

L'intestino Felice I Segreti Dell'organo Meno Conosciuto Del Nostro Corpo

L'intestino è un organo pieno di sensibilità, responsabilità e volontà di rendersi utile. Se lo trattiamo bene, lui ci ringrazia. E ci fa del bene: l'intestino allena due terzi del nostro sistema immunitario. Dal cibo ricava energia per consentire al nostro corpo di vivere. E possiede il sistema nervoso più esteso dopo quello del cervello. Le allergie, così come il peso e persino il mondo emotivo di ognuno di noi, sono intimamente collegati alla pancia. In questo libro, la giovane scienziata Giulia Enders ci spiega con un linguaggio accessibile, spiritoso e piacevole, unito ai disegni esplicativi della sorella Jill, quel che ha da offrirci la ricerca medica e come ci può aiutare a migliorare la nostra vita quotidiana. L'intestino felice è un viaggio istruttivo e divertente attraverso il sistema digestivo. Scopriremo perché ingrassiamo, perché ci vengono le allergie e perché siamo tutti sempre più colpiti da intolleranze alimentari. Pubblicato nel marzo 2014, dopo appena una settimana L'intestino felice è balzato al primo posto delle classifiche tedesche e ci è saldamente rimasto. Con un milione di copie, il libro è stato in assoluto il più venduto in Germania ed è in uscita in 30 paesi.

What should we eat? It's a simple and fundamental question that still bewilders us, despite a seemingly infinite amount of available information on which foods are best for our bodies. Scientists, dieticians, and even governments regularly publish research on the dangers of too much fat and sugar, as well as on the benefits of exercise, and yet the global obesity crisis is only worsening. Most diet plans prove to be only short-term solutions, and few strategies work for everyone. Why can one person eat a certain meal and gain weight, while another eating the same meal drops pounds? Part of the truth lies in genetics, but more and more, scientists are finding that the answer isn't so much what we put into our stomachs, but rather the essential digestive microbes already in them. Drawing on the latest science and his team's own pioneering research, *The Diet Myth* explores the hidden world of the microbiome, and demystifies the common misconceptions about fat, calories, vitamins, and nutrients. Dr. Tim Spector shows us that only by understanding what makes our own personal microbes tick and interact can we overcome the confusion of modern nutrition, allowing us to regain natural balance in our bodies. Countless recent scientific papers have been written on weight-loss topics like prebiotics and fructans, and *The Diet Myth* gathers these latest findings into one place, revealing new information about how best to lose weight and manage our bodies. Mixing cutting-edge discoveries, illuminating science, and his own case studies, Spector reveals why we should abandon fads and instead embrace diversity for a balanced diet, a healthy stomach, and a nourished body.

Dr. Norman W. Walker is one of the pioneers of the raw foods movement and is recognized throughout the world as one of the most authoritative voices on life, health and nutrition. Dr. Walker shares his secret to a long, healthy, productive

life through his internationally famous books on health and nutrition.

Neoliberalism - the doctrine that market exchange is an ethic in itself, capable of acting as a guide for all human action - has become dominant in both thought and practice throughout much of the world since 1970 or so. Its spread has depended upon a reconstitution of state powers such that privatization, finance, and market processes are emphasized. State interventions in the economy are minimized, while the obligations of the state to provide for the welfare of its citizens are diminished. David Harvey, author of 'The New Imperialism' and 'The Condition of Postmodernity', here tells the political-economic story of where neoliberalization came from and how it proliferated on the world stage. While Thatcher and Reagan are often cited as primary authors of this neoliberal turn, Harvey shows how a complex of forces, from Chile to China and from New York City to Mexico City, have also played their part. In addition he explores the continuities and contrasts between neoliberalism of the Clinton sort and the recent turn towards neoconservative imperialism of George W. Bush. Finally, through critical engagement with this history, Harvey constructs a framework not only for analyzing the political and economic dangers that now surround us, but also for assessing the prospects for the more socially just alternatives being advocated by many oppositional movements.

With universal appeal (everyone poops, after all), this witty, illustrated description of over two dozen dookies (each with a medical explanation written by a doctor) details what one can learn about health and well-being by studying what's in the bowl. A floater? It's probably due to a buildup of gas. Now think back on last night's dinner, a burrito perhaps?...All the greatest hits are here: The Log Jam, The Glass Shard, The Deja Poo, The Hanging Chad...the list goes on. Sidebars, trivia, over 60 euphemisms for number 2, and unusual case histories all make this the ultimate bathroom reader. Who knew you could learn so much from your poo?

This work has been selected by scholars as being culturally important and is part of the knowledge base of civilization as we know it. This work is in the public domain in the United States of America, and possibly other nations. Within the United States, you may freely copy and distribute this work, as no entity (individual or corporate) has a copyright on the body of the work. Scholars believe, and we concur, that this work is important enough to be preserved, reproduced, and made generally available to the public. To ensure a quality reading experience, this work has been proofread and republished using a format that seamlessly blends the original graphical elements with text in an easy-to-read typeface. We appreciate your support of the preservation process, and thank you for being an important part of keeping this knowledge alive and relevant.

ix Preface Smart surgeons learn from their own mistakes, smarter surgeons learn from mistakes of others, some never learn . . . You are a resident, overworked and constantly tired; sitting down with your mentor for a brief tutorial. What do

you want to get out of these few minutes? To organize your thoughts and approaches to the particular problem; to learn how he -the weathered surgeon -"tackles it"; to grasp a few practical "recipes" or "goodies" and take home a message or two; to laugh a bit and unwind. This is also our goal in this book. We hope that you are not repelled or offended by the non-formal character of this book. This is how emergency abdominal surgery is taught best, by trial and error and repetitions, with emphasis on basics. This is not a "complete" textbook, nor is it a cookbook type manual or discussion of case studies; neither is it a collection of detailed lecture notes or exhaustive lists. Instead, it consists of a series of informal, uncensored, chats between experienced surgeons and their trainees. No percentages, series, elaborated figures or complicated algorithms are included; only a surgeon's narrative, explaining how "he does it" -based on his experience and state of the art knowledge of the literature. No references are included as it was our aim to put down nothing which has not been experienced, confirmed and practiced in our own hands.

Written by the leading researchers in the field, this information-rich guide to improving your mood explains how gut health drives psychological well-being, and how depression and anxiety can be relieved by adjusting your intestinal bacteria. This groundbreaking book explains the revolutionary new science of psychobiotics and the discovery that your brain health and state of mind are intimately connected to your microbiome, that four-pound population of microbes living inside your intestines. Leading medical researchers John F. Cryan and Ted Dinan, working with veteran journalist Scott C. Anderson, explain how common mental health problems, particularly depression and anxiety, can be improved by caring for the intestinal microbiome. Science is proving that a healthy gut means a healthy mind—and this book details the steps you can take to change your mood and improve your life by nurturing your microbiome.

Now a major Channel 4 series Rose Cartwright has OCD, but not as you know it. Pure is the true story of her ten-year struggle with 'Pure O', a little-known form of the condition, which causes her to experience intrusive sexual thoughts of shocking intensity. It is a brave and frequently hilarious account of a woman who refused to give up, despite being undermined at every turn by her obsessions and enduring years of misdiagnosis and failed therapies.

Eventually, the love of family and friends, and Rose's own courage and sense of humour prevailed, inspiring this deeply felt and beautifully written memoir. At its core is a lesson for all of us: when it comes to being happy with who we are, there are no neat conclusions.

Presenting a diverse and dazzling collection from all over the continent, from Morocco to Zimbabwe, Uganda to Kenya. Helon Habila focuses on younger, newer writers - contrasted with some of their older, more established peers - to give a fascinating picture of a new and more liberated Africa. These writers are characterized by their engagement with the wider world and the opportunities offered by the end of apartheid, the end of civil wars and dictatorships, and the possibilities of free movement. Their work is inspired by travel and exile. They are liberated, global and expansive. As Dambudzo Marechera wrote: 'If you're a writer for a specific nation or specific race, then f*** you.' These are the stories of a new Africa, punchy, self-confident and defiant. Includes stories by: Fatou Diome; Aminatta Forna; Manuel Rui; Patrice Nganang; Leila Aboulela; Zo Wicomb; Alaa Al Aswany; Doreen Baingana; E.C.

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Osondu.

The Force that Stuart describes is magnanimous beyond description - perhaps you might want to call it God. It is growing, dynamic, and has an inner drive or desire to become more of itself. No 1 New York Times bestselling author Dr Mark Hyman sorts through the conflicting research on food to give us the truth on what we should be eating and why. Did you know that porridge isn't actually a healthy way to start the day? That milk doesn't build bones, and eggs aren't the devil? In *WTF Should I Eat?* - Dr Hyman looks at every food group and explains what we've gotten wrong, revealing which foods nurture our health and which pose a threat. He also explains the crucial role food plays in functional medicine and how food systems and policies affect our environmental and personal health. With myth-busting insights, easy-to-understand science, and delicious, wholesome recipes in every chapter, *WTF Should I Eat?* is an invaluable resource for cooking, eating and living well. 'Dr Mark Hyman's *WTF Should I Eat?* offers a masterpiece of truth-telling, a subversive reproach to the industrial systems that threaten our very health - and how each of us can flourish by making better food choices. This could be the most useful book you will read.' - Daniel Goleman 'I find that many people are confused about what constitutes a healthy diet. *Food: WTF Should I Eat?* is an easy to follow guide to the foods that harm us and the foods that heal us. If you want to take all of the guesswork out of eating a real, whole foods diet, read this book!' - Dr Rangan Chatterjee

The exhibition that Pipilotti Rist presented in the Museo Nacional Centro de Arte Reina Sofia, her first show in Spain, consists of five video installations: a selection of which are considered the best works by the artist since 1994 until today. Monitors with images, music, objects that form the scenes, projectors are the basic elements of these five installations in which you can perceive the essence and the most recent evolution of the artist's work.

Warren Buffett is the most famous investor of all time and one of today's most admired business leaders. He became a billionaire and investment sage by looking at companies as businesses rather than prices on a stock screen. The first two editions of *The Warren Buffett Way* gave investors their first in-depth look at the innovative investment and business strategies behind Buffett's spectacular success. The new edition updates readers on the latest investments by Buffett. And, more importantly, it draws on the new field of behavioral finance to explain how investors can overcome the common obstacles that prevent them from investing like Buffett. New material includes: How to think like a long-term investor – just like Buffett Why “loss aversion”, the tendency of most investors to overweight the pain of losing money, is one of the biggest obstacles that investors must overcome. Why behaving rationally in the face of the ups and downs of the market has been the key to Buffett's investing success Analysis of Buffett's recent acquisition of H.J. Heinz and his investment in IBM stock The greatest challenge to emulating Buffett is not in the selection of the right stocks, Hagstrom writes, but in having the fortitude to stick with sound investments in the face of economic and market uncertainty. The new edition explains the psychological foundations of Buffett's approach, thus giving readers the best roadmap yet for mastering both the principles and behaviors that have made Buffett the greatest investor of our generation.

The ThinkPad notebook computer has been at the center of the digital revolution that has transformed millions of lives around the world, allowing users to obtain access to their documents, pictures and other personal data from virtually anywhere at any time. More than 100 million ThinkPads have been sold since they were introduced in 1992, some twenty-five years ago. ThinkPads played a prominent role in NASA's space exploration and at the International Space Station. They accompanied explorers who traversed the entire length of the Nile River and conquered Mount Everest. ThinkPads also played a major role in changing the very architecture of how humanity's knowledge is stored and made available. In this book, Arimasa Naitoh, the father of the ThinkPad, collaborates with American business journalist and author William J. Holstein to write candidly about the incredible technological and personal

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struggles he and fellow engineers faced. And he offers his vision of the future of mobile computing—because this revolution is not even close to being finished.

A New York Times Notable Book *A New York Times Book Review Editors' Choice* *A Publishers Weekly Top Ten Book of the Year* Binyavanga Wainaina tumbled through his middle-class Kenyan childhood out of kilter with the world around him. This world came to him as a chaos of loud and colorful sounds: the hair dryers at his mother's beauty parlor, black mamba bicycle bells, mechanics in Nairobi, the music of Michael Jackson—all punctuated by the infectious laughter of his brother and sister, Jimmy and Ciru. He could fall in with their patterns, but it would take him a while to carve out his own. In this vivid and compelling debut memoir, Wainaina takes us through his school days, his mother's religious period, his failed attempt to study in South Africa as a computer programmer, a moving family reunion in Uganda, and his travels around Kenya. The landscape in front of him always claims his main attention, but he also evokes the shifting political scene that unsettles his views on family, tribe, and nationhood. Throughout, reading is his refuge and his solace. And when, in 2002, a writing prize comes through, the door is opened for him to pursue the career that perhaps had been beckoning all along. A series of fascinating international reporting assignments follow. Finally he circles back to a Kenya in the throes of postelection violence and finds he is not the only one questioning the old certainties. Resolutely avoiding stereotype and cliché, Wainaina paints every scene in *One Day I Will Write About This Place* with a highly distinctive and hugely memorable brush.

This third edition of stories from the Caine Prize for African Writing includes works by writers from Nigeria, Kenya, Zimbabwe and South Africa, most of whom have never before been published.

This innovative book introduces a whole new way of eating with a unique plan developed specifically at Grayshott Spa, one of the world's leading health spas. By focussing on digestive health as a route to true health, the Grayshott Plan helps to boost your energy and rebalance weight safely through a nutrient rich diet that will give you everything you need to face the demands of modern life. The Plan dispels the misguided notion of 'detoxifying' through spartan, punitive regimes and instead focuses on regaining good health by eating the right foods to aid the body's natural detoxification. The Plan can confidently recommend quality grass-fed red meats, fish, eggs, fermented foods, butter, avocado, and organic vegetables. This is not a plan of privation but a sensible and satisfying approach to food that brings you back to feeling great. The first section will introduce you to the Plan and provide information and meal plans for a short-term course to rest and repair your digestive tract. The Post-Plan information will show you more foods to introduce to your diet and keep your gut healthy. The recipe section contains 100 delicious meals split into breakfasts, soups, main meals, vegetable sides, salads and special occasions and includes delicious, satisfying and nourishing meals like: Baked eggs with tomatoes, peppers and chorizo Porchetta with plum and fig chutney Grilled sole fillets marinated in ginger and tangerine Crayfish cakes with coconut and mango and many more

An American classic first published in 1985 by William Morrow and adapted into an Academy Award-winning film, *The Cider House Rules* is among John Irving's most beloved novels. Set in rural Maine in the first half of the twentieth century, it tells the story of Dr. Wilbur Larch—saint and obstetrician, founder and director of the orphanage in the town of St. Cloud's, ether addict and abortionist. It is also the story of Dr. Larch's favorite orphan, Homer Wells, who is never adopted. "A novel as good as one could hope to find from any author, anywhere, anytime. Engrossing, moving, thoroughly satisfying." —Joseph Heller, author of *Catch-22*

The dangerous decline in vaccinations in many developed countries is at the heart of a lively debate that confirms how important the subject is today. Vaccinations are among mankind's most important scientific discoveries, yet they continue to be viewed with suspicion by part of

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the public – the victims of disinformation campaigns, instrumentalization and unfounded fears. There is, however, also an evolutionary explanation for these irrational beliefs, and countering the growing social opposition will be extremely difficult without grasping it. This book, which sheds new light on the safety and importance of vaccinations, is intended both for parents and those readers who want to understand the role of vaccinations in contemporary society, where the ease of access to knowledge is both a great opportunity and a great responsibility. The chapters follow a historical progression and conclude with a discussion of the most recent cognitive theories on how to overcome this opposition to vaccinations.

"Describes the physiology behind the normal function of the heart with gusto and humor . . . well informed and accessible . . . a necessary book." —Readings In this lively and informative exploration of all aspects of the heart, Johannes Hinrich von Borstel offers a perfect mix of medical fact and amusing anecdote. A doctor, prospective cardiologist, and former paramedic—as well as a successful science-slammer—von Borstel relates his own experiences to provide a personal insight into the human side of heart medicine, while clearly explaining the science behind cardiac disease and healthcare for the heart. His many tips on how to give your ticker the best chance of enduring for as long as possible include one that will certainly be close to many people's hearts: have more sex! Oh, and eat more vegetables. "Whether your heart is healthy or not, everyone should read this book, because the author has truly put his heart and soul into it." —Shelf Life "While von Borstel cautions against these excesses, his youthful enthusiasm and gusto for his subject makes for a lively read." —The Sydney Morning Herald "An eminently readable book which strikes a very good balance between information and anecdote . . . should be of interest to anyone who wants to know what goes on 'under the hood' as it were, regardless of your level of anatomical understanding . . . this is a marvelous book." —Yinspire

"Boet," said Kevin, "there's a jazz somewhere down by the assembly hall where okes can do what theysmaak, and I hear from reliable sources that it's lekker down there." Like most children of the 1970s and 1980s, Richard Poplak grew up obsessed with pop culture. Watching *The Cosby Show*, listening to Guns N' Roses, and quoting lines from *Mad Max* movies were part of his everyday life. But in Richard's country, South Africa, censorship in the newspapers, military training at school, and different rules for different races were also just a part of everyday life. It was, as Richard says, "a different kind of normal." Ja, No, Man articulates what it was like to live through Apartheid as a white, Jewish boy in suburban Johannesburg. Told with extraordinary humour and self-awareness, Richard's story brings his gradual understanding of the difference between his country and the rest of the world vividly to life. A startlingly original memoir that veers sharply from the quotidian to the bizarre and back again, Ja, No, Man is an enlightening, darkly hilarious, and, at times, disturbing read.

"A dazzlingly clever and immensely entertaining novel." --New York Times By chance, John and Jean--one English, the other French--meet in a provincial railway station. Their resemblance to each other is uncanny, and they spend the next few hours talking and drinking - until at last John falls into a drunken stupor. It's to be his last carefree moment, for when he wakes, Jean has stolen his identity and disappeared. So the Englishman steps into the Frenchman's shoes, and faces a variety of perplexing roles - as owner of a chateau, director of a failing business, head of a fractious family, and master of nothing. Gripping and complex, *The Scapegoat* is a masterful exploration of doubling and identity, and of the dark side of the self.

In the tradition of Gillian Flynn, Tana French, and Ruth Rendell, this compelling and clever psychological thriller spins the harrowing tale of a mother's obsessive search for her missing daughter. Jenny is a successful family doctor, the mother of three great teenagers, married to a celebrated neurosurgeon. But when her youngest child, fifteen-year-old Naomi, doesn't come home after her school play, Jenny's seemingly ideal life begins to crumble. The

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authorities launch a nationwide search with no success. Naomi has vanished, and her family is broken. As the months pass, the worst-case scenarios—kidnapping, murder—seem less plausible. The trail has gone cold. Yet for a desperate Jenny, the search has barely begun. More than a year after her daughter's disappearance, she's still digging for answers—and what she finds disturbs her. Everyone she's trusted, everyone she thought she knew, has been keeping secrets, especially Naomi. Piecing together the traces her daughter left behind, Jenny discovers a very different Naomi from the girl she thought she'd raised.

"With many case histories of diabetes, high blood pressure, seizures, chronic fatigue syndrome, migraines, Alzheimer's, Parkinson's, multiple sclerosis, and others showing that all of these can be simply investigated and cured"--Cover.

Frank Laporte-Adamski, naturopath, osteopath, "Heilpraktiker", and the creator of a nutrition regulation that runs the body better by improving health and fitness, still insists after fifteen years that "we must have a clean digestive tract in order to live longer and be in better shape". For years Laporte-Adamski has promoted the consumption of acidic fruits, vegetable oils, and virgin olive oil from its first cold pressing, recognized today as anti-malady foods. Recent scientific discoveries show that the belly is our second brain: our immune defenses are found therein, and so it is vital not to clog the digestive organs. The foundation of our nutrition, health and longevity is the digestive tract itself, and Frank Laporte-Adamski is here to reveal how it works. The Nutrition Revolution is an important book, the result of many years of practice and hundreds of resolved cases, intended for all those who have their psychological and physical wellbeing at heart and that desire to find an explanation and a concrete solution to many problems such as back pain, headaches, insomnia, fatigue, heavy legs, infections, skin and circulatory problems, and so on.

In this vividly descriptive short study, Peter Ackroyd tunnels down through the geological layers of London, meeting the creatures that dwell in darkness and excavating the lore and mythology beneath the surface. There is a Bronze Age trackway below the Isle of Dogs, Anglo-Saxon graves rest under St. Pauls, and the monastery of Whitefriars lies beneath Fleet Street. To go under London is to penetrate history, and Ackroyd's book is filled with the stories unique to this underworld: the hydraulic device used to lower bodies into the catacombs in Kensal Green cemetery; the door in the plinth of the statue of Boadicea on Westminster Bridge that leads to a huge tunnel packed with cables for gas, water, and telephone; the sulphurous fumes on the Underground's Metropolitan Line. Highly imaginative and delightfully entertaining, London Under is Ackroyd at his best.

A darkly humorous exploration of the human body and its various functions in poetic prose, Valerio Magrelli's *The Condominium of the Flesh*, a personal chronicle of his clinical experience, catalogues a life history of ailments without ever being pathological. *L'intestino felice. I segreti dell'organo meno conosciuto del nostro corpo* L'intestino felice Marsilio Editori spa

In this book the bestselling author and psychoanalyst Massimo Recalcati offers a fundamental re-examination of what 'being a mother' means today, in a world where new social and sexual freedoms mean that motherhood is no longer the sole destiny of women. Questioning the belief that a mother's love is natural and unconditional, he paints a more complex and troubling picture of the mother-child relationship, observing that mothers may even resent their children as a result of unresolved conflicts between different dimensions of love. The mother's hands not only nurture but can also

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potentially harm. Recalcati argues that it is precisely in these competing demands that motherhood fulfils its function: only if the mother is 'not-all-mother' can a child experience the absence that enables it to access the symbolic and cultural world. Recalcati cuts through conventional wisdom to offer a fresh perspective on the changing nature of motherhood today. An international bestseller, this book will appeal to a wide general readership, as well as to students and scholars of gender studies, psychoanalysis and related disciplines.

The snow is coming - Bear can smell it! And Squirrel is so excited - he's never seen snow before! But when the snow arrives, Bear suddenly gets sick. Can Squirrel still bring some silvery, sparkly, magical whiteness to his best friend? Featuring a cut-out window in Squirrel's oak tree home, giving readers a sneak-peek to the wintry world outside, this delicately-crafted book captures the cozy, cuddly feeling of sharing a snowy night with a loved one, and is the perfect read for parents and children to treasure together all year round.

Based on Nobel Prize-winning research, an easy-to-follow lifestyle plan for losing weight, looking younger, and feeling energized.

Dr. Michael Gershon has devoted his career to understanding the human bowel (the stomach, esophagus, small intestine, and colon). His thirty years of research have led to an extraordinary rediscovery: nerve cells in the gut that act as a brain. This "second brain" can control our gut all by itself. Our two brains—the one in our head and the one in our bowel—must cooperate. If they do not, then there is chaos in the gut and misery in the head—everything from "butterflies" to cramps, from diarrhea to constipation. Dr. Gershon's work has led to radical new understandings about a wide range of gastrointestinal problems including gastroenteritis, nervous stomach, and irritable bowel syndrome. *The Second Brain* represents a quantum leap in medical knowledge and is already benefiting patients whose symptoms were previously dismissed as neurotic or "it's all in your head."

'LIFE-CHANGING. THE MOST PRACTICAL GUT GUIDE.' Dr Rangan Chatterjee of BBC1's *Doctor in the House* *The Gut Makeover*: This is more than another fad diet. This is a lifestyle you'll want to adopt for life. Join the thousands of people who are transforming their bodies, minds and overall health with this groundbreaking gut diet for a healthier, happier and lighter you. Packed with over 100 delicious and nourishing recipes to make your gut-health transformation easy, delicious and fulfilling, *The Gut Makeover Recipe Book* also explains the revolutionary new science that reveals that the state of our gut is central to our weight and health - and will help you control your weight, improve your skin, sleep better, lift your spirits and strengthen your immune system for good. Weekly meal plans, dinner party inspiration and perfect, quick week-night recipe ideas include: - Peruvian ceviche - Courgette Bolognese - Seabass with Salsa Verde - Pil Pil Prawns with green leaves ... and many more. There's no calorie counting and you won't go hungry, so what are you waiting for? Join the Gut Makeover revolution today!

This book will help you take a badly wounded patient to the operating room,

organize yourself and your team, do battle with some vicious injuries and come out with the best possible result. It is a practical guide to operative trauma surgery for residents and registrars, for general surgeons with an interest in trauma, and for isolated surgeons operating on wounded patients in military, rural or humanitarian settings. A surgical atlas may show you what to do with your hands but not how to think, plan and improvise. Here you will find practical advice on how to use your head as well as your hands when operating on a massively bleeding trauma patient. The first part of this book presents some general principles of trauma surgery. The second part is about trauma surgery as a contact sport. Here we show you how to deal with specific injuries to the abdomen, chest, neck and peripheral vessels. The single most important lesson we hope you will derive from this book is to always keep it simple because, in trauma surgery, the simple stuff works.

A man lives in total solitude in an abandoned mountain village. But each night, at the same hour, a mysterious distant light appears on the far side of the valley and disturbs his isolation. What is it? Someone in another deserted village? A forgotten street lamp? An alien being? Finally the man is driven to discover its source. He finds a young boy who also lives alone, in a house in the middle of the forest. But who really is this child? The answer at the secret heart of this novel is both uncanny and profoundly touching. Antonio Moresco's "Little Prince" is a moving meditation on life and the universe we inhabit. Moresco reflects on the solitude and pain of existence, but also on what we share with all around us, living and dead. From the Trade Paperback edition.

Dick Young is lent a house in Cornwall by his friend Professor Magnus Lane. During his stay he agrees to serve as a guinea pig for a new drug that Magnus has discovered in his scientific research. When Dick samples Magnus's potion, he finds himself doing the impossible: traveling through time while staying in place, thrown all the way back into Medieval Cornwall. The concoction wears off after several hours, but its effects are intoxicating and Dick cannot resist his newfound powers. As his journeys increase, Dick begins to resent the days he must spend in the modern world, longing ever more fervently to get back into his world of centuries before, and the home of the beautiful Lady Isolda... "The House on the Strand is prime du Maurier."-New York Times

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