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**Selling Personal Training** - Casey Conrad 2008-03-10

The complete guide to teaching Personal Trainers how to sell their services.

**Lady Susan** - Jane Austen 2016-02-20

A Unique Female Character Blinded By Wealth "My dear Alicia, of what a mistake were you guilty in marrying a man of his age! Just old enough to be formal, ungovernable, and to have the gout; too old to be agreeable, too young to die." - Jane Austen, Lady Susan Lady Susan is a widowed woman who seeks her one true love: wealth. She wants the best possible suitor not only for her but also for her untamed teenage daughter. To fulfill her quest, using her intelligence, she tries to seduce every worthy man, no matter the consequences. How will she end up? This Xist Classics edition has been professionally formatted for e-readers with a linked table of contents. This eBook also contains a bonus book club leadership guide and discussion questions. We hope you'll share this book with your friends, neighbors and colleagues and can't wait to hear what you have to say about it. Xist Publishing is a digital-first publisher. Xist Publishing creates books for the touchscreen generation and is dedicated to helping everyone develop a lifetime love of reading, no matter what form it takes

**The Secrets of Villa Rosso** - Linn B. Halton 2017-10-05

Some places stay with you forever... When Ellie Maddison is sent on a business trip to Southern Italy, she's reminded why she loves her job - set amongst rolling vineyards and rich olive groves, the beautiful Villa Rosso is the perfect escape from her life back home. But what Ellie isn't prepared for is the instant connection she feels to the estate's director Max Jackson, or the secrets they share that are as intertwined as the rambling vines that cover Villa Rosso. It's not long before Ellie finds herself entangled in the history of the place, trying to understand the undeniable effect Max is having on her. As their relationship grows, what will Ellie discover about this idyllic villa and those who have walked through its doors? What started as a simple work trip will change Ellie's life forever.

**King Suckerman** - George P. Pelecanos 2011-08-15

In the summer of 1976, the nation's capital is gearing up for the Bicentennial. Captain Beefheart's on the eight-track, and the hot new film "King Suckerman" has everyone talking. Two knockaround guys named Clay and Karras are out looking for trouble when they stumble onto a drug deal gone bad and end up with a pile of money that isn't theirs. When the well-armed dealer starts spilling blood to get to the cash, Clay and Karras must take a stand, go straight, and get justice--or maybe just sweet revenge.

**Paradoxia** - Lydia Lunch 2007

Lydia Lunch was the primary instigator of the No Wave movement, and the focal point of the Cinema of Transgression. A musician, writer and photographer, she exposes the dark underbelly of passion. Paradoxia contains frank and often shocking confessions. Lunch relays in graphic detail a predator's diary, revealing the true psychic repercussions of sexual misadventure.

**The Body in Contemporary Art** - Sally O'Reilly 2009

A new volume in the acclaimed World of Art series: featuring work across a range of media that represents the human body.

**Lorenzo Bartolini** - Lorenzo Bartolini 2011

Lorenzo Bartolini was an Italian sculptor whose work played a central role in the development of sculpture across Europe during the 1800s. This volume explores Bartolini's work and how he probed the popular themes of sentiment, memory, and ethic and civil values throughout his career.

**Some Kind of Black** - Diran Adebayo 1996

A coming of age story about Dele, a young student, and his sister Dapo whp glide through love, politics and violence; Diran Adebayo's debut is funny, street-smart fiction which puts language through hoops to create

an exhilarating odyssey through the London scene.

**Never Far From Nowhere** - Andrea Levy 2010-01-07

A passionate and perceptive story full of the pain and the humour of growing up, from Andrea Levy, author of the Orange Prize winning SMALL ISLAND and the Man Booker shortlisted THE LONG SONG. NEVER FAR FROM NOWHERE is the story of two sisters, Olive and Vivien, born in London to Jamaican parents and brought up on a council estate. They go to the same grammar school, but while Vivien's life becomes a chaotic mix of friendships, youth clubs, skinhead violence, A-levels, discos and college, Olive, three years older and a skin shade darker, has a very different tale to tell...

**Dien Chan. Primo Soccorso. Ediz. Inglese** - Thi My Le Truong 2018

Dien Chan - Vietnamese facial multi-reflexology " is a method born in 1980 in Ho Chi Minh city (Viet Nam), thanks to the studies and experiments of prof. Bui Quoc Chau and his collaborators. It is a method that allows people to recover or maintain good health without resorting to the use of medicines, scalpels and needles but simply by massaging, pressing, tapping or heating certain points on the face, or parts of the body, which reflect the organs or areas of dysfunction. It is a natural therapy that aims to restore the energy balance of the body, stimulating a response from the latter, through reflex points. - It's simple - It's effective - It's cheap - It can also be done with fingers or knuckles - It can be done anytime and anywhere You can check the effectiveness of this technique through the different kinds of massage shown in this booklet, precisely in situations of acute discomfort.

**An Elegy for September** - John Nichols 2014-04-01

He is fifty, a man of middle years with a weak heart and two failed marriages. Mourning the loss of the boundless energy he squandered as a young man, he is a creature of habit now, relying on daily patterns to pace himself, to conserve what is left. She is nineteen, young enough to be his daughter, full of the vitality of youth and fearless—or perhaps only blind to the dangers life brings. Spare and moving, *An Elegy for September* captures the turning point in the life of a man as he confronts his own mortality—and confronts truths about himself he never suspected. Featuring some of John Nichols's best writing, *An Elegy for September* is a brief, poignant, and eloquent novel that renders an age-old story in a fresh and powerful form. "One of the finest things he has ever written."—Los Angeles Times

**Early Journals and Letters of Fanny Burney, Volume 4** - Frances Burney 2003-05-21

Volume IV of *The Early Journals and Letters of Fanny Burney*, covering the years 1780-1781, will be of particular interest to students of Burney as it marks the young author's introduction into the world following the astonishing success of her novel *Evelina* (1778) and includes her visits to Streatham and her encounters with Hester and Henry Thrale and Dr Johnson. It was an exciting period in her life, which she managed to enjoy despite struggling to repeat her first success while avoiding the often unwelcome attention it brought. But it was also a difficult period in her family life as she dealt with jealous interference by her stepmother, the courtship of her sister Susan by a man she considered untrustworthy, and the misbehaviour of her brothers. Burney's enthusiasm makes the most of her experiences and she describes characters and scenes with all the genius displayed in her novels. Her descriptions contain the four great attributes that distinguish her novels: brilliant handling of detail, total and full recall of conversations characteristic of the speaker, sensibility and empathy for others, and great relish for the ridiculous wherever it occurred.

**Uffizi Gallery** - Gloria Fossi 2001

The Uffizi Gallery in Florence is one of the oldest and most famous art museums in the world. First commissioned as offices for the Florentine magistrates by Cosimo de Medici, it is now houses some of the world's most outstanding works of art. This superb volume offers a

comprehensive, detailed, and informative look at the entire exhibited collection of the Gallery ĳ from masterpieces such as Botticelli's The Birth of Venus and Caravaggio's Medusa to many works of classical sculpture. The Uffizi Gallery also provides readers with an insightful look at the gallery's origins and history, as well as discussions about ongoing restoration efforts, and biographies of selected artists.

**I Know... You Try** - Edoardo Sabatti 2017

*Real Ghost Stories* - William Thomas Stead 1921

**The Burdens of Being Upright** - Tracy Bonham 1997-06-01

Tracy Bonham is one of the new breed of female alternative rockers in the Alanis Morissette vein. This features 12 songs from her album.

*White Fang* - Jack London 2002-12-08

The Pearson Education Library Collection offers you over 1200 fiction, nonfiction, classic, adapted classic, illustrated classic, short stories, biographies, special anthologies, atlases, visual dictionaries, history trade, animal, sports titles and more

**Potty Time** - Guido van Genechten 2001

Joe and his friends (including Nellie elephant, Percy pig, and Friendly frog) learn that although bottoms come in all shapes and sizes, everyone must use the potty.

*Basher Five-Two; True Story of F-16 Fighter Pilot Captain Scott O'Grady* - Scott O'Grady 2009-07-01

Biography, autobiography, and memoir is among the best ways to teach students to appreciate nonfiction reading.

**The Poison Garden** - Alex Marwood 2020-01-14

A new novel of insidious secrets and chilling revelations surrounding a mysterious cult--the latest gripping psychological thriller from Alex Marwood. When nearly one hundred members of The Ark, a sinister apocalypse cult are found dead by poison at their isolated community in North Wales, those left alive are scattered to the winds with few coping skills and fewer answers. For twenty-three-year-old Romy, who has never known life outside the compound, learning how to live in a world she has been taught to fear is terrifying. Now Romy must start a new life for herself--and the child growing inside her. She is determined to find the rest of her family and keep her baby safe, no matter the cost. But as the horrors of her past start to resurface, she realizes that leaving her old life behind won't be easy. Outside the walls of The Ark, the real evil has only just begun. A brilliantly plotted, page-turning novel from "one of psychological suspense's best writers" (The Boston Globe), *The Poison Garden* will leave you stunned.

**Andy Warhol** - Arthur C. Danto 2009-10-20

"Astutely traces the ripple effects of Warhol's blurring of the lines between commercial and fine art, and art and real life...masterful."—Booklist (starred review) Art critic, philosopher, and winner of a National Book Critics Circle Award Arthur Danto delivers a compact, masterful tour of Andy Warhol's personal, artistic, and philosophical transformations. Danto traces the evolution of the pop artist, including his early reception, relationships with artists such as Jasper Johns and Robert Rauschenberg, and the Factory phenomenon. He offers close readings of individual Warhol works, including their social context and philosophical dimensions, key differences with predecessors such as Marcel Duchamp, and parallels with successors like Jeff Koons. By drawing on subject matter understandable to the ordinary American, Warhol revolutionized the way we look at art. In this book, Danto brings to bear encyclopedic knowledge of Warhol's time and shows us Warhol as an endlessly multidimensional figure—artist, political activist, filmmaker, writer, philosopher—who retains permanent residence in our national imagination.

*The Siamese Twin Mystery* - Ellery Queen 2013-02-05

Trapped on a burning mountain, the Queens take refuge with a killer. Dashing detective Ellery Queen and his father are driving over the pothole-scarred Arrow Mountain road when they come face to face with a wall of flame. They tear back in the other direction, fire at their fenders, and finally find safety in a clearing, at the home of Dr. Xavier, a renowned surgeon. He is a genial man, but his distracted, mysterious smile conceals dark secrets. Passing through one of the drafty hallways, Ellery's father is startled by a pair of eyes burning in the darkness—the eyes of a monster. Could they be trapped on some kind of mountain of Dr. Moreau? Dr. Xavier introduces them to the rest of his household, including his wife, brother, and medical assistant. Everyone's welcoming, but they also seem anxious and cagey. When the good doctor is found shot to death in his study, Queen realizes that he and his father have more to fear than a pair of sinister eyes. The Queens may have escaped

the forest fire, but they have leapt into a situation that is every bit as hot. *Black Britain* - Chris Mullard 1973

*Money and Beauty* - Ludovica Sebregondi 2011

Catalog of an exhibition held in Florence, Palazzo Strozzi, 17 September 2011-22 January 2012.

*There's No Gold Without Pain!* - Luca Calabrese 2017

*Death in the Dark* - Stacey Bishop 2017-02-26

In his specially written introduction, crime novelist Martin Edwards, President of the Detection Club and author of the multi-award winning 'The Golden Age of Murder' writes "The reappearance of 'Death in the Dark,' truly a one-of-a-kind detective novel is long overdue and will be widely welcomed." 'Death in the Dark' by George Antheil was until now the rarest novel in detective fiction and one of the most complex, with its three impossible crimes committed in one apartment under cover of darkness, but how and why it came into being is even stranger, as described in the extensive Afterword. Antheil, an expatriate avant-garde composer whose works were performed throughout Europe in the 1920s had a disastrous Carnegie Hall concert in 1927 and wrote 'Death in the Dark' out of revenge in 1929. In it he murdered all the people he held responsible. He was helped by Ezra Pound and W.B. Yeats and T.S. Eliot himself wrote "This is a very good detective story." Locked Room International discovers and publishes impossible crime mysteries from all over the world. For more information please contact pugmire1@yahoo.com or go to www.mylri.com.

**Palazzo Strozzi. Florence, Money and Beauty** - James M. Bradburne 2011

**The Complete Arranger** - Sammy Nestico 1993

**My Italians** - Roberto Saviano 2016-05-26

From the international bestselling author of *Gomorrah*, this is a deeply personal and candid portrait of Italy today: a place of trafficking and toxic waste, where votes can be bought and sold, where organized crime ravages both north and south - yet also where many courageous individuals defy the system, and millions work tirelessly for a better future. 'Saviano is a blazingly vivid and courageous writer' Independent 'A national hero' Umberto Eco 'Saviano has an astonishing ability to write luminously yet subtly about terrible things' Le Parisien 'Brave and passionate' Guardian 'One of the world's finest investigative journalists' GQ

*Poison Heart* - Dee Dee Ramone 2009

A breakneck tour of a dysfunctional childhood, heroin, punk rock and the heyday of The Ramones. The tour guide? None other than the legendary Dee Dee Ramone. Internal wrangling, gruelling tours and methadone clinics form a backdrop to Johnny Thunders and Stiv Bators succumbing to their addictions, Dee Dee's girlfriend overdosing, Sid Vicious shooting up with toilet water and Phil Spector holding the band up at gunpoint in his Beverly Hills mansion. A gripping story from the now sadly deceased Ramone.

**A Different Sea** - Claudio Magris 2011-05-31

Early this century Enrico, a young intellectual, leaves the city of Gorizia with its abundant population and culture, to spend several years living on the Patagonian pampas, alone with his ancient Greek texts, his flocks and, every now and then, a woman. He has been taught by his closest friend, Carlo, a philosopher/poet who commits suicide in his early twenties, to search for an authentic life, free of social falsehoods. But in his search for this unattainable goal, Enrico destroys every chance he has of a normal existence. This is portrait of a world in ferment, a decaying empire shaken by war and revolution, and a life-long search for meaning.

*The New York Nobody Knows* - William B. Helmreich 2015-08-25

"As a kid growing up in Manhattan, William Helmreich played a game with his father they called "Last Stop." They would pick a subway line and ride it to its final destination, and explore the neighborhood there. Decades later, Helmreich teaches university courses about New York, and his love for exploring the city is as strong as ever. Putting his feet to the test, he decided that the only way to truly understand New York was to walk virtually every block of all five boroughs--an astonishing 6,000 miles. His epic journey lasted four years and took him to every corner of Manhattan, Brooklyn, Queens, the Bronx, and Staten Island. Helmreich spoke with hundreds of New Yorkers from every part of the globe and from every walk of life, including Mayor Michael Bloomberg and former mayors Rudolph Giuliani, David Dinkins, and Edward Koch. Their stories

and his are the subject of this captivating and highly original book. We meet the Guyanese immigrant who grows beautiful flowers outside his modest Queens residence in order to always remember the homeland he left behind, the Brooklyn-raised grandchild of Italian immigrants who illuminates a window of his brownstone with the family's old neon grocery-store sign, and many, many others. Helmreich draws on firsthand insights to examine essential aspects of urban social life such as ethnicity, gentrification, and the use of space. He finds that to be a New Yorker is to struggle to understand the place and to make a life that is as highly local as it is dynamically cosmopolitan."--Publisher's description.

**Every Light in the House Burnin'** - Andrea Levy 2010-06-24

The remarkable, emotional debut novel, both funny and moving, which was longlisted for the Orange Prize for Fiction, from the critically acclaimed Andrea Levy, author of the Orange Prize winning *SMALL ISLAND* and the Man Booker shortlisted *THE LONG SONG*. 'Better opportunity' - that's why Angela's dad sailed to England from America in 1948 on the Empire Windrush. Six months later her mum joined him in his one room in Earl's Court... ..Twenty years and four children later, Mr Jacob has become seriously ill and starts to move unsteadily through the care of the National Health Service. As Angela, his youngest, tries to help her mother through this ordeal, she finds herself reliving her childhood years, spent on a council estate in Highbury.

**Kraftwerk: I Was a Robot** - Wolfgang Flür 2017-05-15

Wolfgang Flür was vital cog in the Kraftwerk machine, galvanising the group's electric drum sound throughout the 1970's and propelling the rhythmic backbone of iconic albums such as *Autobahn* and *Electric Café*. *I Was a Robot* is a detailed, evocative account, written in Flür's no-nonsense style. It takes us from his youth into the band's formation and touring of their influential works, laying bare the acrimonious break-up and court cases that later followed. This book is the final word on Kraftwerk, their continued influence and what it felt like to be a Man-Machine. "This is a first-hand account of human life inside the robot factory. A world that I could barely have imagined as a 16-year-old Kraftwerk fan stranded in a suburb on the wrong side of the river from Liverpool. A window into a world that I could never have imagined." Andy McCluskey, OMD "Kraftwerk is a myth. Wolfgang is for real. Thus handsome elder statesman of Electronic Music gives a lot of useful inside information about the Men-Machines." Rudi Esch, *ELECRI\_CITY*

**The MELT Method (Enhanced Edition)** - Sue Hitzmann 2015-01-20

In this enhanced digital edition of *The MELT Method*, Sue Hitzmann shows you how to live without pain, illustrating her MELT techniques with 20 instructional videos plus 10 audio clips, so you can listen hands-free while you start your journey toward a pain-free body. In *The MELT Method*, therapist Sue Hitzmann offers a breakthrough self-treatment system to combat chronic pain and erase the effects of aging and active living—in as little as ten minutes a day. With a focus on the body's connective tissues and the role they play in pain, stress, weight gain, and overall health, Hitzmann's life-changing program features techniques that can be done in your own home. A nationally known manual therapist and educator, Hitzmann helps her clients find relief from pain and suffering by taking advantage of the body's natural restorative properties. *The MELT Method* shows you how to eliminate pain, no matter what the cause, and embrace a happier, healthier lifestyle.

**The Simple Flute** - Michel Debost 2010

Drawing from his highly praised French work, *Une simple flute*, distinguished flutist and teacher Michel Debost has compiled a useful and imaginative introduction to playing the flute. This alphabetically arranged compendium of advice and insight covers essential topics such as breathing, articulation, and tone, but also explores "jawboning," "finger phrasing," "the little devils," and other quirky and vexing aspects of flute playing. Full of practical advice on technique and axioms that lend moral support during tough practice sessions, *The Simple Flute* will be a welcome addition to any serious or novice flutist's library. In

addition, the book includes original exercises such as "Debost's Scale Game," making it an excellent resource for flute teachers. Debost concludes each essay with "In a nutshell" and "Please refer to" boxes that make the book easy to browse, dog-ear, and return to again and again. Offering concise, common-sense solutions for flutists of all levels, this book is an ideal reference guide on flute performance.

**Death Wish** - Brian Garfield 2012-02-14

In the wake of a chilling attack, an ordinary man decides to take revenge. When his wife and daughter are attacked in their home, Paul Benjamin is enjoying a three-martini lunch. A professional man, soft around the middle, Paul lives happily isolated from the rougher side of New York City. As he nurses his gin headache, a call comes from his son-in-law asking him to come to the hospital. In a few hours, his world will collapse around him. As Paul slurped down his lunchtime gin, drug addicts broke into his cozy Upper West Side apartment. For a handful of money, they savagely beat Paul's wife and daughter, leaving his wife dead and his daughter comatose. After his shock wears off, and Paul realizes the police department is helpless, his thoughts turn to revenge—not just for him, but for every decent family broken by the dark forces of society.

**Fruit of the Lemon** - Andrea Levy 2007-01-23

From Andrea Levy, author of *Small Island* and winner of the Whitbread Book of the Year and the Best of the Best Orange Prize, comes a story of one woman and two islands. Faith Jackson knows little about her parents' lives before they moved to England. Happy to be starting her first job in the costume department at BBC television, and to be sharing a house with friends, Faith is full of hope and expectation. But when her parents announce that they are moving "home" to Jamaica, Faith's fragile sense of her identity is threatened. Angry and perplexed as to why her parents would move to a country they so rarely mention, Faith becomes increasingly aware of the covert and public racism of her daily life, at home and at work. At her parents' suggestion, in the hope it will help her to understand where she comes from, Faith goes to Jamaica for the first time. There she meets her Aunt Coral, whose storytelling provides Faith with ancestors, whose lives reach from Cuba and Panama to Harlem and Scotland. Branch by branch, story by story, Faith scales the family tree, and discovers her own vibrant heritage, which is far richer and wilder than she could have imagined. *Fruit of the Lemon* spans countries and centuries, exploring questions of race and identity with humor and a freshness, and confirms Andrea Levy as one of our most exciting contemporary novelists.

**A Melody in Silver** - Keene Abbott 2019-12-09

"A Melody in Silver" by Keene Abbott. 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.

**Ties That Bind, Ties That Break** - Lensey Namioka 2007-12-18

Third Sister in the Tao family, Ailin has watched her two older sisters go through the painful process of having their feet bound. In China in 1911, all the women of good families follow this ancient tradition. But Ailin loves to run away from her governess and play games with her male cousins. Knowing she will never run again once her feet are bound, Ailin rebels and refuses to follow this torturous tradition. As a result, however, the family of her intended husband breaks their marriage agreement. And as she enters adolescence, Ailin finds that her family is no longer willing to support her. Chinese society leaves few options for a single woman of good family, but with a bold conviction and an indomitable spirit, Ailin is determined to forge her own destiny. Her story is a tribute to all those women whose courage created new options for the generations who came after them.