

# **The No Nonsense Guide To The Menopause A Comprehensive Resource With Simple Unbiased Advise On Managing This Important Life Stage**

Shows why the promotion and protection of animal rights is more critical than ever.

Explores how democracy has been constricted and deformed by economic power-brokers and a self-serving political class from Birmingham to Bangalore. Swift considers the different tools people in power have used to manipulate democratic principles, such as freedom, to their advantage. Includes chapter-length discussions of topics such as the economic meltdown, Barack Obama, eco-democracy, democratising the economy and democracy in the global south. It is also a guide to the rich diversity of forms of elected government full of practical advice for voters.

The ending of the Cold War was supposed to increase global security and divert expenditure previously earmarked for arms purchases to more constructive ends. Instead, the arms trade has flourished. Not only conventional arms, but also police and surveillance equipment, have been provided by Western countries seeking to make a profit from conflict in unstable parts of the world. Foreign debt has remained high, development has been held back, and human rights have been systematically abused, all with the connivance of an

arms trade prepared to turn a blind eye to the uses to which increasingly sophisticated weaponry is put, so long as hefty profits can be reaped. This disturbing book names the players in the arms trade and charts the impact that it has had on war, human rights, and development. The financial and trade mechanisms that permit the arms trade to continue are revealed, amid sordid tales of bribery and corruption. Gideon Burrows concludes his examination by reviewing the ways in which this trade can be controlled or even abolished.

Indigenous peoples have long suffered from exoticization. Outsiders elevate their beauty, remoteness and difference and do not see beyond this to the real problems they face. The No-Nonsense Guide to Indigenous Peoples looks beyond the exotic images, tracing the stories of different indigenous peoples from their first (and often fatal) contact with explorers and colonizers. Much of this history is told here by indigenous people themselves. They vividly describe why land and the natural world are so special to them; how it feels to be snatched from your family as a child because the government wants to "make you white"; why they are demanding that museums must return the bones of their ancestors; how can they retain their traditional culture while moving with the times; and what kinds of development are positive. This short guide discusses all this and more, raising countless issues for debate.

Water sustains life: without it, humans cannot survive for more than a few days. And yet this precious fluid is becoming increasingly politicized as the debates about control and ownership of water itself, and of the many

organizations which govern its use, gain force. Maggie Black explores the many roles water plays in human life and, as the defense of water rights looks set to become an explosive issue, provides a clear overview on the vital issues of distribution, technology, irrigation, land use and commodification.

This book offers a comprehensive, entry-level guide for librarians and archivists who have found themselves managing or are planning to manage born-digital content. Libraries and archives of all sizes are collecting and managing an increasing proportion of digital content. Within this body of digital content is a growing pool of 'born-digital' content: content that has been created and has often existed solely in digital form. The No-nonsense Guide to Born-digital Content explains step by step processes for developing and implementing born-digital content workflows in library and archive settings of all sizes and includes a range of case studies collected from small, medium and large institutions internationally.

Coverage includes: the wide range of digital storage media and the various sources of born-digital content a guide to digital information basics selection, acquisition, accessioning and ingest description, preservation and access methods for designing & implementing workflows for born-digital collection processing a comprehensive glossary of common technical terms strategies and philosophies to move forward as technologies change. This book will be useful reading for LIS and archival students and professionals who are working with, or plan to work with, born digital content. It will also be of interest to museum professionals, data managers, data

scientists, and records managers.

The No-Nonsense Guide to World FoodNew EditionNew Internationalist

An in-depth look at two decades of a movement that aims to challenge the ethical foundations of the global market. Transnational corporations look for the cheapest suppliers, while the fair trade movement insists on a premium for the producersat the start of the chain. Sally Blundell explores the origins of fair trade and what it is likely to become in the face of growing disparities between the principles and the practice.

The power and influence of the mass media grows daily, crucially affecting the way all of us see and understand each other. The No-Nonsense Guide to Global Media introduces readers to the political economy of the major mediafilm, television, radio, recording, publishing and the Internet. Peter Steven looks at the ever greater concentration of ownership and at the convergence of technologies and media functions. At the same time, he emphasizes the diversity of local media production and media around the world. The media is more than the economics of ownership and the technology of production, he stresses; it is also audiences, in all their annoying and wonderful diversity.

Commercial culture and the Western consumer model has globalized while gaps in wealth, food security and social provision continue to grow. This book provides a critique of the orthodoxy of economic growth in a world of finite natural resources and a blueprint for a new economic architecture.

A balanced portrayal of |real Islam|, looking beyond the

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common perceptions and polemical debates. It shows what Islam has achieved and shows why a better understanding of Muslims is needed throughout the world. But it also explains why Islam needs to make itself more relevant by showing it can create a tolerant and peaceful society, and explores the steps for reform. A plain-speaking, independent view that informs current debates and puts modern developments into the context of the history of Islam and its people.

This practical how-to-do-it guide is ideal for professionals involved in the management of archives and records, especially if they are just starting out or without formal training. The book covers all aspects of recordkeeping and archives management. It follows the records' journey from creation, through the application of classification and access techniques, evaluation for business, legal and historical value and finally to destruction or preservation and access in the archive. Based on the internationally renowned training days run by the author and her business partner, The No-nonsense Guide to Archives and Recordkeeping deals with records and archives in all formats. It utilizes checklists, practical exercises, sample documentation, case studies and helpful diagrams to ensure a very accessible and pragmatic approach, allowing anyone to get to grips with the basics quickly. The book is divided into four main work areas: - current records: including creation, filing, classification and security - records management: including aims, risks, planning, preparation and delivery - archives management: including collecting policies, intellectual property rights, appraisal, digitization

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and outreach - archival preservation: including policy, disaster prevention and repositories. This one-stop-shop will be essential for a wide readership including archives and records assistants, librarians, information managers and IT professionals responsible for archives and records and managers of archives staff.

From coffee farms in Peru and cocoa production in Ghana to jeans manufacture in China and the Banana War of Guatemala and the Caribbean, this fully revised No-Nonsense Guide tells the human story behind the products we consume. Examining the contest between 'free' and 'fair' trade around the world, David Ransom argues that the key question is not whether trade should be regulated or deregulated, but whether it is to be the master or servant of the people.

This book is aimed at helping experienced trainers, as well as those who are still developing their skills, and provides guidance on the design and delivery of effective training courses with topics including: the people side of training; use of technologies to support training practices; different approaches to learning and teaching; planning and designing training; delivering training: face-to-face and blended learning; evaluation of training events and continuous improvement; and learning and development in the workplace. This guide uses case studies and examples of best practice from public, school, academic, special, and government libraries.

Social sciences.

The prevailing model of endless economic growth is unsustainable. This book unpicks the idea of degrowth and explores alternative visions.

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Green issues and politics are no longer separate entities, and as environmental issues will only become more pertinent in the future, it will dominate the political spectrum. From climate chaos to consumerism, the crisis facing human civilisation is clear. Yet the response from politicians at present is still inadequate and environmental activists focus on single campaigns rather than electoral politics. The new addition to the No-Nonsense Guides measures the rising tide of eco-activism and awareness and explains why it heralds a new political era worldwide.

You have heard that men and women are from different planets. This book helps you: know, an hour after meeting her, whether she's right for you; know whether women are attracted to you - or to what you can do for them; understand how her socialisation drives you nuts; and how your socialisation drives her nuts.

Globalisation has become one of the most used and encompassing words over the past decade, of undeniable influence in economics, politics and activism. Globalisation is literally all around; every aspect of life is affected by a global structure of communication and economy. This fully revised and updated guide condenses this complex subject into clear, concise commentary. It examines the debt trap, the acceleration of neoliberalism, competition for energy resources, the links between the war on terror, the arms trade and the alternatives to corporate control.

Most people's knowledge of world history is hazy and incomplete at best. This updated No-Nonsense Guide gives a full picture, revealing the hidden histories and communities left out of conventional history books—from the civilizations of Africa, Asia, and Latin America to the history of women. The new final chapter includes material on the financial crisis and the world response to climate change. Chris Brazier is co-editor at New Internationalist. His previous books include

Vietnam: The Price of Peace. He is principal writer for UNICEF's The State of the World's Children report.

This accessible and highly practical book provides an introductory guide to the world of research support in the academic library. Academic libraries have seen huge changes in recent years thanks to the increasing availability of information online but they are now undergoing another shift. As libraries move away from providing access to existing information and towards helping users create new knowledge there is an opportunity for them to develop new services for the research community. To do this successfully libraries need to have a knowledgeable workforce who are equipped to provide the support that researchers need. Information professionals are increasingly being asked to advise their users on issues such as open access and research data management but are often doing so with little or no formal preparation. Outlining the reasons why library staff need to develop a knowledge of research support and guiding them through the key information on each topic, The No-nonsense Guide to Research Support and Scholarly Communication provides an ideal primer for those who seek to work in this area or those who have acquired these responsibilities as part of a wider role. The practical nature of the book means readers can dip into it or read it from cover to cover as needed. It includes practical checklists of knowledge and skills, international case studies by practitioners from around the globe, end of chapter references, how-to sections, activities and links to freely available online training materials. The book covers: - scholarly communication, open research and the research lifecycle - research data management - open access - disseminating research - metrics and measuring impact including the Journal Impact Factor, H-Index and Altmetrics - career paths in research support - why and how library staff at all levels can get involved in the

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process of doing research and sharing their outputs. The book will be essential reading for academic librarians who have had research support duties added to their role with little or no formal training or those who have taken on a newly created role and are unsure of how best to use their existing skills or develop new ones suitable for a role in research support. The book will also be of interest to public librarians who may be dealing with supporting their own research communities and those who are considering taking on a career in this growing area but are unsure where to turn for guidance including students studying for postgraduate library qualifications and those who have undertaken qualifications in publishing.

"The No Nonsense Guide to Climate Change" charts up-to-the-minute developments on climate change, explores the extent that the human race is responsible for the catastrophes and suggests what can be done to prevent them.

Economic growth and wealth creation will never meet the poor's need for sufficiency and safety.

Discover Everything You Need To Know About Diverticulitis  
Have you recently been diagnosed with Diverticulosis or Diverticulitis? Are you looking to learn about the most common colon disorder affecting over 50% of people aged 50 and older? Or are you looking for recent preventative measures backed up by scientific research? If you're interested in learning more about this poorly understood problem, you've come to the right place. The purpose of this book is to crunch hundreds of pages worth of, sometimes conflicting, information into a jargon-free, easy-to-digest (no pun intended) 105-page manual. Every medical statement is linked to a scientific study, journal or article and are all fully referenced in the last chapter, allowing you to read the studies in full. Be warned, this book does not contain any

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miracle cures, just concrete information from the most up-to-date sources. The truth is, thousands of people worldwide are suffering from Diverticulitis and are unable to overcome it. Most sufferers take a doctor's word to be law and prescribe a simple concoction of painkillers and fibre, but is this enough? This book teaches you everything you need to know about Diverticulitis so you can arm yourself with the knowledge to defeat it. It also goes into a step-by-step strategy that will ease your suffering and allow you to take control of your life once again. Now With A Diet For Diverticulosis This second edition contains a list of molecules that affect diverticular disease, both positively and negatively. The ingredients with the highest concentration of these molecules are explained in simple terms, so you know exactly what to add to your shopping cart and what to avoid. 50 recipes are included, allowing a bespoke diet for diverticulitis, each containing large quantities of these beneficial molecules. If there's an ingredient not to your fancy, we've got you covered, feel free to look into the "Ingredients Analysis" section and swap it out for an equivalent item. Here Is A Preview Of What You'll Learn... \* How The Gut Works To Maximise Your Health\*How To Recognize Diverticulitis\*How To Avoid The Causes Of Diverticulitis\*How To Spot The Symptoms\*Self And Professional Diagnosis\*How To Ease Your Problem Once And For All\*Molecules & Ingredients Defined By How They Affect Diverticular Disease\*50 Recipes Individually Categorised By How They Prevent Diverticulitis AttacksTake action right away to overcome your Diverticulitis by downloading this book, "The No-Nonsense Guide To Diverticulosis and Diverticulitis".Become more knowledgeable today!

How much has life really changed for women during the last decade? Has the womens movement affected

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women all over the world? Has it changed womens relationships with men? Nikki van der Gaag answers these questions with hard, sometimes disturbing, evidence. Many women have made huge leaps forward in legal rights, political representation, employment, education, healthbut beneath the surface the statistics are shocking. Vivid testimonies from women and men around the world explain why, especially in this post-feminist age, womens rights are still very much an issue for men and women alike. "She has made a special effort to correct many of the misconceptions and biases related to the feminist movement, to link the liberation of women who constitute half of society to the liberation of men and to the dispossessed majority living on earth." from the introduction by Nawal El Saadawi

This invaluable guide is excellent for students, peace groups and activists. With tables, maps, case studies and quotes it looks at how conflict escalates and ways it can be prevented. It examines the changing types of war, including the War on Terror and ethnic conflict such as in Rwanda; the role of diplomacy and the UN and what steps ordinary people are taking to re-build communities. It also offers ideas and inspiration for creating lasting peace.

INTERNATIONAL BESTSELLER 'Steven Laureys' book opens up exciting perspectives.' – Matthieu Ricard, Buddhist monk & translator of the Dalai Lama 'Clear, lively, rigorous and authentic... [The] book we have been waiting for.' - Dr Ilios Kotsou, mindfulness and wellbeing expert 'Not reading this book is self-defeating' - Paul Witteman Rigorously researched and deeply illuminating,

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world-leading neurologist Dr Steven Laureys works with celebrated meditators to scientifically prove the positive impact meditation has on our brains. Dr Steven Laureys has conducted ground-breaking research into human consciousness for more than 20 years. For this bestselling book, Steven to explores the effect of meditation on the brain. He uses hard science to explain the benefits of a practice that was once thought of as purely spiritual. The result is a highly accessible, scientifically questioning guide to meditation, designed to open the practice to a broader audience. A mix of fascinating science, inspiring anecdote and practical exercises, this accessible book offers scientific evidence that meditation can have a positive impact on all our lives.

Science is the great intellectual adventure, but can also be an instrument of profit, power, and privilege. Wrongly used, it might yet make the twenty-first century our last. To make sense of this, we need to let go of old ideas and assumptions. This No-Nonsense Guide to Science introduces a new way of thinking about science, moving away from ideas of perfect certainty and objectivity. We must accept uncertainty and ignorance in the field, as well as the need for citizens' participation in the policies involving science.

The world food system is put under the microscope in this updated edition of "The No-Nonsense Guide to World Food."

Building dams in India, planting trees in Burkina Faso, rescuing street children in Brazil - these are images of aid and international development with which we can all

identify. However, what passes for development all too often improves life for the better off while actively hurting the very people the venture was meant to support.

Maggie Black exposes the hypocrisy and reveals a more accurate picture of what is happening in development's name, arguing for a process to be put in place that truly defends the interests of poor people.

The world food system is put under the microscope in this updated edition of *The No-Nonsense Guide to World Food*.

In this *No-Nonsense Guide*, Pamela Nowicka explores the third biggest industry in the world (after oil and narcotics). Taking the reader on a trip through the early days of travel, up to the first package tours and today's mass tourism, she argues that we in the West could help more by travelling less and being more aware and discerning when we do travel. This book will show you the hidden impacts of tourism.

For nearly as long as women have been around, they have been going through menopause. It is a bodily process as old as human birth, death, and of course, menstruation. Like many normal biological events, menopause was gradually medicalized, and with the rise of pharmaceutical medicine, women and their doctors were convinced that it was an "estrogen deficiency disease" that could be treated by supplementing the body's declining estrogen levels with hormones. By 2002 hormone treatment had been on the market for more than fifty years when doctors and women alike were shocked by the results of a massive clinical trial, the Women's Health Initiative: women taking hormones had more heart attacks, breast cancer, strokes, pulmonary embolisms, and blood clots than women who did not, and

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patients were left scrambling to find new and sometimes difficult answers to their menopause and midlife health questions. In *The No-Nonsense Guide to Menopause*, Barbara Seaman, a legendary figure in the women's health movement, and Laura Eldridge have written a comprehensive, easy-to-use resource that will give you all the information you need to make smart and informed decisions that will put you in control during this time of transition -- medically, psychologically, sexually, and even financially. With the latest research on everything from hormone replacement therapy to skin creams to preventing osteoporosis, *The No-Nonsense Guide to Menopause* is the definitive manual on this important subject. You'll find out which changes are expected and natural and which can be a cause for concern; how hormonal shifts can affect your heart, your sex life, and your mood; and what you can do to address these issues. Whether the authors are discussing the risk factors for heart disease, the benefits of lifting weights, or if you should consider a hysterectomy, they offer unbiased, straightforward information and advice with a signature blend of wisdom and sensitivity. Perhaps most important, you'll learn how to evaluate what you read in magazines, hear on the news, and are told by your doctor, so you can distinguish between solid facts and dubious claims. By learning how to read and evaluate scientific studies and becoming familiar with what goes on behind the scenes in research labs, at doctors' offices, and at pharmaceutical companies, you will be able to become your own advocate. The next time you go to the doctor's office, you will know how to make the most of your visit and leave feeling confident, informed, and in command. There is no one way to experience menopause and no single way to handle the challenges it can present, but as a no-nonsense patient, you will have the tools you need to make decisions that are right for you.

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Learn basic grammar principles and literary techniques such as alliteration, metaphors, and hyperbole. Fuzzy on punctuation? Bamboozled by adverbs? Perplexed by the difference between idioms and irony? This Know-Nonsense Guide to Grammar is packed with simple definitions (commas are used to separate words in a sentence and help readers know when to pause), memorable examples (The vampire loves cooking, his teddy bear, and his goldfish.), and funny illustrations that make the rules of language easy to understand. Turn each page to learn the basic rules of grammar and parts of speech, and discover the literary devices that make good writers great, including alliteration, similes, hyperbole, and much more. Turning what can at times be dry topics into something approachable and fun, The Know-Nonsense Guide to Grammar is sure to delight readers of all ages. Flex your literary muscles, and soon you'll be a regular wordsmith!

Demystifies all the colors of the sexual rainbow, tracking the campaigns for rights and equality worldwide.

A wide-ranging exploration of why inequality persists and what can be done about it.

Captain D. Michael Abrashoff, legendary commander of the USS Benfold, continues in the same vein of his bestselling book IT'S YOUR SHIP with the knowledge he's gained from his speaking to and advising some of the top business minds in the world. The story of Captain Abrashoff and his command of USS Benfold has become legendary inside and outside the Navy. By governing his ship with his unique management techniques, Abrashoff turned the Benfold into a model of naval efficiency, with amazing cost savings, the highest gunnery score in the Pacific Fleet, and a highly motivated and top performing crew. In IT'S YOUR SHIP, he first demonstrated how to bring his successful management techniques from the ship to the boardroom. Now, in his

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newest book IT'S OUR SHIP, in the same rugged, can-do voice, Abrashoff will focus on the leadership, motivational, and management insights and tips that he has learned from his last six years of addressing business and corporate audiences. Abrashoff's timely advice will be eminently prescriptive, and will feature anecdotes and insights from leaders of businesses large and small and from public and non-profit sectors.

Rights are universal - that's the theory. How can this be transformed into reality for all?

Anxiety is a crafty shapeshifter that can take on many forms: the tiger that sinks its claws in with physical symptoms and distressing thoughts, the cruel and belittling bully creating insecurity and self-doubt and, worst of all, the frenemy rewarding avoidance of social situations with no physical symptoms, no cruel thoughts... and no life beyond your sofa!

This no-nonsense guide to beating social anxiety covers everything from surviving university and the workplace, through to social media and making it through parties and dates (whilst actually enjoying them!) With honest insights about her own social anxiety and a healthy dose of humour, award-winning blogger Claire Eastham describes what social anxiety is, why it happens, and how you can lessen its effects with lifestyle choices, talking therapies or even a hug from your favourite canine friend!

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