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T6MGRK - CASTILLO HATFIELD

"Guardian in Magic" is a fantasy novel located in a world very similar to the one we live in. It is telling the story of 16 year old Lucas Trent, an IT student living in Luton, England. His fascination for the supernatural leads him to take a glimpse at the world from an angle only few others look at. An angle that teaches him the true meaning of friendship, loyalty and trust in ways he had never experienced before. Journeying through a secret community, that is hidden in plain sight, he suddenly finds himself forced to living two lives at once, keeping his true identity even from his closest family. In a struggle to handle this situation he gets pulled deeper and deeper into a swamp of conspiracies and coincidences surrounding a young girl and the very truth about magic in the real world...

Mark Tully is incomparable. No foreign commentator has a greater understanding of the passions, the contradictions, the charms and the resilience that constitute India. In *India in Slow Motion*, Tully and his colleague Gillian Wright delve further than ever before into this nation of over one billion people, attempting to unravel a culture that, famously, has always resisted unravelling. *India in Slow Motion* is the account of a journey that for Tully and Wright has no true beginning or end. Covering a diverse range of subjects—from Hindu extremism to child labour, Sufi mysticism to the crisis in agriculture, the persistence of political corruption to the problem of Kashmir—this book challenges the preconceptions others have about India, as well as those India has about itself. India is often depicted as a victim of forces too wild to be controlled—of post-colonial malaise, of religious strife, of the caste system, of a corrupt bureaucratic machine. *India in Slow Motion* refutes this, probing into the heart of the Indian experience and arguing that change is possible and that solutions do exist. In the process it brings the country and its people brilliantly alive.

Real life change, real peace, and real love that lift us above the things of the world in the same way that Jesus walked - isn't this how we were meant to walk in life? Do you desire new revelations that expand you further into the mysteries of Christ? *The Redeeming Power of Presence* is not simply about becoming aware of the Lord's presence but about our learning to become present and available to Him in a way that makes His powerful presence accessible to us. Experience this "narrow way" that Jesus walked before us that loses the old self's life by walking simply in the present moment where the powerful presence of "I Am" reigns. As you read, experience this living water and pathway to more of the mysteries of Christ that believers are just now beginning to awaken to in their walk with Christ.

This edited collection shows how the spread of HIV infection has been followed, represented, and managed in nine countries between 1982 and 1988. The countries cited in this study were chosen due to their dominant position in generating knowledge about AIDS and providing epidemiological research on their own populations.

This book focuses on the propaganda war between the Syrian government and the opposition movement, which excludes the Islamic State and the Kurdish-led SDF. Drawing on international relations, psychology, and media studies, the book encourages readers to question the dominant discourse on the war. The core of the book outlines the propaganda battles over the main paradigms and narratives that framed the war, exploring the shortcomings of those paradigms and narratives, identifying who won the propaganda war and why, and assessing what impact it had on the military side of the war. In particular, it focuses on the role of cognitive bias amongst primary and secondary sources in determining the outcome of the propaganda war, and whether the influence of this propaganda is best explained by effects or limited effects theory. Through explaining the dynamics of the propaganda war, the book encourages readers to critically question the dominant discourse on the war, assists them in understanding primary and secondary reporting on the war, and shows that the impact of the propaganda war is best understood in terms of limited effects theory. The book's main findings are that: i) the opposition won the international propaganda war but failed to win the propaganda war inside Syria; ii) propaganda had relatively little effect on shaping attitudes either inside Syria or internationally (instead, its main effect was to reinforce attitudes that had already been shaped by other factors); and iii) the reality of the war lies between the conflicting paradigms and narratives being promoted by each side.

Elliott Smith was one of the most gifted songwriters of the nineties, adored by worshipful fans for his subtly melancholic

words and melodies. The sadness had its sources in the life. There was trauma from an early age, years of drug abuse and a chronic sense of disconnection that sometimes seemed almost self-engineered. Smith died violently in Los Angeles in 2003, under what some believe to be questionable circumstances, of a single fatal stab wound to the chest. By this time fame had found him, and record buyers who shared the listening experience felt he spoke directly to them from beyond: lonely, lovelorn, frustrated, fighting until he could fight no more. And yet, although his achingly intimate lyrics carried the weight of truth, Smith remained unknowable. In *Torment Saint*, William Todd Schultz gives us the first proper biography of the rock star, a decade after his death, imbued with affection, authority, sensitivity and long-awaited clarity. *Torment Saint* draws on Schultz's careful, deeply knowledgeable readings and insights, as well as on more than 150 hours of interviews with close friends, lovers, bandmates, peers, managers, label owners, and recording engineers and producers. This book unravels the remaining mysteries of Smith's life and his shocking, too-early end. It will be an indispensable examination of his life and legacy, both for Smith's legions of fans as well as readers still discovering his songbook.

This book contains peer-reviewed papers from the Second World Landslide Forum, organised by the International Consortium on Landslides (ICL), that took place in September 2011. The entire material from the conference has been split into seven volumes, this one is the seventh: 1. Landslide Inventory and Susceptibility and Hazard Zoning, 2. Early Warning, Instrumentation and Monitoring, 3. Spatial Analysis and Modelling, 4. Global Environmental Change, 5. Complex Environment, 6. Risk Assessment, Management and Mitigation, 7. Social and Economic Impact and Policies. We are now becoming numbed by the outrageous events taking place within the political arena of our country. Throughout our nation, the division between factions continues to hold firm. The issue of how movement toward reconciliation can occur has become ever more pressing. Nothing short of our democracy is at stake. This book looks to the writings of the nineteenth-century Danish religious philosopher Søren Kierkegaard as a resource for thinking in fresh ways about how the divine power of creative transformation is at work in the world. Through divinity's empowering of our practices in relating to others, democracy can be resurrected to a new, healthy life. Six important themes from Kierkegaard's thought are used to do a comparative examination of Donald Trump together with his world and Kierkegaard and his world. The story of this standoff—between one of the world's most famous and well-publicized figures and one of the world's greatest thinkers—constitutes a compelling investigation and presents quite a contrast. Uncovered in the storytelling process of Kierkegaard trumping Trump are the "Sweet 16": sixteen ways in which resurrection can be practiced in people's lives and help to restore our democracy to a fuller and more vibrant version of itself.

In 1972, I felt impressed of the Lord to write a book about my life and ministry. He even gave me the title, *With God As My Partner*. I voiced my objection in prayer by "reminding" Him that I had only been preaching for three years and pastoring for one. I had no experience in writing, but all I heard in return was, "Not now." I went through life with many "experiences" (both good and bad) piling up through the years. About four years ago, my wife said, "Ron, why don't you write a book about your life and ministry?" I didn't have any good answer for her; and since she is my best friend, my closest confidant, and my dearest prayer partner, I gave it some serious thought. In the following year, I came in contact with three or four others who asked me the same thing. In view of this, I went to the Lord in sincere prayer, and He said, "Now is the time." The book is not really in any chronological order but goes back and forth at times as I remember things. Again, the only way I could remember times, people, and names is *With God As My Partner*. I was not striving to produce any item of "literary art," but something that could be shared with others what God has shared with me through the years. It has been an interesting journey, and I look forward to continuing it. When I gave the book its title, it was with a sense of humility, and not arrogance. I am well aware of the fact that the only way I (or anyone else) can "partner" with God is by His grace, realizing that it is all for His glory.

HILLARY RODHAM CLINTON'S INSIDE ACCOUNT OF THE CRISES, CHOICES AND CHALLENGES SHE FACED DURING HER FOUR YEARS AS AMERICA'S 67TH SECRETARY OF STATE, AND HOW THOSE EXPERIENCES DRIVE HER VIEW OF THE FUTURE, INCLUDING A NEW EPILOGUE. 'All of us face hard choices in our lives,' Hillary Rodham Clinton writes at the start of this personal chronicle of years at the centre of world events. 'Life is about making such

choices. Our choices and how we handle them shape the people we become.' In the aftermath of her 2008 presidential run, she expected to return to representing New York in the United States Senate. To her surprise, her formal rival for the Democratic Party nomination, newly elected President Barack Obama, asked her to serve in his administration as Secretary of State. This memoir is the story of the four extraordinary and historic years that followed, and the hard choices that she and her colleagues confronted. Secretary Clinton and President Obama had to decide how to repair fractured alliances, wind down two wars and address a global financial crisis. They faced a rising competitor in China, growing threats from Iran and North Korea, and revolutions across the Middle East. Along the way, they grappled with some of the toughest dilemmas of US foreign policy, especially the decision to send Americans into harm's way, from Afghanistan to Libya to the hunt for Osama bin Laden. By the end of her tenure, Secretary Clinton had visited 112 countries, travelled nearly one million miles and gained a truly global perspective on many of the major trends reshaping the landscape of the twenty-first century, from economic inequality to climate change to revolutions in energy, communications and health. Drawing on conversations with numerous leaders and experts, Secretary Clinton offers her views on what it will take for the United States to compete and thrive in an interdependent world. She makes a passionate case for human rights and the full participation in society of girls, youth and LGBT people. An astute eyewitness to decades of social change, she distinguishes the headlines from the headlines and describes the progress occurring throughout the world, day after day. Secretary Clinton's descriptions of diplomatic conversations at the highest levels offer readers a masterclass in international relations, as does her analysis of how we can best use 'smart power' to deliver security and prosperity in a rapidly changing world - one in which America remains the indispensable nation.

Using a holistic approach, this new guidebook is geared toward mental health professionals working with women who have been victims of sexual abuse, and the survivors themselves. It provides background necessary for understanding child abuse, and presents a four-stage theoretical model for therapeutic intervention. Information is given that will enable the therapist to accurately diagnose the occurrence of childhood sexual abuse and conceptualize the effects of family, stage of development, and spirituality on the victim. Ego splitting is examined in detail. Also included are comprehensive case studies on the topic. In addition, this book serves as a bridge between the popular and professional literature on treatment of sexual abuse survivors. By using fairy tales and mainstream literature - including Peter Pan, The Wizard of Oz, Alice in Wonderland, The Velveteen Rabbit, and current pop works such as Stephen King's *It* - the authors show how numerous metaphors for abuse are presented in our everyday life. Woven throughout the volume is a historical and sociocultural perspective of the treatment of women and children - and how society has ignored such abuse. Coupled with the four-step process, this supplies the practitioner with a comprehensive overview, numerous invaluable treatment techniques, and an opportunity to gain an empathic understanding of the victim's life and experiences. Essential reading for professionals and students of counseling, psychology, social work, and other helping professions, the format also makes it highly accessible to lay-people - both clients and other concerned individuals.

"Eighteen essays investigate philosophical aspects of the feline mind and the world of cats, illustrated by anecdotes about cats the authors have known"--Provided by publisher.

"Slow Motion is a collection of non-fiction stories (essays and interviews) about walking. The collection has been written over a period of six years and so the book has become something of a documentary project, witnessing transformation in South Africa through the eyes of pedestrians across the economic, racial and age spectrum. The book could be described as documenting recent history. Though it inevitably looks at the issue of crime, and how we have moved from a race-based to a class-based society and pedestrians of all colours continue to be marginalised and thought of as second-class citizens in an increasingly autocratic society, it is essentially an optimistic book. It tells the stories of South Africans (and visitors) who have chosen to 'reclaim the streets' from predators and traffic. While the focus is primarily on Johannesburg, several of the stories are about Cape Town, contrasting the experience of walking in these two cities. Other international cities such as Los Angeles, Paris, London and Mumbai are also visited along the way. The style of the book is such that, while it can be opened anywhere and each story can be read and

enjoyed on its own (a bedside-table book), the stories are inter-linked, as people's paths inevitably cross. There is a bigger story at play as well. The band of pedestrians includes writers, artists, political activists, disabled people, dogs and their owners, Walk for Life members, Jews on the Sabbath, domestic workers, refugees, babies learning to walk, and even a golfer and a caddie. The purpose of the book is both to entertain and inform readers"--Publisher's website.

V1-ROTATE SYNOPSIS: "Gateway 329 heavy, you're cleared into position runway 30, cleared for takeoff." "Roger Tower, 329 heavy is rolling." As Captain Michael McGraw maneuvered the heavy jet into position on the runway and advanced the throttles, the aircraft began its headlong dash into the sky. First Officer Ryan Starnes reported "Airspeed alive 60 knots," As the aircraft continued to accelerate along the narrow runway, Ryan continued to call out the speeds until they reached, "V-1 and then VR rotate speed. With deft backpressure applied to the control yoke by the able captain, the heavy jet rose gracefully into the sky. First officer Ryan Starnes began his maiden flight for Gateway International Airlines some months earlier with the "tough as nails" Captain Michael McGraw. If his luck of the draw wasn't bad enough, he also had to deal with a menacing storm brewing. Ryan had heard many rumors as to what to expect from the notorious Capt. McGraw; he would learn that most were true. Years ago, paths crossed and left deep imprints in their lives. Explore the intimate details of the lives of two very strong willed and stubborn men. Antagonists, united by their chosen profession, bonded by a fateful event, the secrets that lurk beneath the surface will undoubtedly change their lives. Share their adventures, their loves and challenges in the world of aviation. Meet Connie, the poised, sophisticated, sensuous woman whose mistake early in life had a profound effect on the lives of both men. Get to know the lovely Melissa. So incredibly beautiful that most men treated her like a rare china doll. Melissa shared their love of flying, but made it her personal rule never to date pilots. That is until she met Ryan. Ryan definitely had a way with the women. Somehow he knew from the first time he met her that Melissa was different. Read about the deceptions, the intrigue, the sexual trysts and the fast-paced lives of the crews of Gateway International Airlines Deliciously captivating, a must read! Statement of fact: This is an original work of fiction by the author. Any similarity, likeness, or resemblance to any person or persons living or dead is purely coincidental. All rights reserved. First copyright January 2006

How long would your business survive an interruption? What if operations were destroyed by fire or flood, negative media drives away customers or the company database is stolen or infected by a virus? How well are you prepared to deal with disaster? This comprehensive guide tells you why you need a plan and then will help you put one together, including fully updated, detailed glossary and additional examples from the USA, Australia and Europe. Clearly split into useful sections, the book is easy to navigate. The Definitive Handbook of Business Continuity Management has been revised and updated to reflect new regulations and standards by one of the top international authorities in the field, this is an important book for anyone within the business continuity industry. Seven new chapters include coverage of: US Homeland Security measures relating to IT; UK Civil Contingencies Act relating to business continuity; NFP 16000 (US National Fire Prevention Association 1600 Business Continuity standard); British Standards Institution/Business Continuity Institute Publicly Available Standard 56 and other current and upcoming standards; Other emerging standards: Singapore standard for Disaster Recovery service providers, Australia & New Zealand standards; Pandemic planning With contributions from leading practitioners in the industry, The Definitive Handbook of Business Continuity Management has established itself as an invaluable resource for anyone involved in, or looking to gain a detailed appreciation of, the rapidly emerging area of business continuity and disaster recovery within the corporate environment.

Lessons for leaders on resolving the ongoing struggle between instinct and the creative mind Kings, heads of government, and corporate executives lead thousands of people and manage endless resources, but may not have mastery over themselves. Often leaders know that right action is important, but have little (if any) understanding of what prevents them from acting in accordance with their intentions. In this important book, leadership expert Richard Daft portrays this dilemma as a struggle between instinct (elephant) and intention (the executive) using the most current research on the intentional vs. the habitual mind to explain how this phenomenon occurs. Based on current research and real-life examples Offers leaders a method for directing themselves more productively Written by an expert in leadership, organizational performance, and change management Through real-life examples and recent studies in psychology, management and Eastern spirituality Daft provides guidance to all of us who struggle finding our own balance and cultivating the behavior of others.

A single phone call changes Anthony's life forever. Something about Diane's voice is different-distant. Instinctively, he realizes that his wife is in trouble. Something has gone horribly wrong, but what? He retraces her route to a nearby restaurant and witnesses the aftermath of a grisly traffic accident. He soon discovers that it's Diane under the bloody sheet. The trauma of her death trig-

gers his first out-of-body experience and communication with her. It continues to haunt him. He wants to believe the encounter is genuine, but is it? He fears the psychological impact has put him over the edge. Shock and grief take over Anthony's life, settling-off paranormal episodes and hallucinations. He is suddenly thrust into timeless worlds that exist just beyond the five senses, yet seem to be an extension of physical reality and two simple truths hidden in plain sight ... so the journey begins. Little does he know where it will take him and how much is at stake

Since 2015, Poland's populist Law and Justice Party (PiS) has been dismantling the major checks and balances of the Polish state and subordinating the courts, the civil service, and the media to the will of the executive. Political rights have been radically restricted, and the Party has captured the entire state apparatus. The speed and depth of these antidemocratic movements took many observers by surprise: until now, Poland was widely regarded as an example of a successful transitional democracy. Poland's anti-constitutional breakdown poses three questions that this book sets out to answer: What, exactly, has happened since 2015? Why did it happen? And what are the prospects for a return to liberal democracy? These answers are formulated against a backdrop of current worldwide trends towards populism, authoritarianism, and what is sometimes called 'illiberal democracy'. As this book argues, the Polish variant of 'illiberal democracy' is an oxymoron. By undermining the separation of powers, the PiS concentrates all power in its own hands, rendering any democratic accountability illusory. There is, however, no inevitability in these anti-democratic trends: this book considers a number of possible remedies and sources of hope, including intervention by the European Union.

This book chronicles a documented case of murder and reincarnation. How would you feel if you discovered that your lover, who has beaten you up, had killed you in more than 20 of your previous lifetimes? This past life regression was one of 46 conducted on the same patient and was later made into a CBS movie starring Lisa Hartman.

The book focuses on original approaches intended to support the development of biologically inspired cognitive architectures. It bridges together different disciplines, including artificial intelligence, linguistics, neuro- and social sciences, psychology and philosophy of mind, among others. The chapters are based on contributions presented at the 12th Annual Meeting of the BICA Society (BICA 2021), which consisted of two parallel virtual events: Information in Biologically Inspired Cognitive Architectures based Systems, held during the 2021 Summit of the International Society for the Study of Information, on September 12-19, 2021, from Vienna, Austria, and the 2021 International Workshop on Biologically Inspired Cognitive Architectures, held during the 21st ACM International Conference on Intelligent Virtual Agents, on September 14-17, 2021, from the Fukuchiyama City, Kyoto, Japan. The book discusses emerging methods, theories and ideas towards the realization of general-purpose humanlike artificial intelligence or fostering a better understanding of the ways the human mind works. It provides engineers, mathematicians, psychologists, computer scientists and other experts with a timely snapshot of recent research and a source of inspiration for future developments in the broadly intended areas of artificial intelligence and biological inspiration.

Everybody has dreams--but how many of us get to see our dreams come true? Disneyland, Starbucks, Google, the first manned landing on the Moon, every novel ever written, ever motion picture ever filmed, every painting ever created--all began as a dream in someone's imagination. And all became real through the power of Extreme Focus. After assembling an NBA championship team in Philadelphia in the 1980s, author Pat Williams dreamed of building an NBA expansion team in central Florida--the Orlando Magic. Applying the same success principles he teaches in Extreme Focus, Williams achieved that dream. For more than two decades, the Magic has been rocking the sports world and proving that dreams really do come true through the power of Extreme Focus. This is not just another collection of rah-rah motivational slogans. Extreme Focus is a practical, proven, step-by-step guide to turning dreams into reality, written by someone who has been there, done that. In these pages, Pat Williams shows you how to discover and focus on your passion in life, how to achieve great things tomorrow by focusing on today, how to discipline yourself for success, how to increase your courage and confidence, and more. The principles and stories in Extreme Focus will get you off the treadmill of a ho-hum life and onto the road to your dreams!

Native Advertising examines the emerging practices and norms around native advertising in US and European news organizations. Over the past five years native advertising has rapidly become a significant revenue stream for both digital news "upstarts" and legacy newspapers and magazines. This book helps scholars and students of journalism and advertising to understand the news industry's investment in native advertising, and consider the effects this investment might have on how news is produced, consumed, and understood. It is argued that although they have deep roots in earlier forms of advertising, native ads with a political or advocacy bent have the potential to shift the relationship between news outlets and audiences in new ways, particularly in an era when trust in the media has reached a historic low point. Beyond

this, such advertisements have the potential to shift how media systems function in relation to state power, by changing the relationship between commercial and non-commercial speech. Drawing on real-world examples of native ads and including an in-depth case study contributed by Ava Sirrah, Native Advertising provides an important assessment of the potential consequences of native advertising becoming an even more prominent fixture in the 21st-century news feed.

This book explores the ways in which television has engaged directly and indirectly with the new realities of the post-9/11 world. It offers detailed analysis of a number of key programmes and series that engage with, or are haunted by, the aftermath of the events of September 11 in the USA and what is unavoidably through problematically and contentiously referred to as the resulting 'war on terror'. The substantive part of the book is a series of independent chapters, each written on a different topic and considering different programmes. It includes series and single dramas representing the invasion of Iraq (The Mark of Cain, Occupation and Generation Kill), comedic representations (Gary, Tank Commander), documentary (the BBC Panorama's coverage of 9/11), 'what if' docudramas (Dirty War), 9/11 in popular series (CSI:NY) and representations of Tony Blair in drama and docudrama. The book concludes with an extended reflection on contemporary docudrama and an interview with filmmaker and docudramatist Peter Kosminsky.

DEGREES OF OBSESSION reveals the deadly stalker inside every woman and reminds every man to check his rearview mirror. Long-time therapist Dr. Charlene 'Charlie' Pedersen admits that her fixation with college sweetheart Danny Shapiro has reached the unsettling stage of obsession. Jolted by turning fifty and struggling with a condescending husband, Charlie crafts a harebrained scheme to find Danny and recapture his heart. Her delight at reuniting with her old flame soon turns to indignation when he accuses her of stalking him. Danny's fears about being stalked are well-founded. Charlie plays on her professional expertise about stalking to worm her way back into Danny's life-all the while jeopardizing her marriage, tarnishing her reputation, and alienating her best friend. After her darkest secret is revealed, Charlie plunges into unfamiliar depths of pain and mortal danger and must rely on every psychological trick in her book to survive. DEGREES OF OBSESSION will take you on a riveting journey from risky infatuation to personal fulfillment and forgiveness.

From his earliest shorts to his recent feature films *The Departed* and *Shutter Island*, this book offers an in-depth analysis of the deepest archetypal themes, symbols, and structures in Martin Scorsese's entire body of work. It examines each of Scorsese's films as a mythological journey through which the main character is offered an opportunity for psychological and spiritual enlightenment, focusing especially on how each character is led to recognize, accept, and embrace his or her flawed traits. The book also explores the ways in which Scorsese's films incite extreme reactions and strike deep chords within his viewers, particularly by speaking the language of the unconscious and forcing readers to examine their own hidden flaws.

Diane Arbus was one of the most brilliant and revered photographers in the history of American art. Her portraits, in stark black and white, seemed to reveal the psychological truths of their subjects. But after she committed suicide at the age of 48, the presumed chaos and darkness of her own inner life became, for many viewers, inextricable from her work. In the spirit of Janet Malcolm's classic examination of Sylvia Plath, *The Silent Woman*, William Todd Schultz's *An Emergency in Slow Motion* reveals the creative and personal struggles of Diane Arbus. Schultz, an expert in personality psychology, veers from traditional biography to look at Arbus's life through the prism of five central mysteries: her childhood, her outcast affinity, her sexuality, her time in therapy, and her suicide. He seeks not to give Arbus some definitive diagnosis, but to ponder some of the private motives behind her public works and acts. In this approach, Schultz not only goes deeper into her life than any previous writing, but provides a template to think about the creative life in general. Schultz's careful analysis is informed, in part, by the recent release of Arbus's writing by her estate, as well as interviews with Arbus's last therapist. *An Emergency in Slow Motion* combines new revelations and breathtaking insights into a must-read psychobiography about a monumental artist -- the first new look at Arbus in 25 years.

Brings together the world's leading psychobiographers, writing on many of the major figures of our age - from Osama Bin Laden to Elvis Presley. This book addresses the subject of how to construct a psychobiography. It provides useful definitions of good and bad psychobiography, and discusses an optimal structure for psychobiographical essays.

An empty nest does not have to be an empty life. Judy Holland shows you how to get back in touch with yourself, your partner, your life, AND your kids when the house is less-populated. The transition to the empty nest creates a void that can catapult you into existential crisis. Your zeal for climbing the career ladder, striving for social status, and collecting material things starts to subside, as is common in middle age. Friends and relatives may suffer from illness or pass away, bringing jarring reminders of mortality that trigger a need to make sense of it all. HappiNest helps you traverse this passage with grace by distilling the latest social

science research and drawing from hundreds of interviews with those who have gone before you. Whether you're seeking a renaissance in your romantic relationship, dealing with a boomerang child at home, or figuring out how to support aging parents, this book is for you. HappiNest explores a variety of challenges that arise when the house is suddenly empty or emptying, and Judy Holland provides tips and tools for managing the emotions and realities of this new life stage. From dealing with friends, career transitions, rekindling love or leaving a marriage, to reconnecting with genuine interests and passions, this road map will help guide you. There are hills, valleys, thickets, briar patches, and ditches ahead, as well as waterfalls that resolve into pristine ponds. With mindfulness, hard work, and knowledge of experiences, research, and wisdom from seasoned empty nesters, you can create the most golden phase of your life.

Visionaries In Our Midst is a compilation of essays, each focusing on an individual or individuals who saw an unmet social need in their community and did something about it. This is a book about those who inspire hope, those who struggle, and those who make something happen.

In the credulous twaddle of an essay on the Lost Arts one may generally find the telescope ascribed to far antiquity. In place of evidence there is vague allusion of classical times or wild flights of fancy like one which argued from the Scriptural statement that

Satan took up Christ into a high mountain and showed him all the kingdoms of the earth, that the Devil had a telescope—bad optics and worse theology. In point of fact there is not any indication that either in classical times, or in the black thousand years of hopeless ignorance that followed the fall of Roman civilization, was there any knowledge of optical instruments worth mentioning. The peoples that tended their flocks by night in the East alone kept alive the knowledge of astronomy, and very gradually, with the revival of learning, came the spirit of experiment that led to the invention of aids to man's natural powers. The lineage of the telescope runs unmistakably back to spectacles, and these have an honorable history extending over more than six centuries to the early and fruitful days of the Renaissance. That their origin was in Italy near the end of the thirteenth century admits of little doubt. A Florentine manuscript letter of 1289 refers to "Those glasses they call spectacles, lately invented, to the great advantage of poor old men when their sight grows weak," and in 1305 Giordano da Rivalto refers to them as dating back about twenty years. Finally, in the church of Santa Maria Maggiore in Florence lay buried Salvino d'Amato degli Armati, (obit 1317) under an epitaph, now disappeared, ascribing to him the invention of spectacles. W. B. Carpenter, F. R. S., states that the inventor tried to keep the valuable secret to himself, but it was discovered and published before his death. At all events the discovery moved swiftly. By the early fourteenth century it had spread to the Low

Countries where it was destined to lead to great results, and presently was common knowledge over all civilized Europe. It was three hundred years, however, between spectacles and the combination of spectacle lenses into a telescope, a lapse of time which to some investigators has seemed altogether mysterious. The ophthalmological facts lead to a simple explanation. The first spectacles were for the relief of presbyopia, the common and lamentable affection of advancing years, and for this purpose convex lenses of very moderate power sufficed, nor was material variation in power necessary. Glasses having a uniform focus of a foot and a half or thereabouts would serve every practical purpose, but would be no material for telescopes.

Nursing students require a unique 'study skills' book to help them succeed in both the classroom and the clinical area. Nursing Study and Placement Learning Skills is a once-stop-shop of trustworthy and professional advice for all aspects of the pre-registration nursing course with additional insights from students, lecturer and mentors.

Adaptive fitness doesn't revolve around someone else's contract, facility, and schedule. With this guide, you can take ownership of your physical training life and leave behind co-dependence on unsustainable, packaged dieting and fitness hype. Here you will learn ten principles to help you rewire yourself to train adaptively, more consistently, and thoroughly. Seven training dimensions encourage you to train often, in more places, with more choices.