

Lazar Angelov Personalized 90 Day Meal Plan Review

Eat healthy. Exercise. Be happy. It sounds easy enough, so why is it so difficult? Because as millions of women know, it's not easy. There are challenges and obstacles, and health programs are not one size fits all. Sohee Lee understands, because she's faced the challenges and overcome them. As a trainer, presenter, and author, she's shared her experiences and helped others establish healthy relationships with food and exercise for long-term results. In the book Eat. Lift. Thrive. she empowers you with tools and strategies to make your own change. You will learn how to identify issues that are holding you back and what you can do to get back on track. You'll find motivation, exercise, and advice. And you'll learn how to • incorporate Lee's Living Lean Guidelines to make your diet work around your life, rather than the other way around; • perform her Primary Strength Movements and integrate them into an effective workout program; and • adjust your routine to maintain the results you've achieved. Eat. Lift. Thrive. also provides you with a structured, easy-to-follow 12-week training program. The program can be scaled according to your training experience, time commitment, and goals; it's completely customizable to ensure that your changes are lasting. This book is designed to be different. By the time you're finished, you'll be an expert at moderation and will say goodbye to extremes in dieting. You can have your cake and eat it too—and enjoy it! CE exam available! For certified professionals, a companion continuing education exam is available which can be completed after reading this book. The Eat. Lift. Thrive. Online CE Exam may be purchased separately or as part of the Eat. Lift. Thrive. With CE Exam package that includes both the book and the exam.

In The 2 Meal Day, Max Lowery introduces intermittent fasting – eat just two meals a day, either breakfast and lunch or lunch and dinner – to burn fat and get fit fast. Rather than grazing on food all day or having to do complicated calorie calculations for two days of the 5:2 diet, simply eat two meals to lose weight, reduce hunger and feel more energised. Choose your two meals from Max's delicious, nutritious and easy-to-prepare recipes; start the day with Salmon Mini Frittatas or a Breakfast Burrito; Lunch on Thai Green Chicken Curry or Tuna Casserole or enjoy Creamy Mushroom and Parmesan Risotto or Sea Bass Sauce Vierge for Dinner. There are even healthier desserts to satisfy your sweet tooth without over-indulging – choose from Two-Ingredient Chocolate Mousse or Banana Pancakes. Max shows how to combine your 2-meal day with High-Intensity Interval Training (HIIT) – short duration and maximum effort exercises – and resistance workouts to help you drop fat and get fit quickly. So ditch the calorie-counting and the sugar highs and lows and enjoy two meals a day alongside Max's workouts for a leaner, fitter, healthier body.

This book constitutes the refereed proceedings of the 9th International Workshop on Fuzzy Logic and Applications, WILF 2011 held in Trani, Italy in August 2011. The 34 revised full papers presented were carefully reviewed and selected from 50 submissions. The papers are organized in topical sections on advances in theory of fuzzy sets, advances in fuzzy systems, advances in classification and clustering; and applications.

Emerging illicit drugs pose a significant clinical challenge. This handbook offers an engaging, concise guide to managing these challenges.

First International Conference, ICACDS 2016, Ghaziabad, India, November 11–12, 2016, Revised Selected Papers

The Appeal of Adam to Lazarus in Hell

Naturally Stefanie

Curcumin for Neurological and Psychiatric Disorders

No Longer Slavonic Only

A Woman's Guide to Building a Better Butt and Body

A Semantic and Syntactic Study

Aesthetics is much more than just being physically appealing. It is a lifestyle, a way of life. One does not attain aesthetic perfection over night. It takes years of consistency to shape your physique into a masterpiece, but more, it takes you to change your entire outlook on life.

"In The Pechenegs: Nomads in the Political and Cultural Landscape of Medieval Europe Aleksander Paro offers a reflection on the history of the Pechenegs, a nomadic people which came to control the Black Sea steppe by the end of the ninth century. Nomadic peoples have often been presented in European historiography as aggressors and destroyers whose appearance led to only chaotic decline and economic stagnation. Making use of historical and archaeological sources along with abundant comparative material, Aleksander Paro offers here a multifaceted and cogent image of the nomads' relations with neighboring political and cultural communities in the tenth and eleventh centuries"--

Gypsy history and life. Professionals working with Gypsies and migrant Roma from the CEE will also find it invaluable."--BOOK JACKET.

With politics taking centre stage due to the US presidential election, the time is perfect for a reprint of this classic work from Edward Bernays, the father of public relations and political spin and the man who designed the ad campaign that got the United States involved in World War I. Written in 1928, this was the first book to discuss the manipulation of the masses and democracy by government spin and propaganda.

9th International Workshop, WILF 2011, Trani, Italy, August 29-31, 2011, Proceedings

Defeating Eurabia

On the Move to Meaningful Internet Systems: OTM 2013 Workshops

Loyal Unto Death

The Pechenegs

Cultural Heritage in Migration

Disturbing Questions about the World's Fastest-Growing Faith

Lung cancer is one of the most common cancers in both men and women worldwide. Early diagnosis of lung cancer can significantly increase the chances of a patient's survival, yet early detection has historically been difficult. As a result, there has been a great deal of progress in the development of accurate and fast diagnostic tools in recent years. Lung Cancer and Imaging provides an introduction to both the methods currently used in lung cancer diagnosis and the promising new techniques that are emerging. Areas covered include the major trends and challenges in lung cancer detection and diagnosis, classification of cancer types, lung feature extraction in joint PET/CT images, and algorithms in the area of low dosage CT lung cancer images.

Several nano-scale devices have emerged that are capable of analysing plant diseases, nutrient deficiencies and any other ailments that may affect food security in agro-ecosystems. It has been envisioned that smart delivery systems can be developed and utilised for better management of agricultural ecosystems. These systems could exhibit beneficial, multi-functional characteristics, which could be used to assess and also control habitat-imposed stresses to crops. Nanoparticle-mediated smart delivery systems can control the delivery of nutrients or bioactive and/or pesticide molecules in plants. It has been suggested that nano-particles in plants might help determine their nutrient status and could also be used as cures in agro-ecosystems. Further, to enhance soil and crop productivity, nanotechnology has been used to create and deliver nano fertilizers, which can be defined as nano-particles that directly help supply nutrients for plant growth and soil productivity. Nano-particles can be absorbed onto clay networks, leading to improved soil health and more efficient nutrient use by crops.

Additionally, fertilizer particles can be coated with nano-particles that facilitate slow and steady release of nutrients, reducing loss of nutrients and enhancing their efficiency in agri-crops. Although the use of nanotechnology in agro-ecosystems is still in its early stages and needs to be developed further, nano-particle-mediated delivery systems are promising solutions for the successful management of agri-ecosystems. In this context, the book offers insights into nanotechnology in agro-ecosystems with reference to biogenic nanoparticles. It highlights the: •occurrence and diversity of Biogenic Nanoparticles •mechanistic approach involved in the synthesis of biogenic nanoparticles •synthesis of nanoparticles using photo-activation, and their fate in the soil ecosystem •potential applications of nanoparticles in agricultural systems •application and biogenic synthesis of gold nanoparticles and their characterization •impact of biogenic nanoparticles on biotic stress to plants •mechanistic approaches involved in the antimicrobial effects and cytotoxicity of biogenic nanoparticles •role of biogenic nanoparticles in plant diseases management •relevance of biological synthesized nanoparticles in the longevity of agricultural crops •design and synthesis of nano-biosensors for monitoring pollutants in water, soil and plant systems •applications of nanotechnology in agriculture with special refer to soil, water and plant sciences A useful resource for postgraduate and research students in the field of plant and agricultural sciences, it is also of interest to researchers working in nano and biotechnology.

The Civil War of 1402-1413 is one of the most complicated periods in Ottoman history. This book is the first full-length study of that chapter in history, which began with Timur's dismemberment of the early Ottoman Empire following his defeat of Bayezid 'the Thunderbolt' at Ankara (1402). This book is a detailed reconstruction of events based on available sources, as well as a study of the period's political culture as reflected in its historical narratives.

This compilation of Fjordman articles from websites like Gates of Vienna, Jihad Watch, Atlas Shrugs, The Brussels Journal and Fjordman's own (now defunct) blog has been updated and finetuned to reflect his current views on the islamization of Europe. It provides a thorough analysis of the causes and circumstances of the islamization process, a country-by-country survey and an optimistic concluding chapter with suggestions for the future. Pamela Geller of Atlas Shrugs writes: "The preeminent essayist, historian, and one of the leading lights of the counter jihad movement, Fjordman, has released his first book. Europe's most reliable witness and modern historian has completed a compedium of analysis and data of the islamization of Europe."

Technological Innovation for Applied AI Systems

Antioxidant Properties of Spices, Herbs and Other Sources

Empire Building and Representation in the Ottoman Civil War of 1402-1413

Confederated International Workshops: OTM Academy, OTM Industry Case Studies Program, ACM, EI2N, ISDE, META4eS, ORM, SeDeS, SINCOM, SMS and SOMOCO 2013, Graz, Austria, September 9 - 13, 2013, Proceedings

The 2 Meal Day

The Sons of Bayezid

A Millennium, 988-1988

The underground Macedonian Revolutionary Organization recruited and mobilized over 20,000 supporters to take up arms against the Ottoman Empire between 1893 and 1903. Challenging conventional wisdom about the role of ethnic and national identity in Balkan history, Keith Brown focuses on social and cultural mechanisms of loyalty to describe the circuits of trust and terror—webs of secret communications and bonds of solidarity—that linked migrant workers, remote villagers, and their leaders in common cause. Loyalties were covertly created and maintained through acts of oath-taking, record-keeping, arms-trading, and in the use and management of deadly violence. This book constitutes the refereed proceedings of the First International Conference on Advances in Computing and Data Sciences, ICACDS 2016, held in Ghaziabad, India, in November 2016. The 64 full papers were carefully reviewed and selected from 502 submissions. The papers are organized in topical sections on Advanced Computing; Communications; Informatics; Internet of Things; Data Sciences.

Curcumin for Neurological and Psychiatric Disorders: Neurochemical and Pharmacological Properties focuses on the different molecular mechanisms underlying curcumin-mediated beneficial effects in neurological diseases. The book's editors discuss the neurochemical and pharmacological properties of curcumin, followed by the effect of curcumin in neurotraumatic diseases, neurodegenerative diseases, and neuropsychiatric diseases. The book also offers a perspective on future studies on the treatment of neurological disorders. The beneficial effects of curcumin have been observed both in cultured cells and in animal models, thus paving the way for ongoing present and future human clinical trials. Curcumin produces antioxidant and anti-inflammatory effects not only by blocking oxidative stress and neuroinflammation in neurotraumatic and neurodegenerative diseases, but also by restoring cellular homeostasis and rebalancing redox equilibrium. Identifies molecular mechanisms of curcumin effects in neurological diseases Includes effects on neurotraumatic, neurodegenerative and psychiatric diseases Covers the antioxidant, anti-inflammatory and immunomodulatory effects of curcumin Examines curcumin's potential in developing new therapeutic drugs

A compelling case for the re-examination of interface design models is presented by this text's assertion that human behavior is not taken into account in the planning model generally favored by artificial intelligence.

Advances in Computing and Data Sciences

Recipes, Workouts and Daily Rituals for a Stronger, Happier You

Health Issues Throughout the Lifespan

Nomads in the Political and Cultural Landscape of Medieval Europe

Big Portions. Big Results. Drop 10 Pounds in 4 Weeks

Eat.Lift.Thrive.

This volume builds upon the new worldwide interest in the global Middle Ages. It investigates the prismatic heritage and eclectic artistic production of Eastern Europe between the fourteenth and seventeenth centuries, while challenging the temporal and geographical parameters of the study of medieval, Byzantine, post-Byzantine, and early-modern art. Contact and interchange between primarily the Latin, Greek, and Slavic cultural spheres resulted in local assimilations of select elements that reshaped the artistic landscapes of regions of the Balkan Peninsula, the Carpathian Mountains, and further north. The specificities of each region, and, in modern times, politics and nationalistic approaches, have reinforced the tendency to treat them separately, preventing scholars from questioning whether the visual output could be considered as an expression of a shared history. The comparative and interdisciplinary framework of this volume provides a holistic view of the visual culture of these regions by addressing issues of transmission and appropriation, as well as notions of cross-cultural contact, while putting on the global map of art history the eclectic artistic production of Eastern Europe.

This book investigates the growing and ever-changing health issues for girls and women who lead an active lifestyle and participate in sports and exercise. Easy to read, the volume provides an educational foundation for understanding how disordered eating, amenorrhea, and osteoporosis can be interrelated while also looking at image disorders and reproductive health. It contains thorough analysis of common prevention and management techniques, and provides useful links to resources on the internet for additional screening tools.

This book presents a collection of papers from the fifth conference of the Enoch Seminar. The conference re-examined 2 Enoch, an early Jewish apocalyptic text previously known to scholars only in its Slavonic translation, in light of recently identified Coptic fragments.

This new book is an up-to-date review of the clinical, epidemiological, and cytogenetic aspects of the fragile X (Martin-Bell) syndrome--the most common genetic cause of mental retardation after Down syndrome. The book includes the latest research findings concerning diagnosis on the basis of the appearance of a fragile site in cultured lymphocytes. It assumes little prior knowledge of the subject, and provides a clearly written, easy-to-understand discussion previously unavailable in a single reference source. The book will be of special interest to molecular biologists, cytogeneticists, medical geneticists, and clinicians and other professionals working with the mentally handicapped

A Historical Dictionary of the the Gypsies

The Clinician's Handbook

The Life and Passion of Cyprian, Bishop and Martyr

Guide to Aesthetics

The Romani World

The Balkan Conditional in South Slavic

12th IFIP WG 5.5/SOCOLNET Advanced Doctoral Conference on Computing, Electrical and Industrial Systems, DoCEIS 2021, Costa de Caparica, Portugal, July 7–9, 2021, Proceedings

Stefanie Moir is an international inspiration. In NATURALLY STEFANIE, she shares the delicious vegan recipes, goal-based workouts and daily rituals that have transformed her life and those of her thousands of fans. Discover how Stefanie can kickstart your journey to a healthier, happier and stronger you. - Nurture a healthy relationship with food - take a relaxed approach while relishing what you eat. - Learn new ways to cook with plants - it's not all lettuce and green juice! - Create a nourishing lifestyle - ditch diets and faddy fitness for good. - Weight train with confidence - feel strong in your own body. - Make food and exercise fun - no matter who you are! With over 100 plant-based recipes, tips for self-care and workout guides, NATURALLY STEFANIE's plant-powered way of life will help you feel your best. Whether you're a committed vegan and gym-goer or looking to add more plants and exercise to your life, Stefanie's enthusiasm is infectious. And wherever you are on your personal wellbeing journey, her passion will inspire you!

This volume constitutes the refereed proceedings of the international workshops, Confederated International Workshops: OTM Academy, OTM Industry Case Studies Program, ACM, EI2N, ISDE, META4eS, ORM, SeDeS, SINCOM, SMS and SOMOCO 2013, held as part of OTM 2013 in Graz, Austria, in September 2013. The 75 revised full papers presented together with 12 posters and 5 keynotes were carefully reviewed and selected from a total of 131 submissions. The papers are organized in topical sections on: On The Move Academy; Industry Case Studies Program; Adaptive Case Management and other non-workflow approaches to BPM; Enterprise Integration, Interoperability and Networking; Information Systems in Distributed Environment; Methods, Evaluation, Tools and Applications for the Creation and Consumption of Structured Data for the e-Society; Fact-Oriented Modeling; Semantics and Decision Making; Social Media Semantics; Social and Mobile Computing for collaborative environments; cooperative information systems; Ontologies, Data Bases and Applications of Semantics.

This book constitutes the refereed proceedings of the 12th IFIP WG 5.5/SOCOLNET Advanced Doctoral Conference on Computing, Electrical and Industrial Systems, DoCEIS 2021, held in Costa de Caparica, Portugal, in July 2021. The 34 papers presented were carefully reviewed and selected from 92 submissions. The papers present selected results produced in engineering doctoral programs and focus on technological innovation for industry and service systems. Research results and ongoing work are presented, illustrated and discussed in the following areas: collaborative networks; smart manufacturing; cyber-physical systems and digital twins; intelligent decision making; smart energy management; communications and electronics; classification systems; smart healthcare systems; and medical devices.*The conference was held virtually. Chapters “Characteristics of Adaptable Control of Production Systems and the Role of Self-organization Towards Smart Manufacturing” and “Predictive Manufacturing: Enabling Technologies, Frameworks and Applications” are available open access under a Creative Commons Attribution 4.0 International License via link.springer.com.*

This book discusses critical areas of progress in stem cell research, including the most recent research and applications of pluripotent embryonic cells, induced pluripotent cells, oligopotent tissue stem cells and cancer stem cells. The text covers basic knowledge of stem cell biology, stem cell ethics, development of techniques for applying stem cell therapy, the technology of obtaining appropriate cells for transplantation as well as the role of stem cells in cancer and how therapy may be directed to cancer stem cells. This new volume is essential reading for all scientists currently in the field or allied research areas, and those for those graduate students who envision a career in stem cells.

Human Dna Polymerases: Biology, Medicine And Biotechnology

Biogenic Nano-Particles and their Use in Agro-ecosystems

Islam Unveiled

Propaganda

Starting Strength

The Fragile X Syndrome

The Hungry Girl Diet

This is not your run-of-the-mill fitness book. Developed by world-renowned gluteal expert Bret Contreras, Strong Curves offers an extensive fitness and nutrition guide for women seeking to improve their physique, function, strength, and mobility. Contreras spent the last eighteen years researching and field-testing the best methods for building better butts and shapelier bodies. In Strong Curves, he offers the programs that have proven effective time and time again with his clients, allowing you to develop lean muscle, rounded glutes, and greater confidence. Each page is packed with information decoding the female anatomy, providing a better understanding as to why most fitness programs fail to help women reach their goals. With a comprehensive nutritional guide and over 200 strength exercises, this book gets women off the treadmill and furnishes their drive to achieve strength, power, and sexy curves from head to toe. Although the glutes are the largest and most powerful muscle group in the human body, they often go dormant due to lifestyle choices, leading to a flat, saggy bum. Strong Curves is the cure.

*The #1 New York Times bestselling author of the Hungry Girl cookbooks now delivers the first-ever meal plan based on the concepts that have satisfied millions: The Hungry Girl Diet! Lisa Lillien has taken her famous super-sizing techniques, diet philosophies, and delicious recipes, and she's put them into a foolproof four-week jump-start plan to help you lose weight effortlessly. Approved by a registered dietitian, this program is not only completely satisfying but also entirely effective. The Hungry Girl Diet has... *A detailed four-week program to help you jump start your weight loss the Hungry Girl way *Over 50 easy recipes for delicious super-sized meals and snacks, including HG classics like growing oatmeal bowls, oversized egg mugs, ginormous salads, and foil packs *Magical food ideas that help keep you feeling full all day *Tips & tricks for avoiding diet derailment, including Lisa's personal strategies for weight management *Helpful hints & how-tos for grocery shopping and dining out *Foods that give you the biggest bang for your calorie buck *Smart swaps for fattening foods you crave *Easy meals that anyone can make *And SO much more! With an emphasis on lean protein, low-fat dairy, fresh fruits 'n veggies, and GIGANTIC portions, this diet gives you everything you love about Hungry Girl in one nutritious and delicious weight-loss plan!*

Maintenance of the information embedded in the genomic DNA sequence is essential for life. DNA polymerases play pivotal roles in the complex processes that maintain genetic integrity. Besides their tasks in vivo, DNA polymerases are the workhorses in numerous biotechnology applications such as the polymerase chain reaction (PCR), cDNA cloning, next generation sequencing, nucleic acids based diagnostics and in techniques to analyze ancient and otherwise damaged DNA (e.g. for forensic applications). Moreover, some diseases are related to DNA polymerase defects and chemotherapy through inhibition of DNA polymerases is used to fight HIV, Herpes and Hepatitis B and C infections. This book focuses on (i) biology of DNA polymerases, (ii) medical aspects of DNA polymerases and (iii) biotechnological applications of DNA polymerases. It is intended for a wide audience from basic scientists, to diagnostic laboratories, to companies and to clinicians, who seek a better understanding and the practical use of these fascinating enzymes. Contents: PrefaceAbout the AuthorsHistory of DNA PolymerasesDNA Polymerases: General AspectsHuman DNA Polymerases: From Structure to FunctionHuman DNA Polymerases in Different DNA TransactionsDNA Polymerases and Human DiseasesHuman DNA Polymerases and ChemotherapyPolymerases Chain Reaction and Heat-Stable DNA Polymerases: The History and the Potential of Evolved DNA PolymerasesSynthetic Evolution of DNA Polymerases for Novel PropertiesMarket for Evolved DNA Polymerases in Routine and Medical Applications Readership: Academic and industry research scientists, from PhD students to senior professors, as well as R&D specialists and marketing experts working in biotech and pharmaceutical companies. Keywords: DNA Polymerase;DNA Replication;DNA Repair;DNA Recombination, PCR;Cancer;Neurological Diseases;Medicine;Biology;Chemotherapy;Structural Biology;Enzymology;BiotechnologyReview: Key Features: The only book to merge basic science,

biotechnological applications and marketing opportunities of DNA polymerasesThe most extensive literature coverage of the field, with more than 1,000 cited references and updated with the most recent contributions received by scientists all over the worldWritten by four leading experts in DNA polymerases, it gives the most complete overview of the field from its historical origins to the latest developments

The scientific world and modern society today is experiencing the dawning of an era of herbal medicine. Extensive research has shown that aromatic plants are important anti-inflammatory, antioxidant, anti aging and immune boosting delectable foods, with the magic and miracle to boost our immune system providing us with extended and an improved quality of life. Apart from making bland recipes into welcoming or interesting victories, herbs and spices have stirred the minds of the research community to look deeper into its active components from a functional perspective. It is essential to present the scientific and medicinal aspect of herbs and spices together with the analysis of constituents, its medicinal application, toxicology and its physiological effects. Herbs and spices with high levels of antioxidants are in great demand as they tend to promote health and prevent diseases naturally assuring increased safety and reliability for consumers. Herbs and spices are not only known for taste and flavor, but today research has opened up a new realm in which the antioxidant properties of these aromatic plants provide preservation for foods and health benefits for consumers who look forward to concrete scientific research to guide them further and explore herbal medicine. The aim of this book is to create awareness in society about the reliability of medicinal properties of certain herbs and spices through scientific and scholarly research.

Strong Curves

Advances in Biomolecular Simulations

Recent Advancement in Prodrugs

New Perspectives on 2 Enoch

Club Drugs and Novel Psychoactive Substances

Eclecticism in Late Medieval Visual Culture at the Crossroads of the Latin, Greek, and Slavic Traditions

Neurochemical and Pharmacological Properties

There is a new casino being built in Dodge. Since it is connected to an old Indian burial ground, there are mixed feelings about if it should be built or not. There are strange stories that have been told about Dodge, and people are worried. One person in particular is Sue. She doesn't want her husband, Jim, to work for Paul at the construction site. Paul just wants to do his job and get the casino built. However, something or someone is killing off his workers. Which has Sue worried even more. The authorities have shut down the construction site until this monster is caught. How can they catch a monster that is a toy statue one minute, and a larger than life iron demon the next, who seems to have trouble staying in one city? Will this monster ever be caught? Will the casino ever be built? Only time will tell, and according to Paul's boss, that time is running out.

Recent Advancement in Prodrugs Drugs used as medicines have many limitations like low chemical stability, aqueous solubility, or oral absorption/bioavailability, rapid presystemic metabolism, toxicity, inadequate site specificity, or poor patient acceptance/compliance (unwanted adverse effects, unacceptable taste or odor, irritation or pain). Prodrugs design is an approach to overcome these limitations. Key features Covers recent advancements in development of prodrugs Presents balanced synthesis and applications of prodrug chemistry Discusses broad spectrum of prodrug categories and outlines industrial applications Reviews prodrugs in cancer nanomedicine, its therapy and treatment Elucidates mathematical models to study the kinetics of prodrugs This book covers recent advances in the design of prodrugs. It contains all the significant recent examples of prodrug chemistry developments and will aid academics and researchers seeking to generate new projects in the field.

This study examines the morphological and semantic development of the modal construction formed with either the imperfect of 'to want' (Croatian/Serbian) plus the infinitive, or with a modal particle from 'to want' (Macedonian) plus the imperfect of the main verb. The Balkan conditional is analyzed using material from diverse sources, including epic folk poetry, dialectal texts, and the standard literary language in the South Slavic languages, as well as in the Balkan non-Slavic languages of Greek, Albanian, Daco-Rumanian, Istro-Rumanian, and Arumanian. Specific syntactic and semantic contexts are analyzed, and the Balkan conditional is compared to other modal constructions in these languages. One of the characteristic analytic verbal forms shared by the languages of the Balkan league is the Balkan conditional or the so-called 'future-in-the-past'. In the majority of these languages, the Balkan conditional has the status of a grammatical category, whose invariant components are 'modality', specifically 'potentiality', and 'reference to past tense'. With such components, these expressions most frequently and naturally refer to actions which did not take place, i.e., the past, contrary-to-fact conditional.

Volume II of The Cambridge History of War covers what in Europe is commonly called 'the Middle Ages'. It includes all of the well-known themes of European warfare, from the migrations of the Germanic peoples and the Vikings through the Reconquista, the Crusades and the age of chivalry, to the development of state-controlled gunpowder-wielding armies and the urban militias of the later middle ages; yet its scope is world-wide, ranging across Eurasia and the Americas to trace the interregional connections formed by the great Arab conquests and the expansion of Islam, the migrations of horse nomads such as the Avars and the Turks, the formation of the vast Mongol Empire, and the spread of new technologies - including gunpowder and the earliest firearms - by land and sea.

Fuzzy Logic and Applications

Lung Cancer and Imaging

The Cambridge History of War: Volume 2, War and the Medieval World

The Active Female

The Problem of Human-Machine Communication

The Christianization of Ancient Russia

Trust and Terror in Revolutionary Macedonia

The 2 Meal DayKyle Books

In "Islam Unveiled," Robert Spencer dares to face the hard questions about what the Islamic religion actually teaches--and the potentially ominous implications of those teachings for the future of both the Muslim world and the West. Going beyond the shallow distinction between a "true" peaceful Islam and the "hijacked" Islam of terrorist groups, Spencer probes the Koran and Islamic traditions (as well as the history and present-day situation of the Muslim world) as part of his inquiry into why the world's fastest growing faith tends to arouse fanaticism. "Islam Unveiled" evaluates the relationship between Islamic fundamentalism and "mainstream" Islam; the fixation with violence and jihad; the reasons for Muslims' disturbing treatment of women; and devastating effects of Muslim polygamy and Islamic divorce laws. Spencer explores other daunting questions--why the human rights record of Islamic countries is so unrelievedly grim and how the root causes of this record exist in basic Muslim beliefs; why science and high culture died out in the Muslim world--and why this is a root cause of modern Muslim resentment. He evaluates what Muslims learn from the life of Muhammad, the man that Islam hails as the supreme model of human behavior. Above all, this provocative work grapples with the question that most preoccupies us today: can Islam create successful secularized societies that will coexist peacefully with the West's multicultural mosaic?

Plans and Situated Actions

Stem Cells Handbook

A Simple and Practical Guide for Coaching Beginners

Civil Society and Social Reconstruction

The Iron Doll