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The Space Shuttle Decision - T. A. Heppenheimer 1999

Long before the NASA was the throes of planning for the Apollo voyages to the Moon, many people had seen the need for a vehicle that could access space routinely. The idea of a reusable space shuttle dates at least to the theoretical rocketplane studies of the 1930s, but by the 1950s it had become an integral part of a master plan for space exploration. The goal of efficient access to space in a heavy-lift booster prompted NASA's commitment to the space shuttle as the vehicle to continue human space flight. By the mid-1960s, NASA engineers concluded that the necessary technology was within reach to enable the creation of a reusable winged space vehicle that could haul scientific and applications satellites of all types into orbit for all users. President Richard M. Nixon approved the effort to build the shuttle in 1972 and the first orbital flight took place in 1981. Although the development program was risky, a talented group of scientists and engineers worked to create this unique space vehicle and their efforts were largely successful. Since 1981, the various orbiters -Atlantis, Columbia, Discovery, Endeavour, and Challenger (lost in 1986 during the only Space Shuttle accident)- have made early 100 flights into space. Through 1998, the space shuttle has carried more than 800 major scientific and technological payloads into orbit and its astronaut crews have conducted more than 50 extravehicular activities, including repairing satellites and the initial building of the International Space Station. The shuttle remains the only vehicle in the world with the dual ability to deliver and

return large payloads to and from orbit, and is also the world's most reliable launch system. The design, now almost three decades old, is still state-of-the-art in many areas, including computerized flight control, airframe design, electrical power systems, thermal protection system, and main engines. This significant new study of the decision to build the space shuttle explains the shuttle's origin and early development. In addition to internal NASA discussions, this work details the debates in the late 1960s and early 1970s among policymakers in Congress, the Air Force, and the Office of Management and Budget over the roles and technical designs of the shuttle. Examining the interplay of these organizations with sometimes conflicting goals, the author not only explains how the world's premier space launch vehicle came into being, but also how politics can interact with science, technology, national security, and economics in national government.

Brandweek - 2003

The Manchurian Candidate - Richard Condon 2013-11-25

The classic thriller about a hostile foreign power infiltrating American politics: "Brilliant . . . wild and exhilarating." —The New Yorker A war hero and the recipient of the Congressional Medal of Honor, Sgt. Raymond Shaw is keeping a deadly secret—even from himself. During his time as a prisoner of war in North Korea, he was brainwashed by his Communist captors and transformed into a deadly weapon—a sleeper assassin, programmed to kill without question or mercy at his captors' signal. Now he's been returned to the United States with a covert

mission: to kill a candidate running for US president . . . This “shocking, tense” and sharply satirical novel has become a modern classic, and was the basis for two film adaptations (San Francisco Chronicle). “Crammed with suspense.” —Chicago Tribune “Condon is wickedly skillful.” —Time

House Beautiful - 2006

Renewable Energy and the Public - Patrick Devine-Wright 2014-10-14

Throughout the world, the threat of climate change is pressing governments to accelerate the deployment of technologies to generate low carbon electricity or heat. But this is frequently leading to controversy, as energy and planning policies are revised to support new energy sources or technologies (e.g. offshore wind, tidal, bioenergy or hydrogen energy) and communities face the prospect of unfamiliar, often large-scale energy technologies being sited near to their homes. Policy makers in many countries face tensions between 'streamlining' planning procedures, engaging with diverse publics to address what is commonly conceived as 'NIMBY' (not in my back yard) opposition, and the need to maintain democratic, participatory values in planning systems. This volume provides a timely, international review of research on public engagement, in contexts of diverse, innovative energy technologies. Public engagement is conceived broadly - as the interaction between how developers and other key actors engage with publics about energy technologies (including assumptions held about the methods used, such as the provision of financial benefits or the holding of deliberative events), and how individuals and groups engage with energy policies and projects (including indirectly through the media and directly through emotional and behavioural responses). The book's contributors are leading experts in the UK, Europe, North and South America and Australia drawn from a variety of relevant social science disciplinary perspectives. The book makes a significant contribution to our existing knowledge, as well as providing interested professionals, policymakers and members of the public with a timely overview of the critical issues involved in public engagement with low carbon energy technologies.

Reality Is Broken - Jane McGonigal 2011-01-20
“McGonigal is a clear, methodical writer, and her ideas are well argued. Assertions are backed by countless psychological studies.” —The Boston Globe “Powerful and provocative . . . McGonigal makes a persuasive case that games have a lot to teach us about how to make our lives, and the world, better.” —San Jose Mercury News “Jane McGonigal's insights have the elegant, compact, deadly simplicity of plutonium, and the same explosive force.” —Cory Doctorow, author of *Little Brother* A visionary game designer reveals how we can harness the power of games to boost global happiness. With 174 million gamers in the United States alone, we now live in a world where every generation will be a gamer generation. But why, Jane McGonigal asks, should games be used for escapist entertainment alone? In this groundbreaking book, she shows how we can leverage the power of games to fix what is wrong with the real world—from social problems like depression and obesity to global issues like poverty and climate change—and introduces us to cutting-edge games that are already changing the business, education, and nonprofit worlds. Written for gamers and non-gamers alike, *Reality Is Broken* shows that the future will belong to those who can understand, design, and play games. Jane McGonigal is also the author of *SuperBetter: A Revolutionary Approach to Getting Stronger, Happier, Braver and More Resilient*.

Good Housekeeping - 2001

The Skyscraper Curse - Mark Thornton 2018-08-01

The Skyscraper Curse is Dr. Mark Thornton's definitive work on booms and busts, and it explains why only Austrian economists really understand them. It makes business cycle theory accessible to a whole new 21st-century audience. And they need it, especially those under 40. Many of the brilliant quants working on Wall Street and at the Fed barely remember the Crash of 2008, much less understand it. But Mark Thornton does, and his book is a warning about overheated equity markets, over-inflated housing prices, and clueless central bankers. Given the shaky stock markets lately, 2018 may be the year the Fed's latest bubble bursts. And when it does, it will be even more painful than

10 years ago. In fact, US household and business debt is now one trillion dollars higher than 2008. Mark is well known as an expert on bubbles and Fed malfeasance. His work appears in outlets like Wall Street Journal, Bloomberg, Forbes, The Economist, Barron's, and Investor's Business Daily. His now-infamous Skyscraper Index theory draws the connection between loose monetary policy, artificially low interest rates, and vanity construction projects. Put the three together and it doesn't turn out well. And let's not forget that Dr. Thornton was among only a handful of economists to warn about the dangerous housing bubble in 2004, and again in 2006. Cabbies and waiters bought up condos with no money down in places like Las Vegas. Prices rose 25 percent or more every year in some coastal markets. Even people with terrible credit financed houses at five or seven times their annual income. All of it was made possible by the Fed and its mania for low interest rates. So when the experts said "Nobody could have seen this coming," the Mises Institute had Mark's articles and papers ready to go. The housing crash, and the meltdown in equity markets less than a year later, were thoroughly explained by Austrian business cycle theory. And Mark was the capable face of the Mises Institute during it all. Without a lay-friendly book like *The Skyscraper Curse*, millions more Americans will be duped by the next crash. Dr. Thornton's book tells the story that needs to be told. It will be among the only alternative explanations available when the next crisis comes.

Pressure Cooker Perfection - America's Test Kitchen 2013-03-15

100 foolproof pressure-cooker recipes that will change the way you cook. In *Pressure Cooker Perfection*, the first volume in our new test kitchen handbook series, the editors at America's Test Kitchen demystify an appliance that to many home cooks remains intimidating -- but shouldn't. Modern pressure cookers are safer, quieter, more reliable, and more user-friendly than old-fashioned jiggle-top models. And they can prepare a wide range of foods -- everything from barbecue to risotto -- in record time. Cooking under pressure results in better-tasting dishes because every drop of flavor is trapped in the sealed pot. This fact, combined with the shorter cooking time, means that your

dishes will be supercharged with flavor. And cooking under pressure is versatile. While they're ideal for roasts and stews, pressure cookers can also turn out perfectly tender beans, grains, and legumes in short order. If ever there was a cooking method that could benefit from the obsessive trial and error that our test kitchen is known for, this is it. When cooking time is compressed, every minute matters, and when flavors are amplified, even a small change becomes significant. We ran hundreds of tests in fifteen pressure cookers to find out what works and what doesn't, and we deliver the foolproof, guaranteed-successful recipes in *Pressure Cooker Perfection*. With this foolproof guide to cooking under pressure, every home cook will be guaranteed success.

Building Your Own Home For Dummies - Kevin Daum 2011-03-04

Keep construction on track with helpful checklists Turn your dream of a custom home into reality! Thinking about building your own home? This easy-to-follow guide shows you how to plan and build a beautiful home on any budget. From acquiring land to finding the best architect to overseeing the construction, you get lots of savvy tips on managing your new investment wisely -- and staying sane during the process! Discover how to: * Find the best homesite * Navigate the plan approval process * Obtain financing * Hire the right contractor * Cut design and construction costs * Avoid common mistakes

Saveur - 2003-04

The Wanderer's Havamal - 2019-11-15

The Wanderer's Hávamál features Jackson Crawford's complete, carefully revised English translation of the Old Norse poem *Hávamál*, newly annotated for this volume, together with facing original Old Norse text sourced directly from the Codex Regius manuscript. Rounding out the volume are Crawford's classic *Cowboy Hávamál* and translations of other related texts central to understanding the character, wisdom, and mysteries of Óðinn (Odin). Portable and reader-friendly, it makes an ideal companion for both lovers of Old Norse mythology and those new to the wisdom of this central Eddic poem wherever they may find themselves.

Consumers Digest - 2001

Organization Theory and Design - Jonathan Murphy 2014

Organizing involves continuous challenges in the face of uncertainty and change. How is globalization impacting organizations? How will new strategies for a turbulent world affect organizational design? In this second edition of *Organization Theory and Design*, developed for students in the UK, Europe, the Middle East and Africa, respected academics Jonathan Murphy and Hugh Willmott continue to add an international perspective to Richard L. Daft's landmark text. Together they tackle these questions in a comprehensive, clear and accessible study of the subject.

Home - 2002

The Long Tail - Chris Anderson 2006-07-11

What happens when the bottlenecks that stand between supply and demand in our culture go away and everything becomes available to everyone? "The Long Tail" is a powerful new force in our economy: the rise of the niche. As the cost of reaching consumers drops dramatically, our markets are shifting from a one-size-fits-all model of mass appeal to one of unlimited variety for unique tastes. From supermarket shelves to advertising agencies, the ability to offer vast choice is changing everything, and causing us to rethink where our markets lie and how to get to them. Unlimited selection is revealing truths about what consumers want and how they want to get it, from DVDs at Netflix to songs on iTunes to advertising on Google. However, this is not just a virtue of online marketplaces; it is an example of an entirely new economic model for business, one that is just beginning to show its power. After a century of obsessing over the few products at the head of the demand curve, the new economics of distribution allow us to turn our focus to the many more products in the tail, which collectively can create a new market as big as the one we already know. The Long Tail is really about the economics of abundance. New efficiencies in distribution, manufacturing, and marketing are essentially resetting the definition of what's commercially viable across the board. If the 20th century was about hits, the 21st will be equally about niches.

Kitchen & Bath Source Book - Sweets 1994

The Cook's Illustrated Cookbook - Cook's Illustrated 2011-10-01

The ultimate recipe resource: an indispensable treasury of more than 2,000 foolproof recipes and 150 test kitchen discoveries from the pages of *Cook's Illustrated* magazine. There is a lot to know about cooking, more than can be learned in a lifetime, and for the last 20 years we have been eager to share our discoveries with you, our friends and readers. The *Cook's Illustrated Cookbook* represents the fruit of that labor. It contains 2,000 recipes, representing almost our entire repertoire. Looking back over this work as we edited this volume, we were reminded of some of our greatest hits, from Foolproof Pie Dough (we add vodka for an easy-to-roll-out but flaky crust), innumerable recipes based on brining and salting meats (our Brined Thanksgiving Turkey in 1993 launched a nationwide trend), Slow-Roasted Beef (we salt a roast a day in advance and then use a very low oven to promote a tender, juicy result), Poached Salmon (a very shallow poaching liquid steams the fish instead of simmering it in water and robbing it of flavor), and the Ultimate Chocolate Chip Cookies (we brown the butter for better flavor). Our editors handpicked more than 2,000 recipes from the pages of the magazine to form this wide-ranging compendium of our greatest hits. More than just a great collection of foolproof recipes, *The Cook's Illustrated Cookbook* is also an authoritative cooking reference with clear hand-drawn illustrations for preparing the perfect omelet, carving a turkey, removing meat from lobsters, frosting a layer cake, shaping sandwich bread, and more. 150 test kitchen tips throughout the book solve real home-cooking problems such as how to revive tired herbs, why you shouldn't buy trimmed leeks, what you need to know about freezing and thawing chicken, when to rinse rice, and the best method for seasoning cast-iron (you can even run it through the dishwasher). An essential collection for fans of *Cook's Illustrated* (and any discerning cook), *The Cook's Illustrated Cookbook* will keep you cooking for a lifetime - and guarantees impeccable results.

The Hot Sauce Cookbook - Robb Walsh

2013-05-14

From veteran cookbook author Robb Walsh, this definitive guide to the world's most beloved

condiment is a must-have for fans of dishes that can never be too spicy. Here's a cookbook that really packs a punch. With dozens of recipes for homemade pepper sauces and salsas—including riffs on classic brands like Frank's RedHot, Texas Pete, Crystal, and Sriracha—plus step-by-step instructions for fermenting your own pepper mash, *The Hot Sauce Cookbook* will leave you amazed by the fire and vibrancy of your homemade sauces. Recipes for Meso-american salsas, Indonesian sambal, and Ethiopian berbere showcase the sweeping history and range of hot sauces around the world. If your taste buds can handle it, Walsh also serves up more than fifty recipes for spice-centric dishes—including Pickapeppa Pot Roast, the Original Buffalo Wing, Mexican Micheladas, and more. Whether you're a die-hard chilehead or just a DIY-type in search of a new pantry project, your cooking is sure to climb up the Scoville scale with *The Hot Sauce Cookbook*.

Clean My Space - Melissa Maker 2017-03-07
The wildly popular YouTube star behind *Clean My Space* presents the breakthrough solution to cleaning better with less effort. Melissa Maker is beloved by fans all over the world for her completely re-engineered approach to cleaning. As the dynamic new authority on home and living, Melissa knows that to invest any of our precious time in cleaning, we need to see big, long-lasting results. So, she developed her method to help us get the most out of our effort and keep our homes fresh and welcoming every day. In her long-awaited debut book, she shares her revolutionary 3-step solution:

- Identify the most important areas (MIAs) in your home that need attention
- Select the proper products, tools, and techniques (PTT) for the job
- Implement these new cleaning routines so that they stick

Clean My Space takes the chore out of cleaning with Melissa's incredible tips and cleaning hacks (the power of pretreating!) her lightning fast 5-10 minute "express clean" routines for every room when time is tightest, and her techniques for cleaning even the most daunting places and spaces. And a big bonus: Melissa gives guidance on the best non-toxic, eco-conscious cleaning products and offers natural cleaning solution recipes you can make at home using essential oils to soothe and refresh. With Melissa's simple groundbreaking

method you can truly live in a cleaner, more cheerful, and calming home all the time.

Cincinnati Magazine - 2006-08

Cincinnati Magazine taps into the DNA of the city, exploring shopping, dining, living, and culture and giving readers a ringside seat on the issues shaping the region.

Bon Appétit - 2001

Tamer - Michael-Scott Earle 2021-09-30

Control dinosaurs. Tame women. Rule the world. Victor and his tribe of beautiful women prepare to leave their fort and journey to their new base, but as usual with Dinosaurland, things never go according to plan. Now Victor must protect all of his tribe without the aid of walls, and an old enemy gathers an army to give chase. Victor will have to use every power at his disposal to protect his women, and the journey will uncover new secrets of this strange world.

Originality, Imitation, and Plagiarism -

Caroline Eisner 2008-03-10

"At long last, a discussion of plagiarism that doesn't stop at 'Don't do it or else,' but does full justice to the intellectual interest of the topic!" --Gerald Graff, author of *Clueless in Academe* and 2008 President, Modern Language Association
This collection is a timely intervention in national debates about what constitutes original or plagiarized writing in the digital age. Somewhat ironically, the Internet makes it both easier to copy and easier to detect copying. The essays in this volume explore the complex issues of originality, imitation, and plagiarism, particularly as they concern students, scholars, professional writers, and readers, while also addressing a range of related issues, including copyright conventions and the ownership of original work, the appropriate dissemination of innovative ideas, and the authority and role of the writer/author. Throughout these essays, the contributors grapple with their desire to encourage and maintain free access to copyrighted material for noncommercial purposes while also respecting the reasonable desires of authors to maintain control over their own work. Both novice and experienced teachers of writing will learn from the contributors' practical suggestions about how to fashion unique assignments, teach about proper attribution, and increase students' involvement

in their own writing. This is an anthology for anyone interested in how scholars and students can navigate the sea of intellectual information that characterizes the digital/information age. "Eisner and Vicinus have put together an impressive cast of contributors who cut through the war on plagiarism to examine key specificities that often get blurred by the rhetoric of slogans. It will be required reading not only for those concerned with plagiarism, but for the many more who think about what it means to be an author, a student, a scientist, or anyone who negotiates and renegotiates the meaning of originality and imitation in collaborative and information-intensive settings." ---Mario Biagioli, Professor of the History of Science, Harvard University, and coeditor of *Scientific Authorship: Credit and Intellectual Property in Science* "This is an important collection that addresses issues of great significance to teachers, to students, and to scholars across several disciplines. . . . These essays tackle their topics head-on in ways that are both accessible and provocative." ---Andrea Lunsford, Louise Hewlett Nixon Professor of English, Claude and Louise Rosenberg Jr. Fellow, and Director of the Program in Writing and Rhetoric at Stanford University and coauthor of *Singular Texts/Plural Authors: Perspectives on Collaborative Writing* digitalculturebooks is an imprint of the University of Michigan Press and the Scholarly Publishing Office of the University of Michigan Library dedicated to publishing innovative and accessible work exploring new media and their impact on society, culture, and scholarly communication. Visit the website at www.digitalculture.org.

The Case Against Immigration - Roy Howard Beck 1996

Argues current immigration levels hurt individuals to communities

Shabby Chic - Rachel Ashwell 2012-02-21
Valuable flea market finds... A peeling, antique vanity in muted sea green... An elegant, cracked chandelier... An enormous, slipcovered sofa with deep, cushions... Comfort, the beauty of imperfections, the allure of time-worn objects, and the appeal of simple practical living: these are the cornerstones of what has come to be known as the Shabby Chic style. Like the cozy

familiarity of a well-worn pair of faded jeans, the dilapidated elegance of an Italian villa, or the worn grandeur of faded velvets and mismatched floral china handed down from your grandmother's attic, the Shabby Chic style is a revived appreciation for what is used, well-loved, and worn. It is a respect for natural evolution and a regard for what is easy and sensible. The hundreds of lavish photographs in this book invite you inside the unique world of Shabby Chic. Rachel Ashwell, founder of the Shabby Chic home decor stores, for the first time provides her invaluable and much-sought-after advice on how to re-create Shabby Chic style in your own home. With engaging text and easy-to-follow instructions, Rachel details the Shabby Chic basics in a way that will put even the most apprehensive or novice decorators at ease. From flowers to fabrics to lighting, Rachel illuminates all of the elements essential to this unpretentious yet truly exquisite style. A behind-the-scenes look at a flea market lets readers in on Rachel's personal secrets of how to cull hidden treasures from flea market trash--an old trunk, its paint peeling around the edges, can be given new life as a coffee table, while a chipped white iron salvage piece becomes the perfect frame for a vintage mirror. This book tells you not only how to restore these pieces but how to find the perfect place for them in your home. Gorgeous color photographs and accompanying text reveal how this relaxed look works with a variety of different styles, from Victorian to Mediterranean to contemporary.

The seven kings of Rome - Livy 1872

Class - Paul Fussell 1992

This book describes the living-room artifacts, clothing styles, and intellectual proclivities of American classes from top to bottom

Monster Empire - Michael-Scott Earle 2020-10
Being the head of a monster-girl homestead isn't easy. Yeah, there is plenty of awesome sex and cute/horrific monster babies, but Ken Jewell soon has his hands full when a big band of bounty hunters start looking for "Crazy Ken" in the surrounding wilderness. To grow his small empire, Ken's going to have to find some new monster women to make clever and strong babies with. And where does a human soldier from Earth find monster girls to make babies

with?The Underdark!

Best Buys for Your Home 2004 - Consumer Reports (Firm) 2004-02

A new consumer buying guide aids homeowners in difficult purchasing decisions, providing advice, descriptions, and ratings of more than eight hundred brand-name items, including kitchen appliances, tools, remodeling materials, and home electronics, accompanied by tips on how to get the best value for one's money.

Original.

Boating - 1993-01

The Great Escape - Angus Deaton 2015-05-26

Asserts that 250 years ago, some parts of the world began to experience sustained progress, opening up gaps and setting the stage for today's hugely unequal world and examines the United States, a nation that has prospered but is today experiencing slower growth and increasing inequality.

Microwave oven radiation - 1980

Cincinnati Magazine - 2006-09

Cincinnati Magazine taps into the DNA of the city, exploring shopping, dining, living, and culture and giving readers a ringside seat on the issues shaping the region.

Opinion Mining and Sentiment Analysis - Bo Pang 2008

This survey covers techniques and approaches that promise to directly enable opinion-oriented information-seeking systems.

Consumer Reports - Jeff Blyskal 2003-02

LEGO Gadgets - Klutz 2018-03

Build 11 machines, includes all the LEGO bricks you need. From the 'practical' (a mechanical hand to pick things up for you) to the intriguing (a machine that makes crinkled paper) to the flat-out ridiculous (astronaut training for your mini-figures!), these projects encourage kids to explore the possibilities hidden in their LEGO collection. Inspires open-ended creativity to not just build the models in this book, but also to experiment with their own modifications to be faster, more accurate, or more complex.

The Kilted Coaches - Stephen Clarke (life coach) 2021

"Who needs a gym when you have Scotland? We all have goals, ambitions and dreams, but How

do you overcome the obstacles you find in the way? How do you kick your negativity to the kerb? How do you become who you want to be? BY STICKING TO THE DAMN PLAN. With hundreds of videos, thousands of followers and millions of views, The Kilted Coaches, Stephen Clarke and Rab Shields, are no strangers to living their lives in high definition. But now they reveal how to become HD in every aspect of your life: bigger, louder, more colourful than ever, and unmistakably you. In a characteristically Scottish blend of advice and banter, The Kilted Coaches channel their years of experience as life coaches and weight loss experts into bite-sized nuggets of advice designed to build confidence, positivity and ultimately that elusive future self. Always down to earth (sometimes very literally), they demonstrate that whoever you are, wherever you are, you can win each day. In fact, we're all just folk with our own lives and commitments, and every step towards health and happiness is a success. So, stick to the plan and win your life - even if you don't have a kilt (but it helps)"--Publisher's description.

The Healthy Kitchen - Andrew Weil, M.D.

2003-12-09

Two of America's most popular authorities on healthy eating and cooking join forces in this inspiring, easy-to-use cookbook. This is not a diet book. It is a lively guide to healthy cooking, day-by-day, packed with essential information and, above all, filled with enticing food. Andrew Weil, M.D.—author of the best-selling *Eating Well for Optimum Health*—brings to this perfect collaboration a comprehensive philosophy of nutrition grounded in science. Rosie Daley—acclaimed for her best-seller, *In the Kitchen with Rosie*—brings to it her innovative and highly flavorful spa cuisine. The recipes are eclectic, drawing from the healthy and delicious cooking of the Middle East, the Mediterranean, and Asia, among other cuisines. For starters, you might try Grilled Satay or a Miso Pâté; for soup, often a meal in itself, a hearty Mixed-Bean Minestrone Stew or a Roasted Winter Squash and Apple Soup with Cilantro Walnut Pesto; a special entrée could be the Savory Roasted Cornish Hens with Roasted Garlic or Baked Spicy Tofu with Bean Thread Noodles, Corn, and Mango; for a simple supper, Turkey Burgers or Portobello Burgers; and for the occasional

indulgence, a dessert of Almond Fruit Tart or Peach and Blueberry Cobbler. Andy and Rosie do not always agree. When Rosie calls for chicken, Andy offers a tofu alternative; she likes the flavor of coconut milk, whereas he prefers ground nut milk; when she makes a pastry with butter, he suggests using Spectrum Spread. There are no hard-and-fast rules. Lifelong health begins in the kitchen, so this is a lifestyle book as well as a cookbook. In it you will learn from Dr. Weil: • how to make use of nutritional information in everyday cooking • what is organic . . . and how to buy organic foods • the importance of reading labels and what to look for • sensible advice about eggs, milk, cheese, salt, spicy foods, wine, coffee • the facts about sugar and artificial sweeteners . . . and from Rosie: • how to get kids involved—from skinning almonds to layering lasagna • ways to have fun in the kitchen—creating scallion firecrackers and radish rosettes • low-fat and nondairy alternatives for those with special concerns • smart menu planning—letting the seasons be your guide . . . and lots more. This revolutionary book will change forever the way you cook for yourself and your family. With 58 photographs in full color.

[The Psychology of Quality of Life](#) - M. Joseph Sirgy 2021-06-09

The third, thoroughly revised and enhanced edition of this bestselling book analyses and discusses the most up-to-date research on the psychology of quality of life. The book is divided

into six parts. The introductory part lays the philosophical and academic foundation of much of the research on wellbeing and positive mental health, showing the beneficial effects of happy people at work, health, and to society at large. Part 2 (effects of objective reality) describes how sociocultural factors, income factors, other demographic factors, and biological and health conditions affect wellbeing and positive mental health. Part 3 focuses on subjective reality and discusses how individuals process information from their objective environment, and how they manipulate this information that affects wellbeing and positive mental health. Part 4 focuses on the psychology of quality of life specific to life domains, while Part 5 reviews the research on special populations: children, women, the elderly, but also the disabled, drug addicts, prostitutes, emergency personnel, immigrants, teachers, and caregivers. The final part of the book focuses on theories and models of wellbeing and positive mental health that integrate and unify disparate concepts and programs of research. The book addresses the importance of the psychology of quality of life in the context of public policy and calls for a broadening of the approach in happiness research to incorporate other aspects of quality of life at the group, community, and societal levels. It is of topical interest to academics, students and researchers of quality of life, wellbeing research, happiness studies, psychotherapy, and social policy.