

Irina Binder Insomnii

A complete guide to BMX freestyle.

The renowned designer and style guru Ilse Crawford showcases her body of influential, holistic work for the first time, articulating her groundbreaking philosophies for design and living. Studioilse, the award-winning design studio founded by Ilse Crawford, bridges the worlds of interior design, architecture, and product design with the philosophy of putting the human being at the center. Fascinated by what drives us and makes us feel alive, Crawford says: "When I look at making spaces, I don't just look at the visual. I'm much more interested in the sensory thing, in thinking about it from the human context, the primal perspective, the thing that touches you." Featuring Studioilse's work to date, from private residences to hotels, restaurants, and retail projects, this book illustrates the effectiveness of design grounded in human needs and desires. Layering materials and textures, combined with her understanding of human behavior, Crawford's designs are sensual and accessible. A forerunner of the holistic design movement a decade ago, her humanistic approach has now become the norm. This volume illustrates why Crawford's design philosophy is so seminal—her work has influenced not only a generation of Dutch and European designers, but also Americans due to her acclaimed

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Soho House New York. With new photography and essays by Crawford and design critic Edwin Heatcote, this inspirational volume is sure to be one of the most important design books of the year.

The cubicle: a small, compressed, half room where we spend half our lives bored, stressed, and secretly planning holidays. Where imagination and creativity die a slow death and 'out of the box' can mean only one thing—leaving the office. Mayukh, a young and harried manager, can't believe his misfortune when he discovers one morning that his computer has been taken over by a virus. Especially when he has enough work on his plate to last him a lifetime. But things take a strange turn and soon the virus starts a revolution that gradually frees our hero from the tyranny of pressure and the shackles of stress. It reconnects him with his true self and family, and brings him more success than he could ever imagine. So if you've been spending more time in your cubicle than anywhere else, *The Cubicle Manifesto* is the revolution that you've been waiting for; one that you can start in the comfort of your own cubicle.

A 17-year-old girl from Jordan beats the odds and lives to tell the tale of her family's attempt to kill her after she shames them by becoming pregnant. This first book in Veronica Roth's #1 New York Times bestselling *Divergent* series of books is the novel that inspired the major motion picture starring

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Shailene Woodley, Theo James, and Kate Winslet. This dystopian series set in a futuristic Chicago has captured the hearts of millions of teen and adult readers. Perfect for fans of the Hunger Games and Maze Runner series, *Divergent* and its sequels, *Insurgent* and *Allegiant*, are the gripping story of a dystopian world transformed by courage, self-sacrifice, and love. Fans of the *Divergent* movie will find the book packed with just as much emotional depth and exhilarating action as the film, all told in beautiful, rich language. One choice can transform you. Beatrice Prior's society is divided into five factions—Candor (the honest), Abnegation (the selfless), Dauntless (the brave), Amity (the peaceful), and Erudite (the intelligent). Beatrice must choose between staying with her Abnegation family and transferring factions. Her choice will shock her community and herself. But the newly christened Tris also has a secret, one she's determined to keep hidden, because in this world, what makes you different makes you dangerous. And don't miss *The Fates Divide*, Veronica Roth's powerful sequel to the bestselling *Carve the Mark!*

Consummate rake Lord Sheridan Zouche is no stranger to scandal. But when his family banishes him as a bad influence until he vows to marry, he inexplicably chooses the one woman he cannot seduce: an Englishwoman born and raised in India, who has been sent home against her will to find a

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husband. Arcadia Parks wants nothing more than to return to the peaceful hills of Hyderabad, far from the contrivances and strange moral strictures of the ton. But her aunt is insisting she wed, so she can't turn down Sheri's unexpected proposal of convenience. They'll marry for one year--and consummate the union just once to make it official--after which time he'll help her return to India. Alas, the best-laid plans sometimes go awry. Will Sheridan be able to give up the woman staking claim on his heart? And will Arcadia see through to the sensitive heart lurking beneath his glib facade? Fans of Judith Ivory and Cecilia Grant won't want to miss this highly anticipated story! Sensuality Level: Sensual

American Sign Language is a wonderful silent language of hands, face, and body that is rich with nuance, emotion, and grace. Bantam is proud to present the newly revised *Signing : How To Speak With Your Hands*, a comprehensive and easy-to-use guide that has long been the invaluable and definitive guide for families, friends, and professionals who need to communicate effectively with deaf children and adults. Now this expanded edition, with redesigned interiors and updated material, includes even more signs; large, upper-torso illustrations clearly show formation and movement of the hands, and their relation to the face and body. All the beautifully illustrated signs are accompanied by precise, easy-to-follow instructions

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on how to form them. This complete guide includes chapters on common phrases, the alphabet, foods and eating, health, recreation, and the newest chapter covering technology, politics. education, and music.

Mac Honaker begins his morning with an Iced Honey Bun, a cup of coffee, and a fatal shot to the chest. Mac's murder stuns Sugar Creek, a small community nestled in the hills and hollows of eastern Kentucky. It also fuels Sugar Creek resident Maggie Morgan's enthusiasm for true crime, but her interest turns personal when her brother's childhood friend is arrested for the murder. Maggie dedicates herself to proving his innocence, which puts her in contact with her ex-fiance the police detective just as she starts a new romance. As Maggie pieces the clues together, an unflattering picture of Mac emerges and she comes to the realization that her brother's friend might not be so innocent after all."

API Design for C++ provides a comprehensive discussion of Application Programming Interface (API) development, from initial design through implementation, testing, documentation, release, versioning, maintenance, and deprecation. It is the only book that teaches the strategies of C++ API development, including interface design, versioning, scripting, and plug-in extensibility. Drawing from the author's experience on large scale, collaborative software projects, the text offers practical techniques of API design that produce

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robust code for the long term. It presents patterns and practices that provide real value to individual developers as well as organizations. API Design for C++ explores often overlooked issues, both technical and non-technical, contributing to successful design decisions that product high quality, robust, and long-lived APIs. It focuses on various API styles and patterns that will allow you to produce elegant and durable libraries. A discussion on testing strategies concentrates on automated API testing techniques rather than attempting to include end-user application testing techniques such as GUI testing, system testing, or manual testing. Each concept is illustrated with extensive C++ code examples, and fully functional examples and working source code for experimentation are available online. This book will be helpful to new programmers who understand the fundamentals of C++ and who want to advance their design skills, as well as to senior engineers and software architects seeking to gain new expertise to complement their existing talents. Three specific groups of readers are targeted: practicing software engineers and architects, technical managers, and students and educators. The only book that teaches the strategies of C++ API development, including design, versioning, documentation, testing, scripting, and extensibility. Extensive code examples illustrate each concept, with fully functional examples and working source code for experimentation available online. Covers various API styles and patterns with a focus on practical and efficient designs for large-scale long-term projects. Packed with helpful photographs, hundreds of

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techniques, and loads of expert instruction, *The Complete Book of Poses for Artists* is the perfect resource for artists of all skill levels. The human figure is one of the most difficult subjects to capture in drawing. *The Complete Book of Poses for Artists* combines photographs and illustrations that demonstrate how to accurately render the human form in hundreds of realistic poses using a variety of drawing media, including graphite pencil, charcoal, and pastel. The book guides artists through the process of drawing the human figure as it pertains to anatomy, proportions, volume, mass, gesture, movement, and expression. From there, the book reveals how these characteristics come together using light, shape, line, and form to accurately depict the human figure in a variety of everyday poses, including standing, sitting, reclining, and action. Each section features color photographs of people in several "core" poses (e.g., sitting, reclining, and action), as well as multiple variations of those poses. Step-by-step artist illustrations demonstrate how to render the core pose, whereas illustrations and professional tips demonstrate how to turn the core pose into a new variation. In addition, step-by-step drawing instructions and techniques demonstrate how to capture realistic poses as they differ from one person to the next across a range of human characteristics, such as age (child, teen, adult, senior citizen); body type (ectomorph, mesomorph, endomorph); gender; and activity (e.g., athlete, dancer, etc.). Packed with helpful photographs, hundreds of techniques, and loads of expert instruction, *The Complete Book of Poses for Artists* is the perfect

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resource for artists of all skill levels-and one that will be referred to over and over again.

This book explores the concept of cultural chauvinism as the sense of superiority that ethnic or national groups have of themselves relative to others, particularly in the context of international relations. Minabere Ibelema shows the various ways that academics, statesmen, and especially journalists, express their cultural groups' sense of superiority over others. The analysis pivots around the notion of "Western values" given its centrality in international relations and diplomacy. To the West, this stands for an array of largely positive political and civic values; to a significant portion of the global community, it embodies degeneracies. Ibelema argues that often the most routine expressions go under the radar, even in this age of hypersensitivity. This book throws a unique light on global relations and will be of particular interest to scholars in international relations, communication studies and journalism studies.

The official novelization to the upcoming Pacific Rim Uprising movie, the sequel to Guillermo del Toro's critically acclaimed Pacific Rim It has been ten years since The Battle of the Breach and the oceans are still, but restless. Vindicated by the victory at the Breach, the Jaeger program has evolved into the most powerful global defense force in human history. The PPDC now calls upon the best and brightest to rise up and become the next generation of heroes when the Kaiju threat returns.

"When Edward Baldwine is arrested for his father's murder, life for the Baldwine family is thrown into

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disarray. Tensions at Easterly, the family estate, are already high--the family's bourbon business is hanging on by a thread and Miss Aurora, head of Easterly's kitchen and surrogate mother of the Baldwin children, is in the ICU. Lane Baldwin, the younger and more successful of the Baldwin siblings, has taken control of the Bradford Bourbon Company with Lizzie, head of staff at Easterly, by his side. The two struggle to keep spirits up at the estate. But when a shocking family secret is revealed, Lane begins to uncover the truth about their father's death and makes a discovery that could irrevocably alter their family's fate" --

Five young Midwestern women and men struggle to find their paths in the wake of a shared and life-altering tragedy

The Cannabis Cookbook: Learn How to Make Cannabis Oil and Cannabis Cake – A Reliable Book to Learn the Healthy Uses of Cannabis If you want to use cannabis, you can infuse it in food and drink. The diversity of marijuana is rapidly and immensely expanding so that you can replace oil and butter with cannabis. You can make food in your home, but be careful with its overdose. You can infuse it in lemonade, roast garlic crackers, and desserts. You can start with a small dose and focus on your digestive system. It can be difficult for some people to digest it because of its psychoactive effects. The Cannabis Cookbook is good for your assistance. You can get the advantage of 25 recipes and learn How to Make Cannabis Oil. Delicious recipes given in this book will help you to enjoy the taste of this herb. You can make cake, cookies, brownies, soup, beverages

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and much more. This book offers: - Cannabis Oil Recipes - Cannabis Meal and Snacks Recipes - Cannabis Cake and Brownies Recipes - Cannabis Soups and Broth Recipes - Cannabis Infused Beverages You will learn to make Cannabis Cake and other meal items. This book has 25 delicious recipes for your help. Step-by-step illustrations show simply and clearly how each drawing is done. The end result is sure to boost any child's confidence.

Life starts with a woman. They are our mothers, sisters, friends and lovers.....but sometimes they don't see their value Deep in the thoughts of the women who make our lives wonderful often lies doubt and criticism. These sensitive and powerful people have questions that need answering, if only to put their minds at ease. What can the words of a man do to help the women we love see their true value? Adrian Cutinov has always felt close to the feminine soul, and in this book poured out his heart and beliefs in a hope that a different perspective would help. Women have questions. Do men feel emotions? Are men able to love? Can men really grow? Do they even want to? Has society just become too superficial for deep meaningful relationships to ever exist again? Is the age of true love, dead? Adrian sets out to remind women how special they are and to dig into these questions. You'll love his perspective, because maybe it will help you find the love you desire. Get it now.

Everything you need to know about getting your baby or toddler to sleep -- from America's foremost baby and childcare experts. Babies don't automatically know how to sleep through the night; they need to be taught. The

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Sears family has learned from decades of pediatric practice, bolstered by their own parenting experiences, that different babies have different nighttime temperaments -- and, of course, different families have different lifestyles. Instead of espousing the kind of "one method fits all" approach advocated in other baby sleep guides, the Sears family explains how you can create a sleep plan that suits the needs of your entire family. With a sharp focus on the practical tools and techniques, *The Baby Sleep Book* covers such topics as: The facts of infant sleep vs. adult sleep Figuring out where, when, and how your child sleeps best Fail-safe methods for soothing a crying infant How to make night nursing easier, and how to stop Nighttime fathering tips Whether co-sleeping makes sense for you Nap-time strategies that work Medical and physical causes of night waking Sleep habits in special situations such as traveling, teething, and illness

Searing action and passion ignite the latest New York Times bestselling KGI novel from the author of *Darkest Before Dawn*. The Kelly Group International (KGI): A super-elite, top secret, family-run business.

Qualifications: High intelligence, rock-hard body, military background. Mission: Hostage/kidnap victim recovery. Intelligence gathering. Handling jobs the U.S.

government can't... As the last unattached member of the Kelly clan, Joe is more than ready to risk life and limb on any mission he's assigned to, but when it comes to love, he'll keep his distance. He's content to watch his brothers become thoroughly domesticated. Zoe's had nothing but heartbreak in her life, and she's determined

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to start over with a completely new identity, thanks to her college friend, Rusty Kelly. But it's the gorgeous smile and tender words of Joe Kelly that begin to weaken her resolve to never risk her heart again. And Joe will have to put everything on the line to save Zoe, when secrets of her past resurface—and threaten to tear them apart...

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WorkbookFinancial, Estate, and Personal Affairs

Organizer

Adobe Photoshop Lightroom Classic CC is one of the most powerful tools a digital photographer has in their toolset, offering powerful editing features in a streamlined interface that lets photographers import, sort, and organize images. In this completely updated bestseller, author Martin Evening describes Lightroom Classic CC features in detail, covering library organization, develop image processing, output modules, and the latest Lightroom CC/mobile features. As an established commercial and landscape photographer, Martin knows firsthand what photographers need for an efficient workflow. He has been working with Lightroom from the beginning, and as a result, knows the software inside and out. In this book, he'll teach you how to:

- Work efficiently with images shot in raw or JPEG formats
- Import photographs with ease and sort them according to your workflow
- Create and manage a personal image and video library
- Integrate Lightroom with Adobe Photoshop
- Prepare images for print, slideshows, or to create a book
- Make the most of new features, such as the ability to migrate and sync photos via the cloud

Photographers will find Lightroom Classic CC—and The

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Adobe Photoshop Lightroom Classic CC

Book—indispensable tools in their digital darkrooms.

“With Martin’s expert guidance, you’ll soon find that you have precisely the tools you need to turn your

concentration back where it belongs—on making better

pictures!” —George Jardine, digital photography

consultant “As a photographer himself, Martin Evening

knows what tools photographers need to realize their

creative vision. In this book, he shows not only how

Adobe Photoshop Lightroom works but also why it will

become an essential part of any photographer’s

workflow.” —Greg Gorman, photographer

From renowned foreign policy expert Angela Stent

comes a dissection of how Putin created a paranoid and

polarized world -- and increased Russia's status on the

global stage. How did Russia manage to emerge

resurgent on the world stage and play a weak hand so

effectively? Is it because Putin is a brilliant strategist? Or

has Russia stepped into a vacuum created by the West's

distraction with its own domestic problems and US

ambivalence about whether it still wants to act as a

superpower? Putin's World examines the country's

turbulent past, how it has influenced Putin, the Russians'

understanding of their position on the global stage and

their future ambitions -- and their conviction that the

West has tried to deny them a seat at the table of great

powers since the USSR collapsed. This book looks at

Russia's key relationships -- its downward spiral with the

United States, Europe, and NATO; its ties to China,

Japan, the Middle East; and with its neighbors,

particularly the fraught relationship with Ukraine. Putin's

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World will help Americans understand how and why the post-Cold War era has given way to a new, more dangerous world, one in which Russia poses a challenge to the United States in every corner of the globe -- and one in which Russia has become a toxic and divisive subject in US politics.

Fetish Style traces the history, forms and tendencies of sub-cultural fashions that are popular in both mainstream and alternative fashion cultures. Presenting the world of subcultural fetish clothing design in all of its richness and beauty, this book explores the idea of fetish as subversive and repressive as reflected in clothing choices in people of all ages and cultures. Linking the fetishistic aspects of contemporary culture with everyday clothing as dictated by fashion and merchandizing, Fetish Style presents a fascinating study of historical as well as 21st century subcultures. Case studies include the Japanese-influenced 'tribes' of the various Lolita formations, the Shotaru (male Lolita), the club scene, the Goths, the hip-hop fashions and other locally-formed fetishized practices. Fetish Style will be key reading for anyone interested in fetish fashion both past and present.

Among You is the gripping real-life story of a soldier serving on the front line in Iraq and Afghanistan, and an unforgettable, unflinching account of the effects of post-traumatic stress disorder. Jake Wood lives parallel lives: encased in the glass tower of an international investment bank by day, he is also a dedicated TA soldier who serves on the front line during the invasion of Iraq, later returning to the war zone to conduct surveillance on

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insurgents. Disillusioned with the dullness and amorality of the banking world, he escapes back to the army for a third tour of duty. But in Afghanistan he discovers the savage, dehumanising effects that war has on both the body and the mind. Diagnosed with chronic PTSD on his return, he must now fight the last enemy – himself – in order to exorcise the ghosts of his past. Brutally honest and beautifully written, *Among You* brings home the harsh reality of front-line combat in Iraq and Afghanistan, and the courage of the troops who risk their lives for their country, as well as revealing the devastating after-effects of service.

From letting your family know your wishes, to having everything ready to go in an emergency - The Everything Binder has everything you need. An Everything Binder - Workbook includes contains:
Personal Information Immediate Contacts Pre & Post-Death Checklists Medical History Important Contacts Insurance Private Security & Access Information Income & Cash Equivalents Pet Information Funeral Arrangements Document Originals & Copies Estate Planning Documents Letters to Loved Ones Real Estate Personal Property Retirement & Investments Debt Business Ownership

I immersed myself in magic. I read every book I could get my hands on and practised and practised, day after day and night after night. Magic became my world . . . some might say an obsession. When you're a kid life can seem tough; tougher for some than others. But the darkest of times can also be the

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most enlightening. When his late granddad showed him magic for the first time, Steven Frayne knew there was more to life than hiding from bullies. He had a destiny. A calling. In that moment Dynamo was born: the most exciting magician of the 21st century. Since then, Dynamo has shocked, thrilled and amazed men, women and children, from all walks of life, all over the world. With his mind-blowing illusions, he has catalysed a whole new era of magic. Now, in his very first book, Dynamo invites you to join him on a breathtaking journey across the globe. Be prepared to levitate Lindsay Lohan in Singapore, transform snow into diamonds in the Austrian mountains, and walk on water across the River Thames. Along the way, he reveals how to make the impossible possible, what it takes to pull off the greatest stunts man has seen, and why everyone needs magic in their lives. This is no illusion. This is the real story of the awe-inspiring Dynamo.

A 17-year-old girl who became a vampire hunter after the murder of her parents. She is kidnapped by the one who killed her parents. It becomes her goal to find a way to escape the island she is on while also fighting her feelings for her captor. As time goes on, she learns some family secrets that could possibly alter the way she looks at the world. Will it be enough to save her or will she meet the same fate as her parents?

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This beautifully illustrated children's book explores gender equality, respect, respectful relationships, empowerment, diversity, leadership, bullying behaviors, self-esteem, the prevention of violence, and conflict resolution. The aim of this book is to empower young girls to be strong, assertive, self-confident and self-reliant. Ages 5-12

The Last Shaman is a captivating ride through the jungles of war-torn Africa. Mark Vale, who represents any of us struggling to take consistent ownership of our personal power, takes an unwanted journey to find the last shaman who is responsible for ending the war and saving thousands of lives. All throughout, Mark learns from a colourful array of characters – including a Doctor of Philosophy exiled in the swamps, a shape-shifting sorceress, and the widow of a tribal scout – who teach him to commit completely to the desires of his soul. We see how that commitment enables him to create in a way that uplifts not only himself, but also the whole world that he is a part of. 'Like The Alchemist and The Celestine Prophecy, The Last Shaman is poised to take its rightful place among the spiritual classics of our time'. – Doreen Banaszak, author of 'Excuse Me, Your Life is Now'. Click the play button below the book image, and watch William Whitecloud talk about this book, "The Last Shaman".

Blank Magic Spell Book / Book of Shadows.

Softback 8" x 10" [US\$5.49 / £4.98 / e5.48]. IF

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LOOK INSIDE ISN'T LOADING, the blue smART bookx link by the title will help you out. BOOK INTERIOR: Ninety decorative and spacious spell record pages with space to log: - Purpose of Spell, - Inspiration/Source, - How to Cast, - Things Required, - Use History & Efficacy, and - Secrets to Success. At the Back of the Book are: - The Wheel of the Year, - A glossary of some symbols of witchcraft, and - Decorative notes pages. At the Front is a blank spell list to personalize. Here you can categorize your spells into: incantations, elixirs, talismans, visualizations or your own categories. So, as your grimoire fills up, you can always quickly find the spell you want by allocating each to one or more categories as you go along. Thick white paper minimizes ink bleed-through. EXTERIOR: Cover: Tough matte paperback. Binding: Secure professional trade paperback binding, i.e. it's built to last; pages won't fall out after a few months of use. Dimensions: 20.3 x 25.4 cm (8" x 10"). (Almost the same width as A4 but a few cm shorter in height - so no cramming into tiny boxes!) MATCHING PRODUCTS: smART bookx publish a wide variety of specialist journals (Reading Logs, Password Journals, Blank Recipe Books, Meal Planners etc.) To find products matching this one, search 'plain talking' & 'bookx' (don't forget the 'x'). SIMILAR PRODUCTS: Several other blank Magic Spell Books with identical interiors to this one, but different cover

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designs. To view them search on Amazon for 'spell' and 'bookx'. Thanks for looking, The smART bookx design team Buy With Confidence Because Our Customers Love Our Stationery: ***** Affordable, But Still Good Quality! ... Very satisfied with this product ... an affordable option that is also very thorough. Many other planners just didn't have all of the sections I needed, or they did and cost too much ... the cover is super cute and kind of soft. (Jun 1, 2016) ***** Very Nice ... Beautiful. My daughter loved them!!! (August 17, 2014) ***** Love the Van Gogh Notebook ... Loved it, keep it in my purse incase of creative impulses. (November 8, 2013) ***** Love This! ... This planner is super cute, and I absolutely love the cover. Lots of room to include all kinds of information. (June 13, 2016) ***** Great for taking theory notes or writing music! ... I'm a music major, and I needed staff paper ... This is a cute product and the staff paper is great. (Feb 1, 2016) ***** Amazing Recipe Book ... This is the third smART bookx recipe book I've purchased. I have it with the Carnival cover and purchased the Polka dots cover to copy recipes for my daughter... Love the index pages ... Easy to find the exact recipe you are looking for since the index shows all the recipe pages numbered. Highly recommended. (Dec 28, 2015) ALL BOOKS ARE MADE IN THE COUNTRY PURCHASED

Calling all One Direction fans! This is the only official

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book from 1D charting their journey over the last year and a half—from the places they've visited and fans they've met, to their thoughts and feelings, hopes and dreams, highs and lows. It has been a phenomenal year—and this is a phenomenal story. This Christmas, there will be no other book that true One Direction fans will want!

Grounded in John Demartini's much-loved teachings, *The Heart of Love* helps you apply his trail-blazing philosophy and revolutionary understanding of human behavior specifically to your relationships. If you're looking for your soul mate, want to reignite the spark in a longtime relationship; seeking to safeguard your marriage from infidelity; or are committed to creating more authentic friendships, family connections, and business relationships, then this book is for you. This book helps you understand what really drives human behavior in romance, business, and families; and assures you that you can have the kind of relationships you'd love to have, whether they're lasting or brief, intensely intimate or just for fun. Ultimately, this book aims to inspire you to fulfill the true purpose of your relationships: to wake you up to your own wholeness, the divine magnificence present in every human soul. It invites you into the heart of love, which transforms any relationship into one of gratitude and true fulfillment. It's Showtime! Peppa and George are putting on a theatre show, and they need your help. Let your

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imagination take off with 24 pages of amazing sticker scenes, including a ballet show, dinosaur hunt and a fairy tale. Based on the hit pre-school animation, Peppa Pig, shown daily on Five's Milkshake and Nick Jr.

Emma Lee Parkinson's life appears to be perfect. She's young and beautiful and lives in an elegant high-rise condominium with her rich, handsome husband. Her closet is full of designer clothes, shoes, and purses. Dining at elegant restaurants, attending cocktail parties or upscale gala events are typical nights out on the town for her. Luxurious vacations are taken at least twice a year. This life of leisure allows Emma to pursue personal interests as well. She loves shopping for antiques, strolling through art galleries, museums, and furthering her own artistic skills with painting classes. Who could ask for more? But appearances can be deceiving. Emma hates her life. With a passion. Intimidated by a deep, dark secret, she lives in a constant state of dread. Battered, abused, and even threatened with death, she's often on the edge of panic. Paralyzed by fear, she's certain there's no way out. Until the day she attempts to hang her latest find - a painting so enchanting that she buys it on a whim. Little does she know...this painting will change her life forever.

Manic Botanic, Ziffin's Tension Taming Coloring book, invites you to get in touch with nature in all of its glory. In incredible detail, Vinnik has captured some of nature's most dynamic duos. Time slows down so you can explore the undergrowth, and allow yourself to be whisked into a whimsical botanical world. Combining intricate detail with humour and admiration for the

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creatures it depicts, coloring Manic Botanic is an exercise in mindfulness, and appreciation for the little things.

The ultimate in stylish fun for One Direction fans! Brothers. Emperors. Deadly enemies... An unputdownable novel of intrigue and combat in Rome. Emperor Severus is on his deathbed. His sons Geta and Caracalla, feuding in Britannia, are readying for a devastating power struggle. Silus, now a centurion in the Arcani, the secretive network of spies and killers, is thrown into the maelstrom. Back in Rome, plots breed in the stinking alleys. Everyone might be an enemy. Everyone a traitor. As an Imperial Assassin, Silus' loyalty will be tested to breaking point. And with the Empire starting to buckle under the strain, Silus must ask what matters: Rome or his own damned soul? From thundering races at the Circus Maximus to death in the Imperial palaces, this is a powerful and unputdownable novel that will transport to you Ancient Rome, perfect for fans of Ben Kane, Simon Scarrow and Conn Iggulden. In 2011, the first of the 76 million baby boomers--nearly a quarter of the US population--began turning 65. Every day for the next fifteen years, over ten thousand of them will celebrate that birthday. And for the first time in history, this generation will enjoy many years post-career pursuing meaning and purpose outside of traditional retirement. What will they do with that time? One thing is for sure: most of them want to find something meaningful. This book lays out the choices to be made to find fulfillment in the encore years of life. Launch Your Encore is a game plan for life after one's main-act

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career. Hans Finzel and Rick Hicks show boomers how to enter this new stage of life poised for personal satisfaction and contributions to society. They offer tested advice on finding new life potential and thriving in these later decades of life. With real-life examples of people who have made the transition from full-time work to volunteering, ministry, or even second careers, Launch Your Encore shows boomers how to make an impact later in life.

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