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If This Is Your Land, Where Are Your Stories? Jul 31 2020 “We need to understand our stories because our lives depend upon it.” —Ted Chamberlin The stories we tell each other reflect and shape our deepest feelings. Stories help us live our lives—and are at the heart of our current conflicts. We love and hate because of them; we make homes for ourselves and drive others out on the basis of ancient tales. As Ted Chamberlin vividly reveals, we are both connected by them and separated by their different truths. Whether Jew or Arab, black or white, Muslim or Christian, Catholic or Protestant, man or woman, our stories hold us in thrall and hold others at bay. Like the work of Joseph Campbell and Bruce Chatwin, this vital, engrossing book offers a new way to understand the hold that stories and songs have on us, and a new sense of the urgency of doing so. Drawing on his own experience in many fields—as scholar and storyteller, witness among native peoples and across cultures—Ted Chamberlin takes us on a journey through the tales of different peoples, from North America to Africa and Jamaica. Beautifully written, with insight and deep understanding, *If This Is Your Land, Where Are Your Stories?* examines why it is now more important than ever to attend to what others are saying in their stories and myths—and what we are saying about ourselves. Only then will we understand why they have such power over us.

Do Not Open This Book Jul 11 2021 This hilarious series opener from Australian comedian Andy Lee is full of twists and surprises for disobedient readers! From the very cover of this picture book, a funny blue monster pleads with readers not to keep reading. As his pleas grow more impassioned, however, readers will delight in doing exactly what they are asked not to do -- no matter the consequences for the blue monster! This successful series from popular Australian comedian Andy Lee has sold over one million copies worldwide and has been translated into over 35 languages.

This Is Not a Book Jan 17 2022 From the internationally bestselling creator of *Wreck This Journal*, a curious, engaging, and creative rethinking of all the different things a book can be. In this uniquely skewed look at the purpose and function of a “book”, Keri Smith offers an illustrated guide that challenges readers to creatively examine all the different ways *This Is Not a Book* can be used. With intriguing prompts, readers will discover that the book can be: A secret message—tear out a page, write a note on it for a stranger, and leave it in a public place. A recording device—have everyone you contact today write their name in the book. An instrument—create as many sounds as you can using the book, like flipping the pages fast or slapping the cover. *This Is Not a Book* forces you to ask, “If it’s not a book, what is it then?”—with a kaleidoscope of possible answers.

This Book Is Full of Spiders Nov 03 2020 David and John become embroiled in a new set of horrific but absurd challenges when movie-induced zombie phobia enables a nefarious shape-shifter race to take over the world.

Colin Furze: This Book Isn't Safe! Sep 01 2020 YouTuber Colin Furze is on a mission to inspire a new generation of budding inventors to be creative and make things! *This Book Isn't Safe!* contains ten awesome inventions for girls, boys and parents everywhere to make at home with a basic tool kit. Ever wondered how to clean a potato with a drill? Or how to make a raft out of milk cartons? Or how to style your hair with a Hoover? These are just some of the inventions Colin is making especially for his debut book. With over four million YouTube subscribers already hooked to his inventions channel, *This Book Isn't Safe!* will also give fans a unique behind-the-scenes look at Colin and all his greatest inventions such as the homemade hoverbike, a Star Wars AT-AT and the world's fastest toilet, to name but a few, and give you exclusive secrets and tips from his bunker and shed.

This is Going to Hurt Sep 20 2019 Now A Major BBC Series Starring Ben Whishaw. The multi-million copy bestseller and Book of the Year at The National Book Awards. ‘Painfully funny. The pain and the funniness somehow add up to something entirely good, entirely noble and entirely loveable.’ - Stephen Fry Welcome to the life of a junior doctor: 97-hour weeks, life and death decisions, a constant tsunami of bodily fluids, and the hospital parking meter earns more than you. Scribbled in secret after endless days, sleepless nights and missed weekends, Adam Kay’s *This is Going to Hurt* provides a no-holds-barred account of his time on the NHS front line. Hilarious, horrifying and heartbreaking, this diary is everything you wanted to know – and more than a few things you didn’t – about life on and off the hospital ward. Sunday Times Number One Bestseller for over eight months and winner of a record FOUR National Book Awards: Book of the Year, Non-Fiction Book of the Year, New Writer of the Year and Zoe Ball Book Club Book of the Year. This edition includes extra diary entries and an afterword by the author.

The Second Media Age Nov 22 2019 This book examines the implications of new communication technologies in the light of the most recent work in social and cultural theory and argues that new developments in electronic media, such as the Internet and Virtual Reality, justify the designation of a “second media age”.

This Book Is Pants Oct 22 2019 An intergalactic adventure with pants from the author of *I Say ooh, You Say Aah*.

This Is the Star Jul 23 2022 A cumulative presentation which uses rhyme to describe the night of the birth of Christ.

This Is How It Always Is Jul 19 2019 The Reese Witherspoon x Hello Sunshine Book Club Pick 'Every once in a while, I read a book that opens my eyes in a way I never expected' Reese Witherspoon (Reese's Book Club x Hello Sunshine book pick) 'It made me laugh, it made me cry, it made me think' Liane Moriarty, No. 1 New York Times bestselling author of *Big Little Lies* This is how a family keeps a secret...and how that secret ends up keeping them. This is how a family lives happily ever after...until happily ever after becomes complicated. This is how children change...and then change the world. This is Claude. He's five years old, the youngest of five brothers, and loves peanut butter sandwiches. He also loves wearing a dress, and dreams of being a princess. When he grows up, Claude says, he wants to be a girl. Rosie and Penn want Claude to be whoever Claude wants to be. They're just not sure they're ready to share that with the world. Soon the entire family is keeping Claude's secret. Until one day it explodes. Laurie Frankel's *This Is How It Always Is* is a novel about revelations, transformations, fairy tales, and family. And it's about the ways this is how it always is: change is always hard and miraculous and hard again, parenting is always a leap into the unknown with crossed fingers and full hearts, children grow but not always according to plan. And families with secrets don't get to keep them forever. What readers are saying about *This Is How It Always Is*: 'This writing is glorious. A fabulous book. Topical, moving, full of magic' 'One of the most amazing and thought-provoking books I have ever read. It's warm, well observed and funny' 'A beautiful love story of two people who meet, fall hopelessly in love and then create a wonderful unique family of five'

This Book Could Help Feb 18 2022 Developed in partnership with Mind, the mental health charity, **THIS BOOK COULD HELP** is aimed at men and is filled with straightforward expert advice and techniques to help you prioritize yourself, meet challenges and discover new strengths.

Copy This Book Mar 07 2021 This book is an artist's guide to copyright, written for makers. Both practical and critical, it will guide you through the concepts underlying copyright and how they apply in your practice. How do you get copyright? For what work? And for how long? How does copyright move across mediums, and how can you go about integrating the work of others? *Copy This Book* details the concepts of authorship and original creation that underlie our legal system, equipping the reader with the conceptual keys to participate in the debate on intellectual property today. "This sharp and useful book shines a light on the rights of all artists to protect--and share--their work. Eric Schrijver has produced an essential guide for navigating the new Commons and the old laws of copyright control." --Ellen Lupton

This Book Will Blow Your Mind Sep 13 2021 What's the nature of reality? Does the universe ever end? What is time and does it even exist? These are the biggest imagination-stretching, brain-staggering questions in the universe - and here are their fascinating answers. From quantum weirdness to freaky cosmology (like white holes - which spew out matter instead of sucking it in), *This Book Will Blow Your Mind* takes you on an epic journey to the furthest extremes of science, to the things you never thought possible. This book will explain: Why is part of the universe missing (and how scientists finally found it) How time might also flow backwards How human head transplants might be possible (in the very near future) Whether the universe is a hologram And why we are all zombies Filled with counterintuitive stories and factoids you can't wait to share, as well as lots of did-you-knows and plenty of how-did-we-ever-not-knows, this new book from the bestselling *New Scientist* series will blow your mind - and then put it back together again. You don't need a spaceship to travel to the extremes of science. You just need this book.

If This Book Exists, You're in the Wrong Universe Dec 24 2019 New York Times bestselling author Jason Pargin’s hilarious and horrifying *John Dies at the End* series continues with *If This Book Exists, You’re in the Wrong Universe*. "Pargin once again delights with scathing social commentary thinly disguised as an outrageous action novel...This is a feast."—Publishers Weekly "Within the snarky humor is an incisive commentary on social media and the state of our connected world, and a story about trauma and how people lash out when they’re hurt...This isn’t just a funny tale of inept supernatural investigators; it’s a story of people struggling through pain to find a better path. Pargin offers us a welcome note of hope." — Booklist If the broken neon signs, shuttered storefronts, and sub-standard housing didn’t tip you off, you’ve just wandered into the city of “Undisclosed”. You don’t want to be caught dead here, because odds are you just might find yourself rising from the grave. That hasn’t stopped tourists from visiting to check out the unusual phenomena that hangs around our town like radioactive fallout. Interdimensional parasites feeding on human hosts, paranormal cults worshipping demonic entities, vengeful teenage sorcerers, we’ve got it all. Did I mention the possessed toy? It’s a plastic football-sized egg that’s supposed to hatch an adorable, colorful stuffed bird when a child “feeds” it through a synchronized smartphone app. What’s actually inside is an otherworldly monstrosity that’s enticing impressionable wayward youth into murdering folks and depositing their body parts inside the egg as if it’s a hungry piggy bank to trigger the end of the world. That’s where Dave, John, and Amy come in. They face supernatural threats so the rest of us don’t have to—and sometimes even earn a couple of bucks to do so. But between the bloody ritual sacrifices and soul-crushing nightmares, our trio realizes this apocalypse is way above their pay grade.

Create This Book Oct 26 2022 *Create This Book* is the ultimate outlet for creativity. Includes 242 pages of unique and inspiring prompts to get you in the creative zone! Whether you are trying to get past an artist's block, wanting to become more creative, or just looking to have some fun, you will love this interactive journal! Want to learn more? Check out "Create This Book" on Youtube! You can watch Moriah Elizabeth's "Create This Book" Series! Great for inspiration and guidance on your creative journey! Go to MoriahElizabeth.com for more information.

This Book Is a Camera Feb 06 2021 This is a working camera that pops up from the pages of a book..The book concisely explains--and actively demonstrates--how a structure as humble as a folded piece of paper can tap into the intrinsic properties of light to produce a photograph.The book includes:- a piece of paper folded into a working 4x5" camera- a lightproof bag- 5 sheets of photo-paper "film"- development instructions (from complete DIY to "outsource it")- a foil-stamped cover- a satisfying demonstration of the connection between design & science / structures & functions

This Is a Book Jun 29 2020 From the renowned comedian, creator, star and executive producer/multiple title-holder of Comedy Central's Important Things with Demetri Martin comes a bold, original, and rectangular kind of humor book. Demetri's first literary foray features longer-form essays and conceptual pieces (such as Protagonists' Hospital, a melodrama about the clinic doctors who treat only the flesh wounds and minor head scratches of Hollywood action heroes), as well as his trademark charts, doodles, drawings, one-liners, and lists (i.e., the world views of optimists, pessimists and contortionists), Martin's material is varied, but his unique voice and brilliant mind will keep readers in stitches from beginning to end.

This Book Sep 25 2022 Did you know that:Sex between snakes lasts between 6 and 12 hours?Peter Kay's school metalwork teacher was Steve Coogan's father?The first novel written on a typewriter was *The Adventures of Tom Sawyer*?That Book sold 60,000 copies in the UK alone?

The Art of Dumplings Aug 12 2021 Brendan Pang, as seen on *MasterChef Australia*, invites readers into the world of dumplings. Flavorful cooking was the centerpiece of Brendan's childhood, and one taste of his grandmother's pork wontons led to a lifelong passion for cooking and sharing dumplings. His approachable recipes make it easy to craft amazingly flavorful professional quality dumplings. Readers will be equipped with all the tools required for making classic and popular dim sum dishes and mouth-watering soup dumplings. Step-by-step photos show readers how to make wrappers and craft fun shapes and folds. Through a variety of cooking techniques, like steaming, boiling and frying, readers can explore exciting dumpling styles, as well as sides and accompanying dishes from Spring Onion Pancakes to Tea Smoked Duck Breast. Brendan's signature rainbow dumplings, colored with natural vegetable ingredients, are a huge hit for entertaining and taste even better than they look. Traditional flavors feel fresh in recipes like Pork and Peanut Dumplings, Crab Soup Dumplings, Chinese Spicy Beef Dumplings and Crispy Yam Dumplings. Round out the table with noodles, soups, flavorful meats, pickled vegetables and plenty of dipping sauces. Brendan's obsession with all things dumpling is deliciously contagious.

This Book Is Anti-Racist Apr 20 2022 #1 NEW YORK TIMES BESTSELLER Featured by Oprah's Book Club on the Anti-Racist Books for Young Adults list curated by bestselling author Jacqueline Woodson A USA TODAY Bestseller Recommended by The Guardian, Time, Grazia, The Telegraph, Express, and The Sun 'This is one for you, your neighbour, the children in your lives and especially that 'only slightly' racist colleague... A guide to the history of racism and a blueprint for change' —The Guardian Who are you? What is racism? Where does it come from? Why does it exist? What can you do to disrupt it? Learn about social identities, the history of racism and resistance against it, and how you can use your anti-racist lens and voice to move the world toward equity and liberation. 'In a racist society, it's not enough to be non-racist—we must be ANTI-RACIST.' —Angela Davis Gain a deeper understanding of your anti-racist self as you progress through 20 chapters that spark introspection, reveal the origins of racism that we are still experiencing and give you the courage and power to undo it. Each chapter builds on the previous one as you learn more about yourself and racial oppression. 20 activities get you thinking and help you grow with the knowledge. All you need is a pen and paper. Author Tiffany Jewell, an anti-bias, anti-racist educator and activist, builds solidarity beginning with the language she chooses – using gender neutral words to honour everyone who reads the book. Illustrator Aurélie Durand brings the stories and characters to life with kaleidoscopic vibrancy. After examining the concepts of social identity, race, ethnicity and racism, learn about some of the ways people of different races have been oppressed, from indigenous Americans and Australians being sent to boarding school to be 'civilized' to a generation of Caribbean immigrants once welcomed to the UK being threatened with deportation by strict immigration laws. Find hope in stories of strength, love, joy and revolution that are part of our history, too, with such figures as the former slave Toussaint Louverture, who led a rebellion against white planters that eventually led to Haiti's independence, and Yuri Kochiyama, who, after spending time in an internment camp for Japanese Americans during WWII, dedicated her life to supporting political prisoners and advocating reparations for those wrongfully interned. Learn language and phrases to interrupt and disrupt racism. So, when you hear a microaggression or racial slur, you'll know how to act next time. This book is written for EVERYONE who lives in this racialised society—including the young person who doesn't know how to speak up to the racist adults in their life, the kid who has lost themselves at times trying to fit into the dominant culture, the children who have been harmed (physically and emotionally) because no one stood up for them or they couldn't stand up for themselves and also for their families, teachers and administrators. With this book, be empowered to actively defy racism and xenophobia to create a community (large and small) that truly honours everyone.

Eat This Book May 29 2020 Eugene Peterson's landmark *Spiritual Theology* series is foundational reading for the twenty-first century Church. The product of Peterson's many years' experience as both pastor and professor of the highest calibre, this series combines first-class scholarship and genuine, lived application. Beautifully written, it presents a fresh and urgent evaluation of contemporary Christian spirituality. 'St John walks up to the angel and say, "Give me the book.'" writes Peterson. 'The angel hands it over, "Here it is; eat it, eat the book." And John does. He eats the book - not just reads it - he got it into his nerve endings, his reflexes, his imagination. The book he ate was Holy Scripture.' *Eat This Book* encourages the art of the reading the Bible so that it becomes a text for living and growing, not just thinking or behaving, and recasts the ancient discipline of *lectio divina* - spiritual reading - for a postmodern culture. Also available in the *Spiritual Theology* series: *Christ Plays in Ten Thousand Places*, *The Jesus Way*, *The Word Made Flesh* and *Practise Resurrection*.

How To Win Friends and Influence People Apr 08 2021 Updated for today's readers, Dale Carnegie's timeless bestseller *How to Win Friends and Influence People* is a classic that has improved and transformed the professional and personal lives of millions. One of the best-known motivational guides in history, Dale Carnegie's groundbreaking book has sold tens of millions of copies, been translated into almost every known language, and has helped countless people succeed. Originally published during the depths of the Great Depression—and equally valuable during booming economies or hard times—Carnegie's rock-solid, time-tested advice has carried countless people up the ladder of success in their professional and personal lives. *How to Win Friends and Influence People* teaches you: -How to communicate effectively -How to make people like you -How to increase your ability to get things done -How to get others to see your side -How to become a more effective leader -How to successfully navigate almost any social situation -And so much more! Achieve your maximum potential with this updated version of a classic—a must-read for the 21st century.

The Name of This Book is Secret Mar 19 2022 WARNING: DO NOT READ THIS BOOK! ...For amongst its contents you will find: two extraordinary adventurers... a missing magician's diary... a symphony of spells... and a deadly secret. But wait, you already know too much! It is too late. I'm afraid nothing will stop you now. Open the book if you must. But, please, tell no one.

This Book Will Make You Calm Jun 22 2022 Life in the 21st century is tough - new technology, constant change, more choice and extra pressure all add to our stress levels. And when you're stressed or tired your insecurities increase - so breaking that cycle feels impossible. But help is at hand: this book will show you how to beat stress and become more positive, relaxed and productive. Dr Jessamy Hibberd and Jo Usmar draw on the latest cognitive behavioural therapy (CBT) research to show you how to develop coping strategies and learn practical techniques to deal with stress and anxiety quickly and effectively. From reducing worry and boosting energy to breathing and mindfulness techniques, this helpful little book will make your life more serene, stress-free and fulfilled.

This Book is Not Rubbish Dec 16 2021 Discover how YOU can ditch plastic, reduce rubbish and become an eco-warrior, not an eco-worrier, with 50 practical tips to really make a difference! Our planet is in peril and it needs your help! But the good news is that there are loads of easy ways that you can make a difference. From throwing a planet party and ditching straws, to banning glitter and becoming an art-activist, helping to save the planet is not as difficult as you think. Covering issues like plastics, pollution, global warming and endangered animals, this book is full of top tips for kids and families. Discover how to ditch the plastic, reduce your rubbish and start making everyday steps that will make all the difference. It's time to take control of your future and help clear the world of all this rubbish!

Why We Sleep May 09 2021 "Sleep is one of the most important but least understood aspects of our life, wellness, and longevity ... An explosion of scientific discoveries in the last twenty years has shed new light on this fundamental aspect of our lives. Now ... neuroscientist and sleep expert Matthew Walker gives us a new understanding of the vital importance of sleep and dreaming"--Amazon.com.

This Book Loves You Oct 14 2021 This book is cleverer and better looking than you. This book will blow your mind. This book loves you. *This Book Loves You* is a collection of beautifully illustrated inspirational sayings by which you should live your life. If you follow each and every one, your life will become easier, more fabulous, more rewarding. Imagine what a chilled-out and wonderful human being people would think you were if you lived by the simple principle: 'You can never fail if you never try.' Your wasted life would be an inspiration to others. Think of all the pointless, unhappy striving you could simply give up. Throw away that guitar! Give up on your dreams! Embrace your astounding mediocrity. *This Book Loves You* has something for everyone - or at least everyone willing to give up and stop caring. If all else fails, remember: 'Don't be yourself. Be a pizza. Everyone loves pizza.' PewDiePie was sent to planet Earth to dispense wisdom, teach us common sense and instruct us in the ancient art of Inspirology. PewDiePie just wants to make you happy. PewDiePie loves you even more than this book does - isn't that enough for you?

Finish This Book Aug 24 2022 From author of *Wreck this Journal*, Keri Smith's *Finish this Book* is a creative adventure where the reader is the main character - and the author. Dear Reader, One dark and stormy night, I found some strange scattered pages abandoned in a park... I collected and assembled them, trying to solve the mystery of this unexpected discovery, and I am now passing the task on to you. Your mission is to become the new author of this work. You will continue the research and provide the content. In order to complete the task, you will have to undergo some secret intelligence training, which I have included in this volume. Since no one knows what lies ahead, please proceed with caution, but know... This book does not exist without you. Yours truly, Keri Smith Bestselling author Keri Smith is a freelance illustrator by trade, and has illustrated for the *Washington Post*, *The New York Times*, *Ford Motor Company*, *People*, *The Body Shop* and *Hallmark*. She is the author of *Wreck This Journal*, *How To Be An Explorer of the World* and *Mess*. She lives in Canada.

Steal This Book May 21 2022 Steal this book

This Book Could Fix Your Life Jan 05 2021 We all want to be happier, more successful and less stressed, but what really works? From building confidence and boosting creativity to forming better relationships and getting smarter (and healthier), *This Book Could Fix Your Life* explores the real science behind self-help. HOW TO BOOST YOUR IQ THE SCIENCE OF SUCCESSFUL DATING HOW TO BREAK BAD HABITS HOW TO ACE EXAMS WHAT TO EAT TO FEEL HAPPIER HOW TO WIN FRIENDS AND INFLUENCE PEOPLE HOW TO LIVE HEALTHIER LONGER Award-winning science writer Helen Thomson has zero desire to become a lifestyle guru, she just wants to help us understand the often surprising truths behind meditation, resilience, addiction, willpower, love, good sleep, CBT, success, dieting, antidepressants, intelligence and much, much more. Full of fascinating evidence-based advice pulled from the very latest research and packed with experiments you can try on yourself (including one guaranteed to lift your mood), this book really could help you fix your life.

This Book is Cruelty-Free Aug 20 2019 How do the everyday choices you make affect animals and the environment? This book looks at all the things you can do to live cruelty free.

It's a guide for older children and teenagers concerned about animals, wildlife and the planet we live on. Packed with information on how to live a cruelty-free life, it includes sections on: Using your spending power. The choices we make - what to eat, what to buy, what to wear – and how these affect animals. Asking questions and reading labels. Cruelty-free fashion and beauty. What's on your plate? Being vegetarian or vegan, or just eating less meat? What impact can your diet have on cruelty and on the environment? Should you have a pet? If so, would your pet choose you as its owner? Points to consider before bringing an animal into your home. Animals on show. Do zoos and animal parks look after animals or exploit them? Good zoos and their important conservation work. Watching wild animals. Watching and learning about wildlife - building an appreciation of nature and helping your mental wellbeing. Love those bugs! Many people are squeamish about insects, but these creatures are vital to ecosystems. Don't throw it away – there is no away. Simple things everyone can do to avoid waste: recycling, re-using, choosing plastic-free. Resist the throwaway culture. Where do you draw your line? What can you realistically achieve? Some of the difficulties, especially if family / friends don't agree with you. What are the best (and worst) ways of influencing others? How to feel confident with your decisions. How to handle everyday situations and counter arguments. Campaigning - anti-cruelty organisations to support. The power of protest. This book will help you to live as cruelty-free as possible and to examine all of the areas in your life where you can help animals and the environment. Choose to live without cruelty. Choose this book and find out how.

At This Very Moment Jan 25 2020 "At this very moment There's a mouse There's a small mouse waking up in the early morning sun". Using simple language, this book describes all the wonderful things that are going on around the world right now, this very second, in a heart-felt introduction to ideas of mindfulness and being present.

This Is Service Design Doing Mar 27 2020 How can you establish a customer-centric culture in an organization? This is the first comprehensive book on how to actually do service design to improve the quality and the interaction between service providers and customers. You'll learn specific facilitation guidelines on how to run workshops, perform all of the main service design methods, implement concepts in reality, and embed service design successfully in an organization. Great customer experience needs a common language across disciplines to break down silos within an organization. This book provides a consistent model for accomplishing this and offers hands-on descriptions of every single step, tool, and method used. You'll be able to focus on your customers and iteratively improve their experience. Move from theory to practice and build sustainable business success.

This Book Will Change Your Mind About Mental Health Jun 17 2019 'I cannot recommend it highly enough.' Caitlin Moran 'Brimms with compassion and wit.' Cathy Rentzenbrink 'Absolutely blew me away.' Jo Brand 'Brilliant . . . I love it.' Phillippa Perry 'I have never read a more powerful book about mental health.' Joanna Cannon A journey into the heartland of psychiatry. This book debunks myths, challenges assumptions and offers fresh insight into what it means to be mentally ill. And what it means to be human. This Book Will Change Your Mind About Mental Health was previously published in 2019 under the title The Heartland.

Upcycle This Book Dec 04 2020 Upcycle this book. Rewrite it as a manifesto. Steal and take and copy and change this book. Upcycle these twenty-three texts just as I have upcycled so many other texts and responded to many sets of existing conditions. Or unlike I have. Treat these words as existing conditions. Some of them are artworks. Some of them upcycle artworks by others. Some are barely texts at all. . . . Often the words are a script to be performed. Its useful to read words out loud in public. Gavin Wade is pragmatic utopian, an artist, artist-curator, artist-writer and one of the founding directors of Eastside Projects in Birmingham, UK. He has curated numerous exhibitions as well as written and published a number of bookssuch as Has Man a Function in Universe? (Book Works, 2008). Upcycle This Book was co-published by Book Works and Stroom den Haag in an edition of 1,000.

This Book Could Save Your Life Apr 27 2020 We all want to be healthier, stronger and live longer, but what really works? From stress to saturated fats, HIIT to HRT, veganism to vitamins, This Book Could Save Your Life debunks the fads and explores the real science of better health. What's the best way to lose weight (and keep it off)? How can you ensure a good night's sleep? What are the real superfoods? How can you minimise the risks of getting diabetes, cancer or Alzheimer's? And how can you slow the ageing process? Cutting through confusing statistics and terrifying headlines, here is the truth about dieting, drugs, 10,000 steps a day, bacon, calorie-counting, coffee, dairy, sleep, fibre, hangovers, salt, sugar, cardio, sunscreen, statins, vitamins, and much more. Full of the latest research and ground-breaking evidence, packed with useful advice, this book really could save your life.

The Rust Programming Language (Covers Rust 2018) Oct 02 2020 The official book on the Rust programming language, written by the Rust development team at the Mozilla Foundation, fully updated for Rust 2018. The Rust Programming Language is the official book on Rust: an open source systems programming language that helps you write faster, more reliable software. Rust offers control over low-level details (such as memory usage) in combination with high-level ergonomics, eliminating the hassle traditionally associated with low-level languages. The authors of The Rust Programming Language, members of the Rust Core Team, share their knowledge and experience to show you how to take full advantage of Rust's features--from installation to creating robust and scalable programs. You'll begin with basics like creating functions, choosing data types, and binding variables and then move on to more advanced concepts, such as: Ownership and borrowing, lifetimes, and traits Using Rust's memory safety guarantees to build fast, safe programs Testing, error handling, and effective refactoring Generics, smart pointers, multithreading, trait objects, and advanced pattern matching Using Cargo, Rust's built-in package manager, to build, test, and document your code and manage dependencies How best to use Rust's advanced compiler with compiler-led programming techniques You'll find plenty of code examples throughout the book, as well as three chapters dedicated to building complete projects to test your learning: a number guessing game, a Rust implementation of a command line tool, and a multithreaded server. New to this edition: An extended section on Rust macros, an expanded chapter on modules, and appendixes on Rust development tools and editions.

Information Theory, Inference and Learning Algorithms Feb 24 2020 Table of contents

Cook This Book Nov 15 2021 THE NEW YORK TIMES BESTSELLER | NAMED ONE OF THE BEST COOKBOOKS OF THE YEAR BY TASTE OF HOME A thoroughly modern guide to becoming a smarter, faster, more creative cook from Molly Baz, featuring fun, flavourful recipes anyone can make. If you seek out, celebrate and obsess over good food but lack the skills and confidence necessary to make it at home, you've just won a ticket to a life filled with supreme deliciousness. Cook This Book is a new kind of foundational cookbook from Molly Baz, who's here to teach you absolutely everything she knows and equip you with the tools to become a better, less stressed, more efficient cook. Molly breaks the essentials of cooking down to clear and uncomplicated recipes that deliver big flavour with little effort and a side of education, including dishes like Pastrami Roast Chicken with Schmaltzy Onions and Dill, Chorizo and Chickpea Carbonara, and, of course, her signature Cae Sal. But this is not your average cookbook. More than a collection of recipes, Cook This Book teaches you the invaluable superpower of improvisation through visually compelling lessons on such topics as the importance of salt and how to balance flavour, giving you all the tools necessary to make food that tastes great every time. Throughout, you'll encounter dozens of QR codes, accessed through the camera app on your smartphone, that link to short, technique-driven videos hosted by Molly to help illuminate some of the trickier skills. As Molly says, 'Cooking is really fun, I swear. You simply need to set yourself up for success to truly enjoy it.' Cook This Book will help you do just that, inspiring a new generation to find joy in the kitchen and take pride in putting a home-cooked meal on the table, all with the unbridled fun and spirit that only Molly could inspire.

This Book Is Gay Jun 10 2021 The bestselling young adult non-fiction book on sexuality and gender! Lesbian. Gay. Bisexual. Transgender. Queer. Intersex. Straight. Curious. This book is for everyone, regardless of gender or sexual preference. This book is for anyone who's ever dared to wonder. This book is for YOU. This candid, funny, and uncensored exploration of sexuality and what it's like to grow up LGBTQ also includes real stories from people across the gender and sexual spectrums, not to mention hilarious illustrations. Inside this revised and updated edition, you'll find the answers to all the questions you ever wanted to ask, with topics like: Stereotypes—the facts and fiction Coming out as LGBT Where to meet people like you The ins and outs of gay sex How to flirt And so much more! You will be entertained. You will be informed. But most importantly, you will know that however you identify (or don't) and whomever you love, you are exceptional. You matter. And so does this book. This book is for: LGBTQIA+ teens, tweens, and adults Readers looking to learn more about the LGBTQIA+ community Parents of gay kids and other LGBT youth Educators looking for advice about the LGBTQIA+ community Praise for This Book is Gay: A Guardian Best Book of the Year 2018 Garden State Teen Book Award Winner "The book every LGBT person would have killed for as a teenager, told in the voice of a wise best friend. Frank, warm, funny, USEFUL."—Patrick Ness, New York Times bestselling author "This egregious gap has now been filled to a fare-thee-well by Dawson's book."—Booklist *STARRED REVIEW*