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*Diabetic Cooking for One and Two* Michelle Berriedale-Johnson 2013-07-19 Recipes to help control Type 2 diabetes, in portions designed for small households. Written by an expert in food allergies and intolerances, *Diabetic Cooking for One and Two* offers a collection of easy, tempting recipes in smaller portions for those with non-insulin dependent diabetes who live alone or with one other person. Based on the latest research, it gives nutritional guidelines, a menu planner, advice on how to shop and plan your meals, and over 100 recipes—with accompanying nutritional analyses—for meals with a high intake of vegetables, pulses, fruit, and whole grains. Enjoy: Avocado, spinach & mozzarella salad \* Salmon with fennel and tomatoes \* Jambalaya \* Lamb Tagine \* Spaghetti carbonara \* Leek & fennel soup \* Lemon poppy seed cake \* Steak with garlic \* Pork chops with apple & rosemary \* and more

*Too Busy to Diet* Monica Joyce 2015-01-27

**The Way of Tenderness** Zenju Earthlyn Manuel 2015-02-17 “What does liberation mean when I have incarnated in a particular body, with a particular shape, color, and sex?” In *The Way of Tenderness*, Zen priest Zenju Earthlyn Manuel brings Buddhist philosophies of emptiness and appearance to bear on race, sexuality, and gender, using wisdom forged through personal experience and practice to rethink problems of identity and privilege. Manuel brings her own experiences as a bisexual black woman into conversation with Buddhism to square our ultimately empty nature with superficial perspectives of everyday life. Her hard-won insights reveal that dry wisdom alone is not sufficient to heal the wounds of the marginalized; an effective practice must embrace the tenderness found where conventional reality and emptiness intersect. Only warmth and compassion can cure hatred and heal the damage it wreaks within us. This is a book that will teach us all.

**Madness in Civilization** Andrew Scull 2015-04-06 Originally published: London: Thames & Hudson Ltd, 2015.

*The Healthy Chef* Teresa Cutter 2015

*The Conspiracy of Us* Maggie Hall 2016-02-02 Originally published by G.P. Putnam's Sons, 2015.

*Nourishing Hope for Autism* Julie Matthews 2008-10-01 "Julie Matthews, globally respected autism nutritionist, provides intense research and extensive clinical nutrition experience in this comprehensive guide. Readers are given given practical steps for dietary intervention and a roadmap for getting started, evolving, and customizing the varied approaches. This book is dedicated to parents and clinicians who relentlessly strive to help children heal and gives them reason to hope and preserve" --Cover, p. 4.

*The Genesis Quest* Michael Marshall 2021-09-17 "Some have argued that life began in the chemical-rich seas of the early Earth, the famous primordial soup, while others are convinced that life began in strange vents pumping hot water out of the sea floor, where the chemical reactions that sustain living cells could get started. Or perhaps life

began in volcanic ponds on land, or in meteorite impact zones, or even in beds of clay. Each idea has attracted staunch believers who promote it with an almost religious fervor. But the story of life's origins is more than this: it is a story that takes in some of the greatest discoveries in modern biology, from cells to DNA, and evolution to life's family tree. This book is the first full history of the scientists who struggled to explain one of the greatest mysteries of all: how and why life began"--

**Mama's Boy** ReShonda Tate Billingsley 2015-07-07 "When her son is accused of a violent crime, church first lady Gloria Jones finds herself battling his prosecutor--as well as her own inner demons--to save him in this drama-filled novel from bestselling, award-winning author ReShonda Tate Billingsley. Gloria Jones is living a mother's worst fear. There's a massive manhunt for her son after a regular night out with friends escalated into the fatal shooting of a police officer. Her husband, esteemed minister Elton Jones, is humiliated by the news, complicating an already strained relationship with his son. And everyone in Jasper, Texas, a town already ripe with racial tension, is up in arms. But the killer they're searching for isn't the son Gloria knows, and now she must decide whether to turn him in or help him run. As the seventeen-year-old battles for his life, Gloria turns to the woman hell bent on bringing him to justice--prosecutor Kay Christiansen. Kay has built a solid record putting criminals behind bars and now, as she's about to ride the record to the city's top spot--Mayor of Houston--this new case could threaten everything she's worked for. But a mother's love knows no boundaries, and Gloria will have to face an ugly past and tackle painful secrets in an effort to save her son"--

*The Earth Diet* Liana Werner-Gray 2014-10-28 The ultimate guide book to assist people in transforming their health through a natural lifestyle. Beauty queen Miss Earth Australia Liana Werner-Gray got a wake-up call at the age of 21, when she was diagnosed with a precancerous tumor in her throat. Realizing that health issues were holding her back, including in her entertainment career, she decided to change her lifestyle. Through juicing and using the whole-food recipes shared in this book, Liana healed herself in only three months. This success inspired Liana to create the Earth Diet and make information on the incredible power of plant-based and natural food available to others. She has since used her recipes to help thousands of people with cancer, diabetes, acne, addictions, obesity, and more. When you get the essential vitamins, minerals, and micronutrients your body needs, you can't help but feel better. In this book, you'll find more than 100 nutrient-dense, gluten-free recipes that provide proper nutrition, tips for shifting out of toxic habits, and lifestyle recipes for household and personal-care products to help you heal in all areas of your life. The Earth Diet is inclusive, with recipes for every person, ranging from raw vegans to meat eaters to those following a gluten-free diet. It also features specific guidelines for weight loss, boosting the immune system, increasing your energy, juice cleansing, and more. If you're looking for great-tasting recipes to help you live your healthiest life ever, then this book is for you.

Suitcase City Sterling Watson 2015-02-09 "The telling is masterful...Sit back and enjoy Watson's latest. It's better than bourbon on the rocks." --Kirkus Reviews, Starred review "Hypnotically beautiful novel...Paranoia has been defined as 'seeing too much pattern.' Author Watson can make us sweaty victims of that madness, partaking of it, suffering from it, and loving every minute." --Booklist, Starred review "Watson's magic is in pacing and taut prose...Suitcase City is an absorbing thriller, a vivid adventure in a bright, humid, perilous underworld...[A] tense, bloody thriller with a strong sense of place and a soft heart." --Shelf Awareness, Starred review "[A] noir gem...a deeply contemplative and darkly poetic prose style complements the well-crafted plot." --Publishers Weekly "A solid revenge tale...There is plenty of action to be had in this suspense tale, but it is the examination of the characters' motivations that really makes it shine. For fans of Lee Child and Nicci French." --Library Journal "Gripping....As [Watson] spins additional threads within the plot, deepening our interest in even minor characters, his grip remains steady....Peeling back the layers of Tampa society to reveal a crosshatching of race and class--the country club scenes are particularly fine--Watson stealthily heightens the suspense." --Barnes & Noble Review "Watson weaves...questions about race into a plot that takes one bloody turn after another, a crescendo of violence that ends with a day at sea that might be the most chilling of all." --Tampa Bay Times "[An] irresistible earworm of a novel...With its airtight atmosphere of impending, life-sinking doom, and taut language evoking palpable Gulf Coast Florida seediness, Suitcase City duly takes its place alongside the best works of former Floridian Pete Dexter, and the brilliant Tampa novels of Dennis Lehane." --Paste Magazine "Suitcase City [is] such a damn great book, a too-rare (and sometimes nearly too real) depiction of the wildly different worlds that exist side by side in the city by the bay....Events uncoil with an unflashy confidence and understated poetry, drawing in diverse characters whose deep inner lives give the wire-tight plot a thumping, nervous heart." --Creative Loafing Tampa "Suitcase City is a beautifully crafted labyrinth of plot and subplot." --Florida Book Review "The novels of Sterling Watson are to be treasured and passed on to the next generation." --Dennis Lehane, author of *Mystic River* "Sterling Watson is an American treasure. If this taut literary crime novel doesn't center him on the map, we should change maps." --Tom Franklin, author of *Crooked Letter*, *Crooked Letter* "I am a huge fan of Sterling Watson's writing, and take it from me: Suitcase City is arguably his best novel to date. I began reading and did not look up again until the very last page, so taken was I by its twists and turns, its explorations of race and honor and the love a father has for his daughter. Turn off your phone, lock your door, and dive into Suitcase City." --Ann Hood, author of *The Obituary Writer* "As Watson reminds us, corruption and cruelty survive through their uncanny ability to take on new shapes." --Laura Lippman, author of *I'd Know You Anywhere* A man gets himself into a little bit of trouble, then a little bit more, then a lot. And then his whole world becomes a nightmare. How does he get himself out of this mess of his own creation? The answer involves the end of an extramarital affair, reconciliation with a daughter he has neglected, and a deadly encounter with a man who comes out of the past bearing bad news and the keys to a new life. Set in Tampa, Florida, in the late 1980s, Suitcase City captures the glitter of the high life and the steamy essence of low places in the Cigar City. As always, Sterling Watson tells his story in prose that sings.

The Hallelujah Diet George H. Malkmus 2006-01 Hallelujah! Here is a diet that will dramatically change your life from the inside, out. Based on a biblical foundation and years of research, statistics, and powerful testimonials including the author's own dramatic story George Malkmus' *The Hallelujah Diet* has caused people from all walks of life to stop and reconsider their daily food consumption habits. Stressing the healing power of food and how its proper use restores the body to a natural, healthy state, this book provides life-changing and life-saving information, recipes, and eating plans that have been proven safe and miraculously successful. It encourages a healthy change in eating, promoting exercise, fresh air, pure water, sunshine, and rest. Hallelujah! A diet that finally ties food and health together with common sense.

The Incarnations Susan Barker 2016-05-03 "Hailed as 'China's *Midnight's Children*,' a gripping new novel about a Beijing taxi driver whose past incarnations haunt him through searing letters sent by his mysterious soulmate"--  
**A Poet of the Invisible World** Michael Golding 2015-10-06 In the tradition of *SIDDHARTHA* by Hermann Hesse comes a new spiritual novel that is a stunning feat of storytelling and imagination. *A Poet of the Invisible World* follows a boy named Nouri, born in thirteenth-century Persia, with four ears instead of two. Orphaned as an infant, he's taken into a Sufi order, where he meets an assortment of dervishes and is placed upon a path toward spiritual awakening. As he stumbles from one painful experience to the next, he grows into manhood. Each trial he endures shatters another obstacle within--and leads Nouri on toward transcendence.

The Basic Basics Kitchen Hacks and Hints Handbook Glynn Christian 2021-06-30 Glynn Christian has been making cooks and chefs say Gosh! for over 40 years as he shared how ingredients work, demonstrated better techniques and revealed culinary secrets. This handbook collects over 300 of gosh-factor hacks, including how best to handle garlic, why dull pasta is better, and why it should be 'thumbs-up' on kitchen knives.

**Late in the Day** Ursula K. Le Guin 2015-12-18 *Late in the Day*, Ursula K. Le Guin's newest collection of poems, seeks meaning in an ever-connected world. In part evocative of Neruda's *Odes to Common Things* and Mary Oliver's poetic guides to the natural world, Le Guin gives voice to objects that may not speak a human language but communicate with us nevertheless through and about the seasonal rhythms of the earth, the minute and the vast, the ordinary and the mythological. As Le Guin herself states, "science explicates, poetry implicates." Accordingly, this immersive, tender collection implicates us (in the best sense) in a subjectivity of everyday objects and occurrences. Deceptively simple in form, the poems stand as an invitation both to dive deep and to step outside of ourselves and our common narratives. As readers, we emerge refreshed, having peered underneath cultural constructs toward the necessarily mystical and elemental, no matter how late in the day. The poems are bookended with two short essays, "Deep in Admiration" and "Form, Free Verse, Free Form: Some Thoughts." In 2014, the National Book Foundation awarded Le Guin the Medal for Distinguished Contribution to American Letters, a lifetime achievement award. Her celebrated acceptance speech, which criticized Amazon as a "profiteer" and praised her fellow authors of fantasy and science fiction, is included in *Late in the Day* as a postscript.

The Wolf Border Sarah Hall 2015-03-24 For almost a decade Rachel Caine has turned her back on home, kept distant by family disputes and her work monitoring wolves on an Idaho reservation. But now, summoned by the eccentric Earl of Annerdale and his controversial scheme to reintroduce the Grey Wolf to the English countryside, she is back in the peat and wet light of the Lake District. The earl's project harks back to an ancient idyll of untamed British wilderness - though Rachel must contend with modern-day concessions to health and safety, public outrage and political gain - and the return of the Grey after hundreds of years coincides with her own regeneration: impending motherhood, and reconciliation with her estranged family. *The Wolf Border* investigates the fundamental nature of wilderness and wildness, both animal and human. It seeks to understand the most obsessive aspects of humanity: sex, love, and conflict; the desire to find answers to the question of our existence; those complex systems that govern the most superior creature on earth.

We Gotta Get Out of this Place Doug Bradley 2015 Cover -- Title Page -- Copyright -- Dedication -- Contents -- Acknowledgments -- Introduction: The Vietnam Veterans' National Anthem -- 1. "Goodbye My Sweetheart, Hello Vietnam": The Soundscape Takes Shape -- 2. "Bad Moon Rising": The Soundtracks of LBJ's War -- 3. "I-Feel-Like-I'm-Fixin'-To-Die": Protest, Pot, Black Power, and the (Psychedelic) Sound of Nixon's War -- 4. "Chain of Fools": Radios, Guitars, Eight Tracks (and Silence in the Field) -- 5. "What's Going On": Music and the Long Road Home -- Notes -- Notes on Interviews -- Sources for Solos and Duet -- Index -- Back Cover

**Nutrition Stripped** McKel Hill 2016-08-23 Discover just how deliciously simple whole foods cooking can be with this essential cookbook, based on the popular *Nutrition Stripped* blog, featuring more than 100 exciting and good-

for-you recipes and color photography throughout. Search the web and you'll find a variety of recipes from "health food" bloggers and "nutritionists." Yet many of these recipes often follow trends or fad diets. Now, McKel Hill, a Registered Dietitian Nutritionist and wellness coach, takes you back to bare basics to enjoy the amazing benefits and incomparable flavor of whole foods—nature's true healthy bounty. Drawing inspiration from nature, the turning of the seasons, the world of plants, nutrient dense foods and hidden gems in the world of superfoods, Hill celebrates simplicity, and shares her vast professional knowledge and expertise in this practical and easy-to-use cookbook. But Nutrition Stripped isn't just an approach to eating—it's a lifestyle that will help you look, feel, and be your best. Whole foods cooking is the foundation of health and can be enjoyed no matter what your dietary preference, whether it's vegan, paleo, or gluten-free. Hill's whole food, plant-based recipes are gluten-free, dairy-free, and entirely free from processed food, yet all can be adapted to specific tastes and needs, making them realistic, approachable, global, and livable. Start your day with delights such as Turmeric Milk (the new green smoothie), Carrot Cake Quinoa Porridge, or Plantain Flatbread with Poached Egg and Honey. For dinner, feast on Beetroot Burgers with Maple Mustard or Carrot Gnocchi with Carrot Greens Pesto. And don't forget dessert—indulge with a mouthwatering slice of Raw Peach Tart with Coconut Whipped Cream or some Salted Caramel Brownies. Illustrated with beautiful, modern and minimalistic color photographs, Nutrition Stripped shows you how delicious and simple it can be to eat healthier with whole foods.

Trailer Park Fae Lilith Saintcrow 2015-06-23 Jeremiah Gallow is just another construction worker, and that's the way he likes it. He's left his past behind, but some things cannot be erased. Like the tattoos on his arms that transform into a weapon, or that he was once closer to the Queen of Summer than any half-human should be. But now Gallow is dragged back into the world of enchantment, danger, and fickle fae by a woman who looks uncannily like his dead wife. Her name is Robin, and her secrets are more than enough to get them both killed.

**The Advanced Mediterranean Diet: Lose Weight, Feel Better, Live Longer (2nd Edition)** Steven Paul Parker 2012-01-16 Nutrition experts for decades have recommended the healthy Mediterranean diet. Dr. Steve Parker incorporates the latest nutrition science breakthroughs in this newly revised second edition of his award-winning "Advanced Mediterranean Diet." Dr. Parker's weight management plan is highly customizable, depending on the user's weight, sex, and preferred dieting style. In addition to a time-honored portion-controlled diet, Dr. Parker presents the world's first low-carb Mediterranean diet: the Ketogenic Mediterranean Diet. This is a two-for-one deal. You'll discover 1) which foods are the healthiest, 2) which carbohydrates are particularly fattening, 3) why we no longer have to worry about dietary total fat, saturated fat, and cholesterol, 4) how to lose weight by watching portion sizes or calories, 5) how to lose weight by limiting carbohydrate consumption, 6) which of these two popular dieting methods is optimal for you, and 7) 64 easy and delectable recipes. The traditional Mediterranean diet is rich in fruits, vegetables, legumes, whole grains, fish, olive oil, judicious amounts of wine, with modest portions of meat and poultry. This way of eating is linked to longer lifespan and reduced risk of heart attack, stroke, cancer, diabetes, and dementia. The book includes advice on how to avoid weight regain, instruction on exercise, a general index, a recipe index, and scientific references. All measurements are given in both U.S. customary and metric units.

**Living in the Crosshairs** David S. Cohen 2016 A chilling exposé of the threats, harassment, and worse that American abortion providers face on a daily basis--and groundbreaking remedies to stop it.

*Vegetarian Dishes from the Middle East* Arto der Haroutunian 2012-11-15 "[A] ground-breaking collection of wonderful pilafs, soups, stuffed vegetables, relishes and pastries. A treasury of delicious dishes" (The Foodie). Every one of the twelve cookbooks Arto der Haroutunian wrote became a classic; his thoughtful, erudite writing helped to explain to Westerners the subtlety, complexity and diversity of Middle Eastern and North African cooking. *Vegetarian Dishes from the Middle East* shows how the cooking of vegetables is treated with reverence

in the lands that make up the rich and varied tapestry of the Middle East. The people depend on the grains and pulses, nuts, vegetables and fruits of the region for their daily food. Here are warm and spicy stuffed vegetables, cool and fragrant soups, delicate preserves, pilafs, breads, pickles, relishes, and pastries. "This book will give a real boost to any vegetarian food enthusiast looking for something a little more unusual." —The Vegetarian "One of the classic cookbooks on the subject written by the recognized authority in Middle Eastern cooking." —Publishing News "Learn how to make a variety of feasts from just a few ingredients with this authentic collection of recipes, including popular dishes such as tabouleh, hummus and falafel, as well as new ones you may not have tried." —The Green Parent "The recipes . . . glow. They openly embrace the full spectrum of ethical eating, but most importantly, this is a book of delicious, exquisite food; simple to make [yet] exotic enough to tempt jaded palates." —The Gastronomer's Bookshelf

**Magonia** Maria Dahvana Headley 2015-04-28 "Maria Dahvana Headley is a firecracker: she's whip smart with a heart, and she writes like a dream." —Neil Gaiman, bestselling author of *The Graveyard Book* and *Coraline* Aza Ray Boyle is drowning in thin air. Since she was a baby, Aza has suffered from a mysterious lung disease that makes it ever harder for her to breathe, to speak—to live. So when Aza catches a glimpse of a ship in the sky, her family chalks it up to a cruel side effect of her medication. But Aza doesn't think this is a hallucination. She can hear someone on the ship calling her name. Only her best friend, Jason, listens. Jason, who's always been there. Jason, for whom she might have more-than-friendly feelings. But before Aza can consider that thrilling idea, something goes terribly wrong. Aza is lost to our world—and found, by another. Magonia. Above the clouds, in a land of trading ships, Aza is not the weak and dying thing she was. In Magonia, she can breathe for the first time. Better, she has immense power—but as she navigates her new life, she discovers that war between Magonia and Earth is coming. In Aza's hands lies fate of the whole of humanity—including the boy who loves her. Where do her loyalties lie? Neil Gaiman's *Stardust* meets John Green's *The Fault in Our Stars* in this New York Times bestselling story about a girl caught between two worlds, two races, and two destinies. Don't miss Aerie, the stunning, highly anticipated sequel!

**AARP The Paleo Diet Revised** Loren Cordain 2012-04-23 AARP Digital Editions offer you practical tips, proven solutions, and expert guidance. Eat for better health and weight loss the Paleo way with this revised edition of the bestselling guide with over 100,000 copies sold to date! Healthy, delicious, and simple, the Paleo Diet is the diet we were designed to eat. If you want to lose weight—up to 75 pounds in six months—or if you want to attain optimal health, The Paleo Diet will work wonders. Dr. Loren Cordain demonstrates how, by eating your fill of satisfying and delicious lean meats and fish, fresh fruits, snacks, and non-starchy vegetables, you can lose weight and prevent and treat heart disease, cancer, osteoporosis, metabolic syndrome, and many other illnesses. Breakthrough nutrition program based on eating the foods we were genetically designed to eat—lean meats and fish and other foods that made up the diet of our Paleolithic ancestors. This revised edition features new weight-loss material and recipes plus the latest information drawn from breaking Paleolithic research. Six weeks of Paleo meal plans to jumpstart a healthy and enjoyable new way of eating as well as dozens of recipes. This bestselling guide written by the world's leading expert on Paleolithic eating has been adopted as a bible of the CrossFit movement. The Paleo Diet is the only diet proven by nature to fight disease, provide maximum energy, and keep you naturally thin, strong, and active—while enjoying every satisfying and delicious bite.

*Fraiche Food, Full Hearts* Jillian Harris 2019-10-01 TV host and lifestyle influencer Jillian Harris and registered dietitian Tori Wesszer invite you into their world full of family, food, and casual celebrations. Living a stone's throw from each other, cousins Jillian and Tori grew up in a tight-knit family and were brought up like sisters. *Fraiche Food, Full Hearts* offers a peek into their lives and the recipes that have fed their families through the years. Instilled with a love of cooking at an early age by their granny, the kitchen is a place of fond memories and

everyday home cooked meals. Like most families, their celebrations revolve around food--from birthdays, Valentine's Day, and Mother's Day to Thanksgiving, Christmas, and New Year's Eve. Fraiche Food, Full Hearts includes over 100 heart-warming recipes--from breakfasts, soups, salads, veggies, sides, and mains to snacks, appetizers, drinks, and desserts--for everyday meals, along with celebration menus and ideas for casual gatherings with family and friends. Gorgeously designed with dreamy full-colour photography throughout, the recipes also incorporate vegan, vegetarian, and gluten-free options. You'll find dishes like West Coast Eggs Benny, Vanilla Cherry Scones, Harvest Kale Salad, Squash Risotto with Fried Sage, Granny's Beet Rolls, Cedar-Plank Salmon Burgers, Veggie Stew with Dumplings, Cherry Sweetheart Slab Pie, and Naked Coconut Cake.

*The Mom's Guide to a Nourishing Garden* Jen Haugen 2016-04-20 For the mom who craves simplicity and balance back in her life, this book is about how a family vegetable garden can not only grow healthy food that nourishes our families, but also how a garden nourishes our souls. Using the idea of a "compost" recipe to create a more nourishing life as a mom, the author, a registered dietitian and certified master gardener, guides the reader through the idea of why gardening together as a family matters so much and how planting connections in the garden sprout into memories that last a lifetime. Including everything you need to know to plant more than 35 different garden fruits and vegetables, along with 30 garden fresh recipes, this book makes family vegetable gardening not only achievable, but fun at the same time! This book is a beautiful story covering a topic all moms need to hear...where readers will be inspired to dig into their own journey and values to determine how they can add the right ingredients to create the recipe to a more nourishing life through the idea of a family vegetable garden.

**The 17 Day Diet** Dr Mike Moreno 2011-05-12 Dr Mike Moreno's 17 Day Diet is a revolutionary new weight-loss programme that activates your skinny gene so that you burn fat day in and day out. The diet is structured around four 17-day cycles: Accelerate- the rapid weight loss portion that helps flush sugar and fat storage from your system; Activate-the metabolic restart portion with alternating low and high calorie days to help shed body fat; Achieve - this phase is about learning to control portions and introducing new fitness routines; Arrive - A combination of the first three cycles to keep good habits up for good. Each cycle changes your calorie count and the food that you're eating. The variation that Dr. Mike calls 'body confusion' is designed to keep your metabolism guessing. This is not a diet that relies on a tiny list of approved foods, gruelling exercise routines, or unrealistic calorie counts that leave you hungry and unfulfilled. Each phase comes with extensive lists of what dieters can and can't eat while on the phase, but also offers acceptable cheats. He advises readers not to drink while on the diet, but concedes that if they absolutely have to then they should at least drink red wine. Dr Mike knows that a diet can only work if it's compatible with the real world, and so he's designed the programme with usability as a top priority.

*Rape and Sexual Assault* White House Council on Women and Girls 2014-10-31 This book analyzes the most recent, reliable data about rape and sexual assault in our country. It identifies those most at risk of being victims of these crimes, examines the cost of this violence (both to survivors and our communities), and describes the response, too often inadequate, of the criminal justice system. The report catalogues steps this Administration has taken to combat rape and sexual assault, and identifies areas for further action. An overview of the problem: Women and girls are the vast majority of victims: nearly 1 in 5 women - or nearly 22 million - have been raped in their lifetimes. Men and boys, however, are also at risk: 1 in 71 men - or almost 1.6 million - have been raped during their lives. Women of all races are targeted, but some are more vulnerable than others: 33.5% of multiracial women have been raped, as have 27% of American Indian and Alaska Native women, compared to 15% of Hispanic, 22% of Black, and 19% of White women. Most victims know their assailants. The vast majority (nearly 98%) of perpetrators are male. Young people are especially at risk: nearly half of female survivors were raped

before they were 18, and over one-quarter of male survivors were raped before they were 10. College students are particularly vulnerable: 1 in 5 women has been sexually assaulted while in college. Repeat female victimization is common: over a third of women who were raped as minors were also raped as adults. Other populations are also at higher risk of being raped or sexually assaulted, including people with disabilities, the LGBT community, prison inmates (of both genders), and the homeless. Undocumented immigrants face unique challenges, because their abusers often threaten to have them deported if they try to get help.

*The Fifth House of the Heart* Ben Tripp 2015-07-28 Filled with characters as menacing as they are memorable, this chilling twist on vampire fiction packs a punch in the bestselling tradition of 'Salem's Lot by Stephen King. Asmodeus "Sax" Saxon-Tang, a vainglorious and well-established antiques dealer, has made a fortune over many years by globetrotting for the finest lost objects in the world. Only Sax knows the true secret to his success: at certain points of his life, he's killed vampires for their priceless hoards of treasure. But now Sax's past actions are quite literally coming back to haunt him, and the lives of those he holds most dear are in mortal danger. To counter this unnatural threat, and with the blessing of the Holy Roman Church, a cowardly but cunning Sax must travel across Europe in pursuit of incalculable evil—and immeasurable wealth—with a ragtag team of mercenaries and vampire killers to hunt a terrifying, ageless monster...one who is hunting Sax in turn. From author Ben Tripp, whose first horror novel Rise Again "raises the stakes so high that the book becomes nearly impossible to put down" (Cory Doctorow, author of Little Brother), *The Fifth House of the Heart* is a powerful story that will haunt you long after its final pages.

*An Infinite Number Of Parallel Universes* Randy Ribay 2015-09-04 Four friends from wildly different backgrounds have bonded over Dungeons & Dragons since the sixth grade. Now they're facing senior year and a major shift in their own universes. Math whiz Archie is struggling with his parents' divorce after his dad comes out as gay. Mari is terrified of her adoptive mother's life-altering news. Dante is carrying around a huge secret that is proving impossible to keep hidden. And when Sam gets dumped by the love of his life, everyone is ready to join him on a cross-country quest to win her back. The four quickly discover that the road is not forgiving, and that real life is no game. They must face a test of friendship where the stakes are more than just a roll of the dice--they are life and death.

**The Unfortunates** Sophie McManus 2015-06-04 CeCe Somner, an eccentric heiress once known for her cruel wit as much as for her tremendous generosity, now faces opulent decline. Afflicted with a rare disease and touched by mortality for the first time, her gilded, bygone values collide with an unforgiving present. As her troubled, spoiled son George and his outsider wife Iris struggle to resolve mounting financial and familiar troubles, Cece must face the Somner dynasty's dark legacy. But when George's secrets culminate in an unexpected crime, no riches can put things right for the unfortunate Somners. What will become of all three, who must learn what life will be like beyond the long, shimmering shadow cast by the family's past?

**Flashes of Creation** Paul Halpern 2021-08-17 A respected physics professor and author breaks down the great debate over the Big Bang and the continuing quest to understand the fate of the universe. Today, the Big Bang is so entrenched in our understanding of the cosmos that to doubt it would seem crazy. But as Paul Halpern shows in *Flashes of Creation*, just decades ago its mere mention caused sparks to fly. At the center of the debate were Russian American physicist George Gamow and British astrophysicist Fred Hoyle. Gamow insisted that a fiery explosion explained how the elements of the universe were created. Attacking the idea as half-baked, Hoyle countered that the universe was engaged in a never-ending process of creation. The battle was fierce. In the end, Gamow turned out to be right -- mostly -- and Hoyle, along with his many achievements, is remembered for giving the theory the silliest possible name: "The Big Bang." Halpern captures the brilliance of both thinkers and reminds us that even those proved wrong have much to teach us about boldness, imagination, and the universe

itself.

**A Poet's Glossary** Edward Hirsch 2014-04-08 "An instant classic that belongs on the bookshelf of every serious poet and literature student" (The Washington Post). A major addition to the literature of poetry, Edward Hirsch's sparkling new work is a compilation of forms, devices, groups, movements, isms, aesthetics, rhetorical terms, and folklore—an "absorbing" book all readers, writers, teachers, and students of poetry will return to over and over (The New Yorker). Hirsch has delved deeply into the poetic traditions of the world, returning with an inclusive, international compendium. Moving gracefully from the bards of ancient Greece to the revolutionaries of Latin America, from small formal elements to large mysteries, he provides thoughtful definitions for the most important lyrical vocabulary, imbuing his work with a lifetime of scholarship and the warmth of a man devoted to his art. Knowing how a poem works is essential to unlocking its meaning. Hirsch's entries will deepen readers' relationships with their favorite poems and open greater levels of understanding in each new poem they encounter. Shot through with the enthusiasm, authority, and sheer delight that made *How to Read a Poem* so beloved, *A Poet's Glossary* is a new classic.

**Dime Stories** Tony Fitzpatrick 2015-06-09 Renowned Chicago artist Tony Fitzpatrick's "Dime Stories" captures his raucous rants and pithy musings alongside full-color prints of his paintings.

**Defending Drinking Drivers** Patrick T. Barone 2018-03-30 To challenge probable cause, keep the prosecution's evidence out or file effective motions, you must have a well-prepared case. From initial client contact to sentencing, *Defending Drinking Drivers* will guide you through every phase of a drinking driving trial. The book begins with the "nuts & bolts" of drunk driving defense, then focuses on teaching how to create "reasonable doubt." Particular attention is given to analyzing specific testing methods and handling expert witnesses. This 2-volume set offers court-tested strategy, practice tips, sample arguments and the most up-to-date case law and statutory changes to keep you on the cutting edge of drunk driving law. Practical, step-by-step guidance helps you:

- Identify sources of error in BAC calculations
- Successfully attack damaging chemical test results
- Effectively cross-examine the prosecution's key witnesses
- Find weaknesses in the use of field sobriety tests
- Suppress audiovisual evidence
- Know when and how to use experts cost-effectively

**Raw Snacks** Caroline Fibaek 2014-04-30 Spicy nuts, crunchy raw chocolate truffles, dream bars, licorice almonds, grape lollipops, date fudge, candy crunch popsicles, nut shakes, coffee substitutes and energy drinks are just a few of the quick, easy and healthy raw food snacks that Caroline Fibaek, Denmark's leading raw food exponent, presents in her gorgeous book *Raw Snacks*. She provides tempting recipes that will inspire you the next time the craving for sugary, chocolate candy and other fat filled sweets comes upon you. Here are tips to quit comfort eating and bad and unhealthy habits once and for all. You'll get practical advice on how to fight the craving for sweets,

*Forgetting to Be Afraid*

and how you can easily replace the unhealthy, sweet and fatty with healthy, delicious and especially nutritious alternatives. Let health, balance and happiness be your new addiction - because you can really get addicted to feeling good!

Wendy Davis 2014-09-09 Wendy Davis has had her share of tough fights. Raised by a single mother with a ninth-grade education, Davis began working after school at age fourteen to contribute to the family finances. By the time she was nineteen, she was living in a trailer park with a baby daughter and holding down two jobs. But rather than succumb to the cycle of poverty that threatened to overwhelm her, Davis managed to attend community college and Texas Christian University, graduate from Harvard Law School, and go on to serve nine years on the Fort Worth City Council. She set her sights on the Texas state senate—and in 2008 defeated a longtime GOP incumbent in a race widely considered one of the biggest recent upsets in Texas politics. But it wasn't until June 2013 that the rest of America was acquainted with the spirited Texas state senator. Davis became an overnight political sensation and a hero to women's rights supporters across the country when she single-handedly filibustered Governor Rick Perry's sweeping bill that aimed to close all but five abortion clinics in her state. During her historic nearly thirteen hours on the floor of the state legislature, Davis wasn't allowed to eat, drink, sit, use the bathroom, speak off topic, or lean against any furniture. When it was over, President Obama tweeted support to his millions of Twitter followers, and Wendy Davis—with her pink sneakers—was suddenly a household name. She is now the first Democrat to make a serious run for governor of Texas in two decades, and her personal story is a testament to the enduring power of the American dream and an inspiration to countless women looking for a way out of desperate circumstances. Told in her own refreshingly forthright voice, *Forgetting to Be Afraid* is the exhilarating and deeply moving story behind one of the nation's brightest young political stars.

**Those Girls** Lauren Saft 2015-06-09 Some girls will always have your back, and some girls can't help but stab you in it. Junior year, the suburbs of Philadelphia. Alex, Mollie and Veronica are those girls: They're the best of friends and the party girls of the school. But how well does everybody know them--and really, how well do they know one another? Alex is secretly in love with the boy next door and has joined a band--without telling anyone. Mollie suffers from a popular (and possibly sociopathic) boyfriend and a serious mean streak. And Veronica just wants to be loved--literally, figuratively, physically...she's not particular. Will this be the year that bonds them forever or tears them apart for good? In a debut novel that is raw, honest, hilarious, and thought-provoking, Lauren Saft masterfully conveys what goes on in the mind of a teenage girl and how often even the closest of friends walk the thin line between love and hate.

**Desperate Reflections** Shay West 2014-08-28 Desperate to stop Drifter, Alexis uses her ability to locate the evil Traveler, only to discover he lives in her time--and he knows who she is.