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You Are the Message
Israel's Past in Present Research
Memoirs of a Fellowwanderer
The Jewish People
One Trip Around the Sun
A History of the Bible Lands in the
Interbiblical Period
Nexus Network Journal 14,2
Passport Series: Eastern Europe and
Russia
Information, Place, and Cyberspace
Hormone Harmony
Qigong Through the
Seasons
Passport Series: North America
Small Comforts
Norway
The End of the
Road
As Far As You Can Go Without A Passport
America's Generations
Lucky
Bastard
Handbook of Signal Processing in Acoustics

You Are the Message

Tom Bodett, Alaska's main comic export, is that rarest of commodities, an original new talent in American humor. His commentaries on "All Things Considered" and his radio spots for Motel 6 have delighted millions, but he's never been funnier than in this, his second collection of casual essays. Here are further musings on the everyday joys and embarrassments of being a husband, father, citizen, and breadwinner by the author of *As Far As You Can Go Without a Passport*. Fans will be comforted by the familiarity of this return visit to Bodett country. Those new to his work will discover one of the freshest, friendliest voices among writers of humor today.

Israel's Past in Present Research

Issue your students a passport to travel the globe with this incredible new series! Eight jam-packed

Memoirs of a Fellowwanderer

The Jewish People

Within the holistic framework of the Daoist way, Ronald H. Davis provides a comprehensive and straightforward guide to the principles and practice of actively living in harmony with the seasonal energetic changes throughout the year. The program focuses on the importance of Qigong, meditation, and diet to support good mental and physical health. The author includes clear explanations of the theory underlying this approach to a healthy life, including the Five Phases of Change (Five Elements) of Chinese Medicine, the body's Qi system of channels and reservoirs, and the concept of chronobiology. For each season he provides a Qigong specific for the season, meditations, herbal information, and dietary recommendations with simple recipes to support the functions of the organ in focus in that season. This accessible program of Qigong for the seasons will be of interest to anyone seeking a healthy life, students of Qigong at any level, and the seasonal emphasis makes this an excellent quick reference for Qigong teachers.

One Trip Around the Sun

This is the comprehensive presentation - the "bible" - of generational dynamics and business strategies, presented by one of the few pioneers who created and then popularized the field of generational study. It is a life-altering story that will place a new filter in your brain, through which you will run your interactions with other people for the rest of your life. It covers the Millennial, Gen X, Boomer, and Silent generations: the unique formative years' times and teachings that molded the unique and powerful Core Values of each generation; their adulthood passage, thus far; how parents and children can better understand each other; and for business, how to deal with each generation: as employees in the workplace and as consumers in the marketplace. And the final, stunning chapter-which is the actual script of the spellbinding keynote speech that audiences coast to coast request of author Chuck Underwood-calls to action the generation that is now leading the nation and provides a pathway for them to clean up the mess that the top of America has become. This book updates, expands, and replaces Mr. Underwood's prior book entitled THE GENERATIONAL IMPERATIVE, which was published in 2007.

A History of the Bible Lands in the Interbiblical Period

A nationally syndicated radio raconteur welcomes listeners to The End of the Road, a small Alaska town inhabited by "real" characters--unpretentious, funny, and, at times, quite touching

Nexus Network Journal 14,2

This volume features eight original papers dedicated to the theme "Persian Architecture and Mathematics," guest edited by Reza Sarhangi. All papers were approved through a rigorous process of blind peer review and edited by an interdisciplinary scientific editorial committee. Topics range from symmetry in ancient Persian architecture to the elaborate geometric patterns and complex three-dimensional structures of standing monuments of historical periods, from the expression of mathematical ideas to architectonic structures, and from decorative ornament to the representation of modern group theory and quasi-crystalline patterns. The articles discuss unique monuments Persia, including domed structures and two-dimensional patterns, which have received significant scholarly attention in recent years. This book is a unique contribution to studies of Persian architecture in relation to mathematics.

Passport Series: Eastern Europe and Russia

A delightful and at times revealing memoir details Wainwright's childhood in Blackburn, how he rose from being an office boy in the Borough Treasurer's office in Blackburn to Borough Treasurer himself in Kendal, the fascinating story behind the Pictorial Guides, and his support for animal welfare. The book is illustrated with family photographs as well as his photographs of Lakeland and Scotland, and a selection of his drawings.

Information, Place, and Cyberspace

This book explores how new communication and information technologies combine

with transportation to modify human spatial and temporal relationships in everyday life. It targets the need to differentiate accessibility levels among a broad range of social groupings, the need to study disparities in electronic accessibility, and the need to investigate new measures and means of representing the geography of opportunity in the information age. It explores how models based on physical notions of distance and connectivity are insufficient for understanding the new structures and behaviors that characterize current regional realities, with examples drawn from Europe, New Zealand, and North America. While traditional notions of accessibility and spatial interaction remain important, information technologies are dramatically modifying and expanding the scope of these core geographical concepts.

Hormone Harmony

This is a breakthrough text in presenting Traditional Chinese Medicine health practices to a Western audience. "One Trip Around the Sun" is the first comprehensive effort to synthesise a vast array of information into a user-friendly guide to optimum health and well-being. Lipsky provides detailed yet straightforward discussions of basic concepts from Traditional Chinese Medicine, chi kung exercises, and tables listing which foods are best for each of the four seasons. Case studies, guidelines for journalling, and meditation exercises round out this exciting exploration of healthy living. Learn how to: Integrate diet, exercise, and meditation with the energy of each season; Build virility; Experience spiritual connection; Do chi kung exercises; Use foods and herbs to improve health. Apply Lipsky's seasonal secrets for building health and vitality and create a life in harmony with the four seasons.

Qigong Through the Seasons

Homespun humor about the way we live, from the pleasant futility of salmon fishing and the joys of Halloween, to quiet afternoons with soap opera families and endless nights in pursuit of trivia Tom Bodett, humorist, radio star, and pitchman for Motel 6, lives and writes in Homer, Alaska, the little town in the blue Northwest where America stops, carwise. "If you got into your car in New York," he says, "and wanted to take a nice long drive, I mean the longest drive you could without turning around or running into a foreign language, this is where you'd wind up." It's a place of moose and salmon and spectacular sunsets, but, Bodett insists, it's also small-town America, a place not all that different from the Michigan town of his youth. That's why he's made it his home: it perfectly suits his contrary appetites for the extreme and the everyday, for the rigors of the outdoor life and the mundane joys of the family circle. As Far As You Can Go Without a Passport, Bodett's first collection of casual essays, contains pieces on everything from trapping, tree cutting, and halibut fishing, to soap operas, lost socks, and sleeping in. It's guaranteed to please both the renegade and the homebody in every reader.

Passport Series: North America

"Hormone Harmony answers these and many other questions from women of all ages, and includes a special section for men. Today, hormone imbalance is an

epidemic that is upsetting countless lives with symptoms such as these: lack of energy ; loss of zest for life ; weight gain ; mood swings ; loss of sex drive ; sleep disturbances ; fuzzy thinking ; forgetfulness ; hot flashes. Traditionally, menopause is viewed as the chief trigger of hormonal problems but evidence shows this is not entirely true. While menopause is a natural transition during which hormone levels change, its discomforts are fueled by imbalances created earlier in life. This fact is widely unrecognized in today's healthcare system, leaving millions of women whose medical tests are "normal" in dire need of help" --Cover, p. 2.

Small Comforts

Norway

The interbiblical period has been the focus of intensive scholarly study for many years, yet the fruits of this work often remain inaccessible to the theological student and minister. Robert L. Cate rectifies this situation, gathering and communicating the results of research in clear, readable prose. Cate argues persuasively that an understanding of the interbiblical period is crucial to those who are concerned with the development of Judaism, the life and ministry of Jesus, the historical setting for the New Testament's development, and the emergence of the church. He then introduces the reader to the people, geography, politics, religions, philosophies, and lifestyles that combine to make up the history of the Bible lands in the interbiblical period.

The End of the Road

Further, many of the most important names in late twentieth century biblical historiography appear as authors of various contributions: Hayes, Brettler, Van Seters, Miller, and de Vaux. In a work of more than 600 pages, Long finds room for thirty-two different writers. In addition to his concluding chapter, he also introduces each section and reprints an important essay of his own on history and literary technique. Every reader, including those already conversant with the subject, will gain much from reading this book. However, some will also recognize gaps or areas that they wished had been highlighted. Despite the word, 'Recent,' one wonders why no samples of the writings of Wellhausen, and especially of Alt, Noth, and Albright are included. Although most of the essays date from the 1990's, Hans Walter Wolff's contribution comes from a 1963 volume.

As Far As You Can Go Without A Passport

When a beautiful woman is found stabbed by a stiletto heel during a big car show at the mega-resort where Lucky works at the head of customer relations, Lucky O'Toole finds the ensuing investigation, and her promising relationship with a French chef, challenged by the untimely arrival of her long-time love, Teddie.

America's Generations

Pack your bags! We're headed to Norway. On this whirl-wind tour, you'll learn all

about the country's landscape, culture, people, and more. We'll explore Norway's beautiful cities, snowy landscapes, thick forests, and fascinating fjords. We'll also find out what kind of foods people eat and learn about syttende mai, the Norwegian independence celebration. A special section introduces Norway's capital, language, population, and flag. Hop on board and take a fun-filled look at your world.

Lucky Bastard

Issue your students a passport to travel the globe with this incredible new series! Eight jam-packed

Handbook of Signal Processing in Acoustics

"You are the message." What does that mean, exactly? It means that when you communicate with someone, it's not just the words you choose to send to the other person that make up the message. You're also sending signals about what kind of person you are--by your eyes, your facial expression, your body movement, your vocal pitch, tone, volume, and intensity, your commitment to your message, your sense of humor, and many other factors. The receiving person is bombarded with symbols and signals from you. Everything you do in relation to other people causes them to make judgments about what you stand for and what your message is. "You are the message" comes down to the fact that unless you identify yourself as a walking, talking message, you miss that critical point. The words themselves are meaningless unless the rest of you is in synchronization. The total you affects how others think of and respond to you.

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