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Lights Out

Sleep, Sugar, and Survival

Simon and Schuster When it comes to obesity, diabetes, heart disease, cancer, and depression, everything you believe is a lie. With research gleaned from the National Institutes of Health, T.S. Wiley and Bent Formby deliver staggering findings: Americans really are sick from being tired. Diabetes, heart disease, cancer, and depression are rising in our population. We're literally dying for a good night's sleep. Our lifestyle wasn't always this way. It began with the invention of the lightbulb. When we don't get enough sleep in sync with seasonal light exposure, we fundamentally alter a balance of nature that has been programmed into our physiology since day one. This delicate biological rhythm rules the hormones and neurotransmitters that determine appetite, fertility, and mental and physical health. When we rely on artificial light to extend our day until 11 p.m., midnight, and beyond, we fool our bodies into living in a perpetual state of summer. Anticipating the scarce food supply and forced inactivity of winter, our bodies begin storing fat and slowing metabolism to sustain us through the months of hibernation and hunger that never arrive. Our own survival instinct, honed over millennia, is now killing us. Wiley and Formby also reveal: -That studies from our own government research prove the role of sleeplessness in diabetes, heart disease, cancer, infertility, mental illness, and premature aging -Why the carbohydrate-rich diets recommended by many health professionals are not only ridiculously ineffective but deadly -Why the lifesaving information that can turn things around is one of the best-kept secrets of our day. Lights Out is one wake-up call none of us can afford to miss.

Access 2007 VBA Programming For Dummies

John Wiley & Sons If you've been using Access for a while, you're probably aware of its power and potential and itching to take advantage of both. *Access 2007 VBA Programming For Dummies* takes you beyond forms and reports and shows you how to use VBA to create killer Access databases and applications. This gentle introduction to VBA programming covers everything you need to get started, including: Basic programming skills and concepts Explanations of modules, procedures, objects, and arguments Access-unique programming activities, including SQL and recordsets How to use the Visual Basic editor Creating dialog boxes, lists, drop-down menus, and functions Integrating with other Office applications Ready-to-use VBA code examples to type in or copy and paste from the Web Completely revised to reflect all changes found in Microsoft Access 2007, *Access 2007 VBA Programming For Dummies* gives you access to Access like you've never had it before.

Vampires Among Us

The Lost Chalice

The Real-Life Chase for One of the World's Rarest Masterpieces—a Priceless 2,500-Year-Old Artifact Depicting the Fall of Troy

Harper Collins "A riveting story of tomb robbers and antiquities smugglers, high-stakes auctioneers and the princely chiefs of the world's most prestigious museums....A terrific read, from start to finish." —James L. Swanson, *New York Times* bestselling author of *Manhunt* An Oxford-trained archaeologist and award-winning journalist based in Rome, Vernon Silver brings us *The Lost Chalice*, the electrifying true story of the race to secure a priceless, 2,500-year-old cup depicting the fall of Troy—a lost treasure crafted by Euphronios, an artist widely considered "the Leonardo Da Vinci of ancient Greece." A gripping, real life mystery, *The Lost Chalice* gives readers a behind-the-scenes look at the inner workings of great museums and antiquities collections—exposing a world of greed, backstabbing, and double-dealing.

The Lost Chalice

The Epic Hunt for a Priceless Masterpiece

Harper Collins Traces the dramatic quest to find a missing 2,500-year-old chalice from ancient Greece that disappeared for more than a decade after an anonymous European dealer outbid the Metropolitan Museum of Art at a Sotheby's auction, in an account that reveals the high-stakes criminal organizations that challenged its recovery.