

Prehab For Injury Running Enzofederico

Values-rich journeys can be described as pilgrimage, spiritual travel, personal heritage tourism, holistic tourism, and valuistic journeys. There are many motivations for undertaking these journeys; the most important being personal values, life experience, personal and social identity, lifestyle, social and cultural influence. This book presents contributions that address pilgrim motivation, identity and values as they are shaped by the broader sociological, psychological, cultural and environmental perspectives. The focus of the book is the travellers themselves and their inner world through the lens of their pilgrimage. The research presented focuses on the typology of pilgrim journeys as ways in which identity and values are presented to a post-modern consumer society, providing interesting and challenging perspectives on the identity of pilgrims in the 21st century.

Presents an anthology of poetry, essays, stories, and journal entries by Emily Dickinson, Zora Neale Hurston, Diane Ackerman, Ursula Le Guin, Terry Tempest Williams, Willa Cather, and many others who offer a personal view of humankind's relationship with the natural world. Original.

A handy pocket version of the Federal Rules of Evidence (5" x 8"), as amended through January 1, 2020. A Perfect quick reference for your desk or briefcase, for both attorneys and law school students. Includes internal rules cross-references for ease of use. Perfect as a supplement for any casebook. Contents: Article 1; General Provisions Article 2; Judicial Notice Article 3; Presumptions in Civil Cases Article 4; Relevance and its Limits Article 5; Privileges Article 6; Witnesses Article 7; Opinions and Expert Testimony Article 8; Hearsay Article 9; Authentication and Identification Article 10; Contents of Writings, Recordings, and Photographs Article 11; Miscellaneous Rules

This sharply intelligent, consistently provocative book takes the reader on an astonishing, thought-provoking voyage into the realm of delightful uncertainty--a world of paradox in which logical argument leads to contradiction and common sense is seemingly rendered irrelevant.

Digestive Endoscopic Resection provides a minimally invasive method of diagnosing and treating gastrointestinal cancer. This book contains a comprehensive and detailed introduction to this technique. It includes preoperative preparation, surgical methods, intraoperative complications and postoperative management of advanced endoscopic procedures. It mainly focuses on endoscopic submucosal dissection (ESD) and endoscopic submucosal tunneling technologies, such as peroral endoscopic myotomy (POEM) and submucosal tunneling endoscopic resection (STER). This book presents essential surgical steps and diagnostic illustrations of these fast developing techniques. It provides a theoretical basis and valuable technical guidance for experts to perform ESD and summarizes this new treatment of gastrointestinal disease not only early cancers but also other gastrointestinal disorders including esophageal achalasia, etc. The Atlas of Digestive Endoscopic Resection will serve as an ideal reference for physicians and surgeons involved in endoscopic minimally invasive surgery. Editors Pinghong Zhou, Liqing Yao and Xinyu Qin are professors at Zhongshan Hospital affiliated to Fudan University, Shanghai, China.

Many events have evolved over centuries, drawing on local customs and conditions. However, as the world becomes increasingly globalised, traditional events and the identities they support are increasingly being challenged and rituals may be lost. Reacting against this trend towards homogeneity, communities strive to preserve and even recreate their traditional events, which may require rituals to be resurrected

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or reinvented for a new audience. The aim of this book is to explore the role of traditional events and rituals in the modern world. The 16 chapters cover a range of case studies of the performance of ritual through events, including their historical antecedents and development over time, as well as their role in society, link with identities both seemingly fixed and fluid and their continued relevance. The cases examined are not museum pieces, but rather vibrant festivals and events that continue to persist. Drawing on the power of history and cultural tradition, they are manifestations of heritage, existing in three temporalities: celebrating the past, occurring in the present and aiming to continue into and influence the future. Iconic events including Chinese New Year, Hogmanay and the New Orleans Mardi Gras are examined and examples are drawn from a diverse range of countries such as South Korea, China, Laos, the United States, Scotland, Italy, India and Haiti. This volume provides a deep understanding upon the role of tradition and ritual within events, from a global perspective and will be valuable reading for students, researchers and academics interested in events, heritage and culture.

From USA Today bestselling author Leslie Langtry comes a former CIA agent turned Girl Scout Troop leader, and a murder that will keep you guessing until the end! Just as Merry Wrath's former career as a CIA agent seems to be fading into a distant memory, the agent turned Girl Scout troop leader discovers that her beloved little suburban ranch house may not be what it seems. When a masked gunman breaks in to demand the return of "Nye," she fears that she may not have been the first spy to live there. What...or who is "Nye?" And when Merry trips over the dead body of that same gunman later at the zoo, she realizes that her favorite king vulture and his mouthy scarlet macaw friend may be witnesses to a murder. Suddenly this becomes much more personal, and her list of suspects grows from a cosplaying teenaged demigod zookeeper, to a possible plot by the Russians... which may even include Merry's old arch-nemesis. Things aren't going well for her Girl Scout troop either, as a new addition causes trouble, and the girls begin to turn against each other—sparking way more than just preteen angst. From a dangerous close encounter with a mythical red wolf, to a jovial, geriatric group of Russian expats who brew their own mind-bending vodka, Merry Wrath worries that if she doesn't find the killer soon, this case may be her last. Merry Wrath Mysteries: Merit Badge Murder – book #1 Mint Cookie Murder – book #2 Scout Camp Mystery – short story in the "Killer Beach Reads" collection Marshmallow S'More Murder – book #3 Movie Night Murder – book #4 Mud Run Murder – book #5 Fishing Badge Murder – short story in the "Pushing Up Daisies" collection Motto for Murder – book #6 Map Skills Murder – book #7 Mean Girl Murder – book #8 Marriage Vow Murder – book #9 Mystery Night Murder – book #10 Meerkats and Murder– book #11 What critics are saying about Leslie Langtry's books: "I laughed so hard I cried on multiple occasions while reading MARSHMALLOW S'MORE MURDER! Girl Scouts, the CIA, and the Yakuza... what could possibly go wrong?" ~ Fresh Fiction "Darkly funny and wildly over the top, this mystery answers the burning question, 'Do assassin skills and Girl Scout merit badges mix...'" ~ RT BOOKreviews "Mixing a deadly sense of humor and plenty of sexy sizzle, Leslie Langtry creates a brilliantly original, laughter-rich mix of contemporary romance and suspense." ~ Chicago Tribune "Langtry gets the fun started from

page one with a myriad of clever details." ~ Publisher's Weekly

A photographic tribute to how ballplayers get their start with memories from Nolan Ryan, Hank Aaron, Randy Johnson, Ichiro Suzuki, Vladimir Guerrero, and more. With an Introduction by Cal Ripken, Jr. and an Afterword by Johnny Bench In Grassroots Baseball: Where Legends Begin, photographer Jean Fruth features more than 250 of the best images from all levels of the amateur game in various US cities, as well as several hotbeds of baseball around the world. Each chapter opens with a portrait of a baseball legend and a first-person essay recounting his early memories of playing the game. Some of the stars highlighted in this full-color book include Whitey Ford, Vladimir Guerrero, Hank Aaron, Randy Johnson, Nolan Ryan, and Ichiro Suzuki. The pages that follow in each chapter document the game from sandlots to big-time ballparks, and at every level of organized baseball, giving readers a window into how these legends' careers began. With an introduction by Cal Ripken, Jr., a foreword by Steve Wulf, and an afterword by Johnny Bench, this book makes the perfect gift for baseball fans of all teams.

Synopsis coming soon.....

An exemplary survey that reassesses the impact of the most important books to have shaped art history through the twentieth century Written by some of today's leading art historians and curators, this new collection provides an invaluable road map of the field by comparing and reexamining canonical works of art history. From Émile Mâle's magisterial study of thirteenth-century French art, first published in 1898, to Hans Belting's provocative Likeness and Presence: A History of the Image before the Era of Art, the book provides a concise and insightful overview of the history of art, told through its most enduring literature. Each of the essays looks at the impact of a single major book of art history, mapping the intellectual development of the writer under review, setting out the premises and argument of the book, considering its position within the broader field of art history, and analyzing its significance in the context of both its initial reception and its afterlife. An introduction by John-Paul Stonard explores how art history has been forged by outstanding contributions to scholarship, and by the dialogues and ruptures between them.

"This unofficial Minecraft novel is an original work of fan fiction which is not sanctioned nor approved by the makers of Minecraft."--Title page verso.

Presents a guide to using the Mac OS X Yosemite operating system for senior citizens, covering such topics as customizing computer settings, sending and receiving email, exploring the Internet, and working with folders and files.

CHAOS IS OPPORTUNITY They were just guarding the oil fields in Kirkuk

USA TODAY BESTSELLING AUTHOR and AGATHA AWARD-WINNING SERIES "Boyer delivers a beach read filled with quirky, endearing characters and a masterfully layered mystery, all set in the lush lowcountry. Don't miss this one " - Mary Alice Monroe,

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New York Times Bestselling Author of A Lowcountry Wedding "Boyer writes with humor, grace, and Southern grit in this charmer of a Carolina tale." - Gretchen Archer, USA Today Bestselling Author of Double Knot "The authentically Southern Boyer writes with heart, insight, and a deep understanding of human nature." - Hank Phillippi Ryan, Agatha Award-Winning Author of What You See "Boyer deftly shapes characters with just enough idiosyncrasies without succumbing to cliches while infusing her lighthearted plot with an insightful look at families." - Oline Cogdill, South Florida Sun Sentinel Somebody pushed Shelby Poinsett out her second-floor library window and it wasn't her husband. At least that's what Charleston's most prestigious law firm wants Liz Talbot to prove. Liz must run the spectrum of Southern society, from the local homeless shelter where Shelby volunteered to the one-hundred-year-old book club where Charleston's genteel ladies are dying to join, to bring a killer to justice. Related subjects include: women sleuths, private investigator mystery series, cozy mysteries, murder mysteries, whodunit mysteries (whodunnit), book club recommendations, Southern fiction, Southern humor, Southern living. Books in the Liz Talbot Mystery Series: LOWCOUNTRY BOIL (#1) LOWCOUNTRY BOMBSHELL (#2) LOWCOUNTRY BONEYARD (#3) LOWCOUNTRY BORDELLO (#4) LOWCOUNTRY BOOK CLUB (#5) Part of the Henery Press Mystery Series Collection, if you like one, you'll probably like them all... Author Bio: Susan M. Boyer is the author of the USA Today bestselling Liz Talbot mystery series. Her debut novel, Lowcountry Boil, won the Agatha Award for Best First Novel, the Daphne du Maurier Award for Excellence in Mystery/Suspense, and garnered several other award nominations, including the Macavity. The third in the series, Lowcountry Boneyard, was a Southern Independent Booksellers Alliance (SIBA) Okra Pick, a Daphne du Maurier Award finalist, and short-listed for the Pat Conroy Beach Music Mystery Prize. Susan loves beaches, Southern food, and small towns where everyone knows everyone, and everyone has crazy relatives. You'll find all of the above in her novels. She lives in Greenville, SC, with her husband and an inordinate number of houseplants."

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There's a nip in the air and the leaves are turning...it's autumn again! Back-to-school, homecoming, hayrides, county fairs, trick-or-treating and Turkey Day...so much fun, but so much to do! Autumn in a Jiffy is just what you need...over 200 speedy recipes shared by moms like you. Most recipes are made with eight ingredients or less and are perfect for your busy family life. Are the kids too rushed to eat breakfast? They'll be on their way in no time when you serve up Bubble Breakfast Pizza and Banana-Oat Breakfast Cookies. At lunchtime, Pop's Harvest Chili and Easy Meatball Hoagies will fill hungry tummies. You'll find lots of quick ideas for weeknight dinners your family will love...some ready in 30 minutes or less! Put a fresh spin on old favorites with Taco-Filled Peppers and Super-Simple Chicken Manicotti. Jazz up the Thanksgiving table with Sweet & Spicy Broccoli and Slow-Cooker Scalloped Potatoes. For tailgating and party snacking, Corn Dog Muffins and Candy Corn Crispy Balls are sure to be a hit. And there's always time for dessert! Tuck Marbled Chocolate Bars into lunchboxes and wow 'em at get-togethers with Autumn Spice Streusel Cake...yum! Look for the sweet and funny family memories sprinkled throughout, plus timesaving kitchen tips and holiday ideas to make every day special.

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Betrayed and Imprisoned! Ripped from their home dimensions and tricked into retrieving the Staff of Dominion, Dave, Jimmy and their friends are now imprisoned by the Glitch Queen. Unless they can find a way to defeat her, their home dimensions will soon fall to her tyranny. Can they escape and stop her in time? Read Book Two of the epic crossover from Dave Villager and Dr. Block to find out.

A tough Navy SEAL Captain vows never to love again. When he is hired to protect a hilarious and charitable woman, how can he stop himself from falling for her? From bestselling clean romance author Cami Checketts comes a fast-paced and fun new series of adventure romances.

When ten-year-old Abbas arrives in England to start a new life - having just fled conscription into the Iranian army and survived almost three months alone in Istanbul, Turkey, waiting for a visa - little does he know that his troubles have only just begun. Abbas's cousin packs him off to boarding school, and infrequent phone calls are his only contact with his beloved mother in Iran. Things get worse when Abbas is threatened with deportation and forced to work through the nights during his school holidays to repay his 'debt', and worse still when, at the age of thirteen, he finds himself homeless. Abbas's extraordinary resilience in the face of overpowering odds makes this story based on true events from the internationally bestselling author of *On Two Feet and Wings* inspiring and unforgettable.

Mail-order bride Edwina Ladoux is grateful for the three-month courtship period she agreed to with Declan Brodie and his four rambunctious children, but experiences a change of heart when Declan's first wife suddenly returns.

This volume is one in a series of statute books designed for student use throughout the year as well as in examinations.

Do you know your carbon cycle from your carbon footprint? Can you tell your greenhouse effect from your green house? And what exactly is a tipping point? If any of these questions leave you confused, then *Basher Science: Climate Change* is the book for you. From El Nino and hurricanes to deforestation and population growth of scale - this is a totally comprehensible guide to a fast-moving, essential topic. Subjects covered in this book include: ice caps, the greenhouse effect, global warming, the butterfly effect, atmospheric systems, acid rain, ocean systems, acidification, fossil fuels, heat waves, urbanization, carbon footprint, recycling, renewable energy, biofuels, and nuclear power.

Sudoku is fun and addicting! Challenge your brain--but not on your eyes--with this collection of 162 sudoku puzzles! 5 levels of difficulty offer something for puzzlers of all experience levels. Sudoku grids are large, easy to read, and simple to fill out. Spiral binding allows the book to lay flat for easy puzzling, whether at home or on the go. Complete answers are located in the back of the book. 192 pages

Sisters of the Earth Women's Prose and Poetry about Nature Vintage

“An inside, irreverent look into the high profile world of celebrity culinary arts. Hilarious!”—from the author of *Midnight Snacks Are Murder* (Suspense Magazine). Cape May, New Jersey, is the site of a big culinary competition—and the knives are out . . . Poppy McAllister is happy about opening a Jersey Shore B&B—but working in a professional kitchen has always been her real dream.

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Now it's coming true, at least briefly, as she teams up with her former fiancé, Tim—and his condescending partner, Gigi—during the high-profile Restaurant Week challenge. Poppy's specialty is pastries, despite her devotion to a Paleo diet. But if anyone can make glorious gluten-free goodies, it's Poppy. Things get heated quickly—especially when some ingredients get switched and Tim's accused of sabotage. Relatively harmless pranks soon escalate into real hazards, including an exploding deep fryer. And now one of the judges has died after taking a bite of Poppy's cannoli—making her the chef suspect . . . Includes Seven Recipes from Poppy's Kitchen! Praise for the Poppy McAllister series “Fans of Chopped will have fun juggling the complicated set of suspects and following a romantic triangle that has yet to be resolved.”—Kirkus Reviews “Funny and entertaining. An excellent cozy mystery to curl up with.”—The Cozy Pages “Each book is better than the last.”—The Montana Bookaholic

In keeping with the style of the Handbook of Modern Biophysics, this fourth volume, Application of Near-Infrared Spectroscopy in Biomedicine, balances the need for physical science/mathematics formalism with a demand for biomedical perspectives. Each chapter divides the presentation into two major parts: the first establishes the conceptual framework and describes the instrumentation or technique, while the second illustrates current applications in addressing complex biology questions. With the additional sections on further reading, problems, and references, the interested reader can explore some chapter ideas more widely.

Couples today want it all: cars, kids, houses, vacations, early retirement, successful career, and happiness. The question is, what does it take to make all that happen? As more and more marriages are made up of two working professionals, our definition of a traditional marriage is put to the test. In Alpha Couples, the Solanos take us on a journey through an ambitious professional couple's trials, tribulations, and lessons learned. They show us the challenges of balancing a corporate job with an entrepreneurial career, and they teach us how to be successful in finances, time management, and with each other. They also offer great insight from other successful couples like Will and Jada Pinkett Smith, Sara Blakely and Jesse Itzler, and Barack and Michelle Obama. Alpha males are a thing of the past. Or, as the Solanos explain, maybe alpha males were never a thing to begin with. In nature, Alpha Couples work together to lead their packs as powerful pairs. Within the pages of this book, you'll learn all the tips and tricks you need to establish a strong, loving, and exciting, mutually beneficial, and all around badass relationship with you and your partner. Robert Solano is a dreamer, hustler, and tech geek. He is a former pilot, aerospace engineer, and senior manager in the aviation industry, with 20 years of experience leading world-class teams. Zaira Solano is a badass entrepreneur and attorney. She is the founder and CEO of Solano Law Firm where her company helps immigrants build a better future in the United States. In 2013, Robert and Zaira met on Match.com and fell in love. As an Alpha Couple, Robert and Zaira support each other as they chase their dreams, challenge the status quo, and strive to change the world. Reviews "From data to stories to actionable tips, Alpha Couples has it all to help professional couples build an amazing life!" -Kristen David, Author "You slayed it!

#RelationshipGoals" -Lisa Leslie, WNBA Champ

Part of the new Allyn & Bacon series in technical communication, Writing Software Documentation features a step-by-step strategy

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to writing and describing procedures. This task-oriented book is designed to support both college students taking a course and professionals working in the field. Teaching apparatus includes complete programs for students to work on and a full set of project tracking forms, as well as a broad range of examples including Windows-style pages and screens and award-winning examples from STC competitions.

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