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Assembled from Dispute Resolution Journal - the flagship publication of the American Arbitration Association - the chapters in the Handbook have all, where necessary , been revised and updated prior to publication. The book is succinct, comprehensive and a practical introduction to the use of arbitration and ADR, written by leading practitioners and scholars. This work begins with a general introduction to employment ADR, discussing such topics as where plaintiffs can better vindicate their rights, general employment law strategies, how to assess workplace disputes and conflicts, and

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options for resolution. Employers are offered valuable advice on how to implement a successful employment arbitration program, with real-life examples to work from. Mediation of employment conflicts and employment arbitration are explored and a comparison of the two is provided, including with respect to statutory employment conflicts. Topics include respectfulness in the workplace, bullying, racial and cultural conflicts, sexual harassment, Disabilities Act disputes, airline disputes, weight discrimination, and discrimination based on marriage and pregnancy. Lastly, this book takes a look at the U.S. Supreme Court decision *14 Penn Plaza LLC v. Pyett*, where the Court clarified and reaffirmed the use of mandatory arbitration for resolution of workplace disputes. The chapters were selected from an extensive body of writings and, in the main, represent world-class assessments of arbitration and ADR practice. All the major facets of the field are addressed and provide the reader with comprehensive and accurate information, lucid evaluations, and an indication of future developments. They not only acquaint, but also ground the reader in the field. 'Far, far away in the high, high mountains in a deep, deep valley in a dark, dark cave - there lived a mighty dragon.' He was an awesome and frightening creature, terrorising whole armies, destroying castles, demolishing forests and kidnapping princesses. But this mighty dragon had a deep, dark secret. . . . Uncover a charming tale of adventure, a dragon, and an unlikely hero. Told with gentle humour and mesmerising illustrations, this is a picture book to enchant and delight. This stunning new edition is perfect for

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new readers, as well as fans of George, the Dragon and the Princess. This much-loved classic tale comes from the exceptional storyteller and illustrator, Chris Wormell. Do you want to teach your children how to be grateful for the things they already have? Little Betsy will learn that happiness is made up of simple things in life, both small and big. With the help of the magic stone, she will begin to feel gratitude for her parents, friends, and toys. But what happens when little Betsy forgets to use the magic of her stone? She will realize that the power of gratitude is hidden in her heart. "Gratitude is my superpower" will teach your little ones to appreciate the warmth of home, time spent playing with friends, and family relationships. This book will help your kids in many ways: they will focus on the blessings they receive every day, they will begin to appreciate what others do for them, they will feel true happiness when they realize that they have everything they need. Practice Daily Gratitude Also included Gratitude Journal to improve happiness and gain a new appreciation for your life and life or your children. --- "Gratitude's in all of us and all we have to do, is stop and think how thankful we are, instead of feeling blue!" --- From the bestselling author of Kindness is my Superpower This lovely story is filled with charming illustrations and touching rhymes. With this book, you will spend perfect moments with your child. "Gratitude is my superpower" is suitable for kids, their parents, and those who work with children. Get your copy now!

Market Intelligence Report: ClocksGlobal SourcesTime: From Earth Rotation to Atomic

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PhysicsCambridge University Press

The riveting full-career autobiography of Barry Geraghty, one of the most successful jump jockeys in the sport's history. Now retired, Geraghty takes his rightful place in the pantheon of greats that includes AP McCoy, Richard Johnson and Ruby Walsh. Barry Geraghty is an Irish horseracing legend. From his first win in 1997 he has gone on to ride almost 2000 winners, making him the fourth most successful jumps jockey of all time. With the second most wins at Cheltenham in the sport's history, he has worked with all the greats - Moscow Flyer, Kicking King, Monty's Pass. Barry finally retired in July 2020, covered in scars. He has broken all of his limbs, his shoulders, his ribs, his nose. He has survived falls too numerous to recall, and spent most of 2019 with a metal cast on his leg. And yet, he kept getting back on the horse, for twenty-three years. His autobiography is about resilience, the mental power that enables the great to keep going despite the pain, despite the odds. It explores how Barry has developed the mind tools to continue to push himself, even when all seems lost. Containing startling revelations and a searingly honest insight into the life of a top jockey, this is a must-read for all sports fans.

Peri was a pixie Who lived in a magic wood. He helped his many woodland friends As often as he could. His home he made beneath the roots Of a very old oak tree. Carpets were of soft, sheep's wool And given to him free. Peri the Pixie lives in his very old oak tree in the magic wood with lots of friends - Fluff the Rabbit, Flash the Hare, Igor the

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Eagle, Max the Mouse and many, many more. One day he gets a letter from Blink, one of his friends, and he decides to visit him at the seaside. But. oh dear! What is this? While Peri has been away, the wicked goblins Nab and Grab have stolen spells from Mr Jinks the Wizard and a terrible storm has hit the magic wood! What will happen to Peri and his lovely house? Perhaps his woodland friends will have to help him.

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A great book of inspirational advice on the subject of spiritual and self development. "Over 125 poetic companions for all life's ups and downs. The Buddha once told a

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disciple that good spiritual friends are the whole of holy life. The poems expertly gathered here offer all that one might hope for in such spiritual friendship: wisdom, compassion, peacefulness, good humor, and the ability to both absorb and express the deepest human emotions of grief and joy. The Poetry of Impermanence, Mindfulness, and Joy offers a wide-ranging collection of 129 ancient and modern poems unlike any other anthology on bookshelves today. It uniquely places Buddhist poets like Han Shan, Tu Fu, Saigyō, Ryōkan, Bashō, Issa, and others alongside modern Western poets one would not expect to find in such a collection--poets like Wallace Stevens, Robert Frost, Elizabeth Bishop, William Stafford, Denise Levertov, Jack Gilbert, Ellen Bass, Billy Collins, and more. What these poems have in common, no matter whether they are explicitly Buddhist, is that all reflect the essential truths the Buddha articulated 2,500 years ago. The book provides an important poetic complement to the many prose books on mindfulness practice--the poems here both reflect and embody the dharma in ways that can't be matched by other modes of writing. Its unique features include an introduction that discusses the themes of impermanence, mindfulness, and joy and explores the relationship between them. Biographical notes place the poets in historical context and offer quotes and anecdotes to help readers learn about the poets' lives. A short essay at the back of the book on "Mindful Reading" helps readers approach the poems from an experiential, non-analytical perspective and illustrates the similarities between meditation and the mindful reading of poetry. Brehm also includes a guided

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meditation on sound that helps readers appreciate the sonic qualities of poetry and shows how the anthology might be used in ongoing spiritual practice"--

Basic Electrical and Electronics Engineering provides an overview of the basics of electrical and electronic engineering that are required at the undergraduate level. The book allows students outside electrical and electronics engineering to easily (Musician's Guide Home Recordg). The best recordings are for nothing if the mix doesn't present those tracks in the best possible way and this book is all about how to make mixes that pull the listener in. It's not just about the technology, but the art of mixing as well. Written in a clear, practical, non-intimidating style, topics include: * Feel vs. perfection * The importance of the arrangement for mixing * Tailoring material for your audience * Monitoring and acoustics * Software mixer architecture * Unique aspects of mixing with digital audio * How to use plug-ins * Integrating external hardware with computers, the "12-step program" to create great mixes * Panning techniques * Equalization * Dynamics processing * Time-based effects * Placing effects in the right order * How to use automation * Hardware control surfaces * Mixing with virtual instruments * Adding expressiveness in the mix * Using ReWire, beyond conventional mixing techniques * Mixing and MIDI, and much more Far from being a laundry list of mixing techniques, How to Create Compelling Mixes places equal emphasis on the art of mixing. With copious illustrations and featuring the judicious use of sidebars to give details on selected topics for those who want to know "why" as well

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as "how," How to Create Compelling Mixes is essential reading about how to get the most out of this crucial processor for mixing and mastering.

The Charlie Fry Series continues. It's time to meet ... The Demon Football Manager. Charlie Fry is the Football Boy Wonder. After being hit by a lightning bolt - he has developed a magical gift. When he shoots, he never misses. He's now being touted as a future England star - despite not yet starting a competitive game for his new club Hall Park Rovers. However Charlie, who has cystic fibrosis and struggles to run too far, soon finds out fame brings its own problems. He has a new manager to impress - and Chell Di Santos does not like sharing the limelight with his players. Can Charlie win him over and keep his dreams of being a top footballer alive? Or will the Demon Football Manager live up to his nickname? The Demon Football Manager is the second football book in the Charlie Fry Series, the follow-up to the best-selling Football Boy Wonder. It is a football story for children aged 7-13. It looks at themes such as bullying, friendship, loyalty and the wonderful world of football.

"Shakespeare for Every Day of the Year is not just for Christmas, but for all time."
—Helena Bonham Carter A magnificent collection of 365 passages from Shakespeare's works, for the Shakespeare scholar and neophyte alike. Make Shakespeare a part of your daily routine with Shakespeare for Every Day of the Year, a yearlong collection of passages from Shakespeare's greatest works. Drawing from the full spectrum of plays and sonnets to mark each day of the year, whether it's a scene from Hamlet to

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celebrate Christmas or a Sonnet in June to help you enjoy a summer's day. There are also passages to mark important days in the Shakespeare calendar, both from his own life and from his plays: You'll read a pivotal speech from Julius Caesar on the Ides of March and celebrate Valentine's day with a sonnet. Every passage is accompanied by an enlightening note to teach you its significance and help you better appreciate the timelessness and poetry of Shakespeare's words. Shakespeare for Every Day of the Year will give you a thoughtful way reflect on each day, all while giving you a deeper appreciation for the most famous writer in the English language.

Weekend Makes: Hoop Embroidery Art features 25 beautifully stitched embroideries that are mounted and hung in an embroidery hoop. Inexpensive and quick to make, these small pieces are perfect for using up remnants of fabric and embroidery thread, felt, buttons and beads. The essential tools and techniques section means that those new to embroidery will be able to pick up a much-loved craft and create beautiful and simple pieces. The book also covers how to finish the back of the pieces, as well as how to hang them. These simple projects are achievable for all levels of ability.

A blue backpack. Una mochila azul. Empty! A brother and sister, un hermano y una hermana, and their little bear, un osito. Sleepy! But there are so many things to gather -- and so much to be done! Come join the fun -- in English and Spanish -- and make an ordinary afternoon extraordinary.

The first book to present a comprehensive overview of postwar Japanese design

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For the Japanese, the concept of design is not limited to functionality or materiality--it is deeply connected with ancient culture and rituals. In this sense, a chair is much more than what you sit on, a cup more than what you drink from: these objects are to be reflected upon, to be touched and cherished. As mass manufacture became widespread in the post-war period, fascinating cross-cultural exchanges began to take place between Japan and the West. And in recent years, a new generation of designers has taken Japanese creativity into entirely new territory, reconceptualizing the very meaning of design. Showcasing over 80 designers, hundreds of objects, and contributions from both Japanese and Western designers inspired by Japan, this volume will remain the definitive work on the subject for many years to come.

Presents ways for young children with anxiety to recognize when they are losing control and constructive ways to deal with it.

SUNDAY TIMES BESTSELLER 'When I see something old, that I think is beautiful, special, valuable, it's not about the money. It's about being in another time and place.' Star of TV's *Salvage Hunters*, Drew Pritchard will go to the greatest lengths for the best deals. He discovered the casts Lord Elgin made of his infamous marbles in a school garage, and broke the bank to buy the tool box Malcolm Campbell used when he set the water speed record in 1934. He made a

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million. Lost it. And made it again. The face of the compulsively fascinating business of finding and restoring lost treasures, visionary Drew takes us up and down the country, into garages, factories, schools and pubs, digging out incredible items from that 'other time and place'. Then by lovingly restoring them, he brings our history back to life. A flat cap among silver spoons and old school ties, our favourite no-bullshit expert may be a one-off, but his story makes us all dream of that obscure piece of antiquity gathering dust in the garden shed...

Nevil Shute was a pioneer in the world of flying long before he began to write the stories that made him a bestselling novelist. This autobiography charts Shute's path from childhood to his career as a gifted aeronautical engineer working at the forefront of the technological experimentation of the 1920s and 30s. The inspiration for many of the themes and concerns of Shutes novels can be found in this enjoyable and enlightening memoir.

A 1929 futuristic novel depicts the rise of a Communist-supported Third World army which penetrates the North American continent

Provides guidance to manufacturers and concumers of radio controlled clocks. WWVB is the NIST radio station located in Colorado which synchronizes radio controlled clocks.

The Kama Sutra is well-known for its multitude of sexual positions contained in

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the manual but do you also know the knowledge it imparts far exceeds just the positions? Incorporate the age-old wisdom of how you can enrich your sex life with titillations using emotional connection, sex toys, dirty talk, sexual fantasies, sexual intuition, role-playing, and more. Use sex exploration beyond physical pleasure and use it as a channel to broaden your communication with your partner, enhance the intimacy level as a couple, and have a variety of fun in the bedroom. Warning: New Edition Contains Explicit Content and Illustrations Kama Sutra for Beginners makes it easy for you to understand how you can begin to transform your sex life and impress your partner with succinct information and pictures. You can expect: Build a better connection with your partner beyond the physical level for passionate lovemaking Learning about sexual compatibility and communication to maximize sexual pleasure and intimacy Using sex toys and fantasies like role-playing to heighten excitement and orgasmic release Specific positions you can use for any situation anywhere - be limited only by your imagination Know the unique spots for males and females to provide better oral pleasure Experience rewards of emotional closeness - increased commitment, bonding, tolerance of imperfections in relationships, and appreciation of each other's well-being - with deep, meaningful sex Here's the chapter breakdown: Chapter 1: Sexual Compatibility Chapter 2: Being Vocal in the Bedroom Chapter

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3: Learning to Make Love Chapter 4: The Orgasm Chapter 5: Emotional and Physical Intimacy (Fireworks) Chapter 6: Sex Toys Chapter 7: Oral Sex Techniques Chapter 8: Anal Sex Chapter 9: Powerful Kama Sutra Sex Positions for the Male Orgasm Chapter 10: Powerful Kama Sutra Sex Positions for the Female Orgasm Chapter 11: Sex Positions to Keep Her Coming Chapter 12: Sexual Intuition Chapter 13: Sexual Fantasies Chapter 14: Sex Positions to Overcome Anxiety and Insecurity Chapter 15: The Kama Sutra Erotic Massage Chapter 16: How to Use Your Hands Only to Excite Your Partner Chapter 17: The Menstrual Cycle and Sex Chapter 18: How to Take Your Sex Life to the Next Level Gift yourself and your partner the powerful meaning and pleasure of lovemaking. Click "Buy Now" and enlighten your sexual prowess! NOTE: This is the color version of Kama Sutra for Beginners. That's the reason why the price is slightly higher.

James Ravilious trained as an artist, but a Cartier-Bresson exhibition converted him to photography, which he taught himself. In 1972, a move to his wife Robin's homeland - a very rural, unspoilt part of North Devon - inspired him. It also produced the perfect job: recording daily life in that traditional bit of old England before it was modernised. The results, over 75,000 black and white negatives in the Beaford Archive, form what Barry Lane, Secretary General of the Royal

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Photographic Society, called 'a unique body of work, unparalleled at least in this country for its scale and quality'.

This accessible reference presents the evolution of concepts of time and methods of time keeping, for historians, scientists, engineers, and educators. The second edition has been updated throughout to describe twentieth- and twenty-first-century advances, progress in devices, time and cosmology, the redefinition of SI units, and the future of UTC.

Have better English conversation and speaking classes with children today! In ESL Conversation Questions for Kids, you'll find more than 50 conversation topics suitable for English learners, each with a set of 15 engaging, interactive questions that'll get your students talking. They are designed for kids who know a little bit of vocabulary already. This book is perfect for those situations when you want to get an interesting discussion going but are out of inspiration. Keep a copy on your phone to pull out in case you need some fresh, new ideas. They're ideal for a warm-up or for a longer, free-talking time at the end of a themed lesson. Author Jackie Bolen is sharing her great ideas for English conversation questions with English teachers throughout the world. She's a CELTA/DELTA certified teacher with more than 15 years of experience in the classroom. These are the question lists that she uses with her own students. Pick up a copy of the book if you want to... Have more interesting English conversation classes with kids Engage students with great questions See happy, smiling faces in your

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classes Save time when planning lessons Have a resource to use in case of emergency It's the perfect solution to a last-minute class that you haven't had time to prep for! Or for classes where students want to do lots of free-talking, including private lessons. Avoid the chit-chat about the usual things and instead opt for something more interesting. These TEFL conversation questions for children will get students talking, guaranteed! Buy the book today to have better English classes tomorrow.

Master business modeling and analysis techniques with Microsoft Excel 2019 and Office 365 and transform data into bottom-line results. Written by award-winning educator Wayne Winston, this hands-on, scenario-focused guide helps you use Excel to ask the right questions and get accurate, actionable answers. New coverage ranges from Power Query/Get & Transform to Office 365 Geography and Stock data types. Practice with more than 800 problems, many based on actual challenges faced by working analysts. Solve real business problems with Excel—and build your competitive advantage: Quickly transition from Excel basics to sophisticated analytics Use PowerQuery or Get & Transform to connect, combine, and refine data sources Leverage Office 365's new Geography and Stock data types and six new functions Illuminate insights from geographic and temporal data with 3D Maps Summarize data with pivot tables, descriptive statistics, histograms, and Pareto charts Use Excel trend curves, multiple regression, and exponential smoothing Delve into key financial, statistical, and time functions Master all of Excel's great charts Quickly create forecasts

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from historical time-based data Use Solver to optimize product mix, logistics, work schedules, and investments—and even rate sports teams Run Monte Carlo simulations on stock prices and bidding models Learn about basic probability and Bayes' Theorem Use the Data Model and Power Pivot to effectively build and use relational data sources inside an Excel workbook Automate repetitive analytics tasks by using macros

Computing technology is as old as human society itself. The first humans on Earth used basic computing skills. They counted by carving tally marks in bone. They used body parts and basic tools to measure. Over the centuries, ancient peoples learned more about computing. People in the ancient Middle East used scales to measure goods for trading. The ancient Egyptians wrote textbooks including multiplication and division problems. The ancient Chinese developed an abacus for speedy calculations. Ancient Greeks made advances in geometry. What kinds of tools and techniques did ancient mathematicians use? Which of their inventions and discoveries have stood the test of time? And how did the ancients set the stage for our own modern computing? Learn more in *Ancient Computing Technology*.

The central question in political philosophy is whether political states have the right to coerce their constituents and whether citizens have a moral duty to obey the commands of their state. In this 2005 book, Christopher Heath Wellman and A. John Simmons defend opposing answers to this question. Wellman bases his argument on samaritan obligations to perform easy rescues, arguing that each of us has a moral

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duty to obey the law as his or her fair share of the communal samaritan chore of rescuing our compatriots from the perils of the state of nature. Simmons counters that this, and all other attempts to explain our duty to obey the law, fail. He defends a position of philosophical anarchism, the view that no existing state is legitimate and that there is no strong moral presumption in favor of obedience to, or compliance with, any existing state.

This revised edition retains the exceptional organization and coverage of the previous editions and is designed for the training and certification needs of first-line security officers and supervisors throughout the private and public security industry. *

Completely updated with coverage of all core security principles * Course text for the Certified Protection Officer (CPO) Program * Includes all new sections on information security, terrorism awareness, and first response during crises

Keep in touch with 16 brand-new postcards that can be decorated with the 20 hilarious stickers that are also included. Illustrations. Consumable.

UPGRADE YOUR SMALL TALK GUIDED BY WORLD-LEADING WEATHER EXPERTS! From Foggy and Freezing to Scorching and Stormy, join the ultimate weather adventure through the great British seasons and uncover the extraordinary in every single day*. Are YOU the ultimate weather watcher? Do you know your drizzle from your mizzle? Ever wondered what rainbows are really made of? And could you pinpoint where lightning has struck twice? Pore over beautiful cloudscapes, learn the

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secrets of sunsets, discover freak weather and fogbows, and why forecasting was so important in British history, from D-Day to the Great Fire of London. Perfect for rainy days in or cloudspotting on the go, the Met Office share the best of almost 170 years of forecasting for the first time in this beautifully illustrated book. Packed with mythbusting, top trivia, stunning visuals and archive gems, shooting the breeze has never been so interesting! *Even when it is tipping it down.

Forensic mental health assessment (FMHA) has grown into a specialization informed by research and professional guidelines. This series presents up-to-date information on the most important and frequently conducted forms of FMHA. The 19 topical volumes address best approaches to practice for particular types of evaluation in the criminal, civil, and juvenile/family areas. Each volume contains a thorough discussion of the relevant legal and psychological concepts, followed by a step-by-step description of the assessment process from preparing for the evaluation to writing the report and testifying in court. Volumes include the following helpful features: - Boxes that zero in on important information for use in evaluations - Tips for best practice and cautions against common pitfalls - Highlighting of relevant case law and statutes - Separate list of assessment tools for easy reference - Helpful glossary of key terms for the particular topic In making recommendations for best practice, authors consider empirical support, legal relevance, and consistency with ethical and professional standards. These volumes offer invaluable guidance for anyone involved in conducting or using forensic

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evaluations. This volume focuses on evaluating the determination of disability status in the workplace. The reader is walked through every aspect of the evaluation, beginning with an introduction to the nature and legal meaning of disability. The authors offer evidence-based practice recommendations and a helpful overview of issues specific to evaluations for social security, worker's compensation, and other disability benefit programs.

The delightful sequel to "The Antelope Who Loved Cantaloupe." When Mr. Antelope returns with his cantaloupe, humming his tune, he is delighted to find that his friends are happy to bring their own musical skills and join in the fun.

Landmarks help us to find ourselves when we think we are lost. When we don't know where to begin, they give us a starting point. When we think we know where we are, they give us the confidence to keep going. And if we think we have arrived, they remind us that there is always something more, somewhere beyond ...This is a book of Landmarks for the heart's journey. Written out of the author's own prayer and lived experience, and inspired by her practical explorations of the insights of St Ignatius Loyola, it opens up questions which concern us all:- How can we recognise God's ceaseless action in our lives and begin to discern his will?- What does 'fallenness' mean for us today?- How can we live true to ourselves and make decisions in freedom?- How do we penetrate our deepest desires and become free of the lesser attachments that obstruct them?Big questions - but as Margaret Silf shows, there are

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clues to be discovered in every moment and situation: at home, at work, in the garden, in the market, in the bath! Landmarks will help us discover and deepen our individual journeys. Written for both groups and individuals, it is illustrated with drawings and diagrams, and contains exercises and suggestions for prayer and reflection. Be warned, however. Landmarks are not for armchair pilgrims. They are for People of the Way.

Experience the thrill of seeing the "Big Five" by embarking on a safari of the knitted kind from the comfort of your armchair. Sarah Keen's latest book, Knitted Safari, is packed full of fabulous safari animals to knit, as well as a jeep to take you on your imaginary adventure of a lifetime. Inside you will find everything you need to know to knit creatures that will entertain children for hours! 25 safari animals and a jeep to knit includes a techniques section suitable for notice knitters includes projects to make elephants, lions, a rhino, leopard, buffalo, flamingos, chimps, a zebra, hippos and anteater.

It has never been more important to sleep well. Stop sabotaging your own sleep and finally wake up energised and refreshed How to Sleep Well is a guidebook that can change your sleep and help you live your life more fully. Whether you struggle to fall asleep, sleep too lightly, wake too often or simply cannot wake up, this book can help you get on track to sleeping well and living better. It all starts with the science of sleep: how much you really need, what your body does during sleep and the causes behind

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many common sleep problems. Next, you'll identify the things in your life that are disrupting your sleep cycle and learn how to mitigate the impact; whether the pressure of workplace or you simply cannot quiet your own mind, these expert tips and tricks will help you get the sleep you need. Finally, you'll learn how to support healthy sleep during the waking hours — what works with or against your sleep — and you'll learn when the problem might be best dealt with by your GP. Don't spend another restless night waiting for a bleary, groggy morning and sleepy day. Take control of your sleep tonight! Learn how sleep — or a lack thereof — affects every aspect of your life Identify the root causes of your sleep issues and cut them off at the source Discover the sleep advice that works, and the tips that are just plain daft. Create a healthy, calming bedtime routine that will help you get the rest you need Sleep affects everything. Work and school performance, relationships, emotional outlook, your appearance and even your health. Sleeping poorly or not sleeping enough can dramatically impact your quality of life, but most sleep problems can be solved with a bit of self-adjustment. How to Sleep Well puts a sleep expert with over 36 years' experience at your disposal to help you finally get the restful, restorative sleep you need to live better and be productive.

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