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***The Scandi Sense  
Diet: Lose Weight  
And Keep It Off  
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*"An utterly satisfying examination of the business of popular music." —Nathaniel Rich, The Atlantic There's a reason today's ubiquitous pop hits are so hard to ignore—they're designed that way. The Song Machine goes behind the scenes to*

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*Handful Method*  
*offer an insider's look at the global hit  
factories manufacturing the songs that have  
everyone hooked. Full of vivid, unexpected  
characters—alongside industry heavy-  
hitters like Katy Perry, Rihanna, Max  
Martin, and Ester Dean—this fascinating  
journey into the strange world of pop music  
reveals how a new approach to crafting*

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*smash hits is transforming marketing, technology, and even listeners' brains. You'll never think about music the same way again. A Wall Street Journal Best Business Book*

*The Sunday Times Bestseller 'Phil Vickery is not only a talented chef, but something rarer still, a sensible and sensitive one.' - The*

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*Handful Method*

*We all know we should be eating better, but with endless dietary advice and pricey ingredients, it can be really difficult to find a good diet that works, especially on a budget. But it doesn't have to be so complicated. With Phil Vickery's easy, tasty recipes and great advice, you can eat the foods you enjoy while still getting all the*

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*nutrients you need. Spinning out from the hit TV show, Save Money Good Diet features 70 delicious, easy and affordable recipes that include healthier versions of the nation's top dishes, from Spaghetti Bolognese to Chicken Tikka Masala and Fish & Chips. Each recipe even states the cost of making it, so the process of planning*

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*and shopping is as painless as possible. By enjoying these nutritious meals you can lower your risk of developing life-threatening conditions, improve your overall health and lose weight. A realistic guide for families, it will improve your diet and boost your health without hitting your wallet. Based on the practically perfect Nordic*

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*Diet, this gimmick-free and scientifically proven approach to eating will help you keep unwanted pounds off for good.*

*Powerhouse experts Arne Astrup, Professor Jennie Brand-Miller, and Christian Bitz know that the Nordic Diet is the “best diet in the world” for getting healthy and staying lean, even into middle age and beyond. As*



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leaders in obesity research, glycemic science, and healthy living, respectively, they've learned that eating a specific ratio of proteins, whole grains, and vegetables and incorporating traditional Nordic ingredients such as rye flour, skyr yogurt, and rapeseed oil into one's diet are the most effective paths to overall health and stable weight.

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*There's complex science at work behind the Nordic Diet, yet it's remarkably simple and delicious to adopt. Readers will be able to see significant improvements in their health and weight—and even prevent the dreaded middle-age spread—without ever having to count a single calorie or eliminate carbs, dairy, and meat. Featuring an in-depth look*

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*at peer-reviewed studies that support the diet and more than 60 stunningly photographed recipes, The Nordic Way is the health-forward cookbook that readers need to get and stay healthy for life.*

*The Scandi Sense Diet is the intuitive way of eating that helps you to cut calories without counting them, and adapts to your life*

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*rather than dictating it. Based on the principle of four handfuls of food per meal - protein, carbohydrate and two of vegetables, plus a spoonful of fat - and you decide the ingredients. No calorie-counting, no hard-to-source ingredients and no exercise - unless you want to. The Scandi Sense Diet is not just about looking good -*

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*although it does work wonders on the physique. It takes a scientific approach that ensures good health across the board, including regulating blood sugar and cholesterol.*

*Using Local and Organic Food to Promote a  
Healthy Lifestyle  
Living Ayurveda*

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*The Real Meal Revolution*  
*Eat Nordic*

*Includes 24 Recipes*

*Your Ultimate 12-week Guide to Training  
Smart, Eating Clever and Learning to Listen  
to Your Body*

*Save Money Lose Weight*

Featuring 80 brand-new recipes

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and twelve weeks of meal plans, this easy-to-follow, comprehensive lifestyle solution can help you not only to reach your weight-loss goals, but also to maximise the diet's benefits for improved metabolic health and blood glucose

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control, and effective type 2 diabetes prevention and management. Based on research from around the world, as well as original CSIRO research, the low-carb diet and exercise plan has proved successful in managing



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preventable and lifestyle-related metabolic diseases, including obesity and type 2 diabetes. The diet lowers the proportion of carbohydrate relative to protein and unsaturated 'healthy' fat, and encourages participants to follow a

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regular exercise routine. Today,  
around 1.7 million Australians have  
diabetes and 280 Australians  
develop diabetes every day. This  
book provides an accessible,  
simple solution for helping  
Australians prevent onset and

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combat the symptoms. This is a specially formatted fixed-layout ebook that retains the look and feel of the print book.

Featured in The Times. Suzy Wengel lost 88 pounds using the Scandi Sense Diet - and has kept it

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off. Lose weight and keep it off with the grassroots diet sensation that has taken Scandinavia by storm, the life-changing handful method that is hailed as 'the simplest diet in the world'. The Scandi Sense Diet is the intuitive way of eating that

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helps you to cut calories without counting them, and adapts to your life rather than dictating it. Based on the principle of four handfuls of food per meal - protein, carbohydrate and two of vegetables, plus a spoonful of fat -

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and you decide the ingredients. No calorie-counting, no hard-to-source ingredients and no exercise - unless you want to. The Scandi Sense Diet is not just about looking good - although it does work wonders on the physique. It takes a

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scientific approach that ensures good health across the board, including regulating blood sugar and cholesterol. Suzy Wengel's 9-day plan is irresistibly simple, and has proven results that can be seen in the book's case studies. Put an

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end to yo-yo dieting and enjoy three satisfying meals each day, easily planned with your own two hands. Being honest about bloating is something Irish-born blogger Maeve Madden has never shied away from. In fact, her social media



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Handful Method channels depict her real-life battle with IBS and PCOS, as well as adult acne. Her transparent, 'no filter' approach is a proven hit and she has gained her more than 147k Instagram followers as a result. Our increasingly stressful lifestyles and

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poor diet choices means people are crying out for relatable, informative and inspirational advice. Beat Your Bloat covers Maeve's personal journey to achieving a healthy lifestyle and shows how you too can transform your digestive health

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and fitness. Chapters cover Getting Started, Beating the Binge, Cut the Cravings and Rescue Remedies and provide guidance not only on how to beat bloating but also on achieving body positivity. The book also includes step-by-step HIIT and

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yoga workouts, plus 60 deliciously healthy recipes, many of which are vegan as well as gluten and dairy free, to help readers stay on track.

'Scientists labelled fat the enemy . . . they were wrong.' Time magazine  
We've been told for years that

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eating fat is bad for us, that it is a primary cause of high blood pressure, heart disease and obesity. The Real Meal Revolution debunks this lie and shows us the way back to restored health through eating what human beings are

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meant to eat. This book will radically transform your life by showing you clearly, and easily, how to take control of not just your weight, but your overall health, too - through what you eat. And you can eat meat, seafood, eggs, cheese,

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butter, nuts . . . often the first things to be prohibited or severely restricted on most diets. This is Banting, or Low-Carb, High-Fat (LCHF) eating, for a new generation, solidly underpinned by years of scientific research and by

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now incontrovertible evidence. This  
extraordinary book, already a  
phenomenal bestseller, overturns  
the conventional dietary wisdom of  
recent decades that placed  
carbohydrates at the base of the  
supposedly healthy-eating pyramid



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and that has led directly to a worldwide epidemic of obesity and diabetes. Both a startling revelation, and as old as humanity itself, it offers a truly revolutionary approach to healthy eating that explodes the myth, among others,

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that cholesterol is bad for us. This is emphatically not just another unsustainable, quick-fix diet or a fad waiting to be forgotten, but a long-delayed return to the way human beings are supposed to eat. The Real Meal Revolution is an

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ebook which maintains the design of the book, and as a result will not display correctly on some basic reading devices.

Defenceless

On Food and Cooking

The No S Diet

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The Dying Detective  
Scandinavians

The Indigenous Identity of the  
South Saami

The Cultural Dimension of Global  
Business (1-download)

This book demonstrates how the

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theories and insights of anthropology have positively influenced the conduct of global business and commerce, providing a foundation for understanding the impact of culture on global business, and global business on culture.

AN INTERNATIONAL BESTSELLER |

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A SUNDAY TIMES UK BEST BOOK  
OF THE YEAR | SHORTLISTED FOR  
THE CWA CRIME FICTION IN  
TRANSLATION AWARD “So much to  
relish here . . . and the writing is just  
lovely!” —Diane Setterfield, New York  
Times bestselling author of The  
Thirteenth Tale and Once Upon a

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River A fantastic tale set in the far north of Sweden in 1852 following a runaway Sami boy and his mentor, the famous pastor Laestadius, as they investigate a murder in their village along with the mysteries of life. Jussi, a runaway, becomes Laestadius's faithful son and disciple, and the two

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set out on botanical treks filled with philosophical discussions where Jussi learns all about plants and nature; and also how to read and write and about spirituality. But their quiet days are interrupted when a maid goes missing in the forest. When she is found dead, the locals suspect a predatory bear is



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at large. The constable is quick to offer a reward for capturing it, but Laestadius sees other traces that point to a far worse killer on the loose. After another maid is severely injured, Jussi and the pastor work to track down the murderer, unaware of the evil that is closing in on them. For it is revivalist

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times, and impassioned faith spreads like wildfire among the locals. While Laestadius's powerful Sunday sermons grant salvation to farmers and workers, they gain him enemies among local rulers, who see profits dwindle as people choose revival over alcohol. A completely absorbing and

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unforgettable novel, To Cook a Bear  
both entertains and burrows deep  
down into the great philosophical  
questions of life.

Comprehensive and detailed, this is  
the first ever study of ancient beer and  
its distilling, consumption and  
characteristics Examining evidence

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from Greek and Latin authors from 700 BC to AD 900, the book demonstrates the important technological as well as ideological contributions the Europeans made to beer throughout the ages. The study is supported by textual and archaeological evidence and gives a fresh and fascinating

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insight into an aspect of ancient life that has fed through to modern society and which stands today as one of the world's most popular beverages.

Students of ancient history, classical studies and the history of food and drink will find this an useful and enjoyable read.

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A kitchen classic for over 35 years, and hailed by Time magazine as "a minor masterpiece" when it first appeared in 1984, *On Food and Cooking* is the bible which food lovers and professional chefs worldwide turn to for an understanding of where our foods come from, what exactly they're

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made of, and how cooking transforms them into something new and delicious. For its twentieth anniversary, Harold McGee prepared a new, fully revised and updated edition of *On Food and Cooking*. He has rewritten the text almost completely, expanded it by two-thirds, and commissioned

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more than 100 new illustrations. As compulsively readable and engaging as ever, the new On Food and Cooking provides countless eye-opening insights into food, its preparation, and its enjoyment. On Food and Cooking pioneered the translation of technical food science



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into cook-friendly kitchen science and helped birth the inventive culinary movement known as "molecular gastronomy." Though other books have been written about kitchen science, *On Food and Cooking* remains unmatched in the accuracy, clarity, and thoroughness of its

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Handful Method explanations, and the intriguing way in which it blends science with the historical evolution of foods and cooking techniques. Among the major themes addressed throughout the new edition are: · Traditional and modern methods of food production and their influences on food quality · The great

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diversity of methods by which people in different places and times have prepared the same ingredients . Tips for selecting the best ingredients and preparing them successfully . The particular substances that give foods their flavors, and that give us pleasure . Our evolving knowledge of the health

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benefits and risks of foods On Food and Cooking is an invaluable and monumental compendium of basic information about ingredients, cooking methods, and the pleasures of eating. It will delight and fascinate anyone who has ever cooked, savored, or wondered about food.

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In Search of the Soul of the North  
Lose weight and keep it off with the life-  
changing handful method

An Uncommon Guide to Rapid Fat-  
Loss, Incredible Sex, and Becoming  
Superhuman

: Healthy & Delicious For Lose Weight  
and Keep it Off with the Life-changing

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Over 80 Delicious Plant-Based  
Japanese Recipes  
The Diversity Style Guide  
The CSIRO Low-carb Diabetes Diet &  
Lifestyle Solution  
A Swedish doctor shares the  
secrets of Nordic health and

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happiness in this short guide to living a longer life. The Nordic Guide to Living 10 Years Longer is a pragmatic little book that channels the simple, healthy lifestyle of Scandinavia. Swedish doctor Bertil Marklund covers broad ground in just over one-hundred

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pages, providing a comprehensive guide to lifestyle choices, including sleep, diet, exercise, and the negative impact of stress; he also introduces the concept of lagom, a Swedish take on moderation. We can all adopt the ten tips outlined in the book without completely



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rethinking the way we live. With his practical advice, Dr. Marklund gives you the power to make a difference in your own life—today, and in the future.

The Social Security Administration (SSA) uses a screening tool called the Listing of Impairments to

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identify claimants who are so severely impaired that they cannot work at all and thus immediately qualify for benefits. In this report, the IOM makes several recommendations for improving SSA's capacity to determine disability benefits more quickly and

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efficiently using the Listings.

Want to learn how to get fit at home – in your own time and with no special equipment necessary? BE THE FITTEST is the powerful, fun and inspirational guide that will change your life. Tyrone is a personal trainer who turned his life

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around through fitness. In this, his first book, he shares his groundbreaking workout and meal plans so that anyone can learn to BE THE FITTEST in 12 weeks. Train the fittest: 12 weekly workout plans based on Tyrone's unique method of combining HIIT with yoga, with

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clear photographs of the exercises  
and easy-to-use weekly workout  
schedules Eat the fittest: 60 recipes  
with photographs and  
accompanying meal plans, using  
supermarket ingredients and  
including time-saving and/or  
healthy tips and tricks Feel the

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fittest: essential yoga poses, with clear photographs, as well as breathwork exercises and self-care tips Be the fittest: motivational advice, goal-setting and encouragement to help you sustain the new, fittest you You'll need no gym membership or expensive

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ingredients to follow Tyrone's unbeatable fitness plan. And since the book offers questions to help you figure out what your current level of fitness is, you'll be able to start working out at a level that suits YOU. Are you ready to BE THE FITTEST?

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It's best-selling author Berit Nordstrand's fall-in-love-with-life approach to food that makes her belly fat program unique. We now know that it's the fact around your belly, rather than anywhere else on your body, that's the most dangerous to health. Belly fat



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causes problems for the liver, kidneys and heart and contributes to cardiovascular disease, asthma, migraine, rheumatism, cancer, depression and of course diabetes. For men, a healthy waist size measures less than 94 cm and for women, a waist less than 80 cm. In

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this book, Berit sets clear, short-term goals to help you to reduce your belly fat over 12 weeks. Her program is packed with food and body facts, and simple food tips, tricks and more than 65 recipes that speed up the rate at which your body burns fat, increase your

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muscle mass and help you reach  
your ideal, healthy waist size.

10 Easy Tips for a Happier,  
Healthier Life

The Song Machine: Inside the Hit  
Factory

Essays on Landscape, Work, and  
Identity

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How to Free Yourself and Your  
Family from a Lifetime of Clutter

Updating the Social Security  
Listings

To Cook a Bear

The Scandi Sense Diet

***NSCA's Guide to Sport and***

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*Exercise Nutrition provides valuable information and guidelines that address the nutrition needs for the broad range of clientele serviced by strength and conditioning professionals, personal trainers, and sport*

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*dietitians. Whether you work with fitness enthusiasts or competitive athletes, this resource will lead you through the key concepts of sport and exercise nutrition so that you can assess an individual's nutrition status and—if it falls*

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*Handful Method*  
*within your scope of  
practice—develop customized  
nutrition plans. Developed by the  
National Strength and  
Conditioning Association (NSCA)  
and subjected to an intensive peer-  
review process, this authoritative*

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*resource offers the latest research and literature review from respected scientists and practitioners with expertise in nutrition, exercise, and sport performance. NSCA's Guide to Sport and Exercise Nutrition*



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*covers all aspects of food selection, digestion, metabolism, and hydration relevant to sport and exercise performance. This comprehensive resource will help you understand safe and effective ways to improve training and*

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*performance through natural  
nutrition-based ergogenic aids like  
supplementation and  
macronutrient intake  
manipulation. You will also learn  
guidelines about proper fluid intake  
to enhance performance and the*

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*most important criteria for  
effectively evaluating the quality of  
sport drinks and replacement  
beverages. Finally, cutting-edge  
findings on nutrient timing based  
on the type, intensity, and duration  
of activity will help you understand*

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*how to recommend the correct  
nutrients at the ideal time to  
achieve optimal performance  
results. In addition to presenting  
research relating to sport and  
exercise nutrition, each chapter  
includes a professional application*

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*section that will help you make the connection between the literature and its practical implementation. Sidebars emphasize important topics, and reproducible forms consisting of a food log, brief athlete nutrition assessment, and*

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*goal-setting questionnaire can be copied and shared with your clients. A running glossary keeps key terms at your fingertips, and extensive references within the text offer starting points for your continued study and professional*

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*Handful Method*  
*enrichment. Each client and athlete  
requires a customized diet tailored  
to the frequency, intensity,  
duration, and specificity of the  
training and demands of the sport  
or activity. With NSCA's Guide to  
Sport and Exercise Nutrition, you*

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*Handful Method*  
*will learn how food, sport  
supplements, and their interactions  
with a client's biological systems  
can enhance exercise and sport  
performance for optimal training,  
recovery, and competition. NSCA's  
Guide to Sport and Exercise*



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*Nutrition is part of the Science of  
Strength and Conditioning series.  
Developed with the expertise of the  
National Strength and  
Conditioning Association (NSCA),  
this series of texts provides the  
guidelines for converting scientific*

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*research into practical application.*

*The series covers topics such as  
tests and assessments, program  
design, nutrition, and special  
populations.*

*A set of creative writers here  
responds to the call for literature*

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*that addresses who we are by  
understanding where we  
are—where, for each of them, being  
somehow part of the academy.  
Their personal essays delineate the  
diverse, sometimes unexpected  
roles of place in shaping them, as*

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*writers and teachers in varied environments, through unique experiences and distinctive worldviews—in reconfiguring their conjunctions of identity and setting, here, there, everywhere, and in between. Offering creative*

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*comments on place, identity, and  
academic work are authors Charles  
Bergman, Mary Clearman Blew,  
Jayne Brim Box, Jeffrey M.  
Buchanan, Norma Elia Cantú,  
Katherine Fischer, Kathryn T.  
Flannery, Diana Garcia, Janice M.*

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*Gould, Seán W. Henne, Rona  
Kaufman, Deborah A. Miranda,  
Erin E. Moore, Kathleen Dean  
Moore, Robert Michael Pyle,  
Jennifer Sinor, Scott Slovic,  
Michael Sowder, Lee Torda,  
Charles Waugh, and Mitsuye*

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*Track your slimming habits with  
this six-month diet planner from  
Pinch of Nom, the UK's most  
popular food blog.*

*This open access book is a novel  
contribution in two ways: It is a*

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*multi-disciplinary examination of the indigenous South Saami people in Fennoscandia, a social and cultural group that often is overlooked as it is a minority within the Saami minority. Based on both historical material such as*



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*archaeological evidence, 20th  
century newspapers, and postcard  
motives as well as current sources  
such as ongoing land-right trials  
and recent works of historiography,  
the articles highlight the culture  
and living conditions of this*

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*indigenous group, mapping the negotiations of different identities through the interaction of Saami and non-Saami people through the ages. By illuminating this under-researched field, the volume also enriches the more general debate*

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Handful Method  
*on global indigenous history, and  
sheds light on the construction of a  
Scandinavian identity and the  
limits of the welfare state and the  
myth of heterogeneity and equality.  
A Novel*

*12 weeks to get healthy, boost your*  
Page 91/198

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*energy and lose weight*  
Handful Method

*Vegan Japan Easy*

*A People's History of the World*

*Recipes & exercises to promote  
digestive health*

*Historical and Political*

*Perspectives on a Minority within a*

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*Minority*

*The Nordic Way*

Japanese cuisine: Fatty tuna!  
Wagyu beef! Pork broth! Fried  
chicken! Squid guts! It's a  
MINEFIELD for mindful vegans.  
OR SO IT SEEMS. In reality,

*Page 93/198*

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there's an enormous amount of Japanese food that is inherently vegan or can be made vegan with just a few simple substitutions. And it's not just abstemious vegan Buddhist temple fare (although that is

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Handful Method  
very lovely) - you can enjoy the  
same big, bold, salty-sweet-  
spicy-rich-umami flavours of  
Japanese soul food without so  
much as glancing down the  
meat and dairy aisles. Because  
Japanese cooking is often

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inherently plant-based, it's uniquely vegan-friendly. The oh-so satisfying flavours of Japanese cuisine are usually based in fermented soybean and rice products, and animal products were seldom used in



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cooking throughout much of Japanese history. Yes, there is fish in everything, in the form of dashi, but you can easily substitute this with a seaweed and mushroom-based version that's every bit as delicious.

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This book won't so much teach you how to make dubious 'vegan versions' of Japanese meat and fish dishes - because it wouldn't be good, and there's no need! Instead, Vegan JapanEasywill tap into Japan's

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wealth of recipes that are  
already vegan or very nearly  
vegan - so there are no sad  
substitutions and no  
shortcomings of flavor.

New diversity style guide helps  
journalists write with authority

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and accuracy about a complex, multicultural world A companion to the online resource of the same name, The Diversity Style Guide raises the consciousness of journalists who strive to be accurate. Based on studies,

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news reports and style guides, as well as interviews with more than 50 journalists and experts, it offers the best, most up-to-date advice on writing about underrepresented and often misrepresented groups.

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Handful Method  
Addressing such thorny  
questions as whether the words  
Black and White should be  
capitalized when referring to  
race and which pronouns to use  
for people who don't identify as  
male or female, the book helps

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readers navigate the minefield of names, terms, labels and colloquialisms that come with living in a diverse society. The Diversity Style Guide comes in two parts. Part One offers enlightening chapters on Why is

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Diversity So Important; Implicit  
Bias; Black Americans; Native  
People; Hispanics and Latinos;  
Asian Americans and Pacific  
Islanders; Arab Americans and  
Muslim Americans; Immigrants  
and Immigration; Gender



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Identity and Sexual Orientation;  
People with Disabilities; Gender  
Equality in the News Media;  
Mental Illness, Substance Abuse  
and Suicide; and Diversity and  
Inclusion in a Changing Industry.  
Part Two includes Diversity and

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Inclusion Activities and an A-Z Guide with more than 500 terms. This guide: Helps journalists, journalism students, and other media writers better understand the context behind hot-button words so they can

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report with confidence and sensitivity Explores the subtle and not-so-subtle ways that certain words can alienate a source or infuriate a reader Provides writers with an understanding that diversity in

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Journalism is about accuracy and truth, not “political correctness.” Brings together guidance from more than 20 organizations and style guides into a single handy reference book The Diversity Style Guide

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Handful Method  
is first and foremost a guide for  
journalists, but it is also an  
important resource for  
journalism and writing  
instructors, as well as other  
media professionals. In addition,  
it will appeal to those in other

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fields looking to make informed  
choices in their word usage and  
their personal interactions.

\*\*\*WINNER OF THE CRIME  
WRITERS' ASSOCIATION'S  
INTERNATIONAL DAGGER  
2017\*\*\* \*\*\*WINNER OF THE

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Handful Method  
DANISH ACADEMY OF CRIME  
WRITERS' PALLE ROSENKRANTZ  
PRIZE (Best Crime Novel  
2012)\*\*\* \*\*\*WINNER OF THE  
FINNISH ACADEMY OF CRIME  
WRITERS' AWARD (Best Crime  
Novel 2012)\*\*\* \*\*\*WINNER OF

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THE GLASS KEY (Best  
Scandinavian Crime Novel  
2011)\*\*\* \*\*\*WINNER OF THE  
SWEDISH ACADEMY OF CRIME  
WRITERS' AWARD (Best Crime  
Novel of the Year 2010)\*\*\* LARS  
MARTIN JOHANSSON is a living



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legend. Cunning and perceptive, always one step ahead, he was known in the National Criminal Police as “the man who could see around corners.” But now Johansson is retired, living in the country, his police days behind

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him. Or so he thinks. After suffering a stroke, Johansson finds himself in the hospital. Tests show heart problems as well. And the only thing that can save him from despair is his doctor's mention of an unsolved

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murder case from years before. The victim: an innocent nine-year-old girl. Johansson is determined to solve the case, no matter his condition. With the help of his assistant, Matilda, an amateur detective,

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and Max, an orphan with a personal stake in the case, he launches an informal investigation from his hospital bed. Racing against time, he uncovers a web of connections that links sex tourism to a dead

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opera singer and a self-made  
millionaire. And as Johansson  
draws closer to solving the  
crime, he finds that he will have  
to confront not just a mystery  
but his own mortality as well.  
Chilling, disturbing, and

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terrifyingly believable, an extraordinary thriller by one of the most exciting new voices in crime fiction When an old man is found dead on the road—seemingly run over by a Hungarian au pair—police

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investigator Anna Fekete is certain that there is more to the incident than meets the eye. As she begins to unravel an increasingly complex case, she's led on a deadly trail where illegal immigration, drugs, and,

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ultimately, murder threaten not only her beliefs, but her life.

Anna's partner Esko is entrenched in a separate but equally dangerous investigation into the activities of an immigrant gang, where



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deportation orders and raids  
cause increasing tension and  
result in desperate measures by  
gang members—and the police  
themselves. Then a bloody knife  
is found in the snow, and the  
two cases come together in

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ways that no one could have predicted. As pressure mounts, it becomes clear that having the law on their side may not be enough for Anna and Esko.

The Nation's Favourite Recipes  
with a Healthy, Low-Cost Boost

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Discover The World's Most  
Perfect Carb-to-Protein Ratio for  
Preventing Weight Gain or  
Regain, and Lowering Your Risk  
of Disease

The 4-Hour Body

The Ultimate Diet for Weight

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Handful Method

Loss, Health and Happiness

Placing the Academy

The Viking Method

The Nordic Guide to Living 10  
Years Longer

***Vikings know no boundaries.***

***Vikings don't do tired. Vikings***

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***don't count calories. Vikings  
don't need to drop dress sizes.  
Vikings don't seek  
compliments. Vikings conquer  
all. We are Vikings. Join the  
clan. We're on a mission to  
help you unleash your inner***

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***To fight against the tide that says you are how you look. We're here to take you on the ultimate mind and body quest. To develop physical and mental strength. A fearlessness, resilience and***

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***determination to be all you can be through a mixture of fitness, food and finding your inner fire. Based on Svava's Icelandic upbringing and a warrior mentality The Viking Method is 8 weeks of high***

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***intensity training for both mind and body. A complete programme of recipes and fitness training that will transform you from the inside out.***

***This book focuses on the***



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***causes of starvation in general and famines in particular. The traditional analysis of famines is shown to be fundamentally defective, and the author develops an alternative analysis.***

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***A hands-on holistic guide to  
self-care based on the ancient  
wisdom of Ayurveda—learn  
how to build a daily personal  
practice using food, breath,  
movement, and meditation to  
stay balanced and nourished***

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Off With The Life Changing  
*through the seasons.*

*Nourishment comes in many  
forms—it's the food you eat,  
how you breathe and move  
your body, and the way you  
establish your daily routine.  
Living Ayurveda weaves*

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Handful Method  
***together the ancient wisdom of  
Ayurveda and Yoga in a  
modern, accessible way to  
provide a season-by-season  
guide for living a vibrantly rich  
year. Part cookbook, part  
lifestyle manual, each chapter***

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***includes simple vegetarian recipes, seasonal rituals, and self-care practices to cultivate your inner wisdom and feed your body, mind, and spirit. In this book, you'll find: • 80+ delicious vegetarian recipes to***

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***balance the body and  
strengthen digestion through  
the seasons • Illustrated menu  
guides and cooking tips that  
demystify the process of  
building a balanced meal •  
Yoga sequences and***

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***breathing techniques to help  
align with the energy of each  
season • Seasonal rituals  
based on moon cycles to  
strengthen your intuition and  
develop a personal routine at  
home Learn from ancient***

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***wisdom to know yourself  
intimately, be open to new  
discoveries, and see where  
this path takes you to allow a  
deeper wisdom to blossom in  
your life.***

**INTERNATIONAL**

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***BESTSELLER • From the author of the bestselling Harry Hole series comes an electrifying tale of vengeance set amid Oslo's brutal hierarchy of corruption. "The crime author of the***

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***moment.”—The New York Times Book Review Sonny Lofthus has been in prison for almost half his life: serving time for crimes he didn't commit. In exchange, he gets an uninterrupted supply of***

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***heroin—and a stream of fellow  
prisoners seeking out his  
Buddha-like absolution. Years  
earlier Sonny's father, a  
corrupt cop, took his own life  
rather than face exposure.  
Now Sonny is the center of a***

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***vortex of corruption: prison  
staff, police, lawyers, a  
desperate priest—all of them  
focused on keeping him  
stoned and jailed. When  
Sonny discovers a shocking  
truth about his father's***

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***suicide, he makes a brilliant  
escape and begins hunting  
down the people responsible  
for his and his father's demise.  
But he's also being hunted,  
and by enemies too many to  
count. Two questions remain:***

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***who will get to him first, and  
what will he do when he's  
cornered?***

***Beat your Bloat***

***The Strikingly Simple Weight-  
Loss Strategy That Has  
Dieters Raving--and Dropping***

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***Pounds***

***Scandinavian***

***Unexceptionalism***

***Pinch of Nom Food Planner***

***A novel***

***A History of Beer in Ancient  
Europe***

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***The 4 Day Diet***  
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Scandinavia is the epitome of cool: we fill our homes with Nordic furniture; we envy their humane social welfare system and their healthy outdoor lifestyle; we glut ourselves on their crime fiction; even their strangely



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Handful Method  
attractive melancholia seems to express  
a stoic, commonsensical acceptance of  
life's vicissitudes. But how valid is  
this outsider's view of Scandinavia,  
and how accurate our picture of life in  
Scandinavia today? Scandinavians  
follows a chronological progression

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across the Northern centuries: the Vendel era of Swedish prehistory; the age of the Vikings; the Christian conversions of Denmark, Norway, Sweden and Iceland; the unified Scandinavian state of the late Middle Ages; the sea-change of the

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Reformation; the kingdom of Denmark-Norway; King Gustav Adolphus and the age of Sweden's greatness; the cultural golden age of Ibsen, Strindberg and Munch; the impact of the Second World War; Scandinavia's postwar social democratic nirvana; and the

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terror attacks of Anders Behring Breivik. Scandinavians is also a personal investigation, with award-winning author Robert Ferguson as the ideal companion as he explores wide-ranging topics such as the power and mystique of Scandinavian women,

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from the Valkyries to the Vikings; from Nora and Hedda to Garbo and Bergman. This digressive technique is familiar from the writings of W. G. Sebald, and in Ferguson's hands it is deployed with particular felicity, accessibility, and deftness, richly

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illuminating our understanding of modern Scandinavia, its society, politics, culture, and temperament. A charming, practical, and unsentimental approach to putting a home in order while reflecting on the tiny joys that make up a long life. In

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Sweden there is a kind of decluttering called döstädning, dö meaning “death” and städning meaning “cleaning.” This surprising and invigorating process of clearing out unnecessary belongings can be undertaken at any age or life stage but should be done sooner than

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later, before others have to do it for you. In *The Gentle Art of Swedish Death Cleaning*, artist Margareta Magnusson, with Scandinavian humor and wisdom, instructs readers to embrace minimalism. Her radical and joyous method for putting things in



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order helps families broach sensitive conversations, and makes the process uplifting rather than overwhelming. Margareta suggests which possessions you can easily get rid of (unworn clothes, unwanted presents, more plates than you'd ever use) and which you

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might want to keep (photographs, love letters, a few of your children's art projects). Digging into her late husband's tool shed, and her own secret drawer of vices, Margareta introduces an element of fun to a potentially daunting task. Along the

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way readers get a glimpse into her life in Sweden, and also become more comfortable with the idea of letting go.

THE SUNDAY TIMES

BESTSELLER Are you keen to lose weight without spending a fortune? Do you find it hard to stick to a budget

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when you are on a diet? In *Save Money, Lose Weight*, the book to accompany the ITV series, Dr Ranj Singh brings you a 28-day plan that shows you how to make nutritious, calorie-controlled, budget-conscious meals for the whole family. As well as

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80 delicious recipes, this book  
includes: - Shopping lists - Meal  
planners - Tips to slash your weekly  
grocery bill - Easy, no-cost exercise  
ideas Let the nation's favourite doctor,  
Ranj Singh, show you how to break the  
cycle of habit without breaking the

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bank. What readers are saying: \*\*\*\*\*

'Easy to follow recipes and good shopping guides . . . the results have been great' \*\*\*\*\* 'Great ideas . . . food tastes delicious' \*\*\*\*\* 'Lovely recipes to follow and help you get to your goal' Take weight off fast with Dr. Ian

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Smith's Customized 4 Day Diet  
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Modules! You can follow The 4 Day Diet straight through for a month with stunning results. But only you know how you eat—and how you diet. Customize your own program in whatever order works best for you—or

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Handful Method  
just repeat the modules you like best.

Only the first two are doctor's orders:

Induction (detox/cleansing) Transition

(to reintroduce food groups) Protein

Stretch (to avoid plateaus) Smooth (eat

pizza or even French fries!) Push (the

sprint—you're almost there) Pace (catch



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your breath and keep going) Vigorous  
(lose those last few pounds—for good!)

Dr. Ian Smith's diets really work. And his motivating tips and tricks will help you stay on the program, enjoy your progress, and feel your success from day one. Features more than 60 recipes

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for meals and snacks—food that will  
make you forget you're on a diet!

Culture, Markets and the Failure of  
Third-Way Socialism

From the Stone Age to the New  
Millennium

The Son

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The Radical, Sustainable Approach to  
Healthy Eating

Spend Less and Reduce Your Waistline  
with My 28-day Plan

Comprehensive Guide of Scandi Sense  
Diet

Save Money Good Diet

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*Accompanying CD-ROM  
contains annex tables detailing  
population attributable  
fractions, mortality, and disease  
burden for selected major risk  
factors.*

*A new edition of the bestselling*

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*Handful Method*  
*comprehensive history of the  
world from the perspective of  
struggling peoples throughout  
the ages—with a foreword by  
Howard Zinn From the earliest  
human societies to the Holy  
Roman Empire, from the Middle*

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*Ages to the Enlightenment,  
from the Industrial Revolution  
to the end of the twentieth  
century, Chris Harman provides  
a brilliant and comprehensive  
history of the human race.  
Eschewing the standard*

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*accounts of "Great Men," of dates and kings, Harman offers a groundbreaking counter-history, a breathtaking sweep across the centuries in the tradition of "history from below." In a fiery narrative, he*

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*shows how ordinary men and women were involved in creating and changing society and how conflict between classes was often at the core of these developments. While many scholars see the victory of*



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*capitalism as now safely  
secured, Harman explains the  
rise and fall of societies and  
civilizations throughout the  
ages and demonstrates that  
history moves ever onward in  
every age. This magisterial*

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*study is essential reading for anyone interested in how society has changed and developed and the possibilities for further radical progress. "I have had many people ask me if there is a book which does for*

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*world history what my book A  
People's History of the United  
States does for this country. I  
always responded that I know  
of only one book that  
accomplishes this extremely  
difficult task, and that is Chris*

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*Harman's A People's History of  
the World." —Howard Zinn*

*No Snacks. No Sweets. No  
Seconds.\* \*Except on days that  
start with S (Saturdays,  
Sundays, and Special days).*

*Developed by a problem-solving*

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*Handful Method*  
*software engineer who was  
tired of diets that are too hard  
to stick with, The No-S Diet has  
attracted a passionate following  
online thanks to its elegant  
simplicity-and its results. Unlike  
fad diets based on gimmicks*

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*Handful Method*  
*that lead to short-term weight-  
loss followed by backsliding and  
failure, The No-S Diet is a  
maintainable life plan that  
reminds us of the  
commonsense, conscious way  
we all know we should be*

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*eating. The book offers readers  
the tips, tricks, techniques and  
testimonials they'll need to  
stick with No-S for life*

*Forget the Mediterranean diet -  
the Nordic diet is the best  
approach for healthy living.*

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*Handful Method*  
*Findings suggest that the  
traditional diet, lifestyle and  
foods produced in northern  
climates are not only extremely  
healthy but also  
environmentally friendly. Eat  
Nordic is all about eating*



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*locally sourced seasonal ingredients combined in a balanced diet of protein, carbohydrate and fat. The traditional diet of Northern Europe - with its emphasis on good, home-made and often*

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*home-grown, seasonal food - consists of a wide variety of grains, berries, vegetables, fish, poultry and game (but very little meat). In this updated edition of the best-selling book, The Nordic Diet, Trine*

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*Hahnemann, doyenne of  
Handful Method  
Scandinavian cooking, provides  
a succinct guide to the Nordic  
diet, its elements, ingredients  
and basic philosophy and how  
to use it to lose weight. All  
these elements are then*

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*combined in 75 diverse and delicious recipes. Photographed in Denmark by Lars Ranek, Eat Nordic is an appealing and timely book.*

*Be the Fittest*

*The Science and Lore of the*

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Kitchen  
Handful Method

*The Barbarian's Beverage  
Nourishing Body and Mind  
through Seasonal Recipes,  
Rituals, and Yoga  
Cardiovascular Disability  
The Scandinavian Belly Fat*

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*Program*

*The Gentle Art of Swedish  
Death Cleaning*

The Nordic Diet is all about  
eating locally sourced  
seasonal ingredients in a  
balanced diet of protein,

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carbohydrates, and beneficial fats. The traditional diet of Northern Europe emphasizes quality homemade and homegrown food—with an attempt at moving away from processed foods—and consists of a wide

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variety of grains, berries, vegetables, fish, poultry, and game meats. Not only is a Nordic diet comparable in terms of nutrition to the celebrated Mediterranean diet, but it also provides an easy plan for eco-



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friendly eating. This soulful book includes the elements, ingredients, and basic philosophy of eating a Nordic diet with information on the nutritious benefits of each ingredient. It boasts seventy-five

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delicious and healthy recipes—from breakfast smoothies and cold cucumber soup to venison stew and raspberry lime sorbet—and teaches you how to incorporate the principles of the Nordic diet into your

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better than on 8 hours? Lose

more fat than a marathoner

by bingeing? Indeed, and

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used to gain 34 pounds of muscle in 28 days, without steroids, and in four hours of total gym time. From the gym to the bedroom, it's all here, and it all works. You will learn (in less than 30 minutes each):

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those last 5-10 pounds (or 100+ pounds) with odd

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