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**NATIONAL BESTSELLER**The easiest-to-follow Instant Pot cookbook ever: 100 delicious recipes with more than 750 photographs guiding you every step of the way Jeffrey Eisner's popular Pressure Luck Cooking website and YouTube channel have shown millions of home cooks how to make magic in their Instant Pots. Now Eisner takes the patient, fun, step-by-step approach that made him an online phenomenon and delivers a cookbook of 100 essential dishes that will demystify pressure cooking for Instant Pot users of all abilities--and put an astounding dinner on the table in a flash. Every flavor-filled recipe in this book is illustrated with clear photographs showing exactly what to do in each step. There are no surprises: no hard-to-find ingredients, no fussy extra techniques, and nothing even the most reluctant cooks can't master in moments. What you see is truly what you get, in delicious and simple dishes such as: Mac & Cheese Quick Quinoa Salad French Onion Chicken Eisner's popular Best-Ever Pot Roast Ratatouille Stew And even desserts such as Bananas Foster and Crème Brûlée.

This report represents the conclusions of a Joint FAO/WHO Expert Committee convened to evaluate the safety of residues of certain veterinary drugs in food and to recommend maximum levels for such residues in food. The first part of the report considers general principles regarding the evaluation of residues of veterinary drugs within the terms of reference of the Joint FAO/WHO Expert Committee on Food Additives (JECFA), including harmonization of residue definition, use of scientific literature in risk assessment, toxicological profiling of compounds and less-than-lifetime dietary exposure assessment, combined exposure to multiple chemicals, and microbiological effects on the safety evaluation of veterinary drug residues in food. Summaries follow the Committee's evaluations of toxicological and residue data on a variety of veterinary drugs: three insecticides (diflubenzuron, ethion and flumethrin), three antimicrobials (fosfomycin, halquinol and ivermectin) and one antiparasitic agent (selamectin). Annexed to the report is a summary of the Committee's recommendations on these drugs, including acceptable daily intakes (ADIs) and proposed MRLs.

This detailed book gathers a broad collection of experimental approaches to assist researchers in setting up different methods to investigate protein conformational disorders. Beginning with a section on assays focusing on biophysical approaches to study protein (mis)folding, the volume continues with sections on cellular and proteostasis assays as well as assays for protein folding correction and recovery, combining methods such as thermal shift assays, in silico improvement of protein solubility, and compound screening, an important area of research as it may open avenues for therapeutic strategies. Written for the highly successful Methods in Molecular Biology series, chapters include introductions to their respective topics, lists of the necessary materials and reagents, step-by-step, readily reproducible laboratory protocols, and tips for troubleshooting and avoiding known pitfalls. Authoritative and practical, Protein Misfolding Diseases: Methods and Protocols serves as an ideal guide for researchers seeking to advance our knowledge of protein conformational disorders.

- A lively, graphic, full-color guidebook to this fascinating nation. - Color photography and archival and other illustrations throughout - Intelligent, opinionated writing by Christopher Knowles. - Solid travel reportage on every region punctuated by lively sidebars on Tibetan Buddhism, jade, the Great Wall, the Cultural Revolution, and other aspects of local color, culture, and history--with loads of fascinating trivia; zingy captions. - What to see and do, plus recommended tours. - Special rating system identifying not-to-be-missed sights. - To-the-point reviews of dining and lodging, plus a guide to Chinese cuisine. - Key planning information. - Over 20 detailed maps and plans. - Comprehensive destination/topic index.

Easy, healthy Instant Pot recipes from popular Pressure Luck blogger and YouTube star Jeffrey Eisner—lightening up comfort-food favorites for wholesome everyday eating Jeffrey Eisner's internationally bestselling Step-by-Step Instant Pot Cookbook was the easiest-to-follow set of Instant Pot recipes ever assembled—showing even the most reluctant cooks how to make magic in their pressure cookers. Now, in this new cookbook featuring over 90 new simple and delicious dishes, Eisner shows how the Instant Pot can be a part of your plan to slim down and keep the weight off—without losing any of the flavor. We're talking a trove of lightened-up recipes, many of which fit easily into a variety of lifestyles including: Keto Paleo Gluten-Free Dairy-Free Vegetarian and Vegan Recipes are accompanied by nutrition information and a precise timing bar so you know exactly how long your meal will take from pot to table. Some of the light, simple, and delicious recipes you'll find inside are: Butternut Squash Soup Sun-Dried Tomato & Shallot Shells Greek Farro Feta Salad Eggplant Risotto Creamy Avocado Chicken Salt & Vinegar Pork Zucchini Chips & Tzatziki Dip Mug Cakes in Mason Jars & More Building on the wild success of Eisner's popular Pressure Luck Cooking website and YouTube channel, every recipe in this book is illustrated with color photographs showing exactly what to do in each step, along with a beautiful shot of every finished recipe. There are no hard-to-find ingredients or fussy techniques, and each dish takes advantage of the time-saving benefits of the Instant Pot.

This best-selling brief introduction to public speaking offers practical coverage of every topic typically covered in a full-sized text, from invention, research and organization, practice and delivery, to the different speech types. Its concise, inexpensive format makes it perfect not only for the public speaking course, but also for any setting across the curriculum, on the job, or in the community. This newly redesigned full-color edition offers even stronger coverage of the fundamentals of speechmaking, while also addressing the changing realities of public speaking in a digital world. It features fully updated chapters on online presentations and using presentation software, and a streamlined chapter on research in print and online.

Although the basic theories of thermodynamics are adequately covered by a number of existing texts, there is little literature that addresses more advanced topics. In this comprehensive work the author redresses this balance, drawing on his twenty-five years of experience of teaching thermodynamics at undergraduate and postgraduate level, to produce a definitive text to cover thoroughly, advanced syllabuses. The book introduces the basic concepts which apply over the whole range of new technologies, considering: a new approach to cycles, enabling their irreversibility to be taken into account; a detailed study of combustion to

show how the chemical energy in a fuel is converted into thermal energy and emissions; an analysis of fuel cells to give an understanding of the direct conversion of chemical energy to electrical power; a detailed study of property relationships to enable more sophisticated analyses to be made of both high and low temperature plant and irreversible thermodynamics, whose principles might hold a key to new ways of efficiently covering energy to power (e.g. solar energy, fuel cells). Worked examples are included in most of the chapters, followed by exercises with solutions. By developing thermodynamics from an explicitly equilibrium perspective, showing how all systems attempt to reach a state of equilibrium, and the effects of these systems when they cannot, the result is an unparalleled insight into the more advanced considerations when converting any form of energy into power, that will prove invaluable to students and professional engineers of all disciplines.

Prime Minister Malcolm Turnbull celebrates Australia as 'the most successful multicultural nation in the world'. This is a grand claim and important to a sense of identity and belonging, but at times it seems that multiculturalism is more an article of faith than a work in progress. What it really means in the twenty-first century is the focus of Griffith Review 61: Who We Are, which will examine both the opportunities offered and the complexities involved. The nation's population has virtually doubled since 1975, and in recent years the rules around migration have been altered significantly. Those who have chosen to make their home here in the past have changed Australia, and waves of new arrivals continue to transform the country. Yet the apparent certainties of Australia as a permanent settler society are giving way to the precarious churn of temporary migration. This edition will give voice to this changing reality, explore the big issues of belonging, citizenship and participation, and tease out how contemporary Australia might evolve. This is a rich field, replete with policy questions and personal narratives. It is a success story, but the full picture is complex, and past achievements no guarantee of future results. The nation's boundaries are imaginary as much as physical, and constantly contested by an unsettled history and a shifting present. Renewed assertions of national identity run parallel to the increasing globalisation of opportunity and threat, as if the more fluid the world becomes, the greater the urge to hold onto something fixed and stable. Yet do we really know who 'we' are? Where does Australia begin and end? Who can claim to belong and who can be legitimately excluded? Julianne Schultz AM FAHA is the founding editor of Griffith Review, the award-winning literary and public affairs quarterly journal. Peter Mares is contributing editor with the online magazine Inside Story and senior moderator with The Cranlana Programme. Peter was a broadcaster with the ABC for twenty-five years, and is the author of two books – the award-winning *Borderline: Australia's Response to Refugees and Asylum Seekers in the Wake of the Tampa* and *Not Quite Australian: How Temporary Migration Is Changing the Nation*. 'An eclectic, thought-provoking and uniformly well-written collection.' Australian 'This is commentary of a high order. The prose is unfailingly polished; the knowledge and expertise of writers impressive.' Sydney Morning Herald 'For intelligent, well-written quarterly commentary...Griffith Review remains the gold standard.' Honest History

Islamic Psychology or ilm an-nafs (science of the soul) is an important introductory textbook drawing on the latest evidence in the sub-disciplines of psychology to provide a balanced and comprehensive view of human nature, behaviour and experience. Its foundation to develop theories about human nature is based upon the writings of the Qur'an, Sunna, Muslim scholars and contemporary research findings. Synthesising contemporary empirical psychology and Islamic psychology, this book is holistic in both nature and process and includes the physical, psychological, social and spiritual dimensions of human behaviour and experience. Through a broad and comprehensive scope, the book addresses three main areas: Context, perspectives and the clinical applications of applied psychology from an Islamic approach. This book is a core text on Islamic psychology for undergraduate and postgraduate students and those undertaking continuing professional development in Islamic psychology, psychotherapy and counselling. Beyond this, it is also a good supporting resource for teachers and lecturers in this field. This book presents the Proceedings of the Second International Congress on Neo-Adjuvant Chemotherapy which took place on 19 to 21 February 1988 in Paris.

Beginning with 1981, merger decisions of the Corporation are published separately as vol. 2 of the Annual report. The open source PostgreSQL database is soaring in popularity, as thousands of database and web professionals discover its powerful features, transaction support, performance, and industrial-strength scalability. In this book, a founding member of the PostgreSQL development team introduces everything you need to know to succeed with PostgreSQL, from basic SQL commands through database administration and optimization. PostgreSQL assumes no previous database expertise: it establishes a firm foundation of basic concepts and commands before turning to PostgreSQL's advanced, innovative capabilities. Bruce Momjian walks readers step-by-step from their first database queries through the complex queries needed to solve real-world problems. He presents proper query syntax, then explores the value and use of each key SQL commands in working applications. Learn to manipulate and update databases, customize queries, work with SQL aggregates, use joins, combine SELECTs with subqueries, work with triggers and transactions, import and export data, use PostgreSQL query tools, and more. Discover PostgreSQL techniques for server-side programming and multi-user control, and master PostgreSQL's interfaces to C, C++, ODBC, JDBC, Perl, and Tcl/TK. You'll also find detailed coverage of PostgreSQL administration, including backups, troubleshooting, and access configuration.

This book reviews the present state of knowledge of the anomalous magnetic moment  $a=(g-2)/2$  of the muon. The muon anomalous magnetic moment is one of the most precisely measured quantities in elementary particle physics and provides one of the most stringent tests of relativistic quantum field theory as a fundamental theoretical framework. It allows for an extremely precise check of the standard model of elementary particles and of its limitations.

Noradrenergic Signaling and Astroglia integrates what is known about the active role of astroglia in the locus coeruleus-noradrenergic system and outlines the most recent advances in the field. It discusses the molecular mechanisms underlying norepinephrine-induced receptor activation in astroglia, cellular metabolism and CNS energy provision, in vitro, ex vivo, and in vivo models, gliosignalling and neuronal activity, and astroglial networks, gap junctions, and morphological plasticity. The book also addresses the role of astroglial adrenergic receptor activation in memory formation, cognition, regulation of sleep homeostasis, and lastly in neurological disorders, including trauma (cellular edema), neurodegeneration (Alzheimer's disease), and neuroinflammation (multiple sclerosis). Noradrenergic Signaling and Astroglia is a valuable source of new knowledge for a wide audience, including graduate students, post-doctoral



fellows, and researchers in neuroscience, life sciences, and the biological and biomedical sciences. Covers what is currently known about the role of astroglia in the noradrenergic system Provides biochemical and physiological mechanistic data to understand how noradrenergic signals acting on astroglia produce observed effects Includes figures and tables of structures, mechanisms and processes related to astroglia and noradrenergic signaling in CNS

1. THE PROBLEM OF CATASTROPHE RISK The risk of large losses from natural disasters in the U.S. has significantly increased in recent years, straining private insurance markets and creating troublesome problems for disaster-prone areas. The threat of mega-catastrophes resulting from intense hurricanes or earthquakes striking major population centers has dramatically altered the insurance environment. Estimates of probable maximum losses (PMLs) to insurers from a mega catastrophe striking the U.S. range up to \$100 billion depending on the location and intensity of the event (Applied Insurance Research, 2001).<sup>1</sup> A severe disaster could have a significant financial impact on the industry (Cummins, Doherty, and Lo, 2002; Insurance Services Office, 1996a). Estimates of industry gross losses from the terrorist attack on September 11, 2001 range from \$30 billion to \$50 billion, and the attack's effect on insurance markets underscores the need to understand the dynamics of the supply of and the demand for insurance against extreme events, including natural disasters. Increased catastrophe risk poses difficult challenges for insurers, reinsurers, property owners and public officials (Kleindorfer and Kunreuther, 1999). The fundamental dilemma concerns insurers' ability to handle low-probability, high-consequence (LPHC) events, which generates a host of interrelated issues with respect to how the risk of such events are 1 These probable maximum loss (PML) estimates are based on a SOD-year "return" period.

Too often, finance courses stop short of making a connection between textbook finance and the problems of real-world business. "Financial Modeling" bridges this gap between theory and practice by providing a nuts-and-bolts guide to solving common financial problems with spreadsheets. The CD-ROM contains Excel\* worksheets and solutions to end-of-chapter exercises. 634 illustrations.

Popular Mechanics inspires, instructs and influences readers to help them master the modern world. Whether it's practical DIY home-improvement tips, gadgets and digital technology, information on the newest cars or the latest breakthroughs in science -- PM is the ultimate guide to our high-tech lifestyle.

The most complete and definitive reference to all aspects of poultry diseases, Diseases of Poultry, Fourteenth Edition has been fully revised and updated to offer a comprehensive survey of current knowledge. Updates the definitive reference of poultry health and disease Provides more clinically relevant information on management of specific diseases, contributed by clinical poultry veterinarians Offers information on disease control in organic and antibiotic-free production Presents more concise, streamlined chapters for ease of use Incorporates advances in the field, from new diagnostic tools and information to changes brought about by the increasing globalization and the re-emergence of zoonotic pathogens

The Trans-Pacific Partnership (TPP) is a proposed regional free trade agreement (FTA) being negotiated among the United States, Australia, Brunei, Canada, Chile, Malaysia, Mexico, New Zealand, Peru, Singapore, and Vietnam. U.S. negotiators and others describe and envision the TPP as a 'comprehensive and high-standard' FTA, presumably because they hope it will liberalize trade in nearly all goods and services and include commitments beyond those currently established in the World Trade Organization (WTO). If implemented, the TPP potentially could eliminate tariff and non-tariff barriers to trade and investment among the parties and could serve as a template for a future trade pact among APEC members and potentially other countries. Congress has a direct interest in the negotiations, both through influencing U.S. negotiating positions with the executive branch, and by passing legislation to implement any resulting agreement. As the negotiations proceed, a number of issues important to Congress are emerging. One is whether the United States can balance its vision of creating a "comprehensive and high standard" agreement with a large and expanding group of countries, while not insisting on terms that other countries will reject. Related to this may be what concessions the United States is willing to make to achieve a "comprehensive and high-standard" agreement overall. Another issue is how Congress will consider a TPP FTA, if concluded.

This book is a comprehensive overview of the ever-captivating field of glaciation from the perspective of glacial landsystems. This approach models the many processes, forms and interactions that can be found in glaciated landscapes throughout the world. Landsystems models allow the glacial geologist and geomorphologist to evaluate these landscapes in relation to the dynamics of glaciation and to climate and geology. Glacial Landsystems brings together the expertise of an international range of specialists to provide an up-to-date summary of landsystems relevant to both modern and ancient glacier systems and also in the reconstruction and interpretation of former glacial environments. The models are applicable at all scales from ice sheets to small valley glaciers. This book is an essential reference for anyone embarking upon research or engineering surveys in glaciated basins and provides a wide-ranging handbook of glacial landsystem types for students of glaciation.

The Step-by-Step Instant Pot Cookbook 100 Simple Recipes for Spectacular Results -- with Photographs of Every Step Voracious This book comprehensively discusses the latest research in the area of metabolic engineering. Metabolic engineering solutions for bioactive compounds are now being derived by means of heterologous gene expression, in a wide range of organisms. The book provides an overview of the model systems being employed for metabolic manipulation to yield bioactive molecules, such as single-cell proteins, antibody generation, metabolites, proteases, chaperones, therapeutic proteins, nanomaterials, polymeric conjugates, dendrimers and nanoassemblies, Escherichia coli, Agrobacterium, Saccharomyces cerevisiae and cell lines, etc. In addition, it shares insights into the scope of these methods in the areas of prevention, diagnosis and treatment of diseases, e.g. immunotherapy for curing various diseases like cancer, allergies, autoimmune diseases, etc.

This book focuses on the context dependency of cell signaling by showing how the endosomal system helps to structure and regulate signaling pathways. The location and concentration of signaling nodes regulate their activation cycles and engagement with distinct effector

pathways. Whilst many cell signaling pathways are initiated from the cell surface, endocytosis provides an opportunity for modulating signaling networks' output. In this book, first a series of reviews describe the endocytic and endosomal system and show how these subcellular platforms sort and regulate a wide range of signaling pathway components and phenotypic outputs. The book then reviews the latest scientific insights into how endocytic trafficking and subcellular location modulate a set of major pathways that are essential to normal cellular function and organisms' development.

Short on time? With an Instant Pot(R), you can cook up all your family's favorite meals in a fraction of the time. Pressure-Cooker Country Chicken Soup, BBQ Spareribs even down-home Bacon-Braised Mixed Greens taste like they cooked all day. And, how about Lemon Bread Pudding for dessert? Got more time? Go low & slow with a slow cooker. Treat your family to slow-simmered dishes like fork-tender Italian Pot Roast, tummy-warming Grandma's Famous Chili and Hot Fudge Spoon Cake. Includes instructions and recipes to scale for cooking for 1 or 2 and for converting slow-cooker recipes to the pressure cooker. Also will include Salads & Desserts to go-with meals entrees prepared in the Instant Pot. Additional recipes for salads and even more desserts to go with what you prepare in your Instant Pot (R)! We're sharing lots of useful tips for making the most of these handy kitchen appliances. So put 'em to work, cooking up wonderful meals for your family. 175 Recipes.

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