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Part memoir, part sweeping journalistic saga: As Casey Parks follows the mystery of a stranger's past, she is forced to reckon with her own sexuality, her fraught Southern identity, her tortured yet loving relationship with her mother, and the complicated role of faith in her life. "Most moving is Parks' s depiction of a queer lineage, her assertion of an ancestry of outcasts, a tapestry of fellow misfits into which the marginalized will always, for better or worse, fit." —The New York Times Book Review When Casey Parks came out as a lesbian in college back in 2002, she assumed her life in the South was over. Her mother shunned her, and her pastor asked God to kill her. But then Parks's grandmother, a stern conservative who grew up picking cotton, pulled her aside and revealed a startling secret. "I grew up across the street from a woman who lived as a man," and then implored Casey to find out what happened to him. *Diary of a Misfit* is the story of Parks's life-changing journey to unravel the mystery of Roy Hudgins, the small-town country singer from grandmother' s youth, all the while confronting ghosts of her

own. For ten years, Parks traveled back to rural Louisiana and knocked on strangers' doors, dug through nursing home records, and doggedly searched for Roy's own diaries, trying to uncover what Roy was like as a person—what he felt; what he thought; and how he grappled with his sense of otherness. With an enormous heart and an unstinting sense of vulnerability, Parks writes about finding oneself through someone else's story, and about forging connections across the gulfs that divide us. "As an in-depth explanation of one organisation's brand strategy, this guide is both fascinating and full of useful insights." — The CA magazine (UK)

Get tactical insight from the top business-to-business branding experts—and gain a global presence This comprehensive manual lays out the steps necessary for creating an iconic global identity. It uses the lessons and inside knowledge of Deloitte, the world's largest professional services organization, to help other business-to-business operations deliver a high-impact, value-added brand experience. This book will illustrate all the components of an integrated brand identity system, and how they can be crafted and implemented for optimal effect. Here, the speculative is replaced by the proven: a seamless framework for global brand success, created and followed by an organization renowned for its consulting and advisory services. Features essential up-to-date strategies for keeping your brand fresh and enduring Addresses the role of designers; the marketing and communication function; human resources and talent teams; agencies and vendors; and more Considers the impact of digital and social media, two massive forces requiring new thinking for B2B brands Incorporates best practices for emerging markets With guidance that takes you on a clear, linear path toward achieving your brand objectives, this impressive single-source volume is the one book no business marketing professional should be without. The only guide you'll ever need to manage the care of your aging family **FULLY REVISED AND UPDATED** As our population shifts and ages, the care needs for our elders continue to change and evolve. Today's generation of family and professional caregivers faces new decisions and challenges, as well as

previously unavailable options. This thoroughly revised and updated 2009 edition of *The Complete Eldercare Planner* equips you with reliable, up-to-the-minute information to help you plan and manage caring for your loved ones. Comprehensive and detailed, sensitive and realistic, practical and accessible, the 2009 edition provides even more tips on prioritizing and organizing caregiving tasks, balancing work and family responsibilities, and navigating the complex maze of eldercare services. In addition to an expanded index of Internet resources and access to downloadable forms of key documents, you will find indispensable checklists, worksheets, step-by-step action plans, lists of questions to ask, low-cost and free alternative resources, and The Document Locator™. This new edition covers:

- Getting started on creating a long-term care plan
- Finding help, especially if you live far away
- Managing the financial aspects
- Talking to elders about sensitive subjects
- Senior housing – move or stay put?
- Managing medications
- And many other topics of vital interest to anyone caring for an elder

The ultimate companion to any diet—featuring ten steps that will give you the information and motivation to achieve your own success on any weight-loss plan. Kim Bensen knows about weight loss. And weight gain. For decades, she tried every diet there was, but nothing seemed to work – for long anyway – and she yo-yoed her way to 350 pounds. But she never gave up and in 2001, despite years of heartbreak and discouragement, Kim tried again. This time was different and the results were phenomenal: 212 pounds lost forever, fourteen dress sizes, four ring sizes, one and a half shoe sizes, and 200 points of cholesterol gone for good! In the end, Kim not only changed her health and size, but also her career. The clamor of “ How did you do it? ” by desperately struggling individuals as well as the national media motivated her to sit down and pen into words what she had put into action. In *Finally Thin!*, Kim Bensen recounts her own success story and then breaks down her success into a ten-step system, showing readers exactly how she accomplished her weight-loss goal. From choosing the right diet for your

needs to setting realistic goals, finding support, eating out, recovering from a slipup, the keys to maintenance, and even 75 recipes, this book covers it all in an upbeat, inspirational, and approachable tone. A must-have for anyone trying to lose weight, *Finally Thin!* will help dieters break free of the yo-yo cycle and achieve their ultimate goal—once and for all.

Dylan has just moved to New Hampshire to live in a house his family has inherited from a great aunt he's never met. There he meets his cousin, a bully who resents Dylan's family, and a mysterious girl who claims she can lead him to buried treasure in the woods on the property. The key to helping the girl involves uncovering a dark family secret and righting the wrongs of the past. At the Publisher's request, this title is being sold without Digital Rights Management Software (DRM) applied.

An Amazing Resource for Nursing Moms Although breastfeeding is the natural and healthy way to nourish your baby, it ' s not always easy. Many new mothers are scared away from nursing because of difficulty getting started and lack of information about what to do when things don ' t go as planned. In this fully revised and updated edition of *The Ultimate Breastfeeding Book of Answers*, two of today ' s foremost lactation experts help new mothers overcome their fears, doubts, and practical concerns about one of the most special ways a mother can bond with her baby. In this comprehensive guide, Dr. Jack Newman, a leading authority on infant care, and Teresa Pitman, a La Leche League leader for more than twenty years, give you the facts about breastfeeding and provide solutions for the common problems that arise. Filled with the same practical advice that made the first edition a must-have for nursing moms, the new edition features updates on:

- Achieving a good latch
- What to do if your baby refuses the breast
- Avoiding sore nipples
- Ensuring your baby gets enough milk
- Feeding a colicky baby
- Breastfeeding premature and special-needs babies

Kevin O'Hara recreates his boyhood with these wonderful stories of growing up in Massachusetts in the 1950s and 60s as one of eight children. His parents, born in Ireland, came to this country for their children's sake. His family

struggled against grinding poverty but they never gave up and never lost their faith that God had a plan for them. Kevin learned the lessons of making do and making things last, and what the true riches of the world are: good health and the love of a united family. All these lessons grounded him as he reached adulthood...and was sent off to fight in wilds of Vietnam as a reluctant soldier. This book will tug at your heart and make you cry tears of both sorrow and joy. It is a story about the Irish-American experience but it is much more--it's the story of a generation growing up in the shadow of the Second World War and the start of a new age of hope and promise, a time when people believed that anything was possible as long as you dared to dream and had faith in yourself. And a little Irish luck couldn't hurt either. At the Publisher's request, this title is being sold without Digital Rights Management Software (DRM) applied. The magazine that helps career moms balance their personal and professional lives. "Heart to Heart Stories for Moms" is a deeply moving collection of stories about the strongest, purest form of love in the world—the love of a mother. These timeless tales of mothers, stepmothers, surrogate mothers, and mentors will inspire laughter, tears, and thoughtful reflections about the importance of the kind of nurturing only a mom—or mother figure—can give. Includes colorful interior and illustrations. “ Long ago, Mrs. C. T. Cole said it best: The mother's face is the child's first heaven.’ This collection of stories is about the many faces of mother-love that constitute a child's heaven. I hope that, in reading them, you will better understand what it is that God intended a mother to be in her children's lives. ” —Joe L. Wheeler A biographical listing of physicians practicing in Canada. Data includes name, address, university, graduation date, degrees, specialist certificates, and field of practice. Includes information pertaining to the practice of medicine in Canada including organizations, boards, and a listing of hospitals and universities. Images, Issues, and Attacks explores important differences between incumbents and challengers in the uses of televised advertising in modern presidential elections. Elections since 1956 can be divided into

three categories: elections with strong incumbents, the incumbent wins; elections with weak incumbents, the incumbent loses; and elections with surrogate incumbents, the vice president runs. Incumbent and challenger advertising emphasizes personal imagery, links the imagery to specific issues, and attacks rivals for opposing those images and issues. The first part of the book describes how incumbents and challengers used these themes in the elections from 1980 to 2000. The second part applies those findings to the 2004 election and shows how George W. Bush presented himself as a strong incumbent and how he and his challengers varied their mix of images, issues, and attacks over different periods of the election campaign.

A comprehensive annual guide for nursing students and practicing nurses, the 2014 Lippincott's Nursing Drug Guide provides quick A-to-Z access to current, vital drug information. This edition includes information on over 1500 drugs and drug combinations. Complete monographs for over 700 common drugs contain generic and trade names, pronunciations, pregnancy risk category, controlled substance schedule (if appropriate), drug classes, therapeutic actions, indications, contraindications and cautions, available forms, dosages, pharmacokinetics, IV facts (if appropriate), adverse effects, interactions, and a nursing considerations section based on nursing process steps including assessment, interventions, and teaching points. The book also includes a 32-page full-color photo guide to pills and capsules for easy reference and multiple additional appendices that summarize key clinical information. The electronic ancillary contains 200 drug monographs and patient-teaching aids. This book provides a research-based analysis of the dynamics of several types of violence in families and close relationships, as well as a discussion of theories relating to the experiences of victims. Drawing on recent research data and case studies from their own clinical experiences, the authors examine causes, experiences, and interventions related to violence in various forms of relationships including children, elders, and dating or married couples. Among the topics covered: Causal factors in aggression and violence Theories of survivor coping and

reactions to victimization Interventions for abused women and children
Other forms of family violence: elder abuse, sibling abuse, and animal
cruelty Societal responses to abuse in the family Dynamics of Family and
Intimate Partner Violence is a crucial resource for practitioners and
students in the fields of psychology and social work, vividly tying together
theory and real-life case studies. Steven Gould returns to the world of his
classic novel Jumper in the thrilling sequel Impulse. Cent has a secret. She
lives in isolation, with her parents, hiding from the people who took her
father captive and tortured him to gain control over his ability to teleport,
and from the government agencies who want to use his talent. Cent has
seen the world, but only from the safety of her parents' arms. She's
teleported more than anyone on Earth, except for her mother and father,
but she's never been able to do it herself. Her life has never been in
danger. Until the day when she went snowboarding without permission
and triggered an avalanche. When the snow and ice thundered down on
her, she suddenly found herself in her own bedroom. That was the first
time. At the Publisher's request, this title is being sold without Digital
Rights Management Software (DRM) applied. Contains public messages
and statements of the President of the United States released by the White
House from January 20 to June 30, 2001. Also includes appendices and
an index. In our ironic, "postfeminist" age few experiences inspire the
kind of passions that breastfeeding does. For advocates, breastfeeding is
both the only way to supply babies with proper nutrition and the "bond"
that cements the mother/child relationship. Mother's milk remains
"natural" in a world of genetically modified produce and corporate health
care. But is it a realistic option for all women? And can a well-intentioned
insistence on the necessity of breastfeeding become just another way to
cast some women as bad mothers? Linda M. Blum is author of Between
Feminism and Labor: The Significance of the Comparable Worth
Movement. She teaches sociology and women's studies at the University
of New Hampshire, and wrote this book while a Bunting Fellow at the
Radcliffe Institute for Advanced Study. HIV Plus offers the latest stories

on research, economics, and treatment. The magazine raises awareness of HIV-related cultural and policy developments in the United States and throughout the world. An action-packed, young adult coming-of-age adventure, K. K. Perez's *The Tesla Legacy* follows a precocious young scientist named Lucy Phelps whose fateful encounter in the Tesla Suite of the New Yorker Hotel unlocks her dormant electrical powers. As Lucy struggles to understand her new abilities through scientific experimentation, she is thrust into a centuries old battle between rival alchemical societies. One side wants her help and the other wants her dead, but both believe she is the next step in human evolution.

Unfortunately, carriers of the genetic mutation—including Nikola Tesla—have a greatly reduced life expectancy. Even if Lucy can outrun her enemies, she can't outrun herself. At the Publisher's request, this title is being sold without Digital Rights Management Software (DRM) applied. *Endurance in Sport* is a comprehensive and authoritative work on all aspects of this major component of sports science. The book also embraces medical and sport-specific issues of particular relevance to those interested in endurance performance. The scientific basis and mechanisms of endurance - physiological, psychological, genetic and environmental - are all considered in depth. Measurement of endurance is extensively reviewed as is preparation and training for physical activities requiring endurance. Syndicated columnist Adams humorously dissects and revels in the absurdity and chaos of modern family life in her debut book. The eating style proven to reduce the risk of heart attack and stroke. **LOSE WEIGHT, STAY FIT, AND FEEL GREAT WHILE EATING SOME OF THE MOST DELICIOUS AND HEALTHIEST FOOD ON EARTH.** Renowned for its dazzling beauty and delectable cuisine, the Mediterranean island of Sicily has historically one of the healthiest diets in the world. Recent studies show that this eating style can reduce the risk of developing Parkinson's disease, Alzheimer's, diabetes, and depression, and that it can even increase fertility rates! Now all the succulent flavors and myriad benefits of Sicilian cooking are yours to

savor in the very first weight-loss program that will not only help you effortlessly shed unwanted pounds but will become a prescription for a lifetime of nourishing, palate-pleasing fare. Created by respected physician Dr. Angelo Acquista, who has successfully counseled his patients on weight management for years, *The Mediterranean Prescription* starts with a two-week weight-loss stage that includes simple, delectable recipes to help you lose eight to ten pounds right away. Still convinced that all diets leave you feeling deprived? Imagine eating Baked Zucchini with Eggplant and Tomatoes, Sweet-and-Sour Red Snapper, Chicken Cacciatore, Pasta Fagioli, and Baked Onions. Dr. Acquista culled his Sicilian mother's recipe box for the most mouthwatering recipes – plus he includes meals from famous chefs at top Italian restaurants, such as Cipriani and Serafina. If you follow these lifestyle-changing suggestions, you will enjoy

- long-term success: Eat the foods you love and enjoy – bread, pasta, and all your favorite Italian dishes – while adopting healthier eating habits.
- no more addictions: A two-week “tough love” stage helps you kick the habit of sugar, junk food, and preservatives.
- zero deprivation: The Sicilian way of cooking and combining foods means less snacking in between meals, and less temptation to fill up on desserts.
- family-friendly recipes: Children will love and benefit from the dishes as well, so you can share the good eating and the good health. Plus you'll find vital information on how being overweight affects each part of your body, including the skin, brain, heart, liver, joints, back, and breasts. Most people don't realize that many of their health problems derive from unhealthy weight. Discover the Sicilian secret to a happy life. Capture a pleasurable way of eating that will bring all the blessings and bounty of the Mediterranean to your table, to your life, and to your health!

From the Hardcover edition. The only book from a physician-mom with warm, practical, and medically sound advice that will help moms reclaim their passion for sex. There's one thing that almost every mother knows but won't discuss: Sex drive diminishes after a baby is born, and it's a struggle to reclaim passion in the years that

follow. In *Great Sex for Moms* Dr. Raskin brings the problem out into the open -- at last. From her fifteen years as a psychiatrist she knows that mothers silently rationalize that sex will return "after the baby sleeps through the night," then "when the children start having sleepovers," and then "once the kids go to college." And she believes that eighteen years is an awfully long time to wait. Dr. Raskin reveals the reasons that women's bodies and minds betray them, resulting in a sleepy libido. The great news is that it's easier than you might think to wake it up. Insisting that a healthy parental sex life is in the children's best interests, Dr. Raskin shows you how to: Overcome the feeling that you're the only one in America with a boring sex life Leave your mother persona at the bedroom door to rescue your sexual self Banish the inner censor and talk about sex with your partner Stop frenzied, on-demand mothering so you can nourish your libido *Great Sex for Moms* is perhaps the most important book a mother can read for nurturing her marriage, her children, and above all, her own sexuality. Dr. Creagan's prescription for prevention and survival teaches readers how to take control of their health care, their medical records and their decision making and shows patients how to wisely select and build partnerships with their doctors. Provide a description about the book that does not include any references to package elements. This description will provide a description where the core, text-only product or an eBook is sold. Please remember to fill out the variations section on the PMI with the book only information. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version. In this timely new book, the professionals at the ABA provide comprehensive, clear, and practical guidance on how to plan for and secure aging parents' financial and emotional well-being. The guide covers topics including housing, healthcare, power of attorney, and more. The Congressional Record is the official record of the proceedings and debates of the United States Congress. It is published daily when Congress is in session. The Congressional Record began publication in

1873. Debates for sessions prior to 1873 are recorded in The Debates and Proceedings in the Congress of the United States (1789-1824), the Register of Debates in Congress (1824-1837), and the Congressional Globe (1833-1873)

WHY ARE SO MANY MOMS (AND DADS) USING HOMEOPATHY TO KEEP THEIR KIDS HEALTHY? BECAUSE IT WORKS!

Arlene Uhl is not a doctor or a New Ager. She's just an ordinary mom who became frustrated after conventional treatments failed to help her child's chronic colds and earaches. When a friend recommended homeopathy, the 200-year-old system of natural remedies, Arlene was skeptical -- until she discovered just how truly safe and effective it is. In **MEDICINE MOMS "TM"**, Arlene shares her experiences and those of other parents who've seen remarkable results from integrating homeopathy with traditional medicine. And she shows you how to use its gentle methods, so your child can feel better quickly -- without the side effects of prescription medicines. Now you too can: -- Put an end to earaches and allergies -- Avoid the dangers of over-using antibiotics, steroid inhalants, and those "tubes in the ear" -- Prevent the colds and flu kids suffer each school year -- Stop teething pain in seconds

Plus, you'll get help for: *Colic *Rashes and bruises *Bedwetting *Sunburn *Sore throats *Diarrhea *Coughs *Motion sickness *and more

Published to coincide with Dr. Neifert's newest hardcover **Dr. Reassuring** and supportive, this indispensable guide covers every aspect of parenting from conception to age five. Like its companion books--the number-one bestselling **Prescription for Nutritional Healing** and the newer **Prescription for Herbal Healing--Prescription for Dietary Wellness** offers authoritative information that is research-based and clearly written, making it easy for the reader to quickly find the subjects in which he or she is interested and to incorporate the dietary recommendations into his or her daily life. Updates in this second edition include: phytochemicals and antioxidants foods that boost immunity how to choose the most nutritious foods "standout" healing foods how to design a diet for your individual optimal health, taking into account special dietary needs such

as those of women, children, vegetarians, and others food combining diet-based healing techniques such as juicing, fasting, and detoxifying how to avoid potential dietary dangers, including threats to water safety, foodborne diseases, food additives, food irradiation, antibiotics, genetically engineered foods, and undesirable substances such as caffeine, cholesterol, and sugar. While not a cookbook, Prescription for Dietary Wellness also includes a number of easy, wholesome recipes and advice on cooking methods. It is a complete, practical guide to eating for good health. Popular Mechanics inspires, instructs and influences readers to help them master the modern world. Whether it ' s practical DIY home-improvement tips, gadgets and digital technology, information on the newest cars or the latest breakthroughs in science -- PM is the ultimate guide to our high-tech lifestyle. The complete guide to helping your parents age gracefully, happily, and healthfully. Draws on the latest findings beyond cultural perceptions to reveal how the brain processes love and interpersonal relationships, addressing such questions as the practicality of monogamy, and whether or not the "seven-year itch" actually exists. An American expatriate in Rome unearths his family legacy in this sweeping novel by the acclaimed author of *The Prince of Tides* and *The Great Santini* A Southerner living abroad, Jack McCall is scarred by tragedy and betrayal. His desperate desire to find peace after his wife ' s suicide draws him into a painful, intimate search for the one haunting secret in his family ' s past that can heal his anguished heart. Spanning three generations and two continents, from the contemporary ruins of the American South to the ancient ruins of Rome, from the unutterable horrors of the Holocaust to the lingering trauma of Vietnam, *Beach Music* sings with life ' s pain and glory. It is a novel of lyric intensity and searing truth, another masterpiece among Pat Conroy ' s legendary and beloved novels. Praise for *Beach Music* " Astonishing . . . stunning . . . The range of passions and subjects that bring life to every page is almost endless. " —The Washington Post Book World
" Magnificent . . . clearly Conroy ' s best. " —San Francisco Chronicle

“ Blockbuster writing at its best. ” —Los Angeles Times Book Review
“ Pat Conroy ’ s writing contains a virtue now rare in most contemporary fiction: passion. ” —The Denver Post “ A powerful, heartfelt tale. ” —Houston Chronicle
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