

## Astral Sapo Lifestyle

Intelligence is now acknowledged as the hidden dimension to international diplomacy and national security. It is the hidden piece of the jigsaw puzzle of global relations that cements relationships, undermines alliances and topples tyrants, and after many decades of being deliberately overlooked or avoided, it is now regarded as a subject of legitimate study by academics and historians. This second edition of Historical Dictionary of International Intelligence covers its history through a chronology, an introductory essay, and an extensive bibliography. The dictionary section has over 500 cross-referenced entries on espionage techniques, categories of agents, crucial operations spies, defectors, moles, double and triple agents, and the tradecraft they apply. This book is an excellent access point for students, researchers, and anyone wanting to know more about the international intelligence.

A fascinating new approach to sibling psychology focuses on birth order, offering readers a simple quiz to determine where they fit in the family pecking order and discussing the meaning of this placement. Original.

When the house she has inherited from her miserly brother burns down, a widow from Yorkshire adopts a parrot which leads her to a hidden treasure.

For young readers comes an imaginative guide to ocean plastics, filled with tips and tricks for identifying—and combating—pollution in our oceans. Inspired by biologist

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Ana Pêgo's life's work, and filled with engaging science and colorful photographs, this foundational look at plastic pollution in the ocean explains why it is such an urgent contemporary issue. When she was young, Ana Pêgo didn't play in a backyard, but on a beach. She walked along the shore, looked at tide pools, and collected fossils. As she grew older, Pêgo noticed a new species at the seaside: plastic. She decided to collect it, study it, and give it a Latin name—*Plasticus maritimus*—to warn people of its dangers to our planet. Pêgo tells us how plastics end up in our rivers, lakes, and oceans, shares plastic's chemical composition and physical properties, and offers a field guide to help readers identify and understand this new invasive species in all its forms, from the obvious (fishing nets and water bottles) to the unfamiliar (tiny, clear particles called microplastics). Finally, she offers a critical look at our current "solutions" to plastic contamination and in her most important proposal—**REVOLUTIONIZE**—calls for deep changes in our habits, motivating young and old alike to make a difference, together. An artificial and almost indestructible species, *Plasticus maritimus* deserves to have its days numbered! Together, we can send it packing. "A cleverly conceived and comprehensive introduction to a serious issue."—Kirkus Reviews Honorable Mention—Bologna Ragazzi Award. Published in Partnership with the David Suzuki Institute.

The winner of the Drummies! 2014 Best Drumming Book Award, Big Band Drumming Fill-osophy, offers a comprehensive approach to playing and interpreting fills in a big

band setting. With advice on how to interpret section and ensemble figures, Steve Fidyk and Dave Black give detailed information that will strengthen the drummer's ability to recognize one-, two-, and four-bar section/ensemble figures quickly and easily. The companion MP3 CD contains over 75 reference and play-along examples extracted from real drum charts. They have been looped or repeated for thorough study. *Big Band Drumming Fillosophy* will prove to be an invaluable tool in helping to interpret and play big band drum fills.

*The Smartphone Paradox* is a critical examination of our everyday mobile technologies and the effects that they have on our thoughts and behaviors. Alan J. Reid presents a comprehensive view of smartphones: the research behind the uses and gratifications of smartphones, the obstacles they present, the opportunities they afford, and how everyone can achieve a healthy, technological balance. It includes interviews with smartphone users from a variety of backgrounds, and translates scholarly research into a conversational tone, making it easy to understand a synthesis of key findings and conclusions from a heavily-researched domain. All in all, through the lens of smartphone dependency, the book makes the argument for digital mindfulness in a device age that threatens our privacy, sociability, attention, and cognitive abilities.

This book is a detailed ethnography of traditional, predominantly upper-caste, sequestered Hindu women in the temple town of Bhubaneswar in Odisha, a state in eastern India. It elaborates on a distinctive paradigm of domesticity and explicates a

particular model of human wellbeing among this category. Part of the growing literature in “third wave” or “multicultural feminism”, it seeks to broaden the parameters of feminist discourse by going beyond questions of individual liberty or gender equality to examine the potential for female empowerment that exists in the context of these women’s lives. Its aims are twofold: first, to represent these women in ways that they themselves would recognize; and, second, to interpret, rather than merely “translate”, the beliefs and practices of the temple town such that their underlying logic becomes readily accessible to readers, even those unfamiliar with the Hindu world.

**EXECUTIVE TEAM EFFECTIVENESS IS THE ELEPHANT IN THE ROOM.** If you could change the way one team interacts, to make the most impact on the company, which would you choose? The Agile team? The R&D team? The sales team? The Executive Team has the power to maximize or destroy the work of any other team in the company, including itself. But top executives don't consider themselves a team, because usually they don't function as one. Executive teams tend to be the worst team in the company, exactly where you need the best one. Chief Executive Team answers the *Why*, the *How* and the *What* of effective executive teams. It will give you: Insight into the positive and negative dynamics of your executive team. A diagnosis of where you stand and what you can do to increase impact, influence and position as a leader. Tips to neutralize the structural causes that ruin the effectiveness of executive groups. A step-by-step process to improve the effectiveness of leadership teams: The 6P's of

Executive Teams(R). -A method to improve your company's financial, innovation performance and employee engagement KPIs. A framework to take your executive team from good to great. You need a Chief Executive Team because you can't afford not having one. Business as usual drains money, ideas, engagement, and creates the wrong performance culture in the company. We have the wrong CEO job description. Know-it-all and do-it-all are not success factors. Quite the opposite. It's time for a transformation of leadership. Start yours.

Birth order has a powerful effect on children's emotional development, on their self-esteem, and on their sense of well-being. The youngest child, the firstborn, the middleborn, twins, and the only child all have specific birth order issues that, if not atted to early on, can impair their functioning and their interpersonal relations at home and at school, and can follow them into adulthood. Parental birth order, too, plays an important role, as do such other factors as gender and family size. To understand these birth order blues, the author, an expert in parent-child relationships, first raises parents' awareness of the impact of birth order upon children. She then shows how to identify their children's birth order problems, often disguised by behaviors such as underachievement or aggression, and suggests how they can resolve these issues and prevent negative behavioral patterns from developing.

A RADIO FRANCE-CULTURE/TÉLÉRAMA BEST WORK OF FICTION BY THE WINNER OF THE 2013 CAMÕES PRIZE AND THE WINNER OF THE 2014 NEUSTADT PRIZE “Quite unlike anything else I have read from Africa.”—Doris Lessing “By meshing the richness of African beliefs . . . into the Western framework of the novel, he creates a mysterious and surreal epic.”—Henning Mankell Mwanito was eleven when he saw a woman for the first time, and the sight so surprised him he burst into tears. Mwanito has been living in a former big-game park for eight years. The only people he knows are his father, his brother, an uncle, and a servant. He’s been told that the rest of the world is dead, that all roads are sad, that they wait for an apology from God. In the place his father calls Jezoosalem, Mwanito has been told that crying and praying are the same thing. Both, it seems, are forbidden. The eighth novel by the internationally bestselling Mia Couto, *The Tuner of Silences* is the story of Mwanito’s struggle to reconstruct a family history that his father is unable to discuss. With the young woman’s arrival in Jezoosalem, however, the silence of the past quickly breaks down, and both his father’s story and the world are heard once more. *The Tuner of Silences* has been published to acclaim in more than half a dozen countries. Now in its first English translation, this story of an African boy’s quest for the truth endures as a magical, humanizing confrontation between one child and the

legacy of war. PRAISE FOR MIA COUTO “On almost every page ... we sense Couto’s delight in those places where language slips officialdom’s asphyxiating grasp.”—The New York Times “Even in translation, his prose is suffused with striking images.”—The Washington Post

PRAISE FOR DAVID BROOKSHAW “David Brookshaw dexterously renders the novel's often colloquial, pithy Portuguese into lively English. Brookshaw's task is made more exacting by the particular quality of Couto's brilliance.”—The New York Times

In a volume that represents the culmination of his life's work in considering the relationship between culture and landscape, Tuan argues that "cosmos" and "hearth" are two scales that anchor what it means to be fully and happily human. Hearth is our house and neighborhood, family and kinfolk, habit and custom. Cosmos, by contrast, is the larger reality - world, civilization, and humankind. Tuan addresses the extraordinary revival of interest in the hearth in recent decades, examining both the positive and negative effects of this renewed concern. Among the beneficent outcomes has been a revival of ethnic culture and sense of place. Negative repercussions abound, however, manifested as an upsurge in superstition, excessive pride in ancestry and custom, and a constricted worldview that when taken together can inflame local passions, leading at times to violent conflict - from riots in U.S. cities to wars in the Balkans.

In *Cosmos and Hearth*, Tuan takes the position that we need to embrace both the sublime and the humble, drawing what is valuable from each. Illustrating the importance of both cosmos and hearth with examples from his country of birth, China, and from his home of the past forty years, the United States, Tuan proposes a revised conception of culture, the "cosmopolitan hearth," that has the coziness but not the narrowness and bigotry of the traditional hearth. Tuan encourages not only being thoroughly grounded in one's own culture but also the embracing of curiosity about the world. Optimistic and deeply human, *Cosmos and Hearth* lays out a path to being "at home in the cosmos."

From the Winner of the Grawemeyer Award in Education in 2007 "In the world of education reform, where silver-bullet ideas, ideologies, and intellectual fashion clamor for influence, James Comer's thinking has long been a sea of calm, balanced, and humane wisdom focused on the needs of the whole person. Reading Comer you see the incompleteness of so many other approaches to reform, as well as learn an integrated approach to making schools work. And now, here it all is in a single book. If you want to see how schools can actually work, as opposed to affiliate with a prior belief about how they should work, this is a must read." —Claude Steele, professor, the Center for Advanced Study in the Behavioral Sciences at Stanford University "The best introduction? professional

and personal—to the remarkable world of James Comer: physician-educator, par excellence." —Howard Gardner, Hobbs Professor of Cognition and Education, Harvard Graduate School of Education, Cambridge, Massachusetts "James Comer is a rare constellation among social scientists: a great intellect, a keen analyst, a creative problem-solver and a man of enormous empathy. His writings are required reading for anyone interested in education reform or improving the odds for poor children." —Geoffrey Canada, president and CEO, Harlem Children's Zone

Finally, after 25 years of incubation, Peter Gorman's book is out. *Ayahuasca in My Blood - 25 Years of Medicine Dreaming* concerns his longstanding relationship with the Amazonian visionary medicine. Here's what people have said about it: "Unlike many writing about ayahuasca, Peter Gorman knows this plant and these forests long and well. Explorer, ethnobotanist, writer and raconteur - Gorman is uniquely qualified to tell this incredible tale. A wild mixture of adventure, horror, spirituality, tenderness, and insight, *Ayahuasca in My Blood* is most highly recommended!" -- Mark J. Plotkin, Ph.D, President, Amazon Conservation Team and author of *Tales of a Shaman's Apprentice*. "Long before ayahuasca tourism became a pastime for rich gringos, Peter Gorman was knocking around Iquitos and the Amazon. He's traveled the rivers and quaffed

the brew with the best (and the worst) of them and been way, way beyond the chrysanthemum on many a dark jungle night. This is the intensely personal story of an old-school jungle rat for whom ayahuasca is not just a hobby, but a life-long quest." -- Dennis McKenna, Ph.D, noted ethnopharmacologist, co-author of *The Invisible Landscape*, co-founder of the Institute of Natural Products Research and founding board member of the Heffter Research Institute. "I have known and traveled with Peter for almost a decade and was present for a number of the events he included in this book as well as many others. Don Julio was the most powerful man I have ever had the privilege of knowing. Further, as a trained scientist I believe the plant medicine truly offers a doorway to a rich world that needs to be understood in our postmodern lives. This is destined to become a must read for anyone who is serious about understanding the world of the shaman." -- Lynn Chilson - CEO Chilson Enterprises, Inc.

As featured on National Geographic, The Today Show, Upworthy, Mental Floss, The Huffington Post, Flavorwire, Lonely Planet and many others... Wildlife conservationist and photographer Sam Trull's world changed forever when she gave up her comfortable life in the United States for the wilds of Costa Rica. After almost twenty years of working with animals, one creature in particular had captured her heart: the sloth. In her stunning photo series, *Slothlove*, Sam shares

intimate portraits of these captivating and endearing animals from her unique perspective as their protector, mother, and friend. Sam not only found her life's work among her beloved sloths; she also found comfort, friendship, and inspiration after having suffered a devastating loss. Woven in with these images are unforgettable stories of heartbreak and survival, as well as interesting facts about these intelligent and beautiful creatures. Slothlove is an unforgettable journey into the trees of the Costa Rican rainforest and a moving portrait of the profound connection between humans and animals.

It was a long time ago and few alive now remember what life was like in England in the years after World War II. Yes, the Luftwaffe and Vengeance weapons had made a fine mess in the south of the country, but during the war years the Yanks were there, millions of them, seducing the womenfolk, brawling in pubs, and, most importantly, spending their pay with local shopkeepers. May, 1945, the war ended and all the Americans left. Most went home, but a sizeable contingent set up shop in Germany, where, to the best of their ability given the local ruins, they carried on as before, seducing the womenfolk, brawling in pubs and spending their pay with the surviving shopkeepers. The Americans were joined by contingents of English, French and Soviet troops. As a result, the surprising fact, long forgotten, is that after the war, conditions in England were even worse than

they were in post-Third Reich Germany. Some in Britain rued winning the war, as deprivation became their fate. In London after the war books were so scarce that used vendors had long lists of people waiting for the few books that turned up. For schools in London which taught astrology, the situation was impossible. Responding to the post WWII book shortage, Margaret Hone published this ultimate Astrology Text-Book. She was born in Birmingham, England, on October 2, 1892, at 2:13 am. Her ascendant was 27 Leo; her Sun was 9 Libra; her Moon was 13 Aquarius. Her midheaven was 15 Taurus. Of Ms Hone, James Holden wrote, "English astrologer, educator, and author. She was a professional astrologer and private teacher for many years and later was Principal and Director of Studies of the Faculty of Astrological Studies 1954-1969 and Vice President of the Astrological Lodge of London. Mrs. Hone was an advocate of the Equal House system of house division. She is best known in the U.S. for her two instruction manuals." This book is dedicated to Charles E.O. Carter, 1887-1968. Carter succeeded Alan Leo as head of the Astrological Lodge (1920-1952) and was First Principal of the Faculty of Astrological Studies, which he helped found in 1948. Hone succeeded Carter at FAS. She passed away on October 14, 1969. In his Preface, while quick to praise Hone, a personal friend, Charles Carter also pointed out that this book's high price was justified, that "padding has been

rigorously excluded." He goes on to praise the workmanship, the carefully worded definitions, as well as the fact that the book was complete and entire in itself. Save for ephemeris and tables of houses, this one book would suffice beginning as well as advanced students for some years. In addition, Hone also includes one of the earliest modern histories of astrology, short biographies of leading astrologers past and present, astrology and public opinion (daily horoscopes in the newspapers were a recent innovation). On a more practical side, Hone gives a thorough analysis of the principal house systems of the day (Equal, Campanus, Regiomontanus, Placidus), and even mentions C.G. Jung's recently developed Depth Psychology.

Frank and friendly advice from the outrageously blunt host of Oxygen's Talk Sex No question is too strange for Sue Johanson, the grandmotherly nurse with an encyclopedic knowledge of all things sexual who holds court on two call-in shows, Talk Sex with Sue Johanson and The Sunday Night Sex Show. Now, in this helpful book, Sue provides readers with simple, no-nonsense answers to some of the most frequently asked questions about sex: Sue describes the latest trends in sexuality (body piercing, Internet sex, and the "new celibacy") as well as recent advances in birth control and discoveries about HIV infection, AIDS, and "safer sex." Sex, Sex, and More Sex provides an invaluable resource for people

of all ages and persuasions, explaining everything you always wanted to know about sex ... and a little bit more!

Two men of very different cultures--American herpetologist Victor Griggs and his Haitian guide, Thierry Adrien--embark on a obsessive odyssey through the mountains of Haiti in search of a mysterious amphibian, the blood frog. First serial, Conjunctions. Tour.

Este ano o Guia de Astrologia apresenta-se com uma imagem mais moderna, mas com a mesma dose de sabedoria astrológica dos anos anteriores. Vivendo nós um ano de 2020 tão difícil, Paulo Cardoso apresenta para 2021 as pistas, os trânsitos, as questões mais importantes para viver o próximo ano com sabedoria, com base nas ferramentas que nos oferece neste livro. Astrologia 2021 apresenta as previsões não só de cada signo, mas de cada signo e ascendente. Com cálculos que vão ao pormenor das semanas em cada um destes, para as áreas do trabalho, amor e saúde. Identificando os períodos mais favoráveis e os mais difíceis e as oportunidades a ter em conta para cada pessoa tornar a sua vida mais feliz e mais completa.

Back to the Future meets The Curious Incident of the Dog in the Night-Time in this original, poignant, race-against-time story about a boy who travels back to 1984 to save his father's life. My dad died twice. Once when he was thirty-nine

and again four years later, when he was twelve. On his twelfth birthday, Al Chaudhury receives a letter from his dead father. It directs him to the bunker of their old house, where Al finds a time machine (an ancient computer and a tin bucket). The letter also outlines a mission: travel back to 1984 and prevent the go-kart accident that will eventually take his father's life. But as Al soon discovers, whizzing back thirty years requires not only imagination and courage, but also lying to your mom, stealing a moped, and setting your school on fire—oh, and keeping your pet hamster safe. With a literary edge and tons of commercial appeal, this incredible debut has it all: heart, humor, vividly imagined characters, and a pitch-perfect voice.

The adult child of Sonny Bono and Cher tells the story of the long road to discover the gender he truly identified with and his life-changing decision to have a sex-change operation.

Numa altura de mudança de ano, de tomada de decisões e de incertezas, o conceituado astrólogo Paulo Cardoso traz-nos as previsões para os dias que se aproximam. Conselhos e orientações que podem ser aplicados em todas as áreas da nossa vida, com um ênfase especial nas relações, que podem ser amorosas, laborais ou até familiares. Elaboradas com todo o rigor, considerando não apenas o Signo Solar, mas levando em conta o dia de nascimento, as 12

previsões generalistas, apresentam 365 diferentes tipos de cálculos, tornando-as assim bastante personalizadas. Pois dentro do mesmo Signo podem existir ambiências diferentes e resultados por vezes antagônicos. Tal como as outras edições, estão aqui agrupados os livros Astrologia e Guia do Amor. Neste último, descrevemos a forma de amar de cada um dos nativos dos signos do Zodíaco e as compatibilidades amorosas entre esses 12 tipos de pessoas. Como sempre, o leitor terá uma perspetiva que lhe poderá ser útil para encarar de um modo diferente as dificuldades que possa estar a sentir e dar mais atenção às possibilidades que o ano de 2020 irá trazer-lhe. A leitura e consulta deste guia são enriquecidas com vários vídeos sobre os 12 Signos e a Astrologia.

This is the photography book Tiago Felizardo put together to propose to the Portuguese actress Matilde Breyner. In this tribute to the actress, the author celebrates their story, told through his lens in a chronological order, with Matilde posing as the only subject of the pictures in a variety of candid moments from the early stages of the relationship leading all the way up to the actual proposal.

"This is how I proposed to the woman of my dreams. Matilde Breyner, Cindy, Ci, C..."

Open the antique gate and enter a secret garden where a world of enchantment and wonder awaits... Children will delight in this charming tale about an old oak

tree that is not what it seems, for frolicking fairies make their home among its sheltering branches. Can the Butterfly Catchers help to return calm and harmony to the Secret Garden and all the creatures who dwell in it? Will they come to see the old oak tree for what it truly is - the heart of this special place? An enchanting, heart-warming tale from Sarah, Duchess of York.

When the rains come and the river bursts its banks, Frog, Duck, Pig and Hare are stranded. It is Frog who is a hero when he risks his life to help his friends. 'Frog is an inspired creation - a masterpiece of graphic simplicity.' - Guardian Wine is now one of the most popular drinks in the world. Many wine drinkers wish they knew more about it without having to understand every detail or go on a wine course. In *The 24-Hour Wine Expert*, Jancis Robinson shares her expertise with authority, wit and approachability. From the difference between red and white, to the shape of bottles and their labels, descriptions of taste, colour and smell, to pairing wine with food and the price-quality correlation, Robinson helps us make the most of this mysteriously delicious drink.

Pharmacognosy (the science of biogenic or nature-derived pharmaceuticals and poisons) has been an established basic pharmaceutical science taught in institutions of pharmacy education for over two centuries. Over the past 20 years though it has become increasingly important given the explosion of new drugs,

phytomedicines (plant medicines), nutraceuticals and dietary supplements – all of which need to be fully understood, tested and regulated. From a review of the previous edition: ‘Drawing on their wealth of experience and knowledge in this field, the authors, who are without doubt among the finest minds in pharmacognosy today, provide useful and fascinating insights into the history, botany, chemistry, phytotherapy and importance of medicinal plants in some of today’s healthcare systems. This is a landmark textbook, which carefully brings together relevant data from numerous sources and provides, in an authoritative and exhaustive manner, cutting-edge information that is relevant to pharmacists, pharmacognocists, complementary practitioners, doctors and nurses alike.’ The Pharmaceutical Journal ‘This is an excellent text book which provides fascinating insights into the world of pharmacognosy and the authors masterfully integrated elements of orthodox pharmacognosy and phytotherapy. Both the science student and the non-scientific person interested in phytotherapy will greatly benefit from reading this publication. It is comprehensive, easy to follow and after having read this book, one is so much more aware of the uniqueness of phytomedicines. A must read for any healthcare practitioner.’ Covers the history, biology and chemistry of plant-based medicines Covers pharmaceutical and neutraceuticals derived from plants Covers the role of medicinal plants in

worldwide healthcare systems Examines the therapeutics and evidence of plant-based medicines by body system Sections on regulatory information expanded New evidence updates throughout New material covering non-medical supplements Therapeutics updated throughout Now on StudentConsult

Early Tantric Medicine looks at a traditional medical system that flourished over 1,000 years ago in India. The Garuda Tantras had a powerful influence on traditional medicine for snakebite, and some of their practices remain popular to this day. Snakebite may sound like a rare and exotic phenomenon, but in India it is a problem that affects 1.4 million people every year and results in over 45,000 deaths. Michael Slouber offers a close examination of the Garuda Tantras, which were deemed lost until the author himself discovered numerous ancient titles surviving in Sanskrit manuscripts written on fragile palm-leaves. The volume brings to life this rich tradition in which knowledge and faith are harnessed in complex visualizations accompanied by secret mantras to an array of gods and goddesses; this religious system is combined with herbal medicine and a fascinating mix of lore on snakes, astrology, and healing. The book's appendices include an accurate, yet readable translation of ten chapters of the most significant Tantric medical text to be recovered: the Kriyakalaganottara. Also included is a critical edition based on the surviving Nepalese manuscripts.

This work provides a comprehensive history of the curious occult belief systems that influenced the architects of National socialism and which became central to Nazi philosophy and propaganda. It also shows how these theories continued to flourish after World War II.

Modernism was the major Spanish American literary movement of the late nineteenth and early twentieth centuries. Leader of that influential movement was Rubén Darío, the Nicaraguan now recognized as one of the most important Hispanic poets of all time. Like the Romantics in England and the Symbolists on the Continent, Darío and other Modernists were strongly influenced by occultist thought. But, as the poet Octavio Paz has written, "academic criticism has ... preferred to close its eyes to the stream of occultism that runs throughout Darío's work. This silence damages our comprehension of his poetry." Cathy Login Jrade's groundbreaking study corrects this critical oversight. Her work clearly demonstrates that esoteric tradition is central to Modernism and that an understanding of this centrality clarifies both the nature of the movement and its relationship to earlier European literature. After placing Modernism in a broad historical and literary perspective, Jrade examines the impact of esoteric beliefs upon Darío's view of the world and the role of poetry in it. Through detailed and insightful analyses of key poems, she explores the poet's quest for solutions to

the nineteenth-century crisis of belief. The movement that Ruben Darío headed brought Hispanic poetry into the mainstream of the "modern tradition," with its sense of fragmentation and alienation and its hope for integration and reconciliation with nature. Rubén Darío and the Romantic Search for Unity enriches our understanding of that movement and the work of its leading poet. In honor of World Children's Day, artist Ugur Gallenkus is debuting his first book, *Parallel Universes of Children*. The book features selections from Gallenkus' ongoing series of collages juxtaposing the starkly different worlds today's children inhabit globally. *Parallel Universes of Children*, an 11x11-inch, 120-page hardcover volume, contains 52 collages representing children's rights and pairs each artwork with quotes and facts about children's lived realities. Every page of this book bears witness to the lives and plights of children around the world—acknowledging their fears, tears, and pain.

Haiti has long been relegated to the margins of the so-called New World. Marked by exceptionalism, the voices of some of its most important writers have consequently been muted by the geopolitical realities of the nation's fraught history. In *Haiti Unbound*, Kaiama L. Glover offers a close look at the works of three such writers: the Haitian Spiralists Frankétienne, Jean-Claude Fignolé, and René Philoctète. While Spiralism has been acknowledged as a crucial

contribution to the French-speaking Caribbean literary tradition, it has not been given the sustained attention of a full-length study. Glover's book represents the first effort to consider the works of the three Spiralist authors both individually and collectively, filling an important gap in postcolonial Francophone and Caribbean studies.

**NEW YORK TIMES BESTSELLER •** This instant classic explores how we can change our lives by changing our habits. **NAMED ONE OF THE BEST BOOKS OF THE YEAR BY** The Wall Street Journal • Financial Times In *The Power of Habit*, award-winning business reporter Charles Duhigg takes us to the thrilling edge of scientific discoveries that explain why habits exist and how they can be changed. Distilling vast amounts of information into engrossing narratives that take us from the boardrooms of Procter & Gamble to the sidelines of the NFL to the front lines of the civil rights movement, Duhigg presents a whole new understanding of human nature and its potential. At its core, *The Power of Habit* contains an exhilarating argument: The key to exercising regularly, losing weight, being more productive, and achieving success is understanding how habits work. As Duhigg shows, by harnessing this new science, we can transform our businesses, our communities, and our lives. With a new Afterword by the author “Sharp, provocative, and useful.”—Jim Collins “Few [books] become essential

manuals for business and living. The Power of Habit is an exception. Charles Duhigg not only explains how habits are formed but how to kick bad ones and hang on to the good.”—Financial Times “A flat-out great read.”—David Allen, bestselling author of Getting Things Done: The Art of Stress-Free Productivity “You’ll never look at yourself, your organization, or your world quite the same way.”—Daniel H. Pink, bestselling author of Drive and A Whole New Mind “Entertaining . . . enjoyable . . . fascinating . . . a serious look at the science of habit formation and change.”—The New York Times Book Review

On November 17, 1901, Mexico City police raided a private party and arrested 41 men, half of whom were dressed as women. Clandestine transvestite balls were not unheard of at this time, and a raid would not normally gain national attention. However, Mexican cultural trends in literature, art, the sciences, and in journalism were inciting an atmosphere of sexual curiosity that was in search of the right turn of events to ignite a discursive explosion and focus interest on what was not a new phenomenon, but what was about to become a new concept: homosexuality. The editors treat the "nefarious" ball as a cultural event in itself and have assembled pictures, including the famous engravings by Posada, and have translated part of an historical novel about the event. At the same time, they uncover the underworld in Mexico City with essays on prison conditions, criminology, mental health discourse, and working class masculinities to create a rare and comprehensive slice of Mexican history at the turn of the century.

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This volume contains a wealth of information and explicit calculations for using the sidereal zodiac. After introducing the sidereal technique the authors continue with the method of conversion from the tropical zodiac. They go on to describe and demonstrate the progressed horoscope, primary directing of the angles, the sidereal solar return, and solar quotidian progression. Examples are used throughout. Continuing on, the authors introduce progressions, the progressed sidereal solar return, regression and sidereal lunar return. Includes an extensive section on the art of interpretation. If you use the tropical zodiac but want a concise and complete description of sidereal astrology, this is the book for you. With *Learning JavaScript Design Patterns*, you'll learn how to write beautiful, structured, and maintainable JavaScript by applying classical and modern design patterns to the language. If you want to keep your code efficient, more manageable, and up-to-date with the latest best practices, this book is for you. Explore many popular design patterns, including Modules, Observers, Facades, and Mediators. Learn how modern architectural patterns—such as MVC, MVP, and MVVM—are useful from the perspective of a modern web application developer. This book also walks experienced JavaScript developers through modern module formats, how to namespace code effectively, and other essential topics. Learn the structure of design patterns and how they are written Understand different pattern categories, including creational, structural, and behavioral Walk through more than 20 classical and modern design patterns in JavaScript Use several options for writing modular code—including the Module pattern, Asynchronous Module Definition (AMD), and CommonJS Discover design patterns implemented in the jQuery library Learn popular design patterns for writing maintainable jQuery plug-ins "This book should be in every JavaScript developer's hands. It's the go-to book on JavaScript

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patterns that will be read and referenced many times in the future."—Andrée Hansson, Lead Front-End Developer, presis!

Taste Portugal, 101 easy Portuguese recipes from Tia Maria's Portuguese Food Blog by Food Blogger Maria Dias and her daughter Lisa Dias will bring you a taste of classic Portuguese cuisine into your home. The recipes contained in this cook book are easy for the everyday home cook to prepare, they're made with simple ingredients, and they require basic equipment that most home cooks have in their kitchen. Portuguese cuisine is a simple and healthy Mediterranean style diet which consists of fresh fish and seafood, fresh meats, fruits and vegetables, cheese, wine, olive oil, and egg rich desserts. In Portuguese culture, food has always been a central part of hosting social gatherings creating a welcoming atmosphere which makes even a stranger feel like family. These recipes will let you create your own special moments and fond memories with your family and friends. What began for Maria and Lisa as a challenging labor of love by simply sharing recipes on Tia Maria's Blog, has now transformed into a commitment of preserving the rich Portuguese food culture, promoting the nation's cuisine, and inspiring people to learn how to cook these recipes so they can pass them on to the next generation. Come along, and learn how to cook 101 easy Portuguese recipes and taste Portugal!

A historical account of a remarkable people from the island of Rotuma in the South Pacific, from ancient times to the year 2000.

Nature and Identity in Cross-Cultural Perspective presents 20 essays which explore diverse cultural interpretations of the earth's surface. Contrasted with each other and with the potentially cosmopolitan culture of science, these detailed studies of ways in which different

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cultures conceptualise nature appear in the context of global environmental change. Understanding across cultural lines has never been more important. This book shows how individual cultures see their own histories as offering protection for nature, while often viewing others as lacking such ethical restraints. Through such writing a discourse of understanding and common action becomes possible. The authors come from the places they discuss, and offer passionate as well as scholarly visions of nature within their cultural homes. Audience: This volume is of interest to academics and professionals working in the fields of cultural geography, environmental history, environmental studies, history of environmental ideas, environmental education, landscape and literature, nature and culture. It can be used for courses in the above-mentioned areas and seminars in comparative literature. It can also be used as a complimentary text to provide cultural context to literary readings, and for seminars on cultural aspects of the environment.

A literary essay on the power of imagination, creative writing and life written by a very popular Spanish women-writer.

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