

Newwave Fast Slow Cooker Manual

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Modern Physics

A Pressure Cooker Can Change Your LifeDiscover how you can make delicious meals in minutes using just one pot. Let Jill, The Veggie Queen, show you how easy and safe it is to make flavorful, healthy plant-based meals with vegetables, grains, beans and other legumes and fruit. With a pressure cooker, you can

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save time and money, lock in flavor and nutrition, decrease your energy costs and avoid a messy kitchen with only one pot to clean! Jill will show you how you can cut cooking time in half (or more!) compared to conventional stove top cooking. In *The New Fast Food*, you'll learn how to choose and use a pressure cooker, with timing charts for your favorite plant foods. You'll also find more than 100 recipes for everything from breakfast to dessert. Most of the recipes are gluten-free and all are vegan. *The New Fast Food* offers fast, colorful and tasty dishes such as: Orange Glazed Broccoli with Carrots and Kale Mashed Maple Winter Squash with Cinnamon Lemony Lentil and Potato Chowder Smoky Sweet Potato and Black Bean Chili Coconut Almond Risotto

Luau Like a Local

In his highly provocative first book, Scott Galloway pulls back the curtain on exactly how Amazon, Apple, Facebook, and Google built their massive empires. While the media spins tales about superior products and designs, and the power of technological innovation, Galloway exposes the truth: none of these four are first movers technologically - they've either copied, stolen, or acquired their ideas. Readers will come away with fresh, game-changing insights about what it takes to win in today's economy. Print run 125,000.

Dinner in an Instant

"Topics are organized into three parts: algebra,

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calculus, differential equations, and expansions in series; vectors, determinants and matrices; and numerical analysis and statistics. The extensive use of examples illustrates every important concept and method in the text, and are used to demonstrate applications of the mathematics in chemistry and several basic concepts in physics. The exercises at the end of each chapter, are an essential element of the development of the subject, and have been designed to give students a working understanding of the material in the text."--BOOK JACKET.

Hamlyn All Colour Cookery: 200 Halogen Oven Recipes

Now in its 40th year, Emerging Trends in Real Estate is one of the most highly regarded and widely read forecast reports in the real estate industry. This updated edition provides an outlook on real estate investment and development trends, real estate finance and capital markets, trends by property sector and metropolitan area, and other real estate issues around the globe. Comprehensive and invaluable, the book is based on interviews with leading industry experts and also covers what's happening in multifamily, retail, office, industrial, and hotel development.

Living Well

Summary Deep Learning with Python introduces the field of deep learning using the Python language and the powerful Keras library. Written by Keras creator

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and Google AI researcher François Chollet, this book builds your understanding through intuitive explanations and practical examples. Purchase of the print book includes a free eBook in PDF, Kindle, and ePub formats from Manning Publications. About the Technology Machine learning has made remarkable progress in recent years. We went from near-unusable speech and image recognition, to near-human accuracy. We went from machines that couldn't beat a serious Go player, to defeating a world champion. Behind this progress is deep learning--a combination of engineering advances, best practices, and theory that enables a wealth of previously impossible smart applications. About the Book Deep Learning with Python introduces the field of deep learning using the Python language and the powerful Keras library. Written by Keras creator and Google AI researcher François Chollet, this book builds your understanding through intuitive explanations and practical examples. You'll explore challenging concepts and practice with applications in computer vision, natural-language processing, and generative models. By the time you finish, you'll have the knowledge and hands-on skills to apply deep learning in your own projects. What's Inside Deep learning from first principles Setting up your own deep-learning environment Image-classification models Deep learning for text and sequences Neural style transfer, text generation, and image generation About the Reader Readers need intermediate Python skills. No previous experience with Keras, TensorFlow, or machine learning is required. About the Author François Chollet works on deep learning at Google in Mountain View, CA. He is the creator of the Keras deep-learning

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library, as well as a contributor to the TensorFlow machine-learning framework. He also does deep-learning research, with a focus on computer vision and the application of machine learning to formal reasoning. His papers have been published at major conferences in the field, including the Conference on Computer Vision and Pattern Recognition (CVPR), the Conference and Workshop on Neural Information Processing Systems (NIPS), the International Conference on Learning Representations (ICLR), and others.

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Cooking Under Pressure ()

In this cookbook you will find 500 delicious recipes divided into the following categories: - Vegetables - Poultry - Pork - Beef - Fish & Seafood - Vegan - Fast Snacks - Desserts

If you're thinking about making the leap from good to great, consider trying the Power Pressure Cooker XL. This revolutionary kitchen gadget is a highly efficient, modern-day invention that performs various cooking functions such as steaming, rice cooking, slow cooking, sautéing, and so forth. The

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Power Pressure Cooker XL utilizes the pressure of super-heated steam to cook your favorite meals. The growing global awareness of healthy eating encourages manufacturers to produce more efficient kitchen devices. We are the generation that is constantly on the hunt for new ideas and intelligent solutions to improve our health, save time and energy. The secret lies in a simple approach - we should connect two major points: a healthy food and the right cooking method. In addition to providing an extremely tasty food, pressure cooking can greatly improve your health. So, grab your Power pressure cooker XL and get ready to explore the magnificent world of quick, easy and healthy cooking!

Results

Montel imparts his personal recipe for healthy and happy living, and shares his 21-Day Living Well Food and Workout Program, a three-phased health plan for fast, fit results. For anyone who wants to fight chronic diseases like diabetes, cancer, and cardio

Deep Learning with Python

Computer Systems Organization -- Processor Architectures.

The Practice Manual

So you want to learn the ins and outs of creating dance music and looking to improve your production? Then this book is just for you. No matter what genre

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you are interested in- trance, techno, garage, chill out, house or what tool you are working with- Ableton, Reason, Reaktor or Absynth, Snowman covers every aspect of dance music production- from sound design, compression and effects to mixing and mastering to help you improve your music. No matter what your level of experience the Dance Music Manual is packed with sound advice, techniques and practical tips to help you achieve professional results. The CD provides demo tracks showing what can be achieved when applying the advice contained in the book, including examples of the quality difference before and after mixing and mastering. The CD also contains free software demos for you to download. For even more advice and resources, check out the book's official website www.dancemusicproduction.com

e-Learning and the Science of Instruction

In this volume of 15 articles, contributors from a wide range of disciplines present their analyses of Disney movies and Disney music, which are mainstays of popular culture. The power of the Disney brand has heightened the need for academics to question whether Disney's films and music function as a tool of the Western elite that shapes the views of those less empowered. Given its global reach, how the Walt Disney Company handles the role of race, gender, and sexuality in social structural inequality merits serious reflection according to a number of the articles in the volume. On the other hand, other authors argue that Disney productions can help individuals cope with difficult situations or embrace

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progressive thinking. The different approaches to the assessment of Disney films as cultural artifacts also vary according to the theoretical perspectives guiding the interpretation of both overt and latent symbolic meaning in the movies. The authors of the 15 articles encourage readers to engage with the material, showcasing a variety of views about the good, the bad, and the best way forward.

The Anarchist Cookbook

For the intermediate-level course, the Fifth Edition of this widely used text takes modern physics textbooks to a higher level. With a flexible approach to accommodate the various ways of teaching the course (both one- and two-term tracks are easily covered), the authors recognize the audience and its need for updated coverage, mathematical rigor, and features to build and support student understanding. Continued are the superb explanatory style, the up-to-date topical coverage, and the Web enhancements that gained earlier editions worldwide recognition. Enhancements include a streamlined approach to nuclear physics, thoroughly revised and updated coverage on particle physics and astrophysics, and a review of the essential Classical Physics Concepts important to students studying Modern Physics.

Digital Signal Processing with Field Programmable Gate Arrays

Trademark sign appears after Pot in title.

Add a Pinch

Every parent knows how difficult it is to get to get kids eating happily and healthily. Catherine McCord has the answer: Weelicious! Creator of the wildly popular blog Weelicious.com, Catherine, who honed her cooking skills at Manhattan's Institute of Culinary Education, strongly believes in the "one family/one meal" idea—preparing a single, scrumptious meal the entire family can sit down and enjoy together rather than having to act as "short order cook" for kids who each want something different. In Weelicious, she offers dozens of recipes and tips for creating quick, easy, healthy, and fun food that moms, dads, and young children of any age will absolutely adore—from the most persnickety infants to the pickiest grade-schoolers.

Weelicious

A "beautiful collection of produce-forward recipes" (Heidi Swanson, author of *Super Natural Every Day*) that "will make you want to get into the kitchen immediately" (Daily Meal, UK). Todd Porter and Diane Cu are photographers who publish the immensely popular food, gardening, and lifestyle blog WhiteonRiceCouple.com. Inspired by their love of cooking, growing vegetables and over thirty-eight fruit trees in their suburban garden, Todd and Diane love sharing recipes that are fresh and seasonally simple. Their cookbook, *Bountiful*, offers one hundred seasonal, flavorful, and approachable recipes, ninety of which have not been seen on the blog, each

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featuring a vegetable or fruit as the star of the meal. Blueberry Frangipane Tarts, Wilted Mizuna Shrimp Salad, Blood Orange Bars, and Gin Cocktail with Pomegranate & Grapefruit are just a few examples of recipes that are inspired from their garden bounty. Peppered with personal stories from Todd's childhood on a cattle ranch in Oregon and Diane's journey from Vietnam to the United States, this cookbook shares the couples' beautiful love story as well as their diverse recipes that reflects their love of fresh and healthy produce, seasonally ripe fruit, and sharing a home cooked meal with those you love. "For so many of us, our kitchens are inextricably linked to our gardens and nobody has captured this union better than Todd Porter and Diane Cu in their perfectly named new book Bountiful." —Russ Parsons, food editor for the Los Angeles Times

Become a Problem-Solving Crime Analyst

Starts with an overview of today's FPGA technology, devices, and tools for designing state-of-the-art DSP systems. A case study in the first chapter is the basis for more than 30 design examples throughout. The following chapters deal with computer arithmetic concepts, theory and the implementation of FIR and IIR filters, multirate digital signal processing systems, DFT and FFT algorithms, and advanced algorithms with high future potential. Each chapter contains exercises. The VERILOG source code and a glossary are given in the appendices, while the accompanying CD-ROM contains the examples in VHDL and Verilog code as well as the newest Altera "Baseline" software.

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This edition has a new chapter on adaptive filters, new sections on division and floating point arithmetics, an up-date to the current Altera software, and some new exercises.

Slow Cooker Central

From the leading authority on speed cooking comes the groundbreaking cookbook that inspired a generation of cooks—now updated and revised for today's tastes and sleek, ultrasafe machines From the elegant to the ethnic to the traditional, *Cooking Under Pressure* contains a wealth of flavor-packed recipes for fast, healthy, and delicious meals developed for the modern pressure cooker—a magical appliance that turns out foods in one-third (or less) the standard cooking time without sacrificing flavor or aroma. Lorna Sass introduces us to an eclectic array of dishes that can be prepared on a whim, including classic osso buco (18 minutes), chicken gumbo (9 minutes), and risotto (4 minutes, without stirring!). Even chocolate cheesecake and Grand Marnier bread pudding are done to perfection in short order. Plus, the dramatically shortened cooking times make it possible to prepare cholesterol-free, high-fiber ingredients such as grains and beans at the last minute. The pressure cooker is the cook's best friend!

Seriously Simple

How do organizations structure themselves? A synthesis of the empirical literature in the field, supported by numerous examples and illustrations,

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provides images that produce a theory. The author introduces five basic configurations of structure - the simple structure, the machine bureaucracy, the professional bu- reaucracy, the divisionalized form, and the adhocracy. This book reveals that structure seems to be at the root of many questions about organizations and why they function as they do.

The Psychosocial Implications of Disney Movies

The Architects' Handbook provides a comprehensive range of visual and technical information covering the great majority of building types likely to be encountered by architects, designers, building surveyors and others involved in the construction industry. It is organised by building type and concentrates very much on practical examples. Including over 300 case studies, the Handbook is organised by building type and concentrates very much on practical examples. It includes: · a brief introduction to the key design considerations for each building type · numerous plans, sections and elevations for the building examples · references to key technical standards and design guidance · a comprehensive bibliography for most building types The book also includes sections on designing for accessibility, drawing practice, and metric and imperial conversion tables. To browse sample pages please see <http://www.blackwellpublishing.com/architectsdata>

The Bios Companion

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This delightful luau planner and cookbook honors the many influences that shape the cuisine of Hawaii. The islands have long welcomed people from around the world, and many foods of Asia are staples in Hawaii, along with Polynesian, Filipino, Spanish, Portuguese, and American dishes. An authentic luau is a global dining experience as well as a great party. The dishes offered in this cookbook make the most of the many cuisines of Hawaii, yet they are simple enough for mainland cooks to prepare easily, using ordinary ingredients found in many supermarkets. When special ingredients are required, JoAnn and Susanna Takasaki suggest the substitutions that they've come up with over the years. A Hawaiian luau brings friends and family together to enjoy food, music, and fun. It's meant to be casual and lighthearted, an excuse for friends to spend time together and "talk story." In Hawaii, a luau is usually a community effort. Every cook brings their favorite dish to make, the special recipe they know their friends like. Neighbors help dig the pit used to slow cook the pig. The hosts provide the setting for a casual outdoor party. The recipes in this book are time-tested and many have been passed down for generations. Each is well written and easy to follow, most accompanied by beautiful photographs. The authors have included extensive explanatory notes where needed and added entertaining commentary about particular recipes or their family history. The cookbook also includes shopping lists, online resources, and timetables for throwing a luau as effortlessly as possible. Readers will learn how to prepare traditional Hawaiian foods like kalua pig with sweet potatoes, lomi salmon, and

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poi. Guava cake is a favorite Hawaiian dessert, one that can be made from a mix or from scratch. On a luau dessert table, guava cake may be offered beside squares of sweet haupia, a firm coconut pudding with a Polynesian heritage. "The Hawaiians have incorporated many different dishes into what is now considered a traditional luau," the author explains. "This book has a little something from and for everyone, and you can mix and match as you please." Examples include recipes for Filipino-style adobo chicken wings and smoky-sweet yakitori (Japanese marinated chicken skewers). Luau Like a Local: The Easy Way offers easy yet authentic recipes for all the traditional luau dishes. Some recipes even come with instructions for making exciting new meals with the leftovers. Interested cooks can also make a true Hawaiian plate lunch with these recipes using scoops of Hawaiian white rice, macaroni salad, and an entree like pork or chicken laulau. Anyone who eats one of these lunches will think they are back in the islands. These authentic recipes are the real thing, gathered from a large extended family that loves to cook and entertain-without requiring anyone to dig up their backyard to throw a luau. They are recipes from a family that lived in many places outside Hawaii and often entertained with a luau wherever they lived. All are presented in delicious and easy-to-prepare ways so that anyone can put together the luau described in this book, anywhere. The purpose of a luau is to bring friends and family together and treat them well. This cookbook makes that easy. With it, you, too, can experience the joy of sharing the pleasures of the Hawaiian table.

Power Pressure Cooker XL Top 500 Recipes

Crime analysis has become an increasingly important part of policing and crime prevention, and thousands of specialist crime analysts are now employed by police forces worldwide. This is the first book to set out the principles and practice of crime analysis, and is designed to be used both by crime analysts themselves, by those responsible for the training of crime analysts and teaching its principles, and those teaching this subject as part of broader policing and criminal justice courses. The particular focus of this book is on the adoption of a problem solving approach, showing how crime analysis can be used and developed to support a problem oriented policing approach – based on the idea that the police should concentrate on identifying patterns of crime and anticipating crimes rather than just reacting to crimes once they have been committed. In his foreword to this book, Nick Ross, presenter of BBC Crime Watch, argues passionately that crime analysts are 'the new face of policing', and have a crucial part to play in the increasingly sophisticated police response to crime and its approach to crime prevention – 'You are the brains, the expert, the specialist, the boffin.'

The New Fast Food

In early reviews, geeks raved about Windows 7. But if you're an ordinary mortal, learning what this new system is all about will be challenging. Fear not: David Pogue's Windows 7: The Missing Manual comes

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to the rescue. Like its predecessors, this book illuminates its subject with reader-friendly insight, plenty of wit, and hardnosed objectivity for beginners as well as veteran PC users. Windows 7 fixes many of Vista's most painful shortcomings. It's speedier, has fewer intrusive and nagging screens, and is more compatible with peripherals. Plus, Windows 7 introduces a slew of new features, including better organization tools, easier WiFi connections and home networking setup, and even touchscreen computing for those lucky enough to own the latest hardware. With this book, you'll learn how to: Navigate the desktop, including the fast and powerful search function Take advantage of Window's apps and gadgets, and tap into 40 free programs Breeze the Web with Internet Explorer 8, and learn the email, chat, and videoconferencing programs Record TV and radio, display photos, play music, and record any of these to DVD using the Media Center Use your printer, fax, laptop, tablet PC, or smartphone with Windows 7 Beef up your system and back up your files Collaborate and share documents and other files by setting up a workgroup network

No Logo

The subtitle says it all. One of the biggest challenges for the good home cook is creating delicious, healthy meals using just a few ingredients and simple steps. And good cooks know that Diane Worthington is an expert at finding the one strong flavor component that will turn a ho-hum dish into something memorable—without spending the whole day in the

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kitchen. In *Seriously Simple: Easy Recipes for Creative Cooks* she does it again. Here are over 90 recipes for everything from Butternut Squash Soup with Chipotle Creme to Lemon-Lime Pound-cake that come together in a snap. Gorgeously photographed, *Seriously Simple* is full of practical tips for saving time without sparing the savor, such as advice on developing a busy cooks pantry, making one-pot meals, and creating sauces, rubs, and marinades that will spice up any dish in a flash. Guaranteed to cut down on the prep time, streamline techniques, and pump up the flavor, heres a new kitchen standby thats seriously fast, seriously delicious *Seriously Simple*.

Emerging Trends in Real Estate 2019

This text describes the functions that the BIOS controls and how these relate to the hardware in a PC. It covers the CMOS and chipset set-up options found in most common modern BIOSs. It also features tables listing error codes needed to troubleshoot problems caused by the BIOS.

Pilates – A Teachers’ Manual

Turn over a new leaf with these nutritional powerhouses for your kitchen garden Our industrialized food system is failing us, and as individuals we must take more responsibility for our own health and food security. Leaf crops produce more nutrients per square foot of growing space and per day of growing season than any other crops and are especially high in vitamins and minerals

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commonly lacking in the North American diet. As hardy as they are versatile, these beautiful leafy vegetables range from the familiar to the exotic. Some part of this largely untapped food resource can thrive in almost any situation. Eat Your Greens provides complete instructions for incorporating these nutritional powerhouses into any kitchen garden. This innovative guide: Shows how familiar garden plants such as sweet potato, okra, beans, peas, and pumpkin can be grown to provide both nourishing leaves and other calorie- and protein-rich foods Introduces a variety of non-traditional, readily adaptable alternatives such as chaya, moringa, toon, and wolfberry Explains how to improve your soil while getting plenty of vegetables by growing edible cover crops Beginning with a comprehensive overview of modern commercial agriculture and rounded out by a selection of advanced techniques to maximize, preserve, and prepare your harvest, Eat Your Greens is an invaluable addition to the library of any gardening enthusiast. David Kennedy is the founder and director of Leaf for Life, a nonprofit organization dedicated to the elimination of global malnutrition through the optimum use of leaf crops, and is the author of 21st Century Greens and the Leaf for Life Handbook .

The Four

With a foreword by Ree Drummond, this beautiful book has 100 easier, faster, lightened-up Southern recipes, from the blogger behind the popular Add a Pinch website. A generation ago, home cooks may

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have had all day to prepare dinner, but most folks now want convenient, fast recipes that don't rely on canned soups or other processed products. Here, fresh ingredients take center stage in slow cooker meals, casseroles and one-dish suppers, salads, soups, and desserts that have deep, satisfying flavors but are a cinch to make. Smart swaps like Greek yogurt for mayo in pimento cheese and cauliflower "rice" put a modern spin on these dishes. With 75 color photographs and lots of sidebars, this is the new Southern cooking handbook.

Nom Nom Paleo

The Anarchist Cookbook will shock, it will disturb, it will provoke. It places in historical perspective an era when "Turn on, Burn down, Blow up" are revolutionary slogans of the day. Says the author "This book is not written for the members of fringe political groups, such as the Weatherman, or The Minutemen. Those radical groups don't need this book. They already know everything that's in here. If the real people of America, the silent majority, are going to survive, they must educate themselves. That is the purpose of this book." In what the author considers a survival guide, there is explicit information on the uses and effects of drugs, ranging from pot to heroin to peanuts. There i detailed advice concerning electronics, sabotage, and surveillance, with data on everything from bugs to scramblers. There is a comprehensive chapter on natural, non-lethal, and lethal weapons, running the gamut from cattle prods to sub-machine guns to bows and arrows.

Eat Your Greens

More than 250 recipes from the massively popular Slow Cooker Central website and Slow Cooker Recipes 4 Families Facebook page When Paulene Christie started a Facebook group to share her slow cooker recipes, she had no idea that within eighteen months she would have an active community of more than 270,000 members. SLOW COOKER CENTRAL is a fantastic collection of dishes that have been created and shared by Paulene and this passionate network of slow cooker devotees - proving just how deliciously easy and versatile this style of cooking can be. With just a few simple ingredients in the slow cooker, you can make a huge variety of meals for the whole family, as well as soups and sides, desserts, cakes, sweets and preserves - almost anything you want to eat can be cooked in a slow cooker. Tried and tested, these recipes not only taste great, they will also save you time and money. No wonder there are slow cookers on kitchen benches all around the world!

Bountiful

Hungry for Peace

Halogen ovens are super convenient, compact appliances that can be kept on your kitchen counter. They heat with a combination of infra red and convection to cook food 40% faster than a conventional oven - without any of the dreaded soggygness associated with microwaves. Using a

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combination of racks you simply layer the food, set the dials and produce a whole meal from one appliance. Whether it's simply defrosting a joint of meat or making a more elaborate recipe, a halogen will take the time and hassle out of all your favourite dishes. As ever with our popular Hamlyn All Colour series, you'll find 200 delicious recipes with step-by-step instructions and colour photography to ensure perfect results every time. Why not discover how easy halogen cooking can be?

New Realities in Foreign Affairs

'What is a self and how can a self come out of inanimate matter?' This is the riddle that drove Douglas Hofstadter to write this extraordinary book. In order to impart his original and personal view on the core mystery of human existence - our intangible sensation of 'I'-ness - Hofstadter defines the playful yet seemingly paradoxical notion of 'strange loop', and explicates this idea using analogies from many disciplines.

The Architects' Handbook

The de facto how-to manual of the international Food Not Bombs movement, which provides free food to the homeless and hungry and has branches in countries on every continent except Antarctica, this book describes at length how to set up and operate a Food Not Bombs chapter. The guide considers every aspect of the operation, from food collection and distribution to fund-raising, consensus decision

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making, and what to do when the police arrive. It contains detailed information on setting up a kitchen and cooking for large groups as well as a variety of delicious recipes. Accompanying numerous photographs is a lengthy section on the history of Food Not Bombs, with stories of the jailing and murder of activists, as well as premade handbills and flyers ready for photocopying.

Building Microservices

In an effort to draw out the Union Army of the Potomac, the Confederate Army invades the North, and the armies clash in a bloody battle at Gettysburg, Pennsylvania, for four days.

The Dean and DeLuca Cookbook

A New York Times cookbook best-seller. Nom Nom Paleo is a visual feast, crackling with humor and packed with stunningly photographed step-by-step recipes free of gluten, soy, and added sugar. Designed to inspire the whole family to chow down on healthy, home-cooked meals, this cookbook compiles over 100 foolproof paleo recipes that demonstrate how fun and flavorful cooking with wholesome ingredients can be. And did we mention the cartoons? Nom Nom Paleo kicks off with a fresh introduction to Paleo eating, taking readers on a guided tour of author Michelle Tam's real-food strategies for stocking the kitchen, saving time, and maximizing flavors while maintaining a Paleo lifestyle. Also, sprinkled throughout the book are enlightening features on

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feeding kids, packing nutritious lunches, boosting umami, and much more. But the heart of this book are Michelle's award-winning primal Paleo recipes, 50 percent of which are brand-new --- even to diehard fans who own her bestselling iPad cookbook app. Readers can start by marrying their favorite ingredients with building blocks like Sriracha Mayonnaise, Louisiana Remoulade, and the infamous Magic Mushroom Powder. These basic recipes lay the foundation for many of the fabulous delights in the rest of the book including Eggplant "Ricotta" Stacks, Crab Louie, and Devils on Horseback. There's something for everyone in this cookbook, from small bites like Apple Chips and Kabalagala (Ugandan plantain fritters) to family-sized platters of Coconut Pineapple "Rice" and Siu Yoke (crispy roast pork belly). Crave exotic spices? You won't be able to resist the fragrant aromas of Fast Pho or Mulligatawny Soup. In the mood for down-home comforts? Make some Yankee Pot Roast or Chicken Nuggets drizzled with Lemon Honey Sauce. When a quick weeknight meal is in order, Nom Nom Paleo can show you how to make Crispy Smashed Chicken or Whole-Roasted Branzini in less than 30 minutes. And for a cold treat on a hot day, nothing beats Paleo-diet-friendly Mocha Popsicles or a two-minute Strawberry Banana Ice Cream. Eating healthy doesn't mean sacrificing flavor. This book gives you "Paleo with personality," and will make you excited to play in the kitchen again.

Gödel, Escher, Bach

The essential e-learning design manual, updated with

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the latest research, design principles, and examples e-Learning and the Science of Instruction is the ultimate handbook for evidence-based e-learning design. Since the first edition of this book, e-learning has grown to account for at least 40% of all training delivery media. However, digital courses often fail to reach their potential for learning effectiveness and efficiency. This guide provides research-based guidelines on how best to present content with text, graphics, and audio as well as the conditions under which those guidelines are most effective. This updated fourth edition describes the guidelines, psychology, and applications for ways to improve learning through personalization techniques, coherence, animations, and a new chapter on evidence-based game design. The chapter on the Cognitive Theory of Multimedia Learning introduces three forms of cognitive load which are revisited throughout each chapter as the psychological basis for chapter principles. A new chapter on engagement in learning lays the groundwork for in-depth reviews of how to leverage worked examples, practice, online collaboration, and learner control to optimize learning. The updated instructor's materials include a syllabus, assignments, storyboard projects, and test items that you can adapt to your own course schedule and students. Co-authored by the most productive instructional research scientist in the world, Dr. Richard E. Mayer, this book distills copious e-learning research into a practical manual for improving learning through optimal design and delivery. Get up to date on the latest e-learning research Adopt best practices for communicating information effectively Use evidence-based techniques to engage your learners Replace

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popular instructional ideas, such as learning styles with evidence-based guidelines Apply evidence-based design techniques to optimize learning games e-Learning continues to grow as an alternative or adjunct to the classroom, and correspondingly, has become a focus among researchers in learning-related fields. New findings from research laboratories can inform the design and development of e-learning. However, much of this research published in technical journals is inaccessible to those who actually design e-learning material. By collecting the latest evidence into a single volume and translating the theoretical into the practical, e-Learning and the Science of Instruction has become an essential resource for consumers and designers of multimedia learning.

The Killer Angels

Every company has a personality. Does yours help or hinder your results? Does it make you fit for growth? Find out by taking the quiz that's helped 50,000 people better understand their organizations at OrgDNA.com and to learn more about Organizational DNA. Just as you can understand an individual's personality, so too can you understand a company's type—what makes it tick, what's good and bad about it. Results explains why some organizations bob and weave and roll with the punches to consistently deliver on commitments and produce great results, while others can't leave their corner of the ring without tripping on their own shoelaces. Gary Neilson and Bruce Pasternack help you identify which of the seven company types you work for—and how to keep

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what's good and fix what's wrong. You'll feel the shock of recognition ("That's me, that's my company") as you find out whether your organization is:

- **Passive-Aggressive** ("everyone agrees, smiles, and nods, but nothing changes"): entrenched underground resistance makes getting anything done like trying to nail Jell-O to the wall
- **Fits-and-Starts** ("let 1,000 flowers bloom"): filled with smart people pulling in different directions
- **Outgrown** ("the good old days meet a brave new world"): reacts slowly to market developments, since it's too hard to run new ideas up the flagpole
- **Overmanaged** ("we're from corporate and we're here to help"): more reporting than working, as managers check on their subordinates' work so they can in turn report to their bosses
- **Just-in-Time** ("succeeding, but by the skin of our teeth"): can turn on a dime and create real breakthroughs but also tends to burn out its best and brightest
- **Military Precision** ("flying in formation"): executes brilliant strategies but usually does not deal well with events not in the playbook
- **Resilient** ("as good as it gets"): flexible, forward-looking, and fun; bounces back when it hits a bump in the road and never, ever rests on its laurels

For anyone who's ever said, "Wow, that's a great idea, but it'll never happen here" or "Whew, we pulled it off again, but I'm tired of all this sprinting," Results provides robust, practical ideas for becoming and remaining a resilient business. Also available as an eBook From the Hardcover edition.

The Structuring of Organizations

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The Pilates book for professionals: Background information and extensive practical knowledge on using the Pilates approach in prevention and therapy. The foundations include, among others, the "Pilates Principles" (Breathing, Centering, Flow, Precision, Concentration, Control and Coordination). The extensive praxis part presents all techniques and exercises (mat and equipment training) with detailed photos of movement sequences and with precise instructions and explanations of each exercise. Class plans provide concrete suggestions for the design of course units with prevention orientation and patient examples illustrate treatment procedures and therapeutic effects of the Pilates approach for different symptoms. - A must-have for all Pilates professionals: teachers, trainers, physiotherapists.

Stack Computers

Accompanied by tips on adapting a variety of new and traditional ingredients to the needs of the modern kitchen, a collection of four hundred taste-tempting recipes emphasizes fresh, wholesome, and stylish foods. Simultaneous. 50,000 first printing.

Windows 7: The Missing Manual

Moderne Diplomatie wirkt heute in viele Bereiche des modernen Lebens hinein. Sie ist zugleich selbst neuen Einflüssen ausgesetzt. Faktoren, die unsere Gesellschaften verändern, verändern auch unser Regierungshandeln, auch in der Außenpolitik, seien es Digitalisierung, emotionalisierte Sensibilitäten unserer

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Öffentlichkeiten oder nicht-staatliche internationale Akteure. Derartige Entwicklungen müssen von der Diplomatie aufgenommen werden, damit sie weiter als Instrument einer Regierung funktionieren kann. Regierungen sollten Wege finden, zwischen den neuen Bedürfnissen der Gesellschaft und den Notwendigkeiten legitimen Regierungshandelns zu vermitteln. Das Ziel sollte sein, als souveräner Staat handeln zu können und zugleich das Potential der tiefgreifenden gesellschaftlichen Veränderungen zu nutzen. Mit Beiträgen von Volker Stanzel, Sascha Lohmann, Andrew Cooper, Christer Jönsson, Corneliu Bjola, Emillie V. de Keulenaar, Jan Melissen, Karsten D. Voigt, Kim B. Olsen, Hanns W. Maull und R. S. Zaharna

Dance Music Manual

Annotation Over the past 10 years, distributed systems have become more fine-grained. From the large multi-million line long monolithic applications, we are now seeing the benefits of smaller self-contained services. Rather than heavy-weight, hard to change Service Oriented Architectures, we are now seeing systems consisting of collaborating microservices. Easier to change, deploy, and if required retire, organizations which are in the right position to take advantage of them are yielding significant benefits. This book takes an holistic view of the things you need to be cognizant of in order to pull this off. It covers just enough understanding of technology, architecture, operations and organization to show you how to move towards finer-grained

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systems.

The Chemistry Maths Book

NO LOGO was an international bestseller and "a movement bible" (The New York Times). Naomi Klein's second book, *The Shock Doctrine*, was hailed as a "master narrative of our time," and has over a million copies in print worldwide. In the last decade, No Logo has become an international phenomenon and a cultural manifesto for the critics of unfettered capitalism worldwide. As America faces a second economic depression, Klein's analysis of our corporate and branded world is as timely and powerful as ever. Equal parts cultural analysis, political manifesto, mall-rat memoir, and journalistic exposé, No Logo is the first book to put the new resistance into pop-historical and clear economic perspective. Naomi Klein tells a story of rebellion and self-determination in the face of our new branded world.

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