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Degrowth and Sustainability **The No-nonsense Guide to Indigenous Peoples**
The No-Nonsense Guide to Sexual Diversity **Start! No-Nonsense Guide to the**
United Nations *The No-Nonsense Guide to Menopause*

Explores the new Macintosh operating system, covering topics such as organizing files, running applications, communicating via e-mail, and navigating the Internet. This guide integrates concisely the conventional narratives of history with the stories of the continents and communities of Asia, Africa and Latin America. A wide-ranging exploration of why inequality persists and what can be done about it. Green issues and politics are no longer separate entities, and as environmental issues will only become more pertinent in the future, it will dominate the political spectrum. From climate chaos to consumerism, the crisis facing human civilisation

is clear. Yet the response from politicians at present is still inadequate and environmental activists focus on single campaigns rather than electoral politics. The new addition to the No-Nonsense Guides measures the rising tide of eco-activism and awareness and explains why it heralds a new political era worldwide. The No-Nonsense Guide to the United Nations is virtually unique in UN literature in covering the whole of the UN system, not just the political bodies in New York. Maggie Black explains the structure and assesses the UN's record on humanitarian relief, protection of the global commons, development, health, education, international law and human rights. Discover Everything You Need To Know About Diverticulitis Have you recently been diagnosed with Diverticulosis or Diverticulitis? Are you looking to learn about the most common colon disorder affecting over 50% of people aged 50 and older? Or are you looking for recent preventative measures backed up by scientific research? If you're interested in learning more about this poorly understood problem, you've come to the right place. The purpose of this book is to crunch hundreds of pages worth of, sometimes conflicting, information into a jargon-free, easy-to-digest (no pun intended) 105-page manual. Every medical statement is linked to a scientific study, journal or article and are all fully referenced in the last chapter, allowing you to read the studies in full. Be warned, this book does not contain any miracle cures, just concrete information from the most up-to-date sources. The truth is, thousands of people worldwide are suffering from Diverticulitis and are unable to overcome it. Most sufferers take a doctor's word to be law and prescribe a simple concoction of painkillers and fibre, but is this enough? This book teaches you everything you need to know about Diverticulitis so you can arm yourself with the knowledge to defeat it. It also goes into a step-by-step strategy that will ease your suffering and allow you to take control of your life once again. Now With A Diet For Diverticulosis This second edition contains a list of molecules that affect diverticular disease, both positively and negatively. The ingredients with the highest concentration of these molecules are explained in simple terms, so you know exactly what to add to your shopping cart and what to avoid. 50 recipes are included, allowing a bespoke diet for diverticulitis, each containing large quantities of these beneficial molecules. If there's an ingredient not to your fancy, we've got you covered, feel free to look into the "Ingredients Analysis" section and swap it out for an equivalent item. Here Is A Preview Of What You'll Learn... * How The Gut Works To Maximise Your Health*How To Recognize Diverticulitis*How To Avoid The Causes Of Diverticulitis*How To Spot The Symptoms*Self And Professional Diagnosis*How To Ease Your Problem Once And For All*Molecules & Ingredients Defined By How They Affect Diverticular Disease*50 Recipes Individually Categorised By How They Prevent Diverticulitis AttacksTake action right away to overcome your Diverticulitis by downloading this book, "The No-Nonsense Guide To Diverticulosis and Diverticulitis".Become more

knowledgeable today! Equine Clinical Pathology is the first complete resource for hematology and clinical chemistry in horses. Encompassing the basic principles and advanced interpretation, the book's single-species approach to pathology allows for focused coverage of the unique disease characteristics of equids. Equine Clinical Pathology is equally useful for anyone using clinical pathology as a diagnostic tool, from beginning student to experienced specialist. The heart of the book is organized by body system, making it easy to find and apply information. Chapters cover general laboratory medicine, including instruments and techniques, hematology, and proteins as well as specific organs, such as the kidney and liver. Equine Clinical Pathology is a useful bench-side reference for anyone involved in laboratory medicine for the horse. At the turn of the new millennium, the United Nations determined that world poverty would be halved by 2015. International agencies are all committed to "poverty abatement." The International Monetary Fund and the World Bank have renamed their structural adjustment policies "poverty reduction strategies." But can this work? No, argues Jeremy Seabrook, not if we fail to understand the meaning of poverty. Drawing on testimonies from around the world, as well as on the hard facts, he challenges the assumption that wealth overcomes poverty, and demonstrates that the opposite of "poor" is not "rich" but "self-reliant." Appealing passionately for a shared sense of "sufficiency," he gives verbal snapshots of people's lives to show how poverty shifts, changes and endures in response to the growth of wealth. Globalisation has become one of the most used and encompassing words over the past decade, of undeniable influence in economics, politics and activism. Globalisation is literally all around; every aspect of life is affected by a global structure of communication and economy. This fully revised and updated guide condenses this complex subject into clear, concise commentary. It examines the debt trap, the acceleration of neoliberalism, competition for energy resources, the links between the war on terror, the arms trade and the alternatives to corporate control. Incorporating the most recent studies on hormone therapy, Seaman--a legendary figure in the women's health movement--and co-author Eldridge present an invaluable guide for women in need of information on menopause. Includes statistics. Your No-Nonsense Guide to Eating Well was written by Maeve Hanan, registered Dietitian and founder of Dietetically Speaking. This book is based on her experience of working with countless clients who feel motivated to eat well, but at the same time find this to be a daunting task. This book is for you if you: Feel overwhelmed by trying to eat well Are confused about what nutrition advice to trust or follow Struggle with inspiration for meal and snack ideas Find meal preparation to be overly time-consuming Feel that food dominates your life in an unhealthy way Eating well involves enjoying a variety of foods in the right amounts to support your health and happiness. This includes developing a healthy relationship with food and embracing a flexible and balanced approach to eating. Your No-Nonsense Guide to

Eating Well demystifies and simplifies the process of eating well, by taking you step by step through: Ten No-Nonsense Nutrition Tips Food Shopping Meal Preparation Creating Meals Choosing Snacks Being a Food Realist 50 Quick and Healthy Meal Ideas Your No-Nonsense Guide to Eating Well provides you with the tools to learn how to eat well for long-term health and wellbeing, so that food compliments your life, rather than dominating it. Looking beyond the common perceptions and polemical debates. "...beautiful, funny, sometimes heart-breaking..." "...I'm a vicar and I laughed all the way through..." "...anything by George Mahood is a must read..." "...he's like a young Bill Bryson..." "...should be required reading..." "Something old. Something new. Something a wedding photographer would never tell you... until today. After a decade photographing over 250 weddings, author George Mahood is ready to lift the lid on the industry and expose the truths about what he has learned. Sometimes controversial, often insightful, but always amusing, George Mahood offers some practical advice to those planning their own wedding, sharing stories of the weddings he photographed (as well as his own marriage), while shedding some light on the role of the wedding photographer and what it is like to document the glorious ups and often disastrous downs of the most important day in these couples' lives." "...whether you're getting married, have no intention of getting married or are already married (insert appropriate option here), you'll have a great read..." **PICK UP YOUR COPY TODAY AND DISCOVER WHAT GOES ON BEYOND THE VEIL!** Indigenous peoples have long suffered from exoticization. Outsiders elevate their beauty, remoteness and difference and do not see beyond this to the real problems they face. The No-Nonsense Guide to Indigenous Peoples looks beyond the exotic images, tracing the stories of different indigenous peoples from their first (and often fatal) contact with explorers and colonizers. Much of this history is told here by indigenous people themselves. They vividly describe why land and the natural world are so special to them; how it feels to be snatched from your family as a child because the government wants to "make you white"; why they are demanding that museums must return the bones of their ancestors; how can they retain their traditional culture while moving with the times; and what kinds of development are positive. This short guide discusses all this and more, raising countless issues for debate. How do you get inside a Rothko? What should you look for in a Rembrandt? Will Damien Hirst last? Is Canaletto overrated? Why was Edward Hicks called Peaceable? What are the different labours of Hercules? What is special about Ursula? What does a crow represent? Was St Lawrence shot to death or clubbed to death? How do you recognise Abraham? What is: decalcomania, marouflage, ruperstain, gender surfing? How does poppy oil differ from linseed oil? What does post-humanism mean? Who were the Hudson River School? Can you give a clear crisp explanation, or a thought provoking answer for the above? A.R.T can. A.R.T is a lively, concise but authoritative guide to the creators, the

stories, and the techniques that have made the art of painting one of the glories of Western civilisation. The book is divided into 3 main sections: Section One Explores over 700 artists from Abbate to Zubaran, Explains their characteristics, Locates the principal collections, Identifies the price ranges and records for each artist. Section Two Interprets over 700 stories and subjects from Aaron to Zeus, Decodes the essential signs, symbols and characters. Section Three Defines over 650 words and concepts from Abstract Art to Zinc White, Explains the principal technical, critical and historical terms, Demystifies the language that surrounds art. Plus An evaluative list of the best art sites available on the Internet. Robert Cumming's witty, enlightening comments accompany each entry. Thorough but never dry, lavishly illustrated with the work of hundreds of artists; A.R.T is an essential guide to the subject Filled with specific details and examples, this book describes the organization of a successful yearlong writing workshop for grades 3 to 8. The world food system is put under the microscope in this updated edition of "The No-Nonsense Guide to World Food." A world tour of food--from industrialized production and consumption to community food security. This book provides a 'no-nonsense' guide to project management which will enable library and information professionals to lead or take part in a wide range of projects from large-scale multi-organization complex projects through to relatively simple local ones. Barbara Allan has fully revised and updated her classic 2004 title, Project Management, to incorporate considerable developments during the past decade, including: the development and wide-scale acceptance of formal project management methodologies; the use of social media to communicate and disseminate information about projects and the large shift in the types of project library and information workers may be involved in. The text is supported by practical case studies drawn from a wide range of LIS organizations at local, regional, national and international levels. These examples provide an insight into good practice for the practitioner, from an individual working in a voluntary organization on an extremely limited budget, to someone involved in an international project. Content covered includes: an introduction to project management, project workers and the library and information profession different approaches to project management, the project cycle, the people side of projects and management of change discussion of project methodologies, project management software, open source software, collaborative working software and use of social media project initiation, communication, analysis and project briefs developing project infra-structure, scheduling, working out the finances and carrying out a detailed risk analysis working in partnerships, in diverse and virtual teams, and managing change. If you are an LIS professional involved in project work of any kind, whether on a managerial, practical, academic or research level, this is an invaluable resource for you. Ball and Gready review the development of today's assumptions about human rights and introduce readers to alternative models

from history and from today's human rights debate. From the material rights of citizenship to the more abstract rights of the imagination, the authors present a clear overview of today's human rights debate and prompt discussion about alternative models for the future. Splendid series of pocketable guides to issue politics...rigorously clear.' - The Guardian' INTERNATIONAL BESTSELLER 'Steven Laureys' book opens up exciting perspectives.' – Matthieu Ricard, Buddhist monk & translator of the Dalai Lama 'Clear, lively, rigorous and authentic... [The] book we have been waiting for.' - Dr Ilios Kotsou, mindfulness and wellbeing expert 'Not reading this book is self-defeating' - Paul Wittenman Rigorously researched and deeply illuminating, world-leading neurologist Dr Steven Laureys works with celebrated meditators to scientifically prove the positive impact meditation has on our brains. Dr Steven Laureys has conducted ground-breaking research into human consciousness for more than 20 years. For this bestselling book, Steven to explores the effect of meditation on the brain. He uses hard science to explain the benefits of a practice that was once thought of as purely spiritual. The result is a highly accessible, scientifically questioning guide to meditation, designed to open the practice to a broader audience. A mix of fascinating science, inspiring anecdote and practical exercises, this accessible book offers scientific evidence that meditation can have a positive impact on all our lives. "The No Nonsense Guide to Climate Change" charts up-to-the-minute developments on climate change, explores the extent that the human race is responsible for the catastrophes and suggests what can be done to prevent them. The prevailing model of endless economic growth is unsustainable. This book unpicks the idea of degrowth and explores alternative visions. Science is the great intellectual adventure, but can also be an instrument of profit, power, and privilege. Wrongly used, it might yet make the twenty-first century our last. To make sense of this, we need to let go of old ideas and assumptions. This No-Nonsense Guide to Science introduces a new way of thinking about science, moving away from ideas of perfect certainty and objectivity. We must accept uncertainty and ignorance in the field, as well as the need for citizens' participation in the policies involving science. An insight into how the arms trade works and the deals which are cut long before the weapons are deployed. Claire Eastham, a twenty-something living in London and working in her dream job, has a seemingly perfect life - except for her social anxiety. Combining honest personal insights, humour and practical advice, this book explains what anxiety is, why it happens, and how to survive it. LIMITED TIME OFFER: Python eBook: \$4.99 NOW \$2.99! Python Paperback: \$24.23 NOW \$14.23! Learn How To Program With Python In Only 12 Hours! What if you could automate your life to make it much easier? How about, building your own API's, messaging bots or create an automated coffee machine to make you coffee at the right time with the perfect temperature. Sounds good? This is just a fraction of what you could do with Python and we would love to show you how

in just 12 Hours! Bullsh*t you say? Here at Cyberpunk University, we believe that we have the ability to learn Python to anybody within 12 hours. We know how quite tricky it is to learn and be a master of any programming language. Our team is comprised of professionals who have been in the industry of information technology for decades and our experience made us able to create information products such as this step-by-step guide. We took out all the bullsh*t and tell you what to do, and more important, HOW TO DO IT! What will you find in this book:

- How to setup the programming language of the future
- How to run Hello World the RIGHTWAY
- How to use all the different data types in Python
- Exercises at the end of each chapter to help you master Python
- How to handle errors and exceptions when writing a program
- How you can test your programs
- BONUS: Compilation of valuable links and tutorials to further develop your python skills
- BONUS: The FREE Cyberpunk Python Whizz Kit including, a Python Cheat sheet and 50+ Free Python exercises you can use however you want.

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A exploration of what "world music" actually means and an introduction to global sounds. The most memorable gift you can give to a new graduate is sound advice for a successful life. In his second book, author Clark Gaither gives his best advice in *The Graduate's Handbook*, highlighting the hardest easy lessons he's ever learned. For a head start on a life of passion and purpose, this gift book imbues graduates with hope, inspiration, motivation, and the truth about living life on life's terms. *The Graduate's Handbook* is more than a thoughtful gift book--it offers insight on careers, procrastination, reality-based living, fear, failure, and relationships. Page after page includes profound quotations from the author himself and dozens of successful authors, philosophers, and historical figures. "We are glorious creatures of the universe destined to accomplish, to build, to produce, to create, to innovate." Graduates can make this book extra special by writing their future goals in the front, which they can look back on years from now to see how far they've come! Each gift book includes an area for inscription to make it a personal gift from you. Whether you're buying for a high school or college graduate, this keepsake will guide and teach them for many years to come! Demystifies all the colors of the sexual rainbow, tracking the campaigns for rights and equality worldwide. With globalization, traditional societies are being replaced by an international working class and a small minority of the global rich. In such a situation, who is to guarantee social justice? How much has life really changed for women during the last decade? Has the womens movement affected women all over the world? Has it changed womens relationships with men? Nikki van der Gaag answers these questions with hard, sometimes disturbing, evidence. Many women have made huge leaps forward in legal rights, political representation, employment, education, healthbut beneath the surface the statistics are shocking. Vivid testimonies from

women and men around the world explain why, especially in this post-feminist age, women's rights are still very much an issue for men and women alike. "She has made a special effort to correct many of the misconceptions and biases related to the feminist movement, to link the liberation of women who constitute half of society to the liberation of men and to the dispossessed majority living on earth." from the introduction by Nawal El Saadawi Provides an overview of the United Nations, including its history, structure, and organization; successes and failures; and suggestions for reform to address some of its limitations. A lucid, practical, and profoundly simple book! Things That Work that answers the question, "What does it take to find and remain on the journey of recovery?" The book that has taught thousands of students how to write winning business reports For more than 30 years, Carter A. Daniel has been teaching MBA students at Rutgers University the art of effective business communication with the aid of his eminently practical guide Reader-Friendly Reports. Now available to the public for the first time, this beloved resource gives you everything you need to translate your hard-won figures, conclusions, and insights into concise and powerful reports. No definition of communication, no history, no theory, no diagrams Reader-Friendly Reports simply shows you how to: Target your audience Determine your purpose Develop your points Organize your ideas Make smooth transitions Conduct research Illustrate with clear graphs and charts Reader-Friendly Reports (the "Daniel Manual") is the A to Z guide to ensuring you meet your first priority: making sure people can understand and remember your report from beginning to end. An exploration of all aspects of "development" that shows it should be more social than political. Most people's knowledge of world history is hazy and incomplete at best. This updated No-Nonsense Guide gives a full picture, revealing the hidden histories and communities left out of conventional history books—from the civilizations of Africa, Asia, and Latin America to the history of women. The new final chapter includes material on the financial crisis and the world response to climate change. Chris Brazier is co-editor at New Internationalist. His previous books include Vietnam: The Price of Peace. He is principal writer for UNICEF's The State of the World's Children report. Winner of the Non-Fiction Lifestyle Book of the Year 2021 (British Book Awards) As seen on This Morning Straight-talking advice from the Skincare Queen The Sunday Times Overall #1 bestseller for the w/e 27th June 2020

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