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Mastering Mountain Bike Skills

Mastering Mountain Bike Skills Brian Lopes 2017-07-24 If you want to ride like a pro, you should learn from a pro! In Mastering Mountain Bike Skills, Third Edition, world-champion racer Brian Lopes and renowned riding coach Lee McCormack share their elite perspectives, real-life race stories, and their own successful techniques to help riders of all styles and levels build confidence and experience the full exhilaration of the sport. Mastering Mountain Bike Skills is the best-selling guide for all mountain biking disciplines, including enduro, pump track racing, dual slalom, downhill, cross-country, fatbiking, and 24-hour races. It absolutely captures the sport and offers everything you need to maximize performance and excitement on the trail. Learn how to select the proper bike and customize it for your unique riding style. Develop a solid skills base so you can execute techniques with more power and precision. Master the essential techniques to help you carve every corner, nail every jump, and conquer every obstacle in your path. Last, but not least, prepare yourself to handle every type of weather and trail condition that the mountain biking world throws at you. Whether you're a recreational rider looking to rock the trails with friends, are a seasoned enthusiast, or are aspiring to be a top pro, Mastering Mountain Bike Skills will improve your ride and dust the competition. Don't just survive the trail-own the trail, and enjoy the thrill of doing it.

Soil and Culture Edward R. Landa 2010-01-28 SOIL: beneath our feet / food and fiber / ashes to ashes, dust to dust / dirt!Soil has been called the final frontier of environmental research. The critical role of soil in biogeochemical processes is tied to its properties and place-porous, structured, and spatially variable, it serves as a conduit, buffer, and transformer of water, solutes and gases. Yet what is complex, life-giving, and sacred to some, is ordinary, even ugly, to others. This is the enigma that is soil. Soil and Culture explores the perception of soil in ancient, traditional, and modern societies. It looks at the visual arts (painting, textiles, sculpture, architecture, film, comics and stamps), prose & poetry, religion, philosophy, anthropology, archaeology, wine production, health & diet, and disease & warfare. Soil and Culture explores high culture and popular culture—from the paintings of Hieronymus Bosch to the films of Steve McQueen. It looks at ancient societies and contemporary artists. Contributors from a variety of disciplines delve into the mind of Carl Jung and the bellies of soil eaters, and explore Chinese paintings, African mud cloths, Mayan rituals, Japanese films, French comic strips, and Russian poetry.

Women and Yugoslav Partisans Jelena Batinčić 2015-05-12 The book focuses on the mass participation of women in the communist-led Yugoslav Partisan resistance during World War II.

Remnants of Partition Aanchal Malhotra 2019 Seventy years on, the Partition of India fades from memory. Can it be restored?

Fresh Off the Boat Eddie Huang 2013-01-29 NOW AN ORIGINAL SERIES ON ABC • “Just may be the best new comedy of [the year] . . . based on restaurateur Eddie Huang’s memoir of the same name . . . [a] classic fresh-out-of-water comedy.”—People “Bawdy and frequently hilarious . . . a surprisingly sophisticated memoir about race and assimilation in America . . . as much James Baldwin and Jay-Z as Amy Tan . . . rowdy [and] vital . . . It’s a book about fitting in but not fitting in at all.”—Dwight Garner, The New York Times NATIONAL BESTSELLER • NAMED ONE OF THE BEST BOOKS OF THE YEAR BY KIRKUS REVIEWS Assimilating ain’t easy. Eddie Huang was raised by a wild family of FOB (“fresh off the boat”) immigrants—his father a cocksure restaurateur with a dark past back in Taiwan, his mother a fierce protector and constant threat. Young Eddie tried his hand at everything mainstream America threw his way, from white Jesus to macaroni and cheese, but finally found his home as leader of a rainbow coalition of lost boys up to no good: skate punks, dealers, hip-hop junkies, and sneaker freaks. This is the story of a Chinese-American kid in a could-be-anywhere cul-de-sac blazing his way through America’s deviant subcultures, trying to find himself, ten thousand miles from his legacy and anchored only by his conflicted love for his family and his passion for food. Funny, moving, and stylistically inventive, *Fresh Off the Boat* is more than a radical reimagining of the immigrant memoir—it’s the exhilarating story of every American outsider who finds his destiny in the margins. Praise for *Fresh Off the Boat* “Brash and funny . . . outrageous, courageous, moving, ironic and true.”—New York Times Book Review “Mercilessly funny and provocative, *Fresh Off the Boat* is also a serious piece of work. Eddie Huang is hunting nothing less than Big Game here. He does everything with style.”—Anthony Bourdain “Uproariously funny . . . emotionally honest.”—Chicago Tribune “Huang is a fearless raconteur. [His] writing is at once hilarious and provocative; his incisive wit pulls through like a perfect plate of dan dan noodles.”—Interview “Although writing a memoir is an audacious act for a thirty-year-old, it is not nearly as audacious as some of the things Huang did and survived even earlier. . . . Whatever he ends up doing, you can be sure it won’t look or sound like anything that’s come before. A single, kinetic passage from *Fresh Off the Boat* . . . is all you need to get that straight.”—Bookforum

Illness and Inhumanity in Stalin’s Gulag Golfo Alexopoulos 2017-04-25 A new and chilling study of lethal human exploitation in the Soviet forced labor camps, one of the pillars of Stalinist terror In a shocking new study of life and death in Stalin’s Gulag, historian Golfo Alexopoulos suggests that Soviet forced labor camps were driven by brutal exploitation and often administered as death camps. The first study to examine the Gulag penal system through the lens of health, medicine, and human exploitation, this extraordinary work draws from previously inaccessible archives to offer a chilling new view of one of the pillars of Stalinist terror.

The Three Investigators in The Mystery of the Kidnapped Whale Marc Brandel 1983 The three investigators, attempting to rescue a beached whale, end up searching for sunken treasure.

Inflammation Nation Floyd H. Chilton 2006-01-03 An internationally renowned scientist sounds the alarm about our country’s most critical health issue and provides a simple eating plan that can help stop this secret epidemic one individual at a time. Here are the chilling statistics: ·One in three American adults suffers from arthritis. ·Sixty-four million people have heart disease in some form. ·Fifty million Americans suffer with allergies and 20 million have asthma. ·More than 18 million people have diabetes, with 1.3 million newly diagnosed each year. ·Sixty-five percent of American adults are over-weight or obese and 16 percent of children are overweight. At best, these conditions destroy our quality of life; at worst, they are painful, debilitating, and fatal. What can possibly account for the sharp increase in these diseases over the last few generations? Is there a connection between these afflictions? Is there anything you can do to protect yourself? As this groundbreaking book makes clear, the root cause of diseases as disparate as heart disease, eczema, and asthma is unbridled inflammation. And the major culprit is right in front of us -- on our plates. Every day we make food choices -- some of which are perceived as "healthy" -- that introduce poisonous levels of certain fatty acids to our bodies. These fatty acids (found in myriad foods, from farm-raised salmon and eggs to roasted turkey) help to inflame our immune systems. Backed by twenty years of research, and by an unprecedented six clinical trials, Dr. Chilton presents two anti-inflammatory dietary programs: One is designed to provide a solution for those of us who currently suffer from an inflammatory disease, and the other is designed to prevent the rest of us from getting one. Complete with a new food pyramid and eight weeks of easy-to-follow meal plans developed in collaboration with a world-class medical school, the book also includes charts detailing which types of fish are the best inflammation fighters, which carbs you should enjoy or avoid, and the patented Inflammation Index, which gives you the inflammatory potential of more than 250 foods. If you're already suffering from one of these diseases and follow the Chilton Program, you will see improvement in your health in as few as seven days. If you think you've dodged this bullet altogether, this book will make it very clear that no one is safe, and it will convince you to completely change the way you eat from this moment forward.

Desi Khana Tarla Dalal 1990-02-20 Classic Indian Recipes That You've Always Wanted To Try, Are Listed In Simple, Easy To Follow Steps

Studying Peoples in the People’s Democracies II Vintilă Mihăilescu 2008 Bulgaria and Serbia during socialism are outlined from many different points of view in this volume. Beyond local and personal trajectories the authors illuminate more general and comparative questions. Was there anything like a "socialist anthropology", common to all three countries? Did Soviet and/or Marxist influences, in the discipline and in society in general, penetrate so deeply as to form an unavoidable common denominator of anthropological practice? The answers turn out to be complex and subtle. While unifying ideological forces were very strong in the 1950s, diversity increased thereafter. Anthropology was entangled with national ideology in all three countries, but the evidence nonetheless calls for "polyphonic" interpretations.

CCCP Cook Book Olga Syutkin 2015 This book contains over 60 recipes, each introduced with an insightful historical story or anecdote, and an accompanying image, spanning such delicacies as aspic, borscht, caviar and herring, by way of bird’s milk cake and pelmeni. As the Soviet Union struggled along the path to Communism, food supplies were often sporadic and shortages commonplace. Day to day living was hard, both the authorities and their citizens had to apply every ounce of ingenuity to maximize often inadequate resources. The stories and recipes contained here reflect these turbulent times: from basic subsistence meals consumed by the average citizen (okroshka), to extravagant banquets held by the political elite (suckling pig with buckwheat), and a scattering of classics (beef stroganoff) in between. Illustrated using images sourced from original Soviet recipe books collected by the author. Many of these sometimes extraordinary-looking pictures depicted dishes whose recipes used unobtainable ingredients, placing them firmly in the realm of 'aspirational' fantasy for the average Soviet household. In their content and presentation the pictures themselves act as a window into cuisine of the day, in turn revealing the unique political and social attitudes of the era.

Governing China’s Multiethnic Frontiers Morris Rossabi 2004 Leading scholars examine the Chinese government’s administration of its ethnic minority regions, particularly border areas where ethnicity is at times a volatile issue and where separatist movements are feared. Chapters focus on the Muslim Hui, multiethnic southwest China, Inner Mongolia, Xinjiang, and Tibet. Together these studies provide an overview of government relations with key minority populations, against which one can view evolving dialogues and disputes. Contributors are Gardner Bovington, David Bachman, Uradyn E. Bulag, Melvyn C. Goldstein, Mette Halskov Hansen, Matthew T. Kapstein, and Jonathan Lipman.

The Search for Europe 2016-03-10 The eighth volume in the annual series sponsored by BBVA as part of its OpenMind initiative devoted to disseminating knowledge on key issues of our time, The Search for Europe analyses the present and future of the old continent and its integration project, which is certainly the most ambitious political and economic integration project ever attempted in history, and a benchmark for similar processes in other regions.

Breaking the Spell Daniel C. Dennett 2007-03-29 Few forces in the world are as potent as religion: it comforts people in their suffering and inspires them to both magnificent and terrible deeds. In this provocative and timely book, Daniel C. Dennett seeks to uncover the origins of religion and discusses how and why different faiths have shaped so many lives, whether religion is an addiction or a genuine human need, and even whether it is good for our health. Arguing passionately for the need to understand this multifaceted phenomenon, *Breaking the Spell* offers a truly original – and comprehensive – explanation for faith.

The Weigh Down Diet Gwen Shamblyn 2009-09-30 Isn’t your desire to overeat really spiritual hunger? “I can stop in the middle of a candy bar and have no desire to eat the second half if my stomach is not calling for it.” - Gwen Shamblyn Do you eat and eat and never feel full? Rise above the magnetic pull of the refrigerator and turn to the bounty offered to thousands who have embraced a liberating weight-reduction program in churches across America. The Weigh Down Diet gives new hope to millions who have failed on conventional diets and guides readers to the richer satisfaction that comes not from food, but from faith. Gwen Shamblyn’s The Weigh Down Diet is a groundbreaking approach to weight loss. People who have known no end to their hunger and who have no control over their late-night binges have learned through the Weigh Down Workshop that they can remove the irresistible desire for food. This is not a diet like others, because it is not food-focused. It contains chapters such as “It’s Not Genetics or Your Mother’s Fault,” “I Feel Hungry All the Time,” and “How to Eat Potato Chips and Chocolate.” So, as you can see, here is a very different approach to weight loss. Weigh Down gives back hope to dieters who will learn that God did not put chocolate or lasagna on Earth to torture us – but rather for our enjoyment!

Post-Imperium Dmitri V. Trenin 2011-08-01 The war in Georgia. Tensions with Ukraine and other nearby countries. Moscow’s bid to consolidate its “zone of privileged interests” among the Commonwealth of Independent States. These volatile situations all raise questions about the nature of and prospects for Russia’s relations with its neighbors. In this book, Carnegie scholar Dmitri Trenin argues that Moscow needs to drop the notion of creating an exclusive power center out of the post-Soviet space. Like other former European empires, Russia will need to reinvent itself as a global player and as part of a wider community. Trenin’s vision of Russia is an open Euro-Pacific country that is savvy in its use of soft power and fully reconciled with its former borderlands and dependents. He acknowledges that this scenario may sound too optimistic but warns that the alternative is not a new version of the historic empire but instead is the ultimate marginalization of Russia.

The Revenge of Gaia James Lovelock 2007-08-02 The key insight of Gaia Theory is that the entire Earth functions as a single living super-organism. But according to James Lovelock, the theory’s originator, that organism is now sick. It is running a fever born of increased atmospheric greenhouse gases. Earth will adjust to these stresses, but the human race faces a severe test. It is already too late, Lovelock says, to prevent the global climate from “flipping” into an entirely new equilibrium that will threaten civilization as we know it. But we can do much to save humanity. In the tradition of Silent Spring, this is a call to address a major threat to our collective future.

Foundations of Comparative Politics Kenneth Newton 2016-05-12 This concise, comprehensive overview of comparative

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politics blends theory and evidence across democratic systems and is updated throughout.

Hacking Exposed Wireless Johnny Cache 2007-04-10 Secure Your Wireless Networks The Hacking Exposed Way Defend against the latest pervasive and devastating wireless attacks using the tactical security information contained in this comprehensive volume. Hacking Exposed Wireless reveals how hackers zero in on susceptible networks and peripherals, gain access, and execute debilitating attacks. Find out how to plug security holes in Wi-Fi/802.11 and Bluetooth systems and devices. You'll also learn how to launch wireless exploits from Metasploit, employ bulletproof authentication and encryption, and sidestep insecure wireless hotspots. The book includes vital details on new, previously unpublished attacks alongside real-world countermeasures. Understand the concepts behind RF electronics, Wi-Fi/802.11, and Bluetooth Find out how hackers use NetStumbler, WiSPY, Kismet, KisMAC, and AiroPeek to target vulnerable wireless networks Defend against WEP key brute-force, aircrack, and traffic injection hacks Crack WEP at new speeds using Field Programmable Gate Arrays or your spare P53 CPU cycles Prevent rogue AP and certificate authentication attacks Perform packet injection from Linux Launch DoS attacks using device driver-independent tools Exploit wireless device drivers using the Metasploit 3.0 Framework Identify and avoid malicious hotspots Deploy WPA/802.11i authentication and encryption using PEAP, FreeRADIUS, and WPA pre-shared keys

Ramsay in 10 Gordon Ramsay 2021-11-02 Packed with recipes that are max 10 minutes to prep and 10 minutes to cook, RAMSAY IN 10 is your new everyday cookbook. In Ramsay in 10, superstar chef, Gordon Ramsay, returns with 100 new and delicious recipes inspired by his YouTube series watched by millions across the globe -- you'll be challenged to get creative in the kitchen and learn how to cook incredible, flavorsome dishes in just ten minutes. Whether you need something super quick to assemble, like his Microwave Sticky Toffee Pudding, or you're looking to impress the whole family, with a tasty One Pan Pumpkin Pasta or some Chicken Souvlaki -- these are recipes guaranteed to become instant classics and with each time you cook, you'll get faster and faster with Gordon's shortcuts to speed up your cooking, reduce your prep times and get the very best from simple, fresh ingredients. 'When I'm shooting Ramsay in 10, I'm genuinely full of excitement and energy because I get to show everyone how to really cook with confidence. It doesn't matter if it takes you 10 minutes, 12 minutes or even 15 minutes, to me, it's about sharing my 25 years' of knowledge, expertise and hands-on experience, to make everyone feel like better, happier cooks.' - Gordon Ramsay This is fine food at its fastest and fast food at its finest.

A History of Light and Colour Measurement Sean F. Johnston 2015-05-05 2003 Paul Bunge Prize of the Hans R. Jenemann Foundation for the History of Scientific Instruments Judging the brightness and color of light has long been contentious. Alternately described as impossible and routine, it was beset by problems both technical and social. How trustworthy could such measurements be? Was the best standard of intensity a gas lamp, an incandescent bulb, or a glowing pool of molten metal? And how much did the answers depend on the background of the specialist? A History of Light and Colour Measurement: Science in the Shadows is a history of the hidden workings of physical science-a technical endeavor embedded in a social context. It argues that this "undisciplined" subject, straddling academia, commerce, and regulation, may be typical not only of 20th century science, but of its future. Attracting scientists, engineers, industrialists, and artists, the developing subject produced a new breed of practitioners having mixed provenance. The new measurers of light had to decide the shape not only of their specialism but of their careers: were they to be a part of physics, engineering, or psychology? The physical scientists who dominated the subject into the early 20th century made their central aim the replacement of the problematic human eye with physical detectors of light. For psychologists between the wars, though, describing the complexity of color was more important than quantifying a handful of its dimensions. And after WWII, military designers shaped the subject of radiometry and subsumed photometry and colorimetry within it. Never attaining a professional cachet, these various specialists moved fluidly between science and technology; through government, industry, and administration.

Would Trotsky Wear a Bluetooth? Paul R. Josephson 2009-12-09 After visiting Russia in 1921, the journalist Lincoln Steffens famously declared, "I have seen the future, and it works." Steffens referred to the social experiment of technological utopianism he found in the Soviet Union, where subway cars and farm tractors would carry the worker and peasant -- figuratively and literally -- into the twentieth century. Believing that socialism and technology together created a brave new world, Boleslaw Bierut of Poland and Kim Il Sung of North Korea -- and other leaders -- joined Russia's Vladimir Lenin and Leon Trotsky in embracing big technology with a verve and conviction that rivaled the western world's. Paul R. Josephson here explores these utopian visions of technology -- and their unanticipated human and environmental costs. He examines the role of technology in communist plans and policies and the interplay between ideology and technological development. He shows that while technology was a symbol of regime legitimacy and an engine of progress, the changes it spurred were not unequivocally positive. Instead of achieving a worker's paradise, socialist technologies exposed the proletariat to dangerous machinery and deadly pollution; rather than freeing women from exploitation in family and labor, they paradoxically created for them the dual -- and exhausting -- burdens of mother and worker. The future did not work. The fall of the Soviet Union in 1991 marked the end of communism's self-proclaimed glorious quest to "reach and surpass" the West. Josephson's intriguing study of how technology both helped and hindered this effort asks new and important questions about the crucial issues inextricably linked with the development and diffusion of technology in any sociopolitical system.

Top Secret Recipes Step-by-Step Todd Wilbur 2015-11-17 The #1 Bestselling Top Secret Recipes Series-With More Than 4 Million Books Sold! A full-color cookbook from America's Clone Recipe King For more than twenty-five years, Todd Wilbur has been obsessed with recreating America's most iconic brand-name foods at home. In his first cookbook with color photos, the New York Times bestselling author brings you 125 new clone recipes: 75 first-time hacks and 50 overhauled all-time favorites. Each recipe comes with easy-to-follow step-by-step photos so that even novice cooks can perfectly recreate their favorite famous foods with everyday ingredients. And your homemade versions cost just a fraction of what the restaurants charge! The result of years of careful research, trial-and-error, and a little creative reverse-engineering, Top Secret Recipes® Step-by-Step hacks: • KFC® Original Recipe® Fried Chicken and Cole Slaw • Cinnabon® Classic Cinnamon Roll • IKEA® Swedish Meatballs • Pinkberry® Original Frozen Yogurt • Raising Cane's® Chicken Fingers and Sauce • Arby's® Curly Fries • Lofthouse® Frosted Cookies • Wendy's® Chili • Panera Bread® Fuji Apple Chicken Salad • Starbucks® Cake Pops • Cafe Rio® Sweet Pot Barbacoa • McDonald's® McRib® Sandwich • The Melting Pot® Cheddar Cheese Fondue • P.F. Chang's® Chicken Lettuce Wraps • The Cheesecake Factory® Stuffed Mushrooms • Ben & Jerry's® Chocolate Chip Cookie Dough Ice Cream • Chick-fil-A® Chicken Sandwich • Chili's® Baby Back Ribs • Chipotle Mexican Grill® Adobo-Marinated Grilled Chicken & Steak • Cracker Barrel® Hash Brown Casserole • Mrs. Fields® Chocolate Chip Cookies • Ruth's Chris Steakhouse® Sweet Potato Casserole And over 100 more delicious dishes, from snacks and appetizers to entrees and desserts!

Seeing Like a State James C. Scott 2020-03-17 “One of the most profound and illuminating studies of this century to have been published in recent decades.”—John Gray, New York Times Book Review Hailed as “a magisterial critique of top-down social planning” by the New York Times, this essential work analyzes disasters from Russia to Tanzania to uncover why states so often fail—sometimes catastrophically—in grand efforts to engineer their society or their environment, and uncovers the conditions common to all such planning disasters. “Beautifully written, this book calls into sharp relief the nature of the world we now inhabit.”—New Yorker “A tour de force.”— Charles Tilly, Columbia University *Breaking the Ice: The Role of Civil Society and Media in Turkey-Armenia Relations* 2010 Almost three years have passed since the Protocols on Turkey-Armenia relations were signed in October 2009. With their failure to be ratified less than a year later, Turkey-Armenia relations have once again seemingly fallen off of the Turkish government, media and public’s agenda. Three years from now on April 24, Armenians will commemorate the 100th anniversary of the mass massacres and deportations of Armenians that took place in the Ottoman Empire between 1915 and 1917. Without a new initiative to re- start the rapprochement process, it seems like the next time the Armenia issue will be on Turkey’s agenda in a significant way will be during this commemoration. In short, official relations are “frozen” at present and perhaps for the near future. Yet GPoT Center’s extensive experience in “second-track” diplomacy and conflict resolution projects in various countries gives it a long-term view that lends it hope about future prospects for Turkey- Armenia relations. Particularly in Armenia, GPoT has enacted and continues to enact numerous exchange programs, roundtable discussions and research projects with its Armenian partners that bring together stakeholders from both countries to create and foster dialogue.

Jamie’s Food Tube: The Pasta Book Gennaro Contaldo 2015-07-02 Jamie Oliver’s Food Tube presents The Pasta Book, jam-packed with simple, seasonal recipes, plus all the need-to-know basics from Jamie’s own Italian mentor, chef Gennaro Contaldo. ‘Enjoy this pocket-sized cookbook, full of incredible, achievable pasta recipes, from the very basics to kick-ass dishes for any night of the week. Buon appetite!’ - Jamie Oliver Whatever your ability in the kitchen, pasta is often a staple mid-week supper. This book will help to re-vamp your repertoire. It’s full of delicious, simple, seasonal recipes such as: - Wild Rocket & Pecorino Orrechiette - Summer Vegetable Appellacci - Autumnal Wild Mushroom Tagliatelle - Wintery Game Ragù - Gennaro’s take on classic favourites such as Carbonara and Bolognese. If you really want to be adventurous, there is always the option to learn about making pasta from scratch, but the recipes are equally tasty with dried pasta.

Reassessing Lukashenka G. Ioffe 2014-10-05 What are the factors of Lukashenka’s longevity at the helm of power? This question is addressed in the context of Belarusian history and identity, not as an outcome of a form of government deceitfully imposed on an allegedly benighted people whom better positioned and informed outsiders seek to enlighten and liberate.

Dance Psychology Peter Lovatt 2018-02-05 Dance Psychology is the study of dance and dancers from a scientific, psychological perspective. Written by Dr Peter Lovatt (AKA Dr Dance), this Dance Psychology textbook provides a general introduction to the Psychology of Dance and then it delves in to eleven of the most central questions concerning Dance Psychology. Are humans born to dance? Does the way you move your body change the way you think? Will dancing make people happier? Can dancing put people in to a trance-like state? Will a person’s dance confidence change across the lifespan? Does dancing make people healthier? Why do we enjoy watching some dance performances more than others? How do dancers remember so many dance routines? Why don't dancers get dizzy? Will dancing improve a person’s self-esteem? How do we communicate emotions with our body? Drawing on academic literature, this book is engaging, technical and, in places, critical; it is essential reading for anyone with an interest in Dance Psychology.

The Dance Cure Dr Peter Lovatt 2020-04-02 “Peter has brilliantly put into words what I have felt my whole dancing life: that the power of dance can liberate and change all our lives.” Darcey BussellHumans are born to dance. And in today’s sedentary world, we would all benefit from doing more of it. Science shows that just ten minutes of dancing provides a thorough workout for the body and brain, raising the heartbeat to cause a release of feel-good endorphins, connecting us to our emotions and reducing our stress levels. Dancing quite simply makes us feel more alive.Dr Peter Lovatt, a former professional dancer turned dance psychologist, has spent the past two decades studying why we dance and what it does for us, and is on a personal mission to make dancing as natural an activity in our daily lives as walking or drinking coffee.Filled with fascinating case studies from his research as well as great stories from dance history, The Dance Cure will inspire even those who think they “can’t dance” to turn the music on, get up on the floor and dance themselves happy.

A Handbook on Sustainable Urban Mobility and Spatial Planning Economic Commission for Europe 2020-10-29 This publication has been designed to assist member States in integrating transport, health, quality of life and environmental objectives into urban and spatial planning policies. It provides many references to case studies, good practices and examples from cities across the Euro-Asian region (and beyond) covering a wide array of thematic areas, including: the future of sustainable urban mobility; spatial planning in function of sustainable urban mobility and accessibility; public transport planning as a cornerstone of sustainable urban mobility; active mobility and how it promotes health and the environment; and the potential of Intelligent Transport Systems in an urban context. The publication puts forward a methodology for sustainable urban transport planning and introduces a concise set of key messages and recommendations as an input to the Fifth High-level Meeting on Transport, Health and Environment which takes place in Vienna from 26-27 November 2020.

Top Secret Recipes Unleashed Todd Wilbur 2020-10-27 130 recipes created by food hacker Todd Wilbur, for duplicating the taste and appearance of famous brand-name foods. All recipes are original and created by Todd Wilbur through hours of research and cooking. All photographs are by Todd Wilbur.

Collected Works of Velimir Khlebnikov: Letters and theoretical writings Велимир Хлебников 1987 Dubbed by his fellow Futurists the “King of Time,” Velimir Khlebnikov (1885-1922) spent his entire brief life searching for a new poetic language to express his convictions about the rhythm of history, the correspondence between human behavior and the “language of the stars.” The result was a vast body of poetry and prose that has been called hermetic, incomprehensible, even deranged. Of all this tragic generation of Russian poets (including Blok, Esenin, and Mayakovsky), Khlebnikov has been perhaps the most praised and the more censured. This first volume of the *Collected Works*, an edition sponsored by the Dia Art Foundation, will do much to establish the counterimage of Khlebnikov as an honest, serious writer. The 117 letters published here for the first time in English reveal an ebullient, humane, impractical, but deliberate working artist. We read of the continuing involvement with his family throughout his vagabond life (pleas to his smartest sister, Vera, to break out of the mold, pleas to his scholarly father not to

condemn and to send a warm overcoat); the naive pleasure he took in being applauded by other artists; his insistence that a young girl's simple verses be included in one of the typically outrageous Futurist publications of the time; his jealous fury at the appearance in Moscow of the Italian Futurist Marinetti; a first draft of his famous zoo poem ("O Garden of Animals!"); his seriocomic but ultimately shattering efforts to be released from army service; his inexhaustibly courageous confrontation with his own disease and excruciating poverty; and always his deadly earnest attempt to make sense of numbers, language, suffering, politics, and the exigencies of publication. The theoretical writings presented here are even more important than the letters to an understanding of Khlebnikov's creative output. In the scientific articles written before 1910, we discern foreshadowings of major patterns of later poetic work. In the pan-Slavic proclamations of 1908-1914, we find explicit connections between cultural roots and linguistic ramifications. In the semantic excursions beginning in 1915, we can see Khlebnikov's experiments with consonants, nouns, and definitions spelled out in accessible, if arid, form. The essays of 1916-1922 take us into the future of Planet Earth, visions of universal order and accomplishment that no longer seem so farfetched but indeed resonate for modern readers.

Identity by Design Georgia Butina-Watson 2007-06-07 In a world of increasing globalisation, where one high street becomes interchangeable with the next, Identity by Design addresses the idea of place-making and the concept of identity, looking at how these things can be considered as an integral part of the design process. Structured around a series of case studies including Prague, Mexico, Malaysia and Boston, the authors discuss an array of design approaches to explain and define the complex interrelated concepts. The concluding sections of the book suggest ideas for practical application in future design processes. With full colour images throughout, this book takes the discussion of place-identity to the next level, and will be valuable reading for all architects, urban designers, planners and landscape architects.

You and I, as Mothers Laura Prepon 2020-04-07 "[Prepon] returns to the written word with this heartfelt, honest look at motherhood, styled as both informative guidebook and raw memoir." –Entertainment Weekly When actor, director, and author Laura Prepon first became a mother, she felt raw, full of stress, and blindsided. She sought out resources to help navigate this huge life transition, but only found books about childcare with almost nothing on the shelves about momcare. So, Laura decided to write the book she was looking for. You and I, as Mothers: A Raw and Honest Guide to Motherhood is part memoir, part handbook, as Laura digs into her own unconventional upbringing and investigates how it shaped her as a person and as a mother, with intimate stories and never-before-shared anecdotes brought forth in an effort to understand our collective experience as mothers. The book is packed with practical tips for moms of any age, at any stage of motherhood, such as stress reduction techniques, self-care, protecting one's partnership, asking for help, and getting a global perspective on maternity. Also included are easy and delicious recipes, from ideas for kids-friendly food, to romantic dinner dates, and batch-cooking favorites that will help any parent feed their family. Unfiltered, honest, and insightful, Laura encourages the reader to acknowledge their challenges, embrace their strengths, and celebrate their victories as we navigate the greatest adventure of all: motherhood. "Every mother, partner, and friend can benefit from the evocative and hard-earned wisdom within these pages." –Mila Kunis "A powerful multi-hyphenate manifesto examining the most important and often overlooked realities of modern motherhood, written with wit, extraordinary grace, and real guts." –Amber Tamblyn

Top Secret Recipes Unlocked Todd Wilbur 2009-11-24 #1 bestselling Top Secret Recipes series with more than 4 million books sold! The kitchen clone recipe king is back with a new Top bestselling Top Secret Restaurant Recipes collection—the first book since his bestselling Top Secret Restaurant Recipes 2. Wilbur takes readers behind the scenes, revealing the key ingredients in some of our favorite foods such as Starbucks' Peppermint Brownie, Krispy Kreme's original glazed donuts, Panera Bread's cranberry walnut bagel and Wendy's Garden Sensations Mandarin Chicken

Salad. The book will feature 115 new recipes, including 40 previously unpublished recipes such as: •Panera Bread French Onion Soup •Burger King Onion Rings •Chick-Fil-A Honey Roasted BBQ Sauce •McDonald's Cinnamon Melts •Stouffer's Macaroni & Cheese •Chipotle Mexican Grill Chipotle-Honey Vinaigrette •Popeye's Buttermilk Biscuits. Forget takeout—with these fun recipes and blueprints, all using ingredients you can buy at your local supermarket, you can re-create your favorite restaurant signature dishes right in your own kitchen for a lot less!

The Stash Plan Laura Prepon 2016-03 "Cook ahead, mix and match, nourish body and soul"--Cover. **Anthropology, Development and Modernities** Alberto Arce 2003-12-16 While the diffusion of modernity and the spread of development schemes may bring prosperity, optimism and opportunity for some, for others it has brought poverty, a deterioration in quality of life and has given rise to violence. This collection brings an anthropological perspective to bear on understanding the diverse modernities we face in the contemporary world. It provides a critical review of interpretations of development and modernity, supported by rigorous case studies from regions as diverse as Guatemala, Sri Lanka, West Africa and contemporary Europe. Together, the chapters in this volume demonstrate the crucial importance of looking to ethnography for guidance in shaping development policies. Ethnography can show how people's own agency transforms, recasts and complicates the modernities they experience. The contributors argue that explanations of change framed in terms of the dominant discourses and institutions of modernity are inadequate, and that we give closer attention to discourses, images, beliefs and practices that run counter to these yet play a part in shaping them and giving them meaning. Anthropology, Development and Modernities deals with the realities of people's everyday lives and dilemmas. It is essential reading for students and scholars in anthropology, sociology and development studies. It should also be read by all those actively involved in development work.

An Inflammation Nation Sunil Pai 2016-04-27 Changing your daily routine and eating habits to restore and maintain your health can be challenging. But compared to surgery or extensive drug regimens with debilitating side effects, the effort is decidedly worth it. Here to make things a bit easier, Dr. Sunil Pai presents a ten-step guide to help you prevent and treat disease through diet and lifestyle changes, as well as through the use of natural anti-inflammatory. With extensive information on the production of food, pharmaceuticals, and dietary supplements, this remarkable resource pulls back the veil on what's really in the foods and products you consume daily and how they're affecting your health. All too often, conventional health care simply manages diseases rather than actually resolving them. By understanding that inflammation is the underlying trigger mechanism to all ailments, you can learn to prevent, reverse, and treat most chronic illnesses—including cancer—by applying integrative medicine's natural, evidence-based solutions. Informative, educational, and enlightening, this book will help you understand the truth and motivate you to start taking back your health!

The Vertical Jump Development Bible Kelly Baggett 2006-03 The definitive how to manual on vertical jump improvement. Performance Coach Kelly Baggett shows you exactly how he increased his own vertical leap by 20 inches and how you can increase yours too. Over 20 scientifically ground and battle tested programs for athletes of all ages and levels of advancement. Whether you're male or female, 12 yrs. old or 50, you will learn how to get the most out of your training and how you too can gain consistent vertical jump improvements of up to 20 inches or more.

Proceeding of the International Science and Technology Conference "FarEastCon 2019" Denis B. Solovet 2020-04-13 This book presents the proceedings of the International Science and Technology Conference "FarEastCon 2019," which took place on October 1–4, 2019, in Vladivostok, Russian Federation. The conference provided a platform for gathering expert opinions on projects and initiatives aimed at the implementation of far-sighted scientific research and development, and allowed current theoretical and practical advances to be shared with the broader research community. Featuring selected papers from the conference, this book will be of interest to experts in various fields whose work involves developing innovative solutions and increasing the efficiency of economic activities.