

# The Little Book Of Local Government Fraud Prevention

The Little Book of Racial HealingThe Little BookThe Little Book of Courageous LivingLittle Local Portland CookbookThe Little Book of ExplorationsLittle Book Cliff RailwayThe Little Book CaféRunning, Winning, ServingThe Little Book of ThermofluidsThe Little Book of SaintsThe Little Book of EconomicsThe Little Book of MindfulnessThe Little Book Café: Tash's Story (The Little Book Café, Book 1)My Dirty Little Book of Stolen TimeThe Little Local Vermont Cookbook: Recipes for Classic DishesThe Invisible Life of Addie LaRueLittle Book of Conflict TransformationLittle Local Maine CookbookThe Little Book of Self-Care for AquariusThe Little Book of Living SmallThe Little Book of BirminghamThe Little Book of Currency TradingThe Little Book of MeditationLittle Local Texas CookbookThe Little Book of BeesThe Little Book of EconomicsThe Little Book of Life SkillsThe Little Book of Bereavement for SchoolsOpen This Little BookThe Little Book of Campaign EtiquetteThe Little Book Of LifeA Little Book of Local VerseGrumpy Monkey's Little Book of GrumpinessThe Little Book of PrideThe Little Book of Big SavingsLittle Budget BookThe Little Book of ChocolatThe Little Book of LunchThe Little Book of FixersO's Little Book of Calm & Comfort

## **The Little Book of Racial Healing**

A guide to finding, screening, hiring and working with fixers and guides for international field research projects.

## **The Little Book**

Bees continue to fascinate and charm us all - from novice gardeners and nature-lovers to dedicated environmentalists - and today, bees need our help more than ever. Discover the story of these incredible creatures, with The Little Book of Bees. Bees first appeared on Earth an incredible 130 million years ago. Since the time of the dinosaurs, evolution has taken our beloved bees on an incredible journey - and today, there are 20,000 species on the planet. The Little Book of Bees is a lovely, informative book of all things bee - from evolution and communication, to honey, beekeeping, and saving the bees - all in a beautifully illustrated gift book. Contents Chapter One: The Story of Bees The Evolution of the Bee · The Bee Life Cycle · The Bee Family Tree · Bee Anatomy · Bee Nesting Behaviours · Bee Factoids Chapter Two: Superorganisms Sociality in Bees · Bumble Bees · Honey Bees · Stingless Bees Chapter Three: Honey What is Honey? · Types of Honey · Practical Uses for Honey · Honey Healthcare Chapter Four: Beekeeping Why Keep Bees? · An Introduction to Beekeeping · Keeping Stingless Bees Chapter Five: Protecting Our Bee Buddies

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Why Are Bees in Decline? · Supporting Our Bees in 10 Easy Steps · Providing a Home for Bees Chapter Two: Superorganisms Sociality in Bees · Bumble Bees · Honey Bees · Stingless Bees Chapter Three: Honey What is Honey? · Types of Honey · Practical Uses for Honey · Honey Healthcare Chapter Four: Beekeeping Why Keep Bees? · An Introduction to Beekeeping · Keeping Stingless Bees Chapter Five: Protecting Our Bee Buddies Why Are Bees in Decline? · Supporting Our Bees in 10 Easy Steps · Providing a Home for Bees

### **The Little Book of Courageous Living**

### **Little Local Portland Cookbook**

This clearly articulated statement offers a hopeful and workable approach to conflict—that eternally beleaguering human situation. John Paul Lederach is internationally recognized for his breakthrough thinking and action related to conflict on all levels—person-to-person, factions within communities, warring nations. He explores why "conflict transformation" is more appropriate than "conflict resolution" or "management." But he refuses to be drawn into impractical idealism. Conflict Transformation is an idea with a deep reach. Its practice, says Lederach, requires "both solutions and social change." It asks not simply "How do

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we end something not desired?", but "How do we end something destructive and build something desired?" How do we deal with the immediate crisis, as well as the long-term situation? What disciplines make such thinking and practices possible? A title in The Little Books of Justice and Peacebuilding Series.

### **The Little Book of Explorations**

Pages of decreasing, then increasing, size open to reveal different animals, each opening a book of a different color and reading about the next.

### **Little Book Cliff Railway**

### **The Little Book Café**

When you're running for local office for the first time, there are plenty of mistakes you can make. The good thing is that you're not the first person ever to face the challenges of running for office - even though sometimes it might seem like it. In this book, Craig W. Turner collects stories, advice, warnings and best practices from local candidates from around the country who have been there and done that. They've already seen what you're about to see, and they've generously

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shared their experiences for the benefit of you and other first-time candidates for local office. This is no poli-sci class. This is "in the trenches" life experience. Everyone interviewed for this book as part of The Campaign Coach Podcast, has run and won at least one election. Some are now retired, some have moved on to higher office, and some are still serving in the capacity we discussed in their interview. In these pages, you will find insights that no guidebook or online course can give you - they will inspire you, and scare you, and motivate you and smack you in the face with a reality check. But, they will also make you a stronger candidate. Whether it's talking with voters, fundraising, understanding local government policy, promoting your candidacy or even knowing how to best serve your community, learning from these people's experiences - and avoiding mistakes that they've already made for you - will give you a leg up on any opponent.

### **Running, Winning, Serving**

The exiled scion of a prominent Boston banking family, forty-seven-year-old Wheeler Burden is living in 1988 San Francisco until he is mysteriously transported to fin de sicle Vienna, a city that he finds strangely familiar, where he finds a mentor in Sigmund Freud, falls in love with a young American woman, and gains insight into the war-hero father he never knew. A first novel. 100,000 first printing.

## **The Little Book of Thermofluids**

"Some people think that etiquette is fine for tea parties, but there's no room for it when important political business has to be done," writes Miss Manners, otherwise known as Judith Martin. "That's not true. The more controversy you have, the more etiquette you need. You need rules and order." The missing ingredient in efforts to improve campaign discourse is a set of agreed-upon norms and standards for behavior. In this shrewd and amusing series of observations, Stephen Hess provides a political etiquette for campaign behavior on the part of both politicians and journalists. Organized alphabetically under such headings as Advertising, Bias, Cyberpolitics, Disclosure, Families, Lying, Money, Sex Scandals, and Talk Radio, forty-three brief essays examine common practices and places where the system breaks down, then recommend preventive or corrective action through a few clear rules. After discussing the paucity of local television reporting on local and state political campaigns, for example, Hess comments, "the etiquette for local news directors is to ask, 'If we are not reporting local elections, who will?' Then act accordingly." With its broad coverage of campaign-related topics and its sensible suggestions, this book provides a useful corrective for practices that are dishonest, downright illegal, or sometimes just endlessly irksome. The book features illustrations by some of America's foremost political cartoonists, including Herblock, Jim Borgman, Walt Handelsman, Mike Peters, Wayne Stayskal, and Garry Trudeau.

## **The Little Book of Saints**

"Everyone should read this. Mindfulness is such a great way to live life to the full." - Amazon Customer "The greatest 'little book' ever! Take my advice, buy it now and you will wonder how you ever managed without it!" - Amazon Customer "Patrizia Collard's depth of experience as a teacher and practitioner shines through. I love this little book!" - Amazon Customer "Great book to pick up if you just have a few minutes a day." - Amazon Customer "I carry it with me everywhere. Lovely little calming book." - Amazon Customer "Delightful little book." - Amazon Customer Mindfulness is the easy way to gently let go of stress and be in the moment. It has fast become the slow way to manage the modern world - without chanting mantras or setting aside hours of time for meditation. Dr Patrizia Collard will show you how to bring simple 5- and 10-minute practices into your day in order to free yourself from stress and, ultimately, find more peace in your life. This beautifully illustrated book will set you and your family on the road of mindfulness so you can lead a more mindful, peaceful and relaxed life. Find long-lasting happiness with The Little Book of Mindfulness! CONTENTS: 1. Being in the Now 2. Accept and Respond 3. Making Your Mind Up 4. Simply Be 5. Mindful Eating 6. Gratitude and Compassion 7. Everyday Mindfulness

## **The Little Book of Economics**

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Celebrate the LGBTQ community with this small but perfectly formed guide to Pride. What began as a protest for gay rights following the Stonewall riots of 1969 in New York has grown to become a global celebration of LGBTQ culture. In the 50-odd years since the original protest, and what is now widely accepted to be the first Pride march – Christopher Street Liberation Day, 1970 – Pride events are now attended by millions each year, celebrating how far we've come, recognising where we have to go and highlighting important causes in the queer community. The Little Book of Pride is a concise look at everything you need to know about Pride, revealing the history, the key people involved, the best Pride events around the world, inspirational quotes from famous queers, Pride facts and a fun Pride survival guide.

### **The Little Book of Mindfulness**

How does Saint Christopher keep us safe when we travel? Why is Saint Patrick always depicted with a nest of snakes? How did Cecilia come to be the patron saint of music? These wonders and more are explained in this treasure of a book. The perfect book for the devout or any religious occasion, this captivating collection recounts the extra-ordinary legends, heartrending stories, joys, and sorrows of the most beloved saints, from the famous to the mysteriously obscure. Beautifully illustrated with historical pictures from prayer books and missals, this elegant keepsake is a joy to have.

## **The Little Book Café: Tash's Story (The Little Book Café, Book 1)**

Charlotte Schleswig, the delightful narrator of Liz Jensen's latest novel, supports herself and the lumpen Fru Schleswig (who may or may not be her mother) as a prostitute in 1890s Copenhagen. While she is no small success at the trade, she leaps at a new job opportunity for herself and Fru Schleswig, as cleaning ladies for the wealthy widow Krak. But mysteries abound at Fru Krak's dark old mansion. The basement appears to be haunted, townspeople claim to have seen the dead Professor Krak walking the streets as a ghost, and there are stories of desperate souls who paid the professor a visit and never emerged. In fact, as Charlotte will discover, there is a simple explanation for all this: the basement is home to a time machine. When their cunning investigations land them in trouble, Charlotte and Fru Schleswig find themselves catapulted through time and space to modern-day London, and there their adventures truly begin. With the minxy, intrepid Charlotte, Liz Jensen introduces a heroine every bit as memorable as Louis Drax. And with My Dirty Little Book of Stolen Time, she delivers yet another outlandishly entertaining novel, in which the seemingly insurmountable obstacle of spacetime proves no match for human ingenuity and earthly passion.

## **My Dirty Little Book of Stolen Time**

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AN INSTANT NEW YORK TIMES BESTSELLER USA TODAY BESTSELLER NATIONAL INDIE BESTSELLER THE WASHINGTON POST BESTSELLER #1 Indie Next Pick and #1 LibraryReads Pick - October 2020 Recommended by Entertainment Weekly, Real Simple, NPR, Slate, and Oprah Magazine A “Best Of” Book From: CNN \*Amazon Editors \* Goodreads \* Bustle \* PopSugar \* BuzzFeed \* Barnes & Noble \* Kirkus Reviews \* Lambda Literary \* Nerdette \* The Nerd Daily \* Polygon \* Library Reads \* io9 \* Smart Bitches Trashy Books \* LiteraryHub \* Medium \* BookBub \* The Mary Sue \* Chicago Tribune \* NY Daily News \* SyFy Wire \* Powells.com \* Bookish \* Book Riot \* In the vein of *The Time Traveler’s Wife* and *Life After Life*, *The Invisible Life of Addie LaRue* is New York Times bestselling author V. E. Schwab’s genre-defying tour de force. A Life No One Will Remember. A Story You Will Never Forget. France, 1714: in a moment of desperation, a young woman makes a Faustian bargain to live forever—and is cursed to be forgotten by everyone she meets. Thus begins the extraordinary life of Addie LaRue, and a dazzling adventure that will play out across centuries and continents, across history and art, as a young woman learns how far she will go to leave her mark on the world. But everything changes when, after nearly 300 years, Addie stumbles across a young man in a hidden bookstore and he remembers her name. At the Publisher's request, this title is being sold without Digital Rights Management Software (DRM) applied.

## **The Little Local Vermont Cookbook: Recipes for Classic Dishes**

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Following the success of the Little Book of Investigations, this book goes one step further in size, scale and scope. It covers explorations indoors, outside and in the local community, from the water in the tap, the dust on the floor, the mud in the garden, to exploring connections, constructions and other early technological experiments. The natural world, minibeasts, weather, growth, change over time and making changes to materials and the environment are included in this easy to use book. The inventive activities will all also provide opportunities for children to sustain their thinking with other children and adults while using the skills of observation and experiment.

### **The Invisible Life of Addie LaRue**

Everything you need to know about self-care—especially for Aquarius! Take Time for You, Aquarius! It's me time—powered by the zodiac! Welcome star-powered strength and cosmic relief into your life with The Little Book of Self-Care for Aquarius. While Aquarius may typically lead with the mind and not the heart, this book truly puts value in taking care of your whole self. Let the stars be your guide as you learn just how important astrology is to your self-care routine. Discover more about your sign and your ruling element, air, and then find the perfect set of self-care ideas and activities for you. From sipping cardamom coffee to listening to Mozart, you will find more than one hundred ways to heal your mind, body, and active spirit. It's stellar self-care especially for you, Aquarius!

## **Little Book of Conflict Transformation**

Try me . . . test me . . . taste me . . . Joanne Harris's Chocolat trilogy has tantalized readers with its sensuous descriptions of chocolate since it was first published. Now, to celebrate the much-loved story of Vianne Rocher's deliciously decadent chocolaterie, Joanne Harris and Fran Warde have created the ultimate book of chocolate lore and recipes from around the world, bringing a touch of magic to your kitchen.

## **Little Local Maine Cookbook**

## **The Little Book of Self-Care for Aquarius**

30 classic Texas recipes to treasure The Little Local Texas Cookbook brings the essential flavors of Texas to your table. From traditional BBQ to celebratory party treats, you'll find recipes for slow-roasted beef ribs, chicken-fried steak, chili cheese enchilada breakfast tacos, Texas sheet cake, and other classic dishes. Written by a regional food expert and beautifully illustrated, this little cookbook is the perfect gift for Texans and tourists alike.

## **The Little Book of Living Small**

30 classic Vermont recipes to treasure The Little Local Vermont Cookbook brings the natural flavors of the Green Mountain State to your table. Whether you're starting the day with Maple Bacon Skillet Biscuits or enjoying a midday meal of Cheddar Ale Soup, this sweet little book will pack a powerful punch of nostalgia. No matter where you're eating, you can round out your evening with Harvest Stuffed Squash, followed by a batch of classic Maple Ginger Cookies, and you're guaranteed to feel like you're back in Burlington. Written by a regional food expert and beautifully illustrated, this cookbook is the perfect way to jog mountain memories.

## **The Little Book of Birmingham**

An accessible guide to trading the fast-moving foreign exchange market The foreign exchange market, or forex, was once dominated by global banks, hedge funds, and multinational corporations, but that has all changed with Internet technology and the advent of online forex brokers. Now, hundreds of thousands of traders and investors around the world can participate in this profitable field. Written by forex expert Kathy Lien, The Little Book of Currency Trading will show you how to effectively invest and trade in today's biggest market. Page by page,

she describes the multitude of opportunities possible in the forex market, from short-term price swings to long-term trends, and details practical products that can help you achieve success, such as currency-based ETFs. Explains the forces that drive currencies and provides strategies to profit from them Reveals how you can use various currencies to reduce risk and take advantage of global trends Examines financial vehicles that can help you make money without having to monitor the market every day The Little Book of Currency Trading opens the world of currency trading and investing to anyone interested in entering this dynamic arena.

### **The Little Book of Currency Trading**

### **The Little Book of Meditation**

A comprehensive guide to small-space secrets and real-life solutions for living in 1,200 square feet or less. The Little Book of Living Small shows readers how to make the most of limited square footage—with grace and style—and serves as the cheerleader readers need to help themselves feel satisfied and proud of their choice to live with less. In addition to exploring both the motivation behind choosing to live in a small space, as well as the practical, everyday advice for

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managing a tight footprint, *The Little Book of Living Small* also includes case studies: 12 style-savvy, small-space dwellers open their doors and share their design secrets. Author Laura Fenton covers a range of homes including studio apartments, one- and two-bedroom houses, a tiny house, a co-living space, and even whole houses. Stylistically these homes range from urban, rural, minimalist, and country, with the unifying thread that they are all real homes of less than 1,200 square feet that offer clever solutions that readers can use in their own homes. Laura Fenton is the lifestyle director at *Parents* magazine. With more than fifteen years of experience, her work has appeared in major publications including *Better Homes & Gardens*, *Country Living*, *Good Housekeeping*, and on leading home websites including *Remodelista.com*, *HGTV.com*, *ElleDecor.com*, *HouseBeautiful.com*, *Refinery29*, and elsewhere. Through her writing she has explored the topic of living small for more than a decade. She lives small with her husband, a photographer, and their son in Jackson Heights, Queens, in New York.

### **Little Local Texas Cookbook**

Escape to the seaside for a new three-part series for fans of *The Canal Boat Cafe* and *Willow Cottage*

### **The Little Book of Bees**

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The beautiful, internationally acclaimed guide to turning your midday meal into a masterpiece—featuring 100 easy, inexpensive, delicious recipes designed to be made ahead of time with just a few ingredients. There’s something depressing about “running out” to “grab lunch.” Sandwiches, soups, salads, sushi: the choices are overwhelming. But when’s the last time you really enjoyed eating lunch while hunched over your keyboard? That’s why Caroline Craig and Sophie Missing have reclaimed the noon hour for all those who love a tasty bite. Dining “al desko” doesn’t have to mean another weary forkful of a sad salad. Instead, lunch can be one of life’s great simple pleasures—especially when it’s made at home in just a few minutes, from ingredients you have on hand. Craig and Missing know firsthand the challenges of busy schedules, tiny salaries, and no spare time. They share their hard-won wisdom in 100 recipes littered with time-saving techniques and tips to make each meal special—plus weekly menus and Sunday shopping lists to make it all that much easier. The Little Book of Lunch features clever approaches to classics, making them easy for transportation; delicious at room temperature; and quickly assembled for when you barely have five minutes, or for when the cupboards are bare. It includes:

- Wholesome, healthy salads like tabouleh and the miracle “rainbow rescue” bowl
- Make-ahead meals like grilled halloumi, vegetable and avocado couscous
- Inspired twists on tuna salad and the BLT from the Sandwich Hall of Fame
- Quick soups like “faux pho” and spicy lentil and coconut
- Sweet treats to bribe colleagues, like salted caramel brownies

## **The Little Book of Economics**

30 classic Portland recipes to treasure The Little Local Portland Cookbook brings the essential flavors of Portland, Oregon, to your table. From special coffee drinks and brunch dishes like Huckleberry Hotcakes and Salmon Hash, to delicious Oregon Bay shrimp cocktail, skirt steak with pinot sauce, and Dungeness crab cippino, you'll find recipes for iconic Portland dishes for every meal. Written by a regional food expert and beautifully illustrated, this little cookbook is the perfect souvenir.

## **The Little Book of Life Skills**

Be richer by this time tomorrow Every month you spend money in twelve major categories. And at the end of each month, you scratch your head and wonder, Where did it all go? In The Little Book of Big Savings, America's Financial Expert,® Ellie Kay, will help you uncover the extra cash just waiting to be found in every area of your life. Not only will you never again wonder where your cash went, you will have extra to save—and even to share. Don't mindlessly let hundreds of dollars slip out of your ATM every month. Ellie's practical advice will show you:

- How one phone call could save you \$500 a year or more
- How your kids can get a great education without breaking the bank
- Three ways your water heater can save you

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money •Why giving away money is one of the best ways to save it •How to save up to 50% on your online purchases Plus hundreds of other tips that will loosen your budget without sacrificing your lifestyle. Soon you'll find what you want the most when it comes to your finances: peace of mind.

### **The Little Book of Bereavement for Schools**

A thoughtful collection of soul-soothing writing, O's Little Book of Calm & Comfort is the antidote to life's trying times. Featuring essays and interviews from some of the most celebrated contributors to O, The Oprah Magazine, this heartening collection offers solace, wisdom, and connection. Among the highlights: Nora Ephron on the state of rapture that comes from curling up with a good book; Maeve Binchy on the blessings of friends; and a stirring conversation between Oprah and the American Buddhist nun Pema Chodron that reveals how the pain we experience can create the possibility of a more joyful life. Together, these pieces from great writers and celebrated thinkers serve as a reminder that however tumultuous life may become, the world has beauty, kindness, and love enough to see us through.

### **Open This Little Book**

## **The Little Book of Campaign Etiquette**

With tips from leading experts in every field, The Little Book of Life Skills is the practical guide on how to solve the trickiest tasks in your day and make life a little easier. We all have areas of our lives that make us feel disorganized, unprepared, or stressed out. From creating a calmer morning routine to setting yourself up for a good night's sleep, and everything in between, there are easy and proven ways to do things better. Whether you need advice on how to end an argument, iron a shirt, or keep your inbox under control, Erin Zammett Ruddy has spoken to experts including Rachael Ray, Dr. Oz, Arianna Huffington, and condensed their wisdom into easy to follow steps for all of life's simple and not-so-simple tasks, such as: Working from Home Effectively Keeping a Houseplant Alive Giving Constructive Feedback Arranging the Perfect Cheese Board, and many more The Little Book of Life Skills offers simple strategies for being better grown-ups. It's the perfect guide for anybody who wants to get organized, be more efficient throughout the day, and finally learn the best way to fold that #\$\$% fitted sheet.

## **The Little Book Of Life**

Jim describes the universal feeling of grumpiness to the youngest reader. In this call-and-response board book Jim Panzee decides that all he really needs is a

friend.

### **A Little Book of Local Verse**

With grace, acuity, and humor, Miki Kashtan has shared with thousands of people on five continents how to live from love, courage and truth - in every moment, in thought, word, and deed. By integrating these three hallmarks of nonviolence into daily life, radical shifts happen: you begin to choose how to respond to life, rather than merely reacting; you no longer settle for solutions that work only for you or only for others; and, more and more, you step into leadership by taking responsibility for the whole in every situation. This little book contains 201 concise, evocative distillations of her wisdom, illustrated with powerful and original images. It is an invitation to you to begin to build your own courageous life.

### **Grumpy Monkey's Little Book of Grumpiness**

30 classic Maine recipes to treasure

### **The Little Book of Pride**

A charming new series from the author of Millie Vanilla's Cupcake Cafe

## **The Little Book of Big Savings**

The Little Book of Bereavement for Schools is written by best-selling author Ian Gilbert together with his three children. Is a very personal account of the way educational institutions tried and succeeded, tried and failed and sometimes didn't try at all to help William, Olivia and Phoebe come to terms with the death of their mother.

## **Little Budget Book**

One positive side-effect of the recent financial market meltdown that toppled giant, century-old institutions and cost millions their jobs is that it created a strong desire among many Americans to better understand how the U.S. economy functions. In The Little Book of Economics, Greg Ip, one of the country's most recognized and respected economics journalists, walks readers through how the economy really works. Written for the inquisitive layman who doesn't want to plow through academic jargon and Greek letters or pore over charts and tables, The Little Book of Economics offers indispensable insight into how the American economy works – or, doesn't. With engaging and accessible prose, the book Provides a comprehensive understanding of each aspect of our economy from inflation and unemployment to international trade and finance Serves as an insider's guide to

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the people and institutions that control America's economy such as the Federal Reserve and the federal budget Explains the roots of America's current economic crisis and the risks the country faces in its aftermath, such as stratospheric government debt, while offering advice on overcoming these threats Walks readers through the basic concepts and terminology they need to understand economic news Punctures myths and political spin from both the left and the right with candid and often surprising insight A must read for anyone who wants a better grasp of the economy without taking a course in economics , The Little Book of Economics is a unique and engaging look at how the economy works in all its wonderful and treacherous ways.

### **The Little Book of Chocolat**

From the bestselling author of The Little Book of Mindfulness. Meditation is an easy way to bring more peace and tranquillity into your life. Packed with practical advice, useful meditations and affirming thoughts, this little book teaches you how to be happier, healthier and more relaxed - without sitting for hours on a meditation cushion. Dr Patrizia Collard, bestselling author of The Little Book of Mindfulness, shows you another way, with these fun and efficient exercises: just 5 to 10 minutes a day is enough to strengthen your immune system, relieve stress and clear your head. Whether you like mindfulness or movement meditations, or simple mantras, everyone will find a meditation to suit them.

## **The Little Book of Lunch**

Provides a comprehensive explanation of how the economy works while examining the roots of the current crisis and offering advice to prevent future meltdowns.

## **The Little Book of Fixers**

The Little Book of Birmingham is a funny, fast-paced, fact-packed compendium of the sort of frivolous, fantastic, or simply strange information which no-one will want to be without. Here we find out about the city's most unusual crimes and punishments, eccentric inhabitants, famous sons and daughters, and literally hundreds of wacky facts. Norman Bartlam's new book gathers together a myriad of data on Brum. There are lots of factual chapters but also plenty of frivolous details which will amuse and surprise. A reference book and a quirky guide, this can be dipped in to time and time again to reveal something you never knew. This is a remarkably engaging little book, and is essential reading for visitors and locals alike.

## **O's Little Book of Calm & Comfort**

This book introduces Coming to the Table's approach to a continuously evolving

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set of purposeful theories, ideas, experiments, guidelines, and intentions, all dedicated to facilitating racial healing and transformation. People of color, relative to white people, fall on the negative side of virtually all measurable social indicators. The “living wound” is seen in the significant disparities in average household wealth, unemployment and poverty rates, infant mortality rates, access to healthcare and life expectancy, education, housing, and treatment within, and by, the criminal justice system. Coming to the Table (CTTT) was born in 2006 when two dozen descendants from both sides of the system of enslavement gathered together at Eastern Mennonite University (EMU), in collaboration with the Center for Justice & Peacebuilding (CJP). Stories were shared and friendships began. The participants began to envision a more connected and truthful world that would address the unresolved and persistent effects of the historic institution of slavery. This Little Book shares Coming to the Table’s vision for the United States—a vision of a just and truthful society that acknowledges and seeks to heal from the racial wounds of the past. Readers will learn practical skills for better listening; discover tips for building authentic, accountable relationships; and will find specific and varied ideas for taking action. The table of contents includes: Chapter 1: Introduction Chapter 2: Trauma Awareness and Resilience Chapter 3: Restorative Justice Chapter 4: Uncovering History Chapter 5: Making Connections Chapter 6: Circles, Touchstones, and Values Chapter 7: Working Toward Healing Chapter 8: Taking Action Chapter 9: Liberation and Transformation And subject include Unresolved Trauma, Brown v. Board of Education, Lynching, Connecting with Your

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Own Story, Wht Healing Looks Like, Engage Your Community, and much more.

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