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Never Date Your Ex **CALCULUS, 7TH ED (With CD)** **Development Through the Lifespan** **An Age of License** **Beginning Statistics 3e Textbook** **Category Management in Purchasing** **Deadlock** **Bnf 75** **Foreshadow** **Avoiding Mr. Right** **Biochemistry** **The Business Communication Handbook** **When a Girl Loves an Earl** **Student Solutions Manual for Linear Algebra with Applications** **West's Business Law** **Elizabeth's Legacy (Royal Institute of Magic)** **The Misplaced Battleship** **Best ever recipes** **Good Food: Recipes for Kids** **Spiral of Need** **The Rogue's Wager** **Slimming World 30-Minute Meals** **Programming Razor** **Home, School, and Community Relations** **Spiritual Purification in Islam** **The Skinny Steamer Recipe Book** **Force of Temptation** **Residential Building Codes Illustrated** **Principles and Practice of American Politics: Classic and Contemporary Readings, 5th Edition** **Practitioner's Guide to Assessing Intelligence and Achievement** **Fussy Eaters' Recipe Book** **The K-Factor** **Self** **The Bite That Binds** **Marriage Made In Hope** **Real Life Begins After High School** **A Shade of Vampire** **35 Days of Panic** **Gordon Ramsay's Passion for Flavour** **The Roadside Road Bike Maintenance Manual**

Residential Building Codes Illustrated Jul 01 2020 An easy-to-use illustrated guide to building codes for residential structures As the construction industry moves to a single set of international building codes, architects and construction professionals need an interpretive guide to understand how the building code affects the early design of specific projects. This newest addition to Wiley's series of focused guides familiarizes code users with the 2009 International Residential Code® (IRC) as it applies to residential buildings. The book provides architects, engineers, and other related building professionals with an understanding of how the International Residential Code was developed, and how it is likely to be interpreted when applied to the design and construction of residential buildings. • User-friendly visual format that makes finding the information you need quick and easy • The book's organization follows the 2009 International Residential Code itself • Nearly 900 illustrations, by architectural illustrator Steven Juroszek in the style of noted illustrator and author Frank Ching, visualize and explain the codes • Text written by experienced experts who have been instrumental in gaining acceptance for the new unified building code This book is an essential companion to the IRC for both emerging practitioners and experienced practitioners needing to understand the new IRC.

Days of Panic Aug 22 2019 Jesse Michaels, bike messenger, Damon Miles, just out of prison, Maggie Gray, call center technician, and Elliot, who has been living on the streets, all find themselves in Times Square on New Year's Eve but instead of a celebration, all the power goes out and the city descends into chaos. The only way these four people will survive the aftermath of an EMP is if they work together to get out of New York City.

Bnf 75 Mar 21 2022 The March 2018 British National Formulary (BNF 75) is your essential reference book for prescribing, dispensing, and administering medicines.

Self Jan 27 2020 SELF: A Study in Ethics and Endocrinology considers the psycho-physical mechanisms and reactions in human nature and destiny. This book is composed of seven chapters and begins with a description of the complexity of human body and mind, specifically their physical basis and nature of functioning. These topics are followed by a presentation on the issues of homosexuality and hermaphroditism in human, as well as the role of endocrine system in these issues. The discussion then shifts to the psychiatric and psychological aspects of diverse human personality. A chapter examines the psychological distinction between male and female mind functioning. The last chapter focuses on the central problem of human ethics, the so-called "free will". This book will prove useful to psychologists, psychiatrists, and research workers who are interested in human nature.

The Bite That Binds Dec 26 2019 It's just over a week until Sam will be Binding with Jared, and the only thing she wants is to spend that time relaxing and preparing for the ceremony. Unfortunately, she seems to be asking too much of fate, because suddenly she's lumbered with a number of distractions that have the potential to postpone, or even cancel, the Binding. There's a guarded fiancé to crack, a complicated assignment to deal with, Jared's ex to alienate, and a bunch of snobbish Master Vampires to win over - or offend, whichever. On the upside, things couldn't possibly be any worse, could they? Actually, yes they could. Due to a cruel twist of fate, something strange is happening to Sam - something that is changing her in ways she doesn't like or understand. With the help of Jared and those closest to her, she has to not only handle the threats to the Binding Ceremony, but find a way to fix what has been done to her - and fast. Warning: This book contains a stubborn and occasionally homicidal female vampire, a powerful and overprotective male vampire who refuses to lose her, and scenes of a sexual, explicit nature.

An Age of License Jul 25 2022 Written during a European book tour promoting her work, a cartoonist depicts the new experiences, romantic encounters, and cute cats she met as she visited historic cities across the continent.

The Business Communication Handbook Nov 17 2021 The ability to apply written, oral and interpersonal communication skills are essential if you are to succeed in your chosen career. Successful people are able to apply and adjust these skills to suit the various situations they encounter in the workplace. The eighth edition of THE BUSINESS COMMUNICATION HANDBOOK builds on the previous editions to provide an understanding of communication principles that can then be applied in the workplace. This user-friendly text is divided into four parts: Workplace Communication, Workplace Relationships, Workplace Documents and Career Development. Each chapter includes learning objectives and a list of key terms at the beginning of each chapter, margin notes to highlight key ideas, a comprehensive glossary and end-of-chapter summaries that review the essential concepts presented in the chapter. Coverage of employability skills has also been incorporated into the new edition, with Ready For Work activities at the end of each section that enable students to reflect on their readiness for work and career advancement or promotion. A Companion Website at pearsoned.com.au/dwyer provides further online resources for teachers and students and includes: True/False questions, Internet exercises, Good/Bad practice and research topic questions. This provides teachers with additional assessments and tasks, an exam revision tool and the opportunity to integrate technology into course delivery.

Avoiding Mr. Right Jan 19 2022 In order to take control, you often have to let it go... Carla Johnson thinks issuing orders to a lover will keep her heart safe and leave her in charge of her own destiny. Afraid for Carla's future, her best friend Heather implores her to change her self-centered ways, handing her a list of love life mistakes to steer clear of: Casual Sex Friends with Benefits Avoidance of Intimacy Carla ignores the list--unwilling to face she might have a commitment problem. Until she invites a co-worker to her place one night. She instantly regrets the hum-drum sexual encounter and discourages the accountant from pursuing her. Andy Shea refuses to become another lover the feisty blonde dumps. It'll take a patient man with a strong hand to unlock Carla's sexual awareness and win her heart. He's up for the challenge to convince her he's the one--and eager to prove this number cruncher won't make a boring bedmate.

Spiritual Purification in Islam Oct 04 2020 Purification of the soul is a principle that is central to understanding Islamic spirituality but despite this, relatively little has been written explicitly in the Islamic tradition regarding this discrete method of spiritual purification. This book examines the work of a scholar of this discipline, al-Harith al-Muhāsibī, who lived and worked during the classical Islamic period under the Abbāsids. Although al-Muhāsibī was well known for his skills in many disciplines, including the Qur'ān, Prophetic narration and scholastic theology, it is his mastery in the field of Islamic spirituality and moral psychology for which he is best remembered. Assessing the extent to which the political, social and economic factors played a part in his life and work, Gavin Picken provides a comprehensive overview of his work and its great significance in the development of Islamic spirituality. Reconstructing his life in chronological order and providing the most comprehensive appraisal of his works to date, it explores a facet of al-Muhāsibī's teaching which as yet has not been studied, namely his understanding, concept and methodology regarding the purification of the soul within the Islamic paradigm. As such, it will be of great interest not only to researchers and students of Sufism but also to scholars of comparative spirituality and mysticism.

CALCULUS, 7TH ED (With CD) Sep 27 2022

Deadlock Apr 22 2022 When Chicago Black Hawks hockey legend Boom Boom Warshawski slips off a wharf and drowns in Lake Michigan, his private-eye cousin questions the accidental death report and rumors of suicide. Armed with a bottle of Black Label and a Smith & Wesson, V.I. follows a trail of violence and corruption to the center of the Windy City's powerful shipping industry. Dodging elaborate attempts on her life with characteristic grit and humor, the one-of-a-kind detective wends her way through a maze of grain elevators and thousand-ton freighters, ruthless businessmen and gorgeous ballerinas, to ferret out Boom Boom's killers before they phase her out of the picture—permanently. Praise for Deadlock “V.I. Warshawski is one of the best . . . smart, tough, sexy.”—Daily News (New York) “Sara Paretsky makes excellent use of local backgrounds in a carefully plotted tale of murder and great misdeeds in the world of Great Lakes cargo shipping.”—Chicago Tribune “Hard-boiled detective fiction . . . a swift-paced and engrossing read.”—The Philadelphia Inquirer “Slithers with suspense!”—Chicago Sun-Times

The Roadside Road Bike Maintenance Manual Jun 19 2019 Provides road bike enthusiasts with step-by-step guidance to maintaining and repairing their bikes, combining an easy-to-use format and design with high quality photographs of the latest equipment, tools and techniques. Understanding how to maintain a road bike is a necessary skill. This book guides the reader through every repair possible and give tips on how to spot the early warning signs of trouble so that the problem can be fixed before it leads to costly replacements. The spiral bound design allows the book open flat so the reader can easily follow the fully illustrated step-by-step guidance. It is the perfect reference manual for the workshop or the backpack with lots of tips on how to conduct quick repairs for trouble out on the road.

Beginning Statistics 3e Textbook Jun 24 2022

Principles and Practice of American Politics: Classic and Contemporary Readings, 5th Edition May 31 2020 This collection examines the strategic behavior of key players in American politics from the Founding Fathers to the Super PACs, by showing that political actors, though motivated by their own interests, are governed by the Constitution, the law, and institutional rules, as well as influenced by the strategies of others.

The Misplaced Battleship Jun 12 2021 The present book 'The Misplaced Battleship' is a science fiction work by American author Harry Harrison. It was first published in the year 1960.

Home, School, and Community Relations Nov 05 2020 This practical, comprehensive text is an indispensable guide for home-school-community collaborations. HOME, SCHOOL, & COMMUNITY RELATIONS, 9th Edition, meets the needs of teachers and administrators who desire to create effective, culturally-competent partnerships with diverse families, and helps to prepare future teachers for their careers. It provides an overview of modern families and their complex roles and beliefs to sensitize teachers to the diversity and needs of families they will encounter, including multilingual, multiethnic, multigenerational, and gender-diverse families from different socioeconomic backgrounds. The text fully discusses both the benefits of creating productive partnerships and the barriers that teachers must overcome. Abundant examples clarify the book's practical and effective communication strategies. Current developments in the field of early childhood education are emphasized, including brain research and development, legislative mandates in education, professional standards of the field, and strategies for working with families of students with diverse learning needs. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

When a Girl Loves an Earl Oct 16 2021 What a girl wants... Miss Viola Darling always gets what she wants. Always. And what she wants more than anything is to marry James Kilbrenner, the Earl of Tannenbrook. She's fallen hard for the giant, taciturn, surly brute, and she positively will have no other. The problem? He's not interested. Not even a little. But Viola cannot afford to lose. And she has her heart set on James. If only he will bend to a bit of persuasion. Is an earl like no other... James Kilbrenner knows how determined the entirely-too-beautiful Miss Darling can be—the daft woman cornered him at a perfectly respectable dinner and mangled his cravat before he could escape. He has no desire to marry, less desire to be pursued, and will certainly not kiss her kissable lips until they are both breathless, no matter how tempted he may be. And only the right one will do... Thrown in her path by a meddling marchioness, James finds himself under sensual siege from a tiny, flirtatious sprite who puts both his heart and his vow to remain unwed at risk. And when scandal looms, he learns the hard way that a man can resist only so long before the indomitable Miss Darling gets her way.

Good Food: Recipes for Kids Apr 10 2021 Preparing fresh and healthy dishes and then getting your child to eat them can seem far from an easy task for busy parents. With this inspirational collection of recipes taken from Britain's top-selling BBC Good Food Magazine, the Good Food team prove you don't have to devote hours to a hot stove to give your children home-cooked meals, and fast food doesn't have to mean deep-fried or mass produced. Full of quick, easy and nutritional recipes using practical ingredients, a nutritional breakdown so you know exactly what you're giving your child and full-colour photos of each dish, this compact cookbook is a must for parents.

Best ever recipes May 11 2021 Food Optimising is the name given by Slimming World to their highly successful weight-loss technique that enables slimmers to lose weight without ever having to go hungry. It is the most slimmer-friendly eating system there is and is based on a deep understanding of the challenges faced by overweight people - no foods are banned, there is no calorie counting and there are hundreds of 'free foods' that can be eaten in unlimited amounts. Published to coincide with the 40th anniversary of Slimming World, Best Ever Recipes draws on Slimming World's 40 years of unrivalled experience in helping slimmers achieve their target weight. Packed with nutritional, lifestyle and diet information, as well as more than 120 new, healthy yet delicious recipes, it is the definitive guide to successful - and enjoyable - weight loss.

Never Date Your Ex Oct 28 2022 She's the one woman I'd give anything to forget--and now I'm stuck living with her. I'm making a fresh start in Lake Tahoe, until my stubborn sister decides to move Mira into our cabin. I'll be damned if I move out on Mira's account. Nothing has changed in the years since I last saw Mira. Her tempting body and smart mouth taunt me daily. The only hope I have at keeping my sanity is the knowledge that Mira is hiding something. Sooner or later I'll discover her secret, and knowing her, it'll be damning. But first, I have to ignore the urge to kiss and touch and make Mira mine again. --EXCERPT-- I grab her waist, guiding her back against the shelves. She kisses my cheekbone, nibbles my earlobe. "We can't do this here." That nibble shoots straight to my groin. "I beg to differ. I think we can manage." Once the walls come down, emotions run hot. Grab Never Date Your Ex, a sexy, second-chance romance! Keywords: second chance romance, New Adult, second chances, enemies to lovers, suspense, first love, feel-good, casino romance, men of lake tahoe, romantic comedy, rom-com, steamy romance, second-chance romance, new adult romance, enemies-to-lovers, vacation read, beach read, workplace romance, alpha hero, high school crush, unrequited love

Biochemistry Dec 18 2021 Biochemistry: The Molecular Basis of Life is the ideal text for students who do not specialize in biochemistry but who require a strong grasp of biochemical principles. The goal of this edition has been to enrich the coverage of chemistry while better highlighting the biological context. Once concepts and problem-solving skills have been mastered, students are prepared to tackle the complexities of science, modern life, and their chosen professions. Key features A review of basic principles Chemical and biological principles in lanace Real-world relevance The most robust problem-solving program availale Simple, clear illustrations Currency New to this edition 258 additional end-of-chapter revision questions New chemistry primer New chapter-opening vignettes New 'Biochemistry in Perspective' boxes Expanded coverage throughout In-chapter 'key concept' lists

Practitioner's Guide to Assessing Intelligence and Achievement Apr 29 2020 A complete guide to key intelligence and achievement tests and their effective use The tools used in the assessment process have changed dramatically in recent years. School and clinical psychologists need a comprehensive yet focused resource to which they can turn to learn the basics of key intelligence and achievement tests and how to use them in their assessments of children and adults. With its practical and straightforward presentation, Practitioner's Guide to Assessing Intelligence and Achievement provides that resource. Coedited by two well-known and respected scholars and researchers, Jack Naglieri and Sam Goldstein, the content in this timely book combines traditional and new conceptualizations of intelligence as well as ways to measure achievement. Truly readable and user-friendly, this book provides professionals with a single source from which to examine ability and achievement tests along the same general criteria. Each chapter is written by a leading scholar and test developer and is consistently structured for easy comparison of each test that is examined. Coverage includes: The theory underlying each test Description of each test Tips for administering and scoring each test Standardization, norms, and reliability of each scale Practical guidance for the use of each test Correspondence of each test to IDEA A practical tool designed to aid clinical psychologists in understanding the strengths and weaknesses of the various tests presented, Practitioner's Guide to Assessing Intelligence and Achievement provides students and practitioners with the information they need for their practice and testing efforts to be consistent with recent updates in the field and how those assessment instruments relate to changes in the laws that influence test use.

A Shade of Vampire 35 Sep 22 2019 A KING SHALL BE CROWNED The race is on for the crown of Hellswan Kingdom, and Hazel and Ruby have been forced to take opposite sides to increase their likelihood of escape. Hazel with Tejus and Ruby with Ash - a situation that could get complicated... especially when hearts are involved. Meanwhile back on Earth, GASP led by King Derek have finally cracked a mystery... Return to the lives of the Novaks.

Order now!

The Rogue's Wager Feb 08 2021 London, 1821 Lord Robert Dennington, the Marquess of Westfield, has long reveled in the freedom afforded him as the ducal heir. He knows he must someday do right by the Somerset line, but he's in no hurry to give up his carefree existence. Helena Banbury is a bookkeeper in a gentleman's gambling club, adept at analyzing numbers and accounts but helpless for lack of influence. She's never belonged among the nobility on the gaming hell floors, but neither does she feel completely herself among the men who run the Hell and Sin Club, despite the fact that they are family. The once-illiterate girl from the streets wants more than the gilded walls her protective cage can offer. When Robert mistakenly enters her chambers one night, Helena is forced out of her predictable life and thrust into the glittering world of Society. Will the charms of the marquess prove more perilous than any danger she ever knew on the streets?

Gordon Ramsay's Passion for Flavour Jul 21 2019 Gordon Ramsay is one of the world's best-known chefs and food personalities. In *Passion for Flavour* he demonstrates his stunning range of recipes, combining the freshest of ingredients and easy-to-learn techniques to produce intense flavours and sublime dishes. Stunning photography by Geoff Lung captures the superb detail of Gordon's cooking, making this cookbook a source of delight for the keen amateur and armchair gourmet alike.

Programming Razor Dec 06 2020 Take Razor for a test drive and discover first hand how this scripting syntax simplifies the way you create dynamic, data-driven websites. With this concise guide, you'll work with Razor syntax by building example websites with Microsoft WebMatrix and ASP.NET MVC. You'll quickly learn how Razor lets you combine code and content in a fluid and expressive manner on Windows-based servers. Programming Razor also explores components of the Razor API, and shows you how Razor templates are turned into rendered HTML. By the end of this book, you'll be able to create Razor-based websites with custom extensions that meet the specific needs of your projects. Use Razor with Microsoft WebMatrix to build a working blog, complete with data Organize and manage your web application, using Razor features for layouts, sections, and partial views Create clean and effective ASP.NET MVC views with the Razor View Engine Learn how the Razor API interprets Razor templates and turns them into executable .NET code Implement advanced techniques for exposing reusable code and sharing ASP.NET MVC views across projects

Foreshadow Feb 20 2022

Marriage Made In Hope Nov 24 2019 "Sometimes I could scream with boredom." Measured and self-effacing, Lady Sephora Connaught knows there is another, more reckless side to her. When she's rescued from the fast-flowing Thames by the wild and dangerous Francis St. Cartmail, Earl of Douglas, suddenly her confined world bursts into vibrant life. Francis has never fit into high society's narrow world, so why does he feel so connected to—and undeniably aroused by—this "angel of the ton"? She offers him hope, but only time will tell if their fragile marriage is enough to banish his demons forever!

Category Management in Purchasing May 23 2022 Category Management in Purchasing is a comprehensive guide to strategic category management, providing a step-by-step guide to its implementation and use. This book provides the necessary tools, techniques and applications that will enable the reader to implement this cost saving purchasing method. The 3rd edition of Category Management in Purchasing has been rigorously updated to reflect the latest thinking in the field. Jonathan O'Brien shows how a strategic approach needs to work effectively together with other approaches, such as Supplier Relationship Management. He has added important sections on governance, included more supplier and supply chain tools, and introduced a pragmatic route for smaller businesses or those who need step-by-step advice. The book provides case studies of real companies, including: IKEA, The Body Shop, NHS, Heinz, Cardiff Council, and GlaxoSmithKline.

Real Life Begins After High School Oct 24 2019 This total independence thing really sneaks up on you. One minute you're picking out prom gear, cramming for finals, and screaming for your kid brother to get out of the bathroom. Then it hits you. In a few months, I'll be out of here!

The K-Factor Feb 26 2020 This is a classic science fiction short story by Harry Harrison. The K-Factor is an equation used to asses the probability of war. A young man is charged with using the K-Factor and the field of Sociatics to avert war on another planet. However, there is a traitor in his midst who has the power to cause a catastrophe. Will he find the traitor? Find out in this classic sci-fi tale. This work is part of our Vintage Sci-Fi Classics Series, a series in which we are republishing some of the best stories in the genre by some of its most acclaimed authors, such as Isaac Asimov, Marion Zimmer Bradley, and Robert Sheckley. Each publication is complete with a short introduction to the history of science fiction.

Development Through the Lifespan Aug 26 2022 Laura Berk's Development Through the Lifespan is relied upon in classrooms worldwide for its clear, engaging writing style, exceptional multicultural and cross-cultural focus, cutting-edge consideration of the interrelationships between heredity and environment, rich examples, and long-standing commitment to presenting the most up-to-date scholarship. This new edition continues to offer students research-based practical applications that they can relate to their personal and professional lives. Laura Berk, renowned professor and researcher, has revised the text with new pedagogy, a heightened emphasis on the interplay between heredity and environment, and an enhanced focus on many social policy issues, while emphasizing the lifespan perspective throughout. The latest theories and findings in the field are made accessible to students in a manageable and relevant way. Berk's signature storytelling style invites students to actively learn beside the text's "characters." Students are provided with an especially clear and coherent understanding of the sequence and underlying processes of human development, emphasizing the interrelatedness of all domains-physical, cognitive, emotional, social-throughout the text narrative and in special features. Berk also helps students connect their learning to their personal and professional areas of interest. Her voice comes through when speaking directly about issues students will face in their future pursuits as parents, educators, health care providers, social workers, and researchers. As members of a global and diverse human community, students are called to intelligently approach the responsibility of understanding and responding to the needs and concerns of both young and old. While carefully considering the complexities of human development, Berk presents classic and emerging theories in an especially clear, engaging writing style, with a multitude of research-based, real-world, cross-cultural, and multicultural examples. Strengthening the connections among developmental domains and of theory and research with applications, this edition's extensive revision brings forth the most recent scholarship, representing the changing field of human development. Visit the Preview Website to see sample chapters, get information on the supplements (including sample videos and on-line simulations), and much more, click here. 0205968988 / 9780205968985 Development Through the Lifespan Plus NEW MyDevelopmentLab with Pearson eText -- Access Card Package Package consists of: 0205909744 / 9780205909742 NEW MyDevelopmentLab with Pearson eText -- Valuepack Access Card -- for Laura E. Berk 0205957609 / 9780205957606 Development Through the Lifespan

Elizabeth's Legacy (Royal Institute of Magic) Jul 13 2021 Like most normal people, Ben hadn't the faintest idea there was an Institute of Magic... Two years after his parents' sudden disappearance, Ben Greenwood stumbles upon a cryptic letter that could shed some light on their whereabouts. But before he can track them down, he'll need to find the mysterious organization that sent the letter: The Royal Institute of Magic. To succeed, Ben will have to navigate a land filled with fantastic creatures and Spellshooters, where magic can be bought and sold, to unravel an ancient family secret that could hold the key to defeating an evil the Institute has been fighting for the last five hundred years. Elizabeth's Legacy is the first book in the Royal Institute of Magic series.

West's Business Law Aug 14 2021 This text is used at more colleges and universities than any other business law text. With the perfect balance of tradition and innovation, this benchmark text brings to life the functions and inner-workings of business law in the real world. Rich with classic and modern cases, West's Business Law is the ideal text for students entering virtually any field of business. By combining this market leading text with a complete supplements and technology package, this is the one clear choice in business law courses.

The Skinny Steamer Recipe Book Sep 03 2020 The Skinny Steamer Recipe Book Delicious, Healthy, Low Calorie, Low Fat Steam Cooking Recipes Under 300, 400 & 500 Calories If you think your steamer is just for cooking vegetables think again! This brand new collection of delicious poultry, vegetarian, seafood & meat dishes are fast, fresh, fuss free, low fat and low calorie. Designed to help you make the most of your steamer, all our skinny steaming recipes fall below 300, 400 and 500 calories - which is perfect if you are following a calorie controlled diet or are keen to maintain and manage your weight! Every recipe serves two people and can be prepared in minutes. Versatile,

simple & healthy.... there has never been a better time to start steaming. Includes over 60 recipes, cooking charts and tips. You may also enjoy other titles from the Skinny calorie counted series. Just search 'cooknation' on Amazon.

Student Solutions Manual for Linear Algebra with Applications Sep 15 2021 This manual contains completely worked-out solutions for all the odd-numbered exercises in the text.

Fussy Eaters' Recipe Book Mar 29 2020 Mealtimes can often be a battleground between parents and kids. As a parent you want your child to have a healthy, nutritious and tasty diet, but persuading them it's a good idea is a different matter! Annabel Karmel is here to convert even the fussiest of fussy eaters and make family meals fun again. With 120 healthy recipes covering everything from breakfasts to suppers to parties, Annabel gives tips and advice on improving your children's diet and encouraging new tastes. She suggests way of sneaking hidden vegetables into familiar foods such as quesadillas and focaccia pizzas, and offers a healthy take on fast-food favourites like chicken nuggets with dips and sticky barbecue ribs. There's plenty to tempt children of all ages, including pork and peanut noodles, tuna melts, cupcakes and ice creams. And for those children with food intolerances, there is a whole chapter of recipes covering dairy-free sauces, gluten-free pizzas and a wheat-free birthday cake. Annabel has a proven track record in creating delicious, nutritious food to tempt even the most stubborn of fussy eaters. Plus with general advice on how best to cope with fussy-eating behaviours and improve mealtimes, this is more than just a recipe book - it will be the answer to many parents' prayers!

Slimming World 30-Minute Meals Jan 07 2021 When you're feeling hungry or in a real hurry, it is so easy to opt for the quickest option. But fast food doesn't have to be junk food. 30-Minute Meals helps you to provide nutritious, wholesome food for all the family, not just those who are slimming, without getting stuck in the kitchen for hours on end. This book is full to bursting with more than 120 recipes based on Slimming World's acclaimed Food Optimising programme. Highlights among the soups and starters are hot and sour seafood soup, chive and mushroom quiches, or pink peppercorn and smoke salmon pâté. For filling snacks, try the skillet 'pizzas' or Tex-Mex tacos, or for a truly tempting salad choose between tiger prawns and asparagus or grilled calamari and rocket. Meat and fish recipes include roasted citrus chicken and pork and mango parcels, or try oven-baked sea bass with bacon and cherry tomatoes. There are some wonderfully tempting vegetable dishes, such as baked spinach gnocchi or basil and chilli linguini, while the dessert menu includes amaretti stuffed nectarines and cinnamon poached pears. Anyone interested in easy-to-prepare, full-flavoured and healthy food will find this book useful, whether they are slimming or not!

Force of Temptation Aug 02 2020 Harley Vincent is resigned to life in the human world. Sure, being a margay shifter is half her nature, but life among humans gives her the freedom to roam and do as she pleases. That is, until anti-shifter extremists target her, putting her life in immediate danger. When an old acquaintance and onetime fling, Jesse Dalton, shows up to offer the protection of his pack, Harley hesitates. She may have feelings for Jesse that go beyond their one-night stand, but life among shifters means giving over her independence to the needs of pack. Plus Mercury Pack has its own threat to face: a rich half-shifter is determined to claim their territory at any cost. Jesse, who lost his true mate as a child, has wanted Harley since their night together, and he s not letting her go again. They may not be destined for each other, but he knows she belongs to him and with his pack. Even if he can convince her to join him now, can he convince her to stay?"

Spiral of Need Mar 09 2021