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Leeds Geological Association. Transactions 1891

The Sanatorium Sarah Pearse 2021-02-04 'The Sanatorium will keep you checking over your shoulder. This spine-tingling, atmospheric thriller has it all: an eerie Alpine setting, sharp prose, and twists you'll never see coming. A must-read.' Richard Osman 'An eerie, atmospheric novel that had me completely on the edge of my seat.' Reese Witherspoon *WATERSTONES THRILLER OF THE MONTH* *HALF A MILLION COPIES SOLD* *THE NO.1 SUNDAY TIMES BESTSELLER* *A REESE WITHERSPOON BOOKCLUB PICK* A beautiful, eerie hotel in the Swiss Alps, recently converted from an abandoned sanatorium, is the last place Detective Elin Warner wants to be. But her estranged brother has invited her there for his engagement party, and she feels she has no choice but to accept. Arriving in the midst of a threatening storm, Elin immediately feels on edge. And things only get worse when they wake the next morning to find her brother's fiancée is missing. With access to the hotel cut off, the guests begin to panic. But this is only the first disappearance. Everyone's in danger - and anyone could be next . . .

_____ 'The Sanatorium is an absolutely splendid Gothic thriller.' A. J. Finn 'One of the best books of 2021 [...] guaranteed to give you goosebumps.' Woman & Home 'I absolutely loved The Sanatorium - it gave me all the wintry thrills and chills.' Lucy Foley 'A menacing, creepy debut [...] echoes of Hitchcock and du Maurier.' Daily Mail 'A chillingly vivid thriller in a fantastic setting.' T. M. Logan Readers love The Sanatorium: ***** 'Thrilling, chilling - a tingles down my spine type of read.' ***** 'Imagine a universe where Agatha Christie and Stephen King collaborated on a book.' ***** 'Sarah Pearse wastes no time in ramping up the tension and is clearly destined to be a master of this genre.' PRE-ORDER The Retreat, the addictive new thriller from the global bestselling author of The Sanatorium. Coming July 2022.

Working in Ski Resorts Victoria Pybus 1988

My Sergei Ekaterina Gordeeva 2009-09-26 The Olympic gold medalist offers a poignant, loving account of her life with her long-time partner and beloved husband, Sergei Grinkov, from their first introduction and successive world pairs skating championships, to their storybook romance and marriage, to the fatal heart attack that took Sergei's life.

24 Minutes On The Other Side Tessa Romero 2020-02-07 WOULD YOU RETURN FROM DEATH TO SAVE THE LIFE OF SOMEONE YOU DON'T KNOW? Tessa Romero lived a Near Death Experience (NDE) for 24 minutes. She returned to save another life. This experience transformed her, allowing her to enjoy a full and happy life, free from fear. In "24 Minutes on The Other Side", Tessa tells us about her amazing journey to the afterlife—where she established contact with other beings—to help you understand the sense of life and death. One cannot exist without the other. Thanks to her experience with patients suffering from a terminal disease, the author learned that it is possible to live without fear of death and presently helps others to overcome their fear and die in peace, with dignity, knowing that death is only an awakening to a new life. Why are we afraid of dying? Is there life after death? Can we live without fear? Tessa invites us to follow her during her journey with the object of finding an answer to these fascinating mysteries. **SELECTED REVIEWS** "This shocking book gave me goosebumps. It successfully combines experience with science. The story is clear and the reading is fluid. Its pages present the author as a benevolent person with good intentions to help us. In hard times, I remember Tessa and her story, and try not to forget that there is life before death." Benjamín Espinoza. Chemical engineer "This book has helped me face my death-related fears. It made me aware of how easy it is to live without fearing death as such. It gave me a lot of strength, energy and, most precious, Love. Tessa taught me that instead of living in fear we should learn how to live." Filli Ramírez. Entrepreneur. **THE AUTHOR** Tessa Romero is a writer, journalist, sociologist, and life coach. She is a volunteer for the defense of human rights and a journalist with a wide experience in Spain's leading news media. She has written educational manuals on lyrical and symphonic music, tourist guides for several countries, as well as touristic and cultural articles for both the Spanish and the international printed press. She won her first literary award when she was only 8 years old and was prompted by her true vocation, as an author, to write her story and thus give life to this, her first personal-growth book, thus fulfilling her dream of helping others. Copyright(c)TessaRomero2020

Ski de randonnée autour du Mont-Blanc François Matet 2020-02-20

Extreme Eiger Peter Gillman 2016-02-16 •The classic story of a notorious climb, now revised, updated, and expanded by the original author with new information •Literally a race to ascend Europe's most formidable mountain wall—Brits and Americans versus Germans The North Face of the Eiger was long renowned as the most dangerous climb in the Swiss Alps, one that had cost the lives of numerous skilled mountaineers. In February 1966, two teams—one German, the other British/American—aimed to climb it in a straight line from bottom to top.

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Astonishingly, the two teams knew almost nothing about each other's attempt until both arrived at the foot of the face. The race was on. The Anglo-American team of John Harlin, Layton Kor, and Dougal Haston intended to make a dash to the summit when conditions were right. The Germans, with an eight-man team and a mass of equipment, planned a slow, relentless ascent. Watching all was a young journalist, Peter Gillman. Now, fifty years later, Gillman recalls the dramatic events on the North Face, and assesses their effect on those who took part. The charismatic and controversial American climber John Harlin was killed before the summit was reached, while others were permanently injured through frostbite. For British photographer Chris Bonington, who was sucked into the action, it opened a path to a career and reputation as Britain's foremost mountaineer. "It was incredibly challenging and probably some of the hardest climbing done in the Alps to that time," remembers Bonington. "Being involved was absolutely fantastic. There's never been anything like it for me, before or since." This title is part of our LEGENDS AND LORE series. [Click here >](#) to learn more.

Rutas con esquís Pirineo Aragónés Jorge García-Dihinx 2014

Nature Inside William D. Browning 2020-09-01 Written by a leading proponent of biophilic design, this is the only practical guide to biophilic design principles for interior designers. Describing the key benefits, principles and processes of biophilic design, Nature Inside illustrates the implementation of biophilic design in interior design practice, across a range of international case studies – at different scales, and different typologies. Starting with the principles of biophilic design, and the principles and processes in practice, the book then showcases a variety of interior spaces – residential, retail, workplace, hospitality, education, healthcare and manufacturing. The final chapter looks 'outside the walls', giving a case study at the campus and city scale. With practical guidance and real-world solutions that can be directly-applied in day-to-day practice, this is a must-have for designers interested in applying biophilic principles.

[Advances in Research in Karst Media](#) Francisco Carrasco 2010-08-16 The Malaga Symposia Series provides an international forum for scientific debate on the progress made in research into karst environments. The 2010 meeting of the 4th International ISKA presents 80 papers in four key areas: karst hydrogeology and investigations, karst landscape and ecosystems, human interaction with karst environments, and engineering geology in karst areas. This book will be a useful edition to the libraries of consultants, scientists, lecturers, and policy makers concerned with the special issues of karst terrains.

A Little Trouble in Dublin Level 1 Beginner/Elementary American English Edition

Richard MacAndrew 2011 The graded readers series of original fiction, adapted fiction and factbooks especially written for teenagers. Twins, Andy and Mary, are in Dublin on a school trip. When Mary discovers that she has been given a forged €20 note, she thinks she knows the identity of the forger. The twins start to investigate, but it soon becomes clear that the forgers know who Andy

and Mary are too. This paperback is in American English. Audio recordings of the text are available on our website at:
www.cambridge.org/elt/discoveryreaders/ame Cambridge Experience Readers, previously called Cambridge Discovery Readers, get your students hooked on reading.

Lleida Climbs - Catalunya Pete O'Donovan 2013-12-01 A guidebook to one of the finest sport climbing venues in Europe, the Catalan province of Lleida in Northeast Spain. It describes 120 separate sectors spread across 22 zones, offering almost 2,800 routes of between grade III (S) and 9b+, and ranging from just a few metres in length to over 250 metres.

Anthology of Contemporary Latin American Poetry Dudley Fitts 2008-11 Originally published in 1897, this early work is a fascinating novel of the period and still an interesting read today. Contents include; The function of Latin, Chansons De Geste, The Matter of Britain, Antiquity in Romance, The making of English and the settlement of European Prosody, Middle High German Poetry, The 'Fox, ' The 'Rose, ' and the minor Contributions of France, Icelandic and Provençal, The Literature of the Peninsulas, and Conclusion..... Many of the earliest books, particularly those dating back to the 1900's and before, are now extremely scarce and increasingly expensive. We are republishing these classic works in affordable, high quality, modern editions, using the original text and artwork

Andorra Revealed Clare Allcard 2016-01-25 Andorra Revealed: Entertaining stories about one of the world's more enigmatic countries. Journey with us through fact and fiction, memoir and imagination, behind the scenes and into the heart of this unique, pocket-sized country. The book is crammed with facts, past and present and interwoven with bedtime stories that reveal even more of this rare Co-Principality: tales of smugglers and pigs, murder and even witches on broomsticks. Serving as an entertaining companion for would-be visitors and a practical guide for those considering Andorra as a place to live, it shares with you the allure that has brought foreigners from all over the world to make this country their home. including the authors themselves: Clare Allcard arrived by sailboat - and car - from Singapore, Judith Wood, born in Bombay, was drawn from London, Iain Woolward from Silicon Valley, Alexandra Grebennikova from Russia, Valerie Rymarenko from Spain while Ursula Urs Simpson, born in Shanghai, arrived in Andorra by camper van.

Ultimate Skiing Ron LeMaster 2010 A stunning, full-color guide for the modern skier, Ultimate Skiing speaks to the intermediate, advanced and racing readership by including updated techniques for modern-shaped ski designs and tips for fine-tuning boots for specific styles and terrain. Ultimate Skiing features author Ron LeMaster's clear, thorough and captivating photo sequences depicting proper form on the slopes. Every chapter includes analyses of World Cup skiers, as well as exercises for developing and practicing technique. Original.

Fifty Places to Ski and Snowboard Before You Die Chris Santella 2013-10-15
Fifty Places to Ski and Snowboard Before You Die—the 10th book in the popular Fifty Places series—takes readers to some of the world’s most inspiring skiing/snowboarding destinations: the Chugach Mountains (Alaska); Aspen, Crested Butte, and Steamboat Springs (Colorado); Tuckerman Ravine (New Hampshire); Rusutsu (Japan); Chamonix (France); Portillo (Chile); and Whistler Blackcomb (British Columbia). Based on interviews with leading experts, the book chronicles the rich history of these sports and the people who have mastered them, including Tommy Moe, Jonny Moseley, Billy Kidd, and Greg Harms. Above all, Santella provides readers with the gorgeous scenery, the glamorous ambiance, and the always thrilling experience of visiting mountains from the Alps to the Rockies, whether it’s après-ski in Cortina or helicopter rides into virgin Alaskan powder. Praise for *Fifty Places to Ski and Snowboard Before You Die* “Even the reader who gets no farther than the couch can feel transported to the snow-covered peaks, mogul fields, and sparkling expanses sculpted by the book’s avalanche of quirky nuggets, insider tips, and historical perspectives . . . After writing nine other Fifty Places guides, author Chris Santella has the drill down.” –Reuters.com “Whether you’re an expert looking to hit the double diamond moguls or a beginner who wants a gentle slope just in case stopping is an issue, these spots have a little something for everyone.” –The Daily Beast “For powderhounds, *Fifty Places to Ski & Snowboard Before You Die* by Chris Santella (\$25) looks at snow sports destinations around the world.” –Associated Press

The Shining Mountain Peter Boardman 2013-10-01 'It's a preposterous plan. Still, if you do get up it, I think it'll be the hardest thing that's been done in the Himalayas.' So spoke Chris Bonington when Peter Boardman and Joe Tasker presented him with their plan to tackle the unclimbed West Wall of Changabang - the Shining Mountain - in 1976. Bonington's was one of the more positive responses; most felt the climb impossibly hard, especially for a two-man, lightweight expedition. This was, after all, perhaps the most fearsome and technically challenging granite wall in the Garhwal Himalaya and an ascent - particularly one in a lightweight style - would be more significant than anything done on Everest at the time. The idea had been Joe Tasker's. He had photographed the sheer, shining, white granite sweep of Changabang's West Wall on a previous expedition and asked Pete to return with him the following year. Tasker contributes a second voice throughout Boardman's story, which starts with acclimatisation, sleeping in a Salford frozen food store, and progresses through three nights of hell, marooned in hammocks during a storm, to moments of exultation at the variety and intricacy of the superb, if punishingly difficult, climbing. It is a story of how climbing a mountain can become an all-consuming goal, of the tensions inevitable in forty days of isolation on a two-man expedition; as well as a record of the moment of joy upon reaching the summit ridge against all odds. First published in 1978, *The Shining Mountain* is Peter Boardman's first book. It is a very personal and honest story that is also amusing, lucidly descriptive, very exciting, and never anything but immensely readable. It was awarded the John Llewelyn Rhys Prize for literature in 1979, winning wide acclaim. His second book, *Sacred Summits*, was published

shortly after his death in 1982. Peter Boardman and Joe Tasker died on Everest in 1982, whilst attempting a new and unclimbed line. Both men were superb mountaineers and talented writers. Their literary legacy lives on through the Boardman Tasker Prize for Mountain Literature, established by family and friends in 1983 and presented annually to the author or co-authors of an original work which has made an outstanding contribution to mountain literature. For more information about the Boardman Tasker Prize, visit: www.boardmantasker.com

Rutas con esquís Pirineo Aragonés Jorge García-Dihinx 2014

Birds of Spain

Quaternary Geomorphology in India Balai Chandra Das 2018-05-19 This edited book presents a novel collection of field-based empirical studies on the Quaternary geomorphology of the Lower Ganga Basin. The book covers a wide range of topics discussing various geomorphological facets of the Lower Ganga and its subsidiary rivers focussing on laterites, palaeoenvironment and palaeogeomorphology, palaeo-coastal landforms, neo-tectonism, tidal-fluvial dynamics, extra-channel geomorphology and channel-pattern adjustment among others. Various methodologies were applied ranging from historical records and religious texts to state-of-the-art remote sensing and GIS techniques. The book appeals to all scientists and post-graduate students of geomorphology and related areas who want to acquire detailed knowledge of the geology and geomorphology of the Lower Ganga Basin or are in search of new methodologies for studying the feedback mechanisms between forms and processes.

The Christ of Velazquez Miguel de Unamuno 1951

The GR11 Trail Brian Johnson 2018-06-15 The GR11 trail (La Senda Pirenaica) is a glorious 820km traverse of the Pyrenees from the Atlantic to the Mediterranean on the Spanish side of the border with France. The guidebook presents the route in 47 stages of 8-31km and provides everything hikers will need to take up the challenge - detailed route description, excellent photographs, lots of background information and unique custom-produced maps. Also included are bad weather options - although the weather is often good along this route - detours to find accommodation at some points, and advice on where to stay, supplies, language and logistics, as well as a glossary including Aragon, Basque and Catalan words, to help you find your way. Although it's a serious challenge for experienced walkers the route is less demanding than the higher-level Pyrenean Haute Route, sunnier and wilder than the GR10 which runs along the French side, and well waymarked throughout with regular opportunities to find accommodation and stock up your supplies.

Allen & Mike's Avalanche Book Mike Clelland 2012-12-04 With more and more people heading into the winter backcountry on skis, snowshoes, and snowmobiles, avalanche safety is of paramount importance. Allen & Mike's Really Cool Avalanche Safety Book distills the sometimes overly technical information of

snow science into a user-friendly format with helpful illustrations and easy-to-understand text. With years of experience as NOLS instructors to draw on, Allen O'Bannon and Mike Clelland team up to give winter recreationists the information they need to stay safe in the backcountry, including how to prepare for your trip, proper equipment and how to use it, snowpack assessment, choosing safe travel routes, decision making, and rescue scenarios. Written for both aspiring winter backcountry travelers and experts alike, this book is a must-read for anybody who loves to experience the solitude and beauty of the snowy mountains.

The Blue Division Xavier Moreno Julia 2015-08-01 This book, translated from the original Spanish, is the primary academic and historical study of the Blue Division -- a Falangist initiative involving the dispatch of some forty-thousand Spanish combatants (over a half of whom paid with their lives, health, or liberty) to the Russian Front during the Second World War. Xavier Moreno Juliá does not limit himself to relating their deeds under arms, but also analyses -- for the first time -- the political background in detail: the complex relations between the Spanish government and Hitler's Germany; the internal conflicts between the Falangists and the Army; the rise and fall of Franco's brother-in-law, Minister Ramón Serrano Suñer, who inspired the Blue Division and became the second most powerful person in Spain; and the attitude of General Agustín Muñoz Grandes, commander of the Blue Division, who was encouraged by Berlin to seriously consider the possibility of taking over the reins of Spanish power. In the end, there were 45,500 reasons that led to joining the Blue Division -- one for each young man who decided to enlist. To understand all of the complex reasons behind their military service under German command is impossible at this juncture. It is an irrecoverable past that lies in Spanish cemeteries and on the Russian steppes. This book, based on massive documentation in German, British and Spanish archives, is an essential source of information to understand Spain in the 1940s -- an epoch when the Caudillos' power and the regimes' good fortune were less secure than is often believed. Published in association with the Cañada Blanch Centre for Contemporary Spanish Studies, LSE.

Rutas con esquís Pirineo Aragonés Jorge García-Dihinx 2014

The Crinkle Crackle Wall Sabina Ostrowska 2020-12-27 What readers are saying about this book: "I could not put this book down and despite a mountain of jobs to do I kept convincing myself 'just one more chapter'." "How brave, or was it foolhardy? Sabina and Robert set off to a country they didn't know and a language that they didn't speak - could this be a recipe for disaster or an amazing adventure? I gasped and laughed and almost cried at various points in their story. Do read it you won't be disappointed and the good news is that there is more, as this is only the first year!!!" "I was transported to another place that was idyllic and yet took perseverance and determination to survive." "Sabina describes the local area and people with great passion, bringing everything to life for the reader. Adapting to a new way of life in rural Andalusia, throwing themselves into learning the ways of the village, embarking

on harvesting their olive trees, delighting at the production of their own olive oil. Harvesting and learning how to preserve figs and tomatoes, there is never a dull moment. No matter the hardships encountered, they still manage to see the humorous side of life." "I loved this book and found the trials and tribulations of Sabina and Robert really interesting. It was so well written and had some really humorous parts. I felt quite sad when I finished the book and I'm looking forward to the next instalment." "What happens if you take two city dwellers, living in the UAE, and transplant them to a ruin in rural Andalucía? Answer: The Crinkle Crankle Wall. Although I live 1000km north of Sabina in a totally different part of Spain, her descriptions of rural life and the characters which populate their tiny rural town struck a strong chord. Language problems, fitting in with the neighbours and renovation nightmares all struck home and I enjoyed following a similar yet very different story of moving to Spain." from Lisa Rose Wright the author of Plum, Courgette & Green Bean Tart: A year to write home about - Seeking la vida dulce in Galicia After years of dreaming of living close to nature, free from a daily commute and noisy neighbours, Sabina and Robert decide to travel from Abu Dhabi to Spain in search of their dream home. As soon as they drive across Andalusia, they fall in love with its rugged beauty, whitewashed villages, red geraniums, giant aloes, and endless olive trees. After weeks of visiting ruins and dilapidated sheds advertised as homes, they find a little stone cottage in a mountain valley in the middle of nowhere. Equipped with everything that a romantic soul desires: a patio shaded by grape vines, an ancient bay leaf tree, and a formidable oak in front of a long driveway, they fall in love with this property and decide to reform it into a guest house. With little foresight or planning, they exchange cushy expats lives for a life in the sun. Quite quickly, however, they find themselves battling cowboy builders, no electricity, a dry well, torrential rain storms, and a freezing cold winter without a roof over their heads. Through all these adventures, they develop relations with their neighbours who had lived in the valley for many generations. Puzzled by the strangers' behaviour, the neighbours teach them about olive picking, and the cultivation of local vegetables. But primarily, they offer their endless generosity and insight into life in rural Andalusia. As they begin to settle in, financial problems confront our somewhat naïve couple. Without steady pay checks and construction bills piling up, their idea of the good life starts to fall apart. Written with a wry sense of honest humour, this story is filled with twists and turns that take the reader on a journey from a life where every day was monotonously repetitive to a place where every day presents a new challenge.

Libros españoles en venta 1991

Staying Alive in Avalanche Terrain Bruce Tremper 2001 Winter recreation in the mountains has increased steadily over the past few years, and so has the number of deaths and injuries caused by avalanches. Staying Alive in Avalanche Terrain covers everything you need to know to avoid trouble in avalanche terrain: what avalanches are and how they work, common myths, human activities that lead to avalanche trouble, what happens to victims when an avalanche occurs, and rescue

techniques. Provides step- by-step instruction for determining avalanche hazards, using safe travel technique, and making effective rescues.

Matching Ruminant Production Systems with Available Resources in the Tropics and Sub-tropics Thomas Reginald Preston 1987 Introduction; Livestock development strategies; integration: livestock with crops; Digestive physiology of ruminants; Metabolism; Manipulation of feeding & the rumen ecosystem; Control of feed intake in ruminants; Guidelines for feeding systems; Feeding systems: straws & agro-industrial byproducts; Pasture-based feeding systems; Parasite/nutrition interactions; Nutritional principles smallholder livestock systems; Perspectives; Index.

History of the War in Spain and Portugal, from 1807 to 1814 Jean Sarrazin 1815

Equatoria Richard Price 1994 First Published in 1994. Routledge is an imprint of Taylor & Francis, an informa company.

The Cholesterol Myths Uffe Ravnskov 2002

Guardian Angel House Kathy Clark 2009-04-01 Based on the true story of two sisters sheltered from the Nazis by a group of Catholic nuns during World War II. Mama had always told twelve-year-old Susan that there was no safe place for a Jew, especially in German-occupied Hungary in 1944. Susan is skeptical and afraid when she and her little sister, Vera, are sent to a convent to be kept "safe" from the Nazis. Susan and Vera find their lives transformed and soon discover the true nature of courage when they are sheltered by a group of nuns who risk their lives to protect them. "Guardian Angel House" was the nickname given to a convent operated by the Sisters of Charity in Budapest that sheltered over 120 Jewish children in German-occupied Hungary during World War II. This book tells the story of author Kathy Clark's mother and aunt, who were sheltered there by the nuns. Includes historical photographs and notes about the author's family and the Hungarian convent that became known as "Guardian Angel House."

Landscapes and Landforms of Spain Francisco Gutiérrez 2014-04-18 The Landscapes and Landforms of Spain provides an informative and inviting overview of the geology and geomorphology of Spain. It incorporates a diverse range of topics, ranging from the fiery landscapes of the Canary Islands and its volcanic formations to the glacial scenery of the Pyrenees. The book devotes attention to granite landforms, karst terrains, coastal dunes and marshes, as well as to heritage and conservation, with the objective of offering the reader a comprehensive insight into the Spanish geological setting. The book presents readers with the opportunity to explore Spanish landforms in detail through its highly illustrated pages and maps, making this an appealing text on the subject field.

TALIS 2018 Results (Volume II) Teachers and School Leaders as Valued Professionals OECD 2020-03-23 This report aims to provide an in-depth analysis

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of teachers' and school leaders' perceptions of the value of their profession, their work-related well-being and stress, and their satisfaction with their working conditions. It also offers a description of teachers' and school leaders' contractual arrangements, opportunities to engage in professional tasks such as collaborative teamwork, autonomous decision making, and leadership practices.

Brave Enough Jessie Diggins 2020-03-10 Travel with Olympic gold medalist Jessie Diggins on her compelling journey from America's heartland to international sports history, navigating challenges and triumphs with rugged grit and a splash of glitter Pyeongchang, February 21, 2018. In the nerve-racking final seconds of the women's team sprint freestyle race, Jessie Diggins dug deep. Blowing past two of the best sprinters in the world, she stretched her ski boot across the finish line and lunged straight into Olympic immortality: the first ever cross-country skiing gold medal for the United States at the Winter Games. The 26-year-old Diggins, a four-time World Championship medalist, was literally a world away from the small town of Afton, Minnesota, where she first strapped on skis. Yet, for all her history-making achievements, she had never strayed far from the scrappy 12-year-old who had insisted on portaging her own canoe through the wilderness, yelling happily under the unwieldy weight on her shoulders: "Look! I'm doing it!" In *Brave Enough*, Jessie Diggins reveals the true story of her journey from the American Midwest into sports history. With candid charm and characteristic grit, she connects the dots from her free-spirited upbringing in the woods of Minnesota to racing in the bright spotlights of the Olympics. Going far beyond stories of races and ribbons, she describes the challenges and frustrations of becoming a serious athlete; learning how to push through and beyond physical and psychological limits; and the intense pressure of competing at the highest levels. She openly shares her harrowing struggle with bulimia, recounting both the adversity and how she healed from it in order to bring hope and understanding to others experiencing eating disorders. Between thrilling accounts of moments of triumph, Diggins shows the determination it takes to get there—the struggles and disappointments, the fun and the hard work, and the importance of listening to that small, fierce voice: I can do it. I am brave enough.

The Diabetes Code Dr. Jason Fung 2018-04-03 From acclaimed author Dr. Jason Fung, a revolutionary guide to reversing diabetes. Dr. Jason Fung forever changed the way we think about obesity with his best-selling book, *The Obesity Code*. Now he has set out to do the same for type 2 diabetes. Today, most doctors, dietitians, and even diabetes specialists consider type 2 diabetes to be a chronic and progressive disease—a life sentence with no possibility of parole. But the truth, as Dr. Fung reveals in this paradigm-shifting book, is that type 2 diabetes is reversible. Writing with clear, persuasive language, he explains why conventional treatments that rely on insulin or other blood-glucose-lowering drugs can actually exacerbate the problem, leading to significant weight gain and even heart disease. The only way to treat type 2 diabetes effectively, he argues, is proper dieting and intermittent fasting—not medication. Dr. Jason Fung forever changed the way we think about obesity with

his best-selling book, *The Obesity Code*. Now he has set out to do the same for type 2 diabetes. Today, most doctors, dietitians, and even diabetes specialists consider type 2 diabetes to be a chronic and progressive disease—a life sentence with no possibility of parole. But the truth, as Dr. Fung reveals in this paradigm-shifting book, is that type 2 diabetes is reversible. Writing with clear, persuasive language, he explains why conventional treatments that rely on insulin or other blood-glucose-lowering drugs can actually exacerbate the problem, leading to significant weight gain and even heart disease. The only way to treat type 2 diabetes effectively, he argues, is proper dieting and intermittent fasting—not medication.

Rosinante to the Road Again John Dos Passos 1922

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Walking on La Gomera and El Hierro Paddy Dillon 2020-04-15 Walking guide to the islands of La Gomera and El Hierro. The 45 waymarked routes in this guidebook include easy strolls and hands-on scrambles, day walks and long-distance routes including the GR132 and parts of the GR131, which runs the whole length of the Canary Islands. Walks are spread in the guide roughly clockwise and where walks are located beside each other, links between them are often possible, giving you the opportunity to make your own alterations. The routes are described over both islands, with 27 walks on La Gomera and 18 on El Hierro, illustrated with clear contour mapping and inspirational photography. The two smallest of the Canary Islands are no less rugged than their volcanic neighbours, offering a wide variety of little-known walking terrain from steep-sided barrancos and dramatic cliffs to the gentler slopes inland cloaked in laurisilva and pine forests.