

A Slight Change Of Plan

Marte-Marie, orphaned and homeless in France, had nothing to prevent her from accepting an invitation from Jeanne Mance to join the settlement on the island of Montreal in New France. From the moment of her arrival at the starving, beleaguered fortress of Ville-Marie, Marte-Marie has to confront situations that test her physical and emotional strength to the limit, but also bring her great happiness. Struggling to establish a farm and raise her ever-growing family in her new environment, Marte-Marie must also contend with isolation, Iroquois raids, incompetent French officials, a husband who is away more than he is home, and her own evaluation and doubts about her role in the New World. In this book she recounts the stories of her fight to survive in the tiny settlement that grew into one of the greatest cities in Canada.

Widowed Kate Everett is looking forward to starting her "second act." She's planned out everything that she wants--a new house, a new job, maybe even a new man. She can't wait until everything falls into place. But life has a way of butting in, and Kate soon finds herself dealing with unexpected houseguests, helping her daughter plan the world's smallest wedding, and sudden unemployment. Things get even more complicated with the reappearance of her old college love, Jake. He realizes the mistake he made years ago in letting her go, and is eager to win her back. Kate thinks that she and Jake can build something real, and that maybe her happy ending is in front of her at last. But the arrival of Edward, her daughter's future father-in-law, presents Kate with an unexpected choice. It looks like real happiness may require a slight change of plan.

One part personal quest to discover running greatness after age 50, one part investigation into what the women's running boom can teach athletes about becoming fitter, stronger, and faster as we age, *Older, Faster, Stronger* is an engrossing narrative sure to inspire women of all ages. A former overweight smoker turned marathoner, Margaret Webb runs with elite older women, follows a high-performance training plan devised by experts, and examines research that shows how endurance training can stall aging. She then tests herself against the world's best older runners at the world masters games in Torino, Italy. Millions of women have taken up running in recent decades--the first generation of women to train in great numbers. Women are qualifying for the Olympic marathon in their 50s, running 100-mile ultra marathons in their 60s, completing Ironmans in their 80s, competing for world masters records in their 90s. What are the secrets of these ageless wonders? How do they get stronger and faster long after their "athletic prime"? Is there an evolutionary reason women can maintain endurance into advanced years? Webb immerses herself in these questions as she as she trains to see just how fast she can get after 50.

ChaaCoffee, Monthly Lifestyle Magazine is the extension of our Dot Com Property chaaicoffee.com. ChaaCoffee was Started as a place or junction where we use to brew our thoughts and share how we feel and think. Hence, we have an in-house team for research, content planning, and creative writers and marketers. Also, we do accept guest posts from industry experts on different topics and subjects. Monthly Bulletin is our collection of editor's cherry-picked articles curated, written, researched, and shared by our in-house team members and guest contributors. Buffet of Articles for and around millennials lifestyle and work-life. we also bring our interview of the month from our Interview series 'hunches'n'Punches'. In the current edition, we talk about health, lifestyle, Worklife, the story of 'Basmati', the Hybrid Work model, Sports Concussions, Interviews of Founder COCO LENI ' Arjun Sagar, and Review of Movie 'Puaada'. Hope you enjoy the edition, and share your feedback to improve the content or suggestion and topics you like to have in our upcoming editions.

At the tender age of sixty, Alex Cunningham has fallen in love for the very first time. And that's the good news. The bad news is that he's hardly aware of her existence. She tries everything she can to get him to notice her, but nothing seems to work. Just to get some dialogue going would be a start, and she can hardly believe her luck when Fate steps in and hands her the sweet gift of opportunity, but it turns out to be a mixed blessing. Heartbroken when he evokes memories she's spent years trying to forget, she runs to the bolthole where she always goes to escape from her past. After some serious soul-searching, Alex makes a life-changing decision, but the consequences threaten to turn her whole world completely upside down...

The choice is yours: You can add forty or more vigorous, fulfilling years to your life. It sounds like science fiction, but in fact it's cutting-edge science grounded in exciting new research. In *The Metabolic Plan*, internationally renowned biochemist Stephen Cherniske reveals the medical breakthroughs that enable all of us to extend our lives—and the quality of our lives—starting today. After years of dedicated study and research that took him to six continents, Cherniske has arrived at a new paradigm that radically alters our understanding of the aging process and the human potential for longevity. Far from giving out due to inevitable wear and tear, the human body is naturally endowed with astonishing powers of renewal, self-repair, and regeneration. The secret to unlocking these powers lies not in genetic tinkering or a high-tech fix, but in outsmarting mother nature at her own game. As Cherniske explains, a simple adjustment in your metabolism can profoundly alter your energy level, strength and stamina, your body's ability to fight disease, even the intensity of your sexual desire and fulfillment. In short, by following his regime, you can essentially “trick” your body into adopting the metabolism of a twenty-year-old. *The Metabolic Plan* takes you step-by-step through the process of natural rejuvenation. Here is a comprehensive diet and exercise plan specifically tailored to boost antioxidant levels, combat disease, increase muscle, reduce fat, and enhance memory and vision. Cherniske shares the age-defying properties of such cutting-edge supplements as 7-Keto and debunks myths about acid/alkaline foods. Here too are detailed metabolic plans geared to the different needs of men and women and to every decade of our lives—so we'll know exactly what to focus on when. Longer life, more energy, improved health, a pervasive sense of well-being: it sounds too good to be true, but it's all within our grasp. At once revolutionary and eminently practical, this is the book that finally solves the puzzle of aging.

He was once Robin Hood, bold outlaw of Sherwood; now he is Robin of Huntingdon, one of the most powerful earls in England. Sir Roger of Doncaster, an enemy from Robin's crusading days, is back in England and determined to take Huntingdon for his own. Caught in a desperate struggle for survival, Robin's only solace is Will Scathelock, the man he has loved and resisted for years. Surrendering would be easy, but the stakes have never been higher. Roger has the might of King John behind him, and he will not rest until Robin is dead. Win or lose, Robin's life will never be the same.

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A maverick Chicago cop uncovers a conspiracy that people with immense power will stop at nothing, not even murder, to keep secret. Set up as the killer of his only witness, he must find a way to clear himself and expose the conspiracy, which changes the course of history.

Get an amazing inside look at life behind the concrete bars of prison life through the eyes of Henry Dresden aka Hank. A young man growing up in Texas who becomes a

Correctional Officer, and is faced with the many challenges both physically and mentally of what it takes to deal with criminals. Follow his journey right up to the time when he decides to take matters and the law into his own hands, and see what sort of justice unfolds as a result.

The vital statistics are included in the annual report.

At the request of President John Quincy Adams during a White House visit in April 1826, Matthew Prescott joins Zeb Cardwell and other presidential agents in the hunt for William Morgan the man who revealed the secrets of Freemasonry and subsequently disappeared after a coach ride near the shore of Lake Ontario in September 1826. After the War of 1812, newly uncovered evidence uncovered reveals that Morgan was a spy for the British. After President Adams orders Morgan captured and brought back to Washington for trial, Prescott and Cardwell discover a plot to assassinate the president and must confront rogue British Masons who will stop at nothing to achieve their objectives. As presidential agents simultaneously deal with murder, arson, and stolen army weapons, the situation quickly escalates beyond their expectations. Their mission takes them to New York City, Albany, Canada, Rochester, and Batavia, and they have but one goal to uncover the truth. The Craft is a fast-paced thriller that provides an intriguing fictional explanation for the kidnapping of William Morgan, a man who not only revealed the secrets of Freemasonry, but also was involved in a much larger secret life. It is a perfect day for golf in Albany, New York. Amateur golfers Ed Michaels, Bill Moretti, and Frank Solis have just topped off their ideal day at the golf course with cold beers. As the trio heads to their cars in the parking lot, the men have no idea that their lives are about to change forever. After two burly men throw them into the back of a van at gunpoint and take them to a basement in a seedy part of New York City, Ed, Bill, and Frank each wonder what will become of themselves. With no clue as to why they have been snatched in broad daylight, Ed secretly speculates whether his gambling addiction has caught up with him. Bill wonders if his competitors are retaliating for his ruthless business practices. But it is when the kidnapers confront Frank that he discovers he is the target, simply because he works in a nuclear laboratory. In this political thriller, three men are unwittingly taken on a dangerous journey that leads them from upstate New York to the streets of Little Havana, where they are forced to face agents of terrorists with bold plans to steal some of our most guarded secrets. Only time will tell if Ed, Bill, and Frank can survive and prevent the terrorists from achieving their goals.

Phil Fennell's tightly argued study traces the history of treatment of mental disorder in Britain over the last 150 years. He focuses specifically on treatment of mental disorder without consent within psychiatric practice, and on the legal position which has allowed it. Treatment Without Consent examines many controversial areas: the use of high-strength drugs and Electro Convulsive Therapy, physical restraint and the vexed issue of the sterilisation of people with learning disabilities. Changing notions of consent are discussed, from the common perception that relatives are able to consent on behalf of the patient, to present-day statutory and common law rules, and recent Law Commission recommendations. This work brings a complex and intriguing area to life; it includes a table of legal sources and an extensive bibliography. It is essential reading for historians, lawyers and all those who are interested in the treatment of mental disorder.

"The Willington Secret" is about the perfect crime. People are being murdered and the "bad guys" have discovered how to dispose of the evidence without a trace. The story, set in the mid 1960's takes place in a small college town of Willington, Georgia, but this story could happen anywhere.....even in your home town. What makes this story unique is that people committing the horrible crimes, blend perfectly into the Willington community fabric. The town citizens pass them on the streets, eat at the same restaurants, and belong to the same civic organizations, but suspect nothing. The good people of Willington don't realize that, these highly respected, pillars of the community have perfected a foolproof way to commit the ultimate crime and get away with it! The hero is Josh Novack, a student/athlete, whose only goal in life is to make it through college on an athletic scholarship. As a result of an incredible chain of events, Josh becomes committed and involved in the Willington Secret. Now he faces a deadly dilemma: expose the criminals before he becomes their next victim. The villains, however, are thoroughly entrenched in the town hierarchy. They are model citizens, people of power and position, thus making Josh Novack's task of revealing their secret insurmountable. Although the story is fiction, the recipe used to erase all evidence that a crime had been committed is not. Take certain circumstances common to any community add some unscrupulous, greedy people, who just happen to be engaged in professions that provide the necessary cover, and the result is the formula for the perfect crime. The scariest part is that it could really happen!

The British phenomenon and Sunday Times bestseller that has received rave reviews around the world. 'If you've had a hole in your literary life since finishing Gone Girl and The Girl on the Train, this is the book to fill it' Grazia 'Utterly gripping' Daily Mail 'A killer twist' Woman & Home 'I loved every page' Clare Mackintosh It starts with a lie. The kind we've all told - to a former acquaintance we can't quite place but still, for some reason, feel the need to impress. The story of our life, embellished for the benefit of the happily married lawyer with the kids and the lovely home. And the next thing you know, you're having dinner at their house, and accepting an invitation to join them on holiday - swept up in their perfect life, the kind you always dreamed of... Which turns out to be less than perfect. But by the time you're trapped and sweating in the relentless Greek sun, burning to escape the tension all around you - by the time you start to realise that, however painful the truth might be, it's the lies that cause the real damage... .. well, by then, it could just be too late. Longlisted for the Theakstons Old Peculier Crime Novel of the Year Shortlisted for the British Book Awards Crime Novel of the Year

Celebrating 5 Years of The Armchair Detective... In this very special collection, I have chosen 5 of my favourite Armchair Detective scripts, one to represent each published year of cosy mystery phenomenon that has sold in its thousands all over the world. The Armchair Detective The Cosy Mystery Series

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