

Hidden Embers

No pill will cure you of osteoporosis. While medication can sometimes help, it won't fully address the underlying causes of your osteoporosis or osteopenia. To restore bone health, you'll need a targeted program combining the best bone-building strategies from traditional and holistic medicine. The Whole-Body Approach to Osteoporosis distills these complex strategies into a whole-body plan you can begin today to dramatically improve your bone strength and overall vitality. This comprehensive guide includes information on: •What to eat for stronger bones •Choosing bone-building supplements and osteoporosis medications •Foods and medications that may be contributing to bone loss •Signs and symptoms that can help you monitor your bone health •How lab tests can help you personalize your plan

Hidden Embers is a book for teachers who work expectantly with some of our schools’ lowest performing students. These students live disproportionately, in our country’s inner cities and poor rural communities. This book boldly declares that some educators and policy makers are making erroneous judgements about the ability of these students. Hidden Embers... cautions educators and policy makes to sweep away the ash of hopelessness, distrust and anger which has been heaped upon the children due to largely to factors beyond their control. In school they have just learned to roll with their perceptions of reality. Before we toss them onto the heap of failure employ some of the strategies collected in this insightful yet practical guide. There are burning embers hidden beneath the ashes. Embers of motivation, creativity, excitement and hope for the future. It requires pure educators, willing to run a soft brush over the heavy ashes, the students’ delayed potential. Discover glowing embers: dreams in the student’s delayed potential. Discover glowing embers: dreams in the student everyone else thought had been extinguished Rachel has secured herself a rare position at the newest Harvey House in New Mexico. She looks forward to a new life there, far from the memories and longings of her heart--only to find that the very man her heart refuses to forget will be working right alongside her! Westward Chronicles Book 2.

Love Inspired Historical brings you four new titles for one great price, available now! This Love Inspired Historical bundle includes The Wrangler’s Inconvenient Wife by Lacy Williams, The Cattleman Meets His Match by Sherri Shackelford, Protected by the Warrior by Barbara Phinney and A Mother for His Children by Jan Drexler. Look for four new inspirational suspense stories every month from Love Inspired Historical!

How to Improve Bone Strength and Reduce Your Fracture Risk

An Illustrated Monthly Magazine Devoted to Current Church Building, American and Foreign, and the Allied Ecclesiological Arts, with Expert Discussions of All Topics Relating to Christian Archaeology

The Fall of an Empire and the Making of America’s Vietnam

The Embers

Falling Embers

The Dragonstar clan is under attack, endangered by an insidious enemy. Now a top sentry must go undercover, but the task will be more than he bargained for . . . Desperate to save his clan from deadly biological warfare threat and put an end to the war, Dragonstar sentry Logan Kelly infiltrates the Wyvermoons. Posing as a rogue dragon without a clan, he quickly realizes how close the Wyvermoons are to anarchy. Their leader has recently died, their ranks are then, and their only hope lies in Cecily Fournier, the princess whose grasp on the throne is shaky at best. All Logan has to do is stick around long enough to see his enemies fail. The plan is foolproof. Until he falls for Cecily. What starts as an uneasy alliance turns into an uncontrollable passion. As the spark between them gets hotter, Logan discovers the Wyvermoons’ hidden agenda. But how can he bring down the Wyvermoons without exposing himself as a traitor to the woman he loves? PRAISE FOR HIDDEN EMBERS ‘A SUPER THRILLER.’ - Genre Go Round Reviews ‘A NO-HOLDS-BARRED EPIC ROMANCE WHERE NO EMOTION IS LEFT UNSCATHED.’ - Lovin’ Me Some Romance

I've loved Calder Cruz from the moment he taught me how to fly. Racing down a mountain and giving me the release I so desperately needed. My understanding. My safe space. Hadley has fought for a life of her own ever since her sister's kidnapping. When she was drowning in expectations and family pressures, Calder was always the one who understood her. Until one night changed it all. From best friends to strangers in a single breath. She's like a fire that lives inside me. Even when I thought it was all burned out, there were still embers that lived in my bones. Calder knows what it's like to almost lose the people he loves most. He'll never make that kind of mistake again. Working at the fire station and taking care of his daughters are the only things he needs. All it takes is a single moment to make him realize how wrong he is. A split second of coming close to losing the woman he has always loved. But as long-buried embers light anew, there are those who lurk in the shadows. And they'll do whatever it takes to extinguish that flame for good...

The epic third novel in the #1 New York Times bestselling Court of Thorns and Roses series by Sarah J. Maas. Feyre has returned to the Spring Court, determined to gather information on Tamlin's actions and learn what she can about the invading king threatening to bring her land to its knees. But to do so she must play a deadly game of deceit. One slip could bring doom not only for Feyre, but for everything-and everyone-she holds dear. As war bears down upon them all, Feyre endeavors to take her place amongst the High Fae of the land, balancing her struggle to master her powers-both magical and political-and her love for her court and family. Amidst these struggles, Feyre and Rhysand must decide whom to trust amongst the cunning and lethal High Lords, and hunt for allies in unexpected places. In this thrilling third book in the #1 New York Times bestselling series from Sarah J. Maas, the fate of Feyre's world is at stake as armies grapple for power over the one thing that could destroy it.

Get fired up for this steamy fantasy romance novella in the Dragon's Heat series from Tessa Adams.

Technicians of the Sacred, Third Edition

In The Shadow Of God's Love

Forbidden Embers

Hidden in a Whisper (Westward Chronicles Book #2)

A Glow from Hidden Embers

"A ray of light, a stain of shadow, shall endure to breathe life and death into the future" As a Border Guard, it is Vaddoc's duty to turn himself in and accept the death sentence with honor when he discovers he can use magic. But the ancient song of the dragons calls to him. Although pulled by duty and the honor of his family, the song proves irresistible. When he is offered sanctuary in Galdrilene, the old home of the dragons, he leaves duty and family behind to answer the call of the Song. He is not alone in hearing the Dragon Song and he is joined on his journey by five others as the elements of magic are drawn together. It's a journey that reveals everything they've been taught to believe about magic and dragons is wrong. With the last of the dragons and the world at stake, Vaddoc and his companions will do anything, even cross through the realm of the dead, to reach a future they never thought possible.

A modern-day classic. This highly acclaimed adventure series about two friends desperate to save their doomed city has captivated kids and teachers alike for almost fifteen years and has sold over 3.5 MILLION copies! The city of Ember was built as a last refuge for the human race. Two hundred years later, the great lamps that light the city are beginning to flicker. When Lina finds part of an ancient message, she's sure it holds a secret that will save the city. She and her friend Doon must race to figure out the clues before the lights go out on Ember forever! Nominated to 28 State Award Lists! An American Library Association Notable Children's Book A New York Public Library 100 Titles for Reading and Sharing Selection A Kirkus Reviews Editors' Choice A Child Magazine Best Children's Book A Mark Twain Award Winner A William Allen White Children's Book Award Winner "A realistic post-apocalyptic world. DuPrau's book leaves Doon and Lina on the verge of undiscovered country and readers wanting more." —USA Today "An electric debut." —Publishers Weekly, Starred "While Ember is colorless and dark, the book itself is rich with description." —VOYA, Starred "A harrowing journey into the unknown, and cryptic messages for readers to decipher." —Kirkus Reviews, Starred

Beautiful, quiet, and strong—these words hardly begin to describe Emma Ward. Orphaned at only twelve, she grew up with a deadly secret and learned to hide it. Now twenty-four years old and possessing the title of special agent, she is more determined to learn the truth than she realizes. Her world is about to change, and her partner, Liam Fuller, is the only person she can rely on. But when her emotions begin to create problems, she must choose between love and life—especially because the life in question is not her own.

This book will introduce you to a wealth of information on emergency preparation, and will provide your family or organization with important strategies, insights, tips, guidelines, and lists on how to prepare for a disaster. Survival planning is nothing more than realizing a disaster could happen that would put everyone in a survival situation and, with that in mind, taking steps to increase your chances of survival. Although helping others is certainly meaningful, worthwhile, and in some cases, necessary, the main emphasis of all household or organization team members should be to purchase, gather, and store resources and supplies for your own team members. Everyone must be encouraged and expected to provide for themselves. We have been encouraged through religious, education, scientific, and government media to prepare for these future events.

A Dragon's Heat Novel

The Whole-Body Approach to Osteoporosis

Engine Company Fireground Operations

A Range of Poetries from Africa, America, Asia, Europe, and Oceania

The Cattleman Meets His Match

Deborah Vandermark plans to assist her family's logging business now that she's completed college, but when she meets Dr. Christopher Clayton, Deborah realizes she has a greater interest in medicine and science than the bookkeeping she was trained in. Simultaneous.

Hidden Embers :Igniting Academic Excellence in Low Performing StudentsXilbris Corporation

GALAHAD IN A STETSON Cowboy John Elder needs a replacement crew of cattle hands to drive his longhorns to Kansas—he just never figured they'd be wearing petticoats. Traveling with Moira O'Mara and the orphan girls in her care is a mutually beneficial arrangement. Yet despite Moira's declaration of independence, the feisty beauty evokes John's every masculine instinct to protect, defend...marry? Moira is grateful for John's help when he rescues her—and she can't deny that his calm, in-control manner proves comforting. But she is determined not to let anything get in the way of her plans to search for her long-lost brother at journey's end. However, can John show her a new future—one perfect for them to share?

The Ultimate Preppers' Guide is packed with practical approaches, step-by-step instructions, and how-to explanations for disaster and emergency preparation. Knowledge maps, flow charts, and templates provide important information at a glance and walk you through your decisions on personalizing and customizing disaster preparation for you, the family, and your business. The Ultimate Preppers' Guide is logically organized, easy to reference, and simple to understand. It provides diverse coverage of disaster prep topics, including a comprehensive look at disaster first aid and medical problems where there are no responders or hospitals immediately available. This book brings you up to date on emerging prep trends and technologies and examines what works and what doesn't. It explains how to prep with the budget you have and with many of the materials you already have at hand. It includes chapters on basic preparedness, communications, resource conservation, power and energy, emergency heating and cooling, water, food and nutrition, shelter, evacuation, public health, special needs, and specific hazards. This book will not just get you ready beforehand. When a disaster has happened, it will provide ideas for surviving, coping, and recovering. Extreme Weather

Love Inspired Historical August 2014 Bundle

A Court of Wings and Ruin

Dark Embers

Heather and Picket are extraordinary rabbits with ordinary lives until calamitous events overtake them, spilling them into a cauldron of misadventures. They discover that their own story is bound up in the tumult threatening to overwhelm the wider world. Kings fall and kingdoms totter. Tyrants ascend and terrors threaten. Betrayal beckons, and loyalty is a broken road with peril around every bend.Where will Heather and Picket land? How will they make their stand?

BOOK ONE IN THE NEW YORK TIMES BESTSELLING SERIES One of Time Magazine's 100 Best Fantasy Books of All Time One of Time Magazine's 100 Best YA Books of All Time Instant New York Times bestseller From #1 New York Times bestselling author Sabaa Tahir Amazon's Best Young Adult Book of 2015 People's Choice Award winner - Favorite Fantasy Bustle's Best Young Adult Book of 2015 "This novel is a harrowing, haunting reminder of what it means to be human — and how hope might be kindled in the midst of oppression and fear." — The Washington Post "An Ember in the Ashes could launch Sabaa Tahir into JK Rowling territory...It has the addictive quality of The Hunger Games combined with the fantasy of Harry Potter and the brutality of Game of Thrones."—Public Radio International "An Ember in the Ashes glows, burns, and smolders—as beautiful and radiant as it is searing."—Huffington Post "A worthy novel – and one as brave as its characters." —The New York Times Book Review Laia is a slave. Elias is a soldier. Neither is free. Under the Martial Empire, defiance is met with death. Those who do not vow their blood and bodies to the Emperor risk the execution of their loved ones and the destruction of all they hold dear. It is in this brutal world, inspired by ancient Rome, that Laia lives with her grandparents and older brother. The family ekes out an existence in the Empire's impoverished backstreets. They do not challenge the Empire. They've seen what happens to those who do. But when Laia's brother is arrested for treason, Laia is forced to make a decision. In exchange for help from rebels who promise to rescue her brother, she will risk her life to spy for them from within the Empire's greatest military academy. There, Laia meets Elias, the school's finest soldier—and secretly, its most unwilling. Elias wants only to be free of the tyranny he's being trained to enforce. He and Laia will soon realize that their destinies are intertwined—and that their choices will change the fate of the Empire itself.

Hidden Embers is a book for teachers who work expectantly with some of our schools’ lowest performing students. These students live disproportionately, in our country’s inner cities and poor rural communities. This book boldly declares that some educators and policy makers are making erroneous judgements about the ability of these students. Hidden Embers... cautions educators and policy makes to sweep away the ash of hopelessness, distrust and anger which has been heaped upon the children due to largely to factors beyond their control. In school they have just learned to roll with their perceptions of reality. Before we toss them onto the heap of failure employ some of the strategies collected in this insightful yet practical guide. There are burning embers hidden beneath the ashes. Embers of motivation, creativity, excitement and hope for the future. It requires pure educators, willing to run a soft brush over the heavy ashes, the students’ delayed potential. Discover glowing embers: dreams in the student’s delayed potential. Discover glowing embers: dreams in the student everyone else thought had been extinguished

Time has become a loathsome enemy. After the harrowing battle against Herja, Vala and Xavyn find themselves in a new battle against time. The war between lands quickly approaches should The Divide fall, but even that concern must wait while they engage in a more dire conflict with Verdandi. She must be stopped before finding the final piece needed to end the world. To stand any chance at defeating her, Vala and the others will have to add numbers to their charge, which includes negotiations with the incorrigible Volare king. In the midst of it all, Vala has to face her true identity. Though acceptance doesn't always come easily, especially when it comes from within. For Vala, it also means accepting what happens after. If they stop Verdandi ...If they prevent the war ...If she reconnects with her pith ...Will she have to say goodbye forever?

The Crown of Embers

The Ultimate Prepper's Guide

Chosen Storm

Eternal Embers

Fire Smart Home Handbook

Can blazing passion melt a frosty heart? When the gods breathed life into us, they blessed us with an element. It's a pity they didn't care to bless anything else. The Empress of the Throne of Flames is assassinated. Acting as a decoy to protect the next Empress, the undervalued Princess Nymira flees to the north. She must now carry the sacred sword, the symbol of her people, and rejoin the new Empress. It is a mission Mira cannot fail but first, she must traverse the Western wastelands. The journey is perilous and the once sheltered princess finds herself rescued by the Ice Lord, Zorren. He is the leader of the Iceari, the natural enemy to Firelanders. Zorren is reputed to be a ruthless leader and Mira fights the attraction that blazes between them, resulting in a clash of not only their wills but also their elements. After all, fire and ice don't mix. Or do they? This is book one of the new Bride of Fire series. Begin the journey to a mystical world and the adventure and romance that awaits. Publisher’s Note: This fantasy romance contains elements of danger, suspense, mystery, adventure, and sensual scenes set in an apocalyptic world.

“Carson joins the ranks of writers like Kristin Cashore, Megan Whalen Turner, and Tamora Pierce as one of YA’s best writers of high fantasy.”—Locus Magazine The second book in Rae Carson’s award-winning and New York Times–bestselling trilogy! Betrayal, love, and untold power fuel the heroic adventure of a seventeen-year-old princess turned warrior-queen. Fans of Tomi Adeyemi, Kendare Blake and Sarah J. Maas will be riveted. She does not know what awaits her at the enemy’s gate. Elisa led her people to victory over a terrifying, sorcerer army. Her place as queen should be secure. But it isn’t. Her enemies come at her like ghosts in a dream, from foreign realms and even from within her own court. And her destiny as the chosen one remains uncertain. To conquer the power she bears, Elisa must journey from the hidden catacombs beneath her own city to treacherous seas and a long-forgotten island. With her go a one-eyed spy, a traitor, and the man with whom—despite everything—she is falling in love. If she’s lucky, she’ll return. But there will be a cost. Don’t miss The Empire of Dreams, Rae Carson’s action-packed return to the world of The Girl of Fire and Thorns!

A history of the four decades leading up to the Vietnam War offers insights into how the U.S. became involved, identifying commonalities between the campaigns of French and American forces while discussing relevant political factors.

The National Fire Protection Association (NFPA) and Jones & Bartlett Learning are pleased to bring you the fourth edition of Engine Company Fireground Operations. This expanded edition incorporates the latest recommendations from UL and the National Institute of Standards and Technology (NIST) into every aspect of fire attack and ventilation and presents an extensive study of engine company fire ground operations. This new edition is an ideal resource for fire service personnel preparing for promotion or studying for a civil service examination. Firefighters and company officers will gain knowledge in fire science, building construction, and the effects of burning modern fuels that result in extreme fire behavior. Specific features include: Detailed illustrations that show the tactics and approaches described in each chapter Case studies of strategies and tactics that resulted in firefighter line of duty deaths, as well as those that were successful, incorporated into the recommended practices of engine company fire attack, rescue, and ventilation Detailed information on size-up that applies risk management principles to the Value-Time-Size method, which considers survivability profiling and threshold limits, identifying problems, selecting strategies and tactics, developing a quick incident action plan, and applying a functional accountability system for safety A significant emphasis on attacking residential and commercial basement fires A one-of-its-kind chapter on fireground operations and responsibilities for company level high-rise firefighting, with special attention paid to fire behavior within high-rise buildings In-depth coverage of all the basic engine company responsibilities, including: Equipment Initial hose lays and water supplies The deployment of attack, back-up, and exposure hose lines Rapid intervention teams Search and rescue Master streams Fire protection systems Standpipe operations Salvage and overhaul

Cherish

Eternal Ember

Flamebound

A Collection of Poems and Sonnets

Embers of War

"A wide-ranging anthology of ethnopoetry including origin texts, visionary texts, texts about death, texts about events--collected from Africa, the Americas, Asia, Europe and the Ancient Near East, and Oceania." --Provided by publiher.

Read Tessa Adams's posts on the Penguin Blog. A new erotic paranormal series, starring dragon shapeshifters, kicks off with a very sexy debut... Prince Dylan MacLeod is one of the last pure-blood dragon shape- shifters-and ruler of a dying race, the Dragonstar clan. It falls to him to protect his people and their ancient magic. But he has one important duty: to provide an heir... Like all dragons, Dylan, who has a dark, rampant sexual appetite, can only procreate with his destined mate-for whom he's searched for the last five hundred years. But his quest is delayed when a disease sweeps through the Dragonstars, and Dylan must venture to the human world to find a cure. He tracks down bio-chemist Phoebe Quillum, never imagining the beautiful scientist would be the mate he's been seeking. But even with the fate of the clan on their shoulders, Phoebe and Dylan are overcome by their sexual desire. Their passion turns to something truer, but when Phoebe is kidnapped by Dylan's oldest enemy, he must risk everything for his love and his clan...

Dive into the latest Dragon’s Heat novel. In the New Mexico desert there is a secret race on the brink of extinction-the pure-blood shapeshifters of the Dragonstar clan. Their last hope for survival lies in the hands of Quinn Maguire, the desperate clan healer lost in love with a human female.

Hoping to keep a low profile while investigating disturbing activities within the Arcadian Council of Witches, Xandra worries about Declan, whose pursuit of revenge escalates into violence. By the author of the Pandora series. Original.

The Wrangler’s Inconvenient Wife/The Cattleman Meets His Match/Protected by the Warrior/A Mother for His Children

Embers of Love

The Clue in the Embers

Igniting Academic Excellence in Low Performing Students

Christian Art

Don't miss the next book in the instant NYT bestselling series that's become a global phenomenon. Don't miss a single book in the series that spawned a phenomenon! The Crave series is best enjoyed in order: Crave Crush Covet Court Charm Cherish

Flash floods, tsunamis, earthquakes, hurricanes, mudslides, thunderstorms, and wildfires - these devastating events are happening around the world at an alarming rate. As a Meteorologist on CNN and HLN, Bonnie Schneider reports on these natural disasters, explaining when they're likely to strike, and telling viewers how to respond when they do. In Extreme Weather, Schneider distills that information into a guide for readers. She interviews experts from a wide variety of agencies - including FEMA and NOAA - to provide a comprehensive understanding of the science behind weather patterns and the latest thinking on how to act in dangerous conditions. Ranging from topics that cover every season and every climate, Schneider introduces the reader to the best course of action during weather emergencies, including: *how to handle extreme weather scenarios in your car, outside, on a boat or at home *how to prepare for potential dangers, such as deadly lightning, when planning a camping trip, vacation or sports outing *what you need to have at home to protect against floods, earthquakes, or severe storms *how to protect your home from rapidly spreading wildfire *how to create a family evacuation plan for different emergencies *making sure your beloved pet is taken care of in time of disaster Drawing on actual survivor stories, Extreme Weather reminds readers that disaster can strike at any time, changing your life forever. *making sure your beloved pet is taken care of in time of disaster Drawing on actual survivor stories, Extreme Weather reminds readers that disaster can strike at any time, changing your life forever. Preparing for her big wedding day, Emily Ascher's joy is hindered by the secrets surrounding her brother's death sixteen years ago and her father's possible involvement, yet when revelations are made, they are all forced to face the truth and finally come to terms with the past as a family. 100,000 first printing.

As climate change continues to wreak havoc on the environment, devastating wildfires, both natural and manmade, are increasing. The figure for average acres burned has increased from almost 2 million acres in 1992 to nearly 7 million in 2012, which set a new record with an average of 165 acres burned per fire. Things are heating up, but global warming isn't the only problem. Budgets for fire suppression have been slashed severely. The number of air tankers has decreased from 44 in 2002 to just 9 in 2012, which means fast attacks on fledgling fires will grow more difficult in the future. If you live in a wildland-urban interface, the zone between unoccupied and developed land, sooner or later fire will happen. Fortunately you can prepare for the worst, and it doesn't have to cost a fortune. This highly detailed and practical reference guide will help you live more safely in the red zone and save you time and money along the way, providing multiple methods of risk mitigation along with the financial level of each action. Effectively prepping your land can even enhance the scenery and increase the value of your home. Learn how wildfires begin and behave, how to evaluate your property, what essential tools you'll need and what they will cost, how to prepare your land and home--including tips on how to avoid insurance nightmares--when to stay and fight, when it's time to evacuate, how to clean up after a fire event, and more. Even if you live in the middle of a suburb, the information on how fires start and spread and how to deal with insurance claims will prove enlightening and helpful. No one can guarantee that your house or land will survive if a major conflagration erupts, but you can greatly improve your odds with this book and a little preparation.

Hidden Embers

A Dragon's Heat Novella An eSpecial from New American Library

Fostering Hope

Hidden Ember

A Guide To Surviving Flash Floods, Tornadoes, Hurricanes, Heat Waves, Snowstorms, Tsunamis and Other Natural Disasters

Do you hunger to have a deep, personal relationship with God. Do you long to know more of His character? Do you need to find more of His peace, love, and mercy? Do you want more strength to face the challenges and trials of life and emerge victorious? God is so awesome it is impossible to confine Him to mere words. No two people relate the same way to God, and God is fresh in His dealings with each individual. Yet His character is constant and eternal, the same yesterday, today, and forever. We glean foremost from His Word but also by the insights of others, inspired by the Holy Spirit, to discover His Workings in the lives of mankind. These can be beams of light on our own pathway through life. The first part of this book attempts to capture a fragment of Who God is in poetry and verse. The second part is stories from the life of the author and her ancestors which proclaim God in every day living. God is to be in every part and aspect of life, and this book relates stories of life's joys, sorrows, heartrending trials, triumphs, and special times with God, as well as the mundane and the funny happenings of living. There are also poems of God's hand in nature outside the author's backdoor. To proclaim God, you must also live God. This book presents not only His Word but also how His Word can be applied to real-life situations and God's faithfulness throughout generations.

The City of Ember

Hidden Embers :

The Green Ember

Preparing for and Surviving the Threat of Wildfire

Embers at Galdriene