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AHYH36 - NATALEE FARLEY

Since its emergence in early 2020, the COVID-19 crisis has affected every part of the world. Well beyond its health effects, the pandemic has wrought major changes in people's everyday lives as they confront restrictions imposed by physical distancing and consequences such as loss of work, working or learning from home and reduced contact with family and friends. This edited collection covers a diverse range of experiences, practices and representations across international contexts and cultures (UK, Europe, North America, South Africa, Australia and New Zealand). Together, these contributions offer a rich account of COVID society. They provide snapshots of what life was like for people in a variety of situations and locations living through the first months of the novel coronavirus crisis, including discussion not only of health-related experiences but also the impact on family, work, social life and leisure activities. The socio-material dimensions of quotidian practices are highlighted: death rituals, dating apps, online musical performances, fitness and exercise practices, the role of windows, healthcare work, parenting children learning at home, moving in public space as a blind person and many more diverse topics are explored. In doing so, the authors surface the feelings of strangeness and challenges to norms of practice that were part of many people's experiences, highlighting the profound affective responses that accompanied the disruption to usual cultural forms of sociality and ritual in the wake of the COVID outbreak and restrictions on movement. The authors show how social relationships and social institutions were suspended, re-invented or transformed while social differences were brought to the fore. At the macro level, the book includes localised and comparative analyses of political, health system and policy responses to the pandemic, and highlights the differences in representations and experiences of very different social groups, including people with disabilities, LGBTQI people, Dutch Muslim parents, healthcare workers in France and Australia, young adults living in northern Italy, performing artists and their audiences, exercisers in Australia and New Zealand, the Latin cultures of Spain and Italy, Asian-Americans and older people in Australia. This volume will appeal to undergraduates and postgraduates in sociology, cultural and media studies, medical humanities, anthropology, political science and cultural geography.

A complete guide to finding your float and working toward pressing to handstand. From carefully selected warmups to full body strengtheners and prop assisted pressing, *The Beginner's Guide to Handstand Pressing* covers everything you need to progress your inversion practice. Over 130 pages of high quality color photos, detailed "How Tos," and even a mini and full flow to help you find press-related activation throughout your practice. Alignment cues, partner drills, restorative work, and MORE. This manual is the natural sequel to *The Beginner's Guide to Handstand*, and is best suited for those regularly working on inversions.

The *HELP Vegetarian Guide* contains Kayla Itsines' 107 page clean eating plan including a full 14 day meal plan with recipes. Suitable for Vegetarians, Vegans and Pescatarians. Learn what to eat, discover fat burning foods, eat tasty meals and speed up your metabolism.

Enter the "fascinating" and frightening world of modern forensic psychology as experienced by one of the most respected practitioners in the field today (Robert K. Tanenbaum, New York Times—bestselling author). At the heart of countless crimes lie the mysteries of the human mind. In this eye-opening book, Dr. Cheryl Paradis draws back the curtain on the fascinating world of forensic psychology, and revisits the most notorious and puzzling cases she has handled in her multifaceted career. Her riveting, sometimes shocking stories reveal the crucial and often surprising role forensic psychology plays in the pursuit of justice—in which the accused may truly believe their own bizarre lies, creating a world that pushes them into committing horrific, violent crimes. Join Dr. Paradis in a stark concrete cell with the indicted as she takes on the daunting task of mapping the suspect's madness or exposing it as fakery. Take a front-row seat in a tense, packed courtroom, where her testimony can determine an individual's fate—or if justice will be truly served. The criminal thought process has never been so intimately revealed—or so darkly compelling—as in this "excellent and entertaining" journey into the darkest corners of the human mind (Booklist).

A pocket-sized book that is designed as a quick reference for the drugs most commonly used in dental practice. It includes practical, practice-oriented suggestions made by dental professionals and a section on prescription writing and prescription requirements. It also covers specific medical situations and the appropriate medications to be used.

If you are a millennial who is trying to figure out how money

works, this book is for you. With simple, relatable and sometimes amusing stories about how to manage money on a day-to-day basis, you will learn how to change your mindset about money, get out of debt and stay debt-free, invest your money and, ultimately, live your best life. *You're Not Broke, You're Pre-Rich* will help you, the young professional, to think differently about money, while covering pertinent topics like black tax, savings, budgeting, emergency funds and financial scams, as well as estate and retirement planning (and why you should care right now!). It is the best class you never attended ... in a book!

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Within this 333-page guidebook, you will find the knowledge and practical steps upon implementation can help one achieve a natural state of abundance and experience conscious expansion. While other books focus on the "the secret" of the law of attraction, you will learn that there is far more available to you than material possessions and societal status. Inside these pages are revealed tools readily available to you that you may not even be aware of. This book is organized around the Mind, Body, and Spirit—the three spheres of being that need to operate in equilibrium for true knowledge of self, accelerated self betterment and the manifestation of desire. Written from a state of enlightenment reached only after deep meditation and facing life's many hardships, this guidebook presents full details of the metaphysical aspects of the mind and thoughts, the ego and self-identification, presence and creation, mindfulness, the anatomy of fear, chakra energy systems and healing, exercise and well-being, mineral-supplemented diets, along with the benefits of juicing, detoxing, clean eating, and living on a plant-based diet.

CHANGE YOUR THINKING, CHANGE YOUR SHAPE, CHANGE YOUR LIFE 28 By Sam Wood combines quick, simple, delicious meals with a daily 28 minute exercise program. In just a year of the program, personal trainer and *The Bachelor* favourite Sam Wood and his team have transformed more than 100,000 people's lives. Now, for the first time, the best of 28 by Sam Wood has been brought together in a book. Including 100 of Sam and nutritionist Steph Lowe's popular recipes for breakfast, lunch, dinner and snacks. All based on their philosophy that we should turn the healthy food pyramid upside down - and prioritise real food with as little human interference as possible. Alongside satisfying, achievable recipes for every time of the day, *28* By Sam Wood includes a monthly meal planner, a regime of tough but achievable exercises for every level, and advice on taking control of your weight, your health and your life today.

CrossFit celebrity Christmas Abbott shows how to attain the body of your dreams with a targeted eating strategy and total-body workout plan that will whip glutes and hips—and every problem area—into top shape. As a formerly "skinny fat" woman, Christmas Abbott knows what real women need to get the butt and body of their dreams. In *The Badass Body Diet*, she dispels the myth of the health benefits of a "pear shape" body, teaches readers how to spot-reduce excess fat with targeted meal plans and recipes that zap cellulite, and galvanizes them with a quick and simple workout plan for a toned butt—the key to total body fitness. Your "glutes" (the technical term for booty) are the body's largest and most powerful muscle group—and one of the most beautiful—but they can go dormant, flat, and flabby. Packed with essential information, and inspirational before-and-after photos of her clients, *The Badass Body Diet* shows how to whip that butt into shape and provides essential information on how to: Select essential "booty foods"—the right proteins, fats, and carbs Experience a total body workout with an easy-to-follow, powerful exercise program Improve posture and functional mobility and enhance overall health Target cellulite through diet, workout strategies, and other proven tips And much more. Unlike most "one approach fits all" diet and exercise books, *The Badass Body Diet* identifies the three types of dieters that Christmas has discovered working with hundreds of clients at her CrossFit gyms—Modifiers, Gainers, and Maintainers—and tailors her approach to each, providing specific goals for maximum results. Stop obsessing about a flat belly, Christmas advises. *A Badass Body* is a birthright, and it starts at the bottom—with a trim and tight tush.

Use the power of motivation and good habits to become fitter, healthier and stronger, for life! *Bikini Body Guides* (BBG) co-creator Kayla Itsines, named the world's number one fitness influencer by Forbes, shows you how to harness the power of motivation and build good habits around health and fitness. Drawing on more than 40,000 survey responses from her global online community, as well as extensive research and her experience as a trainer, Kayla addresses what stops us from following through on our health

and fitness goals. In her second book, *The Bikini Body Motivation & Habits Guide*, Kayla explores how you can overcome those obstacles, set goals and stick to a long-term plan for better health. Inside, you'll find helpful checklists and templates, a 28-day meal plan, more than 200 simple and delicious recipes, shopping lists and a downloadable 28-day workout poster. Let global fitness phenomenon Kayla show you how YOU can stick to a plan for long-term health. "In this book, I give you the keys to achieving your goals and show you how to use motivation to create healthy habits that will stick." This is a specially formatted fixed-layout ebook that retains the look and feel of the print book. Translation of Bengali original "Āmāra bandhu Rāśeda."

Kayla Itsines Foam Rolling Guide is essential for anybody who has purchased a foam roller and is unsure of how to use it. Foam rolling helps to relieve muscle tension and pain by improving circulation. It could also help to minimise the appearance of cellulite. In this guide you will find:

- The importance of foam rolling
- Recommended upper body foam rolling routine
- Recommended lower body foam rolling routine
- Stretching exercises to aid in rehabilitation
- Do's & Don't's
- Step-by-step information

An introduction to papermaking that describes the many techniques used today, how paper was invented, how it has evolved throughout history, and how people can make their own paper.

Quick Calculus 2nd Edition A Self-Teaching Guide Calculus is essential for understanding subjects ranging from physics and chemistry to economics and ecology. Nevertheless, countless students and others who need quantitative skills limit their futures by avoiding this subject like the plague. Maybe that's why the first edition of this self-teaching guide sold over 250,000 copies. *Quick Calculus, Second Edition* continues to teach the elementary techniques of differential and integral calculus quickly and painlessly. Your "calculus anxiety" will rapidly disappear as you work at your own pace on a series of carefully selected work problems. Each correct answer to a work problem leads to new material, while an incorrect response is followed by additional explanations and reviews. This updated edition incorporates the use of calculators and features more applications and examples. ".makes it possible for a person to delve into the mystery of calculus without being mystified." --Physics Teacher

"Like Muir himself, *Essential Muir* packs an astounding range of experience into a lithe frame: ecstatic yet scientific descriptions of Yosemite; the heartrending tale of that "wee, hairy, sleekie beastie," Stickeen; reflections on the society of Eskimos; Muir's touching tribute, after a lifetime of wonder, to the mighty baobab trees of Africa; and more. Fred D. White's selection from Muir's writings, and his illuminating commentary, reveal the coherence and drama of a remarkable life: new readers will understand why Muir has become an American icon, and readers who are familiar with his work will be delighted with this fresh look. Muir's fierce love of all of nature, from squirrels to glaciers (but perhaps not sheep), continues to inspire us nearly a century after his death."---Book jacket.

Organized for quick and accurate coding, *HCPCS Level II 2019 Professional Edition* codebook includes the most current Healthcare Common Procedure Coding System (HCPCS) codes and regulations, which are essential references needed for accurate medical billing and maximum permissible reimbursement. This professional edition includes such features as Netter's Anatomy illustrations, dental codes, and Ambulatory Surgical Center (ASC) payment payment and status indicators. Features and Benefits * Full-color Netter's Anatomy illustrations clarify complex anatomic information and how it affects coding. * At-a-glance code listings and distinctive symbols identify all new, revised, reinstated and deleted codes for 2019. * The American Hospital Association Coding Clinic® for HCPCS citations provides sources for information about specific codes and their usage. * Convenient spiral binding provides easy access in practice settings. * Quantity feature highlights units of service allowable per patient, per day, as listed in the Medically Unlikely Edits (MUEs) for enhanced accuracy on claims. * Drug code annotations identify brand-name drugs as well as drugs that appear on the National Drug Class (NDC) directory and other Food and Drug Administration (FDA) approved drugs. * Color-coded Table of Drugs makes it easier to find specific drug information. * Durable medical equipment, prosthetics, orthotics, and supplies (DMEPOS) indicators clearly identify supplies to report to durable medical third-party payers. * Ambulatory Surgery Center (ASC) payment and status indicators show which codes are payable in the Hospital Outpatient Prospective Payment System. * American Dental Association (ADA) Current Dental Terminology code sets offer access to all dental codes in one place. * Jurisdiction symbols show the appropriate contractor to be billed for suppliers submitting claims to Medicare contractors, Part B car-

riers and Medicare administrative contractors for DMEPOS services. * Special coverage information provides alerts when codes have specific coverage instructions, are not valid or covered by Medicare or may be paid at the carrier's discretion. * Age/Sex ed-its identify codes for use only with patients of a specific age or sex.

Follow two abolitionists who fought one of the most shockingly persistent evils of the world: human trafficking and sexual exploitation of slaves. Told in alternating chapters from perspectives spanning more than a century apart, read the riveting 19th century first-hand account of Harriet Jacobs and the modern-day eyewitness account of Timothy Ballard. Harriet Jacobs was an African-American, born into slavery in North Carolina in 1813. She thwarted the sexual advances of her master for years until she escaped and hid in the attic crawl space of her grandmother's house for seven years before escaping north to freedom. She published an autobiography of her life, *Incidents in the Life of a Slave Girl*, which was one of the first open discussions about sexual abuse endured by slave women. She was an active abolitionist, associated with Frederick Douglass, and, during the Civil War, used her celebrity to raise money for black refugees. After the war, she worked to improve the conditions of newly-freed slaves. As a former Special Agent for the Department of Homeland Security who has seen the horrors and carnage of war, Timothy Ballard founded a modern-day "underground railroad" which has rescued hundreds of children from being fully enslaved, abused, or trafficked in third-world countries. His story includes the rescue and his eventual adoption of two young siblings--Mia and Marky, who were born in Haiti. Section 2 features the lives of five abolitionists, a mix of heroes from past to present, who call us to action and teach us life lessons based on their own experiences: Harriet Tubman--The "Conductor"; Abraham Lincoln--the "Great Emancipator"; Little Mia--the sister who saved her little brother; Guesno Mardy--the Haitian father who lost his son to slave traders; and Harriet Jacobs--a teacher for us all.

Interested in trying Yoga, but just not sure where to begin? The Beginner's Guide to Starting a Yoga Practice is an all-inclusive map to getting on your mat! With over 340 pages of Yoga Basics, a thorough Pose Library, and essential Warm Ups and Cool Downs, you will learn how to safely move your body for home or in-studio practice. Includes a discussion on simple Yoga Sequencing Techniques and Flow Library with over a dozen full length flows to try out at home. Those looking for more guidance will enjoy the multiple sample Practice Calendars as well as prop modifications within postures. Learn about why others started their personal journeys and much, much more! Yoga is for Everyone. Let us help you get started today!

This is a story which will make your heart sing - a story for all the family to read together. Young Judy discovers an unexpected package in her grandfather's old study. She has never met her grandfather (Poppy) as he died before she was born, but Judy is the one to unearth the puzzle which Poppy left for his family. To find the treasure which Poppy left, the family must first solve every riddle which he wrote on a beautiful scroll, and carefully wrapped in a rich purple velvet bag. Unless they solve the puzzles, they won't find the treasure. See if you can solve the puzzles before the family does. What has Poppy left them as an inheritance? Have fun with the story and enjoy the Omega Prize at the end.

The explosion of knowledge about satiety and hunger has given new meaning to our understanding of the genetics of obesity. New interest in gene expression as related to nutrition and advances in the field of macronutrients has made the latest nutrition research intriguing. *Advanced Nutrition: Macronutrients* adopts an integrated approach to the understanding of macronutrient nutrition. It provides scientific foundations of the current findings on energy balance, protein need, gene expression, and carbohydrate and lipid use, and maintains emphasis on the biochemical and physiological basis for nutrient need.

The body transformation phenomenon and #1 Instagram sensation's first healthy eating and lifestyle book! Millions of women follow Kayla Itsines and her *Bikini Body Guide* 28-minute workouts: energetic, kinetic, high-intensity interval training sessions that help women achieve healthy, strong bodies. Fans not only follow Kayla on Instagram, they pack stadiums for workout sessions with her, they've made her *Sweat with Kayla* app hit the top of the Apple App Store's health and fitness charts, and they post amazing before and after progress shots. The *Bikini Body 28-Day Healthy Eating & Lifestyle Guide* features: - 200 recipes such as fresh fruit breakfast platters, smoothie bowls, and salads - A 4-week workout plan which includes Kayla's signature 28-minute workouts - Full-colour food shots and photos featuring Kayla throughout

In *Tom Kundig: Works*, the celebrated Seattle-based architect presents nineteen new projects, from Hawaii to New York City. Kundig's award-winning houses, known for their rugged yet elegant and welcoming style, are showcased in lush photography

with drawings and sketches, and appear alongside his commercial work—from multistory complexes to the Tacoma Art Museum to a line of hardware (handles, door pulls, hinges, and more). In first-hand accounts, Kundig describes the projects and his design process with many personal anecdotes, making *Tom Kundig: Works* as much memoir as monograph. The book also includes an introduction by design editor Pilar Viladas and in-depth conversations with Kundig's frequent collaborators—"gizmologist" Phil Turner and contractor Jim Dow (Schuchart/ Dow)—and clients (Bigwood Residence and Studhorse).

Laminated 8.5 x 11-inch reference card providing summary of scrum philosophy, scrum roles, events and artifacts.

So you finished my 12 week guide! Give yourself a massive congratulations and pat on the back. It's a huge accomplishment, and no doubt you are feeling a big change in your overall health, mindset, and confidence. As you know by now, my program is not a "diet", but a lifestyle. With my 2.0 guide, I've created another 12 weeks to help you continue your healthy lifestyle. Inside you will find 12 weeks of higher challenge workouts, a full glossary section detailing new exercises, as well as a guide to foam rolling, and new resistance exercises. The 2.0 guide helps you take your healthy lifestyle to the next level, and is the best way to continue reaching your fitness goals!

The *Ultimate Guide to Dropshipping* is a complete guide on how to create and run a successful dropshipping business. "This is by far the best book on dropshipping available. You will learn everything you need to know about finding a product, setting up an online store and growing your business." (Sean Work, Director of Marketing, KISSmetrics) "Andrew and Mark have written a comprehensive, no-BS guide to dropshipping. Essential reading for anyone considering this type of retail." (Chandra Clark, Founder & President, Scribendi) "These guys distill everything you need to know about dropshipping. It's a must read if you want practical advice and a clear blueprint to help you grow your business." (Valerie Khoo, National Director, Australian Writers' Centre) "Holy jeez - I wish these guys had written this 7 years ago.... I can say that the advice in this book is spot on."

*** THE NO-EQUIPMENT WORKOUT PERFECT FOR YOUR SMALL SPACE *** CELL WORKOUT is a bodyweight training guide devised from a prison cell but accessible to anyone who wants to get fit in a small space using no specialist equipment. Using your own body weight - the oldest exercise equipment out there - CELL WORKOUT guides you through understanding how to make bodyweight training work for you, helping you to achieve any personal training goal or maintain a healthy physical condition. With workouts for those of varying ability and fitness, the step-by-step exercise instructions and accompanying photographs for LJ's 10 Week Cell Workout are easy to follow and tailor to you, improving all aspects of your physical fitness. This is CELL WORKOUT; get the body you want - inside and out.

Tatum Everley is a freshman at Western Michigan University. Due to an emotionally and psychologically abusive past relationship, Tate struggles from Complex-Post Traumatic Stress Disorder. She has been working on controlling her symptoms and flashbacks, but when she meets Axel Burne at a fraternity party, who is notorious for sleeping around and getting into fights, she tries her best to dodge the bullet. Axel starts to become intrigued by Tate, but she's better off choosing Lucas - the sweet guy who has been trying to take her out since orientation. But even though Lucas is the better option, Axel keeps reappearing. Tate continues to try to stay away from him, but it starts becoming harder to, and as she gets closer to him, things start to get way out of hand. If Tate wants her happy ending and her sanity intact, then she has to push through the hardships and maintain control over her disorder.

Financial planner and broker Julie Stav has been helping women get rich for years. Now she offers her hands-on techniques and inspiring advice in a book that simplifies the stock market and puts a new world of wealth within reach. And with updated information—including current examples, the hottest new websites, and more—this smart, sensible, and down-to-earth book is the ideal guide for women who want to invest in their dreams.

Wander the globe with decades of stunning photography and *Vogue's* most exotic fashion, travel, and lifestyle stories. Have fashion, will travel. That's the vision behind *Vogue on Location*, a journey in itself through the many spectacular voyages that the magazine took over the years. Spanning a century, this remarkable book includes dispatches and travel writing by journalistic icons like Jan Morris, Truman Capote, Lee Miller, Lesley Blanch, and Frances FitzGerald, as well as stunning editorials from legendary photographers like Irving Penn, Henry Clarke, Helmut Newton, Arthur Elgort, Mario Testino, Peter Lindbergh, and Annie Leibovitz. With historic reportage and landmark fashion shoots in far-flung locales like India, Iran, Morocco, and Bali, *Vogue on Location*

captures important moments in both travel and fashion history—and is sure to inspire a sense of fantasy and flight.

Miguel Barclay's new recipe book, *GREEN ONE POUND MEALS*, is available for pre-order now! Over 80 super-simple and tasty recipes that will save you both time and money. Here is delicious food for less. So much more than cheap dinner ideas - here are meals that cost under £1 but look and taste a million dollars! Recipes for the whole family without breaking the bank, including lots of favourite and familiar storecupboard ingredients. Instagram chef sensation Miguel Barclay is taking the world by storm with his delicious meals that cost less than £1 per person. 'I've always loved cooking but I'm not a fan of needlessly over-complicated recipes that waste time and money. So I've created my own style of cooking: simple ingredients, straightforward recipes and mouthwatering meals, all on a budget. Now you can eat the food you love - from meatball marinara to chicken katsu curry, lamb moussaka to aubergine dal - all for under £1 per person.' Miguel's easy-to-follow, ready-in-minutes recipes are for a single serving, and can all be cooked for under £1 per person - just multiply them up for more servings. 'As you would expect from such a relaxed style of cooking, the book is laid out in a similarly laidback manner. There are no chapters or themes. Just flick through the pages and cook whichever dish you fancy. But, as a nod to my Instagram roots and to help you identify types of dish, I have labelled each recipe with hashtags, so if you want to find veggie food, just look out for the veggie hashtags. One Pound Meals are designed to use a core group of ingredients, and this is the key to eliminating waste. Just start with one recipe, and depending on what you have left over, choose your next recipe accordingly. I want you to bounce around the book on a sort of never-ending random journey as you use up those leftover ingredients. It also means you can plan a week's worth of meals in one go and shop more efficiently.' With savvy supermarket shopping swaps and time-saving tips, One Pound Meals makes cooking quicker, easier and tastier, and with less waste. One Pound Meals includes: * Lasagne * Crab mac & cheese * Chicken katsu curry * Pork chop in a mustard & leek sauce * Spaghetti carbonara * Mushroom risotto * Quiche lorraine * Aubergine dal & chapati * Scotch Egg * Ultimate £1 burger * Ham & mushroom pizza * Pancake stack

Enna is a girl who doesn't believe in herself and often utters the phrase "I can't do that!" One night in a dream she sees all the possible future versions of herself, discovering that she can be any of those versions with time, knowledge and dedication. She develops a growth mindset throughout her journey and instead of saying "I can't do that," she learns to say "I can't do that YET!"

This introductory text provides readers with a robust understanding of tourism and its industries, including how destinations are developed, marketed and managed, and how tourism impacts communities, environments and economies. The authors discuss the critical issues affecting 21st century tourism, such as sustainability, the climate crisis, globalisation, community, technology, the environment and the sharing economy. The text has been fully updated in light of the Covid-19 pandemic and its notable, and in some cases lasting, impacts on the tourism industry. The text features new mini-case studies (snapshots) and international case studies from countries around the globe including USA, Saudi Arabia, India, China, New Zealand, Australia, Namibia and the UK. It discusses the latest trends in transport, hospitality, attractions and the travel trade and includes examples from major tourism companies including Trip.com, TUI and Airbnb. The book is suitable for students who are starting their tourism studies as part of their college or university education. Clare Inkson is a Senior Lecturer in Tourism and Course Leader of BA Tourism with Business at the University of Westminster, London. Lynn Minnaert is the Academic Director and Clinical Associate Professor at New York University's Jonathan M. Tisch Center for Hospitality and Tourism. This book exposes coffee's darker side that scientists know, but the coffee industry has tried to suppress. It uncovers short- and long-term health issues associated with coffee consumption, reveals why women should avoid coffee, the role of coffee in adrenal depletion, and other topics.

"An enraged elephant flips a car onto its roof. A lioness prides open the door of a terrified couple. A leopard helps itself to a family's picnic breakfast. A fleeing impala leaps through an open car window. A lion charges around inside a busy rest camp. A hyaena snatches a baby from a tent. A tourist takes a bath in a croc-infested dam...These are just a few of the 101 jaw-dropping sightings, scrapes and encounters in this collection of extraordinary true stories from the roads, camps, picnic sites and walking trails of South Africa's Kruger National Park, as told by the very people who experienced them. There are no game ranger tales here - each and every story happened to an ordinary Kruger visitor doing what over a million tourists do in this spectacular reserve each year." -- Back cover.

Erotic memoir