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Radio Lina - Nuova Edizione-Alessandro De Giulii 2016-06-30

Thrive-Lina Abujamra 2013-04-16 Tired of feeling sorry for yourself? Sick of answering the same old questions about why you still haven't found your perfect match? Despite what many people think, singleness is not a disease. It's not the lesser option. Singleness is God's gift to you today. In Thrive, Lina Abujamra—who has been single for over 40 years—will show you how you can make a difference with your life right now instead of sitting around waiting for something to happen to you. If you're ready to figure out what God has to say about singleness instead of relying on your own feelings and conclusions, this book is for you. Isn't it time you get excited about your life in Christ and quit falling back into the same old pattern of thinking? Freedom. Joy. Abundance. Hope. All these are yours the moment you embrace all that God has for you right here right now. Go ahead. It's okay to smile. Life as a single Christian is good.

RADIO LINA+MP3@-

Jacob the Liar-Jurek Becker 1996 Cut off from all news of the war along with thousands of fellow prisoners, Jacob Heym accidentally overhears a radio broadcast that reveals the Red Army's advancement and is forced to tell a series of lies in order to explain his knowledge.

Resolved-Lina Abujamra 2016-05-17 Ten Practical Resolutions to Stand Strong in the Shifting Sands of Culture We all face seasons in our lives when our circumstances seem out of our control and all the forces in this world seem against us. We become discouraged and afraid. We are tempted to give up. No matter how strong we claim our faith in God is, when life is hard, it all comes down to resolve. Do we really believe what we say we believe? And does what we profess with our lips make it beyond intellectual assent and into our everyday actions? Both challenging and encouraging, Resolved unpacks ten life-impacting resolutions that every follower of Jesus Christ must make in order to stand strong in the shifting sands of our culture. It helps readers who long to exhibit authentic lives understand and eliminate the disconnect between what we say we believe and how we live. And it offers biblical strategies for change that will allow us to stand strong--no matter what. Endorsement "Abujamra challenges us to live out our faith in the real world when things do not go as we wish."--Gary D. Chapman, PhD, bestselling author of The Five Love Languages and Love as a Way of Life

Lina and Serge-Simon Morrison 2013-03-19 This account of the renowned composer’s neglected wife—including her years in a Soviet prison—is “a story both riveting and wrenching” (Kirkus Reviews, starred review). Serge Prokofiev was one of the twentieth century’s most brilliant composers yet is an enigma to historians and his fans. Why did he leave the West and move to the Soviet Union despite Stalin’s crimes? Why did his astonishing creativity in the 1930s soon dissolve into a far less inspiring output in his later years? The answers can finally be revealed, thanks to Simon Morrison’s unique and unfettered access to the family’s voluminous papers and his ability to reconstruct the tragic, riveting life of the composer’s wife, Lina. Morrison’s portrait of the marriage of Lina and Serge Prokofiev is the story of a remarkable woman who fought for survival in the face of unbearable betrayal and despair and of the irresistibly talented but heartlessly self-absorbed musician she married. Born to a Spanish father and Russian mother in Madrid at the end of the nineteenth century and raised in Brooklyn, Lina fell in love with a rising-star composer—and defied convention to be with him, courting public censure. She devoted her life to Serge and art, training to be an operatic soprano and following her brilliant husband to Stalin’s Russia. Just as Serge found initial acclaim—before becoming constricted by the harsh doctrine of socialist-realist music—Lina was at first accepted and later scorned, ending her singing career. Serge abandoned her and took up with another woman. Finally, Lina was arrested and shipped off to the gulag in 1948. She would be held in captivity for eight awful years. Meanwhile, Serge found himself the tool of an evil regime to which he was forced to accommodate himself. The contrast between Lina and Serge is one of strength and perseverance versus utter self-absorption, a remarkable human drama that draws on the forces of art, sacrifice, and the struggle against oppression. Readers will never forget the tragic drama of Lina’s life, and never listen to Serge’s music in quite the same way again.

Why You Like It-Nolan Gasser 2019-04-30 From the chief architect of the Pandora Radio’s Music Genome Project comes a definitive and groundbreaking examination of how your mind, body, and upbringing influence the music you love. Everyone loves music. But what is it that makes music so universally beloved and have such a powerful effect on us? In this sweeping and authoritative book, Dr. Nolan Gasser—a composer, pianist, and musicologist, and the chief architect of the Music Genome Project, which powers Pandora Radio—breaks down what musical taste is, where it comes from, and what our favorite songs say about us. Dr. Gasser delves into the science, psychology, and sociology that explains why humans love music so much; how our brains process music; and why you may love Queen but your best friend loves Kiss. He sheds light on why babies can clap along to rhythmic patterns and reveals the reason behind why different cultures around the globe identify the same kinds of music as happy, sad, or scary. Using easy-to-follow notated musical scores, Dr. Gasser teaches music fans how to become engaged listeners and provides them with the tools to enhance their musical preferences. He takes readers under the hood of their favorite genres—pop, rock, jazz, hip hop, electronica, world music, and classical—and covers songs from Taylor Swift to Led Zeppelin to Kendrick Lamar to Bill Evans to Beethoven, and through their work. Dr. Gasser introduces the musical concepts behind why you hum along, tap your foot, and feel deeply. Why You Like It will teach you how to follow the musical discourse happening within a song and thereby empower your musical taste, so you will never hear music the same way again.

Stripped-Lina Abujamra 2013-09-17 Do you want to live a life that is greatly used by God? Do you long to make a difference in the world? In Stripped, Lina explains the process that God uses to transform you into a person who is ready to receive all that God has planned. You will learn: 1. Pain is not the enemy—it’s the very road God uses to make you stronger. 2. The Christian life isn’t easy, but God’s presence is your guarantee for joy no matter what you’re going through. Lina helps you to think biblically about your calling and dreams and uncovers the truth about the transformational power of the gospel. Stripped is a book for every person who longs for more but is often surprised that the road usually begins with pain—the pain of being stripped. Stripped is about the broken and surrendered life, about understanding the stripping process that must take place for sold out Christians to be used by God to build His kingdom. In it you will: Be equipped to endure the stripping process Learn what must be stripped from the Christian’s life Be inspired by Biblical and real life examples who were victoriously stripped

The Spectral Wound-Nayanika Mookherjee 2015-10-23 Following the 1971 Bangladesh War, the Bangladesh government publicly designated the thousands of women raped by the Pakistani military and their local collaborators as biranganas, (“brave women”). Nayanika Mookherjee demonstrates that while this celebration of biranganas as heroes keeps them in the public memory, they exist in the public consciousness as what Mookherjee calls a spectral wound. Dominant representations of biranganas as dehumanized victims with disheveled hair, a vacant look, and rejected by their communities create this wound, the effects of which flatten the diversity of their experiences through which biranganas have lived with the violence of wartime rape. In critically examining the pervasiveness of the birangona construction, Mookherjee opens the possibility for a more politico-economic, ethical, and nuanced inquiry into the sexuality of war.

Introduction to Experimental Biophysics-Jay L. Nadeau 2016-04-19 Increasing numbers of physicists, chemists, and mathematicians are moving into biology, reading literature across disciplines, and mastering novel biochemical concepts. To succeed in this transition, researchers must understand on a practical level what is experimentally feasible. The number of experimental techniques in biology is vast and often s

The Routledge Companion to Digital Journalism Studies-Bob Franklin 2016-11-18 The Routledge Companion to Digital Journalism Studies offers an unprecedented collection of essays addressing the key issues and debates shaping the field of Digital Journalism Studies today. Across the last decade, journalism has undergone many changes, which have driven scholars to reassess its most fundamental questions, and in the face of digital change, to ask again: ‘Who is a journalist?’ and ‘What is journalism?’. This companion explores a developing scholarly agenda committed to understanding digital journalism and brings together the work of key scholars seeking to address key theoretical concerns and solve unique methodological riddles. Compiled of 58 original essays from distinguished academics across the globe, this Companion draws together the work of those making sense of this fundamental reconceptualization of journalism, and assesses its impacts on journalism’s products, its practices, resources, and its relationship with audiences. It also outlines the challenge presented by studying digital journalism and, more importantly, offers a first set of answers. This collection is the very first of its kind to attempt to distinguish this emerging field as a unique area of academic inquiry. Through identifying its core questions and presenting its fundamental debates, this Companion sets the agenda for years to come in defining this new field of study as Digital Journalism Studies, making it an essential point of reference for students and scholars of journalism.

Humble Pi-Matt Parker 2021-01-19 “This tour of real-world mathematical disasters reveals the importance of math in everyday life. All sorts of seemingly innocuous mathematical mistakes can have significant consequences. Exploring and explaining a litany of glitches, near misses, and mathematical mishaps involving the internet, big data, elections, street signs, lotteries, the Roman Empire, and an Olympic team, Matt Parker uncovers the ways math trips us up.” --

The Other Half of Church-Jim Wilder 2020-08-04 Could brain science be the key to spiritual formation? Why does true Christian transformation seem fleeting? And why does church often feel lonely, Christian community shallow, and leaders untrustworthy? For many Christians, the delight of encountering Christ eventually dwindles—and disappointment sets in. Is lasting joy possible? These are some of the questions Michel Hendriks has considered both in his experience as a spiritual formation pastor and in his lifetime as a Christian. He began to find answers when he met Jim Wilder—a neurotheologian. Using brain science, Wilder identified that there are two halves of the church: the rational half and the relational half. And when Christians only embrace the rational half, churches become unhealthy places where transformation doesn’t last and narcissistic leaders flourish. In The Other Half of Church, join Michel and Jim’s journey as they couple brain science with the Bible to identify how to overcome spiritual stagnation by living a full-brained faith. You’ll also learn the four ingredients necessary to develop and maintain a vibrant transformational community where spiritual formation occurs, relationships flourish, and the toxic spread of narcissism is eradicated.

Why We Left-Joanna Brooks 2013-05-01 Joanna Brooks’s ancestors were among the earliest waves of emigrants to leave England for North America. They lived hardscabble lives for generations, eking out subsistence in one place after another as they moved forever westward in search of a new life. Why, Brooks wondered, did her people and countless other poor English subjects abandon their homeland to settle for such unremitting hardship? The question leads her on a journey into a largely obscured dimension of American history. With her family’s background as a point of departure, Brooks brings to light the harsh realities behind seventeenth- and eighteenth-century working-class English emigration—and dismantles the long-cherished idea that these immigrants were drawn to America as a land of opportunity. American folk ballads provide a wealth of clues to the catastrophic contexts that propelled early English emigration to the Americas. Brooks follows these songs back across the Atlantic to find histories of economic displacement, environmental destruction, and social betrayal at the heart of the early Anglo-American migrant experience. The folk ballad “Edward,” for instance, reveals the role of deforestation in the dislocation and emigration of early Anglo-American peasant immigrants. “Two Sisters” discloses the profound social destabilization unleashed by the advent of luxury goods in England. “The Golden Vanity” shows how common men and women viewed their own disposable position in England’s imperial project. And “The House Carpenter’s Wife” offers insights into the impact of economic instability and the colonial enterprise on women. From these ballads, tragic and heartrending, Brooks uncovers an archaeology of the worldviews of America’s earliest immigrants, presenting a new and haunting historical perspective on the ancestors we thought we knew.

Until the World Shatters-Daniel Combs 2021-03-09 This first in-depth piece of reportage about the largest natural resource heist in Asia reveals Myanmar’s world of secret-keepers and truth-tellers. In Myanmar, where civil war, repressive government, and the \$40 billion a year jade industry have shaped life for decades, everyone is fighting for their own version of the truth. Until the World Shatters, takes us deep into a world in which journalists seek to overcome censorship and intimidation, ethnic minorities wage guerrilla war against a government they claim refuses to grant basic human rights; devout Buddhists launch violent anti-Muslim campaigns; and artists try to build their own havens of free expression. In the bustling city of Yangon we meet Phoe Wa, a young photojournalist pursuing his dream at a time when the government is jailing reporters and nationalist voices are on the rise. In Myanmar’s far north, we meet Bum Tsit who is caught between the insurgent army his family supports and the business and military leaders his career depends on. His attempt to get rich quickly leads him to Myanmar’s biggest, worst kept secret: the connection between the jade industry and the longest running war in the world. Until the World Shatters weaves Phoe Wa and Bum Tsit’s stories to reveal a larger portrait of Myanmar’s history, politics, and people in a time and place where public trust has disappeared.

Fears of Your Life-Michael Bernard Loggins 2012-04 Everybody has fears in common and in this unique handwritten book, the author (an adult with developmental disabilities) battles his fears by listing more than 138 of them. He explores the depths of our most human emotion from small fears, like ‘fear of bats’ and ‘fear of being different’, to more complex fears like ‘fear that if you put too much toilet paper in the toilet bowl it will run over and get all over the floor and on you and on someone else too, it would leak from upstairs to the next floor below’. This is a uniquely offbeat account of common worries and fears.

Twitter and Tear Gas-Zeynep Tufekci 2017-05-16 A firsthand account and incisive analysis of modern protest, revealing internet-fueled social movements’ greatest strengths and frequent challenges To understand a thwarted Turkish coup, an anti-Wall Street encampment, and a packed Tahrir Square, we must first comprehend the power and the weaknesses of using new technologies to mobilize large numbers of people. An incisive observer, writer, and participant in today’s social movements, Zeynep Tufekci explains in this accessible and compelling book the nuanced trajectories of modern protests—how they form, how they operate differently from past protests, and why they have difficulty persisting in their long-term quests for change. Tufekci speaks from direct experience, combining on-the-ground interviews with insightful analysis. She describes how the internet helped the Zapatista uprisings in Mexico, the necessity of remote Twitter users to organize medical supplies during Arab Spring, the refusal to use bullhorns in the Occupy Movement that started in New York, and the empowering effect of tear gas in Istanbul’s Gezi Park. These details from life inside social movements complete a moving investigation of authority, technology, and culture—and offer essential insights into the future of governance.

Many People Die Like You-Lina Wolff 2020-08-04 Set in Spain and Sweden, twelve dark and funny short stories of characters who range from messy to outright deviant.

Priya’s Shakti-Ram Devineni 2014-11-23 A new superhero has arisen in India in the wake of the brutal gang rape on a Delhi bus two years ago: Priya, a mortal woman who is raped herself, but who fights back against sexual violence with the help of the goddess Parvati – and a tiger. - THE GUARDIAN “Priya’s Shakti is the first Indian comic book of its kind – not only confronting teenagers with the sensitive issue of sexual violence, but also engaging young people through its innovative use of augmented reality technology.” — REUTERS

Horses That Buck-Margot Kahn 2011-11-28 When asked in an interview what he most liked about rodeo, three-time world champion saddle-bronc rider “Cody” Bill

Smith said simply, “Horses that buck.” Smith redefined the image of America’s iconic cowboy. Determined as a boy to escape a miner’s life in Montana, he fantasized a life in rodeo and went on to earn thirteen trips to the national finals, becoming one of the greatest of all riders. This biography puts readers in the saddle to experience the life of a champion rider in his quest for the gold buckle. Drawing on interviews with Smith and his family and friends, Margot Kahn recreates the days in the late 1960s and early 1970s when rodeo first became a major sports enterprise. She captures the realities of that world: winning enough money to get to the next competition, and competing even when in pain. She also tells how, in his career’s second phase, Smith married cowgirl Carole O’Rourke and went into business raising horses, gaining notoriety for his gentle hand with animals and winning acclaim for his and Carole’s Circle 7 brand. Inducted into the Pro Rodeo Hall of Fame in 1979 and the National Cowboy & Western Heritage Museum’s Rodeo Hall of Fame in 2000, Smith was a legend in his own time. His story is a genuine slice of rodeo life—a life of magic for those good enough to win. This book will delight rodeo and cowboy enthusiasts alike.

The House Girl-Tara Conklin 2013-02-12 A stunning New York Times bestselling novel that intertwines the stories of an escaped slave in 1852 Virginia and an ambitious young lawyer in contemporary New York and asks: is it ever too late to right a wrong? Lynnhurst, Virginia, 1852. Seventeen-year-old Josephine Bell decides to run away from the failing tobacco farm where she is a slave and nurse to her ailing mistress, the aspiring artist Lu Anne Bell. New York City, 2004. Lina Sparrow, an ambitious first-year associate in an elite law firm, is given a difficult, highly sensitive assignment that could make her career: finding the “perfect plaintiff” to lead a historic class-action lawsuit worth trillions of dollars in reparations for descendants of American slaves. It is through her father, the renowned artist Oscar Sparrow, that Lina discovers Josephine Bell and a controversy rocking the art world: are the iconic paintings long ascribed to Lu Anne Bell really the work of her house slave, Josephine? A descendant of Josephine’s—if Lina can locate one—would be the perfect face for the reparations lawsuit. While following the runaway house girl’s faint trail through old letters and plantation records, Lina finds herself questioning her own family history and the secrets that her father has never revealed: how did Lina’s mother die? And why will he never speak about her?

Neighboring on the Air-Evelyn Birky 1991 In 1925 Earl May began broadcasting KMA Radio-960 from Shenandoah, Iowa, to boost his fledgling seed business. The station aired practical information designed to help with the day-to-day activity in midwestern farmhouse kitchens. Before long KMA was a trusted friend throughout the wide listening area, offering inspiration, companionship, and all manners of domestic counsel. Hosting the daily radio programsOCOHome Hour, the Stitch and Chat Club, and the KMA Party LineOCOand the live cooking demonstrations that drew thousands to the KMA auditorium was a changing roster of personable, lively women who quickly became known as the KMA Radio Homemakers. Now, in “Neighboring on the Air, " we can hear the voices of the KMA homemakers and sample their philosophy andOCobest of allOCooking. Through recipes, biographies, and household advice we get to know such enduring women as The Little Minister, the Reverend Edythe Stirlen, and Leanna Driftmier and the whole Kitchen-Klatter family, part of the longest-running homemaker program in the history of radio. Learn how to make Sour Cream Apple Pie from The Farmer’s Wife, Florence Falk; Varnished Chicken from the first long-term KMA Radio Homemaker, Jessie Young; and E.E.E. Missouri Dessert (nobody can remember what the E.E.E. stands for) from the indomitable host of the Edith Hansen Kitchen Club. This endearing scrapbook of people, places, and foods charts the continuing adventure of the KMA homemakers as they broadcast into the 1990s. "Neighboring on the Air" is an enchanting piece of Americana. Anyone interested in cooking, cultural history, or the Midwest will want to own and use this book."

Mastering Italian Vocabulary-Luciana Feinler-Torriani 2003 This Italian word-power builder presents more than 5,000 words and phrases with translations into English. The feature that makes this vocabulary book distinctive is the way words are divided into themes, grouped together so that the foreign traveler or language student can find words related by subject. The subject themes include business terms, medical terms, household terms, scientific words and phrases, units of measurement, clothing, food and dining, transportation, art and culture&... 24 separate themes in all. The new second edition has been expanded and updated with increased vocabulary.

The Polyglot Lovers-Lina Wolff 2019 Ferocious and irreverent, this multiple prize-winning novel burns down the pretensions of a pompous literary establishment and takes no prisoners.

Good and Cheap-Leanne Brown 2015-07-14 By showing that kitchen skill, and not budget, is the key to great food, Good and Cheap will help you eat well—really well—on the strictest of budgets. Created for people who have to watch every dollar—but particularly those living on the U.S. food stamp allotment of \$4.00 a day—Good and Cheap is a cookbook filled with delicious, healthful recipes backed by ideas that will make everyone who uses it a better cook. From Spicy Pulled Pork to Barley Risotto with Peas, and from Chorizo and White Bean Ragù to Vegetable Jambalaya, the more than 100 recipes maximize every ingredient and teach economical cooking methods. There are recipes for breakfasts, soups and salads, lunches, snacks, big batch meals—and even desserts, like crispy, gooey Caramelized Bananas. Plus there are tips on shopping smartly and the minimal equipment needed to cook successfully. And when you buy one, we give one! With every copy of Good and Cheap purchased, the publisher will donate a free copy to a person or family in need. Donated books will be distributed through food charities, nonprofits, and other organizations. You can feel proud that your purchase of this book supports the people who need it most, giving them the tools to make healthy and delicious food. An IACP Cookbook Awards Winner.

Casa Mexicana-Massimo Listri 2013 Mexico is a country that exudes sensuality. Its long tradition of extraordinary architecture both vernacular and contemporary, its exuberance, colour, scales and proportions, is apparent in the exceptional buildings and homes that can be found throughout the country. The wealth of Mexico’s indigenous and colonial heritage, as well as the design legacy of leading figures such as Barrag and Legorreta have been passed down from generation to generation. The result is apparent in the work of the many talented architects and designers in this country today. Casa Mexicana embraces architecture of enormous diversity, from the lush coastlines of the Pacific Ocean, to the arid planes of Yucatan, the jungles of Campeche, the colonial streets of San Miguel de Allende, the centennial haciendas of Colima, and the modern skyline of Mexico City.

Medical Imaging Systems-Andreas Maier 2018-08-02 This open access book gives a complete and comprehensive introduction to the fields of medical imaging systems, as designed for a broad range of applications. The authors of the book first explain the foundations of system theory and image processing, before highlighting several modalities in a dedicated chapter. The initial focus is on modalities that are closely related to traditional camera systems such as endoscopy and microscopy. This is followed by more complex image formation processes: magnetic resonance imaging, X-ray projection imaging, computed tomography, X-ray phase-contrast imaging, nuclear imaging, ultrasound, and optical coherence tomography.

The Ballad Book of John Jacob Niles-John Jacob Niles 2015-01-13 A legend in the folk music community, John Jacob Niles enjoyed a lengthy career as a balladeer, folk collector, and songwriter. Ever close to his Kentucky roots, he spent much of his adulthood searching for the most well-loved songs of the southern Appalachia. The Ballad Book of John Jacob Niles brings together a wealth of songs with the stories that inspired them, arranged by a gifted performer. This new edition includes all of the melodies, text, commentary, and illustrations of the 1961 original and features a new introduction by Ron Pen, director of the John Jacob Niles Center for American Music at the University of Kentucky.

Bridges to Cuba-Ruth Behar 1995 “Groundbreaking anthology of artwork, drama, fiction, interviews, and poetry by authors both within and outside Cuba. Wide, provocative range of perspectives. Highlights include Ruth Behar’s introductory and closing essays, interviews with Nancy Morejón, and essays by Maráía de los Angeles Torres and Alan West. Majority of translations by David Frye”.-Handbook of Latin American Studies, v. 58.

The Complete Beginner's Guide to China-Africa Relations-Lina Getachew Ayenew 2018 "The Complete Beginner's Guide to China-Africa Relations' will provide you with the tools you need to understand the link between China and Africa, which together represent more than 1/3 of the world’s population." -- Back cover

The Antitrust Paradox-Robert Bork 2021-02-22 The most important book on antitrust ever written. It shows how antitrust suits adversely affect the consumer by encouraging a costly form of protection for inefficient and uncompetitive small businesses.

Ad Hoc Networks-Jesús Hamilton Ortiz 2017-05-11 A mobile ad hoc network (MANET) is a collection of two or more wireless devices with the capability to communicate with each other without the aid of any centralized administrator. Ad hoc networks have no fixed routers, these nodes can be connected dynamically in an arbitrary manner. MANETs, due to their operational characteristics, the dynamics of their changes and the precariousness of their resources, offer huge challenges due to the architecture and service nature in the next generation of mobile communications. MANETs play an important role in the future of next-generation networks. This special collection identifies and studies the most important concerns in MANETs, and includes contributions from researchers, academics, etc.

Power-Jane Golley 2019-04-11 In 2018, the People’s Republic of China (PRC) was, by most measures, more powerful than at any other time in its history and had become one of the most powerful countries in the world. Its economy faced serious challenges, including from the ongoing “trade war” with the US, but still ranked as the world’s second largest. Its Belt and Road Initiative, meanwhile, continued to carve paths of influence and economic integration across several continents. A deft combination of policy, investment, and entrepreneurship has also turned the PRC into a global “tech-power.” It aims, with a good chance of success, at becoming a global science and technology leader by 2049 – one hundred years from the founding of the PRC. In surveying the various ways in which the Party-state wields its hard, soft, and sharp power, the China Yearbook: Power offers readers a sense of the diversity of power at work both in China and abroad. Citizens of the PRC have long negotiated the state’s influence; increasingly, diaspora communities and other actors are now being subject to its might. As with previous editions in the series, we place important developments in historical context, and adopt a cross-disciplinary approach: it is our view that economy and politics cannot be divorced from culture, history, and society. The Yearbook provides accessible analysis of the main events and trends of the year and is an essential tool for understanding China’s growing power and influence around the world.

Innovation in Healthy and Functional Foods-Dilip Chosh 2016-04-19 The focus of food science and technology has shifted from previous goals of improving food safety and enhancing food taste toward providing healthy and functional foods. Today’s consumers desire foods that go beyond basic nutrition-foods capable of promoting better health, or even playing a disease-prevention role. To meet this need for innovation,

Your Future Self Will Thank You-Drew Dyck 2019-01-01 Why can't I control my anger? Or stop overeating? Or wasting time online? Why can't I seem to finish my projects? Or make progress in my spiritual life? Why do I fall for the same stupid temptations over and over again? When we fail, its easy to make excuses or blame our circumstances. But let's face it: the biggest enemy is usually the one starting back at us from the mirror every morning. We lack self-control. Self-control isn't very popular these days. We tend to think of it as boring, confining, the cop that shows up and shuts down the party. But the truth is that people who cultivate this vital virtue lead freer, happier, and more meaningful lives. After all, our bad habits—from the slight to the serious—bring a host of painful consequences. Ultimately, they keep us from becoming the people God created us to be. Your Future Self Will Thank You is a compassionate and humorous guide to breaking bad habits and growing your willpower. It explores Scripture’s teachings on how to live a disciplined life while offering practical strategies for growth based on the science of self-control. Whether you want to deepen your spiritual life, conquer an addiction, or kick your nail-biting habit, this book will help you get motivated, stay on track, and achieve your goals. Sure, self-control is hard, but it doesn't have to be that hard. Get the help you need to be freer, happier, and more productive. Your future self will thank you!

Murder in Canaryville-Jeff Coen 2021-01-12 The grandson and great-grandson of Chicago police officers, Chicago Police Detective James Sherlock was CPD through-and-through. His career had seen its share of twists and turns, from his time working undercover to thwart robberies on Chicago’s L trains, to his side gig working security at The Jerry Springer Show, to his years as a homicide detective. He thought he had seen it all. But on this day, he was at the records center to see the case file for the murder of John Hughes, who was seventeen years old when he was gunned down in a park on Chicago’s Southwest Side on May 15, 1976. The case had haunted many in the department for years and its threads led everywhere: Police corruption. Hints of the influence of the Chicago Outfit. A crooked judge. Even the belief that the cover-up extended to “hizzoner&” himself—legendary Chicago Mayor Richard J. Daley. Sherlock, expecting to retire within a year, had a dream assignment: working cold cases for the Chicago office of the FBI. And with time for one more big investigation, he had chosen this stubborn case. More than forty years after the Hughes killing, he was hopeful he could finally put the case to rest. Then the records clerk handed Sherlock a thin manila folder. A murder that had roiled the city and had been investigated for years had been reduced to a few reports and photographs. What should have been a massive file with notes and transcripts from dozens of interviews was nowhere to be found. Sherlock could have left the records center without the folder and cruised into retirement, and no one would have noticed. Instead, he tucked the envelope under his arm and carried it outside.

The Hizbullah Phenomenon-Lina Khatib 2014-11-15 Hizbullah is not only a leading political actor in Lebanon and a dynamic force in the Middle East, but it is also distinguished by a sophisticated communication strategy. From relatively humble beginnings in the 1980s, Hizbullah’s political clout and its public perception have followed an upward trajectory, thanks to a political programme that blends military, social, economic and religious elements and adapts to changes in its environment. Its communication strategy is similarly adaptive, supporting the group’s political objectives. Hizbullah’s target audience has expanded to a regional and global viewership. Its projected identity, too, shifted from an Islamist resistance party opposed to Israel’s presence in Lebanon to a key player within the Lebanese state. At the same time, Hizbullah’s image has retained fixed features, including its image as an ally of Iran; its role as a resistance group (to Israel); and its original base as a religious party representative of the Lebanese Shiites. The authors of this book address how Hizbullah uses image, language and its charismatic leader, Hassan Nasrallah, to legitimise its political aims and ideology and appeal to different target groups.

In Sam We Trust-Bob Ortega 1999 Wal-Mart’s mighty presence is no longer restricted to America. To the alarm of the UK retail sector, June 1999 saw Wal-Mart devour Asda. And given Wal-Mart’s track record in the rest of the world, such alarm is well-founded. For instance, within seven years of Wal-Mart invading Canada and Mexico it became the largest retailer in both countries. It took less than two years for it to become the fourth largest retailer in Germany, while France and several Scandinavian countries now look destined for Wal-Mart’s shopping basket. In Sam We Trust offers an exhaustive in-depth investigation into this powerful retailing empire. Bob Ortega, The Wall Street Journal’s authority on Wal-Mart, goes beyond the headlines and Sam Walton’s carefully crafted public image to reveal the ruthless penny-pinching manipulator behind the visionary genius. He also provides an illuminating history of retailing that includes case studies of such important Wal-Mart competitors as Sears, J.C. Penny, Price Clubs and, of course, Kmart. In Sam We Trust describes in detail not only how Wal-Mart became what it is, but also how it works today. In this new edition, Bob Ortega brings us up to date with Wal-Mart’s worldwide shopping spree and gives us a unique peek behind the doors of the Asda deal and its likely impact on British retailing, shoppers and communities. In Sam We Trust provides a fascinating context for current developments: Ortega’s incisive analysis of Sam Walton’s controversial rise to power and the creation of the world’s most successful retail business makes for a shocking yet compelling read.

Bret Easton Ellis and the Other Dogs-Frank Perry 2016

The Joy Luck Club-Amy Tan 2006-09-21 "The Joy Luck Club is one of my favorite books. From the moment I first started reading it, I knew it was going to be incredible. For me, it was one of those once-in-a-lifetime reading experiences that you cherish forever. It inspired me as a writer and still remains hugely inspirational."
—Kevin Kwan, author of Crazy Rich Asians Amy Tan's beloved, New York Times bestselling tale of mothers and daughters Four mothers, four daughters, four families whose histories shift with the four winds depending on who's "saying" the stories. In 1949 four Chinese women, recent immigrants to San Francisco, begin meeting to eat dim sum, play mahjong, and talk. United in shared unspeakable loss and hope, they call themselves the Joy Luck Club. Rather than sink into tragedy, they choose to gather to raise their spirits and money. "To despair was to wish back for something already lost. Or to prolong what was already unbearable." Forty years later the

stories and history continue. With wit and sensitivity, Amy Tan examines the sometimes painful, often tender, and always deep connection between mothers and daughters. As each woman reveals her secrets, trying to unravel the truth about her life, the strings become more tangled, more entwined. Mothers boast or despair over daughters, and daughters roll their eyes even as they feel the inextricable tightening of their matriarchal ties. Tan is an astute storyteller, enticing readers to immerse themselves into these lives of complexity and mystery.