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Pudsey Pudsey, 2012-10-11 Earlier this year, a dog danced his way into the history books as the first canine winner of Britain's Got Talent. En route to the title, Pudsey and his owner Ashleigh Butler won over Walliams, delighted Dixon, stole the heart of Holden, and utterly captivated Cowell. They charmed the nation, too - with millions of viewers tuning in to see them take the crown. But what do we really know of Pudsey's journey to stardom? How did he get from being a depressed dog to the mutt of the moment? In this, the most unusual celebrity book of the year, he's finally ready to tell his tale. As a young pup, Pudsey always knew he was somehow different to his dog-standard peers. While his brothers and sisters contented themselves with chasing their tails, he sat apart, yearning for something more. With the help of the menagerie of pets that fill the Butler household and despite some dastardly opposition threatening to stop him at every turn, Pudsey managed to achieve his dream. This Autobiography tells the story of his incredibly journey, straight from the dog's mouth.

Daphne du Maurier Omnibus 1 Daphne Du Maurier 2012-09-20 Includes the novels Frenchman's Creek and Hungry Hill, and the story collection The Birds & Other Stories. Frenchman's Creek tells the story of Lady Dona St Columb's escape from the Restoration Court in search of love and adventure at Navron in Cornwall. Hungry Hill is a powerful tale of the feud between two great families, the Donovans and the Brodricks. Daphne du Maurier's short story 'The Birds' was the basis for the classic Hitchcock film.

The Energy Secret Jane Alexander 2020-03-05 Energy runs through all of life linking us with other people, our homes and nature and the universe, but we don't really use it to our benefit. Understanding and directing our vital energy can give life more meaning and purpose and help with our health, relationships and mental wellbeing. The book is divided into four sections: - Body (including breathing, exercise and the energy of food) - Emotional (connecting to other people) - Environmental (how to cultivate a positive atmosphere at home and work and how to connect with the natural world) - Spiritual (using visualisation and ritual to connect to the ultimate energy source, how to manage the dark energy of judgement and depression, and finally, looking at death and where that energy goes). Energy healing treatments include reiki, chakra healing, acupressure and acupuncture, but with Jane's simple

techniques, there's so much you can do at home to clear your energy paths and find harmony and joy in daily life.

The Looking Glass Michele Roberts 2012-03-15 In her place as maid to Madame Patin in the cafe next to the sea, orphan Genevieve becomes the breathless audience for her mistress's alarming folk stories, beginning with the one about the mermaid - the beauty who is also a monster - who must be killed. Genevieve happily falls into the patterns and ways of Madame Patin and contentedly cooks, cleans, gardens and serves the customers alongside her. Until, that is, Genevieve ripens to siren beauty. To avoid the mermaid's fate she must take flight. And she does, to a poet who has the hearts of all his women: his mother, his mistress, his niece, his niece's governess - and before long, his new maid's.

Trucks and Cars Coloring Book The Boys Coloring Club 2020-06-23 25 unique trucks and cars coloring pages for boys ages 4-8! Do you know of a kid who loves trucks and cars? Would you like to stimulate his imagination while improving his pencil grip? Are you looking to provide him with a non-screen activity that will help him relax? If so, then you've come to the right place. This ultimate coloring book will give him the opportunity to give color to some of the coolest trucks and cars. About this book: It contains 25 carefully designed and completely unique coloring pages specifically suitable for boys ages 4-8. It has single-sided pages to prevent bleed-through, and so that pages can be removed and put on the wall without losing an image on the opposite side. The pages are in a large 8x10 size. So if you are looking to give a fun experience to a boy between the age of 4-8, scroll up and click the "add to cart" button!

wagamama Feed Your Soul Wagamama Limited 2019-09-19 THE LONG-AWAITED, ALL-NEW COOKBOOK FROM WAGAMAMA These dishes have been designed for every occasion and offer recipes for a variety of diets. Cook rapid weekday meals, watch slow-cooked ramens simmer and even learn the art of making gyoza - Feed Your Soul is packed with tips and ideas for bringing wagamama to your kitchen. Feed Your Soul encourages mindful cooking - taking the time to appreciate and enjoy creating and eating these dishes is key. Methods for preparing your own homemade ramen noodles, kimchee, sauces and stocks are shared, so your dishes can be created entirely by you. We can't always spare the time to make everything from scratch, so you'll also find speedy, nutritious and simple recipes, as well as ingredient swaps and hacks. Including the never-before-shared recipe for chicken katsu curry, the famous yaki soba and fiery bang bang cauliflower, the dishes are balanced and offer suggestions for alternatives should you not have all the ingredients at home, allowing you to be more sustainable and creative in the kitchen. With original food photography, evocative shots of Japanese food emporia and lifestyle shots of noodles, ramen and ingredients, Feed Your Soul is set to become the new classic wagamama cookbook.

Mindfulness for Children Uz Afzal 2018-12-27 'There's never been a better time to encourage the little people to develop their natural abilities to be wise, calm and mind. This book is full of approachable yet effective ways to makemindfulness part of family life, whatever that looks like for you.' - Rohan Gunatillake, Creator of buddhify This inspirational and timely guide is about how mindfulness helps children, why it's becoming more popular and how to do it. It combines practical exercises that children can complete alongside their parents/carers with a fun and engaging commentary on the theory and science

behind the practice. Uz takes you through the day, from waking, eating, learning and appreciating to sleeping, including exercises for how to cope with exams, how to deal with the screen culture and what mindfulness practises you can do in holiday time. Together, this gives the reader an enjoyable and accessible path into the practice of mindfulness for children. Many schools are not able to include mindfulness in their curricula and educators and parents alike are eager to have more guidance on how to support children. This current era of rising levels of child mental health, with the pressures in schools as well as the increasingly fast-paced, digitized and image-obsessed world is having a really negative effect. Mindfulness for Children is a positive and practical tool that will give children the skills to manage their feelings, increase their confidence and concentration levels as well as aiding their transition to secondary school. And it can help parents and caregivers, too, by promoting happiness and relieving stress.

Opera 101 Fred Plotkin 1994-12 Explains how to develop an appreciation for opera by furnishing a concise history of opera, a glossary of terms, a list of books and recordings, a listener's guide to key operatic works, and advice on attending a performance

Visits from the Afterlife Sylvia Browne 2004 The best-selling author of *Life on the Other Side* shares true stories about encounters with ghosts and troubled souls, recounting her travels to haunted houses and ships where she had firsthand experiences with spirits in search of peace and closure. Reprint.

The Last Autist Cédric H Roserens 2021-05-04 It is Swiss nomadic writer, serial traveller, web content producer, chocoholic, vexillologist, Strauss and Dvořák aficionado, aspie, and avid stargazer Cédric H. Roserens' 5th book. A crucial journey to Macaronesia. Diagnosed with Asperger's syndrome in his mid-forties, Cédric H. Roserens used writing as a therapy. The result: an aspie trilogy, an autistic triptych composed of the short dystopia *The Last Autist*, the miniguide *Planet Asperger*, and the fairy tale *The Autistic Prince*.

The Death Collector Neil White 2015-03-15 Joe Parker is Manchester's top criminal defence lawyer and Sam Parker - his brother - is a brilliant detective with the Greater Manchester Police force. Together they must solve a puzzling case that is chilling Manchester to the bone...Danger sometimes comes in the most unexpected guises. *The Death Collector* is charming, sophisticated and intelligent, but he likes to dominate women, to make them give themselves to him completely; to surrender their dignity and their lives. He's a collector of beautiful things, so once he traps them he'll never let them go. In this gripping thriller, danger threatens the Parker brothers, and all those closest to them.

Fade to Black Francis Knight 2013-02-26 From the depths of a valley rises the city of Mahala It's a city built upwards, not across - where streets are built upon streets, buildings upon buildings. A city that the Ministry rules from the sunlit summit, and where the forsaken lurk in the darkness of Under. Rojan Dizon doesn't mind staying in the shadows, because he's got things to hide. Things like being a pain-mage, with the forbidden power to draw magic from pain. But he can't hide for ever. Because when Rojan stumbles upon the secrets lurking in the depths of the Pit, the fate of Mahala will depend on him using his magic. And unlucky for Rojan - this is going to hurt.

Biodiversity in Drylands Moshe Shachak 2005 *Biodiversity in Drylands*, the first

internationally based synthesis volume in the Long-Term Ecological Research (LTER) Network Series, unifies the concepts of species and landscape diversity with respect to deserts. Within this framework, the book treats several emerging themes, among them: ï¿½ how animal biodiversity can be supported in deserts ï¿½ diversity's relation to habitat structure, environmental variability, and species interactions ï¿½ the relation between spatial scale and diversity ï¿½ how to use a landscape simulation model to understand diversity ï¿½ microbial contributions to biodiversity in deserts ï¿½ species diversity and ecosystem processes ï¿½ resource partitioning and biodiversity in fractal environments ï¿½ effects of grazing on biodiversity ï¿½ reconciliation ecology and the future of conservation management In the face of global change, integration is crucial for dealing with the problem of sustaining biodiversity. This book promises to be a vital resource for students, researchers, and managers interested in integrative species, resource, and landscape diversities.

Coming Home Mariah Stewart 2010-03-23 New York Times bestselling author Mariah Stewart presents a captivating contemporary romance novel in the tradition of Robyn Carr, Susan Mallery, and Barbara Freethy. In the wake of his wife's murder, agent Grady Shields turned his back on the FBI—and everything else—to retreat into the vast solitude of Montana, grieve for his lost love, and forget the world. But after years in seclusion, his sister's wedding draws him to St. Dennis, a peaceful town on the Chesapeake Bay. Though he swears he isn't interested in finding love again, Grady can't ignore the mutual sparks that fly when he meets Vanessa Keaton. Although her past was marked by bad choices, Vanessa has found that coming to St. Dennis is the best decision she's ever made. Bling, her trendy boutique, is a success with tourists as well as with the townspeople. She's made friends, has a home she loves, and has established a life for herself far from the nightmare she left behind. The last thing she's looking for is romance, but the hot new man in town is hard to resist. And when Vanessa's past catches up with her, Grady finds that he's unwilling to let her become a victim again. As together they fight her demons, Grady and Vanessa discover that life still holds some surprises and that love doesn't always have to hurt. BONUS: This edition includes an excerpt from Mariah Stewart's *Long Way Home*.

Sylvia Browne's Book of Dreams Sylvia Browne 2003 Revealing how dreams influence such things as memory, health, and relationships, a guide to making positive changes by identifying dream messages also explains how to reconnect with departed loved ones through dreams.

Undead and Undermined MaryJanice Davidson 2011-07-05 All-new in the New York Times bestselling drop-dead funny series. Vampire Queen Betsy Taylor thought she couldn't die. So what's she doing in the morgue? It could have something to do with a time-traveling trip she made, and a foe with a wicked agenda that could finally be the real death of Betsy—if she's not careful.

The Voyage Home Jane Rogers 2005-11-29 A missionary's daughter confronts her father's secrets—and her own life—in this “deeply poetic” novel by the award-winning author of *Mr. Wroe's Virgins* (The Guardian). When her missionary father suddenly dies in Nigeria, thirty-seven-year old school teacher Anne Harrington makes the journey from London to retrieve his body. She decides to take the return voyage by container ship, giving herself time to come to terms with his death. She had no way of knowing what would await her onboard: that she would get involved with two stowaways (clandestinely), and the ship's mate

(sexually), and the journey would end in murder. Nor, for that matter, that reading her father's diaries would reveal an illegitimate sibling, whose fate her father was seeking when he died and whom Anne must now attempt to find in order to make peace with herself. In *The Voyage Home*, Jane Rogers explores the themes of immigration and colonialism in "a lusciously written tale, rich in emotional nuance" (Publishers Weekly).

Forgotten Skills of Cooking Darina Allen 2018-11-05 Winner of the Andre Simon Food Book Award 2009. Darina Allen has won many awards such as the World Gourmand Cookbook Award 2018, the Award for Outstanding Contribution to the Irish Culinary Sector by Euro-Toques, the UK Guild of Food Writers Lifetime Achievement Award and the 2018 Guaranteed Irish Food Hero Award. 'There's not much this gourmet grande dame doesn't know.' Observer Food Monthly In this sizeable hardback, Darina Allen reconnects you with the cooking skills that missed a generation or two. The book is divided into chapters such as Dairy, Fish, Bread and Preserving, and forgotten processes such as smoking mackerel, curing bacon and making yogurt and butter are explained in the simplest terms. The delicious recipes show you how to use your home-made produce to its best, and include ideas for using forgotten cuts of meat, baking bread and cakes and even eating food from the wild. The Vegetables and Herbs chapter is stuffed with growing tips to satisfy even those with the smallest garden plot or window box, and there are plenty of suggestions for using gluts of vegetables. You'll even discover how to keep a few chickens in the garden. With over 700 recipes, this is the definitive modern guide to traditional cookery skills.

Ships That Pass in the Night Frances M Taylor 2015-12-03 Fran Taylor was born and grew up in Scotland on the banks of the River Clyde. From her earliest days she watched ships of all types going up and down the River and became fascinated with the sea and all things maritime. She first went to sea at age fourteen, with a school group on a converted ex-troop ship. In 1966 she emigrated to Australia and had a varied working life, culminating in a career as a contracts engineer in the oil and gas industry after furthering her education as a mature-age student at Perth's Edith Cowan University where she gained a Bachelor's Degree. She has sailed all over the world in a number of "Tall Ships" and has had a number of articles published. She is a regular on the guest speaking circuit around Perth where she lives when not pursuing her dreams and answering the call of the sea. In 2012 she took part in the Titanic Memorial Cruise, a special event to commemorate the 100th anniversary of the sinking. This book tells that story.

Greedy Girl's Diet Second Helpings! Nadia Sawalha 2018-09-13 We've all been there: you start a diet with the best of intentions, but, after a busy day at work or a nightmare journey home, the thought of spending an age chopping vegetables for a salad or gloomily sipping a flavourless soup is just too much. Before you know it, you're reaching for the frozen pizza or dialling the number of your favourite takeaway. That's where Nadia comes in. In *Greedy Girl's Diet*, she proved that healthy food doesn't have to be dull and that you can still have treats without overindulging. Now she's back, with a host of family-friendly, healthy and nutritious recipes (including her famous desserts!) that can be prepared and on the table in no time. *Greedy Girl's Diet: Second Helpings* is full of delicious, diet-friendly dishes, with one chapter specialising in ten-minute meals, another for half-hour dinners - perfect for a weeknight - and a whole host of lunchbox suggestions. There's a section on guilt-free 'junk' food, a guide to making takeaway-style dishes without the calories, and even an emergency three-day detox for when you just have to fit

into that dress.

Thief of Lives Barb Hendee 2004-01-06 "Take Anita Blake, vampire hunter, and drop her into a standard fantasy world and you might end up with something like this exciting first novel."—Chronicle "A mix of The Lord of the Rings and Buffy the Vampire Slayer...an engaging adventure."—New York Times bestselling author Kevin J. Anderson Magiere the dhampir thought that her nights of hunting vampires were over. Settling down in her newly adopted village of Miiska—now vampire-free thanks to her and her half-elf partner, Leesil—she looked forward to quiet days tending to her tavern. But far away in the capital city of Bela, a prominent councilman's daughter has been found dead on her own doorstep—and all signs point to a vampire. Bela's town council offers a generous bounty to the dhampir if she will slay their vampire, knowing that the battered and burned village of Miiska could use the infusion of cash. Magiere resists, wanting nothing more than to forget her past—and ignore her half-vampire nature. Only Leesil, her partner and confidant, can persuade Magiere to follow her destiny—before more innocents are claimed by darkness. . . .

The Recipe Box Sandra Lee 2013-07-02 From New York Times bestselling author Sandra Lee comes her debut novel, a heartwarming story about food, family, and forgiveness. Grace Holm-D'Angelo is at her wit's end, trying to create a new life from broken pieces. Newly divorced, she is navigating suddenly becoming a single mother to her fourteen-year-old daughter. Emma, resentful about being uprooted from Chicago to LA and still reeling from the divorce, is generally giving her mother a hard time. Then Grace's best friend, Leeza, succumbs to breast cancer after a long battle, and Grace realizes that you don't get a second chance at life. She returns to her hometown of New London, Wisconsin, to try to reconcile with her own mother, Lorraine, with whom she's been estranged for longer than she cares to remember. Over the course of the summer, Grace rediscovers the healing powers of cooking, coming to terms with your past, and friendship, and learns you can go home again, and sometimes that's exactly where you belong. The Recipe Box celebrates mothers, daughters, and friendships, and also features Sandra's delicious original recipes.

Playing the Game Seymour 1995 Having been jilted by her boyfriend, a hitherto demure careerwoman with a high-powered job embarks on a sexual odyssey, aiming to prove her right to sexual freedom and that women can do exactly as they please. At the story's end she is stronger, more confident and more sure of her sexuality.

Uncle Greg's Treasure Cédric H Roserens 2021-05-10 It is Swiss nomadic writer, serial traveller, web content producer, chocoholic, vexillologist, Strauss and Dvořák aficionado, aspie, and avid stargazer Cédric H. Roserens' 3rd book. A Wishing Shelf Book Awards 2018 finalist. An epistolary adventure around the world. Jetlag guaranteed! Forky's not-that-brilliant banking career is brutally interrupted on the eve of his 40th birthday, to go find a treasure that no bank could store.

Planet Asperger Cédric H Roserens 2021-05-04 It is Swiss nomadic writer, serial traveller, web content producer, chocoholic, vexillologist, Strauss and Dvořák aficionado, aspie, and avid stargazer Cédric H. Roserens' 5th book. A journey to the centre of an aspie brain. Diagnosed with Asperger's syndrome in his mid-forties, Cédric H. Roserens used writing as a therapy. The result: an aspie trilogy, an autistic triptych composed of the short dystopia The Last Autist, the miniguide Planet Asperger, and the fairy tale The Autistic Prince.

Shadowrun Sprawl Wilds Catalyst Game Labs 2013-09-11 You live in any sprawl long enough, you'll find out that there's a lot more to it than businessmen and soykaf stalls. Any sprawl worth its mettle has its dark corners, its forgotten places, its spots that are just as wild and untamed as the deepest rainforest. Seattle, the prime metroplex in the world for shadowrunning, is filled with such places, and Sprawl Wilds gives shadowrunners a chance to tour them. From a fortress-like Barrens farm recovering from a mysterious attack to a dark secret hidden in a clinic, runners have a chance to see the sites most people never encounter, and uncover information that some people want to stay secret at any cost. They'll meet jaded smugglers, wary police officers, passionate activists, hardened criminals, wounded warriors, and at least one deranged killer. The questions are, will they survive long enough to collect a paycheck and how much of the sprawl will be nothing more than dust when they're done with it? Sprawl Wilds is a collection of Shadowrun Missions developed for major summer gaming conventions. These adventures have been adapted for both Shadowrun, Twentieth Anniversary Edition and Shadowrun, Fifth Edition, and they provide hours of shadowrunning goodness for experienced street veterans and new shadowrunners alike. With complete game information, including NPC stats, these adventures are poised to plunge players into urban chaos!

Euripides Euripides 1832

The Meat Free Monday Cookbook Paul McCartney 2018-07-30 In 2009, Paul, Stella and Mary McCartney launched the Meat Free Monday campaign as a simple and straightforward idea to show everyone the value of eating less meat - and to make it easier for us all to do so. The Meat Free Monday Cookbook is for everyone who shares the campaign's aims and consists of menus for each of the 52 weeks of the year - two main dishes, plus four other ideas for each meal of the day. Packed with recipes such as Spiced Pumpkin Pancakes, Roasted Halloumi Wrap, Pilau Rice with Cashews and Watermelon Granita, as well as vibrant spring soups, inventive summer salads, appetising autumn bakes and comforting winter stews, it includes contributions from Paul and Stella McCartney as well as from celebrity and chef supporters of the campaign such as Skye Gyngell, Giorgio Locatelli, Theo Randall, Yotam Ottolenghi, Bryn Williams, Twiggy and Vivienne Westwood.

Complete Short Stories Elizabeth Taylor 2012-06-21 Elizabeth Taylor is finally being recognised as an important British author: one of great subtlety, great compassion and great depth - Sarah Waters Elizabeth Taylor, highly acclaimed author of classic novels such as *Angel*, *A Game of Hide and Seek* and *Mrs Palfrey at the Claremont*, is also renowned for her powerful, acutely observed stories. Here for the first time, the stories - including some only recently rediscovered - are collected in one volume. From the awkward passions of lonely holiday-makers to the anticipation of three school friends preparing for their first dance, from the minor jealousies and triumphs of marriage to tales of outsiders struggling to adapt to the genteel English countryside, with a delicate, witty touch Elizabeth Taylor illuminates the nuances of ordinary lives. Books included in the VMC 40th anniversary series include: *Frost in May* by Antonia White; *The Collected Stories of Grace Paley*; *Fire from Heaven* by Mary Renault; *The Magic Toyshop* by Angela Carter; *The Weather in the Streets* by Rosamond Lehmann; *Deep Water* by Patricia Highsmith; *The Return of the Soldier* by Rebecca West; *Their Eyes Were Watching God* by Zora Neale Hurston; *Heartburn* by Nora Ephron; *The Dud Avocado* by Elaine Dundy; *Memento Mori* by Muriel Spark; *A View of the Harbour* by Elizabeth Taylor; and *Faces in the Water* by Janet Frame

Hollywood Knits Style Suss Cousins 2004-09-01 A collection of more than twenty-five knit designs comes with stories about the designs and the people that wore them, and tips on hosting knitting parties.

Dhampir Barb Hendee 2003-01-07 She hunts the realm's most dangerous game. Her fees are exorbitant. She's worth every coin she receives. Or is she? Magiere has earned a reputation as the most formidable vampire slayer in the land. Villagers far and wide welcome her with both awe and disdain—grateful to her for ridding their towns of the undead menace, but finding themselves made poorer for their salvation. Magiere knows she's dealing with simple folk, who only wish to have their superstitions silenced, and sees nothing wrong with exploiting them for profit. Now, tired of the game, Magiere and her partner, the half-elf Leesil, are ready to hang up their weapons and settle down in a place they can finally call home. But their newfound peace will not last—for Magiere has come to the attention of a trio of powerful and dangerous vampires who know her true identity—and fear the birthright that flows through her veins. And they will stop at nothing to keep Magiere from fulfilling her destiny.

Undead and Unstable MaryJanice Davidson 2012-06-05 A death and life situation... Betsy's heartbroken over her friend Marc's death, but at least his sacrifice should change the future—her future—for the better. But Betsy's next few hundred years will still be far from perfect. After all, her half sister Laura is the Antichrist and Laura's mother is Satan, which means that family gatherings will always be more than a little awkward. What's really bothering Betsy is that ever since she and Laura returned from visiting their mom in hell, Laura's been acting increasingly peculiar. Maybe it's Laura's new job offer as Satan's replacement down under. Unfortunately, the position comes at a damnable price: her soul. Now a war has been waged—one that's going to take sibling rivalry to a whole new level and a dimension where only one sister can survive.

Healthy Eating: The Prostate Care Cookbook Professor Margaret Rayman 2018-12-27 Prostate cancer is the most common cancer to affect men and there is evidence that the health of the prostate can be helped by a diet of eating the right foods and avoiding harmful effects of others. This is both a cookbook and guide written by expert Margaret Rayman, who created the Nutritional Medicine Post Graduate programme for the University of Surrey. A detailed introduction looks at why diet is so important and how eating certain foods can help prevent development of the disease or its spread. Various top chefs have put their healthy hats on and contributed some great recipes that include Broad Bean and Apple Crostini, Moroccan Lamb Stew, Chicken with Walnut and Pomegranate Sauce, and Ruby Fruit Salad with Raspberry Coulis. Simple to prepare and made from easily accessible ingredients, these recipes can also be used for everyday family eating as well as entertaining.

How to Make Big Money in Your Own Small Business Jeffrey J. Fox 2004-05-19 Ever dream of starting your own business? According to USA Today, more than 47 million people want to own their own businesses and over 20 million actually do. In *How to Make Big Money in Your Own Small Business*, bestselling business author Jeffrey Fox offers sound rules to succeeding in small business, whether you're running a bookstore, consulting business, or restaurant. In short chapters that range from administration and cash flow to marketing and hiring, Fox reminds entrepreneurs what's important and what's not, what makes a business succeed, and what causes it to fail.

Greedy Girl's Diet Nadia Sawalha 2018-08-23 Nadia Sawalha has always loved cooking, but until recently rarely ate her own food. Like a lot of women, whilst her family tucked in to delicious dishes, she nibbled on diet food. Later, ravenously hungry, she binged, somehow convincing herself that the calories didn't count if nobody saw her eating them. Two years ago, after decades of fluctuating weight, she decided enough was enough: * She wasn't going to start a new diet tomorrow. * She wasn't going to start a new diet ever again. * She was going to eat normal meals with her family and, most importantly, she was going to do so for the rest of her life. Since then, Nadia has lost and kept off 31/2 stone, by simply throwing away the diet books. Instead she shaved off the hidden calories, all without anyone noticing. A little less oil here, a different cut of meat there; brown rice instead of white, more herbs, spices and colour; and a dessert every day! The result is *The Greedy Girl's Diet*, which is packed with more than 100 delicious recipes, and Nadia's invaluable tips and advice on how to achieve a slim, fit and healthy body.

Chain of Evidence Ridley Pearson 2012-08-14 Can Detective Joe "Dart" Dartelli uncover the truth? Or, more importantly, does he dare? Detective Joe "Dart" Dartelli made one critical mistake in his police career: He chose to ignore a piece of evidence in a case labeled a suicide that might have been a murder. The dead man was himself a vicious woman-killer who more than deserved his fate, but that ignored evidence pointed to Dart's former mentor, the brilliant forensic specialist Walter Zeller. Now another suicide victim turns up--the body of a wife-beater--and the evidence clearly shows that the death was self-inflicted . . . or does it? Zeller was the best at reading and understanding the forensics of a crime scene--could he have manipulated it? Worse, why has Zeller disappeared? It terrifies Dart to suspect that Zeller is in fact on some twisted vigilante crusade, but Dart also knows that if he's right, only he can stop it. *Chain of Evidence* is the intense, heart-pounding story of student versus mentor in the playing field of forensic investigation. Ridley Pearson links computer technology, psychological intensity, and complex questions of police and human ethics to create this breathlessly paced, unputdownable thriller.

The Container Gardener Frances Tophill 2018-07-16 Whether you love growing, love creating, or just want to liven up your outdoor space, a container garden is just the answer. So many of us nowadays are crammed into our homes and a garden is a luxury that few can afford. But there is always room for a bit of greenery; whether it's herbs and spices to add fresh flavour to your food, or putting a jungle on your windowsill, a container can enable growers to bring nature to the most inhospitable and smallest spaces. Frances Tophill covers the sustainable, crafty and culinary aspects of container gardening. From urns and troughs to chimney stacks and hanging baskets alongside what to grow inside them - bonsai to annuals, bulbs, grasses and bamboos, tumbling and creeping plants and flowers - there are also 40 ideas on how to pair plants and pots, including upcycling existing items and creating your own containers.

Let's Play Sports! Coloring Book Uncle G 2015-05-28 Sports makes a child physically fit but to get them to play requires a some prodding. So here's a delightful coloring book that features different sport games. When your child colors these images, he/she starts getting curious and might eventually give sports a try. Coloring is also helpful in practicing grip, focus and determination - essential skills needed to play. Buy a copy today!

The Duchess Hunt Jennifer Haymore 2014-07-01 Simon Hawkins, duke of Trent, eschews his normally strict code of honor when he begins a forbidden romance with lady's maid Sarah Osborne.

The Other Side Chevy Stevens 2013-04-02 An original ebook short story from New York Times bestselling author Chevy Stevens featuring Psychiatrist Nadine Lavoie and Staff Sergeant Sandy McBride, from *Never Knowing*. Sandy is working the biggest case of her life—the Campsite Killer, who has been hunting women for almost forty years. She's finally close to nailing him, if she can just keep her head in the game. But when an old friend calls with a lead about Sandy's mother's murder, Sandy is pulled into the past—a past she thought she'd closed the door on. Her life is about to get real complicated, real fast.