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The Triathlete's Training Bible , Joe Friel, Feb 9, 2004, Sports & Recreation, 368 pages. This new edition of The Triathlete's Training Bible covers all of the specialized training needs of triathletes, including completely updated nutrition, recovery, and weight.

The Art of Swimming A New Direction Using the Alexander Technique, Steven Shaw, Armand D'Angour, 2001, Sports & Recreation, 159 pages. The Art of Swimming has achieved unique status as a result of its striking and unusual perspective on swimming and its inspirational message that interaction with the water can.

How to Retire Happy, Wild, and Free Retirement Wisdom that You Won't Get from Your Financial Advisor, Ernie John Zelinski, 2004, Social Science, 229 pages. Offers humorous insights and suggestions for keeping busy to stay happy, with testimonials from successful retirees..

Wild Swim , Kate Rew, 2009, Sports & Recreation, 224 pages. In perfect prose, outdoor swimmer Kate Rew, together with documentary photographer Dominick Tyler, takes the reader on a wild journey across Britain as she plunges into rivers.

Breaking the Sound Barrier , Amy Goodman, 2009, History, 377 pages. Presents a collection of the author's commentaries from Democracy Now!, the daily grassroots global news hour that broadcasts the program via radio, satellite and cable.

Swim for Life , Greg Whyte, 2010, Physical fitness, 144 pages. Talks you through the four major swimming strokes and advises how to structure your workout to keep it varied and exciting. Greg recommends specific land exercises that will.

Body, Breath & Being A New Guide to the Alexander Technique, Carolyn Nicholls, 2008, Health & Fitness, 159 pages. Body, Breath and Being explores the Alexander Technique through the experiences of those who have studied it and benefited from it. These include: *A keen amateur sportsman who.

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How You Stand, How You Move, How You Live Learning the Alexander Technique to Explore Your Mind-Body Connection and Achieve Self-Mastery, Missy Vineyard, Matthew Mitchell, Jun 3, 2007, Health & Fitness, 322 pages. A comprehensive new guide to The Alexander Technique: A simple yet powerful method for improving how the mind and body interact.

Healing in the Kingdom How the Power of God and Your Faith Can Heal the Sick, Cal Pierce, Jun 2, 2008, Religion, 240 pages. God is calling forth a generation that is passionate for His healing presence. To this end, God has equipped every person with a provision for healing. This provision was

Analysing Public Policy , Peter John, 1998, Political Science, 227 pages. An accessible review of the main approaches in the study of public policy, this text argues that most writers who seek to explain how policy varies and changes use one of the Motor racing the Australian way , Bryan Hanrahan, 1972, Sports & Recreation, 127 pages

In The Scalawags, James Alex Baggett ambitiously uncovers the genesis of scalawag leaders throughout the former Confederacy. Using a collective biography approach, Baggett.

Danger Girl follows the story of renowned Archeologist and adventurer Abbey Chase as she is recruited by the super-secret spy organization, Danger Girl. Along with fellow. The majority of American women supported the Allied cause during World War II and made sacrifices on the home front to benefit the war effort. But U.S. intervention was opposed.

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The Gates of Memory Australian People's Experiences of Memories of Loss and the Great War, Tanja Luckins, 2004, History, 304 pages. This book is an elegant and evocative cultural history that explores the meanings, for ordinary Australians, of loss and memory during the First World War. It tells the moving Education the process and the social institution, Laiten Lester Camien, 1964, Education, 165 pages Swimming Without Stress 2005 Telling the Story: Writing for Print, Broadcast, and Online Media, Volume 2 Writing for Print, Broadcast, and Online Media, Brian S. Brooks, 2001, Language Arts & Disciplines, 365 pages

The Power of Human Rights International Norms and Domestic Change, Thomas Risse-Kappen, Stephen C. Ropp, Kathryn Sikkink, Aug 5, 1999, Political Science, 318 pages. This book celebrated the 50th anniversary of the Universal Declaration of Human Rights by showing how global human rights norms have influenced national government practices in Global Civil Society Contested Futures, Gideon Baker, David Chandler, Oct 1, 2004, Political Science, 240 pages. For many commentators, global civil society is revolutionising our approach to global politics, as new non-state-based and border-free expressions of political community Swimming Without Stress 2005

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Inlaws, Outlaws and the Functional Family A Real-World Guide to Resolving Today's Family Issues, Harry R. Jackson, Jr., 2007, Family & Relationships, 173 pages. Bishop Harry R. Jackson Jr. offers time-tested suggestions on how to improve communication, overcome conflict, parent with grace, improve family finances, and deal with
The Price of Glory , Seth Hunter, Aug 18, 2011, Fiction, 310 pages. The third novel in this epic, thrilling series of war and villainy on the high seas, featuring Captain Nathan Peake. Nathan Peake charts a perilous course through the

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Bond Plays: 9 Innocence; Window, Tune, Balancing Act; The Edge, Edward Bond, Aug 1, 2013, Drama, 288 pages. Edward Bond Plays:9 brings together recent work by the writer of the classic stage plays Saved, Lear, The Pope's Wedding, and Early Morning. The volume comprises five new plays Specters of Conquest Indigenous Absence in Transatlantic Literatures, Adam Lifshey, 2010, Literary Criticism, 182 pages. The book concludes by proposing that Mary Shelley's Frankenstein is the great American novel. -- download Swimming Without Stress Cheater's Guide to Speaking English Like a Native , Boye Lafayette De Mente, Aug 15, 2007, Foreign Language Study, 255 pages. Learn many of the proverbs and colloquial expressions common to native English speakers H.G. Wells created The War of the Worlds, his archetypical story of alien invasion, amidst an 1890s backdrop of rampant and rapid industrialization, global British hegemony. A company's logo is the most important component of its brand identity. So why would a company ever change its logo? Because things change -- the competition, the times, even.

Counterstrike The Untold Story of America's Secret Campaign Against Al Qaeda, Eric Schmitt, Thom Shanker, Aug 16, 2011, Political Science, 324 pages. Reveals the Pentagon's covert strategy for countering terrorism that developed when initial efforts following September 11 were unsuccessful, explaining how multiple agencies

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Australian War Memorial , Australian War Memorial, Barbara Glover, Ian Roberts, 1983, , 24 pages
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The Credit Repair Kit , John Ventura, 2004, Business & Economics, 257 pages. An updated guide to coping with credit problems explains how to obtain a copy of one's credit report and correct errors, rebuild one's credit after financial problems, obtain How to plan your future strategy for efficient, cost-saving data management
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The SAT Subject Test , Linda Gregg, Miriam Ellis, Paulette Cuvillier, 2002, Study Aids, 357 pages. Master the SAT II French Subject Test and score higher... Our test experts show you the right way to prepare for this important college exam. REA's SAT II French Subject test Bob Dylan the man, the music, the message, Don Williams, Jun 1, 1985, Biography & Autobiography, 160 pages. Examines Dylan's musical career, looks at his conversion to Christianity, and discusses the religiosity of his songs

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