

No More Dirty Looks The Truth About Your Beauty Products And Ultimate Guide To Safe Clean Cosmetics Siobhan Oconnor

Are you struggling to cleanse your skin properly? Tired of spending lots of money on expensive and modern skin cleanse lotion and gels that cause you more harm than good? Then getting your copy of "Skin Cleanse- No More Dirty Looks" is your first step to cleanse you skin properly and rejuvenate your skin with 100% natural treatments and recipes. In the book " Skin Cleanse- No More Dirty Looks", you will learn - * You will learn about the benefits of a body detox - and how what you eat can have a massive impact on your complexion. * You will blast away those massive detox myths, thanks to the basics of detoxifying. * You will learn how to get started in a safe and delicious way! * You will be provided a step-by-step outline on what you need to do to start preparing for the "Skin Cleanse" Other cleansing diets leave you in the dark about what you need to do - but with the "Skin Cleanse", we will make it easier than ever for you to set up your kitchen - and your mind - for beautifying success. * You will be given a beauty food plan that details what you should eat, and when you should eat it. The best detoxing plans work when they leave no room for questions - and the "Skin Cleanse" will give you the complete knowledge you need to move forward with confidence and ease. * The "Skin Cleanse" contains a unique three-phase plan that details the days you need to eat certain foods in order to produce your best beauty results. This is unlike any beauty cleanse plan you'll find anywhere else, so you'll get your best results. * In addition to the three-phase plan, we provide you with a few beauty recipes that can help supplement the "Skin Cleanse." This means that you'll produce your best results faster - and you'll be loving what you see in the mirror in no time! * You will learn the positive affirmations that can help remove stress and other negative habits from your life. That way, both your mind and body will be in sync to help you achieve your most beautiful self ever.All in all, this book will help you better understand your skin and show you a step by step guide to clean it the proper way.

Lead in lipstick? 1,4 dioxane in baby soap? Coal tar in shampoo? How is this possible? Simple. The \$35 billion cosmetics industry is so powerful that they've kept themselves unregulated for decades. Not one cosmetic product has to be approved by the US Food and Drug Administration before hitting the market. Incredible? Consider this: The European Union has banned more than 1,100 chemicals from cosmetics. The United States has banned just 10. Only 11% of chemicals used in cosmetics in the US have been assessed for health and safety - leaving a staggering 89% with unknown or undisclosed effects. More than 70% of all personal care products may contain phthalates, which are linked to birth defects and infertility. Many baby soaps are contaminated with the cancer-causing chemical 1,4 dioxane. It's not just women who are affected by these chemists' brew. Shampoo, deodorant, face lotion and other products used daily by men, women and children contain hazardous chemicals that the industry claims are "within acceptable limits." But there's nothing acceptable about daily multiple exposures to carcinogenic chemicals - from products that are supposed to make us feel healthy and beautiful. Not Just a Pretty Face delves deeply into the dark side of the beauty industry, and looks to hopeful solutions for a healthier future. This scathing investigation peels away less-than-lovely layers to expose an industry in dire need of an extreme makeover. 15 percent of the purchase price of each book sold benefits the national Campaign for Safe Cosmetics, administered by the Breast Cancer Fund, through December 31, 2012.

A wellness expert shares her personal journey from prescription drug dependency to a better life through holistic healing and wellbeing. When the stress of life gets overwhelming, doctors often prescribe medications that can ultimately do more harm than good. But in Cured by Nature, Tara Mackey reveals another way. For many common ailments, healing can be attained by finding harmony in your life and taking advantage of natural remedies provided by your natural environment. Growing up, Tara suffered from dependency on various prescription drugs for depression, anxiety, and ADHD. She witnessed her best friend's decline and suicide and watched helplessly as the effects of heroin addiction took a hold of her mother. At age twenty-four, she decided to quit her prescription meds in pursuit of true, holistic happiness. Today, she is drug-free, stress-free, and happy. Cured by Nature is Tara's personal story combined with her knowledge and advice on battling personal demons and coming out victorious.

In Victorian London, filth was everywhere: horse traffic filled the streets with dung, household rubbish went uncollected, cesspools brimmed with "night soil," graveyards teemed with rotting corpses, the air itself was choked with smoke. In this intimately visceral book, Lee Jackson guides us through the underbelly of the Victorian metropolis, introducing us to the men and women who struggled to stem a rising tide of pollution and dirt, and the forces that opposed them. Through thematic chapters, Jackson describes how Victorian reformers met with both triumph and disaster. Full of individual stories and overlooked details--from the dustmen who grew rich from recycling, to the peculiar history of the public toilet--this riveting book gives us a fresh insight into the minutiae of daily life and the wider challenges posed by the unprecedented growth of the Victorian capital.

We Are Not Like Them

Brand-new Pencils, Brand-new Books

And Then There Were None

Clean Beauty

Dirty Looks

Gender, Pornography and Power

CLEAN BEAUTY. CLEAN LIVING. Discover the perfect clean beauty bible! Gone are the days of paying a premium for fancy-pants moisturizers and toners, whose ingredients read like a chemistry lesson. Discover the delights of making your own beauty products in the comfort of your own home. The London-based Clean Beauty Co are leading the way with luxury beauty recipes packed full of only the good stuff. Scrub that bad day away with a coffee body scrub, or take a long restorative bath with a coconut milk soak. Perhaps you fancy fixing those split ends with a banana split hair mask.

Whatever the problem, the Clean Beauty girls have a homemade recipe that you can whip up in no time. So what are you waiting for? Join the revolution today!

Gilbert and his first-grade classmates are nervous about their performance on the last day of school, curious about the awards they will receive, sad to be leaving their teacher, and excited about summer vacation.

Gilbert Marchand begins an impassioned affair with a member of her daughter's favorite boy band.

It's the last day of school! Gilbert is excited about summer vacation. First there's a class party, and Mrs. Byrd will give out the end-of-the-year awards. But will Gilbert even get one? Patty's the best speller. Philip's the best reader. What is Gilbert best at?

The Truth about Your Beauty Products--and the Ultimate Guide to Safe and Clean Cosmetics

Your Ultimate Earth-Friendly Guide to Living Healthy and Looking Good

T Is for Teachers

Cured by Nature

On the Way to the Wedding

A Novel

Most of us don't realize that the products we use every day can expose us to thousands of chemicals that are readily absorbed through our skin. The impact on your health? It's not pretty.

Falling in love wasn't part of the plan.Eliza Quan fully expects to be voted the next editor-in-chief of her school paper. She works hard, she respects the facts, and she has the most experience. Len DiMartile is an injured star baseball player who seems to have joined the paper just to have something to do. Naturally, the staff picks Len to be their next leader. Because while they may respect Eliza, they don't particularly like her - but right now, Eliza is not here to be liked. She's here to win.But someone does like Eliza. A lot.Shame

it's the boy standing in the way of her becoming editor-in-chief....

She's my sister's best friend and forbidden fruit. Dylan is too young and too pure for a guy like me, but I don't care. Her perfect curves and innocence call to me--tempt me.Now she's looking at me with hungry eyes and my patience has run out.I stayed away for long enough, now it's time to claim what's mine.Note: This novella is an insta-love romance with a guaranteed happily ever after.

No Marketing Blurb

Ten Visions for Our Future

Healthy Beauty

The Idea of You

Only Time Will Tell

Liar, Liar, Pants on Fire

By the time she heads out the front door, the modern woman has spritzed, sused, and slathered herself in more than 127 different chemicals, many of them more toxic than beautifying. So how can you look and feel great while safeguarding your health? Get smart and go green from head to toe with the help of eco-expert Gillian Deacon. In The Green Body Guide, you'll learn how to read the ingredients to identify and understand the preservatives that are bad for your body and damaging to the earth, including formaldehyde in deodorant, nail polish, soap, shampoo, and shaving cream; coal tar in hair dyes; lead in lipstick; and many more. This is an indispensable handbook of personal-care choices that are sustainable, both for your health and for the earth.

Internationally renowned dermatologist and research scientist Dr. Whitney Bowe presents, for the first time, the connection between a healthy gut and radiant, clear skin, with a 21-day program to maximise skin health and beauty. Every year, nearly 80 million Americans will consult their doctors about their skin. In fact, skin disorders beat out anxiety, depression, back pain, and diabetes as the number one reason Americans see their doctors. Unfortunately, however, the vast majority will receive only a surface-level treatment, leaving the underlying conditions at the root of their skin issues unresolved. Skin doesn't lie; it reflects overall health in unimaginable ways. In The Beauty of Dirty Skin, internationally renowned dermatologist and scientist Dr. Whitney Bowe shows readers that skin health is much more than skin deep. As a pioneering researcher on the cutting edge of the gut-brain-skin axis, she explains how the spectrum of skin disorders -- from stubborn acne and rosacea to psoriasis, eczema, and premature wrinkling -- are manifestations of irregularities rooted in the gut. Lasers, scalpels, creams, and prescription pads alone will not guarantee the consistently healthy, glowing skin we all seek. Instead, Dr. Bowe focuses on the microbiome -- where trillions of microbes "speak" to your skin via the brain -- and highlights the connection between sleep, stress, diet, gastrointestinal health, and the health of your skin. With simple explanations of the science, do-it-yourself practical skincare strategies, and a life-changing 21-day program, The Beauty of Dirty Skin is your roadmap to great skin from the inside out and the outside in.

When ten people arrive on private Indian Island off England's southwest coast, lured to a mansion by invitations from a mysterious host, terror mounts as one guest after another is murdered, in a classic whodunit that is an elaboration of the famous children's rhyme "Ten Little Indians." Reader's Guide included. Reprint. 100,000 first printing.

Dirty Work is the story of two men, strangers--one white, the other black. Both were born and raised in Mississippi. Both fought in Vietnam. Both were gravely wounded. Now, twenty-two years later, the two men lie in adjacent beds in a VA hospital.Over the course of a day and a night, Walter James and Braiden Chaney talk of memories, of passions, of fate. With great vision, humor, and courage, Brown writes masterly about love in a story about the waste of war.

Not Here To Be Liked

Ecoholic Body

So Few of Me

A Little Bit Dirty

How to Heal from the Inside Out, Find Happiness, and Discover Your True Self

The Nature of Beauty

How will artificial intelligence change our world within twenty years? A WALL STREET JOURNAL, WASHINGTON POST, AND FINANCIAL TIMES BEST BOOK OF THE YEAR • " This inspired collaboration between a pioneering technologist and a visionary writer of science fiction offers bold and urgent insights. " —Yann LeCun, winner of the Turing Award; chief AI scientist, Facebook " Amazingly entertaining. . . . Lee and Chen take us on an immersive trip through the future. . . . Eye-opening. " —Mark Cuban AI will be the defining development of the twenty-first century. Within two decades, aspects of daily human life will be unrecognizable. AI will generate unprecedented wealth, revolutionize medicine and education through human-machine symbiosis, and create brand-new forms of communication and entertainment. In liberating us from routine work, however, AI will also challenge the organizing principles of our economic and social order. Meanwhile, AI will bring new risks in the form of autonomous weapons and smart technology that inherits human bias. AI is at a tipping point, and people need to wake up—both to AI ' s radiant pathways and its existential perils for life as we know it. In this provocative, utterly original work, Kai-Fu Lee, the former president of Google China and bestselling author of AI Superpowers, teams up with celebrated novelist Chen Qiufan to imagine our world in 2041 and how it will be shaped by AI. In ten gripping short stories, they introduce readers to an array of eye-opening 2041 settings, such as: • In San Francisco, the " job reallocation " industry emerges as deep learning AI causes widespread job displacement • In Tokyo, a music fan is swept up in an immersive form of celebrity worship based on virtual reality and mixed reality • In Mumbai, a teenage girl rebels when AI ' s crunching of big data gets in the way of romance • In Seoul, virtual companions with perfected natural language processing (NLP) skills offer orphaned twins new ways to connect • In Munich, a rogue scientist draws on quantum computing, computer vision and other AI technologies in a revenge plot that imperils the world By gazing toward a not-so-distant horizon, AI 2041 offers urgent insights into our collective future—while reminding readers that, ultimately, humankind remains the author of its destiny.

It's the last day of first grade and Gilbert isn't sure what he's feeling. He's excited about summer vacation, but he will miss his teacher and his friends. He's also uncertain about the awards to be presented – what can he possibly be best at? As the normal class routine is replaced by end of school activities, Gilbert deals with this typical rite of passage in a memorable and reassuring manner.

Anti-aging products are the fastest growing sector of the cosmetics industry as women and men are becoming rapidly more obsessed with looking and feeling young. Splashy ads and commercials are everywhere we turn, promising to keep our appearances fresh and our partners satisfied. But do consumers really know what they're applying to their faces and bodies in their quests for youth and beauty? Do they know the health risks they're taking by simply applying lipstick, face moisturizer or deodorant? Toxic beauty products clutter the shelves at retail stores everywhere, and consumers don't know the avoidable risks they're taking by following a simple beauty regimen. Written by Dr. Samuel S. Epstein, a founder and chairperson of the Cancer Prevention Coalition, Healthy Beauty gives the lowdown on salon safety, health risks hiding in everyday products, how we put our children in danger and more. Healthy Beauty will also educate you and your family on easily implemented solutions through the use of a variety of positive alternatives. In Healthy Beauty, you will learn: • How beauty products can affect your children before they're born • The brutal carelessness producers use when creating products for women and children • The risks taken when you guarantee the consistency of your products such as deodorant, Cologne and aftershave • How to protect yourself and your family by reading labels and identifying potentially hazardous ingredients Through the help of Dr. Epstein and Healthy Beauty, you can protect yourself from the possible long-term effects of a simple beauty product.

The definitive guide to a new generation of natural beauty, skincare and makeup. Emma Watson's Natural Beauty Guru! Racked.com This honest, expert book will teach you how to recognise what your skin needs and how to buy the best products for you. It offers both time-honoured and modern techniques, tips and guidance for all ages, and showcases the powerful natural ingredients and brands that all beauty lovers should know about. [Imelda's book] is amazing Emma Watson, IntoTheGloss.com [Imelda and her team have been teaching their customers, including me, about the best botanical brands out there for years. Now all their experience is bound together in this wonderful beauty guide.' Melissa Hemsley 'Imelda is the go-to person for natural beauty in London, I ' ve learnt so much from her and her team ' Ella Mills, Delicious Ella ' I can't put this book down #bestbeautytips' Tata Harper

Step by Step Guide to Revitalize Your Skin (Get Rid of Wrinkles, How to Look Younger Naturally, Anti Aging)

Women, Pornography, Power

Skin Cleanse- No More Dirty Looks- the Secret Ways of Getting Clear and Happy Skin Naturally

There is Lead in Your Lipstick

The Victorian Fight Against Filth

No More Dirty Looks

Gilbert's excitement over starting first grade turns to worry that the teacher will be mean, the work too hard, and his classmates too unfriendly, but throughout the day there are pleasant surprises.

After wishing there were two of him to complete all the items on his "to do" list, Leo discovers that the real problem is not the number of Leos, but the length of his list and tries to find a creative solution to his overscheduling dilemma!

There's never been another dog as delightful-or dirty-as Harry. This lovable white dog with black spots (or black dog with white spots) has charmed children for fifty years, and we are celebrating with an anniversary edition. This childhood favourite is perfect for reading aloud before going to bed or avoiding a bath.

This American classic has been corrected from the original manuscripts and indexed, featuring historic photographs and an extensive biographical afterword.

The Secret to Beautiful Skin

Organic Skincare, Botanical Beauty Rituals and Clean Cosmetics

Not Just a Pretty Face

AI 2041

Bridgerton

The Beauty of Dirty Skin

From USA Today and Wall Street Journal Bestselling romance author, Willow Winters, comes a second chance with a filthy mouthed, possessive hero, not willing to lose the love of his life again. I've got a thing for men who work with their hands. I thought I learned my lesson years ago. But here I am, back in the small town I grew up in, staring down the man who broke my heart years ago. I intended to tell him off. My plan was to flip him the bird and prove to both of us that he hadn't ruined me. I sure as hell wasn't going to sleep with him. Until he tells me he's sorry. Until he gives me that smoldering look I still dream about. Until he whispers just beneath the shell of my ear... His breath trails down my neck and he leaves an opened mouth kiss right there. In that sensitive spot. "You have no idea how much I've missed you." My teacher's heart wants more. More of us. But there's a reason it didn't hurt before and when you don't learn from your past mistakes, you're bound to repeat them. Topics Include: New release, contemporary romance, new adult, second chance romance, romantic suspense, top 100 romance reads, love, small town romance, best selling romance, best selling romance author.

It started with a harmless quest for perfect wash-and-go hair. Every girl wants it, and Siobhan O'Connor and Alexandra Spunt finally found it in a fancy salon treatment. They were thrilled -- until they discovered that the magic ingredient was formaldehyde. Shocked, O'Connor and Spunt left no bottle unturned. If it went on their body (and thus, was absorbed into their skin and bloodstream), they researched it. As it turns out, many of those unpronounceable ingredients in your self-tanner and leave-in conditioner are not regulated and the "natural" on your face wash doesn't mean what you think it does. Now, with the help of top scientists, dermatologists, and makeup artists, the authors share their compelling findings and the easy way to detoxify your beauty regimen. No More Dirty Looks also reveals the safest, most effective products on the market and time-tested home recipes. Finally, you don't need to sacrifice health for beauty -- because coming clean is the best look yet.

No More Dirty LooksThe Truth about Your Beauty Products--and the Ultimate Guide to Safe and Clean CosmeticsDa Capo Lifelong Books

At his school's end-of-the-year party, Gilbert watches as his classmates receive prizes and soon begins to wonder if he will even get one.

The Surprising Science of Looking and Feeling Radiant from the Inside Out

Your Guide to Ingredients to Avoid and Products You Can Trust

Hiroshima

More Dirty Looks

The Ugly Side of the Beauty Industry

No More Teacher's Dirty Looks

A New York Times Bestseller From #1 New York Times bestselling author Julia Quinn comes the story of Gregory Bridgerton, in the final installment of her beloved Regency-set novels featuring the charming, powerful Bridgerton family, now a series created by Shondaland for Netflix. GREGORY'S STORY Unlike most men of his acquaintance, Gregory Bridgerton believes in true love. And he is convinced that when he finds the woman of his dreams, he will know in an instant that she is the one. And that is exactly what happened. Except... She wasn't the one. In fact, the ravishing Miss Hermione Watson is in love with another. But her best friend, the ever-practical Lady Lucinda Abernathy, wants to save Hermione from a disastrous alliance, so she offers to help Gregory win her over. But in the process, Lucy falls in love. With Gregory! Except... Lucy is engaged. And her uncle is not inclined to let her back out of the betrothal, even once Gregory comes to his senses and realizes that it is Lucy, with her sharp wit and sunny smile, who makes his heart sing. And now, on the way to the wedding, Gregory must risk everything to ensure that when it comes time to kiss the bride, he is the only man standing at the altar....

Bristol dock worker Harry Clifton's unexpected scholarship leads him to pursue a very different life while uncovering the truth about his father's identity.

Over 150 vacation jobs and ideas

NEW YORK TIMES BESTSELLER The complete, uncensored history of the award-winning The Daily Show with Jon Stewart, as told by its correspondents, writers, and host. For almost seventeen years, The Daily Show with Jon Stewart brilliantly redefined the borders between television comedy, political satire, and opinionated news coverage. It launched the careers of some of today's most significant comedians, highlighted the hypocrisies of the powerful, and garnered 23 Emmys. Now the show's behind-the-scenes gags, controversies, and camaraderie will be chronicled by the players themselves, from legendary host Jon Stewart to the star cast members and writers-including Samantha Bee, Stephen Colbert, Jon Oliver, and Steve Carell - plus some of The Daily Show's most prominent guests and adversaries: John and Cindy McCain, Glenn Beck, Tucker Carlson, and many more. This oral history takes the reader behind the curtain for all the show's highlights, from its origins as Comedy Central's underdog late-night program to Trevor Noah's succession, rising from a scrappy jester in the 24-hour political news cycle to become part of the beating heart of politics-a trusted source for not only comedy but also commentary, with a reputation for calling bullshit and an ability to effect real change in the world. Through years of incisive election coverage, passionate debates with President Obama and Hillary Clinton, feuds with Bill O'Reilly and Fox, and provocative takes on Wall Street and racism, The Daily Show has been a cultural touchstone. Now, for the first time, the people behind the show's seminal moments come together to share their memories of the last-minute rewrites, improvisations, pranks, romances, blow-ups, and moments of Zen both on and off the set of one of America's most groundbreaking shows.

The Definitive Griffin Estate Edition

No More Pencils, No More Book, No More Teacher's Dirty Looks!

Dirty Girl

A School Alphabet

Dirty Work

Black Like Me

Gilbert the opossum is nervous about portraying George Washington in front of the class, and he feels even worse when he cannot find his main prop and looks to blame anyone but himself.

A GOOD MORNING AMERICA BOOK CLUB PICK Named a Best Book Pick of 2021 by Harper's Bazaar and Real Simple Named a Most Anticipated Book of Fall by People, Essence, New York Post, PopSugar, New York Newsday, Entertainment Weekly, Town & Country, Bustle, Fortune, and Book Riot Told from alternating perspectives, this "propulsive, deeply felt tale of race and friendship" (People) follows two women, one Black and one white, whose friendship is indelibly altered by a tragic event. Jen and Riley have been best friends since kindergarten. As adults, they remain as close as sisters, though their lives have taken different directions. Jen married young, and after years of trying, is finally pregnant. Riley pursued her childhood dream of becoming a television journalist and is poised to become one of the first Black female anchors of the top news channel in their hometown of Philadelphia. But the deep bond they share is severely tested when Jen's husband, a city police officer, is involved in the shooting of an unnamed Black teenager. Six months pregnant, Jen is in freefall as her future, her husband's freedom, and her friendship with Riley are thrown into uncertainty. Covering this career-making story, Riley wrestles with the implications of this tragic incident for her Black community, her ambitions, and her relationship with her lifelong friend. Like Tayari Jones's An American Marriage and Jodi Picoult's Small Great Things, We Are Not Like Them takes "us to uncomfortable places—in the best possible way—while capturing so much of what we are all thinking and feeling about race. A sharp, timely, and soul-satisfying novel" (Emily Giffin, New York Times bestselling author) that is both a powerful conversation starter and a celebration of the enduring power of friendship.

#8 on the Wall Street Journal; #1 book in the Amazon Store A scarred fighter.A girl with rules.One night of unbridled passion. There are three things you need to know about Elizabeth Bennett: she's smart as a whip, always in control, and lives by a set of carefully crafted rules. She's learned the hard way that people you love the most always hurt you in the end. But then she meets Declan Blay, the new neighbor at her apartment complex. A tattooed British street fighter, he's the campus bad boy she's supposed to avoid, but when he saves her from a frat party gone bad, all her rules about sex and love fly out the window. She gives him one night of unbridled passion, but he longs for more. With only a cardboard-thin wall separating their bedrooms, he dreams of possessing the vulnerable girl next door forever. One night. Two damaged hearts. The passion of a lifetime. *a modern love story inspired by Pride and Prejudice*

This school year promises "no more teachers' dirty looks." They'll be too busy smiling and reading from the pages of T is for Teachers: A School Alphabet. From the first verse, teachers and their kids will have great fun learning from the behind-the-scenes look at one of the most important buildings any of us enter. T is for Teachers: A School Alphabet is a charming education on education. Crisp, clever text from the minds of Steven and Deborah Layne keep children engaged as they are taken on an educational tour of the one room school houses, the roles of custodians and principals, quizzes and more that lay between the covers. Quick rhymes engage the reader while fact-filled text expound of each letter's topic. And no school tour would be complete without a stop in the art room. T is for Teachers' art class features Doris Ettlinger busy painting yellow buses, red bricks and every page with great care and straight A's. T is for Teachers: A School Alphabet is sure to find its way into the hands of students, parents and teachers alike. As a perfect introduction to the year ahead of a new student or as a great thank you to the teacher who makes a difference, this alphabet book will charm everyone who picks it up. T is for Teachers is a perfect complement to any classroom setting and proves once again that learning is indeed fun!

An Oral History as Told by Jon Stewart, the Correspondents, Staff and Guests

Dirty Old London

No More Pencils, No More Books, No More Teacher's Dirty Looks!

The Truth about Your Beauty Products -- and the Ultimate Guide to Safe and Clean Cosmetics

Dirty English

Harry the Dirty Dog

Popular columnist and expert on all things green, Adria Vasil, is back with a book that no health- or planet-conscious Canadian should be without. She explores the various pollutants hiding in everything from our sinus meds to sunscreen, while exposing natural products that fake their "green cred". Packed with suggestions for getting healthy by picking supplements and super foods that are good for the planet and your body and tips on the latest eco-friendly fashion that doesn't break the bank, this is an invaluable resource from one of the most trusted voices in the environmental movement.

"A new edition with a final chapter written forty years after the explosion."

The Daily Show (The Book)