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Collier's 1920

Spanish Highways and Byways Katharine Lee Bates 2019-12-03 "Spanish Highways and Byways" by Katharine Lee Bates. Published by Good Press. Good Press publishes a wide range of titles that encompasses every genre. From well-known classics & literary fiction and non-fiction to forgotten?or yet undiscovered gems?of world literature, we issue the books that need to be read. Each Good Press edition has been meticulously edited and formatted to boost readability for all e-readers and devices. Our goal is to produce eBooks that are user-friendly and accessible to everyone in a high-quality digital format.

Under The Volcano MALCOLM LOWRY 1965

Problem Gambling in Europe Gerhard Meyer 2009-04-29 Problem Gambling in Europe Challenges, Prevention, and Interventions Edited by Gerhard Meyer, University of Bremen, Germany Tobias Hayer, University of Bremen, Germany Mark Griffiths, Nottingham Trent University, United Kingdom As a leisure activity, gambling dates back to ancient times. More recently, the surge in avenues for gambling—casinos, sports betting, lotteries, and remote media (e.g., Internet, mobile phone, interactive television)

among them—finds growing numbers of people losing control over their gambling behaviour, usually at great personal and financial expense. *Problem Gambling in Europe* is the first book to offer a robust international knowledge base compiled by an interdisciplinary panel of researchers in gambling behaviour. Reports from 21 countries throughout Western, Eastern, Northern, and Southern Europe reveal wide variations in types of wagering activities, participation by populations, social and criminal consequences related to pathological gambling, the extent to which governments acknowledge the problem, and efforts to control it (often with the involvement of the gaming industries). For each country, noted experts discuss: Current legislation regulating gambling. Forms of gambling and their addictive potential. Participation rates and demographics. Prevalence of pathological gambling. National policies to address problem gambling. Prevention strategies and treatment methods. *Problem Gambling in Europe* brings insight and clarity to a widespread and complex phenomenon, and will be of considerable interest to all parties working to reduce their negative effects: social science researchers in addictions, gambling behaviour, and public health; clinical, social, and health psychologists and psychiatrists; treatment practitioners; the gaming industry; regulators; and policy makers.

A Clinician's Guide to Working with Problem Gamblers Henrietta Bowden-Jones 2015-02-11 Problem gambling is a recognised mental disorder and a significant public health issue internationally. *A Clinician's Guide to Working with Problem Gamblers* introduces

the reader to the concept of problem gambling as an illness, it describes the current gambling habits and explores the way problem gambling may present in an individual. This guide is the product of a collaboration between two of the country's most eminent experts on problem gambling as a psychiatric disorder. Bowden-Jones and George bring together contributions from leading clinicians working in the field to provide an outline of the epidemiology, aetiology, research, assessment procedures and treatment practices which are discussed and presented in an accessible and engaging manner. The inclusion of questionnaires and screening tools adds to the 'hands on' feel of the book. The book covers a range of topics that clinicians and trainees need in order to review and understand the disorder, including, amongst others: Cognitive behavioural models of problem gambling Psychiatric co-morbidity Family interventions Gambling and women Remote gambling A Clinician's Guide to Working with Problem Gamblers will be essential reading for mental health professionals working with problem gamblers, as well as those in training, it is a comprehensive reference point on all aspects of this psychiatric condition. It is also aimed at various other groups of people who have an interest in the field of problem gambling, including academics, researchers, policy makers, NHS commissioners, probation officers, other health care professionals, the lay reader and family members of those affected by gambling.

Pride Ibi Zobi 2018-09-18 In a timely update of Jane Austen's *Pride and Prejudice*, National Book Award finalist Ibi Zobi skillfully balances cultural identity, class, and

gentrification against the heady magic of first love in her vibrant reimagining of this beloved classic. A smart, funny, gorgeous retelling starring all characters of color. Zuri Benitez has pride. Brooklyn pride, family pride, and pride in her Afro-Latino roots. But pride might not be enough to save her rapidly gentrifying neighborhood from becoming unrecognizable. When the wealthy Darcy family moves in across the street, Zuri wants nothing to do with their two teenage sons, even as her older sister, Janae, starts to fall for the charming Ainsley. She especially can't stand the judgmental and arrogant Darius. Yet as Zuri and Darius are forced to find common ground, their initial dislike shifts into an unexpected understanding. But with four wild sisters pulling her in different directions, cute boy Warren vying for her attention, and college applications hovering on the horizon, Zuri fights to find her place in Bushwick's changing landscape, or lose it all. "Zoboi skillfully depicts the vicissitudes of teenage relationships, and Zuri's outsize pride and poetic sensibility make her a sympathetic teenager in a contemporary story about race, gentrification, and young love." (Publishers Weekly, "An Anti-Racist Children's and YA Reading List")

Cigars 1998 Identifies upward trend in cigar use as potential serious public health problem.

Sunset 1917

The Court of Philip IV. Martin Andrew Sharp Hume 1907

Barely Missing Everything Matt Mendez 2020-03-03 "There are moments when a story

shakes you...Barely Missing Everything is one of those stories, and Mendez, a gifted storyteller with a distinct voice, is sure to bring a quake to the literary landscape.”

—Jason Reynolds, New York Times bestselling author of Long Way Down

In the tradition of Jason Reynolds and Matt de la Peña, this heartbreaking, no-holds-barred debut novel told from three points of view explores how difficult it is to make it in life when you—your life, brown lives—don’t matter. Juan has plans. He’s going to get out of El Paso, Texas, on a basketball scholarship and make something of himself—or at least find something better than his mom Fabi’s cruddy apartment, her string of loser boyfriends, and a dead dad. Basketball is going to be his ticket out, his ticket up. He just needs to make it happen. His best friend JD has plans, too. He’s going to be a filmmaker one day, like Quentin Tarantino or Guillermo del Toro (NOT Steven Spielberg). He’s got a camera and he’s got passion—what else could he need? Fabi doesn’t have a plan anymore. When you get pregnant at sixteen and have been stuck bartending to make ends meet for the past seventeen years, you realize plans don’t always pan out, and that there are some things you just can’t plan for... Like Juan’s run-in with the police, like a sprained ankle, and a tanking math grade that will likely ruin his chance at a scholarship. Like JD causing the implosion of his family. Like letters from a man named Mando on death row. Like finding out this man could be the father your mother said was dead. Soon Juan and JD are embarking on a Thelma and Louise—like road trip to visit Mando. Juan will finally meet his dad, JD has a perfect

subject for his documentary, and Fabi is desperate to stop them. But, as we already know, there are some things you just can't plan for...

Representative Spanish Authors Walter Thomas Pattison 1958 Volume 1 includes poems and writings by Juan Manuel, Fernando del Pulgar, Juan Ruiz, Marques de Santillana, Jorge Manrique, Garcilaso de la Vega, Fernando de Herrera, Gutierre de Cetina, Fray Luis de Leon, Fernando de Roja, Jorge de Montemayor, Santa Teresa de Jesus, San Juan de la Cruz, Lope de Rueda, Pedro Calderon de la Barca, Miguel de Cervantes, Luis de Gongora y Argote, and Francisco de Quevedo. Volume 2 includes poems and writings by Tomas de Iriarte, Juan Melendez Valdes, Jose de Espronceda, Mariano Jose de Larra, Jose Zorrilla, Duque de Rivas, Ramon de Mesonero Romanos, Gustavo Adolfo Becquer, Rosalia de Castro, Juan Valera, Benito Perez Galdos, Jose Maria de Pereda, Ramon de Campoamor, Emilia Pardo Bazan, Pio Baroja, Ramon del Valle-Inclan, Miguel de Unamuno, Jose Ortega y Gasset, Azorin, Jacinto Benavente, Ruben Dario, Antonio Machado, Juan Ramon Jimenez, and Federico Garcia Lorca.

LINE RIDER J Washburn 2015-08-31 Line Rider is the true story of the life of Joseph Harrison Pearce (1873-1958), written by his own hand. During his lifetime, the "wild west" from the storybooks still lived and breathed in one of the last places to be modernized—Arizona. Joe, as he calls himself, took various roles throughout his adventurous life, including sheep herder, cowman, courter, tracker, line rider, and, most famously, that venerated breed of law man know as the Arizona Ranger. His story

leads him to encounters with cattle rustlers, gamblers, saloons, stampedes, horse thieves, Indian trackers, outlaws, and nearly every other subject that later made its way into western legend. But this story is absolutely real, told in his own voice in vivid detail. Born to Run Christopher McDougall 2011-03-29 NATIONAL BESTSELLER • The astonishing and hugely entertaining story that completely changed the way we run. An epic adventure that began with one simple question: Why does my foot hurt? “Equal parts quest, physiology treatise, and running history.... The climactic race reads like a sprint.... It simply makes you want to run.” —Outside Magazine Isolated by Mexico's deadly Copper Canyons, the blissful Tarahumara Indians have honed the ability to run hundreds of miles without rest or injury. In a riveting narrative, award-winning journalist and often-injured runner Christopher McDougall sets out to discover their secrets. In the process, he takes his readers from science labs at Harvard to the sun-baked valleys and freezing peaks across North America, where ever-growing numbers of ultra-runners are pushing their bodies to the limit, and, finally, to a climactic race in the Copper Canyons that pits America's best ultra-runners against the tribe. McDougall's incredible story will not only engage your mind but inspire your body when you realize that you, indeed all of us, were born to run.

The Cambridge Handbook of Substance and Behavioral Addictions Steve Sussman 2020-08-31 Written by leaders in the addictions field, 100 authors from six countries, this handbook is a thoroughly comprehensive resource. Philosophical and legal issues

are addressed, while conceptual underpinnings are provided through explanations of appetitive motivation, incentive sensitization, reward deficiency, and behavioral economics theories. Major clinical and research methods are clearly mapped out (e.g. MRI, behavioral economics, interview assessments, and qualitative approaches), outlining their strengths and weaknesses, giving the reader the tools needed to guide their research and practice aims. The etiology of addiction at various levels of analysis is discussed, including neurobiology, cognition, groups, culture, and environment, which simultaneously lays out the foundations and high-level discourse to serve both novice and expert researchers and clinicians. Importantly, the volume explores the prevention and treatment of such addictions as alcohol, tobacco, novel drugs, food, gambling, sex, work, shopping, the internet, and several seldom-investigated behaviors (e.g. love, tanning, or exercise).

Gambling Disorder Andreas Heinz 2019-01-05 This book provides an overview of the state of the art in research on and treatment of gambling disorder. As a behavioral addiction, gambling disorder is of increasing relevance to the field of mental health. Research conducted in the last decade has yielded valuable new insights into the characteristics and etiology of gambling disorder, as well as effective treatment strategies. The different chapters of this book present detailed information on the general concept of addiction as applied to gambling, the clinical characteristics, epidemiology and comorbidities of gambling disorder, as well as typical cognitive

distortions found in patients with gambling disorder. In addition, the book includes chapters discussing animal models and the genetic and neurobiological underpinnings of the disorder. Further, it is examining treatment options including pharmacological and psychological intervention methods, as well as innovative new treatment approaches. The book also discusses relevant similarities to and differences with substance-related disorders and other behavioral addictions. Lastly, it examines gambling behavior from a cultural perspective, considers possible prevention strategies and outlines future perspectives in the field.

Journeys and Experiences in Argentina, Paraguay, and Chile Henry Stephens 1920
Arizona Highways 1967

The Signal and the Noise Nate Silver 2015-02-03 UPDATED FOR 2020 WITH A NEW PREFACE BY NATE SILVER "One of the more momentous books of the decade."
—The New York Times Book Review Nate Silver built an innovative system for predicting baseball performance, predicted the 2008 election within a hair's breadth, and became a national sensation as a blogger—all by the time he was thirty. He solidified his standing as the nation's foremost political forecaster with his near perfect prediction of the 2012 election. Silver is the founder and editor in chief of the website FiveThirtyEight. Drawing on his own groundbreaking work, Silver examines the world of prediction, investigating how we can distinguish a true signal from a universe of noisy data. Most predictions fail, often at great cost to society, because most of us have a

poor understanding of probability and uncertainty. Both experts and laypeople mistake more confident predictions for more accurate ones. But overconfidence is often the reason for failure. If our appreciation of uncertainty improves, our predictions can get better too. This is the “prediction paradox”: The more humility we have about our ability to make predictions, the more successful we can be in planning for the future. In keeping with his own aim to seek truth from data, Silver visits the most successful forecasters in a range of areas, from hurricanes to baseball to global pandemics, from the poker table to the stock market, from Capitol Hill to the NBA. He explains and evaluates how these forecasters think and what bonds they share. What lies behind their success? Are they good—or just lucky? What patterns have they unraveled? And are their forecasts really right? He explores unanticipated commonalities and exposes unexpected juxtapositions. And sometimes, it is not so much how good a prediction is in an absolute sense that matters but how good it is relative to the competition. In other cases, prediction is still a very rudimentary—and dangerous—science. Silver observes that the most accurate forecasters tend to have a superior command of probability, and they tend to be both humble and hardworking. They distinguish the predictable from the unpredictable, and they notice a thousand little details that lead them closer to the truth. Because of their appreciation of probability, they can distinguish the signal from the noise. With everything from the health of the global economy to our ability to fight terrorism dependent on the quality of our predictions, Nate Silver’s insights are an

essential read.

Open Veins of Latin America Eduardo Galeano 1997 [In this book, the author's] analysis of the effects and causes of capitalist underdevelopment in Latin America present [an] account of ... Latin American history. [The author] shows how foreign companies reaped huge profits through their operations in Latin America. He explains the politics of the Latin American bourgeoisies and their subservience to foreign powers, and how they interacted to create increasingly unequal capitalist societies in Latin America.-Back cover.

Memory and Cultural History of the Spanish Civil War 2013-10-04 The volume addresses the study of political violence from a humanistic and democratic perspective. The chapters utilize the lens of gender, examine myths and otherness, reflect on structural hunger and fear, and narrate testimonials of exile abroad and in Spain. The methodologies employed are grounded in hermeneutics and discourse analysis.

Cinesonidos Jacqueline Avila 2019-09-16 During Mexico's silent (1896-1930) and early sound (1931-52) periods, cinema saw the development of five significant genres: the prostitute melodrama (including the cabaretera subgenre), the indigenista film (on indigenous themes or topics), the cine de añoranza porfiriana (films of Porfirian nostalgia), the Revolution film, and the comedia ranchera (ranch comedy). In this book, author Jacqueline Avila looks at examples from all genres, exploring the ways that the popular, regional, and orchestral music in these films contributed to the creation of

tropes and archetypes now central to Mexican cultural nationalism. Integrating primary source material—including newspaper articles, advertisements, films—with film music studies, sound studies, and Mexican film and cultural history, Avila examines how these tropes and archetypes mirrored changing perceptions of mexicanidad manufactured by the State and popular and transnational culture. As she shows, several social and political agencies were heavily invested in creating a unified national identity in an attempt to merge the previously fragmented populace as a result of the Revolution. The commercial medium of film became an important tool to acquaint a diverse urban audience with the nuances of Mexican national identity, and music played an essential and persuasive role in the process. In this heterogeneous environment, cinema and its music continuously reshaped the contested, fluctuating space of Mexican identity, functioning both as a sign and symptom of social and political change.

Deaf Gain H-Dirksen L. Bauman 2014-10-15 Deaf people are usually regarded by the hearing world as having a lack, as missing a sense. Yet a definition of deaf people based on hearing loss obscures a wealth of ways in which societies have benefited from the significant contributions of deaf people. In this bold intervention into ongoing debates about disability and what it means to be human, experts from a variety of disciplines—neuroscience, linguistics, bioethics, history, cultural studies, education, public policy, art, and architecture—advance the concept of Deaf Gain and challenge assumptions about what is normal. Through their in-depth articulation of Deaf Gain, the

editors and authors of this pathbreaking volume approach deafness as a distinct way of being in the world, one which opens up perceptions, perspectives, and insights that are less common to the majority of hearing persons. For example, deaf individuals tend to have unique capabilities in spatial and facial recognition, peripheral processing, and the detection of images. And users of sign language, which neuroscientists have shown to be biologically equivalent to speech, contribute toward a robust range of creative expression and understanding. By framing deafness in terms of its intellectual, creative, and cultural benefits, *Deaf Gain* recognizes physical and cognitive difference as a vital aspect of human diversity. Contributors: David Armstrong; Benjamin Bahan, Gallaudet U; Hansel Bauman, Gallaudet U; John D. Bonvillian, U of Virginia; Alison Bryan; Teresa Blankmeyer Burke, Gallaudet U; Cindee Calton; Debra Cole; Matthew Dye, U of Illinois at Urbana–Champaign; Steve Emery; Ofelia García, CUNY; Peter C. Hauser, Rochester Institute of Technology; Geo Kartheiser; Caroline Kobek Pezzarossi; Christopher Krentz, U of Virginia; Annelies Kusters; Irene W. Leigh, Gallaudet U; Elizabeth M. Lockwood, U of Arizona; Summer Loeffler; Mara Lúcia Massuti, Instituto Federal de Santa Catarina, Brazil; Donna A. Morere, Gallaudet U; Kati Morton; Ronice Müller de Quadros, U Federal de Santa Catarina, Brazil; Donna Jo Napoli, Swarthmore College; Jennifer Nelson, Gallaudet U; Laura-Ann Petitto, Gallaudet U; Suvi Pylvänen, Kymenlaakso U of Applied Sciences; Antti Raike, Aalto U; Päivi Rainò, U of Applied Sciences Humak; Katherine D. Rogers; Clara Sherley-Appel; Kristin Snoddon, U of

Alberta; Karin Strobel, U Federal de Santa Catarina, Brazil; Hilary Sutherland; Rachel Sutton-Spence, U of Bristol, England; James Tabery, U of Utah; Jennifer Grinder Witteborg; Mark Zaurov.

Dictionary of Spoken Spanish U. S. War Dept 2013-03-27 Prepared by U.S. linguists, this dictionary uses idioms, phrases and sentences as basic units — not single words. English-Spanish and Spanish-English sections contain modern equivalents for over 18,000 sentences.

Death in the Afternoon Ernest Hemingway 2002-07-25 Still considered one of the best books ever written about bullfighting, Death in the Afternoon is an impassioned look at the sport by one of its true aficionados. It reflects Hemingway's conviction that bullfighting was more than mere sport and reveals a rich source of inspiration for his art. The unrivaled drama of bullfighting, with its rigorous combination of athleticism and artistry, and its requisite display of grace under pressure, ignited Hemingway's imagination. Here he describes and explains the technical aspects of this dangerous ritual and "the emotional and spiritual intensity and pure classic beauty that can be produced by a man, an animal, and a piece of scarlet serge draped on a stick." Seen through his eyes, bullfighting becomes a richly choreographed ballet, with performers who range from awkward amateurs to masters of great elegance and cunning. A fascinating look at the history and grandeur of bullfighting, Death in the Afternoon is also a deeper contemplation of the nature of cowardice and bravery, sport and tragedy,

and is enlivened throughout by Hemingway's sharp commentary on life and literature. Life in Mexico Madame Frances Calderón de la Barca 1982-09-30 Originally published in 1843, Fanny Calderon de la Barca, gives her spirited account of living in Mexico—from her travels with her husband through Mexico as the Spanish diplomat to the daily struggles with finding good help—Fanny gives the reader an enlivened picture of the life and times of a country still struggling with independence.

In the Time of the Butterflies Julia Alvarez 2010-01-12 It is November 25, 1960, and three beautiful sisters have been found near their wrecked Jeep at the bottom of a 150-foot cliff on the north coast of the Dominican Republic. The official state newspaper reports their deaths as accidental. It does not mention that a fourth sister lives. Nor does it explain that the sisters were among the leading opponents of Gen. Rafael Leonidas Trujillo's dictatorship. It doesn't have to. Everybody knows of Las Mariposas—"The Butterflies." In this extraordinary novel, the voices of all four sisters—Minerva, Patria, María Teresa, and the survivor, Dedé—speak across the decades to tell their own stories, from hair ribbons and secret crushes to gunrunning and prison torture, and to describe the everyday horrors of life under Trujillo's rule. Through the art and magic of Julia Alvarez's imagination, the martyred Butterflies live again in this novel of courage and love, and the human cost of political oppression.

Carolinian-English Dictionary Frederick H. Jackson 2019-03-31 Carolinian is a member of the Trukic subgroup of the Micronesian group of Oceanic languages. This is the first

English dictionary of the three Carolinian dialects spoken by descendants of voyagers who migrated from atolls in the Central Caroline Islands to Saipan in the Northern Mariana Islands. This dictionary provides English definitions for almost 7,000 Carolinian entries and an English-Carolinian finder list. A special effort was made to include culturally important words, particularly those related to sailing, fishing, cooking, house building, traditional religion, and family structure. With this work, the compilers also establish an acceptable standard writing system with which to record the Carolinian language.

Theoretical Foundations of Health Education and Health Promotion Manoj Sharma 2012 "Introduces students to common theories from behavioral and social sciences that are currently being used in health education and promotion. Each discussion of theory is accompanied by a practical skill-building activity in the context of planning and evaluation and a set of application questions that will assist the student in mastering the application of the theory."--

A Supplementary Chapter to the Bible in Spain George Borrow 2019-12-20 "A Supplementary Chapter to the Bible in Spain" by George Borrow. Published by Good Press. Good Press publishes a wide range of titles that encompasses every genre. From well-known classics & literary fiction and non-fiction to forgotten?or yet undiscovered gems?of world literature, we issue the books that need to be read. Each Good Press edition has been meticulously edited and formatted to boost readability for

all e-readers and devices. Our goal is to produce eBooks that are user-friendly and accessible to everyone in a high-quality digital format.

The Battle for Spain Antony Beevor 2006-06-01 A fresh and acclaimed account of the Spanish Civil War by the bestselling author of Stalingrad and The Battle of Arnhem To mark the 70th anniversary of the Spanish Civil War's outbreak, Antony Beevor has written a completely updated and revised account of one of the most bitter and hard-fought wars of the twentieth century. With new material gleaned from the Russian archives and numerous other sources, this brisk and accessible book (Spain's #1 bestseller for twelve weeks), provides a balanced and penetrating perspective, explaining the tensions that led to this terrible overture to World War II and affording new insights into the war-its causes, course, and consequences.

Six Months in Mexico Nellie Bly 2020-07-26 Reproduction of the original: Six Months in Mexico by Nellie Bly

American Indian Myths and Legends Richard Erdoes 2013-12-04 More than 160 tales from eighty tribal groups gives us a rich and lively panorama of the Native American mythic heritage. From across the continent comes tales of creation and love; heroes and war; animals, tricksters, and the end of the world. In addition to mining the best folkloric sources of the nineteenth century, the editors have also included a broad selection of contemporary Native American voices. With black-and-white illustrations throughout Selected and edited by Richard Erdoes and Alfonso Ortiz Part of the

Pantheon Fairy Tale and Folklore Library

Gatherings from Spain Richard Ford 1846

Cybernetic Revolutionaries Eden Medina 2014-01-10 A historical study of Chile's twin experiments with cybernetics and socialism, and what they tell us about the relationship of technology and politics. In *Cybernetic Revolutionaries*, Eden Medina tells the history of two intersecting utopian visions, one political and one technological. The first was Chile's experiment with peaceful socialist change under Salvador Allende; the second was the simultaneous attempt to build a computer system that would manage Chile's economy. Neither vision was fully realized—Allende's government ended with a violent military coup; the system, known as Project Cybersyn, was never completely implemented—but they hold lessons for today about the relationship between technology and politics. Drawing on extensive archival material and interviews, Medina examines the cybernetic system envisioned by the Chilean government—which was to feature holistic system design, decentralized management, human-computer interaction, a national telex network, near real-time control of the growing industrial sector, and modeling the behavior of dynamic systems. She also describes, and documents with photographs, the network's Star Trek-like operations room, which featured swivel chairs with armrest control panels, a wall of screens displaying data, and flashing red lights to indicate economic emergencies. Studying project Cybersyn today helps us understand not only the technological ambitions of a government in the

midst of political change but also the limitations of the Chilean revolution. This history further shows how human attempts to combine the political and the technological with the goal of creating a more just society can open new technological, intellectual, and political possibilities. Technologies, Medina writes, are historical texts; when we read them we are reading history.

Four Months Afoot in Spain Harry Alverson Franck 1926

Allen Carr's Easyweigh to Lose Weight Allen Carr 1999-12-02 Allen Carr, international bestselling author of The Easy Way to Stop Smoking, helps you to take off the pounds in Allen Carr's EasyWeigh to Lose Weight. Lose weight without dieting, calorie-counting or using will-power Allen Carr's revolutionary eating plan allows you to enjoy food, savour flavours all while you're losing weight. You can:

- Eat your favourite foods
- Follow your natural instincts
- Avoid guilt, remorse and other bad feelings
- Avoid worrying about digestive ailments or feeling faint
- Learn to re-educate your taste
- Let your appetite guide your diet

Allen Carr, author of the world's bestselling guide to giving up smoking, uses his unique approach to help you lose weight simply and easily in no time at all - in Easyweigh to Lose Weight. A happy reader says: 'I've found the answer I've been looking for for 20 years! I've done every diet you can think of. My sister urged me to buy the book - and I'm so glad I did! It isn't someone telling you what to do, it isn't a weird eating plan, IT ISN'T A DIET! There's no guilt... There's no stuggle... There's no restrictions... You just know what to do and you know you want to do it and why!' Allen

Carr was an accountant who smoked 100 cigarettes a day until he discovered EASYWAY. Having cured his own addiction he went on to write a series of bestselling books, most famously *The Easy Way to Stop Smoking*. His books have sold more than 13 million copies worldwide. Allen's lasting legacy is a dynamic, ongoing, global publishing programme and an ever-expanding worldwide network of clinics which help treat a range of issues including smoking, weight, alcohol and "other" drug addiction.

Ever Faithful David Sartorius 2014-01-10 Known for much of the nineteenth century as "the ever-faithful isle," Cuba did not earn its independence from Spain until 1898, long after most American colonies had achieved emancipation from European rule. In this groundbreaking history, David Sartorius explores the relationship between political allegiance and race in nineteenth-century Cuba. Challenging assumptions that loyalty to the Spanish empire was the exclusive province of the white Cuban elite, he examines the free and enslaved people of African descent who actively supported colonialism. By claiming loyalty, many black and mulatto Cubans attained some degree of social mobility, legal freedom, and political inclusion in a world where hierarchy and inequality were the fundamental lineaments of colonial subjectivity. Sartorius explores Cuba's battlefields, plantations, and meeting halls to consider the goals and limits of loyalty. In the process, he makes a bold call for fresh perspectives on imperial ideologies of race and on the rich political history of the African diaspora.

Sun and Shadow in Spain

Maud Howe Elliott 1908

Merriam-Webster's Vocabulary Builder Mary W. Cornog 1998 The ideal book for people who want to increase their word power. Thorough coverage of 1,200 words and 240 roots while introducing 2,300 words. The Vocabulary Builder is organized by Greek and Latin roots for effective study with nearly 250 new words and roots. Includes quizzes after each root discussion to test progress. A great study aid for students preparing to take standardized tests.

El Filibusterismo José Rizal 1968 José Rizal has a good claim to being the first Asian nationalist. An extremely talented Malay born a hundred years ago in a small town near Manila, educated partly in the Philippines and partly in Europe, Rizal inspired the Filipinos by his writing and example to make the first nationalist revolution in Asia in 1896. Today the Philippines revere Rizal as their national hero, and they regard his two books, *The Lost Eden* (*Noli Me Tangere*) and *The Subversive* (*El Filibusterismo*) as the gospel of their nationalism. *The Subversive*, first published in 1891, is strikingly timely today. New nations emerging in Africa and Asia are once again in conflict with their former colonial masters, as were the Filipinos with their Spanish rulers in Rizal's day. *The Subversive* poses questions about colonialism which are still being asked today: does a "civilizing mission" justify subjection of a people? Should a colony aim at assimilation or independence? If independence, should it be by peaceful evolution or force of arms? Despite the seriousness of its theme, however, *The Subversive* is more

than a political novel. It is a romantic, witty, satirical portrait of Spanish colonial rule in the Philippines at the end of the nineteenth century, written in the tradition of the great adventure romances. The translation by Leon Ma. Guerrero, Philippine ambassador to the Court of St. James, conveys the immediacy of the original, and makes this important work available to a new generation of readers. His translation of *The Lost Eden* is also available in the Norton Library.