

Cakemoji Recipes And Ideas For Sweet Talking Treats

From the foreword: "One of the High Line's powers is its ability to evoke time, to remind us of the changes we've experienced during our own lives, to bring forth echoes of the past, and to make us guess what life might be like years from now. I love the photos on these pages, because they have that power, too." --Joshua David, Co-Founder of the Friends of the High Line. Ten Avenues Press, in association with Friends of the High Line, announce the publication of High Line Nudes. In 2006, photographer Kevin McDermott took three of his friends up on the abandoned railroad tracks that would become New York City's High Line park to shoot a series of nudes. As McDermott states in his introduction, "at the time I took these photos, what I sought from its beauty was its sense of isolation, being alone, surrounded by nature in the middle of this metropolis." A decade later, this location is now one of the most visited tourist destinations in NYC and one of the largest real estate developments in the world. High Line Nudes captures a seemingly impossible, but beautiful moment in the history of the West Side Rail Yards, Chelsea and an ever changing New York City. The cloth hardcover book is beautifully printed in color and rich black and white duotone images.

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Discover why rum is becoming the hottest spirit in the world right now with the latest and greatest offering from bestselling author and master mixologist Tristan Stephenson.

'200 Tips for Cake Decorating' shows why fondant is so popular. Its smooth surface, vivid colors and moldable texture allow bakers to roll it, cut it, model it and color it. With basic skills and minimal equipment, bakers can create entertaining toppers for cakes and cupcakes.

Poland's relationship with its Jewish population has long been a subject of often agonizing debate. In September 1939, there were approximately 3.3 million Jews living in Poland, the largest population in Europe. In May 1945, between 40,000 and 60,000 remained. Most of the Nazi death camps had been located on Polish soil. The intertwined issues of wartime complicity and victimhood haunt Poland to this day, complicated by the unavoidable fact that anti-Semitism in Poland existed well before the outbreak of the Second World War, and has existed long after it. The deadly Kielce Pogrom in July 1946 appalled the world, since its victims were precisely those Jews who had miraculously survived annihilation. And while with the years physical violence against Jews diminished-if only because there were not many at whom to direct it-anti-Semitism has remained no less virulent, emerging as a force in Polish politics, religious life, and in society

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at large. A study undertaken in 2002 determined that one in nine Poles believed the Jews collectively responsible for the crucifixion of Christ. One in four claimed that Jews were secretly plotting to rule the world. Is anti-Semitism integral to Polish identity? Nowhere has this question been more the cause of soul-searching than in Poland itself. In this volume, Adam Michnik, one of Poland's foremost writers and intellectuals, and Agnieszka Marczyk have brought together the most significant essays of the twentieth century written by prominent Poles on Polish anti-Semitism, including by such writers and intellectuals as Czeslaw Milosz, Leszek Kolakowski, Jerzy Andrzejewski, and Tadeusz Mazowiecki. Taken from a three-volume original Polish edition, 3,000 pages in length and containing 320 entries, the essays, most of which have been translated into English here for the first time by Marczyk, resonate with Michnik's central argument-that anti-Semitism is not a given of Polish culture. It has been consistently challenged and rejected. Taken together, through their collective courage and wisdom, expressed even in moments when reason seemed lost, these essays and their authors remind readers not only of the destructive and self-destructive elements of anti-Semitism, but of the necessity of combatting it in all of its forms. Even some of the darkest parts of Polish history have produced moments of illumination.

"This book has become the core assertiveness

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training handbook, recommended in confidence building and personal development courses, coaching and mentoring programmes, as well as counselling and therapeutic contexts throughout the UK and, with subsequent translations, in many parts of the world. Most importantly, Anne Dickson's work has helped millions of women who have been inspired and empowered by this book."--Publisher.

The Yoga Kitchen Plan is a soulful journey towards finding your best, most authentic self where a quiet mind and overall sense of calm are the ultimate goal. Through the use of pure, non-stimulating foods, the plan helps the reader reach a state of bliss and tranquility each day. The book starts by explaining the body's chakra system and how this is integral to a yogic lifestyle. The core of the book is the simple, 7-day plan which incorporates breathing exercises, meditations, basic yoga practice, daily tasks, and then a selection of recipes for breakfast, lunch and dinner that target each of your 7 chakras to take you through a whole week. The 80 recipes follow a sattvic food model – this means that the food is lacto-vegetarian i.e. fruit, vegetables and dairy predominate while stimulating foods that unsettle the mind are excluded, such as eggs, garlic, onion and caffeine. Examples include Raspberry & Apple Bircher with Pistachio Confetti; Blueberry & Basil Kombucha with Poached Pear & Rhubarb; Fennel, Beetroot & Orange Salad with Whipped Feta; and

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Grilled Lettuce, Corn & Black Bean Chop Salad.

Peterson's® Master the(tm) SSAT® is the guide for preparing students and their parents for the SSAT® exam. Complete with the most up-to-date information on the upper-level exam, this guide is vitally important to anyone preparing for private secondary school admissions testing. Students have access to test-taking strategies for each of the question types, along with specific advice for exam day. Four practice tests, plus a diagnostic test, provide students with a realistic idea of what to expect when the test date arrives. In addition, students and parents both benefit from expert tips on all aspects of the private secondary school search process: how to identify schools that are a good fit, how to apply for financial aid, and all of the other challenges of finding the right private secondary school. 4 full-length practice tests with detailed answer explanations Diagnostic test to determine strengths and weaknesses Complete review of all exam subjects: Verbal Ability, Quantitative Ability, Reading Comprehension, and Writing Expert advice on SSAT® exam question formats, scoring, and what to expect on test day

This brand-new series focuses on creating a collection of must-have books filled with 50 of the most on-trend dishes from around the world. The series will kick off with S is for Sri Lankan and K is for Korean, which will introduce the ultimate recipes

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from each cuisine, all in a highly desirable and on-trend gift package. Each book covers the 50 recipes that form the fundamentals of these zeitgeist cooking traditions, merging both ancient dishes and modern interpretations. S is for Sri Lankan includes iconic recipes with a modern twist, from egg hoppers, coconut pancakes, and green sambol, to curries, chutneys, and more. This trend-led series of cookbooks will be filling the bookshelves of budding new foodies while also making the perfect gift for anyone who hasn't yet experimented with these cuisines in their home cooking.

The Yoga Kitchen teaches you that by eating holistic recipes you can nourish your mind, strengthen your body and bring more balance into your life. All the recipes are vegetarian and gluten-free, allowing you to improve your health, build your inner-core, increase your energy and support your spiritual development. Kimberly Parsons is the owner of The Retreat Cafes, that have become an integral part of London's yoga scene, and in her first book she brings her healthful recipes and yogic principles straight into your kitchen. The recipes in The Yoga Kitchen are divided into chakra-based chapters; Ground, Flow, Soul, Nurture, Strengthen, Vitalise and Core. From Green quinoa burgers and Sweet potato gnocchi with walnut pesto to Tahini & pistachio cookies and Goji tart with Passionfruit curd it has never been easier to eat in a balanced way with these delicious and inspiring yoga-based recipes.

Nourish Cakes offers 50 stunning recipes for cakes and

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bakes, both large and small, focusing on healthy ingredients such as nuts, vegetables and dried fruit. Many of the recipes are allergy- or intolerance-friendly, using wheat-free flours and unrefined sugars, and each recipe is clearly coded to show which dish will suit you. With sections covering Light and Zesty bakes (Lime, coconut and courgette cake; Lavender and spelt sables), Vibrant and Fruity (Peach, olive oil and rosemary friends; Fig and honey tart), Warm and Nutty (Sweet potato brownies), and Dark and Spicy (Chocolate, buckwheat and chestnut roulade; Clementine, oat and cranberry muffins), the emphasis is on including exciting new ingredients, rather than on cutting things out, showing how you can get the same amazing tastes and textures with healthy alternatives. With all the recipes checked by a qualified dietitian, the cakes in the book will lead you to embrace a more positive, balanced and inclusive approach in your baking. There's also an index to direct you to vegan, gluten-free and dairy-free cakes at a glance, and all the ingredients can be easily sourced from supermarkets or healthfood shops. Nourish Cakes presents an alternative way of baking and makes it appealing, celebratory and exquisitely beautiful. Delicious recipes that are simple to make, fuss-free and full of flavour. From the team behind the popular online community Over60 comes a cookbook featuring a collection of tried-and-true favourites that have been passed down from mother to daughter for generations. With dishes to suit people living on their own as well as larger families, there are chapters on breakfasts and brunches, sweet treats for morning or afternoon tea,

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simple recipes that can be made with the kids, easy lunches, delicious dinners, special recipes for celebrations, as well as sauces, preserves and jams. From old classics, like Mum's Sweet Brisket and The Perfect Scones, to recipes with a modern twist, like Lemon and Chicken Parmesan Rissoles and Raspberry Banana Bread with Passionfruit Icing, there's something to please every member of the family. The perfect cookbook for anyone who appreciates gathering around the table with loved ones to share great food, with minimal effort.

This book will introduce non-molecular biologists to diagnostic PCR-based technologies for the detection of pathogens in foods. By the conclusion of this book, the reader should be able to: 1) understand the principles behind PCR including real-time; 2) know the basics involved in the design, optimization, and implementation of PCR in food microbiology lab setting; 3) interpret results; 4) know limitations and strengths of PCR; and 5) understand the basic principles behind a new fledgling technology, microarrays and its potential applications in food microbiology. This book will provide readers with the latest information on PCR and microarray based tests and their application towards the detection of bacterial, protozoal and viral pathogens in foods. Figures, charts, and tables will be used, where appropriate, to help illustrate concepts or provide the reader with useful information or resources as an important starting point in bringing molecular diagnostics into the food microbiology lab. This book is not designed to be a “cookbook” PCR manual with recipes and step-

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by-step instructions but rather serve as a primer or resource book for students, faculty, and other professionals interested in molecular biology and its integration into food safety. v Table of Contents Preface .

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..... v Chapter 1. PCR Basics Amanda Fairchild, M. S. , Margie D. Lee DVM, Ph. D. , and John J. Maurer, Ph. D. 1 Chapter 2. The Mythology of PCR: A Warning to the Wise John J. Maurer, Ph. D. 27 Chapter 3.

Published to celebrate Skye Gyngell's new restaurant in London, Spring presents a collection of delectable recipes from the menu—beautiful new breads and pasta dishes, exquisite seafood and meat dishes, colorful salads and vegetables, enticing ice creams and desserts, original preserves, and drinks newly fashioned for the restaurant. Spring also provides a fascinating insight into the creation of the restaurant itself, from Skye's first visit to the space at Somerset House, through to the design and development of the site, to the opening of the restaurant, decor, and even staff uniform. In October 1939, Albert Einstein warns President Franklin D. Roosevelt that Nazi Germany is actively pursuing an atomic bomb and urges him to make sure that the United States develops the bomb first. Roosevelt heeds the warning and launches the “Manhattan Project” in June 1942.

The Science Focus Second Edition is the complete science package for the teaching of the New South Wales Stage 4 and 5 Science Syllabus. The Science

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Focus Second Edition package retains the identified strengths of the highly successful First Edition and includes a number of new and exciting features, improvements and components.

Rice is one of the most versatile and delicious foods in the world. From risottos to nasi goreng, pilaf to pies, puddings to snack bars, this extraordinary grain is an essential ingredient in so many classic dishes. Posh Rice offers over 70 brand new recipe ideas for rice, with sections on soups & snacks (pakoras, béchamel fritters, sticky rice summer rolls), salads & bowls (sesame, avocado and salmon rice bowl, chicken burrito bowls, Persian rice salad), main courses (bibimbap, risi e bisi, lamb Hyderabadi biryani, seafood paella, Hong Kong claypot rice), side dishes (coconut and cashew rice, mudajahhra) and desserts and sweets (Belgian rice tart, Balinese black rice pudding, summer berry rice cream). With tips on storecupboard essentials and a guide to types of rice, and with a photograph of every single recipe, Posh Rice gives you a wealth of fast and tasty meal solutions.

Are you ready to lose weight well? Written by Dr Xand van Tulleken, who slimmed down from 19 stone, How to Lose Weight Well accompanies the hit Channel 4 show and champions a foolproof weightloss method. He presents a simple 4-step plan for a healthy diet, backed by science. No gimmicks, no expensive supplements, no hassle – just practical advice and 70 easy recipes for every day of the week. For most people, diets fail when cravings and temptation get the better of them, but this diet addresses these common traps so that anyone can

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keep the weight off for the rest of their lives. Recipes include filling meat, fish and vegetable mains, breakfasts and even puddings. Additionally, a series of menu plans provides all the help readers might need to fit the recipes into their busy days.

What does it feel like to follow in the footsteps of Britain's most successful manager? To have your every decision, move and word scrutinised worldwide? How do you capture the heart and soul of Manchester United? With unrivalled access to Old Trafford, Jamie Jackson charts the disastrous ten-month reign of David 'The Chosen One' Moyes and the club's first season with the Iron Tulip, Louis Van Gaal: authoritarian, joker and self-proclaimed genius. Featuring revealing interviews and analysis of the key players and events - from the Glazers and their frontman Ed Woodward's vision, the captaincy of club stalwart Wayne Rooney, through to the testing times experienced by new arrivals Radamel Falcao and Luke Shaw - Jackson reveals why Moyes was always doomed to fail and how Van Gaal has reinvigorated United's chances of winning silverware again. From boot room to boardroom, pitch side to press room, *A Season in the Red* is the insider's story of life in the Red seat at the biggest club in the world.

Pleesecakes have reinvented the cheesecake for a new generation - this new updated edition features even more new favourites! Featuring over 60 of their most popular no-bake recipes, there are boozy riffs on cocktails (Bang Bang Mojito, Geezer & T, Daq Attack) and breakfast (Alpacino Cappuccino and Sizzling Bacon & Maple Syrup Minis), through celebration cheesecakes (Black

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Forest Gateau, Eton Mess, Chilli-Willy Chocolate), plus vegan options (Avocado & Lime Minis, Protein Slices), to classic Pleesecake legends like the Strawberry Edge Ledge, Speculoos and White Chocolate and Fully Loaded. Their inventive toppings and out-of-this-world flavour combinations will have you drooling with anticipation, and they're so simple to make. So pile the toppings high, and get on some DECENT desserts!

The Fifth Edition of *A History of the Roman People* continues to provide a comprehensive analytical survey of Roman history from its prehistoric roots in Italy and the wider Mediterranean world to the dissolution of the Roman Empire in Late Antiquity in A.D. 600. Clearly organized and highly readable, the text's narrative of major political and military events provides a chronological and conceptual framework for the social, economic, and cultural developments of the periods covered. Major topics are treated separately so that students can easily grasp key concepts and ideas.

Erotic memoir

A dynamic and hip collective biography that presents forty-four of America's greatest movers and shakers, from Frederick Douglass to Aretha Franklin to Barack Obama, written by ESPN's TheUndefeated.com and illustrated with dazzling portraits by Rob Ball. Meet forty-four of America's most impressive heroes in this collective biography of African American figures authored by the team at ESPN's TheUndefeated.com. From visionaries to entrepreneurs, athletes to activists, the Fierce 44 are beacons of brilliance, perseverance, and excellence. Each short biography is accompanied by a

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compelling portrait by Robert Ball, whose bright, graphic art pops off the page. Bringing household names like Serena Williams and Harriet Tubman together with lesser-known but highly deserving figures such as Robert Abbott and Dr. Charles Drew, this collection is a celebration of all that African Americans have achieved, despite everything they have had to overcome.

Supermarkets now stock gluten-free options, everyone – from restaurants to your gran – has at least heard of the term, and most importantly, you've never felt better. So why is it still so tricky to navigate life as a gluten-free diner? From going out for dinner, to staying in with friends, it can be a challenge to cook, eat and socialise in a world of gluten eaters. How to be Gluten-Free and Keep Your Friends helps you to go about your life without compromises, excuses or apologies. Instead, you'll be armed with 50 fresh, exciting and globally-inspired gluten-free recipes you can cook for yourself, your friends and your family (without hearing any complaints!), as well as tips, tricks and hacks for being a better more easygoing gluten-avoider. Your options will open up, you'll enjoy a whole new menu of food, and your friends... well, they'll never have a bad word to say again!

Looking for Splasher gives children an insight into Tasmanias natural habitat with its peculiar and diverse animals. It is both educational and engaging.

An expert team from SONY Europe explains the technology behind today's major digital audio consumer products, including the Compact Disc, MiniDisc, Super Audio CD, DVD-Audio, MP3 and

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Digital Audio Tape. Beginning with a fascinating overview of the history of audio technology, this fourth edition addresses the principles and technologies which underpin the various formats currently available. Considerable technical detail is provided, with extensive use of illustrations to enhance understanding. Audio engineers, students and hi-fi enthusiasts who want to gain an understanding of the way these technologies have been developed will find no better introduction than this authoritative guide from SONY, a forerunner in the digital audio industry.

Everybody speaks emoji, but with this book, Cakemoji, we can now all eat emoji too. Over 50% of all sentences currently posted on instagram contain an emoji; it is the world's fastest growing language with the visual icons set to become the lead characters in an animated movie currently in production at Sony Pictures. We all have our favorite emojis that can now be brought to life in cake or cookie form. With the classic smiley face chocolate cakes iced in coloured fondant, choose from winky face, kissy face, blushing face or the newly released, bespectacled nerdy face. Other cake and cookie designs include ghost macarons, poop cupcakes, pizza slice cake, fizzing bomb cake pops, sassy girl cake, catface cookies, coloured heart funfetti cookies and – of course – a unicorn rainbow cake. With clear instructions for the basic recipes and techniques and

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full step-by-step photographs to guide you through the cake and cookie decoration method, this fun recipe book will soon have everybody pulling a slurpy face.

Add technicolour sparkle to your sushi and fairytale magic to your mocktails. Why eat boring when you can enjoy a rainbow-coloured noodle bowl for dinner? And it's all deliciously natural - no nasty e-numbers or preservatives, just beautiful food colourings made from berry juices and vegetables. From the show-stopping Unicorn Cake and Cosmic Donuts to Rainbow Veggie Sandwiches and Celestial Swirl Soup, these brightly coloured edibles can be naughty or nice. Create the most unbelievably Instagrammable dishes ever seen.

Cook, post and enjoy - the treats and the likes. After the death of a police officer, assassin Kahllah (aka the Black Lotus) is forced out of retirement in an attempt to clear her name while outrunning a mysterious enemy. "K'wan delivers a lean, tightly plotted tale that balances noir aesthetics with comic book flair. Fans of pulp and urban lit will be well satisfied." --Publishers Weekly "From page one to the last, K'wan's Black Lotus 2: The Vow is a high-wire act with no net. A smart refiguring of hard-boiled with a nitro injection of new-age sensibilities." --Reed Farrel Coleman, New York Times best-selling author of Walking the Perfect Square "Like a cool, hip, and fun evening at a vintage drive-in, Black Lotus 2: The

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Vow takes me back to a time when Jim Kelly, Pam Grier, and Fred Williamson graced the big screen. Throw in some Bruce Lee and a little The Last Dragon and you have a hell of a butt-kicking, action-filled ride." --Ace Atkins, New York Times best-selling author of The Shameless "Black Lotus 2: The Vow is a thrilling roller-coaster ride of a mystery that kept me on the edge of my seat!" --Bernice L. McFadden, author of The Book of Harlan It's been months since Kahllah El-Amin, aka the Black Lotus, hung up her pistols, retired from the murder-for-hire business, and finally found peace. But when a police officer is murdered and a familiar flower is left at the crime scene, all signs point to it being the work of the Black Lotus. Someone is trying to frame her. Things get more complicated when the case is handed to Detective James Wolf, a former adversary who has since become a friend. To clear her name, Kahllah is forced out of retirement and once again must don the mask of the Black Lotus. She races against time to catch the real killer while trying to outrun her most formidable rival. Their deadly game leads to a shocking truth buried under a mountain of lies, as Kahllah attempts to find justice in a world devoid of light.

Re-Presenting Disability addresses issues surrounding disability representation in museums and galleries, a topic which is receiving much academic attention and is becoming an increasingly

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pressing issue for practitioners working in wide-ranging museums and related cultural organisations. This volume of provocative and timely contributions, brings together twenty researchers, practitioners and academics from different disciplinary, institutional and cultural contexts to explore issues surrounding the cultural representation of disabled people and, more particularly, the inclusion (as well as the marked absence) of disability-related narratives in museum and gallery displays. The diverse perspectives featured in the book offer fresh ways of interrogating and understanding contemporary representational practices as well as illuminating existing, related debates concerning identity politics, social agency and organisational purposes and responsibilities, which have considerable currency within museums and museum studies. *Re-Presenting Disability* explores such issues as: In what ways have disabled people and disability-related topics historically been represented in the collections and displays of museums and galleries? How can newly emerging representational forms and practices be viewed in relation to these historical approaches? How do emerging trends in museum practice – designed to counter prejudiced, stereotypical representations of disabled people – relate to broader developments in disability rights, debates in disability studies, as well as shifting interpretive practices in public history and mass

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media? What approaches can be deployed to mine and interrogate existing collections in order to investigate histories of disability and disabled people and to identify material evidence that might be marshalled to play a part in countering prejudice? What are the implications of these developments for contemporary collecting? How might such purposive displays be created and what dilemmas and challenges are curators, educators, designers and other actors in the exhibition-making process, likely to encounter along the way? How do audiences – disabled and non-disabled – respond to and engage with interpretive interventions designed to confront, undercut or reshape dominant regimes of representation that underpin and inform contemporary attitudes to disability?

Though small in size, this die-cut cookbook is a big treat! From chocolate and red velvet to the very best carrot, these 50 foolproof recipes make the yummiest cupcakes imaginable. Whip up yummy and eye-catching delicacies in a multitude of flavors, along with a variety of fillings, creams, and icings. Baking tips, how-to techniques, and delightful photos of the finished cupcakes guide you to sweet perfection.

Abigail Schrock knows God can make all things new, but does that include her broken heart? It seems as if everyone is falling in love in Birch Creek, including Abigail Schrock. But when heartbreak descends on

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her already fragile world, she can't help but feel that if she'd only been a little prettier, she could be on her way down the aisle. To make matters worse, Abigail's two sisters have found love, and all Abigail can seem to find is the chocolate she has stashed away in the pantry. Asa Bontrager has never had trouble with the ladies in his Amish community—his good looks have always gotten him far. Which is why he's baffled by the call he's received from God to pursue Abigail, a woman who seems determined to turn him away. Can Abigail find the peace and joy she so desperately desires? Will she allow herself to stop running and melt into the embrace of unforeseen comfort? If she does, she may discover a love powerful enough to restore her hope in a promising future.

This book endeavours to pinpoint the relations between musical, and especially instrumental, practice and the evolving conceptions of pitch systems. It traces the development of ancient melodic notation from reconstructed origins, through various adaptations necessitated by changing musical styles and newly invented instruments, to its final canonical form. It thus emerges how closely ancient harmonic theory depended on the culturally dominant instruments, the lyre and the aulos. These threads are followed down to late antiquity, when details recorded by Ptolemy permit an exceptionally clear view. Dr Hagel discusses the textual and

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pictorial evidence, introducing mathematical approaches wherever feasible, but also contributes to the interpretation of instruments in the archaeological record and occasionally is able to outline the general features of instruments not directly attested. The book will be indispensable to all those interested in Greek music, technology and performance culture and the general history of musicology.

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Hardie Grant Publishing

Capitalist Nigger is an explosive and jarring indictment of the black race. The book asserts that the Negroid race, as naturally endowed as any other, is culpably a non-productive race, a consumer race that depends on other communities for its culture, its language, its feeding and its clothing. Despite enormous natural resources, blacks are economic slaves because they lack the 'devil-may-care' attitude and the 'killer instinct' of the Caucasian, as well as the spider web mentality of the Asian. A Capitalist Nigger must embody ruthlessness in pursuit of excellence in his drive towards achieving the goal of becoming an economic warrior. In putting forward the idea of the Capitalist Nigger, Chika Onyeanyi charts a road to success whereby black economic warriors employ the 'Spider Web Doctrine' – discipline, self-reliance, ruthlessness – to escape from their victim mentality. Born in Nigeria,

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Chika Onyeani is a journalist, editor and former diplomat.

Rebecca Rusch is one of the great endurance athletes of our time. Known today as the Queen of Pain for her perseverance as a relentlessly fast runner, paddler, and mountain bike racer, Rusch was a normal kid from Chicago who abandoned a predictable life for one of adventure. In her new book *Rusch to Glory: Adventure, Risk & Triumph on the Path Less Traveled*, Rusch weaves her fascinating life's story among the exotic locales and extreme conditions that forged an extraordinary athlete from ordinary roots. Rusch has run the gauntlet of endurance sports over her career as a professional athlete-- climbing, adventure racing, whitewater rafting, cross-country skiing, and mountain biking--racking up world championships along the way. But while she might seem like just another superhuman playing out a fistful of aces, her empowering story proves that anyone can rise above self-doubt and find their true potential. First turning heads with her rock climbing and paddling skills, Rusch soon found herself spearheading adventure racing teams like Mark Burnett's Eco-Challenge series. As she fought her way through the jungles of Borneo, raced camels across Morocco, threaded the rugged Tian Shan mountains, and river-boarded the Grand Canyon in the dead of winter, she was forced to stare down her own demons. Through it all, Rusch

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continually redefined her limits, pushing deep into the pain cave and emerging ready for the next great challenge. At age 38, Rusch faced a tough decision: retire or reinvent herself yet again. Determined to go for broke, she shifted her focus to endurance mountain bike racing and rode straight into the record books at a moment when most athletes walk away. Rusch to Glory is more than an epic story of adventure; it is a testament to the rewards of hard work, determination, and resilience on the long road to personal and professional triumph.

These fun faux matchsticks are printed with prompts and talking points that will get loved ones laughing, connecting, and playing together. A perfect way to liven up family gatherings and road trips, this colorful box of joy makes an extra-sweet gift for Mother's Day or Father's Day.

Cakes in Bloom is a celebration of Peggy Porschen's artistry, skill and dexterity within the world of sugarcraft. In this stunning book, Peggy shares her repertoire of incomparable sugar blooms, from vintage roses to exotic frangipani, and the secrets behind her expert modelling techniques. After introducing the basic techniques and specialist tools you'll need, there are 24 varieties of flower to create, all accompanied by detailed step-by-step photography and glorious shots of the finished flowers - both close up and in position on some of Peggy's signature wedding cake designs. The

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ultimate reference and inspiration for sugarcrafters, the book reflects Peggy's mastery of a breathtaking array of flowers, creatively used on a variety of cakes.

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