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This book uses money as a lens through which to analyze the social and economic impact of colonialism on African societies and institutions. It is the first book to address the monetary history of the colonial period in a comprehensive way, covering several areas of the continent and different periods, with the ultimate aim of understanding the long-term impact of colonial monetary policies on African societies. While grounding an understanding of money in terms of its circulation, acceptance and impact, this book shows first and foremost how the monetary systems that resulted from the imposition of colonial rule on African societies were not a replacement of the old currency systems with entirely new ones, but were rather the result of the convergence of different orders of value and monetary practices. By putting histories of people using money at the heart of the story, and connecting them to larger imperial policies, the volume provides a new and fresh perspective on the history of the establishment of colonial rule in Africa. This book is the result of a collaborative and interdisciplinary research project that has received funding by the Gerda Henkel Foundation. The contributors are both junior and senior scholars, based at universities in Europe, Africa, Asia and the US, who are all specialists on the history of money in Africa. It will appeal to an international audience of scholars and educators interested in African Studies and History, Economic History, Imperial and Colonial History, Development Studies, Monetary Studies.

Anglophobia in Fascist Italy depicts how the Fascist regime disseminated its particular image of Great Britain, consistent with its own ideological imperatives, and puts to the test effectiveness of this messaging among the Italian people.

Physical Activity and Health is the first textbook to bring together the results of the most important studies in this rapidly changing field, and it offers a detailed yet concise and clear presentation of key concepts.

The Essential Guide to Becoming Your Most Radiant, Redheaded You If you have red hair, you know it's more than just a color—it's a way of life that comes with its own challenges, like unique makeup needs, fashion questions and hair dilemmas. How to be a Redhead has the answers to all your redhead beauty questions, with specialized advice and tips for hair care, skincare, makeup, health and fashion. With this book, redheads get: - The best products, tools and tips to keep your hair stunning and your complexion clear - Easy step-by-step hairstyle tutorials - Tips for nourishing your sensitive skin throughout the year - Effortlessly cool day-to-night makeup looks - How to achieve the perfect red lip - Redhead fashion dos and don'ts - How to look and feel your best Written by redheads, sisters and starters of the Red Hair Revolution, Adrienne & Stephanie Vendetti, How to be a Redhead is packed full of all the inspiration and advice a redhead could ever want. With this must-have book, you'll learn to rock your red head with confidence, grace and glowing beauty.

My Girls

The Body Economic

The Eat-Clean Diet

Target 100

Conquering Chaos

Declining Political Trust and the Demise of American Liberalism

Confessions of a Serial Songwriter

This volume addresses an important historiographical gap by assessing the respective contributions of tradition and foreign influences to the 19th century codification of criminal law. More specifically, it focuses on the extent of French influence - among others - in European and American civil law jurisdictions. In this regard, the book seeks to dispel a number of myths concerning the French model's actual influence on European and Latin American criminal codes. The impact of the Napoleonic criminal code on other jurisdictions was real, but the scope and extent of its influence were significantly less than has sometimes been claimed. The overemphasis on French influence on other civil law jurisdictions is partly due to a fundamental assumption that modern criminal codes constituted a break with the past. The question as to whether they truly broke with the past or were merely a degree of reform touches on a difficult issue, namely, the dichotomy between tradition and foreign influences in the codification of criminal law. Scholarship has unfairly ignored this important subject, an oversight that this book remedies.

A treasure trove of recipes, menus, photos, and stories drawn from the diaries, recollections, and personal mementos of royal servant Charles Oliver. Based on the Diaries of Charles Oliver

The first part of this book reviews the basics of atmospheric chemistry, radiation transport, and optical spectroscopy before detailing the principles underlying DOAS. The second part describes the design and application of DOAS instruments as well as the evaluation and interpretation of spectra. The recent expansion of DOAS application to the imaging of trace gas distributions by ground, aircraft, and satellite-based instruments is also covered.

This book examines the historical process that led to the foundation of the Italian Republic and its constitution, viewed through the personal experiences and political reflections of Adriano Olivetti (between 1919 and 1960), general manager and president of

the well-known typewriter manufacturer “Ing. C. Olivetti & C.” An unbroken line of reasoning linked his maturing political reflections during the two post-war periods. The historical context of the 1950s did not prove to be very propitious, but the guidelines dispersed throughout the Italian cultural and political world from the movement that Olivetti founded were certainly seminal – generating a legacy of ideas that has only in part been recognized. What makes this study distinctive is the original approach to reading the history of Italy through Adriano Olivetti’s eyes and thoughts, far from the more common Christian Democratic or Communist perspective of those years. It is simply another view of what the Italian Republic could be and was not.

Why Trust Matters

Butcher's Moon

Poul Anderson

The Most Influential Images of All Time

School Memories

A Letter of Love

This book is a long overdue in-depth study of the Italian Social Republic. Set up in 1943 by Hitler in the town of Salò on Lake Garda and ruled by Mussolini, this makeshift government was a last-ditch effort to ensure the survival of Fascism, ending with the murder of Mussolini by partisans in 1945. The RSI was a loosely organized regime made up of professed patriots, apostles of law and order, and rogue militias who committed atrocities against presumed and real enemies. H. James Burgwyn narrates the history of the RSI, with vivid portraits of key figures and thoughtful analysis of how radical fascists managed to take the Salò regime from a dictatorship in Italy to a Continental nazifascismo, hand in hand with the Third Reich. This book stands as an essential bookend to the life of Mussolini, with new insights into the man who duped the Italian people and provoked a war that ended in catastrophic defeat.

International Energy Outlook
Left and Right
The Significance of a Political Distinction
John Wiley & Sons

"One of the great political cartoonists of our time." —David Remnick A gorgeous, hilarious, and provocative compendium of the Pulitzer Prize-winning artist’s illustrations for The New Yorker, The New York Times, Vanity Fair, and more. Barry Blitt’s cartoons have been lampooning American politics and culture for decades. His iconic New Yorker covers are defining images for our times, earning him adoration from critics and fans and piles of hate mail from everyone else. This lavish full-color collection showcases more than a quarter century of Blitt’s work: his wry and provocative New Yorker covers, from the Obama fist bump heard round the world, to George W. Bush’s drowning cabinet, to the myriad (and counting) misadventures of Donald Trump; Blitt’s long-running collaboration with Frank Rich on The New York Times op-ed page; and his work for Vanity Fair, Time, Entertainment Weekly, and others. Blitt also shares his private sketchbooks, drafts, and uproarious rejected illustrations, offering readers an illuminating view into his creative process. Featuring the author's hand-scrawled annotations and self-deprecating witticisms, more than one hundred never-before-seen sketches and drafts, and essays from Blitt’s collaborators and peers, including Frank Rich, Françoise Mouly, and Steve Brodner, Blitt is a visual delight and a rollicking trip into the mind of an utterly original artist.

American public policy has become demonstrably more conservative since the 1960s. Neither Jimmy Carter nor Bill Clinton was much like either John F. Kennedy or Lyndon Johnson. The American public, however, has not become more conservative. Why, then, the right turn in public policy? Using both individual and aggregate level survey data, Marc Hetherington shows that the rapid decline in Americans' political trust since the 1960s is critical to explaining this puzzle. As people lost faith in the federal government, the delivery system for most progressive policies, they supported progressive ideas much less. The 9/11 attacks increased such trust as public attention focused on security, but the effect was temporary. Specifically, Hetherington shows that, as political trust declined, so too did support for redistributive programs, such as welfare and food stamps, and race-targeted programs. While the presence of race in a policy area tends to make political trust important for whites, trust affects policy preferences in other, non-race-related policy areas as well. In the mid-1990s the public was easily swayed against comprehensive health care reform because those who felt they could afford coverage worried that a large new federal bureaucracy would make things worse for them. In demonstrating a strong link between public opinion and policy outcomes, this engagingly written book represents a substantial contribution to the study of public opinion and voting behavior, policy, and American politics generally.

A Revision of the Myth of its Predominant French Influence

We Want Everything

The Failure of a Puppet Regime

The True Story of Rebuilding Puerto Rico, One Meal at a Time

Europe and Empire

TIME 100 Photographs

An Oral History

“The first noteworthy treatment of its subject—and a definitive one at that...Fascinating narrative threads proliferate” (The New York Times Book Review). The most authoritative biography—featuring dozens of rarely seen photographs—of film legend Bruce Lee, who made martial arts a global phenomenon, bridged the divide between Eastern and Western cultures, and smashed long-held stereotypes of Asians and Asian-Americans. Forty-five years after Bruce Lee’s sudden death at age thirty-two, journalist and bestselling author Matthew Polly has written the definitive account of Lee’s life. It’s also one of the only accounts; incredibly, there has never been an authoritative biography of Lee. Following a decade of research that included conducting more than one hundred interviews with Lee’s family, friends, business associates, and even the actress in whose bed Lee died, Polly has constructed a complex, humane portrait of the icon. Polly explores Lee’s early years as a child star in Hong Kong cinema; his actor father’s struggles with opium addiction and how that turned Bruce into a troublemaking teenager who was kicked out of high school and eventually sent to America to shape up; his beginnings as a martial arts teacher, eventually becoming personal instructor to movie stars like James Coburn and Steve McQueen; his struggles as an Asian-American actor in Hollywood and frustration seeing role after role he auditioned for go to a white actors in eye makeup; his eventual triumph as a leading man; his challenges juggling a sky-rocketing career with his duties as a father and husband; and his shocking end that to this day is still shrouded in mystery. Polly breaks down the myths surrounding Bruce Lee and argues that, contrary to popular belief, he was an ambitious actor who was obsessed with the martial arts—not a kung-fu guru who just so happened to make a couple of movies. This is an honest, revealing look at an impressive yet imperfect man whose personal story was even more entertaining and inspiring than any fictional role he played onscreen.

Birthdays and anniversaries are never easy to remember. The RHS Birthday Book is the place to keep all your important dates

together so that you will never have to worry about forgetting them again. This brand new edition of the best-selling RHS Birthday Book features all new illustrations.

Volcanoes and eruptions are dramatic surface manifestations and processing, and volcano-deformation manifestations of dynamic processes within the Earth, source models over the past three decades. There has mostly but not exclusively localized along the been a virtual explosion of volcano-geodesy studies boundaries of Earth's relentlessly shifting tectonic and in the modeling and interpretation of ground plates. Anyone who has witnessed volcanic activity deformation data. Nonetheless, other than selective, has to be impressed by the variety and complexity of brief summaries in journal articles and general visible eruptive phenomena. Equally complex, works on volcano-monitoring and hazards mitigation however, if not even more so, are the geophysical, tion (e. g. , UNESCO, 1972; Agnew, 1986; Scarpa geochemical, and hydrothermal processes that occur and Tilling, 1996), a modern, comprehensive treat underground - commonly undetectable by the ment of volcano geodesy and its applications was human senses - before, during, and after eruptions. non-existent, until now. Experience at volcanoes worldwide has shown that, In the mid-1990s, when Daniel Dzurisin (DZ to at volcanoes with adequate instrumental monitor friends and colleagues) was serving as the Scientist in-charge, nearly all eruptions are preceded and accom in-Charge of the USGS Cascades Volcano Observatory by measurable changes in the physical and tory (CVO), I first learned of his dream to write a (or) chemical state of the volcanic system. While book on volcano geodesy.

This book reveals how school memories offer not only a tool for accessing the school of the past, but also a key to understanding what people today know (or think they know) about the school of the past. It describes, in fact, how historians' work does not purely and simply consist in exploring school as it really was, but also in the complex process of defining the memory of school as one developed and revisited over time at both the individual and collective level. Further, it investigates the extent to which what people "know" reflects the reality or is in fact a product of stereotypes that are deeply rooted in common perceptions and thus exceedingly difficult to do away with. The book includes fifteen peer-reviewed contributions that were presented and discussed during the International Symposium "School Memories. New Trends in Historical Research into Education: Heuristic Perspectives and Methodological Issues" (Seville, 22-23 September, 2015).

Currencies, Colonialism and African Societies

New Geodetic Monitoring Techniques

International Energy Outlook

Principles and Applications

The Western Codification of Criminal Law

The Significance of a Political Distinction

Anglophobia in Fascist Italy

Since its inception, TIME magazine has been synonymous not just with outstanding journalism, but also with outstanding photography. Now, to mark the 175th anniversary of photography and the birth of photojournalism, the Editors of TIME magazine are publishing this companion book to the groundbreaking digital celebration of photography that TIME.com will be mounting online, displaying the most influential photographs of all time. While they may not be the most famous or well-known photographs, each one is unique for the way in which it changed, influenced, or commemorated a particular world event. From the first sports photograph to ever win the Pulitzer Prize - that of Babe Ruth at Yankee Stadium to the photograph of Student Neda Agha-Soltan's death during Iran's 2009 election protests, each of the photographs in 100 Photographs: The Most Influential Images of All Time is significant in how it forever changed how we live, learn, communicate, and in many cases, view the world.

Since Catelynn Lowell and Tyler Baltierra shared their story of teen pregnancy and adoption on the MTV's 16 and Pregnant and Teen Mom, they've been known for their inspiring commitment to growing up right. Between their experience placing their first daughter for adoption, and their struggle to cope with problems in their families, Catelynn and Tyler were challenged in every imaginable way. But against all odds, the childhood sweethearts rose above the dysfunction to become responsible adults whose story has inspired many others. How did two troublemaking kids from the trailer park make it through the storm of family dysfunction, teen pregnancy, and adoption without letting go of each other? What gave them the strength to conquer the chaos of their lives and go on to become people their children could be proud of? And what really happened when the cameras weren't there? Now, in their debut book, Catelynn and Tyler tell the story in their own words...and they leave nothing out. From the wild behavior that went down before MTV to their experiences learning and teaching about adoption, Catelynn and Tyler lay it all out on the table. Open, honest, raw, and real, Conquering Chaos is an incredible look at two young people who beat the odds and used their victories to give hope to others.

FOREWORD BY LIN-MANUEL MIRANDA AND LUIS A. MIRANDA, JR. The true story of how a group of chefs fed hundreds of thousands of hungry Americans after Hurricane Maria and touched the hearts of many more Chef José Andrés arrived in Puerto Rico four days after Hurricane Maria ripped through the island. The economy was destroyed and for most people there was no clean water, no food, no power, no gas, and no way to communicate with the outside world. Andrés addressed the humanitarian crisis the only way he knew how: by feeding people, one hot meal at a time. From serving sancocho with his friend José Enrique at Enrique's ravaged restaurant in San Juan to eventually cooking 100,000 meals a day at more than a dozen kitchens across the island, Andrés and his team fed hundreds of thousands of people, including with massive paellas made to serve thousands of people alone.. At the same time, they also confronted a crisis with deep roots, as

well as the broken and wasteful system that helps keep some of the biggest charities and NGOs in business. Based on Andrés's insider's take as well as on meetings, messages, and conversations he had while in Puerto Rico, *We Fed an Island* movingly describes how a network of community kitchens activated real change and tells an extraordinary story of hope in the face of disasters both natural and man-made, offering suggestions for how to address a crisis like this in the future. Beyond that, a portion of the proceeds from the book will be donated to the Chef Relief Network of World Central Kitchen for efforts in Puerto Rico and beyond.

The explosive novel of Italy's revolutionary 1969 *It Was 1969*, and temperatures were rising across the factories of the north as workers demanded better pay and conditions. Soon, discontent would erupt in what became known as Italy's Hot Autumn. A young worker from the impoverished south arrives at Fiat's Mirafiori factory in Turin, where his darker complexion begins to fade from the fourteen-hour workdays in sweltering industrial heat. His bosses try to withhold his wages. Our cynical, dry-witted narrator will not bend to their will. "I want everything, everything that's owed to me," he tells them. "Nothing more and nothing less, because you don't mess with me." Around him, students are holding secret meetings and union workers begin halting work on the assembly lines, crippling the Mirafiori factory with months of continuous strikes. Before long, barricades line the roads, tear gas wafts into private homes, and the slogan "We Want Everything" is ringing through the streets. Wrought in spare and measured prose, Balestrini's novel depicts an explosive uprising. Introduced by Rachel Kushner, the author of the best-selling *The Flamethrowers*, *We Want Everything* is the incendiary fictional account of events that led to a decade of revolt.

A Lifetime with Carrie and Debbie

The British Royal Family Today

Left and Right

The Greatest Love Story Ever Told

A Life

Weekly Weather and Crop Bulletin

The Simplified Planner

The European Union and the single currency have given Europe more stability than it has known in the past thousand years, yet Europe seems to be in perpetual crisis about its global role. The many European empires are now reduced to a multiplicity of ethnicities, traditions, and civilizations. Europe will never be One, but to survive as a union it will have to become a federation of "islands" both distinct and connected. Though drawing on philosophers of Europe's past, Cacciari calls not to resist Europe's sunset but to embrace it. Europe will have to open up to the possibility that in few generations new exiles and an unpredictable cultural hybridism will again change all we know about the European legacy. Though scarcely alive in today's politics, the political unity of Europe is still a necessity, however impossible it seems to achieve.

#1 NEW YORK TIMES BESTSELLER • Discover the life-changing memoir that has inspired millions of readers through the Academy Award®-winning actor's unflinching honesty, unconventional wisdom, and lessons learned the hard way about living with greater satisfaction. NAMED ONE OF THE BEST BOOKS OF THE YEAR BY THE GUARDIAN "McConaughey's book invites us to grapple with the lessons of his life as he did—and to see that the point was never to win, but to understand."—Mark Manson, author of *The Subtle Art of Not Giving a F*ck* I've been in this life for fifty years, been trying to work out its riddle for forty-two, and been keeping diaries of clues to that riddle for the last thirty-five. Notes about successes and failures, joys and sorrows, things that made me marvel, and things that made me laugh out loud. How to be fair. How to have less stress. How to have fun. How to hurt people less. How to get hurt less. How to be a good man. How to have meaning in life. How to be more me. Recently, I worked up the courage to sit down with those diaries. I found stories I experienced, lessons I learned and forgot, poems, prayers, prescriptions, beliefs about what matters, some great photographs, and a whole bunch of bumper stickers. I found a reliable theme, an approach to living that gave me more satisfaction, at the time, and still: If you know how, and when, to deal with life's challenges—how to get relative with the inevitable—you can enjoy a state of success I call "catching greenlights." So I took a one-way ticket to the desert and wrote this book: an album, a record, a story of my life so far. This is fifty years of my sights and seens, felts and figured-outs, cools and shamefuls. Graces, truths, and beauties of brutality. Getting away withs, getting caughts, and getting wets while trying to dance between the raindrops. Hopefully, it's medicine that tastes good, a couple of aspirin instead of the infirmary, a spaceship to Mars without needing your pilot's license, going to church without having to be born again, and laughing through the tears. It's a love letter. To life. It's also a guide to catching more greenlights—and to realizing that the yellows and reds eventually turn green too. Good luck.

Following the collapse of communism and the decline of Marxism, some commentators have claimed that we have reached the 'end of history' and that the distinction between Left and Right can be forgotten. In this book - which was a tremendous success in Italy - Norberto Bobbio challenges these views, arguing that the fundamental political distinction between Left and Right, which has shaped the two centuries since the French Revolution, has continuing relevance today. Bobbio explores the grounds of this elusive distinction and argues that Left and Right are ultimately divided by different attitudes to equality. He carefully defines the nature of equality and inequality in relative rather than absolute terms. Left and Right is a timely and persuasively argued account of the basic parameters of political action and debate in the modern world - parameters which have remained constant despite the pace of social change. The book will be widely read and, as in Italy, it will have an impact far beyond the academic domain.

Prepare to be shocked. From the man *The Wall Street Journal* hailed as a "Swifteen satirist" comes the most shocking book ever written! *The Borowitz Report: The Big Book of Shockers*, by award-winning fake

journalist Andy Borowitz, contains page after page of "news stories" too hot, too controversial, too -- yes, shocking -- for the mainstream press to handle. Sample the groundbreaking reporting from the news organization whose motto is "Give us thirty minutes -- we'll waste it."

On the Political Forms of Globalization

Index of IMO Resolutions

My Teenage Dream Ended

Greenlights

A Parker Novel

The Big Book of Shockers

We Fed an Island

CONFESSIONS OF A SERIAL SONGWRITER

The sixteenth Parker novel, *Butcher's Moon* is more than twice as long as most of the master heister's adventures, and absolutely jammed with the action, violence, and nerve-jangling tension readers have come to expect. Back in the corrupt town where he lost his money, and nearly his life, in *Slayground*, Parker assembles a stunning cast of characters from throughout his career for one gigantic, blowout job: starting—and finishing—a gang war. It feels like the Parker novel to end all Parker novels, and for nearly twenty-five years that's what it was. After its publication in 1974, Donald Westlake said, "Richard Stark proved to me that he had a life of his own by simply disappearing. He was gone." Featuring a new introduction by Westlake's close friend and writing partner, Lawrence Block, this classic Parker adventure deserves a place of honor on any crime fan's bookshelf. More than thirty-five years later, *Butcher's Moon* still packs a punch: keep your calendar clear when you pick it up, because once you open it you won't want to do anything but read until the last shot is fired.

A revelatory and touching tribute to the lives of Carrie Fisher and Debbie Reynolds written by the person who knew them best, Todd Fisher's poignant memoir is filled with moving stories of growing up among Hollywood royalty and illustrated with never-before-seen photos and memorabilia. In December 2016, the world was shaken by the sudden deaths of Carrie Fisher and her mother Debbie Reynolds, two unspeakable losses that occurred in less than twenty-four hours. The stunned public turned for solace to Debbie's only remaining child, Todd Fisher, who somehow retained his grace and composure under the glare of the media spotlight as he struggled with his own overwhelming grief. The son of "America's Sweethearts" Debbie Reynolds and Eddie Fisher, Todd grew up amid the glamorous wealth and pretense of Hollywood. Thanks to his funny, loving, no-nonsense mother, Todd remained down to earth, his own man, but always close to his cherished mom, and to his sister through her meteoric rise to stardom and her struggle with demons that never diminished her humor, talent, or spirit. Now, Todd shares his heart and his memories of Debbie and Carrie with deeply personal stories from his earliest years to those last unfathomable days. His book, part memoir, part homage, celebrates their legacies through a more intimate, poignant, and often hilarious portrait of these two remarkable women than has ever been revealed before. With thirty-two pages of never-before-seen photos and memorabilia from his family's private archives, Todd's book is a love letter to a sister and a mother, and a gift to countless fans who are mourning the deaths of these two unforgettable stars.

Politicians have talked endlessly about the seismic economic and social impacts of the recent financial crisis, but many continue to ignore its disastrous effects on human health—and have even exacerbated them, by adopting harsh austerity measures and cutting key social programs at a time when constituents need them most. The result, as pioneering public health experts David Stuckler and Sanjay Basu reveal in this provocative book, is that many countries have turned their recessions into veritable epidemics, ruining or extinguishing thousands of lives in a misguided attempt to balance budgets and shore up financial markets. Yet sound alternative policies could instead help improve economies and protect public health at the same time. In *The Body Economic*, Stuckler and Basu mine data from around the globe and throughout history to show how government policy becomes a matter of life and death during financial crises. In a series of historical case studies stretching from 1930s America, to Russia and Indonesia in the 1990s, to present-day Greece, Britain, Spain, and the U.S., Stuckler and Basu reveal that governmental mismanagement of financial strife has resulted in a grim array of human tragedies, from suicides to HIV infections. Yet people can and do stay healthy, and even get healthier, during downturns. During the Great Depression, U.S. deaths actually plummeted, and today Iceland, Norway, and Japan are happier and healthier than ever, proof that public wellbeing need not be sacrificed for fiscal health. Full of shocking and counterintuitive revelations and bold policy recommendations, *The Body Economic* offers an alternative to austerity—one that will prevent widespread suffering, both now and in the future.

A Novel

The Borowitz Report

Ship of Strangers

Physical Activity and Health

Towards and Beyond the Italian Republic

Differential Optical Absorption Spectroscopy

Adriano Olivetti's Vision of Politics

A New York Times Bestseller Megan Mullally and Nick Offerman reveal the full story behind their epic romance—presented in a series of intimate conversations between the couple, including photos, anecdotes, and the occasional puzzle. The year: 2000. The setting: Los Angeles. A gorgeous virtuoso of an actress agreed to star in a random play, and a basement-dwelling scenic carpenter said he would assay a supporting role in the selfsame pageant. At the first rehearsal she surveyed her fellow cast members, determining if any of the men might qualify to provide her with a satisfying fling. Her gaze fell upon the carpenter, and like a bolt of lightning the thought struck her: no dice. Moving on. Yet, unbeknownst to our protagonists, Cupid had merely set down his bow and picked up a rocket

launcher...that fired a love rocket (not a euphemism). The players were Megan Mullally and Nick Offerman, and the resulting romance, once ignited, was...epic. Beyond epic. It resulted in a coupling that has endured to this day; a sizzling, perpetual tryst that has captivated the world with its kindness, athleticism, astonishingly low-brow humor, and true (fire emoji) passion. How did they do it? They came from completely different families, ignored a significant age difference, and were separated by the gulf of several social strata. Megan loved books and art history; Nick loved hammers. But much more than these seemingly unsurpassable obstacles were the values they held in common: respect, decency, the ability to mention genitalia in almost any context, and an abiding obsession with the songs of Tom Waits. Eighteen years later, they're still very much in love and have finally decided to reveal the philosophical mountains they have conquered, the lessons they've learned, and the myriad jigsaw puzzles they've completed. Presented as an oral history in a series of conversations between the couple, the book features anecdotes, hijinks, photos, and a veritable grab bag of tomfoolery. This is not only the intoxicating book that Mullally's and Offerman's fans have been waiting for, it might just hold the solution to the greatest threat facing our modern world: the single life.

The chronicle of adventures of the survey ship Sarafand as it journeys through space exploring and mapping newly-discovered planets. The mission brings them into contact with man startling life-forms and menacing aliens. On one world the Sarafand sends out six survey modules and seven return: one of them is a shape-changing malevolent alien - but which? On another planet they discover a humanoid civilisation which can move around in time. Suddenly the Sarafand investigators are marooned millions of years in the past. Finally the Sarafand and its crew are stranded in a distant galaxy where everything - including them - is shrinking inexorably to zero size...

Photographer Chris Jackson has been by the Royal family's side on domestic visits and overseas tours for the past fifteen years, resulting in an unparalleled photographic archive of the evolving British Royal family. Occupying a front-row seat to history, Jackson's assignments have taken him to the four corners of the Earth to document the extraordinary breadth and devotion of the Royals to causes such as cancer research, mental health, and HIV awareness in Africa. In his own words in captions and texts, he reveals the magic as well as the logistics of what it's like to photograph the Royal family. The result is this unique collection of photographs of the modern British Royal Family the archive of this multi-award winning Royal Photographer and current Royal Photographer of the Year. From the modern-day fairy tale of the Duke and Duchess of Cambridge's wedding to the births of Prince George and Princess Charlotte and their soon-to-be new sibling to Prince Harry and Meghan Markle's historic marriage to countless Royal tours in between, this book presents the British Monarchy and Queen Elizabeth II, its most enduring icon, through the lens of one of its most trusted photographers. Whether it's Prince George's first day of school, the Duchess of Cambridge playing cricket in Mumbai, or the Invictus Games, Jackson records moments both large and small with a warmth and sincerity that has made him a media standout. Organized by theme, from State Occasions to Charity works to a typical year in the Royal Diary, this book celebrates fifteen years of the Royals in intimate portraits of a singular family's role on the world stage at a unique moment in time.

Farrah Abraham's life has been front-and-center in the entertainment industry for years. Beginning with her debut on the hit series *16 and Pregnant*, the young starlet has had her ups and downs splashed in the media. But there is a whole new side to every coin and Farrah's commitment to getting the most out of life for her and her daughter Sophia has made her more than a television icon. The brunette beauty's behind-the-scenes memoir is an expressive and emotional rollercoaster that will leave you commending her strength and dedication to her daughter. Read the debut novel that launched Farrah Abraham into the literary world and won her a spot on the New York Times bestseller list. See the true story behind what they don't tell you on TV. Prologue My teenage dream ended when I was seventeen. All it took was a phone call. One phone call, and my dream was gone forever. Up until that moment, I had it all. I was confident, popular, a cheerleader. Best of all, I was crazy in love. The Real Thing. We were lovers and best friends. When we were together, the rest of the world melted away. Sure we had plenty of drama. We made love, fought and broke up, then made up and made love again. Even when I accidentally got pregnant, I was convinced that everything would work out in the end. We were meant to be together. We wanted to get married and have children. It was just happening sooner than we had planned. Then a friend's voice on the phone changed everything. "Derek died in a car wreck last night." Just like that, my teenage dream ended.

Monetary Transitions

Modern Monarchy

Escape 9-5, Live Anywhere, and Join the New Rich

Blitt

Mussolini and the Salò Republic, 1943 – 1945

Bruce Lee

New Trends in the History of Education

Offers techniques and strategies for increasing income while cutting work time in half, and includes advice for leading a more fulfilling life.

"When I was losing weight, Liz was more than my coach; she was my rock, and I couldn't have done it without her. She just got it, because she'd been through it herself (and helped about a million other people through it, too). Target 100 is Liz in book form—smart, supportive, and full of practical, simple solutions. Liz changed my life and my whole concept of dieting—and now can change, yours too." —Jessica Simpson When did weight loss get so complicated? Today, it feels like there are a million different apps, tools, workouts, and eating plans designed to help you lose weight. Some promise success via drastic, unlivable restrictions, others are so complex they turn losing weight into a second job. In **Target 100**, celebrity weight-loss coach Liz Josefsberg shows you don't have to be a slave to your weight-loss program. You don't have to count every gram of every nutrient and every calorie you eat at every meal. Believe it or not, weight loss can be simple. It can even be . . . fun. A 15-year veteran of the weight-loss industry and who lost—and kept off—65 pounds herself, Liz has accrued a high-profile clientele. She helped Oscar-winner Jennifer Hudson lose weight and transform her life and coached Jessica Simpson to shed over 50 pounds of baby weight (twice!). But along with the likes of

Charles Barkley and Katie Couric, Josefsberg has also coached thousands of others, everyone from stay-at-home moms to office jockeys. Along the way, she's learned what works—and what doesn't—when it comes to lasting weight loss, and she's ready to share her secrets with the rest of us. Target 100 streamlines the weight-loss process into six easy-to-follow guidelines and shows you how to adjust them to fit your lifestyle, personalizing the program so that it works for you. Josefsberg offers tips, worksheets, and powerful insights to help you fine-tune a range of weight-related behaviors, from battling stress to getting more sleep, setting the stage for permanent, long-term weight loss. Instead of counting calories, you'll learn how simple changes come together to jumpstart your health and wellbeing, such as:

- **Drinking 100 ounces of water a day**
- **Exercising for 100 minutes a week**
- **Adding 100 minutes of Sleep a week**
- **De-Stressing for 100 minutes a week**
- **And more!**

Warm and no-nonsense, encouraging and informative, Target 100 is a holistic and revolutionary wellness book with a simple message: You don't need to be perfect to lose weight, or transform yourself into someone you're not. You can lose weight for good, with the world's simplest weight loss program. Explains how a strategic consumption of healthy foods can bolster one's metabolism for permanent weight loss, and provides over thirty recipes to help with this process.

Words of the heart must never be left unspoken. A Letter of Love reveals the innermost sentiments of love, life, and relationships as penned by New York Times Best Selling Author Kailyn Lowry. Best known as a cast member of MTV's Teen Mom 2, Kailyn was determined to apologize to her sons Isaac, Lincoln, and Lux for not giving them the ideal family. A profoundly moving, sensitive family portrait, uncovers her quest to redefine how love is given and received while leaving a carefully crafted legacy of words and declarations for the world. Through self-realization, we recognize that love has no boundaries and the ideal family is the one that we create in our hearts. A must-read for inspiration and a gentle reminder that love is all we need.

Volcano Deformation

Dinner at Buckingham Palace

The World's Simplest Weight-Loss Program in 6 Easy Steps

RHS Birthday Book

Fast Fat Loss That Lasts Forever!

How to Be a Redhead

Vault of the Ages