

# Sahara

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Ayurveda Sahara Rose Ketabi 2017-08-08 "A must-read for anyone coming to Ayurveda for the first time or as a readable brush-up for all. Sahara offers a contemporary explanation of Ayurvedic wisdom that resonates with today's readers."-Deepak Chopra Discover your Ayurvedic Dosha (mind-body type) and find foods, self-care practices, yoga poses, and meditations that are tailored to your unique needs. Best-selling author Sahara Rose Ketabi makes Ayurveda accessible with this contemporary guide to the world's oldest health system. Originating in India over 5,000 years ago, Ayurveda is the sister science to yoga. It's the age-old secret to longevity, digestive health, mental clarity, beauty, and balance that's regaining popularity today for its tried-and-true methods. Sahara Rose revitalizes ancient Ayurvedic wisdom with a modern approach and explains how adjusting the timing of your meals; incorporating self-care practices such as dry-brushing, oil-pulling and tongue-scraping; eating the correct foods for your digestive type; and practicing the right yoga and meditation practices for your unique personality will radically enhance your health, digestion, radiance, intuition, and bliss. With *Idiot's Guides: Ayurveda*, you will:

- Discover your unique Dosha and learn how it is reflected in your physiology, metabolism, digestion, personality, and even in your dreams.
- Learn how your body's needs change according to the season, environment, and time of day
- Find ways to regain luster, passion and flow in your life
- Enjoy easy-to-make, plant-based recipes
- Establish an Ayurvedic morning and nighttime ritual for optimal balance
- Learn how to balance your chakras according to your Dosha
- Use Ayurvedic herbs and spices to heal digestive issues, skin problems, hormonal imbalance, and other ailments

With plenty of fun facts, holistic humor, and sacred knowledge from Sahara that will help you seamlessly integrate Ayurveda into your lifestyle.

**The Sahara** Eamonn Gearon 2011-10-19 The Sahara is the quintessence of isolation, epitomizing both remoteness and severity of environment unlike any other place on the face of the earth. Replete with myths and fictions, it is a wild land, dotted with oases and camel trains trudging through sand dunes that roll like the waves on a sea, as far as the distant horizon. But this is just part of the picture. The largest desert in the world, the Sahara ranges from the river Nile running through Egypt and Sudan in the east, to the Atlantic coast from Morocco to Mauritania in the west; stretching from the Atlas Mountains and the shores of the Mediterranean in the north, to the fluid Sahelian fringe that delineates the desert in the south. Invaders and traders have come and gone for millennia, but the Sahara is also the place that some people call home. While larger than the United States, this vast area contains only three million people. Africans and Arabs, Berber and Bedu, Tuareg and Tebu. Eamonn Gearon explores the history, culture and terrain of a place whose name is familiar to all, but known to few.

*Sahara* René Gardi 1970

**Burials, Migration and Identity in the Ancient Sahara and Beyond** M. C. Gatto 2019-02-14 Places

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burial traditions at the centre of Saharan migrations and identity debate, with new technical data and methodological analysis.

*Sahara* Emilio González Déniz 1995

Travels in the Great Desert of Sahara, in the Years of 1845 and 1846 James Richardson 1848

*Between Sea and Sahara* Eugène Fromentin 1999 "Fromentin paints a word picture of Algeria and its people, questioning France's - and his own - role there. He shows French dynamism tending to arrogance, tinged with malaise, as well as the complexity of the Algerians and their canny survival tactics."--BOOK JACKET.

The Sahara Eamonn Gearon 2011 The Sahara is the quintessence of isolation, epitomizing both remoteness and severity of environment unlike any other place on the face of the earth. Replete with myths and fictions, it is a wild land, dotted with oases and camel trains trudging through sand dunes that roll like the waves on a sea, as far as the distant horizon. But this is just part of the picture. The largest desert in the world, the Sahara ranges from the river Nile running through Egypt and Sudan in the east, to the Atlantic coast from Morocco to Mauritania in the west; stretching from the Atlas Mountains and the shores of the Mediterranean in the north, to the fluid Sahelian fringe that delineates the desert in the south. Invaders and traders have come and gone for millennia, but the Sahara is also the place that some people call home. While larger than the United States, this vast area contains only three million people: Africans and Arabs, Berber and Bedu, Tuareg and Tebu. Eamonn Gearon explores the history, culture, and terrain of a place whose name is familiar to all, but known to few. Conquered and Cursed: from the 50,000-strong army of Cambyses, swallowed in a sandstorm in the sixth century BC, to the US Marines' first foreign engagement, in 1805; Hannibal and his elephants, Caesar against Anthony and Cleopatra, Alexander the Great, the armies of Islam, Napoleon, and Rommel versus Monty. Myths and Mysteries: from whales in the White Desert to the arrival of camels in the Great Sand Sea; chariots of the gods and colonialists' motor-cars; from the Land of the Dead to Timbuktu; salt and gold mines, fields of oil and gas and a man-made river. Artists, Writers, and Filmmakers: from the ancient rock art of the Tassili frescoes to the modernism of Matisse and Klee; from Ibn Battuta to Paul Bowles; from Beau Geste's French Foreign Legion to Star Wars.

**People, Water, and Grain** Barbara E. Barich 1998

*The Weight of Sand* Edith Blais 2021-09-21 The true story of Edith Blais's 450 days of captivity in the Sahara Desert at the hands of terrorists--and her stunning escape to freedom. In January 2019, news outlets reported that a young Canadian woman and her Italian companion were presumed kidnapped while traveling in Africa's Sahel region, a haven for jihadist groups. Little was known about the pair's fate until they reappeared in Mali fifteen months later, having apparently escaped their captors. Now, in *The Weight of Sand*, Edith Blais tells the harrowing story of her 450 days of captivity in the Sahara and her courageous escape. In striking, sensitive prose, she recounts the prolonged terror of her months as a hostage, enduring violent sandstorms, grueling hunger strikes, extreme isolation, and the unpredictability of her captors. The book also includes luminous poems Edith wrote in secret, which became a lifeline of creativity and one of the few possessions she smuggled out in her escape. A compelling descent into a strange, brutal universe, *The Weight of Sand* is ultimately a life-affirming book--a celebration of resilience by a woman who refused to have her humanity stripped away.

**Sahara** Clive Cussler 2002

*SAHARA* Cizia Zykë 2021-04-23 *SAHARA*, après *ORO*, best-seller mondial, est le deuxième récit autobiographique de la célèbre trilogie de Cizia Zykë. «Ni dieu, ni lois, seule la liberté» sera toute sa vie le leitmotiv de Cizia Zykë, colosse hors-norme, attachant, atypique, largement qualifié de dernier Aventurier des temps modernes. Il possède ses propres règles, son code d'honneur. Cizia Zykë : «Avec *SAHARA*, c'est l'Afrique, et je m'étais mis en tête d'y bâtir un empire en vendant des camions pourris à des hommes qui ne le sont pas moins. *SAHARA*, c'est le Paris-Dakar avant l'heure, c'est le rallye des infâmes, des trafiquants, des douaniers corrompus, des chefs d'Etat véreux... L'ironie, l'insolence, la folie au rendez-vous». Les odeurs, la poussière, la chaleur, tout transpire dans les pages de *SAHARA*. Tous ceux qui ont parcouru l'Afrique et traversé le désert retrouveront avec plaisir toutes ces sensations.

**Sahara** Michael Palin 2005-07 The comedian and author presents a detailed exploration of the Sahara Desert regions that celebrates its diverse cultures, landscapes, and trades.

**Western Sahara** Stephen Zunes 2010-08-04 The Western Sahara conflict has proven to be one of the most protracted and intractable struggles facing the international community. Pitting local nationalist determination against Moroccan territorial ambitions, the dispute is further complicated by regional tensions with Algeria and the geo-strategic concerns of major global players, including the United States, France, and the territory's former colonial ruler, Spain. Since the early 1990s, the UN Security Council has failed to find a formula that will delicately balance these interests against Western Sahara's long-denied right to a self-determination referendum as one of the last UN-recognized colonies. The widely-lauded first edition was the first book-length treatment of the issue in the previous two decades. Zunes and Mundy examined the origins, evolution, and resilience of the Western Sahara conflict, deploying a diverse array of sources and firsthand knowledge of the region gained from multiple research visits. Shifting geographical frames—local, regional, and international—provided for a robust analysis of the stakes involved. With the renewal of the armed conflict, continued diplomatic stalemate, growing waves of nonviolent resistance in the occupied territory, and the recent U.S. recognition of Morocco's annexation, this new revised and expanded paperback edition brings us up-to-date on a long-forgotten conflict that is finally capturing the world's attention.

*Operation Sahara* Clive Cussler 2015-01-29 In der Sahara stoßen Dirk Pitt und sein Team auf eine gigantische Verschwörung, hinter der Malis Militärdiktator Karzim und ein skrupelloser Industrietycoon, der „Skorpion“, stehen. Wenn es Pitt nicht gelingt, die Pläne der beiden zu durchkreuzen, droht eine ökologische Katastrophe unvorstellbaren Ausmaßes ...

**Sahara** 2000

**When the Sahara Was Green** Martin Williams 2021-10-05 The little-known history of how the Sahara was transformed from a green and fertile land into the largest hot desert in the world The Sahara is the largest hot desert in the world, equal in size to China or the United States. Yet, this arid expanse was once a verdant, pleasant land, fed by rivers and lakes. The Sahara sustained abundant plant and animal life, such as Nile perch, turtles, crocodiles, and hippos, and attracted prehistoric hunters and herders. What transformed this land of lakes into a sea of sands? *When the Sahara Was Green* describes the remarkable history of Earth's greatest desert—including why its climate changed, the impact this had on human populations, and how scientists uncovered the evidence for these extraordinary events. From the Sahara's origins as savanna woodland and grassland to its current arid incarnation, Martin Williams takes us on a vivid journey through time. He describes how the desert's ancient rocks were first fashioned, how dinosaurs roamed freely across the land, and how it was later covered in tall trees. Along the way, Williams addresses many questions: Why was the Sahara previously much wetter, and will it be so again?

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Did humans contribute to its desertification? What was the impact of extreme climatic episodes—such as prolonged droughts—upon the Sahara’s geology, ecology, and inhabitants? Williams also shows how plants, animals, and humans have adapted to the Sahara and what lessons we might learn for living in harmony with the harshest, driest conditions in an ever-changing global environment. A valuable look at how an iconic region has changed over millions of years, *When the Sahara Was Green* reveals the desert’s surprising past to reflect on its present, as well as its possible future.

*Through Spain to the Sahara* Matilda Betham-Edwards 1868

*Sahara* Jan Jelínek 2010

*Deep in the Sahara* Kelly Cunnane 2013-10-08 "Poetic language, attractive illustrations and a positive message about Islam, without any didacticism: a wonderful combination," declares Kirkus Reviews in a starred review. Lalla lives in the Muslim country of Mauritania, and more than anything, she wants to wear a malafa, the colorful cloth Mauritanian women, like her mama and big sister, wear to cover their heads and clothes in public. But it is not until Lalla realizes that a malafa is not just worn to show a woman's beauty and mystery or to honor tradition—a malafa for faith—that Lalla's mother agrees to slip a long cloth as blue as the ink in the Koran over Lalla's head, under her arm, and round and round her body. Then together, they pray. An author's note and glossary are included in the back of the book.

*Sahara* Michael Palin 2010-05-27 Michael Palin's superb No. 1 bestseller about his incredible voyage across the Sahara. Michael Palin's epic voyages have seen him circumnavigate the globe, travel from the North to the South Pole and circle the countries of the Pacific Ocean, but this was perhaps the greatest challenge yet: to cross the vast and merciless Sahara desert. As the journey unfolds, the Sahara reveals not the emptiness of endless sand dunes, but a huge and diverse range of cultures and landscapes and a long history of commerce and conquest stretching from the time of the ancient Egyptians to the oil-rich Islamic republics of today. On his way, he encounters dangers such as camel stew, being run over by the Paris-Dakar rally and Dakar nightlife, as well as returning to the original spot where *THE LIFE OF BRIAN* was filmed.

**Eat Feel Fresh** Sahara Rose Ketabi 2018-10-02 Introducing *Eat Feel Fresh*, an all-encompassing healthy cookbook with over 100 healing recipes. Venture on a journey of wellness and serenity with the ancient science of Ayurveda. New to Ayurveda? No worries, we've got you covered! Ayurveda teaches that food is a divine medicine with the power to heal, and is packed with holistic healing recipes suited for your individual needs. This beautifully illustrated cookbook gives a detailed look at how to eat according to your body's specific needs, and will help you connect with your inner self. Dive straight in to discover: - Over 100 deliciously recipes including vegan and gluten-free options - A clear easy-to-follow overview of basic Ayurvedic principles - Comprehensive quizzes to identify your mind-body type to determine the best foods for your body. - A core focus on make-ahead meals designed for a modern healthy lifestyle Looking to develop a new you this New Year? Then look no further! *Eat Feel Fresh* emphasizes a modernized, plant-based approach to Ayurvedic eating, encouraging you to learn how changes in season and climate affect your digestion and how to adjust what you eat accordingly. Fall in love with cooking and change your relationship with food for the better with this contemporary vegan Ayurvedic cookbook: a must-have health book for anyone interested in adopting Ayurvedic principles to their lifestyle. Doubling up as the perfect gift for yoga practitioners who want to complement their physical practice through nutrition and lifestyle, or generally anyone interested in holistic healing to achieve a healthier, more balanced lifestyle. Wellness of the mind and body is vitally important in how we function as human beings. This healthy eating cookbook provides an essential guide on how to best take care of our most

precious asset holistically. It has a personal narrative and author-driven success story as well as practical guidance and beautiful photography, to help you best integrate traditional Ayurvedic wisdom and contemporary nutritional science into your diet. "Sahara Rose is a millennial thought-leader who is taking the torch of Ayurveda and burning it brightly. This is the second book of hers I have had the pleasure to introduce and an example of her dedication to modernizing Ayurveda so its wisdom can transcend time. Let it inspire you to make food choices that serve not only your body, but also your spirit." —Deepak Chopra, MD "Eat Feel Fresh provides a much-needed plant-based solution to Ayurvedic nutrition that the world has been waiting for." —Mark Hyman, MD New York Times best-selling author "Sahara Rose brings the perfect combination of intelligence and accessibility to her new book, Eat Feel Fresh. Her recipes are more than just food, they offer insight into healing and inspiration to live a healthier, fuller life." —Kino MacGregor, Ashtanga Yogi and author "Eat Feel Fresh provides a wealth of knowledge about the Ayurvedic way of cooking. This book is well organized, a treat to your eyes, and a sheer pleasure to read. Sahara Rose is a shining light who will inspire you towards a healthier and happier lifestyle." —Dr. Suhas Kshirsagar, Ayurvedic physician and author

Sahara Clive Cussler 1993

**African Filmmaking** Roy Armes 2006-08-07 African cinema is a vibrant, diverse, and relatively new art form, which continues to draw the attention of an ever-expanding worldwide audience. African Filmmaking is the first comprehensive study in English linking filmmaking in the Maghreb with that in the 12 independent states of francophone West Africa. Roy Armes examines a wide range of issues common to filmmakers throughout the region: the socio-political context, filmmaking in Africa before the mid-1960s, the involvement of African and French governments, questions of national and cultural identity, the issue of globalization, and, especially, the work of the filmmakers themselves over the past 40 years, with particular emphasis on younger filmmakers. Armes offers a wealth of information and a unique perspective on the history and future of African filmmaking.

**A Sleepless Eye** Ibrahim al-Koni 2014-05-27 The Libyan landscape is one of the most diverse and breathtaking, replete with barren deserts, vast ocean coasts, and a stunning display of earth's elements. Al-Koni, an award-winning and critically acclaimed Arabic writer, reflects on this fragile environment and the increasing threats to its existence in A Sleepless Eye, a collection of the poet's desert wisdom. He highlights the relationships between humans and Libya's natural features, grouping them by theme: nature, desert, water, sea, wind, rock, trees, and fire. Each theme contains a set of aphorisms that deliver thoughtful perspectives on what it means to coexist with an evolving planet. This volume is the result of the author's collaboration with the celebrated French nature photographer, Alain Sèbe, and English translator Allen. The product is a body of work that calls upon readers to question their relationship with the earth through meditative ideas and photos, familiarizing English readers with the fundamental philosophies of environmental stewardship that transcend all boundaries.

**Africa South of the Sahara** Robert Stock 2012-12-01 This authoritative, widely adopted text provides a broad introduction to the geography of Africa south of the Sahara. The book analyzes the political, economic, social, and environmental processes that shape resource use and development in this large, diverse region. Students gain a context for understanding current development debates and addressing questions about the nature and sustainability of contemporary changes. Timely topics include the rise of foreign investment in Africa, the evolving geographies of rural-urban linkages, the birth of the Republic of South Sudan, and advances in the struggle against HIV/AIDS. New to This Edition: \*Fully updated to reflect the latest data and trends in development. \*Chapters on development theory, cultural and societal diversity, the political geography of postindependence Africa, economic integration, and the

geography of poverty. \*Substantially revised coverage of gender dynamics, urban living environments, mineral and energy resources, and many other topics. \*Many of the 200+ maps, graphs, tables, and photographs are new or updated. Pedagogical Features Include: \*Vignettes in every chapter that provide detailed case studies from a variety of countries and elaborate on key concepts. \*Recommendations for further reading on each topic, including print and online sources. \*Downloadable PowerPoint slides of all original figures, photos, and tables. \*An extensive glossary.

**Timbuktu** Marq de Villiers 2007-08-21 Traces the storied past of one of the world's most fabled cities, examining the history, myths, and legends of Timbuktu as it rose from a camp for nomadic tribes, to a wealthy metropolis and nexus for trans-Saharan trade, to a center of Islamic learning and religion, to its long decline.

Holocene Settlement of the Egyptian Sahara Fred Wendorf 2001 A report on the ceramic evidence from the site of Nabta Playa in the eastern Sahara. The site is important in defining the cultural sequence and chronology for the area, the earliest examples of which reaches back 6000 years. The methodology for analysing and interpreting the evidence is outlined.

**Birds of Africa, South of the Sahara** Ian Sinclair 2010 Birds of Africa South of the Sahara provides unrivalled coverage of African birds in a single volume, and is the only book to describe and illustrate all of the birds found in Africa south of the Sahara Desert (the Afrotropic Region), including Socotra, Pemba and islands in the Gulf of Guinea. Despite its exceptional coverage, this guide is compact enough to use in the field, and follows the standard field guide format, with texts and range maps appearing opposite the colour plates. Comprehensively revised to reflect changes in taxonomy. Illustrations show most distinctive plumages, diagnostic flight patterns and major geographic variants.

**The Conquest of the Sahara** Douglas Porch 1985 In "The Conquest of the Sahara," Douglas Porch tells the story of France's struggle to explore and dominate the great African desert at the turn of the century. Focusing on the conquest of the Ahaggar Tuareg, a Berber people living in a mountain area in central Sahara, he goes on to describe the bizarre exploits of the desert's explorers and conquerors and the incompetence of the French military establishment. Porch summons up a world of oases, desert forts and café s where customers paid the dancer by licking a one-franc piece and sticking it on her forehead. "The Conquest of the Sahara" reveals the dark side of France's "civilizing mission" into this vast terrain, and at the same time, weaves a rich tale of extravagant hopes, genius and foolhardiness.

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**Stories of the Sahara** Sanmao, 2019-11-14 The book that has captivated millions of Chinese readers, translated into English for the very first time. 'Hypnotic . . . A record of one person's fierce refusal to follow a path laid down for her by the rest of the world' Tash Aw, Paris Review Books of the Year Sanmao: author, adventurer, pioneer. Born in China in 1943, she moved from Chongqing to Taiwan, Spain to Germany, the Canary Islands to Central America, and, for several years in the 1970s, to the Sahara.

Stories of the Sahara invites us into Sanmao's extraordinary life in the desert: her experiences of love and loss, freedom and peril, all told with a voice as spirited as it is timeless. At a period when China was beginning to look beyond its borders, Sanmao fired the imagination of millions and inspired a new generation. With an introduction by Sharlene Teo, author of *Ponti*, this is an essential collection from one of the twentieth century's most iconic figures. 'Every story conveys Sanmao's infectious capacity for wonder' Sharlene Teo, author of *Ponti* 'Has endured for generations of young Taiwanese and Chinese women' *New York Times* 'Ground-breaking' *Geographical* 'A remarkable and brave book. Sanmao was a freewheeling feminist who broke all the rules and did so with a gleeful, mischievous smile' David Eimer, *South China Morning Post*

*Sahara Unveiled* William Langewiesche 1996 Blending history, anecdote, travelogue, and reportage, the author describes his journey across the Sahara, captures life in the region, and describes the unique character, history, and religious, cultural, and social aspects of North Africa

**Deep in the Sahara** Kelly Cunnane 2018-05-01 "Poetic language, attractive illustrations and a positive message about Islam, without any didacticism: a wonderful combination," declares *Kirkus Reviews* in a starred review. Lalla lives in the Muslim country of Mauritania, and more than anything, she wants to wear a malafa, the colorful cloth Mauritanian women, like her mama and big sister, wear to cover their heads and clothes in public. But it is not until Lalla realizes that a malafa is not just worn to show a woman's beauty and mystery or to honor tradition—a malafa for faith—that Lalla's mother agrees to slip a long cloth as blue as the ink in the Koran over Lalla's head, under her arm, and round and round her body. Then together, they pray. An author's note and glossary are included in the back of the book.

**Sahara Special** Esme Raji Codell 2004-08-30 Struggling with school and her feelings since her father left, Sahara gets a fresh start with a new and unique teacher who supports her writing talents and the individuality of each of her classmates.

**Sahara** Clive Cussler 2004-12-28 Stranded in the Sahara Desert, Dirk Pitt and his friends uncover the truth about the fate of 1930s aviator Kitty Mannoock and the secret behind Lincoln's assassination, while thwarting the attempted assassination of a U.N. scientist investigating the cause of a horrifying epidemic plaguing North Africa. Reissue. (A Paramount Pictures and Bristol Bay Productions film, releasing Winter 2005, starring Matthew McConaughey, Steve Zahn, and Penelope Cruz) (Suspense)

*Sahel: Art and Empires on the Shores of the Sahara* Alisa LaGamma 2020 This groundbreaking volume examines the extraordinary artistic and cultural traditions of the African region known as the western Sahel, a vast area on the southern edge of the Sahara desert that includes present-day Senegal, Mauritania, Mali, and Niger. This is the first book to present a comprehensive overview of the diverse cultural achievements and traditions of the region, spanning more than 1,300 years from the pre Islamic period through the nineteenth century. It features some of the earliest extant art from sub Saharan Africa as well as such iconic works as sculptures by the Dogon and Bamana peoples of Mali. Essays by leading international scholars discuss the art, architecture, archaeology, literature, philosophy, religion, and history of the Sahel, exploring the unique cultural landscape in which these ancient communities flourished. Richly illustrated and brilliantly argued, *Sahel* brings to life the enduring forms of expression created by the peoples who lived in this diverse crossroads of the world.

**Sahara** Clive Cussler 2009-06-30 Stranded in the Sahara desert, Dirk Pitt and his friends uncover the truth about the fate of 1930s aviator Kitty Mannoock and the secret behind Lincoln's assassination. Reissue.

Western Sahara Stephen Zunes 2010-08-04 The Western Sahara conflict has proven to be one of the most protracted and intractable struggles facing the international community. Pitting local nationalist determination against Moroccan territorial ambitions, the dispute is further complicated by regional tensions with Algeria and the geo-strategic concerns of major global players, including the United States, France, and the territory's former colonial ruler, Spain. Since the early 1990s, the UN Security Council has failed to find a formula that will delicately balance these interests against Western Sahara's long-denied right to a self-determination referendum as one of the last UN-recognized colonies. The widely-lauded first edition was the first book-length treatment of the issue in the previous two decades. Zunes and Mundy examined the origins, evolution, and resilience of the Western Sahara conflict, deploying a diverse array of sources and firsthand knowledge of the region gained from multiple research visits. Shifting geographical frames—local, regional, and international—provided for a robust analysis of the stakes involved. With the renewal of the armed conflict, continued diplomatic stalemate, growing waves of nonviolent resistance in the occupied territory, and the recent U.S. recognition of Morocco's annexation, this new revised and expanded paperback edition brings us up-to-date on a long-forgotten conflict that is finally capturing the world's attention.

**The Sahara** Jeremy Keenan 2016-01-31 This collection examines the Sahara holistically from the earliest (prehistoric) times through the **historical** period to the present and with political direction into the future. The contributions cover palaeoclimatology, history, archaeology (cultural heritage), social anthropology, sociology, politics and international affairs. Structured chronologically, the volume can almost be read as a narrative of the Sahara from the earliest times to the present, i.e. from the past climates of the Sahara in prehistoric times to the current **war on terror** and its implications for the peoples of the Sahara. Importantly, the collection shows how the region must be approached **holistically**, highlighting the importance of each of these subject areas (palaeo-climates, history, politics, etc.) in relation to each other. Indeed, the first contribution is a remarkable (and unique) paper, bringing together the work of some 8-9 internationally recognised scientists to tell the story and show the relevance to the present day of the Sahara's past climates etc. Nearly all the contributions stand in their own right at the cutting edge of research in their respective fields (e.g. archaeology, history, politics, etc.). This book was previously published as a special issue of the Journal of North African Studies.