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Parent-Child Relations

A Guide to Raising Children

[International Institute of Islamic Thought \(IIIT\)](#) This easy-to-read, comprehensive guide contains what you need to know on how to parent with confidence. Packed with advice and powerful tips, using the latest research on child development and parenting techniques, it offers a mine of information on how to let children flourish, take the frustration out of parenting and develop happy family relations. Authors provide guidance on developing character, knowledge, values, and skills, as well as a faith-based outlook in children, benefitting parents with kids of all ages. The many strategies and techniques offered include: teaching children how to problem-solve, make decisions, and develop self-esteem. Raising God-conscious, moral, successful children, with a sense of civic responsibility in today's world is not easy. It is also not impossible. Effective parenting is the key.

Qigong

[Dk Pub](#) Exercise and heal your mind, body, and spirit with this ancient Chinese practice. QiGong is an ancient Chinese system of exercise that helps you combat stress, prevent disease, and promote fitness and relaxation. In China, QiGong is so widely practiced for health and longevity that it makes an important contribution to health on a nationwide basis. This attractive introduction provides a brief history of QiGong, followed by step-by-step exercises that concentrate on the three core areas of QiGong. By following these exercises you reeducate your mind and body and through self-exploration, adopt new ways of living that eliminate and reduce the effects of depression, fatigue, and stress--and will make your life altogether more pleasurable and fulfilling.

10 Simplest Yet-Best Mantras Towards Serene Life

Serene or peaceful life is not something coincidental. It is neither mythical nor luckier. It is something you create; something you attract; something you groom and decide. It is something you willingly choose possessing and other time, reject. Serene Life can be embraced and enjoyed by only those who, in their nobility and wisdom, follow simplest yet best 'Mantras' or principles, or techniques. Taking at heart these simple ways bring these people to attainment of abundant, timeless peace and harmony. What are these Mantras? How beautifully, amazing and transforming can they be in your life? Do you want to know why you out-of-nowhere feel sad or doubtful and what to do to disconnect yourself from the behavior? The portable, impressive and friendly pamphlet has it all in. It fits your attention and time for it is written in a very self-help language, relevant life context and impressive quality. For the first time, in over thirty years of my life, I open up to the world on these 10 'secrets' behind my everlasting smile and peace. You won't regret getting a copy of this book. Enjoy!

AIDS in the UK

The Making of Policy, 1981-1994

[Oxford University Press](#) Fifteen years ago the AIDS 'epidemic' did not exist on the public agenda. In just over a decade the public and official response to the disease has resulted in the development of a whole network of organizations devoted to the study, containment, and practical treatment of AIDS. In this important and original analysis of AIDS policy, Virginia Berridge examines the speed and nature of the official (and unofficial) response to this new and critical historical event. The policy reaction in Britain passed through three stages. From 1981-1986 the outbreak of a new contagious disease led to public alarm and social stigmatization, with a lack of scientific certainty about the nature of the disorder. AIDS was a new and open policy area - there were no established departmental, local, or health authority mechanisms for dealing with the problem. This was a period of policy development from below, with relatively little official action and many voluntary initiatives behind the scenes. This phase was succeeded in 1986-1987 by a brief stage of quasi-wartime emergency, in which national politicians and senior civil servants intervened, and a high-level political response emerged. The response was a liberal one of 'safe sex' and harm minimization rather than draconian notification or isolation of carriers. The author demonstrates that despite the 'Thatcher revolution' in government in the 1980s, crisis could still stimulate a consensual response. The current period of 'normalization' of the disease sees panic levels subsiding as the rate of growth slows and the fear of the unknown recedes. Official institutions have been established and formal procedures adopted and reviewed; paid professionals have replaced the earlier volunteers. The 1990s have seen change in the liberal consensus towards a harsher response and the partial repoliticization of AIDS. In this fascinating and scholarly account, Virginia Berridge analyses a remarkable period in contemporary British history, and exposes the reaction of the British political and medical elites, and of the British public to one of the most challenging issues of this century.

Bump It Up

Transform Your Pregnancy into the Ultimate Style Statement

[Ballantine Books](#) The key to pregnancy chic? Creativity. Effort. And a commitment to pushing the sartorial envelope even when you'd rather crawl back under the sheets with a box of doughnuts. But don't let "thigh" anxiety drive you to sneakers and plus-size velour tracksuits. It's time to turn nine months of potential frump into mega maternity moxie. In this witty and accessible pregnancy primer to all four trimesters, career fashionista and mother of two Amy Tara Koch offers easy ways for moms-to-be to pop out of the preggo pits and pull together dozens of jaw-dropping maternity ensembles—without breaking the bank. This timeless style manifesto features sketches from today's most popular fashion designers, including Nicole Miller, Diane von Furstenberg, Donna Karan, and Isaac Mizrahi, as well as tips and tricks from Koch and her "A-list"—a roster of fashion editors, beauty gurus, and celebrity stylists. Packed full of clever quizzes, skin care secrets, and a handy glossary of terms that every pregnant woman needs to know, Bump It Up will have you putting on the glitz throughout your pregnancy and beyond.

The Good Enough Teen

Raising Adolescents with Love and Acceptance (Despite How Impossible They Can Be)

Harper Collins Respected psychologist Dr. Brad Sachs helps parents to recognize their unrealistic expectations for their teenagers and to love, accept and nurture the family they have to its full potential. His approach frees them to discover acceptance of themselves and of their children. The ages twelve to eighteen are often the most challenging and trying years for adolescents--and their parents. No other phase of life is characterized by so much physical and psychological change happening so quickly. And frequently the child parents had loved and understood becomes a teenager they hardly recognize--the child who loved music grows into a teen who wants to play video games rather than the piano; or the little girl who loved dolls becomes a teen who loves staying out with her older, rebellious boyfriend. The Good Enough Teen, however, shows you how to see your child's evolution as a window of opportunity--for you, for your child, and for your entire family. Rather than having you brace for your offspring's adolescence with your eyes shut and your jaw clenched, this book will help you to understand the invisible transformation teens are experiencing, as well as the ways in which your own adolescence intimately influences this understanding. You will find yourself better able to see even your child's most exasperating behaviours as steps in his or her striving towards maturity, rather than chronic problems or mean-spirited efforts designed to make you miserable. The Good Enough Teen presents a developmental overview of what parents can expect from their children during adolescence, then delineates the five stages in the journey towards accepting a child for who he or she is. With prescriptive tools and strategies for parents, including checklists, quizzes, and exercises, and numerous case studies from the author's own practice, The Good Enough Teen is vital help for any parent with a teenager.

The Sex Myth

The Gap Between Our Fantasies and Reality

Simon and Schuster From a bold new feminist voice, a book that will change the way you think about your sex life. Fifty years after the sexual revolution, we are told that we live in a time of unprecedented sexual freedom; that if anything, we are too free now. But beneath the veneer of glossy hedonism, millennial journalist Rachel Hills argues that we are controlled by a new brand of sexual convention: one which influences all of us--woman or man, straight or gay, liberal or conservative. At the root of this silent code lies the Sex Myth--the defining significance we invest in sexuality that once meant we were dirty if we did have sex, and now means we are defective if we don't do it enough. Equal parts social commentary, pop culture, and powerful personal anecdotes from people across the English-speaking world, The Sex Myth exposes the invisible norms and unspoken assumptions that shape the way we think about sex today.

Never Too Late

Bethany House Seffie, a slave and companion to a sickly white girl, had been privileged to learn to read, write, and even speak French, but as loss and tragedy drive the joy from her heart, Seffie develops a drive of her own: to seek a new life in the North. Original. 40,000 first printing.

The Limits of Organic Life in Planetary Systems

National Academies Press The search for life in the solar system and beyond has to date been governed by a model based on what we know about life on Earth (terran life). Most of NASA's mission planning is focused on locations where liquid water is possible and emphasizes searches for structures that resemble cells in terran organisms. It is possible, however, that life exists that is based on chemical reactions that do not involve carbon compounds, that occurs in solvents other than water, or that involves oxidation-reduction reactions without oxygen gas. To assist NASA incorporate this possibility in its efforts to search for life, the NRC was asked to carry out a study to evaluate whether nonstandard biochemistry might support life in solar system and conceivable extrasolar environments, and to define areas to guide research in this area. This book presents an exploration of a limited set of hypothetical chemistries of life, a review of current knowledge concerning key questions or hypotheses about nonterran life, and suggestions for future research.

Happy 22 Birthday

Happy 22th Birthday: This journal is -6 x 9 inches in size with 100 blank lined pages-Birthday Gifts-, Activities and Hobbies Gifts] urnal is it the perfect birthday gift. Show a special person how much you love the

This Time Tomorrow

Taste of Tanzania

Modern Swahili Recipes for the West

Miroki Pub Offers more than 130 colorful authentic Swahili recipes appropriate for even the greenest of at-home cooks. While most ingredients can be found in grocery stores, this book offers alternatives for those that may be more commonly available in Africa. In addition, many of the delicious recipes call for the freshest of ingredients, offering healthy and flavorful options for the everyday diet. The food taste is unique and simple to prepare. Original.

EAT

The Effortless Weight Loss Solution

St. Martin's Press Diets are made to go "on" and "off of", and if you're like most people--who want to be fit, lean, alert and healthy--you don't want to diet. You want to eat naturally and normally, in a way that helps you have the body and lifestyle you deserve to enjoy. In EAT, Dr. Ian Smith has created a blueprint for you. It's a flexible and intelligent plan you can follow every day, in every situation--eating out, working late, traveling, cooking for the holidays--and that will urge your body to perform at its peak. You'll drop any excess pounds you need to lose. You won't worry about what you "can" and "can't" eat, but will listen to yourself and eat smart. Dr. Ian's Ten Simple Rules for Good Eating tell you what the experts know: --Follow the Rainbow: if you eat color, you're getting vitamins and minerals in the right package --Carb Heaven: don't ban carbohydrates--or any nutrient group! --The Whole Truth About Whole Grains: they may not be what you think they are, and you should be eating them all the time --Feel Full Fiber: it's magic at every meal --

Protein Bonanza: all proteins aren't equal --Spicetopia: 5 of the tastiest and healthiest spices in the world --Size Matters: how to portion, and secret calories you don't know about --You are What You Drink: the miracle liquid and drinks that can wash out good eating --Unearthing the Organic Truth: it's not always healthier --The Power of Snacks: they can help you lose weight! Cut to the chase with Dr. Ian's EAT Plan at the end of each chapter, or become your own expert by reading from start to finish. Either way, EAT is not about denial. It's about permission....to live, to fuel your strong body, to eat!

Haikuwa Sahihi... (Not Quite Right)

[Genesis Press Kiswahili](#) Askari Steed McGraw anavutiwa na msichana mrembo mtangazaji wa kituo cha televisheni cha Network TV Darce Clarke wakati anaingia kwenye ofisi yake ya kifahari ili kutoa taarifa ya kifo cha rafiki yake kipenzi, Kenneth Wawick. Lakini ghafla mvuto huo unabadilika na kuwa karaha pale anapokataa kukubali ukweli kwamba kifo cha rafiki yake kipenzi kilitokana na kujiua mwenyewe. Baada ya kuishi kwa miaka mingi na machungu ya maswali yasiyojibiwa baada ya baba yake ambaye alikuwa askari kupoteza maisha akiwa kazini, Steed anafanya kila awezalo ili Darce apate hisia za machungu aliyoishi nayo kwa miaka yote katika maisha yake. Lakini akijua kwamba kuna kitu ambacho hakiko sawa kuhusu kujiua kwake, Darce anakataa kukata tamaa mpaka pale atakapoupata ukweli, uchunguzi thabiti unaoishia kwa kesi mbili kwa mpigo bila kutegemewa.

The Case for Marriage

Why Married People are Happier, Healthier and Better Off Financially

[Crown](#) A groundbreaking look at marriage, one of the most basic and universal of all human institutions, which reveals the emotional, physical, economic, and sexual benefits that marriage brings to individuals and society as a whole. The Case for Marriage is a critically important intervention in the national debate about the future of family. Based on the authoritative research of family sociologist Linda J. Waite, journalist Maggie Gallagher, and a number of other scholars, this book's findings dramatically contradict the anti-marriage myths that have become the common sense of most Americans. Today a broad consensus holds that marriage is a bad deal for women, that divorce is better for children when parents are unhappy, and that marriage is essentially a private choice, not a public institution. Waite and Gallagher flatly contradict these assumptions, arguing instead that by a broad range of indices, marriage is actually better for you than being single or divorced- physically, materially, and spiritually. They contend that married people live longer, have better health, earn more money, accumulate more wealth, feel more fulfillment in their lives, enjoy more satisfying sexual relationships, and have happier and more successful children than those who remain single, cohabit, or get divorced. The Case for Marriage combines clearheaded analysis, penetrating cultural criticism, and practical advice for strengthening the institution of marriage, and provides clear, essential guidelines for reestablishing marriage as the foundation for a healthy and happy society. "A compelling defense of a sacred union. The Case for Marriage is well written and well argued, empirically rigorous and learned, practical and commonsensical." -- William J. Bennett, author of The Book of Virtues "Makes the absolutely critical point that marriage has been misrepresented and misunderstood." -- The Wall Street Journal [www.broadwaybooks.com](#)

Legal Status of Traditional Medicine and Complementary/alternative Medicine

A Worldwide Review

Our Saviour Has Arrived

[Elijah Muhammad Books.com](#) This title addresses the creation of God, the New World, and what's referred to as the "metaphysical" side of Elijah Muhammad's teaching. It eloquently delves into the subject of form and spirit in the simplest terms. The relationship of Jesus, Joseph and Mary is given a critical analysis as it relates to blacks in America.

Matengo Folktales

[Buy Books on the Web.com](#) This book presents English translations of 10 folktales from Southern Tanzania, which the author recorded in the mid-1970's. Also, an essay on the folktale in general, and a commentary on each story.

Secure in Comfort

Report on an Investigation Into Allegations of Impropriety and Unethical Conduct Relating to the Installation and Implementation of Security Measures by the Department of Public Works at and in Respect of the Private Residence of President Jacob Zuma at Nkandla in the KwaZulu-Natal Province

AIDS in the World II

Global Dimensions, Social Roots, and Responses

[Oxford University Press, USA](#) Picks up where the 1992 first edition left off tracking the AIDS epidemic throughout the world and the efforts, successes, and failures to curb its course and mitigate its impact. In addition to updated information, provides new perspectives based on recent developments. Covers epidemiology, a summary of scientific progress, how people are responding, and an analytic framework that incorporates the several dimensions. Paper edition (unseen), \$29.95. Annotation copyright by Book News, Inc., Portland, OR

Essays

[Haymarket Books](#) A collection of “deceptively simple, profoundly thoughtful, fiercely honest” essays on art, life, and politics by the acclaimed actor and playwright (Howard Zinn, author of *Political Awakenings* and *Indispensable Zinn*). Whether writing about the genesis of his plays, such as *Aunt Dan and Lemon*; discussing how the privileged world of arts and letters takes for granted the people who serve our food and deliver our mail; describing his upbringing in the sheltered world of Manhattan’s cultural elite; or engaging in a fascinating interview with Noam Chomsky, Wallace Shawn has a unique ability to step back from the appearance of things to explore their deeper social meanings. In these essays, Shawn grasps the unpleasant contradictions of modern life and challenges us to look at our own behavior in a more honest light. He also finds the pathos in the political and personal challenges of everyday life. With the same sharp wit and remarkable attention to detail that he brings to his critically acclaimed plays, Shawn invites us to look at the world with new eyes, the better to understand—and change it. “Full of what you might call conversation starters: tricky propositions about morality . . . politics, privilege, runaway nationalist fantasies, collective guilt, and art as a force for change (or not) . . . It’s a treat to hear him speak his curious mind.” —O Magazine “Lovely, hilarious and seriously thought provoking, I enjoyed it tremendously.” —Toni Morrison, winner of the Nobel Prize in Literature

What They Never Told You in History Class

[A & B Book Dist Incorporated](#)

Muyaka, 19th Century Swahili Popular Poetry

A Handbook of the Swahili Language as Spoken at Zanzibar

Door of Hope

Recognizing and Resolving the Pains of Your Past

[Thomas Nelson](#) Victims of abuse-any abuse-need to know how other people have made it through the recovery process. As a victim of incest herself, Jan Frank understands the myriad emotions that victims struggle with and offers ten proven steps toward recovery in *Door of Hope*. A powerful story of inspiration and restoration, *Door of Hope*, is Jan's journey toward wholeness. But it is much more than a story. It is hope for other victims. And in this updated edition, Jan provides a special section featuring answers to questions most often asked by abuse victims and those who love them.

Impassioned

Jesse meets an intriguing young man with brown eyes, messy-blond hair, and dimples that set his smile out of this world. As their relationship grows stronger, Jessie learns that she is in danger. Her college life at Boise State University becomes anything but ordinary in a world she never knew existed. With college students being recruited like puppets into the arms of fallen angels, Jessie has the guardians to keep her safe. In this compelling story of love, loss and betrayal, will Jesse choose the love of eternal damnation? Or will she choose the love of eternal harmony?"

In Sickness Or in Health

Jennifer, heiress to a multi-million dollar fortune, has only a few more months to live. Darryl, the love of her life, has just proposed to her. But can she find happiness with the man of her dreams when she is convinced he doesn't love her?

Healing Through Deliverance: The Foundation and Practice of Deliverance Ministry

[Sovereign World Limited](#) Peter Horrobin draws on his extensive experience to set out a thorough, comprehensive and scriptural foundation for the healing and deliverance ministry—an integral part of fulfilling the Great Commission and a vital key to discipleship.

Young Belfast

Healing

[Hodder Faith](#) The million-copy bestselling introduction to the healing ministry, re-issued with a beautiful new cover. Does healing happen today? Why is there prejudice against the healing ministry? Why are some people not healed? These topical and vital questions are just some of the issues addressed by Francis MacNutt in *Healing*. A wide-ranging and broad-based overview, it is essential reading for all involved in the healing ministry. 'Prayer for healing is so central to the gospel,' writes MacNutt, 'that it should be an integral part of the life of every community of believers. My heart cries out to see it restored to the place it had in the early Christian church.'

Immigration Bans

Recent world events have brought the issue of immigration to the forefront of media and journalism, cultural debates, and political campaigns. Calls for regulation are criticized as racist and xenophobic by some and deemed necessary by others. This resource addresses important questions surrounding the issue: How do immigration bans affect different groups? How can nations reconcile humanitarian and security concerns for refugees? How much of the nation's economy depends on immigrant labor? And finally, do increased border controls and deportations actually work?

Tomb Treasures

New Discoveries from China's Han Dynasty

[Asian Art Museum](#) This stunning Chinese art book presents almost a hundred recently unearthed objects that offer a glimpse into the extraordinary wealth and artistic accomplishments of elite society during the Western Han Dynasty (206 BCE - 9 CE). These exquisite treasures are from newly discovered sites in the Jiangsu region of China and are made of gold, silver, jade, bronze, pottery, lacquer, and other refined materials. Masterworks include a full-length jade suit sewn with gold threads, an oversized coffin shrouded in jade, and a complete set of functional bronze bells. The book's texts explore a number of ideas about the lives and deaths of Western Han royalty.

Mwana Kupona

Poetess from Lamu

Mwana Kupona war im 19. Jh. Verfasserin von Gedichten auf Swahili. Professor Kitula King'ei verfasst Gedichte auf Swahili und unterrichtet Literatur an der Kenyatta University.

African Visionaries

[African Books Collective](#) In over forty portraits, African writers present extraordinary people from their continent: portraits of the women and men whom they admire, people who have changed and enriched life in Africa. The portraits include inventor, founders of universities, resistance fighters, musicians, environmental activists or writers. African Visionaries is a multi-faceted book, seen through African eyes, on the most impactful people of Africa. Some of the writers contributing to the collection are: Helon Habila, Virginia Phiri, Ellen Banda-Aaku, Véronique Tadjo, Tendai Huchu, Solomon Tsehaye, Patrice Nganang and Sami Tchak.

Swahili Poetry

[Oxford, Clarendon P](#)

A Handbook of the Swahili Language, as Spoken at Zanzibar

Breaking Spiritual Strongholds in Your City

[Destiny Image Publishers](#) Discover Heavens blueprint to overcoming darkness in your region! How could God transform my city? Its so full of sin, corruption and immorality. Revival could never come here. Have you ever thought this? Stop being overwhelmed by darkness and start unlocking Heavens destiny for your city and region. Leading spiritual warfare teacher, C. Peter Wagner, offers practical strategies that will empower your prayer efforts to become more intentional and effective. Whether youre a pastor, intercessor or Christian who desires to see city-wide revival, Breaking Spiritual Strongholds gives you Heavens prayer blueprint to release supernatural breakthrough in your region! Learn how: Spiritual mapping gives you heavens secret strategy on how to deal with strongholds Effective prayer begins as you get informed about your citys unique spiritual needs Practical deliverance starts when you pray for your neighbors, communities and cities to be free from demonic torment Strategic intercession empowers you to target key prayer needs and receive specific answers Start breaking the enemys strongholds and become a prayer catalyst that prepares your region for revival and the Spirits outpouring!

Asian Art Museum of San Francisco: Collection Highlights

[Asian Art Museum](#) Every year, thousands of visitors flock to the Asian Art Museum of San Francisco, the largest museum devoted exclusively to the arts of Asia in the United States. Featuring more than 18,000 artworks, the museum's world-class collection highlights the unique material, aesthetic, and intellectual achievements of Asian art and culture. This book presents two hundred and thirty exemplary works spanning both ancient and modern times. Among its many treasures, readers will find a Japanese clay jar from 3000-2000 BCE, a Chinese bronze Buddha dating to 338, a seventeenth-century Indian painting from the Shahnama (Book of Kings), a mid-twentieth-century Korean wrapping cloth, and a new Thai work made from textile, window mesh, safety pins, and amulets. A collaboration between museum curators, artists, educators, and collectors, the book also takes an in-depth look at fourteen masterpieces selected for their beauty, rarity, and historical importance. Stunning full-color photographs and new texts—including a foreword by museum director Ja Xu—offer fresh perspectives on both ancient and contemporary objects. A handsome addition to any art history collection, this volume is an essential resource for museum visitors as well as anyone interested in Asian art.