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There are bugs everyw here! Some of them live in jungles, some of them underw ater, and some certainly live in your house. There are Bugs Everywhere is the second in a series of non-fiction books from Britta Teckentrup. Young readers w ill learn w here in the w orld all sorts of animals can be found and all the w eird and w onderful things about them that they never imagined w ere true. This is non-fiction w ith spark and personality from a much-loved illustrator.

From a simple matcha latte, to ice cream, infused salt, smoothie bowls, tea loaves and homemade beauty recipes, The Matcha Cookbook explores the history, health benefits and 50 delicious recipes using this super healthy ingredient. As an ingredient, matcha is growing in popularity with health foodies and wellness seekers, with over 2.7 million posts on Instagram. Research shows that matcha can reduce the risk of cancer, improve heart health, aid recovery from exercise and help prevent ageing; the traditional matcha tea alone contains the nutritional equivalent of 10 cups of regular green tea, with 137 times more antioxidants, acting as the body's defence agents. Recipes include: Creamed corn & egg on sourdough Matcha bliss balls Summer rolls with matcha dipping sauce Seared rib eye steak with matcha dressed greens Matcha lemon posset

The Mark of Cain makes available for the first time the accumulated psychoanalytic understanding of the psychopathic mind. Editor Reid Meloy, a leading authority on the psychology of the psychopath, has brought together in a single collection the most historically important psychoanalytic papers on the psychopath and delineted their continuing relevance to contemporary understanding. According to Meloy, two theoretical traditions flow into the psychoanalytic understanding of psychopathy. The first tributary focuses on the early development of the psychopath in order to illuminate how a profound alteration in self-regard leads both to a denigration of the other and to an impulsive search for gratification in the present. The second tributary seeks to locate the psychopathic miscarriage of human potentiality within analytic theories of personality structure and clinically grounded differential diagnosis. Meloy presents the major contributions associated with both of these traditions. Included within this body of literature are the original formulations of concepts that have long since become part of the psychoanalytic nomenclature: the "affectionless" juvenile offender, the diagnostic significance of "affect hunger," the behavioral consequences of "superego lacunae," the recourse to promiscuous identification in "the impostor," and the paradoxically lethal lure of "malignant narcissism." Of special interest are Meloy's historical notes to each chapter and two section introductions, the latter major essays in their own right. The explosion of empirical research on psychopathy over the past two decades masks the fact that much contemporary work in this area is grounded in the clinical formulations of leading psychoanalysts of the twentieth century. The Mark of Cain rescues this intimate understanding of the inner world of the psychopath and thereby

contributes to clinical realism in the face of deception, manipulation, exploitation, and even frank dangerousness.

A history of the Korean War with soldier's-eye views from both sides, by the Pulitzer Prize-winning author of *The Rising Sun and Infamy*. Pulitzer Prize-winning author John Toland reports on the Korean War in a revolutionary way in this thoroughly researched and riveting book. Toland pored over military archives and was the first person to gain access to previously undisclosed Chinese records, which allowed him to investigate Chairman Mao's direct involvement in the conflict. Toland supplements his captivating history with in-depth interviews with more than two hundred American soldiers, as well as North Korean, South Korean, and Chinese combatants, plus dozens of poignant photographs, bringing those who fought to vivid life and honoring the memory of those lost. *Mortal Combat* is comprehensive in its discussion of events deemed controversial, such as American brutality against Korean civilians and allegations of American use of biological warfare. Toland tells the dramatic account of the Korean War from start to finish, from the appalling experience of its POWs to Mao's prediction of MacArthur's Inchon invasion. Toland's account of the "forgotten war" is a must-read for any history aficionado.

ICUMSA Methods of Sugar Analysis presents the recommendations of the International Commission for Uniform Methods of Sugar Analysis (ICUMSA) that are based on thorough investigations of methods likely to prove practical and appropriate for the sugar industry. This book discusses the procedures for raw sugar polarization. Organized into two parts encompassing 21 chapters, this book begins with an overview of the various methods of determining sucrose by polarimetry, including the invertase method and the Jackson and Grill's method. This text then examines the methods of determining reducing sugars, which depends on knowing the amount of cuprous oxide precipitated from Fehling's solution. Other chapters consider the method to be applied for all beet products. This book discusses as well the principle of double sulfation that is necessary to ensure conversion of ash to sulfate. The final chapter deals with the evaluation of filter aids. This book is a valuable resource for chemists. Delphinium spends her tenth birthday aboard a traveling space circus, fighting against the dark forces who are bent on stamping out fun. Suggested level: primary, intermediate.

This edited collection applies kinship as an analytical concept to better understand the affective economies, discursive practices, and aesthetic dimensions through which cultural narratives of belonging establish a sense of intimacy and affiliation. In North American and European ethnic literatures, kinship has several social functions: negotiating diasporic belonging in and outside of the perimeters of bloodlines and genealogy; positioning queer-feminist interventions to counter ethno-nationalist narratives of belonging; challenging liberal sentimentalist narratives, such as those grafted onto the bodies of transnational adoptees; re-formulating cultural heterogeneity through interracial and interethnic kinship constellations outside either post-racial assumptions about colorblindness or celebrations of racial and ethnic pluralism. In all of these cases, kinship features as a common theme through which contemporary authors attend to challenges of conscribing individuals into inclusive, counter-hegemonic cultural narratives of belonging.

The Non-halogenated Flame Retardant Handbook John Wiley & Sons

First published in 1951, *Cherokee Cooklore* introduces us to traditional Cherokee cooking. It starts with a photographic essay as Aggie Lossiah demonstrates how she makes bean bread. This is followed by recipes gathered from the North Carolina Cherokee community (including yellowjacket soup, blood pudding, hominy corn drink, baked squirrel, and hickory nut soup). A description of Cherokee food customs follows.

This is a fascinating booklet that provides valuable food lore for the adventuresome gourmet or the student of Native American history.

Janey Mackay is fearful of men, so Major Alex Jansen must take it slow in order to win her trust and her heart, but when sinister notes start to appear, Alex must protect his one true love from harm.

Things to know about the great outdoors. For children. Do you like the great outdoors, do you like adventure? Then why not join B! and see what you can discover together. Nature is so important to us, lets help it out. B! would love that too.

Due to the emphasis on replacing halogenated flame retardants with alternate technologies, this handbook contains in one place all of the current commercial non-halogenated flame retardant technologies, as well as experimental systems near commercialization. This book focuses on non-halogenated flame retardants in a holistic but practical manner. It starts with an overview of the regulations and customer perceptions driving non-halogenated flame retardant selection over older halogenated technologies. It then moves into separate chapters covering the known major classes of non-halogenated flame retardants. These chapters are written by known experts in those specific chemistries who are also industrial experts in how to apply that technology to polymers for fire safety needs. The handbook concludes with some of the newer technologies in place that are either niche performers or may be commercial in the near future. Future trends in flame retardancy are also discussed. The Non-Halogenated Flame Retardant Handbook book takes a practical approach to addressing the narrow subject of non-halogenated flame retardancy. This includes more emphasis on flame retardant selection for specific plastics, practical considerations in flame retardant material design, and what the strengths and limits of these various technologies are. Previous flame retardant material science books have covered non-halogenated flame retardants, but they focus more on how they work rather than how to use them.

This book, written for the layperson, provides evidence-based material explaining the complex and evolving evidence of the benefits and limitations of breast cancer screening and the advances in breast cancer treatment. A diagnosis of breast cancer is one of the most emotionally charged statements a woman can hear from her doctor. Understanding the rapid changes in breast cancer diagnosis and treatment is challenging, especially for those without a medical background. This book will help explain the strengths and weaknesses of breast cancer screening, breast cancer treatment, and ways of coping with the disease (for oneself or a loved one). Written for the layperson, this text explains the history of disease prevention with a specific emphasis on breast cancer detection and treatment. The main chapters weigh the pros and cons of well-known but often mystifying screening tests, such as mammograms; discuss the benefits and side effects of targeted hormone therapies; consider holistic regimens that complement traditional medicine; and explore the mental, physical, and emotional strain caused by breast cancer. Concluding with the current breast cancer screening guidelines recommended by leading organizations in disease prevention, Breast Cancer Facts, Myths, and Controversies not only engages with the history of breast cancer screening, diagnosis, and treatment, it looks ahead to a brighter future for survivors. Includes reader-friendly descriptions of screening tests and treatments, along with their benefits and risks Addresses the debate surrounding modern biomarker and genetic tests and whether or not testing is excessive Includes a list of support groups and organizations, as well as a summary of screening guidelines Includes a glossary of breast disease terms and terms used in testing and treatment Written by an expert epidemiologist known internationally whose career has focused on women's health

Every person has a story, a personal narrative that informs their life, their decisions, and their way of thinking. But did you know that it also affects the wiring of your brain? Renowned psychiatrist and professor at Harvard Medical School John Sharp, M.D., offers an eight-step process to discovering your unconscious narrative and using your new insight to eradicate the "false truth" that has been at the core of your self-sabotage. His unique approach integrates four core domains of applied psychology—control mastery theory, attachment theory, narrative therapy, and positive psychology—with his own research and professional experience to construct an insightful and soul-searching path to insight. Throughout his step-by-step process, Dr. Sharp provides:

- The “Sharp Focus” to distill and emphasize important concepts
- Quizzes to help you analyze your internal and external tendencies
- “First Impressions” case studies from his professional practice
- Awareness, insight, change, and narrative tools to facilitate your transformation
- “Gut Checks” to help you figure out if you are ready to move on to the next step in the process

Dr. Sharp’s approach is simple and accessible, with the power to wield profound results. Through exercises, quizzes, thorough exploration of case studies, and clear guidance, you will be able to find your false truth, rewrite your story, and transform your life. Once you have flipped the switch of insight, nothing can hold back the light that shines from within.

Explains how skin and hair provide protection, how to take care of them, and how they function.

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