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Is A Muscle The Size Of A Fist
By Sunil Yapa

Your Heart Is A Muscle The Size Of A Fist By Sunil Yapa

The Simple Guide You Need to

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Improve Your Cardiovascular Health and Prevent a Heart Attack or Stroke Andy Beal suffered a massive stroke and heart attack at the age of 44. The entire right side of his body was paralyzed. He had trouble thinking,

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talking, and answering the simplest of questions. Just two days later, Beal walked out of the hospital in what doctors call a "remarkable recovery." That remarkable recovery was in part due to the heart health

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improvements Andy Beal made just eight months earlier. Beal improved his diet, exercised more, and reduced many of his risk factors for heart disease. If not for his decision to improve his heart health early in life,

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Beal may have died. Since his recovery, Andy Beal has become a passionate advocate for heart attack and stroke awareness, an ambassador for the American Heart Association, a certified personal trainer, and a

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weight management
specialist. Whether you're
44, 54, or 64 years of age,
Optimize Your Heart is a
practical, simple guide to
help you reduce your
cardiovascular disease
risks, eliminate unhealthy

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habits, improve your nutrition, become more physically active, and optimize your heart health before a stroke or heart attack can strike. Andy Beal, CPT, is a certified personal trainer and weight

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management specialist with a passion for cardiac prehabilitation—helping clients improve their heart health and reduce their risks for cardiovascular disease. Optimize Your Heart is Beal's third book and

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combines his engaging writing style with his desire to help others while adding a dash of his dry, witty humor.

Your Heart Is a Muscle the Size of a FistLee Boudreaux Books

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Muscle tears are one of the most common pathologies in sport and one of the most frequent causes of sport activity suspension. The purpose of this book is to review the state of the art of the actual knowledge on

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muscle tears in athletes, in particular for what concern the biology of muscle healing, the conservative and surgical treatments and the preventive aspects. Therefore, this textbook can be a valid tool for all

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Sport Medicine practitioners such as physicians, physiotherapists and fitness coaches.

Originally published in 1995, Madeleine Blais' In These Girls, Hope is a Muscle is a modern sports

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writing classic. Expanded
and updated with a new
epilogue, Blais' book tells
the story of a season in the
life of the Amherst Lady
Hurricanes a girls' high
school basketball team from
the Western Massachusetts

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college town. The Hurricanes were a talented team with a near-perfect record, but for five straight years, when it came to the crunch of the playoffs, they somehow lacked the desire to go all the way. Now, led by senior

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guards Jen Pariseau, a three-point specialist, and Jamila Wideman, an All-American phenom, this was the year to prove themselves. It was a season to test their passion for the sport and their loyalty to each other, and a

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chance to discover who they really were. As an off-season of summer jobs and basketball camps turns to fall, as students arrive and the games begin, Blais charts the ups and downs of the team and paints a

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portrait of the wider
Amherst community, which
comes to revel in the
athletic exploits of their
girls. Finally, a women's
team was getting the
attention they deserve. And
the Hurricanes were richly

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deserving; these teenage girls are fierce and funny, smart and ambitious, and they are the heart of this gripping book.

Your Heart Is a Muscle the
Size of a Fist
Muscle and Exercise

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Physiology

Biophysics of the Failing
Heart

In These Girls, Hope Is a
Muscle

Willpower

**Did you know that moving
your body every day can**

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**actually make you smarter?
Or that there is a fruit that
can boost your metabolism,
neutralize the acid in your
stomach and give you extra
energy? Learn a simple way
to cut your sugar cravings.
Find out how to live longer,**

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**weigh less and have a
reduced risk of heart disease.
"Move a Muscle, Change a
Mood" is written in an easy to
follow format. At the end of
each chapter Betsy gives her
"Bets kept secret" along with
a proactive action step for**

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**you to complete. Read this
easy to follow guide and
enjoy a lifetime of a happier,
healthier and stronger you!
From acclaimed author Dinaw
Mengestu, a recipient of the
National Book Foundation's 5
Under 35 award, The New**

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**Yorker's 20 Under 40 award,
and a 2012 MacArthur
Foundation genius grant,
comes an unforgettable love
story about a searing affair
between an American woman
and an African man in 1970s
America and an unflinching**

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**novel about the
fragmentation of lives that
straddle countries and
histories. All Our Names is the
story of two young men who
come of age during an African
revolution, drawn from the
safe confines of the university**

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**campus into the intensifying
clamor of the streets outside.
But as the line between
idealism and violence
becomes increasingly blurred,
the friends are driven
apart—one into the deepest
peril, as the movement**

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**gathers inexorable force, and
the other into the safety of
exile in the American
Midwest. There, pretending to
be an exchange student, he
falls in love with a social
worker and settles into small-
town life. Yet this idyll is**

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inescapably darkened by the secrets of his past: the acts he committed and the work he left unfinished. Most of all, he is haunted by the beloved friend he left behind, the charismatic leader who first guided him to revolution and

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then sacrificed everything to ensure his freedom. Elegiac, blazing with insights about the physical and emotional geographies that circumscribe our lives, All Our Names is a marvel of vision and tonal command. Writing within the

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**grand tradition of Naipul,
Greene, and Achebe,
Mengestu gives us a political
novel that is also a transfixing
portrait of love and grace, of
self-determination and the
names we are given and the
names we earn. This eBook**

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**edition includes a Reading
Group Guide.**

**Cardiac Muscle: The
Regulation of Excitation and
Contraction is a 12-chapter
text that covers the research
studies on characterizing the
ionic and molecular**

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**mechanisms that regulate
excitation and contraction of
cardiac muscle. This book
describes first the ionic
currents underlying diastolic
depolarization and pacing of
the heart. The discussions
then shift to the mechanisms**

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of action of calcium-channel antagonists; the regulation of calcium influx by indigenous factors, such as voltage- or calcium-mediated inactivation; the identification of fixed negative charges on the surface of the

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sarcolemma; and the regulation of gating and permeability of ion channels by these charges. These topics are followed by examining the molecular and ionic mechanisms that underlie the

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**electrophysiologic actions of
adrenergic and cholinergic
neurotransmitters and
peptide hormones. This text
further explores the
theoretical and experimental
studies of the sodium-calcium
exchange process, its**

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stoichiometry, and how the exchanger might contribute to current flow during or after the action potential. Other chapters consider the mechanism of twitch and tonic tension regulation by cardiac glycosides and

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**intracellular sodium and how
toxic concentrations induce
cardiac arrhythmias. A
chapter highlights the
identification of sarcolemmal
binding sites for calcium, the
likelihood that such binding
or the release of calcium from**

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**the sarcoplasmic reticulum
plays a role in the regulation
of contraction and the release
of calcium from the
sarcoplasmic reticulum. The
remaining chapters deal with
the structural similarities
among calcium-binding**

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proteins of the contractile apparatus and the calcium channel, and the regulation of contraction by calcium-binding proteins.

**Physiologists,
pathophysiologists, clinicians,
researchers, and students**

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**who are interested in heart's
function will find this book
invaluable.**

**Your heart is a super muscle!
Do you know how it works?
This is a beautifully
illustrated book for 4-8 year
old readers. Proceeds from**

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**this sale benefit nonprofit
organisation Library For All,
helping children around the
world learn to read.**

**Your Heart - The Super Muscle
Your Heart is a Muscle the
Size of a Fist
Optimize Your Heart**

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Muscle Injuries in Sport Medicine

Let the Great World Spin

A version of the OpenStax text
Now Filmed as 1947, a motion picture
by Deepa Mehta Few novels have
caught the turmoil of the Indian

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subcontinent during Partition with such immediacy, such wit and tragic power.

A propulsive and ambitious novel as electrifying as *The Wire*, from a writer hailed as the West Coast's Richard Price—a mesmerizing epic of crime

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and opportunity, race, revenge, and loyalty, set in the chaotic streets of South Central L.A. in the wake of one of the most notorious and incendiary trials of the 1990s At 3:15 p.m. on April 29, 1992, a jury acquitted three white Los Angeles Police Department

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officers charged with using excessive force to subdue a black man named Rodney King, and failed to reach a verdict on the same charges involving a fourth officer. Less than two hours later, the city exploded in violence that lasted six days. In nearly 121 hours,

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fifty-three lives were lost. But there were even more deaths unaccounted for: violence that occurred outside of active rioting sites by those who used the chaos to viciously settle old scores. A gritty and cinematic work of fiction, *All Involved* vividly re-creates this

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turbulent and terrifying time, set in a sliver of Los Angeles largely ignored by the media during the riots. Ryan Gattis tells seventeen interconnected first-person narratives that paint a portrait of modern America itself—laying bare our history, our

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prejudices, and our complexities. With characters that capture the voices of gang members, firefighters, graffiti kids, and nurses caught up in these extraordinary circumstances, All Involved is a literary tour de force that catapults this edgy writer into the

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ranks of such legendary talents as
Dennis Lehane and George V.
Higgins.

Muscle and Exercise Physiology is a
comprehensive reference covering
muscle and exercise physiology, from
basic science to advanced knowledge,

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including muscle power generating capabilities, muscle energetics, fatigue, aging and the cardio-respiratory system in exercise performance. Topics presented include the clinical importance of body responses to physical exercise,

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including its impact on oxygen species production, body immune system, lipid and carbohydrate metabolism, cardiac energetics and its functional reserves, and the health-related effects of physical activity and inactivity. Novel topics like critical power, ROS and

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muscle, and heart muscle physiology are explored. This book is ideal for researchers and scientists interested in muscle and exercise physiology, as well as students in the biological sciences, including medicine, human movements and sport sciences.

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Contains basic and state-of-the-art knowledge on the most important issues of muscle and exercise physiology, including muscle and body adaptation to physical training, the impact of aging and physical activity/inactivity Provides both the

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basic and advanced knowledge required to understand mechanisms that limit physical capacity in both untrained people and top class athletes Covers advanced content on muscle power generating capabilities, muscle energetics, fatigue and aging

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ROAR

Cardiac Muscle: The Regulation Of
Excitation And Contraction

The Flame Alphabet

Muscle Development in Drosophila

Take Control of Your Life with One
Simple Habit

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On a rainy, cold day in November, young Victor--a nomadic, scrappy teenager who's run away from home--sets out to join the throng of WTO demonstrators determined to shut down the city. With the proceeds, he

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***plans to buy a plane ticket
and leave Seattle forever, but
it quickly becomes clear that
the history-making 50,000
anti-globalization
protestors--from anarchists to
environmentalists to
teamsters--are testing the***

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patience of the police, and what started out as a peaceful protest is threatening to erupt into violence. Over the course of one life-altering afternoon, the fates of seven people will change forever: foremost

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***among them police Chief
Bishop, the estranged father
Victor hasn't seen in three
years, two protesters
struggling to stay true to
their non-violent principles as
the day descends into chaos,
two police officers in the***

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street, and the coolly elegant financial minister from Sri Lanka whose life, as well as his country's fate, hinges on getting through the angry crowd, out of jail, and to his meeting with the President of the United States. When Chief

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Bishop reluctantly unleashes tear gas on the unsuspecting crowd, it seems his hopes for reconciliation with his son, as well as the future of his city, are in serious peril. In this raw and breathtaking novel, Yapa marries a deep rage with a

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deep humanity. In doing so he casts an unflinching eye on the nature and limits of compassion, and the heartbreaking difference between what is right and what is possible.

NATIONAL BOOK AWARD

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WINNER • Colum McCann's beloved novel inspired by Philippe Petit's daring high-wire stunt, which is also depicted in the film The Walk starring Joseph Gordon-Levitt In the dawning light of a late-summer morning, the people

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of lower Manhattan stand hushed, staring up in disbelief at the Twin Towers. It is August 1974, and a mysterious tightrope walker is running, dancing, leaping between the towers, suspended a quarter mile

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above the ground. In the streets below, a slew of ordinary lives become extraordinary in bestselling novelist Colum McCann's stunningly intricate portrait of a city and its people. Let the Great World Spin is the

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critically acclaimed author's most ambitious novel yet: a dazzlingly rich vision of the pain, loveliness, mystery, and promise of New York City in the 1970s. Corrigan, a radical young Irish monk, struggles with his own demons as he

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***lives among the prostitutes in
the middle of the burning
Bronx. A group of mothers
gather in a Park Avenue
apartment to mourn their
sons who died in Vietnam,
only to discover just how
much divides them even in***

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grief. A young artist finds herself at the scene of a hit-and-run that sends her own life careening sideways. Tillie, a thirty-eight-year-old grandmother, turns tricks alongside her teenage daughter, determined not

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***only to take care of her family
but to prove her own worth.
Elegantly weaving together
these and other seemingly
disparate lives, McCann's
powerful allegory comes alive
in the unforgettable voices of
the city's people,***

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***unexpectedly drawn together
by hope, beauty, and the
“artistic crime of the
century.” A sweeping and
radical social novel, Let the
Great World Spin captures the
spirit of America in a time of
transition, extraordinary***

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***promise, and, in hindsight,
heartbreaking innocence.
Hailed as a “fiercely original
talent” (San Francisco
Chronicle), award-winning
novelist McCann has delivered
a triumphantly American
masterpiece that awakens in***

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***us a sense of what the novel
can achieve, confront, and
even heal. BONUS: This
edition includes an excerpt
from Colum McCann's
TransAtlantic. "This is a
gorgeous book, multilayered
and deeply felt, and it's a***

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***damned lot of fun to read,
too. Leave it to an Irishman to
write one of the greatest-ever
novels about New York.
There's so much passion and
humor and pure lifeforce on
every page of Let the Great
World Spin that you'll find***

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***yourself giddy, dizzy,
overwhelmed.”—Dave Eggers
“Stunning . . . [an] elegiac
glimpse of hope . . . It’s a
novel rooted firmly in time
and place. It vividly captures
New York at its worst and
best. But it transcends all***

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***that. In the end, it's a novel
about families—the ones
we're born into and the ones
we make for ourselves.”—USA
Today***

***An Amazon Best Book of the
Year A Washington Post
Notable Book A Barnes &***

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***Noble Discover Pick One of
Bustle's "Most Important
Books of 2016" Named Most
Anticipated Book of the Year
in Wall Street Journal,
Entertainment Weekly, TIME,
Huffington Post, The Chicago
Tribune, BuzzFeed, Houston***

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***Chronicle, San Francisco
Chronicle, Orlando Sentinel,
Ploughshares, Bustle,
TheMillions, BookRiot, The
Oregonian, The San Diego
Union-Tribune, River City
Reading, Indigo Grief-stricken
after his mother's death and***

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three years of wandering the world, Victor is longing for a family and a sense of purpose. He believes he's found both when he returns home to Seattle only to be swept up in a massive protest. With young, biracial

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***Victor o one side of the
barricades and his estranged
father--the white chief of
police--on the opposite, the
day descends into chaos,
capturing in its confusion the
activists, police, bystanders,
and citizens from all around***

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the world who'd arrived that day brimming with hope. By the day's end, they have all committed acts they never thought possible. As heartbreaking as it is pulse-pounding, Yapa's virtuosic debut asks profound

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***questions about the power of
empathy in our hyper-
connected modern world, and
the limits of compassion, all
while exploring how far we
must go for family, for justice,
and for love.***

In The Flame Alphabet, the

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most maniacally gifted writer of our generation delivers a novel about how far we will go in order to protect our loved ones. The sound of children's speech has become lethal. In the park, adults wither beneath the powerful

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***screams of their offspring.
For young parents Sam and
Claire, it seems their only
means of survival is to flee
from their daughter, Esther.
But they find it isn't so easy
to leave someone you love,
even as they waste away from***

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***her malevolent speech. On
the eve of their departure,
Claire mysteriously
disappears, and Sam,
determined to find a cure for
this new toxic language,
presses on alone into a
foreign world to try to save***

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his family.

Cardiac Regeneration

Smart Leadership

Rediscovering the Greatest

Human Strength

Skeletal Muscle Circulation

A Doctor Reflects on Ten

Years at a Refugee Clinic

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Like Jack Kerouac's intrepid little sister, Ariel Gore spins the spirited story of a vulnerable drifter who takes refuge in fate and the shadowy recesses of a string of glittering, broken relationships. With just a few pennies and her I Ching, a change of

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clothes and a one-way ticket to Hong Kong, a perceptive, searching sixteen-year-old Gore makes her way from the sterile suffocation of the Silicon Valley through the labyrinthine customs of Cold-War China, wanders through bustling, electric Kathmandu,

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and hunkers down in an icy London squat with a prostitute and a boyfriend on the dole. Yet it is in the calm, verdant landscape of rural Italy where, pregnant and penniless, nineteen-year-old Gore's adventure truly begins. An illuminating glimpse

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*into the boldly political Gore--creator
of HipMama.com and Hip Mama
magazine--this unflinching memoir
offers a poignant exploration of the
meaning of home and surveys the
frontiers of both land and heart.
In her global phenomenon The 5*

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Second Rule, Mel Robbins taught millions of people around the world the five second secret to motivation. Now she's back with another simple, proven tool you can use to take control of your life: The High 5 Habit. Don't let the title fool you. This

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*isn't a book about high fiving
everyone else in your life. You're
already doing that. Cheering for your
favorite teams. Celebrating your
friends. Supporting the people you
love as they go after what they want
in life. Imagine if you gave that same*

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*love and encouragement to yourself.
Or even better, you made it a daily
habit. You'd be unstoppable. In this
book, Mel teaches you how to start
high fiving the most important person
in your life, the one who is staring
back at you in the mirror:*

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YOURSELF. If you struggle with self-doubt (and who doesn't?) ... If you're tired of that nagging critic in your head (could somebody evict them already?) ... If you're wildly successful but all you focus on is what's going wrong (you're not alone)

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... If you're sick of watching everybody else get ahead while you sit on the couch with your dog (don't bring your dog into this)Mel dedicates this book to you. Using her signature science-backed wisdom, deeply personal stories, and the real-

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life results that The High 5 Habit is creating in people's lives around the world (and you'll meet a lot of them throughout this book), Mel will teach you how to make believing in yourself a habit so that you operate with the confidence that your goals and

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dreams demand. The High 5 Habit is a simple yet profound tool that changes your attitude, your mindset, and your behavior. So be prepared to laugh and learn as you take steps to immediately boost your confidence, happiness, and results. It's time to give

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*yourself the high fives, celebration,
and support you deserve.*

*Research centering on blood flow in
the heart continues to hold an
important position, especially since a
better understanding of the subject
may help reduce the incidence of*

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coronary arterial disease and heart attacks. This book summarizes recent advances in the field; it is the product of fruitful cooperation among international scientists who met in Japan in May, 1990 to discuss the regulation of coronary blood flow.

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2014 NATIONAL BOOK AWARD

FINALIST *Travis Coates has a good head...on someone else's shoulders. A touching, hilarious "tour de force of imagination and empathy" (Booklist, starred review) from John Corey Whaley, author of the Printz and*

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*Morris Award–winning Where
Things Come Back. Listen—Travis
Coates was alive once and then he
wasn't. Now he's alive again. Simple
as that. The in between part is still a
little fuzzy, but Travis can tell you
that, at some point or another, his*

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head got chopped off and shoved into a freezer in Denver, Colorado. Five years later, it was reattached to some other guy's body, and well, here he is. Despite all logic, he's still sixteen, but everything and everyone around him has changed. That includes his

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*bedroom, his parents, his best friend,
and his girlfriend. Or maybe she's not
his girlfriend anymore? That's a bit
fuzzy too. Looks like if the new
Travis and the old Travis are ever
going to find a way to exist together,
there are going to be a few more*

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scars. Oh well, you only live twice.

*Becoming a Leader People Want to
Follow*

*Electrodiagnosis in New Frontiers of
Clinical Research*

Don't Move a Muscle!

All Involved

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This Volume of the series
Cardiac and Vascular
Biology offers a
comprehensive and
exciting, state-of-the-art
work on the current
options and potentials of

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cardiac regeneration and repair. Several techniques and approaches have been developed for heart failure repair: direct injection of cells, programming of scar tissue

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into functional myocardium, and tissue-engineered heart muscle support. The book introduces the rationale for these different approaches in cell-based

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heart regeneration and discusses the most important considerations for clinical translation. Expert authors discuss when, why, and how heart muscle can be salvaged.

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The book represents a valuable resource for stem cell researchers, cardiologists, bioengineers, and biomedical scientists studying cardiac function

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and regeneration.

Escape the mediocrity that
ensnares so many in
business and become a
better, more effective
leader. Have you ever
wondered what it would

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take to be a better leader, or achieve your wildest dreams, or make a bigger difference in the world? The answer lies in the choices you make: about everything from how

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you spend your time to the
way you view the world.
Smart Leadership is the
latest essential business
title from internationally
bestselling author of Win
the Heart and Chess Not

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Checkers Mark Miller. In this book, he shares the four research-based "smart choices" the best leaders make to scale their influence and results. By teaching you how to

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Confront Reality, Grow
Capacity, Fuel Curiosity,
and Create Change, Miller
will help you: Bring fresh
eyes and fresh thinking to
your leadership approach.
Increase your confidence

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in your ability to make a difference. Lead at levels you never thought possible. Accelerate your learning curve so that all these benefits come faster and more naturally. With

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this guide, your
leadership—and your
life—will be transformed
forever.

The Flamethrowers meets
Let the Great World Spin
in this electrifying debut

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novel set amid the heated
conflict of Seattle's 1999
WTO protests. On a rainy,
cold day in November,
young Victor?a nomadic,
scrappy teenager who's run
away from home?sets out to

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sell as much marijuana as possible to the throng of WTO demonstrators determined to shut down the city. With the proceeds, he plans to buy a plane ticket and leave

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Seattle forever, but it quickly becomes clear that the history-making 50,000 anti-globalization protestors?from anarchists to environmentalists to teamsters?are testing the

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patience of the police,
and what started out as a
peaceful protest is
threatening to erupt into
violence. Over the course
of one life-altering
afternoon, the fates of

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seven people will change forever: foremost among them police Chief Bishop, the estranged father Victor hasn't seen in three years, two protesters struggling to

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stay true to their non-violent principles as the day descends into chaos, two police officers in the street, and the coolly elegant financial minister from Sri Lanka whose life,

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as well as his country's fate, hinges on getting through the angry crowd, out of jail, and to his meeting with the President of the United States. When Chief Bishop reluctantly

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unleashes tear gas on the unsuspecting crowd, it seems his hopes for reconciliation with his son, as well as the future of his city, are in serious peril. In this raw

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and breathtaking novel,
Yapa marries a deep rage
with a deep humanity. In
doing so he casts an
unflinching eye on the
nature and limits of
compassion, and the

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heartbreaking difference
between what is right and
what is possible.

Monique Proulx's last
novel, Invisible Man at
the Window, was first
published in English in

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1994. Following that is this brilliant, complex, witty, moving book about writing and writers. It was nominated for a 2002 Governor General's award when it was first

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published in French.

Florence doesn't like
writers -- they're so full
of hang-ups -- and she
likes their books even
less, those corpulent
things that aren't even

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true. She only likes Zeno,
but she'll never admit it,
even under pain of death.
Zeno is her partner in
their small website
construction business,
Mahone Inc., which has the

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brilliant idea of putting
lesser-known artists and
writers back in the
limelight. Zeno, on the
other hand, loves writers,
especially Pierre
Lalibert, the mysterious

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and mythic novelist who
lives like a recluse while
awards and trophies
tarnish and gather dust
waiting for him. Because
of Zeno, because of a
stolen sentence, Florence

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finds herself following a trail that could lead her to Pierre Lalibert, this impostor who pillages other people's lives as inspiration for his novels. Proulx plays with

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the mystery genre, to
write about literature and
those who create it. But
above all this is a book
whose engaging characters
pull us into their lives.
Updating the Social

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Security Listings

Atlas of the Human Heart

A True Story of Hoop

Dreams and One Very

Special Team

A Novel

Cardiovascular Disability

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One of the world's most esteemed and influential psychologists, Roy F. Baumeister, teams with New York Times science writer John Tierney to reveal the secrets of self-control and how to master it. "Deep and provocative analysis of people's

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*battle with temptation and
masterful insights into
understanding willpower: why we
have it, why we don't, and how to
build it. A terrific read." —Ravi
Dhar, Yale School of
Management, Director of Center
for Customer Insights Pioneering*

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research psychologist Roy F. Baumeister collaborates with New York Times science writer John Tierney to revolutionize our understanding of the most coveted human virtue: self-control. Drawing on cutting-edge research and the wisdom of real-

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life experts, Willpower shares lessons on how to focus our strength, resist temptation, and redirect our lives. It shows readers how to be realistic when setting goals, monitor their progress, and how to keep faith when they falter. By blending

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practical wisdom with the best of recent research science, Willpower makes it clear that whatever we seek—from happiness to good health to financial security—we won't reach our goals without first learning to harness self-control.

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The different aspects of muscle development are considered from cellular, molecular and genetic viewpoints, and the text is supported by black/white and color illustrations. The book will appeal to those studying muscle development and muscle biology

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in any organism.

An absorbing and touching read, this collection of true stories is the first book by a Canadian doctor on the topic of refugee health. Your Heart Is the Size of Your Fist draws readers into the complicated, poignant, and often-

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overlooked daily happenings of a busy urban medical clinic for refugees. An Iraqi journalist whose son has been murdered develops post-traumatic stress disorder and mourns his loss of vocation. A Congolese woman refuses

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antiretroviral treatment for her new HIV diagnosis, and instead places her trust in Jesus. Two conservative Muslim Iraqi women are inadvertently exposed to pornography when a doctor uses Google Images to supplement a medical discussion. By turns

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humorous, distressing, and moving, these stories offer insight into the people seeking a new life while navigating poverty, language barriers, and neighbours who aren't always friendly. This riveting collection of true stories from Dr. Martina

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Scholten is filled with hope and humour, and together make up a deeply moving portrait of how one doctor attempts to provide quality care and advocacy for patients while remaining culturally sensitive, even as she wrestles with guilt, awareness of

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her own privilege, the faith she was raised with, and vicarious trauma after hearing countless stories of brutality and suffering. In the spirit of Louise Aronson and Atul Gawande, Scholtens' writing is based on her personal experiences and explores the

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*transformative moments in which
a clinical doctor-patient
relationship becomes a profound
human-human connection.*

*Ten years ago, I started writing
this for you. I wrote it for you and
only you. Since then, millions of
other people have read it, but*

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*none have understood it the way
you understand it. I set out to find
you a long time ago and today,
I'm so glad I finally have. Thank
you for reading these words.*

*The Heart is an Involuntary
Muscle*

All Our Names

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*How to Match Your Food and
Fitness to Your Unique Female
Physiology for Optimum
Performance, Great Health, and a
Strong, Lean Body for Life
Muscle Memory
Ice-Candy-Man*

The aim of this treatise is to

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summarize the current understanding of the mechanisms for blood flow control to skeletal muscle under resting conditions, how perfusion is elevated (exercise hyperemia) to meet the increased demand

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for oxygen and other substrates during exercise, mechanisms underlying the beneficial effects of regular physical activity on cardiovascular health, the regulation of transcapillary fluid filtration and protein flux across

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the microvascular exchange vessels, and the role of changes in the skeletal muscle circulation in pathologic states. Skeletal muscle is unique among organs in that its blood flow can change over a remarkably large range.

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Compared to blood flow at rest, muscle blood flow can increase by more than 20-fold on average during intense exercise, while perfusion of certain individual white muscles or portions of those muscles can increase by

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as much as 80-fold. This is compared to maximal increases of 4- to 6-fold in the coronary circulation during exercise. These increases in muscle perfusion are required to meet the enormous demands for

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oxygen and nutrients by the active muscles. Because of its large mass and the fact that skeletal muscles receive 25% of the cardiac output at rest, sympathetically mediated vasoconstriction in vessels

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supplying this tissue allows central hemodynamic variables (e.g., blood pressure) to be spared during stresses such as hypovolemic shock. Sympathetic vasoconstriction in skeletal muscle in such pathologic

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conditions also effectively shunts blood flow away from muscles to tissues that are more sensitive to reductions in their blood supply that might otherwise occur.

Again, because of its large mass and percentage of cardiac output

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directed to skeletal muscle, alterations in blood vessel structure and function with chronic disease (e.g., hypertension) contribute significantly to the pathology of such disorders. Alterations in

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skeletal muscle vascular resistance and/or in the exchange properties of this vascular bed also modify transcapillary fluid filtration and solute movement across the microvascular barrier to influence

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muscle function and contribute to disease pathology. Finally, it is clear that exercise training induces an adaptive transformation to a protected phenotype in the vasculature supplying skeletal muscle and

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other tissues to promote overall cardiovascular health. Table of Contents: Introduction / Anatomy of Skeletal Muscle and Its Vascular Supply / Regulation of Vascular Tone in Skeletal Muscle / Exercise Hyperemia

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and Regulation of Tissue
Oxygenation During Muscular
Activity / Microvascular Fluid and
Solute Exchange in Skeletal
Muscle / Skeletal Muscle
Circulation in Aging and Disease
States: Protective Effects of

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Exercise / References

The Social Security

Administration (SSA) uses a
screening tool called the Listing
of Impairments to identify
claimants who are so severely
impaired that they cannot work at

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all and thus immediately qualify for benefits. In this report, the IOM makes several recommendations for improving SSA's capacity to determine disability benefits more quickly and efficiently using the Listings.

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One of the most time-consuming tasks in clinical medicine is seeking the opinions of specialist colleagues. There is a pressure not only to make referrals appropriate but also to summarize the case in the

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language of the specialist. This book explains basic physiologic and pathophysiologic mechanisms of cardiovascular disease in a straightforward manner, gives guidelines as to when referral is appropriate, and,

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uniquely, explains what the specialist is likely to do. It is ideal for any hospital doctor, generalist, or even senior medical student who may need a cardiology opinion, or for that ma.

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Women are not small men. Stop eating and training like one.

Because most nutrition products and training plans are designed for men, it's no wonder that so many female athletes struggle to reach their full potential. ROAR

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is a comprehensive, physiology-based nutrition and training guide specifically designed for active women. This book teaches you everything you need to know to adapt your nutrition, hydration, and training to your

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unique physiology so you can work with, rather than against, your female physiology. Exercise physiologist and nutrition scientist Stacy T. Sims, PhD, shows you how to be your own biohacker to achieve optimum

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athletic performance. Complete with goal-specific meal plans and nutrient-packed recipes to optimize body composition, ROAR contains personalized nutrition advice for all stages of training and recovery.

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Customizable meal plans and strengthening exercises come together in a comprehensive plan to build a rock-solid fitness foundation as you build lean muscle where you need it most, strengthen bone, and boost

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power and endurance. Because women's physiology changes over time, entire chapters are devoted to staying strong and active through pregnancy and menopause. No matter what your sport is—running, cycling, field

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sports, triathlons—this book will empower you with the nutrition and fitness knowledge you need to be in the healthiest, fittest, strongest shape of your life.

Noggin

Anatomy & Physiology

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Move a Muscle. Change a Mood.
A Practical Guide to Lowering
Your Risk of a Heart Attack Or
Stroke

Your Heart is the Size of Your
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Subjects in the monograph

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“Biophysics of the Failing Heart” include state of the art chapters considering major biophysical mechanisms for why hearts responding to acquired or inherited stressors enter into maladaptive

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processes eventually leading to an inability of the heart to respond efficiently to hemodynamic loads especially during exercise. The chapters describe biophysical techniques that have been

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applied to determine the triggers for the heart failure process as well as the mechanisms for sustaining the disorders. These techniques include measurements of active and passive mechanical

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***properties and hemodynamics
at levels of organization
ranging from molecules to
hearts beating in situ.
Biophysical concepts and
approaches are also applied to
determination of signaling and***

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***signal transduction,
energetics, ionic currents,
transport processes, electro-
chemical and chemo-
mechanical coupling. By its
emphasis on biophysical
aspects of a prevalent clinical***

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***condition, the monograph is
unique in its perspective and
focus. The breadth of
information in the chapters all
in one place will be of value to
clinicians and researchers at
all levels. Modern research***

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***approaches and clinical
understanding of heart failure
demands integration of
multiple aspects of the
disorders. In most cases,
combinations of clinician
scientists and researchers***

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author the chapters. A main benefit of the book is couched in its didactic approach together with its emphasis on how biophysical concepts and techniques aid in diagnosis and development of new

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therapies.

***Don't miss the frights and fun
as Cora faces her fears in a
spooky sculpture garden in
this mind-bending Creepover
tale. Cora Nicolaides is
panicking: It's just three***

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***weeks until the school dance,
and she's the only one of her
friends without a date! But
then Cora meets Evan. Evan is
cute and smart, and he even
encourages Cora to volunteer
with him at the nearby***

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***sculpture garden after school.
Cora's friends think the
garden is creepy—some of the
sculptures look a little too
lifelike. Cora isn't about to let
a few weird statues come
between her and her crush,***

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***but deep in the garden, Cora
might just learn that some
stones are better left unturned.
This terrifying tale is rated a
Level 4 on the Creep-O-Meter.
A TIME Magazine Best Book of
2016 An Amazon Best Book of***

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***2016 A heart-stopping debut
about protest and riot . . .***

***1999. Victor, homeless after a
family tragedy, finds himself
pounding the streets of Seattle
with little meaning or purpose.
He is the estranged son of the***

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***police chief of the city, and
today his father is in charge of
one of the largest protests in
the history of Western
democracy. But in a matter of
hours reality will become a
nightmare. Hordes of***

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***protesters - from all sections
of society - will test the
patience of the city's police
force, and lives will be altered
forever: two armed police
officers will struggle to keep
calm amid the threat of***

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***violence; a protester with a
murderous past will make an
unforgivable mistake; and a
delegate from Sri Lanka will do
whatever it takes to make it
through the crowd to a
meeting - a meeting that could***

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***dramatically change the fate of
his country. In amongst the
fray, Victor and his father are
heading for a collision too.
Your Heart is a Muscle the
Size of a Fist, set during the
World Trade Organization***

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***protests, is a deeply charged
novel showcasing a distinct
and exciting new literary
voice.***

***Her lips, the way she feels,
how she moves against me.
Her voice when she laughs,***

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***her eyes when she cries. Her
soul connected to mine, for
better or for worse, for all
eternity. I don't remember. A
blank face. Unrecognizable.
The darkness and
impenetrable fog, day after***

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***day after day. Who am I? And
for that matter, who is she? I
can't remember. Two sides to
the same coin - one wants to
remember, and the other
wants to stay forgotten. Which
side will win? Can he trust his***

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***heart to bring him back to her?
Or will she stay lost in the fog
forever?I might never
remember.***

***A Dictionary of Arts, Sciences,
Literature and General
Information***

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***The Encyclopaedia Britannica
The High 5 Habit
Regulation of Coronary Blood
Flow***

***I Wrote This for You:
2007-2017***

Utilization of electrodiagnosis;

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namely electromyography (EMG), nerve conduction studies, late responses, repetitive nerve stimulation techniques, quantitative EMG and evoked potentials, has long been discussed in many text books as basic principles. However

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the usage of
electroneuromyography is rather
new in some aspects when
compared with tasks of daily
practise. This book, we believe, will
cover and enlighten those aspects
where electrodiagnosis has begun

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to play important roles nowadays. Are you the type of leader people want to follow? You can be—but first, you've got to understand what sets great leaders apart from all the rest. Certainly, leaders need people skills, execution skills, a deep

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knowledge of industry trends, the ability to articulate a vision, and more—they must be competent—but that's just the tip of the iceberg. What's below the waterline? What's deep inside the best leaders that makes them different? Mark Miller

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contends it is their leadership character. In his latest enlightening and entertaining business fable, he describes the five unique character traits exhibited by exceptional leaders and how to cultivate them. The Heart of Leadership begins

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with young and ambitious Blake Brown being passed over for a desperately wanted promotion, despite an outstanding individual performance. Confused and frustrated, he turns to his former mentor, Debbie Brewster. Rather

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than attempting to solve Blake's problem for him, she sends him on a quest to meet with five of his late father's colleagues, each of whom holds a piece of the puzzle he's trying to solve. As Blake puts the pieces together, he discovers that

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in the final analysis, a lack of skills isn't what holds most leaders back; skills are too easy to learn. Without demonstrated leadership character, however, a skill set will never be enough. Most often, when leaders fail to reach their full potential, it is

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an issue of the heart. This is Blake's ultimate revelation. This book shows us that leadership needn't be the purview of the few—it is within reach for millions around the world. The Heart of Leadership is a road map for every person who

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desires to make a difference in the
lives of others and become a leader
people want to follow.

The Heart of Leadership

Physics and Biology of Heart
Muscle

The Transformative Power of

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Exercising, Eating Healthy &
Thinking Positive.

Cardiology Explained

Molecular Biology of the Cell