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Marriage Made In Hope (Mills & Boon Historical) (The Penniless Lords, Book 4) Sophia James 2016-06-01 'Sometimes I could scream with boredom.' Measured and self-effacing, Lady Sephora Connaught knows there is another, more reckless side to her. When she's rescued from the fast-flowing Thames by the wild and dangerous Francis St Cartmail, Earl of Douglas, suddenly her confined world bursts into vibrant life.

Days of Panic Jack Hunt 2018-01-17 Jesse Michaels, bike messenger, Damon Miles, just out of prison, Maggie Gray, call center technician, and Elliot, who has been living on the streets, all find themselves in Times Square on New Year's Eve but instead of a celebration, all the power goes out and the city descends into chaos. The only way these four people will survive the aftermath of an EMP is if they work together to get out of New York City.

The Everest Story Tim Vicary 2010 "It is beautiful to look at, hard to reach, and terribly difficult to climb. Winds of 200 kilometres per hour or more scream across it day and night, while the temperature falls to -20°C or lower. Every year, some who try to climb the highest mountain in the world do not return. But for a century people have been coming to climb Everest - some alone, some in groups, but all with a dream of going to the highest place in the world. This is their story"--Back cover.

The Collected Writings Zelda Fitzgerald 1991 Zelda Sayre married F.Scott Fitzgerald in 1920. This collection of her writings demonstrates that she was a notable author herself, as well as a profound influence on Scott's work. The book has an introduction by the novelist Mary Gordon, and is edited and annotated by Matthew J. Bruccoli.

Financial Trading and Investing John L. Teall 2018-03-21 Financial Trading and Investing, Second Edition, delivers the most current information on trading and market microstructure for undergraduate and master's students. Without demanding a background in econometrics, it explores alternative markets and highlights recent regulatory developments, implementations, institutions and debates. New explanations of controversial trading tactics (and blunders), such as high-frequency trading, dark liquidity pools, fat fingers, insider trading, and flash orders emphasize links between the history of financial regulation and events in financial markets. New sections on valuation and hedging techniques, particularly with respect to fixed income and derivatives markets, accompany updated regulatory information. In addition, new case studies and additional exercises are included on a website that has been revised, expanded and updated. Combining theory and application, the book provides the only up-to-date, practical beginner's introduction to today's investment tools and markets. Concentrates on trading, trading institutions, markets and the institutions that facilitate and regulate trading activities Introduces foundational topics relating to trading and securities markets, including auctions, market microstructure, the roles of information and inventories, behavioral finance, market efficiency, risk, arbitrage, trading technology, trading regulation and ECNs Covers market and technology advances and innovations, such as execution algo trading, Designated Market Makers (DMMs), Supplemental Liquidity Providers (SLPs), and the Super Display Book system (SDBK)

Hamlyn All Colour Cookbook Mary Berry 1992-08

The Bite That Binds Suzanne Wright 2013-02-17 It's just over a week until Sam will be Binding with Jared, and the only thing she wants is to spend that time relaxing and preparing for the ceremony. Unfortunately, she seems to be asking too much of fate, because suddenly she's lumbered with a number of distractions that have the potential to postpone, or even cancel, the Binding. There's a guarded fiancé to crack, a complicated assignment to deal with, Jared's ex to alienate, and a bunch of snobbish Master Vampires to win over - or offend, whichever. On the upside, things couldn't possibly be any worse, could they? Actually, yes they could. Due to a cruel twist of fate, something strange is happening to Sam -something that is changing her in ways she doesn't like or understand. With the help of Jared and those closest to her, she has to not only handle the threats to the Binding Ceremony, but find a way to fix what has been done to her - and fast. Warning: This book contains a stubborn and occasionally homicidal female vampire, a powerful and overprotective male vampire who refuses to lose her, and scenes of a sexual, explicit nature.

The Skinny Steamer Recipe Book Cooknation 2014-10-08 The Skinny Steamer Recipe Book Delicious, Healthy, Low Calorie, Low Fat Steam Cooking Recipes Under 300, 400 & 500 Calories If you think your steamer is just for cooking vegetables think again! This brand new collection of delicious poultry, vegetarian, seafood & meat dishes are fast, fresh, fuss free, low fat and low calorie. Designed to help you make the most of your steamer, all our skinny steaming recipes fall below 300, 400 and 500 calories - which is perfect if you are following a calorie controlled diet or are keen to maintain and manage your weight! Every recipe serves two people and can be prepared in minutes. Versatile, simple & healthy.... there has never been a better time to start steaming. Includes over 60 recipes, cooking charts and tips. You may also enjoy other titles from the Skinny calorie counted series. Just search 'cooknation' on Amazon.

Gordon Ramsay's Passion for Flavour Gordon Ramsay 2014-03-03 Gordon Ramsay is one of the world's best-known chefs and food personalities. In Passion for Flavour he demonstrates his stunning range of recipes, combining the freshest of ingredients and easy-to-learn techniques to produce intense flavours and sublime dishes. Stunning photography by Geoff Lung captures the superb detail of Gordon's cooking, making this cookbook a source of delight for the keen amateur and armchair gourmet alike.

The Spiralizer Cookbook 2.0 The Williams-Sonoma Test Kitchen 2016-06-07 A concise guide to the popular cooking tool that offers fun new options for fruits and veggies—with over twenty creative recipes included. The Spiralizer Cookbook 2.0 offers a fresh approach to the innovative tool that slices vegetables and fruits into noodles, shoestrings, thin shreds, and waferlike slices in seconds. This compact, photo-filled guide to spiralizing includes everything you need to know, from how to assemble your Spiralizer to understanding its unique blades, and over 20 inspiring recipes for inspiring snacks, main dishes, desserts, and more. Find easy-to-follow recipes for Apple Pancakes; Baked Eggs with Zucchini; Shrimp Spring Rolls with Peanut Sauce; Apple-Cabbage Salad with Bacon & Candied Walnuts; Chicken Pho with Daikon Radish Noodles; Fresh Parsnip Pasta Primavera; Apple Galette; Curly Fries; Cucumber Gimlet, and much more, all utilizing the Spiralizer. With The Spiralizer Cookbook 2.0 you can create delicious, low carb meals, full of fresh vegetables and fruits!

Leith's Cookery Bible Prue Leith 1996 This edition of Leith's Cookery Bible is the ultimate reference book & practical manual for everyone from the unskilled novice to the experienced professional. It contains everything anyone could ever need or wish to know in the kitchen.

The Highlander's Folly Barbara Longley 2015-02-03 A brave fifteenth-century Highlander fiercely devoted to his foster family, Hunter of clan MacKintosh can defeat any man in battle. Thanks to his fae gifts, he can read the intent of his opponents and guess their next moves. But when the faerie Madame Giselle sends Hunter to the present day, he stumbles into a staged battle and rescues a young knight--only to discover that the knight is a woman, and she's anything but a damsel in distress. Meghan McGladrey learned martial arts and sword fighting from her father, a time-traveling Highlander himself. To Hunter's surprise, Meghan is as skilled as any knight. When both of them are pulled back to the fifteenth century, Meghan becomes desperate to return to her time. Hunter, who is pledged to another, begins to fall for the beautiful, brave warrior as they fight side by side against a common enemy. Now, he must decide

which matters more: his honor or following his heart. Exciting battles and intoxicating passion reunite in the third Novel of Loch Moigh from award-winning author Barbara Longley.

Before the Larkspur Blooms Caroline Fyffe 2013-05-28 After spending eight years in prison for a crime he didn't commit, Thomas Donovan returns home to the windswept prairies of Wyoming hoping to find a second chance at life and only to discover a second chance at love.

Persuasion James Borg 2007 Use your natural skills for the ultimate competitive advantage at work and in life. This practical and easy to read book presents the golden rules to being powerfully persuasive and winning people over every time.

Slimming World 30-Minute Meals Slimming World 2014-04-30 When you're feeling hungry or in a real hurry, it is so easy to opt for the quickest option. But fast food doesn't have to be junk food. 30-Minute Meals helps you to provide nutritious, wholesome food for all the family, not just those who are slimming, without getting stuck in the kitchen for hours on end. This book is full to bursting with more than 120 recipes based on Slimming World's acclaimed Food Optimising programme. Highlights among the soups and starters are hot and sour seafood soup, chive and mushroom quiches, or pink peppercorn and smoke salmon pâté. For filling snacks, try the skillet 'pizzas' or Tex-Mex tacos, or for a truly tempting salad choose between tiger prawns and asparagus or grilled calamari and rocket. Meat and fish recipes include roasted citrus chicken and pork and mango parcels, or try oven-baked sea bass with bacon and cherry tomatoes. There are some wonderfully tempting vegetable dishes, such as baked spinach gnocchi or basil and chilli linguini, while the dessert menu includes amaretti stuffed nectarines and cinnamon poached pears. Anyone interested in easy-to-prepare, full-flavoured and healthy food will find this book useful, whether they are slimming or not!

A Shade of Vampire 35 Bella Forrest 2016-11-02 A KING SHALL BE CROWNED The race is on for the crown of Hellswan Kingdom, and Hazel and Ruby have been forced to take opposite sides to increase their likelihood of escape. Hazel with Tejus and Ruby with Ash - a situation that could get complicated... especially when hearts are involved. Meanwhile back on Earth, GASP led by King Derek have finally cracked a mystery... Return to the lives of the Novaks. Order now!

Lover Be Mine Nicole Jordan 2013-05-28 As the wickedly seductive Wilde cousins seek true love by taking a page from history's legendary love stories, Lord Jack Wilde plays a determined Romeo courting an enchanting Juliet. The last thing Sophie Fortin expects at a masquerade ball is a dazzling kiss from a pirate. Her desire quickly falters when she learns that her masked gentleman is devilishly scandalous Lord Jack, a member of the captivating Wilde clan—and a man she's forbidden to acknowledge. But when Jack begins a breathtaking seduction, Sophie can barely resist. Jack never imagined that the daughter of his family's mortal enemy would awaken such fierce passion within him—until one unforgettable kiss changes his mind forever. Soon, Jack is hell-bent on winning Sophie's hand, going so far as to abduct her to save her from marrying a rival nobleman. Determined to woo Sophie and her unyielding parents, Jack is faced with the one decision he'd sworn never to make. The secret heir to a prince, Jack has spurned his royal heritage for years . . . but for Sophie he'll risk all to turn a legacy of heartbreak into love ever after. Praise for Nicole Jordan and Lover Be Mine "[An] engagingly, well-plotted Regency that is worthy of the Bard and is the latest in Jordan's 'Wilde-ly' entertaining Legendary Lovers series featuring the scandalous Wilde cousins."—Library Journal "The hero and heroine in Jordan's latest stylishly written romance have sexual chemistry to burn, making Lover Be Mine the perfect choice for readers who crave Regency-set historicals that sizzle with sensuality."—Booklist "Nicole Jordan's new fairy tale series will steal your heart."—Cathy Maxwell

Diabetes Diet Health Research Staff 2012-07 Stuck in a meal rut and tired of the same old foods? If you're someone who is dealing with diabetes, there's no question that you must be paying attention to what you eat each day. The foods you put into your body are going to have a very strong influence on not only how well you feel, but on how well you handle this condition altogether. By making smart food choices, you can maintain control over your diabetes and live the lifestyle that you want to lead. The following 101 foods will do just that. We've selected the top picks that you should include in your diet plan regularly so you no longer have to wonder what to eat. This list is meant to encourage you to broaden your eating choices. This prevents the boredom that many experience by getting stuck on limited diets, and often leads to ?cheating? which can have very unhealthy consequences. These foods are very rich in nutrients and will help you maintain steady blood sugar levels throughout the day. If you eat a wide variety of them on a regular basis throughout the week, you'll be feeding your body right and energizing yourself for all the different activities that you choose to pursue. Includes a shopping list that conveniently organizes them as you would find them while shopping.

When a Girl Loves an Earl Elisa Braden 2016-08-30 What a girl wants... Miss Viola Darling always gets what she wants. Always. And what she wants more than anything is to marry James Kilbrenner, the Earl of Tannenbrook. She's fallen hard for the giant, taciturn, surly brute, and she positively will have no other. The problem? He's not interested. Not even a little. But Viola cannot afford to lose. And she has her heart set on James. If only he will bend to a bit of persuasion. Is an earl like no other... James Kilbrenner knows how determined the entirely-too-beautiful Miss Darling can be—the daft woman cornered him at a perfectly respectable dinner and mangled his cravat before he could escape. He has no desire to marry, less desire to be pursued, and will certainly not kiss her kissable lips until they are both breathless, no matter how tempted he may be. And only the right one will do... Thrown in her path by a meddling marchioness, James finds himself under sensual siege from a tiny, flirtatious sprite who puts both his heart and his vow to remain unwed at risk. And when scandal looms, he learns the hard way that a man can resist only so long before the indomitable Miss Darling gets her way.

Good Food: Recipes for Kids Good Food Guides 2011-08-31 Preparing fresh and healthy dishes and then getting your child to eat them can seem far from an easy task for busy parents. With this inspirational collection of recipes taken from Britain's top-selling BBC Good Food Magazine, the Good Food team prove you don't have to devote hours to a hot stove to give your children home-cooked meals, and fast food doesn't have to mean deep-fried or mass produced. Full of quick, easy and nutritional recipes using practical ingredients, a nutritional breakdown so you know exactly what you're giving your child and full-colour photos of each dish, this compact cookbook is a must for parents.

Political Philosophy Adam Swift 2013-12-31 Bringing political philosophy out of the ivory tower and within the reach of all, this book provides us with the tools to cut through the complexity of modern politics.

The K-Factor Harry Harrison 2018-03-16 This is a classic science fiction short story by Harry Harrison. The K-Factor is an equation used to assess the probability of war. A young man is charged with using the K-Factor and the field of Sociotics to avert war on another planet. However, there is a traitor in his midst who has the power to cause a catastrophe. Will he find the traitor? Find out in this classic sci-fi tale. This work is part of our Vintage Sci-Fi Classics Series, a series in which we are republishing some of the best stories in the genre by some of its most acclaimed authors, such as Isaac Asimov, Marion Zimmer Bradley, and Robert Sheckley. Each publication is complete with a short introduction to the history of science fiction.

Physics Eugene Hecht 2000 Hecht brings to bear the perspective of both historical concepts and contemporary physics. While the text covers the standard range of material from kinematics to quantum physics, Hecht has carefully limited the math required to basic calculus and very basic vector analysis. He omits obscure, high-level topics while focusing on helping students understand the fundamental concepts of modern-day physics. Calculus and vector analysis are both painstakingly developed as tools, and then used only insofar as they illuminate the physics. Hecht deliberately paces comfortably, justifies where each topic is going, stops to take stock of where the students have been, and points out the marvelous unity of the discourse. Informed by a 20th century perspective and a commitment to providing a conceptual overview of the discipline, Hecht's CALCULUS 2/e keeps students involved and focused.

Fussy Eaters' Recipe Book Annabel Karmel 2020-04-16 Mealtimes can often be a battleground between parents and kids. As a parent you want your child to have a healthy, nutritious and tasty diet, but persuading them it's a good idea is a different matter! Annabel Karmel is here to convert even the fussiest of fussy eaters and make family meals fun again. With 120 healthy recipes covering everything from breakfasts to suppers to parties, Annabel gives tips and advice on improving your children's diet and encouraging new tastes. She suggests ways of sneaking hidden vegetables into familiar foods such as quesadillas and focaccia pizzas, and offers a healthy take on fast-food favourites like chicken nuggets with dips and sticky barbecue ribs. There's plenty to tempt children of all ages, including pork and peanut noodles, tuna melts, cupcakes and ice creams. And for those children with food intolerances, there is a whole chapter of recipes covering dairy-free sauces, gluten-free pizzas and a wheat-free birthday cake. Annabel has a proven track record in creating delicious, nutritious food to tempt even the most stubborn of fussy eaters. Plus with general advice on how best to cope with fussy-eating behaviours and improve mealtimes, this is more than just a recipe book - it will be the answer to many parents' prayers!

Righteous Porkchop Nicolette Hahn Niman 2010-10-19 Asked to head up Robert F. Kennedy Jr.'s environmental organization's "hog campaign," Nicolette Hahn Niman embarked upon a fascinating odyssey through the inner workings of the "factory farm" industry. What she discovered transformed her into an intrepid environmental lawyer determined to lock horns with the big business farming establishment. She even, unexpectedly, found love along the way. A searing account of an industry gone awry and one woman's passionate fight to remedy it, Righteous Porkchop chronicles Niman's investigation and her determination to organize a national reform movement to fight the shocking

practices of industrial animal operations. She offers necessary alternatives, showing how livestock farming can be done in a better way—and she details both why and how to choose meat, poultry, dairy, eggs, and fish from traditionally farmed sources.

Natural Feasts Ella Mills 2017-10-17 At head of title on cover: Deliciously Ella.

Best ever recipes Slimming World 2014-04-30 Food Optimising is the name given by Slimming World to their highly successful weight-loss technique that enables slimmers to lose weight without ever having to go hungry. It is the most slimmer-friendly eating system there is and is based on a deep understanding of the challenges faced by overweight people - no foods are banned, there is no calorie counting and there are hundreds of 'free foods' that can be eaten in unlimited amounts. Published to coincide with the 40th anniversary of Slimming World, Best Ever Recipes draws on Slimming World's 40 years of unrivalled experience in helping slimmers achieve their target weight. Packed with nutritional, lifestyle and diet information, as well as more than 120 new, healthy yet delicious recipes, it is the definitive guide to successful - and enjoyable - weight loss.

Salt Block Cooking Mark Bitterman 2013-05-28 Explains how to use Himalayan salt blocks in seventy recipes that draw on a variety of cooking techniques, and provides an overview of the mineral's provenance and properties.

The Misplaced Battleship Harry Harrison 2021-01-01 The present book 'The Misplaced Battleship' is a science fiction work by American author Harry Harrison. It was first published in the year 1960.

Designing and Drafting for Handweavers Berta Frey 1958

Perfect Digestion Deepak Chopra, M.D. 2010-05-26 Dr. Deepak Chopra presents an ailment-specific program that tailors the benefits of Ayurvedic medicine to the treatment of digestive disorders. By following Dr. Chopra's suggestions, readers can learn to overcome intestinal problems in a natural way that takes their specific needs into account.

Spiral of Need Suzanne Wright 2015-09-29

The Karmadont Chess Set (The Way of the Shaman: Book #5) LitRPG series Vasily Mahanenko (Vasilij Mahan?nko) 2018-07-26 An original LitRPG fantasy from one of the fathers of LitRPG. #1 bestseller in audiobooks. The unrelenting #1 LitRPG bestseller since 2012. Translated into English, German, Polish, Czech and Korean languages. Mahan's ready for new adventures - just as the gaming world of Barliona thought it was about to re-enter its old comfortable rut. The winds of the Dark Forest have finally died down; Altameda has recognized its new owner while Geranika is nursing new schemes of global destruction. Would Mahan be happy with this predictable old life? We think not! New storylines, new monsters, new dungeons and a new status: our High Shaman hates the daily grind! He wants a new apprentice? - then he'd better find someone who has no right to summon Spirits. A new ship? - it's going to be one of a kind! A new love? Well, we'll have to see, won't we?

Force of Temptation Suzanne Wright 2016-12-13 Harley Vincent is resigned to life in the human world. Sure, being a margay shifter is half her nature, but life among humans gives her the freedom to roam and do as she pleases. That is, until anti-shifter extremists target her, putting her life in immediate danger. When an old acquaintance and onetime fling, Jesse Dalton, shows up to offer the protection of his pack, Harley hesitates. She may have feelings for Jesse that go beyond their one-night stand, but life among shifters means giving over her independence to the needs of pack. Plus Mercury Pack has its own threat to face: a rich half-shifter is determined to claim their territory at any cost. Jesse, who lost his true mate as a child, has wanted Harley since their night together, and he's not letting her go again. They may not be destined for each other, but he knows she belongs to him and with his pack. Even if he can convince her to join him now, can he convince her to stay?"

Preacher's Peace William W. Johnstone 2016-06-28 Long before there was a mountain man called Preacher, a young adventurer set off with a team of fur traders from St. Louis for the time of his life. On a wild frontier, he sought a fortune. Instead, he found blood, betrayal, and the beginning of a legend. Armed only with a knife, surrounded by a fierce Blackfoot war party, the young man was forced to kill a warrior chief in an act of audacious courage. But when a grizzly bear attack left him half-dead, he could no longer protect himself. By the time the Blackfeet found him again, he had been abandoned and doublecrossed, with only one last trick up his sleeve: the ability to talk himself out of an impossible situation -- and into a battle for his life. So began William Johnstone's masterful saga of the courageous loner who would become known as Preacher. Because when he was alone and desperate, he drew on a preacher's skills -- and a mountain man's cunning -- to give his enemies hell.

Fins Are Forever Tera Lynn Childs 2012-04-01 Just when things seem to be going swimmingly, Lily Sanderson's human-hating cousin Doshia is exiled from the mer kingdom of Thalassinia and sent to land, leaving Lily with the huge task of keeping her on the straight and narrow. But why was Doshia exiled in the first place? And why, why, why is she batting her eyelashes at Brody, Lily's former crush? As if her bratty cousin weren't enough to handle, the reappearance of a merboy from Lily's past makes her question her decision to renounce her kingdom and stay on land with her boyfriend, Quince.

More Fast Cakes Mary Berry 1988-01

A Tip of Balance Bella Forrest 2017-08-19 "Whatever came after tonight, it was going to be a harrowingly bumpy ride..." Reunite with the Shadians in the action-packed 48th book of the series: A Tip of Balance. Order now The Louise Parker Method Louise Parker 2016-05-05 'Louise Parker, AKA the figure magician, has worked her magic on actors, athletes, pop stars, politicians and princesses and believes absolutely anyone can have a sensational body.' Glamour 'Louise Parker is one of the very few weight-loss experts worth the title. A genius method, an unbelievable client list and years of experience.' Good Housekeeping 'Clever, kind and committed to getting you the best body possible. Louise Parker really does think of everything.' Tatler 'Quite simply the most intelligent weight-loss programme out there.' Independent It is not a diet - it is an inspiring, easy-to-follow programme for life, consisting of two phases: TRANSFORM - taking the direct route to your best body LIFESTYLE - protecting your results for life The method is the best-kept secret of A-list celebrities, royals, global CEOs, entrepreneurs and London society - the quickest, most do-able approach of total body and lifestyle transformation. It contains over 80 effortless recipes to help you 'Eat Beautifully' and avoid being 'Organically Overweight'. Many of the recipes call for fewer than 8 ingredients and take just 8 minutes to prepare. For the first time, Louise shares her unique four-pronged approach to lasting success that has made her method the mecca for worldwide clients demanding the most intelligent, focused and practical solution to permanent weight loss and habit change. The book details four simple pillars that promise you can drop two dress sizes in six weeks without a chia seed in sight. Think Successfully - positivity, keeping inspiring company and making time for simple pleasures every single day Live Well - de-cluttering your surroundings, a Digital Detox after 9pm every night, sleeping 7-8 hours a night and taking 20 minutes a day to 'brain nap' Eat Beautifully - eating 3 meals and 2 snacks daily from any of the 80 delicious recipes in the book Exercise Intelligently - achievable goals of walk a minimum of 10,000 steps, exercise for 30 minutes, following Louise's workouts or other exercises you enjoy

Arm of the Law Harry Harrison 2017-04-14 A quiet backwater outpost on Mars gets a surprise in the form of a new police recruit - in a box! Yep, it's a prototype robot cop sent to the backwater station for testing. And Harrison tells the strange, funny and scary things that begin to happen after that, as only he can.