggio Bracciolini, rejected tradition outright and created a new ideology for the Medici party. What is striking is the extent to which Niccoli and Poggio were able to turn a Latin or classical culture into a "popular culture," and how the culture of the vernacular remained traditional and oligarchic.

"Gathers together interviews with 41 curators to talk about their influences, aspirations, and challenges, offering a candid assessment of the field at this moment in time."--Publishers website

Given the Ukraine crisis, Russia's resurgence and the burning crises in the South there has never been a better time to discuss European defence. From November 2014 to March 2015, the online magazine European Gestrategy published a number of excellent essays on the European Union's Common Security and Defence Policy (CSDP), all from a national perspective. You can now read all of the essays in this one neat publication. Indeed, in this essay collection jointly published by European Gestrategy, the Egmont Institute and the Institute for European Studies, a host of leading experts give their national perspectives on the present state and future of the EU's CSDP. Each of the thirty-four essays focuses on the continued relevance of the CSDP when compared to the security challenges facing Europe today. Some essays give a bleak picture of the future, whereas others see grounds for optimism. Either way the essays are bound to provoke reactions of all kinds.

Pecos Bill

Humanists and the Beginnings of the Medici Regime, 1420-1440

The Chest of Memories - Checkmate to Time!

Society, Culture and the Arts

Spin Sucks

Settlement, Culture, and Identity Between History and Archaeology

Tools and Algorithms for the Construction and Analysis of Systems

This volume contains the proceedings of the 10th International Conference on Tools and Algorithms for the Construction and Analysis of Systems (TACAS 2004). TACAS 2004 took place in Barcelona, Spain, from March 29th to April 2nd, as part of the 7th European Joint Conferences on Theory and Practice of Software (ETAPS 2004), whose aims, organization, and history are detailed in a foreword by the ETAPS Steering Committee Chair, José Luiz Fiadeiro. TACAS is a forum for researchers, developers, and users interested in rigorously based tools for the construction and analysis of systems. The conference serves to bridge the gaps between different communities including, but not limited to, those devoted to formal methods, software and hardware verification, static analysis, programming languages, software engineering, real-time systems, and communication protocols that share common interests in, and techniques for, tool development. In particular, by providing a venue for the discussion of common problems, heuristics, algorithms, data structures, and methodologies, TACAS aims to support researchers in their quest to improve the utility, reliability, flexibility, and efficiency of tools for building systems.

TACASseekstheoreticalpaperswithaclearlinktotoolconstruction,papers describingrelevantalgorithmsandpracticalaspectsoftheirimplementation,- pers giving descriptions of tools and associated methodologies, and case studies with a conceptual message.

Presents tall tales about one of America's favorite heroes, Pecos Bill.

The New Abs Diet

A Practical Guide

100 Recipes and a 14-Day Meal Plan to Burn Fat and Boost Health