

Telus Optik Tv Channel Guide

taw â w [pronounced ta-WOW]: Come in, you ’ re welcome, there ’ s room. Acclaimed chef Shane M. Chartrand ’ s debut cookbook explores the reawakening of Indigenous cuisine and what it means to cook, eat, and share food in our homes and communities. Born to Cree parents and raised by a M é tis father and Mi ’ kmaw-Irish mother, Shane M. Chartrand has spent the past ten years learning about his history, visiting with other First Nations peoples, gathering and sharing knowledge and stories, and creating dishes that combine his interests and express his personality. The result is taw â w: Progressive Indigenous Cuisine, a book that traces Chartrand ’ s culinary journey from his childhood in Central Alberta, where he learned to raise livestock, hunt, and fish on his family ’ s acreage, to his current position as executive chef at the acclaimed SC Restaurant in the River Cree Resort & Casino in Enoch, Alberta, on Treaty 6 Territory. Containing over seventy-five recipes — including Chartrand ’ s award-winning dish “ War Paint ” — along with personal stories, culinary influences, and interviews with family members, taw â w is part cookbook, part exploration of ingredients and techniques, and part chef ’ s personal journal.

The Tube Has SpokenReality TV and HistoryUniversity Press of Kentucky

"From award-winning actor and food obsessive Stanley Tucci comes an intimate and charming memoir of life in and out of the kitchen"--

Timothy Matovina and Hosffman Ospino join their voices in this coauthored collaboration that brings together their best insights about ministry with Hispanic Catholics in the United States. Drawing from research and analysis done during the last decade, Matovina and Ospino help us to understand important realities that define the U.S. Hispanic Catholic experience today.

Boiled Cat

Beyond the Silver Screen

The Blessed Life

A Jew's Search for Hope with Christians and Muslims in the Holy Land

Emerging Technologies in Data Mining and Information Security

The Brilliant World of Tom Gates

#1 New York Times Bestseller Magnolia Table is infused with Joanna Gaines' warmth and passion for all things family, prepared and served straight from the heart of her home, with recipes inspired by dozens of Gaines family favorites and classic comfort selections from the couple's new Waco restaurant, Magnolia Table. Jo believes there's no better way to celebrate family and friendship than through the art of togetherness, celebrating tradition, and sharing a great meal. Magnolia Table includes 125 classic recipes—from breakfast, lunch, and dinner to small plates, snacks, and desserts—presenting a modern selection of American classics and personal family favorites. Complemented by her love for her garden, these dishes also incorporate homegrown, seasonal produce at the peak of its flavor. Inside Magnolia Table, you'll find recipes the whole family will enjoy, such as: Chicken Pot Pie Chocolate Chip Cookies Asparagus and Fontina Quiche Brussels Sprouts with Crispy Bacon, Toasted Pecans, and Balsamic Reduction Peach Caprese Overnight French Toast White Cheddar Bisque Fried Chicken with Sticky Poppy Seed Jam Lemon Pie Mac and Cheese Full of personal stories and beautiful photos, Magnolia Table is an invitation to share a seat at the table with Joanna Gaines and her family.

A beginner's book explaining the basics of ITIL and its implementation and interpretation in an easy, selfstudy approach

The top-selling U.K. series for middle-grade readers now crosses the pond! Meet Tom Gates. When his teachers don't have their beady eyes on him, he likes to draw pictures and write about stuff, like last summer's worst camping vacation ever (five merits!), or how much he hates sitting next to nosy Marcus Meldrew, the most annoying boy at school. All Tom really wants is to score tickets to see the best band ever, Dude3, when they come to town, and to impress Amy Porter, who is very nice and smart (but is currently ignoring him). Tom's teachers think he is easily distracted and "lacks focus," but that's a bit harsh — can he help it if his grumpy big sister, Delia, made him late for school (again), or that last night's homework had to be sacrificed to stave off a vicious dog attack? Master of excuses, creative storyteller, and middle-school comedian extraordinaire, Tom Gates is guaranteed to get kids turning the pages — and keep them laughing.

A brilliantly observed memoir of an unprecedented and remarkable spiritual journey. While religion has fuelled the often violent conflict plaguing the Holy Land, Yossi Klein Halevi wondered whether it could be a source of unity as well. To find the answer, this religious Israeli Jew began a two-year exploration to discover a common language with his Christian and Muslim neighbours. He followed their holiday cycles, befriended Christian monastics and Islamic mystics, and joined them in prayer in monasteries and mosques in Israel, the West Bank, and Gaza. At the Entrance to the Garden of Eden traces that remarkable spiritual journey. Halevi candidly reveals how he fought to reconcile his own fears and anger as a Jew to relate to Christians and Muslims as fellow spiritual seekers. He chronicles the difficulty of overcoming multiple obstacles?eological, political, historical, and psychological?at separate believers of the three monotheistic faiths. And he introduces a diverse range of people attempting to reconcile the dichotomous heart of this sacred place?struggle central to Israel, but which resonates for us all.

Living the Confidence Code

The Tube Has Spoken

The Rise & Fall of ECW

The Spyderys

Charlie Brown

Hollywood in the Information Age

Standard Codescs

Robert Langdon, while at the U.S. Capital Building, finds an object encoded with five symbols, which is an ancient invitation to usher its recipient into a long-lost world of esoteric wisdom. When Langdon's belived mentor, Peter Solomon, is kidnapped, he realizes his only hope of saving Peter is to accept this mystical invitation and follow wherever it leads him. Langdon is instantly plunged into a clandestine world of Masonic secrets, hidden history, and never-before-seen locations - all of which seem to be dragging him toward a single, inconceivable truth.

What if the Supernatural Became Normal and Natural in Your Life? How would your world change if you regularly experienced the miraculous? And what if this happened everywhere you went-in a way that attracted people to Jesus? It wouldn't just make a difference in your world; it would make the world different. It might sound too good to be true...but that's the Spirit Contemporary life. While working as a first responder in an ambulance, Leon Fontaine longed to see God's power at work outside the four walls of a church. He learned through many life-changing experiences that we can all unlock the miraculous in a way that works anywhere-at home, in a hospital, at work--with anyone! The Spirit Contemporary way of life involves communicating with others as Jesus would: using their language, stories, and settings. Leon draws on biblical truth and personal stories to reveal how this dynamic first-century faith can be yours when you live so in tune with God that you're guided in ways that are both natural and supernatural. "In a world seeking an authentic, transparent, and genuine touch of God, Leon equips us with a Christ-centered, Spirit-empowered, Bible-based, kingdom prescription." --Samuel Rodriguez, president, National Hispanic Christian Leadership Conference, author of Be Light "When 'Spirit' and 'Contemporary' are synergized, phenomenal outcomes will happen in the church...I believe this valuable resource will help the church go to higher levels of impact and influence in the years ahead." -- Dr. Elmer L. Towns, co-Founder of Liberty University "The Spirit Contemporary Life is a grace-based approach to moving in the gifts of the spirit. You will be greatly blessed by it. --Joseph Prince, senior pastor, New Creation Church

Celebrity chef and award-winning cookbook author Diane Kochilas presents a companion to her Public Television cooking-travel series with this lavishly photographed volume of classic and contemporary cuisine in My Greek Table: Authentic Flavors and Modern Home Cooking from My Kitchen to Yours. Inspired by her travels and family gatherings, the recipes and stories Diane Kochilas shares in My Greek Table celebrate the variety of food and the culture of Greece. Her Mediterranean meals, crafted from natural ingredients and prepared in the region's traditional styles—as well as innovative updates to classic favorites—cover a diverse range of appetizers, main courses, and desserts to create raucously happy feasts, just like the ones Diane enjoys with her family when they sit down at her table. Perfect for home cooks, these recipes are easy-to-make so you can add Greece's delicious dishes to your culinary repertoire. With simple-to-follow instructions for salads, meze, vegetables, soup, grains, savory pies, meat, fish, and sweets, you'll soon be serving iconic fare and new twists on time-honored recipes on your own Greek table for family and friends, including: — Kale, Apple, and Feta Salad — Baklava Oatmeal — Avocado-Tahini Spread — Baked Chicken Keftedes — Retro Feta-Stuffed Grilled Calamari — Portobello Mushroom Gyro — Quinoa Spanakorizo — Quick Pastitsio Ravioli — Aegean Island Stuffed Lamb — My Big Fat Greek Mess—a dessert of meringues, Greek sweets, toasted almonds and tangy yogurt Illustrated throughout with color photographs featuring both the food and the country, My Greek Table is a cultural delicacy for cooks and foodies alike.

6 easy piano arrangements of songs from this Broadway classic, including: Many a New Day • Oh, What a Beautiful Mornin' • Oklahoma • Out of My Dreams • People Will Say We're in Love • The Surrey with the Fringe on Top.

The Untold Story of How Montreal Shaped the World of Wrestling

Oklahoma!

Annual Report 79

Immature Stories From My Grown-Up Life

My Life Through Food

Joint Ventures, Alliances, and Corporate Strategy

Unlocking the Rewards of Generous Living

This book features research papers presented at the International Conference on Emerging Technologies in Data Mining and Information Security (IEMIS 2020) held at the University of Engineering & Management, Kolkata, India, during July 2020. The book is organized in three volumes and includes high-quality research work by academicians and industrial experts in the field of computing and communication, including full-length papers, research-in-progress papers, and case studies related to all the areas of data mining, machine learning, Internet of things (IoT), and information security.

AN INSTANT #1 NEW YORK TIMES BESTSELLER! New from the New York Times, USA Today, and Wall Street Journal bestselling authors of The Confidence Code for Girls! The best way to understand confidence is to see it in action. That’s why bestselling authors Katty Kay, Claire Shipman, and JillEllyn Riley have collected 30 true stories of real girls, pursuing their passions, struggling and stumbling, but along the way figuring out how to build their own special brand of confidence. From Bali to Brazil, South Africa to Seattle, Australia to Afghanistan, these girls took risks, doubted themselves, and sometimes failed. But they also hung in there when things got hard. Along the way they discovered what matters to them: everything from protesting contaminated water to championing inclusive books to the accessibility of girls’ basketball shoes, and so much more. Different goals, different stories, different personalities, all illustrating the multitude of ways to be confident in the world. Packed with photos, graphic novel strips, and engaging interviews, Living the Confidence Code proves that no matter who you are, or how old you are, nothing is out of reach when you decide to try. Join this growing global community of powerful girls and imagine–what would you like to do, once you tap into your confidence? How will you write your story?

This work has been selected by scholars as being culturally important and is part of the knowledge base of civilization as we know it. This work is in the public domain in the United States of America, and possibly other nations. Within the United States, you may freely copy and distribute this work, as no entity (individual or corporate) has a copyright on the body of the work. Scholars believe, and we concur, that this work is important enough to be preserved, reproduced, and made generally available to the public. To ensure a quality reading experience, this work has been proofread and republished using a format that seamlessly blends the original graphical elements with text in an easy-to-read typeface. We appreciate your support of the preservation process, and thank you for being an important part of keeping this knowledge alive and relevant.

A fascinating history of one of the hottest wrestling territories of all time Montreal was the proving ground for some of the biggest names in wrestling, including Andre the Giant, Abdullah the Butcher, and the infamous Mad Dog Vachon; it was the site of the first midget battle ever; and made famous worldwide for the infamous Survivor Series screw job that saw Vince McMahon, the Heartbreak Kid Shawn Michaels, and Bret Hart create the "attitude" that reshaped the business. Mad Dogs, Midgets and Screw Jobs is the ultimate guide to Montreal's legendary place in professional wrestling history. Get the lowdown on all the major wrestlers who made their name in the territory, from Yvon Robert, the Rougeaus, and Gino Brito to edouard Carpentier. With a detailed account of the promotional war between the Rougeaus' AllStar Wrestling and the Vachons' Grand Prix, a complete history of how wrestling developed on Montreal TV, and an investigation of the murder of Dino Bravo, this book demonstrates how much of what has happened in wrestling, just may have happened first in Montreal.

The Secret to Effortless Success, Wholeness, and Victorious Living

An Embarrassment of Critch's

Services for Shabbat ; a Reform Siddur

Real Girls. Real Stories. Real Confidence.

Taste

Mr. Miracle

Proceedings of IEMIS 2020, Volume 3

In this book, Jack Banks examines the historical development of music video as a commodity and analyzes the existing structures within which music video is produced, distributed, and exhibited on its premier music channel, MTV. }In August 1981, Music Televisionnow popularly known as MTVwas launched. Within a matter of years it revitalized a struggling record industry; made the careers of leading pop stars like Madonna, Boy George, Cyndi Lauper, and Duran Duran; infiltrated traditional network television and the movie industry; revolutionized the advertising industry; and stimulated purchases in several markets, most notably fashion apparel. The reach of MTV has proven long and profitable. In this book, Jack Banks examines the historical development of music video as a commodity and analyzes the existing structures within which music video is produced, distributed, and exhibited on its premier music channel, MTV. Who controls MTV? What part do record companies play in the financing and production of music video? How do the power brokers in the business affect the ideological content of music video? Given the tight sphere of influence within the music industry, what are the future trends for music video and for artistic freedom of expression? Banks tackles these questions in an intelligent, lively, and sophisticated investigation into one of the most influential media enterprises of our society. }

This is a major new assessment of the American movie industry in the 1990's, focusing on the development of new communication technologies such as cable and home video and examining their impact on the production and distribution of motion pictures.

Presents a Debbie Macomber story in which guardian angel Harry Mills oversees college student Addie Folsom's relationship with contrary neighbor Erich Simmons, as well as a Christmas-themed novella by Christina Skye.

Discover the Joy of Giving--and the Rewards of Receiving Our culture is saturated with false teaching on what it means to be blessed, but what does the Bible say about it? How can we truly live blessed lives? With humor, passion, and clarity, pastor and bestselling author Robert Morris presents the secrets of living a blessed life both financially and spiritually. He shows that when God changes your heart from selfishness to generosity, every part of your life-journey is affected. "There is no greater adventure on Earth than simply living the life of generosity and abundance that is available to all of God's people--but so few ever dare to live," says Pastor Robert. "It is a journey of reward. It is the blessed life." First published in 2002, this newly revised and expanded edition includes new content from recent sermons, updated illustrations from years of the life-changing impact of its message, and testimonies from people experiencing the blessed life.

Image Compression to Advanced Video Coding

Authentic Flavors and Modern Home Cooking from My Kitchen to Yours

My Greek Table

Hispanic Ministry

A Memoir of Three Continents, Two Friends, and One Unexpected Adventure

Twelve Years a Slave

Mad Dogs, Midgets and Screw Jobs

You were made to reign in every way! Author, evangelist, and pastor, Joseph Prince uncovers the secret to reigning over adversity, lack, and destructive habits. Discover how to experiencing the success, wholeness, and victory that God created to enjoy. In this powerful book, Joseph Prince reveals that Its not about what you must accomplish. Its about what has been accomplished for you. Its not about a list of rules. Its about Gods secret to reigning effortlessly in life. Its not about your will-power to change. Its about His power changing you. Start reigning over sickness, financial lack, broken relationships, and destructive habits! Discover how you can reign in life today!

Looks at the lovable, philosophical and sporting sides of Charlie Brown and his friends in this collection of Peanuts comic strips

Start seeing miracles! You did not encounter this book by accident. God is directing your steps, and he wants you to witness the miracles that continue to take place today. Miracles Happen! explores the miracles of Jesus as told in the Bible and shares stories of God's miracles today. Filled with inspiring Scripture, spiritual insight, and guided prayers, Miracles Happen! will immerse you in real-life accounts of miracles of healing, salvation, provision, protection, and more. Raise your level of expectancy and open your eyes to God's miraculous work.

Sixteen year old Thrash, the rowdy lead singer of the punk band, Boiled Cat, is seeing skulls in the faces of his band mates. Although he knows this isn't a good sign, it's the least of his worries. While Thrash struts for screaming crowds, he is being stalked. Thrash's abusive uncle is determined to destroy the band and Thrash along with it. And that's not all, Thrash's best friend is experimenting with drugs, and Jenna-Lee, the high-spirited, triple pierced drummer for Tongue the Frog, is exposing strange new emotions Thrash would prefer to keep buried. Working through it all is no easy task for someone whose first instinct is to run. But to keep the only family he's ever really wanted, he'll have to stay and fight.

A concise guide for busy executives

Rejoice: Advent Meditations with the Holy Family Journal

tawâw

Reality TV and History

Pretty Little Liars #9: Twisted

The lost symbol

Living with Joy, Resilience, & Spirit

An account of the rise and fall of Extreme Championship Wrestling describes its cult-like fan base, its influence on the rules and policies of World Wrestling Entertainment, and the contributions of such figures as Mick Foley and Stone Cold Steve Austin.

#1 New York Times bestselling series The ninth book in the #1 New York Times bestselling series that inspired the hit ABC Family TV show Pretty Little Liars. It's been a year since the mystery of their former friend's disappearance was finally laid to rest, and Aria, Spencer, Hanna, and Emily have worked hard to put their lives back together. Now seniors in high school, the pretty little liars are older, but they're not any wiser. Last spring break in Jamaica, they did something unforgivable. The girls are desperate to

forget that fateful night, but they should know by now that all secrets eventually wash ashore. Full of unexpected twists and shocking revelations, Twisted is the ninth book in New York Times bestselling author Sara Shepard's compelling Pretty Little Liars series.

With the rise of web 2.0 and social media platforms taking over vast tracts of territory on the internet, the media landscape has shifted drastically in the past 20 years, transforming previously stable relationships between media creators and consumers. The Social Media Reader is the first collection to address the collective transformation with pieces on social media, peer production, copyright politics, and other aspects of contemporary internet culture from all the major thinkers in the field. Culling a broad range and incorporating different styles of scholarship from foundational pieces and published articles to unpublished pieces, journalistic accounts, personal narratives from blogs, and whitepapers, The Social Media Reader promises to be an essential text, with contributions from Lawrence Lessig, Henry Jenkins, Clay Shirky, Tim O'Reilly, Chris Anderson, Yochai Benkler, danah boyd, and Fred von Loehmann, to name a few. It covers a wide-ranging topical terrain, much like the internet itself, with particular emphasis on collaboration and sharing, the politics of social media and social networking, Free Culture and copyright politics, and labor and ownership. Theorizing new models of collaboration, identity, commerce, copyright, ownership, and labor, these essays outline possibilities for cultural democracy that arise when the formerly passive audience becomes active cultural creators, while warning of the dystopian potential of new forms of surveillance and control.

"Having been born a freeman, and for more than thirty years enjoyed the blessings of liberty in a free State—and having at the end of that time been kidnapped and sold into Slavery, where I remained, until happily rescued in the month of January, 1853, after a bondage of twelve years—it has been suggested that an account of my life and fortunes would not be uninteresting to the public." -an excerpt

Miracles Happen!

Denying the Source

A Collection of Recipes for Gathering

Wise Aging

Slither Me Timbers

Variety (June 1948); 170

Progressive Indigenous Cuisine

Provocative, passionate and populist, RMB Manifestos are short and concise non-fiction books of literary, critical, and cultural studies. First Nations are facing some of the worst water crises in Canada and throughout North America. Their widespread lack of access to safe drinking water receives ongoing national media attention, and yet progress addressing the causes of the problem is painfully slow. First Nations have had little say in how their waters are, or are not, protected. They have been excluded from many important decisions, as provinces operate under the view that they own the water resources within provincial boundaries, and the federal government takes a hands-off approach. The demands for access to waters that First Nations depend upon are intense and growing. Oil and gas, mining, ranching, farming and hydro-development all require enormous quantities of water, and each brings its own set of negative impacts to the rivers, lakes and groundwater sources that are critical to First Nations. Climate change threatens to make matters even worse. Over the last 30 years, the courts have clarified that First Nations have numerous rights to land and resources, including the right to be involved in decision-making. This book is a call to respect the water rights of First Nations, and through this create a new water ethic in Canada and beyond.

Rachel Friedman has always been the consummate good girl who does well in school and plays it safe, so the college grad surprises no one more than herself when, on a whim (and in an effort to escape impending life decisions), she buys a ticket to Ireland, a place she has never visited. There she forms an unlikely bond with a free-spirited Australian girl, a born adventurer who spurs Rachel on to a yearlong odyssey that takes her to three continents, fills her life with newfound friends, and gives birth to a previously unrealized passion for adventure. As her journey takes her to Australia and South America, Rachel discovers and embraces her love of travel and unlocks more truths about herself than she ever realized she was seeking. Along the way, the erstwhile good girl finally learns to do something she's never done before: simply live for the moment.

NEW YORK TIMES BESTSELLER Soon to be a Hulu original series " If three characters were good in Big Little Lies, nine are even better in Nine Perfect Strangers. " —Lisa Scottoline, The New York Times Book Review From the #1 New York Times bestselling author of Big Little Lies Could ten days at a health resort really change you forever? In Liane Moriarty ' s latest page-turner, nine perfect strangers are about to find out... Nine people gather at a remote health resort. Some are here to lose weight, some are here to get a reboot on life, some are here for reasons they can ' t even admit to themselves. Amidst all of the luxury and pampering, the mindfulness and meditation, they know these ten days might involve some real work. But none of them could imagine just how challenging the next ten days are going to be. Frances Welty, the formerly best-selling romantic novelist, arrives at Tranquillum House nursing a bad back, a broken heart, and an exquisitely painful paper cut. She ' s immediately intrigued by her fellow guests. Most of them don ' t look to be in need of a health resort at all. But the person that intrigues her most is the strange and charismatic owner/director of Tranquillum House. Could this person really have the answers Frances didn ' t even know she was seeking? Should Frances put aside her doubts and immerse herself in everything Tranquillum House has to offer – or should she run while she still can? It ' s not long before every guest at Tranquillum House is asking exactly the same question. Combining all of the hallmarks that have made her writing a go-to for anyone looking for wickedly smart, page-turning fiction that will make you laugh and gasp, Liane Moriarty ' s Nine Perfect Strangers once again shows why she is a master of her craft.

Slither Me Timbers - the first book in the new Spydery series! After days stuck inside because of rain, Thaddeus, Gracey, and Curt Spyder are finally able to go outside and explore. When they reach the edge of the puddle, where they aren't supposed to go, the temptation of a pirate adventure proves to be too much. A smooth sailing sea voyage soon turns dangerous and it will take teamwork, the help of a new friend, and using all of their spider skills to make it home safely by dinner.

Nine Perfect Strangers

Monopoly Television

Extreme Championship Wrestling

Practical IT Service Management

Destined to Reign Anniversary Edition

The Good Girl's Guide to Getting Lost

Indigenous media challenges the power of the state, erodes communication monopolies, and illuminates government threats to indigenous cultural, social, economic, and political sovereignty. Its effectiveness in these areas, however, is hampered by government control of broadcast frequencies, licensing, and legal limitations over content and ownership. Indigenous Screen Cultures in Canada explores key questions surrounding the power and suppression of indigenous narrative and representation in contemporary indigenous media. Focussing primarily on the Aboriginal Peoples Television Network, the authors also examine indigenous language broadcasting in radio, television, and film; Aboriginal journalism practices; audience creation within and beyond indigenous communities; the roles of program scheduling and content acquisition policies in the decolonization process; the roles of digital video technologies and co-production agreements in indigenous filmmaking; and the emergence of Aboriginal cyber-communities.

Featuring ordinary people, celebrities, game shows, hidden cameras, everyday situations, and humorous or dramatic situations, reality TV is one of the fastest growing and important popular culture trends of the past decade, with roots reaching back to the days of radio. The Tube Has Spoken provides an analysis of the growing phenomenon of reality TV, its evolution as a genre, and how it has been shaped by cultural history. This collection of essays looks at a wide spectrum of shows airing from the 1950s to the present, addressing some of the most popular programs including Alan Funt's Candid Camera, Big Brother, Wife Swap, Kid Nation, and The Biggest Loser. It offers both a multidisciplinary approach and a cross-cultural perspective, considering Australian, Canadian, British, and American programs. In addition, the book explores how popular culture shapes modern western values; for example, both An American Family and its British counterpart, The Family, showcase the decline of the nuclear family in response to materialistic pressures and the modern ethos of individualism. This collection highlights how reality TV has altered the tastes and values of audiences in the twentieth and twenty-first centuries. It analyzes how reality TV programs reflect the tensions between the individual and the community, the transformative power of technology, the creation of the celebrity, and the breakdown of public and private spheres.

How can Aging be a Good thing? Aging all too often feels like drift, downhill to a place we don't want to go. But each year new doors open with opportunities, even while others close with loss. We have the power to prepare, to become stronger, more resilient, and navigate these challenges. Will we turn toward the opportunities, and find new joy and meaning in life? How can we make the most of this time, and develop into deeper, wiser people? With the same warmth, humor, and wisdom that draw thousands to their innovative workshops on aging, Rabbi Rachel Cowan and Dr. Linda Thai give us the tools we need, delivering practical, real-world suggestions. No subject is off-limits; Rabbi Cowan and Dr. Thai tackle a wide range of issues head-on, including: Relationships with adult children and spouses Romance and sexuality, Living with loss, Cultivating well-being, Shaping our legacy. Whether reading this alone, with a partner, or in a group, Wise Aging will inspire and inform, and show us ways to grow into wisdom with resilience and joy. Book jacket.

NATIONAL BESTSELLER The heartfelt and hilarious story of beloved Canadian comedian Mark Critch's journey from Newfoundland to the national stage--and back home again. One of Mark Critch's earliest acting gigs was in a Newfoundland tourist production alongside a cast of displaced fishery workers. Since, he's found increasing opportunities to take his show on the road. In An Embarrassment of Critch's, the star of CBC's This Hour Has 22 Minutes revisits some of his career's--and the country's--biggest moments, revealing all the things you might not know happened along the way: A wishful rumour spread by Mark's father results in his big break: two bottles of Scotch nearly get him kicked out of a secret Canadian airbase in the United Arab Emirates; and for anyone wondering how to get an interview with the Prime Minister and Bono (yes, that Bono) on the same evening, Critch might recommend a journey to the 2003 Liberal Convention. Critch's top-secret access to all of the funniest behind-the-scenes moments involve many of the charismatic and notorious politicians we love to see blush, including fearless leaders Justin Trudeau, Stephen Harper, Paul Martin, and Jean Chrétien, celebrities such as Pamela Anderson and Robin Williams, and other colourful figures he's met over years of pulling off daring skits at home and abroad. Remember when MP Carolyn Parrish took her boot to George W. Bush's head in an interview? Or when Critch asked Justin Trudeau where the best place to smoke pot on Parliament Hill was before pulling out a joint for them to share? There's more to each of those stories than you know. Though Critch has spent years crisscrossing the country--and the globe--with the explicit aim of causing trouble everywhere he goes, like the best journeys, this one takes him right back home.

Mtv's Quest To Control The Music

Not Your Average Blockhead

Indigenous Screen Cultures in Canada

The Spirit Contemporary Life

At the Entrance to the Garden of Eden

The Social Media Reader

Unleashing the Miraculous in Your Everyday World

This book discusses the growth of digital television technology and the revolution in image and video compression (such as JPEG2000, broadcast TV, video phone), highlighting the need for standardisation in processing static and moving images and their exchange between computer systems.

Magnolia Table

A Christmas Novel

Reflexiones