

Get Free Franklin
Codex Dr Fred
Pescatore
Franklin

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Fred

Pescatore

**A close-up
study of the
pervasive
corruption
infecting New
Jersey politics,**

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**business, and
government
explores
scandals that
have rocked the
state for years,
including the
influence of the
Mafia and the
2004 outing
and resignation
of the governor.
Most**

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**contemporary
poets wear their
cultural and
artistic
influences on
their sleeve.
Picking up a
book in an
English
language
bookstore, it is
easy to see
where the poet**

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**is coming from,
either
geographically,
or culturally
(ironic and
formal;
confessional
and free etc).
This may seem
reductive until
you read a book
like the one you
have in your**

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**hands. Put
simply, Mia
Lecomte is a
quietly dazzling
poet on her own
terms. She is
fed by multiple
cultures, she is
widely read, but
her writing is
unique and
absolutely
genuine. You**

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**won't have read
anything like
this.**

**Open wide!
Dentists care
for people's
teeth. Give
readers the
inside scoop on
what it's like to
be a dentist.
Readers will
learn what**

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**dentists do, the
tools they use,
and how people
get this exciting
job.**

**The dual
biography of
Moses Louis
Annenberg and
his son, Walter,
details their
colorful,
entrepreneurial**

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**lives and
careers, from
the father's
racketeering
fortune
building and
tax-evasion
prosecution to
the son's
current
publishing and
political
ventures**

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**The Soprano
State
A Complete
8-Step
Nutritional
Program
Shaping the
Artist and the
Academy in
Rome and
Brussels
Field Guide to
the Orchids of**

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**Costa Rica and
Panama
Fitness Or
Fiction (Volume
1)
The State of the
World's Human
Rights
Le Moreau-le-
jeune**

The lowly mushroom,
grown quietly, in the
dark, has suddenly

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sprung onto the health scene as a miracle cure. Once castigated as a mere fungus, the mushroom has acquired a signature cachet in the form of active hexosecorrelated compound (AHCC), a nutritional product made from healing mushrooms fermented in rice bran. AHCC is used in over 700 clinics

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and hospitals in Japan, mainly in cancer treatment. Now Japan's secret has crossed the Pacific, and The Science of AHCC reveals what the Japanese have known for decades: AHCC is as well-researched as any conventional prescription drug. The quality control of AHCC is so stringent that it

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would easily qualify as a licensed pharmaceutical, but the manufacturers believe that this would limit its availability to the many people in Japan-healthy people, who use it as a preventive as well as for a variety of other purposes. Because it is actually a mushroom-based food, even though it is often made

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available in capsule form, it is extremely safe for anyone to take, including children, pets, frail elderly, and patients who have undergone surgery. The Science of AHCC explores this supplement in depth, explaining:

- o How it is manufactured
- o How it is used in clinics in Japan and other parts of the world
- o Its safety and

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efficacy of The scientific evidence supporting its striking versatility and profound effectiveness for a wide variety of conditions The Science of AHCC will introduce readers to AHCC and expand their knowledge of one of the most important food supplements available on the market today.

A REVOLUTIONARY

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PERSONALIZED
PROGRAM FOR
LIFELONG THINNESS

Taking low-carb diets to the next level, Thin for Good combines clinically tested, up-to-the-minute nutritional advice with an added bonus: a revolutionary mind-body program designed to eliminate your cravings. Leading you through the eleven

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emotional levels of eating, Dr. Pescatore shares his unique solutions to the psychological roadblocks we all face when trying to lose weight. The result is a thirty-day plan--filled with affirmations, self-evaluations, and exercises--that will get you on the road to lifelong thinness.

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Customized for your sex and stage of life, filled with delicious recipes and meal plans, Thin for Good gives you the fuel you need for your lifestyle. Get thin for good--now and forever. "Thin For Good offers an innovative approach to losing weight and keeping it off safely and effectively. Dr. Fred Pescatore not only

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provides excellent information on what to eat, he also sheds insight on the emotional aspects of eating that can sabotage even the best weight-loss efforts unless you understand them. The recipes are terrific, even if you're not dieting!" --Carol Colman, New York Times bestselling coauthor of The

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Antioxidant Miracle,
Shed 10 Years in 10
Weeks, and Stop
Depression Now "Dr.
Fred Pescatore unravels
the complex emotions
intertwined with losing
weight, eating right, and
feeling and looking
better--and has come up
with a sensible weight-
loss plan that
successfully deals with
both diet and the mixed

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feelings so many of us have about our appearances." --Jack Challem, The Nutrition Reporter and coauthor of Syndrome X

" ... With its eight simple steps, the TurboCharged roadmap makes it possible for anyone regardless of age to reach the ultimate destination of a lean, awe-inspiring body. You

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will learn: Why
conventional diet and
exercise makes us fat.
How to train your body
to use excess body fat
for fuel. How to fuel
with ideal foods while
cutting body fat fast.
Everyday activities that
accelerate fat-loss at
unprecedented speed. To
eliminate food cravings
and moodiness while
gaining energy. How you

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can access The Fountain of Youth- and prove you really can get younger. Easy ways to maintain your new lean healthy body with minimal effort for the rest of your life."--Page 4 of cover.

The fitness industry has become an unregulated misinformation machine. It is commonplace for well-

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built "gurus," who lack any formal education, to be given a platform to promote a supplement, product, idea or TV show. Often the results they promise are physiologically impossible - costing you time and money, and ultimately robbing you of precious motivation. However, there is great information out there.

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Getting and staying fit is a science that has been developing for decades. Research is progressing faster than ever, and there are credentialed professionals working hard to make this information available to you. Not just pretty bodies interested in your wallet, but professionals interested in your well-being. This book

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contains no gimmicks,
fads, myths or
misinformation. Instead,
more than 600
references are used to
bust dozens of myths,
and provide dozens
more practical
suggestions for better
results. The book is
written in fun, easy-to-
understand, plain
English so everyone
from the novice

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exerciser to the fitness professional can enjoy. Some of the topics covered: * Dieting Made Simple: You don't have to cut carbohydrates (carbs), or fat, or eat weird combinations of food to lose weight. * The Truth About Supplements: It's time to stop wasting your money on the ones that don't work. * The Myth

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About Toning-up: You cannot tone, but you can choose exercise that will burn more calories and lead to a leaner, more defined physique. * The Truth About 6-pack Abs: How do you get them, and are they worth the effort. * Muscle Myths: How to get more out of your weight training routine by avoiding the pseudo-

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science. * Tackling
Cardio Confusion: What
is the best cardio? *
Motivation is not
ordained, it's developed:
Build a plan toward your
goals with help from the
latest research. If you
keep doing the same
things, you will keep
looking the same way.
It's time to make a
change. With the
information in this book,

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you can leave the gimmicks behind and create a personalized fitness program that works. No more misleading diet plans and products that promise unattainable results. You can be your own personal trainer and critically evaluate your options. Stop fighting your body and start working with your body.

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As an educator for the largest health club chains on the East Coast, I have trained thousands of individuals just like you to not only get fit, but to become personal trainers themselves. I understand how to make the science and research of fitness easy to understand, easy to apply and relevant to you. I know what fitness

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trends work and which ones don't. Special Thanks: This book is my attempt to a fill a void in fitness. It is a means of bridging the gap between the brightest minds in health and wellness and those pursuing a healthy lifestyle - an attempt to explain health science in simple English without the bias of sponsorship,

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product placement and profits. Ultimately, I want to help you avoid the nonsense and bring you closer to your goals. I appreciate your support in filling this gap, setting an example and hopefully raising the bar in this unregulated industry.

The Orchidaceae of
Mexico and Guatemala
Lose Weight Quickly

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Pescatore

and Safely with the
Doctor's Delicious Meal
Plans

Ahcc

From Entertainment to
Art

How to Help Your Child
Lose Weight and Get
Healthy

A Feast of Science

A Grain of Salt

The Renaissance
was

aesthetically

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one of the most
demanding and
fascinating
periods in the
history of
architecture. It
developed out of
Filippo
Brunelleschi's
Foundlings'
Hospital in
Florence and
subsequently
evolved into a

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pan-European phenomenon, the end of this period being marked by works by Carlo Maderno, Inigo Jones and Elias Holl. The style is based on rationality and clarity, the harmony of proportions and

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a balanced relationship between the individual and the whole. Influenced by Classical models, there was a growing awareness in the fifteenth and sixteenth centuries that something new

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could be
created,
something new
that could be
compared to the
art of the
ancient world.
As opposed to
other works on
Renaissance
architecture,
this publication
does not focus
solely on Italy

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with its
buildings and
urban areas in
central and
northern Italy
and the palace
architecture of
Mantua and
Urbino. The
inclusion of the
'Italian
architectural
model' in the
buildings of

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other European countries is also treated in depth. Readers can relish in a delightfully varied and often surprising panorama of Renaissance architecture reaching out from Italy to Germany, France,

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England, Spain,
Portugal,
Belgium, Poland,
the Czech
Republic,
Hungary and
Russia. This
volume captures
the rediscovery
of harmony in
architecture
throughout
Europe by
focusing on the

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most impressive
buildings and
describing this
development in
exquisite
photographs,
numerous
drawings and
explanatory
texts, placing
the buildings in
their
appropriate
architectural,

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cultural and historical setting. Interesting details about patrons, a building's specific requirements, its function and the impression it was intended to make are also discussed.

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Linus Pauling,
one of the most
celebrated
scientists of
the twentieth
century, once
remarked that
satisfying
curiosity is one
of the greatest
sources of
pleasure in
life. "Dr. Joe
and What You

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Didn't Know" to act as both the source and satiation of such curiosity, providing pleasure through a series of 99 chemistry - related questions and answers designed to both inform and entertain.

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Ranging from the esoteric to the everyday, Dr. Joe Schwarcz tackles topics from Beethoven's connection to plumbing to why rotten eggs smell like rotten eggs. How did a sheep, a duck, and a rooster usher in

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the age of air
travel? What
jewelry metal is
prohibited in
some European
countries? What
does Miss Piggy
have to do with
the World Cup?
And is there
really any
danger in eating
green potatoes?
Whimsical though

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these questions
may be, their
answers are
revealed in an
accessible
scientific
fashion. In
addition to a
few chuckles and
some scientific
savvy, "Dr. Joe
and What You
Didn't Know"
provides the

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reader with
sound practical
advice. You'll
learn how to
prevent brown
sugar from
lumping and why
thin French
fries may be
healthier than
fat ones. The
secrets behind
windshield
washer fluid and

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"carbonless"
carbon paper are
revealed. And if
you didn't know
how to remove a
cockroach from
your ear, Dr.
Joe will give
you some
guidance. That
advice alone
might prove
worth the price
of the book.

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The bestselling popular science author "has made it his mission to tackle myths about science and the so-called experts who spread them" (CBC Radio). The internet is a powerful beast when it comes to science; the

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answer to any query you may have is just a few keystrokes away. But when there are multiple answers from various sources, how do we know what information is reliable? In *Monkeys, Myths, and Molecules,*

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bestselling
author Dr. Joe
Schwarcz takes a
critical look at
how facts are
misconstrued in
the media. He
debunks the
myths
surrounding
canned food,
artificial dyes,
SPF, homeopathy,
cancer,

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chemicals, and
much more.

Unafraid to
expose the sheer
nonsense people
are led to
believe about
health, food,
drugs, and our
environment, Dr.
Joe confronts
pseudoscience
and convincingly
and

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entertainingly
advocates for a
scientific
approach to
everyday life.

"A compendium of
short articles
on a variety of
subjects,
written in a
humorous,
accessible
style, and
larded with

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intriguing
trivia . . . Dr.
Joe skewers food
myths,
opposition to
GMOs, Dr. Oz,
and Vani Hari,
aka the Food
Babe." —Science-
Based Medicine
"Ultimately, the
author
successfully
demonstrates how

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claims should be queried and analyzed before they are accepted . . .

Recommended for readers of health, nutrition, and popular science."

—Library Journal
"The book is chock-full of

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captivating
anecdotes . . .

The author
engages readers
with his wit and
wisdom." —The
Canadian Jewish
News

The New Weight-
Loss Revolution
from the Diet
Doctor to the
Stars From red
carpet premieres

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to TV
interviews,
celebrities are
always under
pressure to look
their best. Dr.
Fred Pescatore,
author of the
New York Times
bestseller *The
Hamptons Diet*,
is sharing—for
the first
time—the secret

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diet he uses
with his A-list
clientele. You
can drop up to
15 pounds in as
little as two
weeks—while
enjoying
delicious and
satisfying food!
With a unique
dieting
innovation, more
than 100

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delicious
recipes, and
easy-to-follow
meal plans, The
A-List Diet goes
beyond Atkins,
beyond The
Whole30, beyond
Eat Fat, Get
Thin, and way
beyond Paleo. By
combining the
benefits of
protein

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boosting,
protein
rotation,
inflammation
busting, and
acid-reducing
alkalization,
this diet
maximizes your
ability to drop
weight. In The A-
List Diet, there
is no point
counting, no

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obsessing over
the scale, and
no gimmicks.
Just smart
swaps, simple
solutions, and a
fresh new look
at everyday
choices. Dr.
Pescatore helps
you identify
what type of
dieter you are
so you can

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customize his strategies to work best for you, so this is truly your diet secret.

Featuring testimonials from Dr. Pescatore's patients, The A-List Diet is your ultimate guide to losing

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weight with
healthy
strategies and
quick results.
Get red carpet
ready with the
fabulous new
you!

A Bibliography
of Fishes
Guidelines for a
Sustainable
Tourism
Development

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through the
Enhancement of
the Cultural
Heritage

The Genie in the
Bottle

Thin for Good
70 Fascinating
Commentaries on
the Science of
Everyday Life

The A-List Diet
The Allergy and
Asthma Cure

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Today's
moviegoers and
critics generally
consider some
Hollywood
products--even
some
blockbusters--to be
legitimate works of
art. But during the
first half century of
motion pictures

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very few

Americans would
have thought to call
an American movie
"art." Up through
the 1950s,
American movies
were regarded as a
form of popular,
even lower-class,
entertainment. By
the 1960s and

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1970s, however, viewers were regularly judging Hollywood films by artistic criteria previously applied only to high art forms. In Hollywood Highbrow, Shyon Baumann for the first time tells how

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social and cultural forces radically changed the public's perceptions of American movies just as those forces were radically changing the movies themselves. The development in the

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United States of an appreciation of film as an art was, Baumann shows, the product of large changes in Hollywood and American society as a whole. With the postwar rise of television, American movie

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audiences shrank dramatically and Hollywood responded by appealing to richer and more educated viewers. Around the same time, European ideas about the director as artist, an easing of censorship, and

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the development of art-house cinemas, film festivals, and the academic field of film studies encouraged the idea that some American movies--and not just European ones--deserved to be considered art.

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68 all new
commentaries on
the fascinaing
chemistry of life.
This general
audience science
book blends quirky
anecdotes about
everyday chemistry
with engaging tales
from the history of
science. Dr.

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Schwarcz's first book, Radar, Hula Hoops and Playful Pigs was a best seller in 1999.

This book investigates the relationship between the ideas of nation and race among the nationalist

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intelligentsia of the
Italian

Risorgimento and
argues that ideas
of race played a
considerable role in
defining Italian
national identity.

The author argues
that the
racialization of the
Italians dates back

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to the early
Napoleonic age
and that naturalistic
racialism—or race-
thinking based on
the taxonomies of
the natural history
of man—emerged
well before the
traditionally
presumed date of
the late 1860s and

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the advent of
positivist
anthropology. The
book draws upon a
wide number of
sources including
the work of
Vincenzo Cuoco,
Giuseppe Micali,
Adriano Balbi,
Alessandro
Manzoni,

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Giandomenico
Romagnosi,
Cesare Balbo,
Vincenzo Gioberti,
and Carlo
Cattaneo. Themes
explored include
links to antiquity on
the Italian
peninsula,
archaeology, and
race-thinking.

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"I've worked side
by side with Dr.
Pescatore for many
years. In this
book--which I
heartily
recommend--Dr.
Pescatore teaches
you how to bring
health and nutrition
to the next generati
on."--Robert C.

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Atkins, M.D.,
author of the
multimillion copy
bestseller Dr.
Atkins' New Diet
Revolution. "Feed
Your Kids Well
offers a sensible
approach to the
difficult problem of
childhood
obesity--and many

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other children's health problems. Dr. Pescatore provides parents with excellent strategies for dealing with their children in a positive, sensitive way."--Carol Colman, coauthor of the New York

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Times bestseller
The Melatonin
Miracle. "Feed
Your Kids Well is
an excellent book
that explains the
importance of a
well-balanced diet.
It exposes the
dangers associated
with high-sugar
foods and reveals

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the true cause of
childhood
obesity."--Joyce
and Gene Daoust,
authors of
40-30-30 Fat
Burning Nutrition. "I
helped nutritionally
vet Adelle Davis's
book, Let's Have
Healthy Children.
In my opinion, Feed

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Your Kids Well
replaces that
important
work."--Fran Gare,
nutrition expert,
CBS-TV. Today,
one-third of North
American children
and teenagers are
overweight. And
despite decades of
medical and

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scientific

breakthroughs, the percentage of children with health problems today is the highest in history. Feed Your Kids Well will be a revelation for millions of worried parents. Dr. Fred Pescatore, who

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was overweight and asthmatic as a child, brings an empathetic and hopeful tone to this groundbreaking guide to achieving optimum nutrition, ideal health, and self-confidence. Building on the low-carbohydrate

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principles of the
hugely popular Dr.
Atkins' New Diet
Revolution--which
has helped millions
of adults lose
weight
permanently--Dr.
Pescatore applies
the Atkins Center's
proven nutritional
program to children

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and teenagers.

Thoroughly tested
over years of
exhaustive
research, his Next
Generation Diet is
the first health
program to
recognize that
simply applying
adult diet plans to
children is

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ineffective--and
often dangerous.
The author argues
that the real culprit
behind dietary
problems is not fat,
but sugars and
starches. Feed
Your Kids Well
brings something
new to the table:
sane and practical

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guidance for
parents concerned
not only about
weight loss, but
also about general
wellness and the
prevention of
disease--from
asthma to ADD,
from earaches to
allergies. After
explaining how

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your child's body
and metabolism
work, Dr.

Pescatore clearly
outlines a
straightforward
nutritional lifestyle
program that helps
parents shape the
important building
blocks--proteins,
fats, and

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carbohydrates--into complete, well-balanced meals. Packed with easy-to-follow sample menus for every day of the week, this book provides delicious, healthy alternatives. Kids will love the dozens of simple, step-by-

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step recipes for a variety of dishes, including pancakes with strawberry topping, chicken fingers, beef tacos, fudgy brownie squares, and peanut butter cookies. Some recipes are easy enough for kids to

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make themselves!
Parents will also
learn how to
integrate effective
nutrition with
various vitamin
supplements,
complementary
medical
treatments, and a
regular exercise
program, which

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can help heal and even prevent childhood ailments. With fascinating case studies, Dr. Pescatore demonstrates how to treat these problems simply by monitoring nutrient deficiencies and sugar overload. In

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childhood, the all-
important seeds of
our adult selves are
planted--from our
personalities to our
eating habits. Feed
Your Kids Well
helps parents
prepare their
children for healthy,
happy lives.

Separating Fact

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from Fiction in the
Science of
Everyday Life

Motel Chronicles
Michael Sweerts
(1618-1664)

The Clean Up Your
Act Plan to Lose
Weight,
Rejuvenate, and
Be the Best You
Can Be

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Feed Your Kids Well

Warning Miracle

Lorraine Bracco
is one of the
world's most
dynamic
actresses, but
when she reached
her fifties, she
felt she was
losing her

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luster. During
the long
illnesses of her
parents, she
began to gain
weight and felt
her energy and
self-confidence
take a dive.
Watching her
parents die
within 9 days of
each other was
her wake-up call

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to take charge
of her life. She
made a
commitment to
herself to stay
healthy. In *To
the Fullest*,
Bracco presents
her *Clean Up
Your Act
Program*, a
comprehensive
plan to help
women over 40

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look and feel younger. The program includes an intensive liver cleanse to reboot the body to start fresh on the path to optimal health by eliminating gluten, sugar, eggs, and dairy. Two weeks of meal plans and a

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varied list of
meals and snacks
illustrate that
hunger is not
part of the
program and that
eating clean has
endless
flavorful
options. Her
Clean Up Your
Act Diet, which
follows the
cleanse, will

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help you lose
pounds and
deliver
supercharged
energy. Bracco
adds her own
mouthwatering
recipes to ease
the transition
to clean eating
and suggests an
abundance of
satisfying
breakfasts,

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lunches,
dinners, and
snacks. She
gradually lost
35 pounds and
has kept it off.
The book also
includes
testimonials
gathered from
women who have
participated in
Rodale's 6-week
test panel. With

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winning honesty,
Bracco provides
the perfect
combination of
humor, comfort,
and motivational
support that
women need to
rise to life's
challenges. From
attitude
adjustments to
style tips, from
finding new

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passions to
making movement
a habit, her
advice and
personal
insights both
inspire and
entertain.
Diet secrets of
the rich,
famous, and
thin! Where
health meets
style, where the

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world-renowned
Hamptons meet
the Mediterranean
n—that's the
Hamptons Diet, a
weight-loss plan
that has been a
breakthrough
success for some
of the world's
leading
celebrities. In
The Hamptons
Diet, Dr. Fred

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Pescatore, one of the world's most highly visible diet experts, offers you a prescription for losing weight quickly while looking great and staying healthy that's inspired by the healthy

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lifestyles and
demanding
palates of the
rich and famous.
With the
Hamptons Diet,
you eat healthy
carbohydrates
and ample
protein,
achieving a
naturally low-
glycemic
balance. In this

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satisfying, easy-to-follow program, you get everything you need to lose weight quickly and safely, including thirty days of meal plans, a secret ingredient—macadamia nut oil, which boosts your metabolism

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and is the
healthiest
cooking oil on
the planet—and
almost 200
sumptuous
recipes.

A Feast of Science
Intriguing
Morsels from the
Science of
Everyday Life
ECW
Press

An entertaining

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and digestible
volume that
demystifies
science, from
the author of 16
bestselling
popular science
books Crave
answers? A Feast
of Science
demystifies the
chemistry of
everyday life,
serving up

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practical
knowledge to
both inform and
entertain.
Guaranteed to
satisfy your
hunger for
palatable and
relevant
scientific
information, Dr.
Joe Schwarcz
proves that
“chemical” is

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not necessarily
synonymous with
“toxic.” Are
there fish genes
in tomatoes? Can
snail-slime
cream and bone
broth really
make your
wrinkles
disappear?
What's the
problem with
sugar, resistant

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starch, hops in
beer,
microbeads, and
“secret” cancer
cures? Are
“natural”
products the key
to good health?
And what is
“fake news” all
about? Dr. Joe
answers these
questions and
more. Cutting

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through the fat
of story,
suggestion, and
social-media
speculation, A
Feast of Science
gets to the meat
of the chemical
reactions that
make up our
daily lives.
Boost Your
Health with
Bacteria

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Selected Poems

70 Years of Fao
(1945-2015)

The Fly in the
Ointment

68 All New

Commentaries on
the Fascinating
Chemistry of
Everyday Life

Icons of

Renaissance

Architecture

The Science and

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Pseudoscience of
What We Eat

**The first field
guide to the
orchids of Costa
Rica and Panama,
this book is
lavishly illustrated
with 240 stunning
color photographs
and 229 line
drawings. It
contains keys to all
the orchid genera**

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in the region and most of the orchid species. To enable nonbotanists to identify at least the genus of orchids, Robert L. Dressler emphasizes features that can be readily seen with the naked eye or a hand lens. Written in a friendly and

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**accessible style,
this guide begins
with succinct
descriptions of the
geography,
climate, and
vegetation of Costa
Rica and Panama,
and includes
appropriate
comments on the
peoples and
cultures of the
area. A discussion**

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of orchid structure and ecology follows. The identification keys are preceded by instructions for use, and a general key directs the user to the appropriate chapter, where condensed descriptions and additional keys

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**narrow the choices
for the plants
identity. Dressler
avoids complex
terminology and
supplies a glossary
of technical terms
that will be helpful
to those unfamiliar
with botanical
vocabulary. A short
appendix describes
how to prepare
orchids for study,**

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and summarizes laws that affect plant collectors, and another lists the authors of species names used in the guide. Reflecting the autor's deep and broad knowledge of the orchids of tropical Latin America, this field guide is certain to

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Pescatore

**prove valuable to
botanists, field
biologists, orchid
hobbyists, and
tourists interested
in natural history.
The lowly
mushroom, grown
quietly, in the
dark, has suddenly
sprung onto the
health scene as a
miracle cure. Once
castigated as a**

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Pescatore

mere fungus, the mushroom has acquired a signature cachet in the form of active hexose-correlated compound (AHCC), a nutritional product made from healing mushrooms fermented in rice bran. AHCC is used in over 700 clinics

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Pescatore

**and hospitals in
Japan, mainly in
cancer treatment.
Now Japan's secret
has crossed the
Pacific, and this
new book reveals
what the Japanese
have known for
decades; AHCC is
as well researched
as any
conventional
prescription drug.**

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Codex Dr Fred
Pescatore

**The quality control
of AHCC is so
stringent that it
would easily
qualify as a
licensed
pharmaceutical,
but the
manufacturers
believe that this
would limit its
availability to the
many people in
Japan - healthy**

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Pescatore

**people, who use it
as a preventive as
well as for a variety
of other purposes.
Because it is
actually a
mushroom-based
food, even though
it is often made
available in
capsule form, it is
extremely safe for
anyone to take,
including children,**

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**pets, frail elderly,
and patients who
have undergone
surgery. Dr. Fred
Pescatore explores
AHCC in depth,
explaining; How it
is manufactured
How it is used in
clinics in Japan
and other parts of
the world Its safety
and efficacy The
scientific evidence**

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Pescatore

**supporting its
striking versatility
and profound
effectiveness for a
wide variety of
conditions This
book will introduce
readers to AHCC
and expand their
knowledge of one
of the most
important food
supplements
available on the**

Get Free Franklin
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Pescatore
market today.

**This book
examines the
career of the
Brussels artist
Michael Sweerts
through an
examination of the
artistic,
intellectual and
cultural contexts
that shaped his
work and academy
in the Netherlands**

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Pescatore

**and Italy in the
seventeenth
century.0The
Flemish artist
Michael Sweerts
has long been
considered one of
the most
fascinating and
enigmatic painters
of the seventeenth
century. His
peripatetic career,
which stretched**

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**from his native
Brussels to Rome,
and later
Amsterdam and the
Far East, included
work for the papal
family and the
foundation of a
drawing academy
in the Southern
Netherlands.
Despite this rich
and varied career,
Sweerts has yet to**

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**be fully examined
within the artistic,
intellectual and
cultural contexts of
Brussels and Rome
in the seventeenth
century. This book
aims to retrace the
artistic traditions
that shaped
Sweerts'
development and
evolution as a
painter, etcher and**

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Pescatore

**teacher, firmly
situating him at
the crossroads of
artistic exchange
between the
Netherlands and
Italy. The author
demonstrates how
Sweerts responded
to contemporary
notions of artistic
practice and
pedagogy in his
work, and how he**

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**played a critical
role in the
formation of a
Netherlandish
academic tradition.
Free yourself of
allergies and
asthma once and
for all with Dr.
Pescatore's
breakthrough
program "" Dr.
Fred Pescatore's
The Allergy and**

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Pescatore

**Asthma Cure
reveals a unique
and revolutionary
understanding of
the underlying
conditions of
allergy and asthma-
from food triggers
to the environment
to nutritional
deficiencies. His
integrative
program of both
alternative and**

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**traditional
treatments can
dramatically
improve health and
vitality, safely and
soundly. This book
will have a
prominent place in
my library and I
highly recommend
it! "" -Ann Louise
Gittleman, Ph.D.,
C.N.S., author of
the bestselling The**

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Pescatore

Fat Flush Plan
""Conventional
medicine has
largely shrugged
its shoulders in
confusion about
the causes of
allergies and
asthma in millions
of people. In this
book Dr. Fred
Pescatore deals
with the roots of
these modern

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**epidemics, drawing
on his clinical
experience, and he
provides clear
recommendations
for turning back
the tide and
restoring health."**

**- Jack Challem,
author of the
bestselling
Syndrome X and
The Inflammation
Syndrome ""The**

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**Allergy and Asthma
Cure is the book
we have all been
waiting for. Dr.
Pescatore
manages, in a
concise manner, to
summarize all the
facts and presents
a comprehensive
healing guide that
incorporates both
conventional and
alternative**

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**approaches. A
must-read for
those dealing with
these issues."**

**-Artur Spokojny,
M.D., F.A.C.C.,
Medical Director of
Integrative
Medicine of
Manhattan,
Associate Professor
of Medicine, Weill
Cornell Medical
College ""I believe**

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**that The Allergy
and Asthma Cure
holds the key to
understanding how
nutritional
medicine can really
work for you.**

**Allergies (from
skin conditions to
seasonal types) and
asthma can be
cured, not just held
at bay. This book
shows the way. Dr.**

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**Pescatore is truly a
healer." -Roberta
Flack,
singer/songwriter
"I have seen
firsthand how The
Allergy and Asthma
Cure has changed
people's lives for
the better. I have
started using his
treatment
protocols for my
own patients with a**

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**remarkable
success rate, and
best of all with no
side effects. Many
of my patients are
getting off their
allergy and asthma
medications
completely. I
strongly
recommend this
book to anyone
with allergies or
asthma." -Dana G.**

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Cohen, M.D., board-certified, Internal Medicine ""This book is for anyone willing to give up his or her life as an asthmatic. I had tried every drug and treatment available and the asthma only got worse. Under Dr. Pescatore's care, I began to see

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results within six weeks. It's been over two years now living without an attack. His approach has changed the way I live." -Paul

**Goldman, patient
A New Culture of
Learning
Principles and
Practice**

New Jersey's
Page 148/193

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**Culture of
Corruption
Dr. Joe and What
You Didn't Know:
177 Fascinating
Questions about
the Chemistry of
Everyday Life
(Large Print 16pt)
Accelerate Your
Fat-Burning
Metabolism, Get
Lean Fast and
Leave Diet and**

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**Exercise Rules in
the Dust**

**Japan's Medical
Breakthrough in
Natural**

Immunotherapy

The External

Dimension of EU

Agencies and

Bodies

The twenty-first century
is a world in constant
change. In *A New
Culture of Learning*,

Page 150/193

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Doug Thomas and John Seely Brown pursue an understanding of how the forces of change, and emerging waves of interest associated with these forces, inspire and invite us to imagine a future of learning that is as powerful as it is optimistic. Typically, when we think of culture, we think of an existing, stable entity

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that changes and evolves over long periods of time. In *A New Culture*, Thomas and Brown explore a second sense of culture, one that responds to its surroundings organically. It not only adapts, it integrates change into its process as one of its environmental variables. By exploring play,

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innovation, and the cultivation of the imagination as cornerstones of learning, the authors create a vision of learning for the future that is achievable, scalable and one that grows along with the technology that fosters it and the people who engage with it. The result is a new form of culture in which

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knowledge is seen as fluid and evolving, the personal is both enhanced and refined in relation to the collective, and the ability to manage, negotiate and participate in the world is governed by the play of the imagination. Replete with stories, this is a book that looks at the challenges that our

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education and learning environments face in a fresh way. PRAISE FOR A NEW CULTURE OF LEARNING "A provocative and extremely important new paradigm of a 'culture of learning', appropriate for a world characterized by continual change. This is a must read for

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anyone interested in the
future of education."

James J. Duderstadt,
President Emeritus,
University of Michigan

"Thomas and Brown are
the John Dewey of the
digital age." Cathy

Davidson, Professor of
Interdisciplinary
Studies, Duke

University "A New
Culture of Learning may
provide for the digital

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media and learning
movement what Thomas
Paine's Common Sense
did for the colonists
during the American
Revolution- a
straightforward, direct
explanation of what we
are fighting for and
what we are fighting
against." Henry Jenkins,
Provost's Professor,
USC "A New Culture of
Learning is at once

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persuasive and
optimistic - a
combination that is all
too rare, but that flows
directly from its authors'
insights about learning
in the digital age. Pearls
of wisdom leap from
almost every page."

Paul Courant, Dean of
Libraries, University of
Michigan "Brilliant.
Insightful.

Revolutionary." Marcia

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Conner, author of *The New Social Learning* "Douglas Thomas and John Seely Brown portray the new world of learning gracefully, vividly, and convincingly." Howard Gardner, Professor, Harvard Graduate School of Education "Thomas and Brown make it clear that education is too often a

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mechanistic, solo activity delivered to the young. It doesn't have to be that way-learning can be a messy, social, playful, embedded, constant activity. We would do well to listen to their message." Clay Shirky, author of Cognitive Surplus

"Anyone who fears, as I do, that today's public schools are dangerously

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close to being irrelevant must read this book. The authors provide a road map-and a lifeline-showing how schools can prosper under the most difficult conditions. It is a welcome departure from all the school bashing." John Merrow, Education Correspondent, PBS NewsHour "American education is at a

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crossroads. By illuminating how play helps to transform both information networks and experimentation, and how collective inquiry unleashes the power of imagination, A New Culture of Learning provides an irresistible path to the future." Joel Myerson, Director, Forum for the Future of Higher

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This publication marks the 70th anniversary of the founding of FAO as a United Nations Agency for Food and Agriculture. This book tells the story of these seven decades of the history of FAO, its protagonists and their endeavours. This is the history in seven decades of an organisation born

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with one goal: to free
humanity of hunger.

Discussing the
important distinction
between good and bad
bacteria, this study
presents compelling
evidence why bacterial
balance is the key to
optimal health and
provides practical,
cutting-edge
information for disease
prevention. From

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boosting immunity and balancing blood-sugar levels to helping with weight loss, good bacteria influences every system in the human body, and this guide reveals their broad health impacts and how to use friendly microorganisms to foster vitality, wellness, and healthy aging.

Motel Chronicles

Page 165/193

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reveals the fast-moving
and sometimes
surprising world of the
man behind the plays
that have made Sam
Shepard a live legend in
the theater. Shepard
chronicles his own life
birth in Illinois,
childhood memories of
Guam, Pasadena and
rural Southern
California, adventures
as ranch hand, waiter,

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rock musician,
dramatist, and film
actor. Scenes from this
book form the basis of
his play Superstitions,
and of the film (directed
by Wim Wenders) Paris,
Texas, winner of the
Golden Palm Award at
the 1984 Cannes Film
Festival.

AHCC

Hollywood Highbrow
The Medical

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Breakthrough in Natural
Immunotherapy (16pt
Large Print Edition)
For the Maintenance of
Landscape

Law and Policy

Lose up to 15 Pounds
and Look and Feel
Younger in Just 2
Weeks

Amnesty International
Report 2008

*This annual report
documents human*

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rights abuses by governments and armed opposition groups in 150 countries across the world. It provides an invaluable reference guide to international human rights developments. This book is the result of a research project designed and carried out at the

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*Department of
Architecture,
University of
Florence. This
research was based
on the transfer of
knowledge from
members of the
Albanian Diaspora in
Italy (university
students, young
architects and
researchers) to their
home country. This*

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*unique process
blazed a trail in the
Albania-related
studies by creating a
methodology, which
could be replicated
not only in Albanian
rural contexts, but
also elsewhere. The
book constitutes a
structured tool for
generating
sustainable and
socially inclusive*

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*territorial
development
processes in five
lesser-known
Albanian cultural
sites. Their tangible
and intangible
cultural heritage was
seen as a driving
factor for triggering
development
processes aimed at
improving the
inhabitants' quality of*

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*life and
strengthening local
identity and social
networks. Through
concrete proposals
and strategies, the
book offers scenarios
and solutions capable
of enhancing the
potential of each
village and, at the
same time,
counteracting the
effects of land*

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abandonment that so often characterise them.

Bestselling popular science author Dr.

Joe Schwarcz

debunks the baloney and serves up the

raw facts in this

appetizing collection

about the things we

eat Eating has

become a confusing

experience. Should

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*we follow a keto diet?
Is sugar the next
tobacco? Does
fermented cabbage
juice cure disease?
Are lectins toxic? Is
drinking poppy seed
tea risky? What's
with probiotics? Can
packaging
contaminate food?
Should our nuts be
activated? What is
cockroach milk? We*

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Pescatore

*all have questions,
and Dr. Joe Schwarcz
has the answers,
some of which will
astonish you.*

*Guaranteed to satisfy
your hunger for
palatable and
relevant scientific
information, Dr. Joe
separates fact from
fiction in this
collection of new and
updated articles*

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*about what to eat,
what not to eat, and
how to recognize the
scientific basis of
food chemistry.*

*The noted historian
John Keegan called
World War II "the
largest single event
in human history."
More than sixty years
after it ended, that
war continues to
shape our world.*

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Going far beyond accounts of the major battles, The Library of Congress World War II Companion examines, in a unique and engaging manner, this devastating conflict, its causes, conduct, and aftermath. It considers the politics that shaped the involvement of the

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*major combatants;
military leadership
and the
characteristics of
major Allied and Axis
armed services; the
weaponry that
resulted in the war's
unprecedented
destruction, as well
as debates over the
use of these
weapons; the roles of
resistance groups*

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*and underground
fighters; war crimes;
daily life during
wartime; the uses of
propaganda; and
much more. Drawn
from the unparalleled
collections of the
institution that has
been called
"America's Memory,"
The Library of
Congress World War
II Companion*

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*includes excerpts
from contemporary
letters, journals,
pamphlets, and other
documents, as well
as first-person
accounts recorded by
the Library of
Congress Veterans
History Project. The
text is complemented
by more than 150
illustrations.*

Organized into

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*topical chapters
(such as "The Media
War," "War Crimes
and the Holocaust,"
and two chapters on
"Military Operations"
that cover the
important battles),
the book also include
readers to navigate
through the rich store
of information in
these pages. Filled
with facts and*

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figures, information about unusual aspects of the war, and moving personal accounts, this remarkable volume will be indispensable to anyone who wishes to understand the World War II era and its continuing reverberations.

*The Annenbergs
The Hamptons Diet*

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Pescatore

*At the Roots of Italian
Identity*

*The One Low-Carb
Diet That Will Finally
Work for You*

Dentists

Girl Meets Boy

To the Fullest

This

entertaining
examination of
everyday
science from

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the fanciful to
the factual
covers topics
ranging from
pesticides and
environmental
estrogens to
lipsticks and
garlic. Readers
are alerted to
the shenanigans
of quacks and
are offered

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glimpses into
the fascinating
history of
science. The
science of
aphrodisiacs,
DDT, bottled
waters,
vitamins,
barbiturates,
plastic wraps,
and smoked meat
is

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investigated.
Worries about
acrylamide,
preservatives,
and waxed
fruits are put
into
perspective,
and the
mysteries of
bulletproof
vests, weight
loss diets,

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green-haired
Swedes,
laughing gas,
and “mad honey”
are unraveled.
Even those with
very little
knowledge of
science will
come away
informed and
delighted at
those humorous

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and accessible
explanations.
This timely
book addresses
urgent
questions about
the external
actions of the
EU's
decentralized
agencies and
their effects,
such as how

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they should be conceptualized and assessed, and how these agencies can and should be governed in the future.

Bringing together pioneering interdisciplinary work from

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European legal and political scholars, the book combines theory with empirical case studies to explore an underdeveloped field and identify a future research agenda. p.p1

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General

Catalogue

The Truth about
Diet and
Exercise

Cultivating the
Imagination for
a World of
Constant Change

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Pescatore

Monkeys, Myths,
and Molecules
Detergents and
Textile Washing
'Race' and
'Nation' in the
Italian
Risorgimento,
1796-1870
Five Albanian
Villages