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Total Training for Young Champions [Human Kinetics](#) Collects conditioning programs for athletes between the ages of six and eighteen, offering over three hundred exercises for increasing coordination, flexibility, speed, endurance, and strength **The Hardmen: Legends and Lessons from the Cycling Gods** [Simon and Schuster](#) Embrace and revel in the stories of the toughest cyclists of all time, told by The Velominati, originators of The Rules. Read and get ready to ride . . . In cycling, suffering brings glory: a rider's value can be judged by their results, but also by their panache and heroism. Prepared to be awed and inspired by Chris Froome riding on at the Tour de France with a broken wrist or Geraint Thomas finishing it with a broken pelvis. In The Hardmen the writers behind cycling superblog Velominati.com and The Rules will tell the stories and illuminate the myths of not just the greatest cyclists ever, but the toughest. From Eddy Merckx to Beryl Burton, and from Marianne Vos to Edwig Van Hooydonk, the book will lay bare the secrets of their extraordinary and inspirational endurance in the face of pain, danger and disaster. After all, suffering is one of the joys of being a cyclist. Embrace climbs, relish the descents, and get ready to harden up. . . International Guide to Qualifications in Education [Burns & Oates](#) A comprehensive survey of the education systems of 170 countries and an equivalence evaluation of the qualifications they offer. This handbook is intended for admissions departments, administrators and teaching staff in universities, colleges and schools worldwide. **Weird But True! 4 300 Outrageous Facts** [National Geographic Books](#) "300 more mind-bending facts that are almost too amazing to believe"--Page 4 of cover. The Psalms, ESV (Press-Grain Paperback) [Crossway Books](#) The Psalms is a beautiful presentation of this beloved section of Scripture in large, readable type on high-quality paper. Featuring the ESV text, this edition is great for devotions, liturgical use, or as a gift. **Shaq Talks Back** [St. Martin's Press](#) It's rare to discover a candid sports autobiography-- even rare when the author is one of the most recognizable athletes in the world. But in Shaq Talks Back, Shaquille O'Neal for the first time talks frankly about his childhood, his life, his rivalries, and his career, culminating in a dramatic, behind-the-scenes account of the Los Angeles Lakers' drive to the NBA Championship. At seven feet one inch tall and 330 pounds, Shaq has always faced outsized expectations, even as a child when he towered over other kids. Shaq Talks Back is the story of how potential became reality-- how someone expected to be a champion finally learned to become one. Beginning with his memory of crying on the court after the Lakers defeated the Indiana Pacers, Shaq takes us back to his younger days in Newark and Jersey City, New Jersey, then to Georgia and finally to Germany, where he began to harness some of his height and strength. From there, he recounts the remarkable progress of his basketball career, changing from a big but inexperienced teenager to a dominant college and professional player. Shaq talks about: * Playing at Louisiana State University for the unpredictable coach Dale Brown * Signing the biggest rookie contract ever with the Orlando Magic-- and going to the NBA Finals for the first time * What happened next: dissention, disappointment, and his decision to leave for Los Angeles * The dysfunctional Lakers who were never able to win the big games * Dealing with egos as he finds the right chemistry with Kobe Bryant, Phil Jackson, and new additions to the team * Rivalries with Alonzo Mourning, Patrick Ewing, Hakeem Olajuwon, David Robinson, and others * The trouble with free throws... * "Bling-bling" and women: the larger-than-life world of NBA players off the court * Inside the Lakers' comeback from the brink against Portland and the drive to the NBA championship Funny, insightful, opinionated, and unexpectedly moving, Shaq Talks Back is the true voice of the NBA's best player. **Step-by-Step Projects for Self-Sufficiency Grow Edibles** * Raise Animals * Live Off the Grid * DIY Get ready to be self-sufficient. Whether tackling the garden, raising animals, learning more about alternative energy, or bettering your storage and preservation, Step-by-Step Projects for Self-Sufficiency is the perfect starting point. Step-by-step instructions and photos will guide you through how to make over 60 complete projects. After all, DIY projects are more fun (and generally easier) when you approach them with helpful aides and tools you made yourself. Projects in this new volume include: -A portable chicken ark -Two types of beehives -Solar cookers -Firewood storage -A potato growing box -Hoophouses and greenhouses - Raised planting beds -Rainbarrels -A cider press -Compost bins -Drying racks With its clear plan drawings, precise instructions and detailed photos, Step-by-step Projects for Self Sufficiency makes DIY easier than ever. **A Reader in Medical Anthropology Theoretical Trajectories, Emergent Realities** [John Wiley & Sons](#) A Reader in Medical Anthropology: Theoretical Trajectories, Emergent Realities brings together articles from the key theoretical approaches in the field of medical anthropology as well as related science and technology studies. The editors' comprehensive introductions evaluate the historical lineages of these approaches and their value in addressing critical problems associated with contemporary forms of illness experience and health care. Presents a key selection of both classic and new agenda-setting articles in medical anthropology Provides analytic and historical contextual introductions by leading figures in medical anthropology, medical sociology, and science and technology studies Critically reviews the contribution of medical anthropology to a new global health movement that is reshaping international health agendas **Pocket Genius: Dogs** [Penguin](#) Learn all about dogs in a child-friendly format that combines engaging photography with clear text in bite-sized chunks that will encourage and inform even reluctant readers. DK's Pocket Genius books feature distinct spread styles that add interest and variety to the books, from catalogs and thematic spreads to exciting full-page splash images. The convenient and economical format is ideal for children to use at home or school. Punchy bullet-point facts provide at-a-glance information, while size, shape, or locator icons are immediately recognizable references that children can easily understand. Additional genius gem facts provide extra wows. Fact files round off the book with fascinating facts such as record breakers and timelines, as well as a glossary. **Catfantastic** [M.J.F. Books](#) This volume of original stories is all for furry feline friends. A unique collection of fantastical cat tales. **Parkland Speaks Survivors from Marjory Stoneman Douglas Share Their Stories** [Crown Books for Young Readers](#) Featuring art and writing from the students of the Parkland tragedy, this is a raw look at the events of February 14, and a poignant representation of grief, healing, and hope. The students of Marjory Stoneman Douglas High School share their emotional journeys that began on February 14, 2018, and continue today. This revealing and unfiltered look at teens living in the wake of tragedy is a poignant representation of grief, anger, determination, healing, and hope. The intimate collection includes poetry, eyewitness accounts, letters, speeches, journal entries, drawings, and photographs from the events of February 14 and its aftermath. Full of heartbreaking loss, a rally cry for change, and hope for a safe future, these artistic pieces will inspire readers to reflect on their own lives and the importance of valuing and protecting the ones you love. **International Handbook of Universities** [Grove's Dictionaries](#) The Handbook, now in its 15th edition, is the only official guide to universities throughout the world. The information is truly authoritative, based on data collected by the International Association of Universities from official information supplied by national education bodies and the institutions themselves. It is the most comprehensive reference of its kind, available with information and statistics on courses of study, fees, personnel, and so on from over 6,000 universities in over 170 countries. Listings include: -- Full address details, including e-mail and World Wide Web addresses -- Names of key personnel -- administrative and academic -- General description and history -- Special facilities -- Information on fees -- Admission requirements -- Degrees and diplomas offered -- Academic year dates -- Language instruction -- Links with other universities -- Description of academic divisions with number of staff and students per faculty. **Biology of Humans Concepts, Applications, and Issues** [Benjamin Cummings](#) Known for its unique "Special Topic" chapters and emphasis on everyday health concerns, theFifth Edition of Biology of Humans: Concepts, Applications, and Issuescontinues to personalize the study of human biology with a conversational writing style, stunning art, abundant applications, and tools to help you develop critical-thinking skills. The authors give you a practical and friendly introduction for understanding how their bodies work and for preparing them to navigate today's world of rapidly expanding—and shifting—health information. Each chapter now opens with new "Did You Know?" questions that pique your interest with intriguing and little-known facts about the topic that follows. The Fifth Edition also features a new "Special Topic" chapter (1a) titled "Becoming a Patient: A Major Decision," which discusses how to select a doctor and/or a hospital, how to research health conditions, and more. **Pentagram Marks** [Laurence King Publishing](#) The four hundred marks reproduced in this book represent the diverse array of identity work produced by Pentagram's partners, past and present, since the company was founded in 1972. Over the past four decades, Pentagram has designed marks for large corporations and small businesses, government agencies and non-profit institutions, clubs and societies, and even individuals, all of whom were seeking a representative symbol to appear on letterhead and books, buildings and websites, and everywhere else imaginable. Previously only distributed in a limited edition, this invaluable book is now made available in a paperback version and will provide inspiration for all graphic designers working on identity projects. **ACCA - F6 Tax (FA 2009)** [Catfantastic V D A W Books, Incorporated](#) An anthology of fantasy tales featuring feline heroes and heroines includes twenty-four new stories by such authors as Mercedes Lackey, David Drake, Barry Longyear, Lawrence Watt-Evans, and Andre Norton **Five T'ang Poets Wang Wei, Li Po, Tu Fu, Li Ho, Li Shang-yin** [Field Translation Series](#) Five great poets of the T'ang dynasty (eighth and ninth centuries A.D.) are represented in this collection: Wang Wei, Li Po, Tu Fu, Li Ho, and Li Shang-Yin. Each poet is introduced by the translator and represented by a selection that spans the poet's development and career. These constitute some of the greatest lyric poems ever written. **The Painted Zoo** The perfect match of content and format: Craft supplies, a full-color how-to book and nobody-else-but-Klutz creativity, all packed in a sturdy, re-usable plastic jar with a screw-top lid and a rope handle. The whole package is incredibly bright, cheerful, easy to stack and display, and completely shopwear-proof. Start with an empty Klutz Bucket. Fill with wooden animal shapes. Add eight acrylic craft paints, one brush, a fine point black marker and a 40-page Klutz book of full-color, paint-this-critter inspiration. And then, right at the end, toss in a good supply of wiggle eyes. End result? A zoo in a bucket. With it you can paint 24 wooden die-cut blanks into things like Technicolor tigers or polka-dotted pandas, paying absolutely no attention whatsoever to the way they're actually supposed to look. **Disciple IV DISCIPLE IV UNDER THE TREE OF LIFE** is the final study in the four-phase DISCIPLE program and is prepared for those who have completed BECOMING DISCIPLES THROUGH BIBLE STUDY. The study concentrates on the Writings (Old Testament books not in the Torah or the Prophets), the Gospel of John, and Revelation. Emphasis on the Psalms as Israel's hymnbook and prayer book leads natural to an emphasis on worship in the study. Present through the entire study is the sense of living toward completion - toward the climax of the message and the promise, extravagantly pictured in Revelation. The image of the tree and the color gold emphasize the prod and promise in the Scriptures for DISCIPLE IV: UNDER THE TREE OF LIFE. The word under in the title is meant to convey invitation, welcome, sheltering, security, and rest - home at last. Commitment and Time Involved 32 week study Three and one-half to four

hours of independent study each week (40 minutes daily for leaders and 30 minutes daily for group members) in preparation for weekly group meetings. Attendance at weekly 2.5 hour meetings. DVD Set Four of the five videos in this set contain video segments of approximately ten minutes each that serve as the starting point for discussion in weekly study sessions. The fifth video is the unique component that guides an interactive worship experience of the book of Revelation. Under the Tree of Life Scriptures lend themselves to videos with spoken word, art, dance, music, and drama. Set decorations differs from segment to segment depending on the related Scripture and its time period. Set decoration for video segments related to the Writings generally has a Persian theme. Set decoration for the New Testament video segments emphasizes the simpler life of New Testament times. Ghosts of Sanctuary [Lulu Press, Inc](#) Ghosts of Sanctuary is a fictional love and action novel about an American female caught in a love triangle with a Mossad agent and an MI5 agent. It is an action thriller that deals with their relationships of love and betrayal. This is the romantic thriller that has a sequel titled Letters From My Ghost published by [www.lulu.com](#). An American female caught in a love of love and betrayal. Psychobook Games, Tests, Questionnaires, Histories [Chronicle Books](#) Who knew a trip to the therapist could be so much fun, even aesthetically rewarding? Beyond sharing feelings or complaining about your mother, Psychobook reveals the rich history of psychological testing in a fascinating sideways look at classic testing methods, from word-association games to inkblots to personality tests. Psychobook includes never-before-seen content from long-hidden archives, as well as reimagined tests from contemporary artists and writers, to try out yourself, at home or at parties. A great ebook for the therapist in your life and the therapist in you, for anyone interested in the history of psychology and psychological paraphernalia, or for anyone who enjoys games and quizzes. Psychobook will brighten your day and outlook. Room 555 [Orca Book Publishers](#) Fourteen-year-old Roonie loves hip-hop almost as much as she loves her grandmother. She cannot wait to compete in her school's dance competition. But as her grandmother's health deteriorates, Roonie becomes more and more reluctant to visit her in the care home. These feelings of guilt and frustration cause Roonie to mess things up with her hip-hop dance partner and best friend, Kira. But while doing some volunteer hours in the hospital geriatric ward, Roonie meets an active senior recovering from a bad fall. Their shared love of dance and the woman's zest for life help Roonie face her fears, make amends with Kira and reconnect with Gram before it's too late. International Handbook of Medical Education [Greenwood Publishing Group](#) This major reference provides profiles of medical education in 28 countries from around the world, with each chapter having a similar format to foster comparative research. 2020 New York City Zagat Restaurant Guide Special 40th Anniversary Edition Ratings and reviews for NYC's best restaurants as voted on by trusted diners, in celebration of Zagat's 40th Anniversary. House of Darke [Pegasus Books](#) Zade, Tina, Pip and Meadow are four teenagers enjoying an end-of-summer bike ride - that is until a mist descends, leaving them stranded at a picnic area in the middle of the countryside. What can they do? The grey fog is dense and they can't see a metre in front of them. They abandon their bikes and set off to seek help. Finding shelter by way of the secluded country house owned by the wealthy and charming Lord Epacseon Darke, they had no idea what would happen next. Welcome to House of Darke - enjoy your stay! The Book of L [Springer Science & Business Media](#) This book is dedicated to Aristid Lindenmayer on the occasion of his 60th birthday on November 17, 1985. Contributions range from mathematics and theoretical computer science to biology. Aristid Lindenmayer introduced language-theoretic models for developmental biology in 1968. Since then the models have been customarily referred to as L systems. Lindenmayer's invention turned out to be one of the most beautiful examples of interdisciplinary science: work in one area (developmental biology) induces most fruitful ideas in other areas (theory of formal languages and automata, and formal power series). As evident from the articles and references in this book, the interest in L systems is continuously growing. For newcomers the first contact with L systems usually happens via the most basic class of L systems, namely, DOL systems. Here "0" stands for zero context between developing cells. It has been a major typographical problem that printers are unable to distinguish between 0 (zero) and O (oh). Thus, DOL was almost always printed with "oh" rather than "zero", and also pronounced that way. However, this misunderstanding turned out to be very fortunate. The wrong spelling "DOL" of "DOL" could be read in the suggestive way: DO L Indeed, hundreds of researchers have followed this suggestion. Some of them appear as contributors to this book. Of the many who could not contribute, we in particular regret the absence of A. Ehrenfeucht, G. Herman and H.A. Maurer whose influence in the theory of L systems has been most significant. The Africana Bible Reading Israel's Scriptures from Africa and the African Diaspora A landmark volume, The Africana Bible gathers multicultural and interdisciplinary perspectives on every book in the Hebrew Bible. It opens a critical window onto the world of interpretation on the African continent and in the multiple diasporas of African peoples, including the African-American experience, with attention to Africana histories, literatures, cultures, and backgrounds for understanding biblical literature. The Africana Bible features a critical commentary on every book of the Hebrew Bible, the Apocrypha, and Pseudepigrapha that are authoritative for many in African and African-diasporan communities worldwide. It highlights issues of concern to the global Black community (such as globalization and the colonial legacy) and the distinctive norms of interpretation in African and African Diasporan settings. CSS for Babies [Sterling Children's Books](#) Show your little ones how to display HTML elements properly with CSS (Cascading Style Sheets) and familiarize them with the visual patterns and symbols that make up the essential building blocks of the web. Top 10 Seoul [Dorling Kindersley Ltd](#) Your Guide to the 10 Best of Everything in Seoul Discover the best of everything South Korea's capital city has to offer with the essential DK Eyewitness Top 10 Travel Guide Seoul. Top 10 lists showcase the best places to visit in Seoul, from Dongdaemun market to the grand royal palace of Gyeongbokgung. Seven easy-to-follow itineraries explore the city's most interesting areas - from the arty district of Insadong to Bukhansan National Park - while reviews of the best hotels, shops and restaurants in Seoul will help you plan your perfect trip. Hometown Flavors More Short & Shivery [Yearling](#) Thirty hair-raising stories from around the world fill this spooky collection with delicious shivers and spine-tingling chills—perfect for fans of Scary Stories to Tell in the Dark! Sit down and meet "The Vampire Cat," "The Draug" and "The Rolling Head"; or take a stroll with "The Thing in the Woods." You'll find favorites such as "The Golden Arm" and startling new stories such as "Knock...Knock...Knock," vividly told with plenty of ghastly details and spooky endings. There's something here for everyone who likes a good shudder...but be prepared for goose bumps! Twenty delightfully creepy illustrations by Katherine Coville and Jacqueline Rogers highlight this companion to Robert San Souci's first collection of scary stories, Short & Shivery. Passion of the Ice The ultimate guide to Hawaiian shave ice, kakigori, patbingsu, snow cones, and all the beloved icy confections of the world! A love letter to ice enthusiasts, Passion of the Ice journeys into the history, techniques, and recipes of some of the world's most beloved (and oldest!) ice-based desserts. The delicious recipes feature easy-to-follow instructions and natural options to make all kinds of healthy and hydrating treats for you and your family to enjoy all summer long. Featuring healthy syrup recipes made from natural fruits and sweeteners, this book keeps your health a top priority and features options for both traditional "classic" sweeteners and sugar-free alternatives. Make your shaved ice masterpieces truly your own with natural fruits and all kinds of healthy (and other not so healthy) topping options. In this book, you will discover: 50 easy-to-follow recipes for creating all kinds of delicious ice treats. Ice making and shaving methods and secrets of great ice-desserts How to make delicious and inexpensive summertime snacks that will keep you and your family hydrated. Natural options for making syrups from fresh organic fruits and various natural sweeteners. An assortment of recipes for shaved ice varieties of the world like Kakigori, Patbingsu, Halo-Halo, Bao Bing, American Snow Cones, and many many more... 100+ topping and addition ideas including plant-based options for vegans. The history of ice-based desserts around the world - learn everything there is to know about one of humankind's oldest desserts. An adults-only section with bonus recipes for alcohol-infused ice creations like Boozy Shaved Ice. The answers to frequently asked questions and common confusions about shaved ice desserts. The shaved ice and snow cone recipe book includes a range of unique styles and global flavors including: Cold Brew Coffee Hawaiian Shave Ice Japanese Ujikintoki Kakigori (green tea shaved ice) Korean Patbingsu Filipino Halo-Halo Chinese Bao Bing Taiwanese Xue Hua Bing Piccadilly Snow Cones 20+ natural snow cone syrup recipes 40+ Hawaiian Shave Ice flavors and combos Saxon Math 3 Teacher's Manual Unti Nonfiction [HarperCollins](#) Unti Nonfiction has descriptive copy which is not yet available from the Publisher. Inmate Shopper Annual 2020-21 America's largest, most trusted and up-to-date resource for inmate services! Inmate Shopper was created to assist those within the prison system by monitoring businesses that service them. Inmate Shopper is an in-print, softcover book, published annually with split year dates (July 30th - July 30th) that offers inmates a safer way to shop and access business information all in one place. The editors have researched and continue to monitor over 300 businesses listed in Inmate Shopper for more than the past six years. Inmate Shopper informs its readers about established and newer companies and offers information and resources. Only Inmate Shopper lists a vast variety of categories, such as pen pal listings, personal assistants, gift boutiques, book and magazine sellers, education resources and many businesses that want to send you their catalog. Companies are listed in Inmate Shopper alphabetically by business name in the directory and additionally listed by category of services in the index. The information about each company can include contact info, details on services, cost of catalogs, payment methods, whether or not a SASE is required, an Inmate Shopper review and rating of the company. Businesses Rated 10 receive the Inmate Shopper stamp of approval so you know which companies the best are to shop with. Every issue of Inmate Shopper contains sections such as Special Feature, Segments from the Arts (writers, poetry, art, and music), LGBTQ Prison Living, Criminal Justice News, Reentry, Veterans, Pen Pals, Entertainment, Articles from Guest Writers and the National Sports Schedules. Every issue of Inmate Shopper has hours of reading entertainment and contains hundreds of up to date resources on dependable businesses that service inmates. Censored version also available. SIFT Study Guide 2020 and 2021: SIFT Test Study Guide 2020-2021 and Practice Exam Questions for the Military Flight Aptitude Test [4th Edition] [Test Prep Books](#) Test Prep Books' SIFT Study Guide 2020 and 2021: SIFT Test Study Guide 2020-2021 and Practice Exam Questions for the Military Flight Aptitude Test [4th Edition] Taking the SIFT Exam? Want to get a good score? Written by Test Prep Books, this comprehensive study guide includes: - Quick Overview - Test-Taking Strategies - Introduction - Simple Drawings - Hidden Figures - Army Aviation - Spatial Apperception - Reading Comprehension - Math Skills Test - Mechanical Comprehension Test - Practice Questions - Detailed Answer Explanations Disclaimer: OAR(R) is a registered trademark of Officer Aptitude Rating. They were not involved in production and do not endorse this product. Studying is hard. We know. We want to help. You can ace your test. Each part of the test has a full review. This study guide covers everything likely to be on the SIFT exam. Lots of SIFT practice test questions are included. Miss one and want to know why? There are detailed answer explanations to help you avoid missing the same question a second time. Are you a bad test taker? Use your time wisely with the latest test-taking strategies. Don't settle for just learning what is on the test. Learn how to be successful with that knowledge. Test Prep Books has drilled down the top test-taking tips. This will help you save time and avoid making common mistakes on test day. Get your complete army SIFT test study guide. It includes review material, practice test questions, and test-taking strategies. It has everything you need for success. GED Math Book 2020 and 2021 GED Mathematics Preparation 2020-2021 with 2 Complete Practice Tests [3rd Edition] [Test Prep Books](#) Test Prep Books' GED Math Book 2020 and 2021: GED Mathematics Preparation 2020-2021 with 2 Complete Practice Tests [3rd Edition] Made by Test Prep Books experts for test takers trying to achieve a great score on the math section of the GED exam. This study guide includes: Quick Overview Find out what's inside this guide! Test-Taking Strategies Learn the best tips to help overcome your exam! Introduction Get a thorough breakdown of what the test is and what's on it! Mathematics Learn everything you need to know to master the math section! Practice Questions Practice makes perfect! Detailed Answer Explanations Figure out where you went wrong and how to improve! Disclaimer: GED(R) is a registered trademark of the American Council on Education (ACE) and administered exclusively by GED Testing Service LLC under license. This material is not endorsed or approved by ACE or GED Testing Service. Studying can be hard. We get it. That's why we created this guide with these great features and benefits: Practice Test Questions: We want to give you the best practice you can find. That's why the Test Prep Books practice questions are as close as you can get to the actual mathematics section of the GED test. Answer Explanations: Every single problem is followed by an answer explanation. We know it's frustrating to miss a question and not understand why. The answer explanations will help you learn from your mistakes. That way, you can avoid missing it again in the future. Test-Taking

Strategies: A test taker has to understand the material that is being covered and be familiar with the latest test taking strategies. These strategies are necessary to properly use the time provided. They also help test takers complete the test without making any errors. Test Prep Books has provided the top test-taking tips. Customer Service: We love taking care of our test takers. We make sure that you interact with a real human being when you email your comments or concerns. Anyone planning to take this exam should take advantage of this Test Prep Books study guide. Purchase it today to receive access to: GED Math review materials GED Math practice questions Test-taking strategies Besh Big Easy 101 Home Cooked New Orleans Recipes [Andrews McMeel Publishing](#) In this, his fourth big cookbook, the award-winning chef John Besh takes another deep dive into the charm and authenticity of creole cooking inspired by his hometown, New Orleans. Besh Big Easy: 101 Home-Cooked New Orleans Recipes, is a fresh and delightful new look at his signature food. Besh Big Easy will feature all new recipes and easy dishes, published in a refreshing new flexibound format and accessible to cooks everywhere. Much has changed since Besh wrote his bestselling My New Orleans in 2009. His restaurant empire has grown from two to twelve acclaimed eateries, from the highly praised Restaurant August to the just opened farm-to-table taqueria, Johnny Sanchez. John's television career has blossomed as well. He's become known to millions as host of two national public television cooking shows based on his books and of Hungry Investors on Spike TV. Besh Big Easy is dedicated to accessibility in home cooking and Orleans cuisine. "There's no reason a good jambalaya needs two dozen ingredients," John says. In this book, jambalaya has less than ten, but sacrifices nothing in the way of flavor and even offers exciting yet simple substitutions. With 101 original, personal recipes such as Mr. Sam's Stuffed Crabs, Duck Camp Shrimp & Grits, and Silver Queen Corn Pudding, Besh Big Easy is chock-full of the vivid personality and Louisiana flavor that has made John Besh such a popular American culinary icon. Happy eating! The GMO Deception What You Need to Know about the Food, Corporations, and Government Agencies Putting Our Families and Our Environment at Risk [Simon and Schuster](#) Seventy-five percent of processed foods on supermarket shelves—from soda to soup, crackers to condiments—contain genetically engineered ingredients. The long-term effects of these foods on human health and ecology are still unknown, and public concern has been steadily intensifying. This new book from the Council for Responsible Genetics gathers the best, most thought-provoking essays by the leading scientists, science writers, and public health advocates. Collectively, they address such questions as: Are GM foods safe and healthy for us? Will GM food really solve world hunger? Who really controls the power structure of food production? Are GM foods ecologically safe and sustainable? Why is it so difficult to get GM foods labeled in the US? What kinds of regulations and policies should be instituted? How is seed biodiversity, of lack thereof, affecting developing countries? Should animals be genetically modified for food? How are other countries handling GM crops? Ultimately, this definitive book encourages us to think about the social, environmental, and moral ramifications of where this particular branch of biotechnology is taking us, and what we should do about it. The Remedy Queer and Trans Voices on Health and Health Care [Arsenal Pulp Press](#) To remedy means to heal, to cure, to set right, to make reparations. The Remedy invites writers and readers to imagine what we need to create healthy, resilient, and thriving LGBTQ communities. This anthology is a diverse collection of real-life stories from queer and trans people on their own health-care experiences and challenges, from gay men living with HIV who remember the systemic resistance to their health-care needs, to a lesbian couple dealing with the experience of cancer, to young trans people who struggle to find health-care providers who treat them with dignity and respect. The book also includes essays by health-care providers, activists and leaders with something to say about the challenges, politics, and opportunities surrounding LGBTQ health issues. Both exceptionally moving and an incendiary call-to-arms, The Remedy is a must-read for anyone—gay, straight, trans, and otherwise—passionately concerned about the right to proper health care for all. Contributors include Amber Dawn, Sinclair Sexsmith, Francisco Ibanez-Carrasco, Cooper Lee Bombardier, Kara Sievewright, and Kelli Dunham. Zena Sharman is a passionate advocate for queer and trans health. She has over a decade's experience in health research; currently she is Director of Strategy at the Michael Smith Foundation for Health Research. Zena is also co-editor of Persistence: All Ways Butch and Femme. She lives in Vancouver, British Columbia.