

## Dukanova Dieta Kniha Receptov

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### A Kingdom of Souls

Six Slovak Poets is the sixth volume in a series of bilingual anthologies of contemporary verse from Europe and beyond and features the work of poets of an older generation who started publishing in the 1960s. They lived through the difficult times that followed the Soviet invasion of Czechoslovakia in 1968, through the political, social and cultural transformation of the past twenty years since the fall

of the communist regime in 1989, and through the division of the country in 1993 which gave birth to today's Slovak Republic. The work of these poets continues the experimentation with form and language of the pre-war Central European avant-garde, with added elements of myth, legend, folk tales, and references to religion and the natural world. Also integral to their work are philosophical reflection and exploration of the moral issues raised by the circumstances in which they worked. The result is a densely woven, polythematic free verse representative of the poetics of a generation that has been central to Slovak literary life for four decades, a generation whose approach to poetry younger writers who have subsequently entered the literary scene are still developing or reacting against. Parallel-text: Slovak / English

### **The Dukan Diet Cookbook**

The Vatican Cathedral is packed to the rafters as Pope Gregory XVII leads the congregation in mass. A cloaked stranger steps suddenly and fearlessly towards the altar and commands the wheelchair-bound Pope to stand. He does. The miracle, if that's what it is, stops the world in its tracks. Who is this stranger? More inexplicable events follow: blind children see for the first time, cancers are cured, and a popular young starlet killed in a surfing accident inexplicably regains consciousness. There is widespread awe at each new demonstration of healing, but the Vatican retreats from the public eye, closing its doors to the world. What the public doesn't

see is that someone is threatening various Church officials-as well as the stranger the world is branding a miracle-worker. Skeptical investigative journalist Alexander Trecchio, seeking a source who could discredit the growing religious mania, instead discovers a gruesome killing. Soon Alexander and police officer Gabriella Fierro are working together to find the killer and get to the bottom of the mysterious events that have sent the world into a frenzy and the Catholic Church into retreat. The question on everyone's lips is, what is the true nature of the mysterious events unfolding in Rome? Amid talk of miracles and even the Second Coming, Alexander and Fierro uncover evidence of powerful earthly forces at play. Can those forces be stopped before more lives are lost-and one of the most ancient institutions in the world is destroyed?

### **Unearthing Ancient Egypt**

"Take her out back and finish her off." She doesn't know who she is. She doesn't know where she is, or why. All she knows when she comes to in a ransacked cabin is that there are two men arguing over whether or not to kill her. And that she must run. In her riveting style, April Henry crafts a nail-biting thriller involving murder, identity theft, and biological warfare. Follow Cady and Ty (her accidental savior turned companion), as they race against the clock to stay alive, in *The Girl Who Was Supposed to Die*. This title has Common Core connections.

### **Broken Angels**

A Nazi doctor. A Jewish rebel. A little girl. Each one will fight for freedom--or die trying. Imprisoned in the Lodz Ghetto, Elsi discovers her mother's desperate attempt to end her pregnancy and comes face-to-face with the impossibility of their situation. Risking her own life, Elsi joins a resistance group to sabotage the regime. Blonde, blue-eyed Matilda is wrenched from her family in Romania and taken to Germany, where her captors attempt to mold her into the perfect Aryan child. Spirited and brave, she must inspire hope in the other stolen children to make her dreams of escape a reality. Willem, a high-ranking Nazi doctor, plans to save lives when he takes posts in both the ghetto and Auschwitz. After witnessing unimaginable cruelties, he begins to question his role and the future of those he is ordered to destroy. While Hitler ransacks Europe in pursuit of a pure German race, the lives of three broken souls--thrown together by chance--intertwine. Only love and sacrifice might make them whole again.

### **Dominus**

Born nearly 4000 years ago in a village in the vicinity of Ur, to poor landless parents, Kama (meaning "first") Kameez (meaning "resilient"), sought to escape his humble origins. His grandfather, who was his confidant and was privy to his plans, predicted that Kama would eventually succeed and make his fortune - but only in a far-distant land and among a foreign people. Kama Kameez fled his parents' home when he was barely sixteen and then sojourned in remote villages, in the Elam city of Susa, and in the

mountainous countryside of Karaman. A village scribe taught him the art of writing and reading, and he recorded his memoirs on tablets and scrolls. When seventeen years old, he fell in love with Tubabah, the beautiful daughter of a village chief. Much against her father's will, she joined Kama Kameez, and they fled by boat. When they reached Susa, the local commander (the "Lugal") arrested them for trespassing and for blasphemous behavior. This Lugal, a treacherous person, expelled Kama Kameez from Susa and assigned Tubabah to his harem. Kama Kameez journeyed eastward. He eventually reached the mountains of Karaman where he encountered a gravely ill priest. This priest led him to a bounteous secret garden, with fruits capable of inducing physical rejuvenation. He collected some of the fruits and brought them back with him to Susa. This time, when he entered the city, he was much more mature and was disguised as a noble merchant attached to the king's court. By means of subterfuge he managed to free Tubabah, but when his true identity was discovered, he was once again arrested. His presence in the city created mayhem and heavy fighting among the Lugal's officers. With Tubabah, he escaped to the countryside, where his own young slave robbed him. While he searched for the missing slave, a band of roving vagabonds kidnapped his pregnant wife, and he was unable to trace her for a great many months. After retrieving the valuables and the fruits that his slave had stolen, Kama returned once more to Susa, where the community leaders, believing him to be of noble birth, elevated him to the position of city commander. He succeeded in imposing peace and prosperity, accumulating great personal wealth as

well, ruling the city for nearly two years. Near the close of his reign, his wife Tubabah rode into the city with their little son. She had managed to escape her captors with the help of a Hittite slave. Kama Kameez returned to the village of his ancestors, where his parents failed to recognize him. He acquired much land and cattle, built imposing structures, and became the confidant of the King of Ur. And enemies arose to challenge Kama Kameez in the city of Ur. They demanded that the king punish Kama Kameez and his wife Tubabah for belittling the city's gods, and the king ordered that Tubabah be arrested and kept prisoner in the great temple presided over by his sister the high priestess. Kama Kameez managed to rescue Tubabah from the temple by means of a daring subterfuge, by smuggling a salve into the temple that caused the temporary appearance of leprosy on her skin. The high priestess panicked and released Tubabah, but she became furious at Kama Kameez when she discovered that he had misled her. She demanded that he present himself before her in the temple, and when he appeared, she found that she was most impressed by his looks and by his character. She fell in love with him and ordered him to learn the ways of her gods so that he could rule at her side in the temple as a high priest. Kama Kameez, who had lost faith in idols and local deities, tried to cajole her into allowing him to return to his estate and to his family. The high priestess imposed conditions: that he orders his slaves and his underlings to build an extension to her temple

### **Orders from Berlin**

## **Complete Hip And Thigh Diet**

'If you like Kathy Reichs, you'll like Jefferson Bass' The Times. A woman's corpse lies hidden in a cave in the mountains of East Tennessee. Undiscovered for thirty years, her body has been transformed into a near-perfect mummy. Clueless, the local police enlist the help of Dr Bill Brockton, renowned anthropologist and founder of the University of Tennessee's Anthropology Research Facility - the Body Farm - where human corpses are left to the elements, and every manner of decay is fully explored for the sake of science and the cause of justice. The body has been found in Cooke County, a remote community that's clannish, insular and distrustful of outsiders. When Brockton's autopsy discloses an explosive secret, old wounds are reopened and feuds rekindled. As the powerful and uncooperative sheriff and his inept deputy threaten to derail Brockton's investigations, even Brockton, after years surrounded by death and decay, is baffled by this case unfolding in a unique environment, where nothing is quite what it seems.

## **A Woman of Passion**

Penguin Classics is proud to welcome William Trevor—"Ireland's answer to Chekhov" (The Boston Globe) and "one of the best writers of our era" (The Washington Post)—to our distinguished list of literary masters. In this award-winning novel, an informer's body is found on the estate of a wealthy Irish family shortly after the First World War, and an appalling

cycle of revenge is set in motion. Led by a zealous sergeant, the Black and Tans set fire to the family home, and only young Willie and his mother escape alive. Fatherless, Willie grows into manhood while his alcoholic mother's bitter resentment festers. And though he finds love, Willie is unable to leave the terrible injuries of the past behind. First time in Penguin Classics Winner of the Whitbread Novel of the Year Award

### **Sugar Addicts' Diet**

Does it feel as if you're fighting your body to lose even one pound—or just to maintain your current weight? Respected health and wellness expert and bestselling author Jillian Michaels has been there, too. So she consulted top experts in the field of metabolism and discovered that she'd inadvertently been abusing her endocrine system for years. After "fixing" her own metabolism, she decided to share what she learned by devising this simple, 3-phase plan that engages all the weight-loss hormones (including the friendly HGH, testosterone, DHEA; and the not-so-friendly: insulin, cortisol, and excess estrogen). In *Master Your Metabolism*, discover how to:

- REMOVE "anti-nutrients" from your diet
- RESTORE foods that speak directly to fat-burning genes
- REBALANCE energy and your hormones for effortless weight loss

Michaels offers a wealth of information throughout, including: shopping lists and online shopping resources, hormone-trigger food charts, how to eat "power nutrient" foods on a budget, smart strategies for eating out, quick and

easy recipes, as well as mini-programs for addressing PMS, andropause, metabolic syndrome, PCOS, and menopause. From the Hardcover edition.

### **Geology of the Barrandian**

World War II was a truly global conflict, fought in every one of the five continents. The players included not only soldiers and statesmen of orthodox background, but three dictators of world stature, Hitler, Mussolini and Stalin; demagogues such as Goebbels and ideologues like Alfred Rosenberg; politicians of charismatic power, like Roosevelt; prophets of national resistance, like Charles de Gaulle and of national liberation like Mahatma Ghandi. Routledge Who's Who in World War II: \* brings together over 300 of the most important characters from every sphere of responsibility \* provides a unique reference source about the life, career, and personality of each character Routledge Who's Who in World War II offers a concise guide for both the student and the general reader.

### **Girl, 15**

As millions of Dukan Dieters around the world know, delicious food and permanent weight loss can go hand in hand. Now comes the Dukan Diet Cookbook—already an international bestseller—the must-have resource for making the Dukan Diet successful and delicious. Introduced in the phenomenal bestseller The Dukan Diet, Dr. Dukan's four-step plan rejects counting calories and instead

harnesses the power of pure protein, empowering you to achieve your “True Weight” and keep the pounds off forever. The Dukan Diet Cookbook is filled with over 350 simple, French-inspired recipes for the two most challenging phases of the diet—the protein-only Attack phase and the protein-and-vegetable Cruise phase. From Crispy Chicken Wings and Ham Soufflé to Turkey Meatballs with Rosemary and Mint, Mussels Provençal and Curried Turnip Soup to Flourless Chocolate Cake and a scrumptious Vanilla Cookie—plus all-new recipes for Shirataki noodles—the recipes in this book prove you don’t have to sacrifice great taste and satisfaction in order to lose weight. Illustrated with sixteen pages of delectable color photographs, The Dukan Diet Cookbook is the essential companion to the Dukan Diet.

### **Diet and Health**

Stína, who lives in Iceland, does not like the cold. In fact, she will go to any length to avoid it. Even in summer she never goes out without tights and socks. When winter comes, she hides inside, knits, and invents ingenious devices to protect her from the slightest chill. One extremely cold day, when Stína has retreated under her thick down comforter and fallen into a deep sleep, she is awakened by a pounding at the door. When she opens it, two children tumble in, blown by the icy wind, but they aren't cold--they're warm from playing outside! Finally, Stína learns that nothing can keep you as warm as friendship. With its cloth cover and Stína's clever

instructions for knitting without needles (what are fingers for, after all?), plus a recipe for hot chocolate, this is the perfect book for cold winter days.

### **Trouble Spot Fat Loss**

Chris and Heidi Powell, hosts and transformation specialists from the hit TV show, Extreme Weight Loss, now share their proven, life-changing, step-by-step guide for losing weight and keeping it off in their first co-authored book, Extreme Transformation. They are the hosts of television's most popular weight-loss documentary show, Extreme Weight Loss, and now the Powells provide a blueprint for changing your health in just 21 days. Whether you're looking to lose the baby weight, that last ten pounds, or several hundred, this is the program that can change your life forever. They share their most effective secrets for weight loss success through diet and exercise and go into detailed focus on how to develop a powerful, sustainable mental change to keep the weight off forever. With their help, readers will "see" the hidden path of transformation; be guided through fast and fun exercises; enjoy loads of recipes (both quick and gourmet) along with advice for food shopping, preparation, and more! With an incredible expansion of the Carb-cycling core that has driven Chris's first two national bestsellers, the Powells guide you from the very first step to reach your ideal weight and transition to lifelong maintenance--high-impact results in as little as three weeks.

### **Kidnapped and Catriona**

\*One of the BEST ROMANCE NOVELS OF 2020, Cosmopolitan Magazine\* "...literally a Hallmark movie in book form." She never dreamed her holiday would include her hometown, a dog, or a firefighter. But a mysterious charm bracelet predicted it all... Ashley's supposed to be having the Christmas of her dreams. After four years of working at an upscale jewelry store in Manhattan, she's finally going to get a little velvet box of her own—from her boyfriend Jeremy, who's taking her on a romantic trip to Paris. What could go wrong? Well, everything. Ashley heads home to Owl Lake instead, falling asleep on the train ride there...and waking up with a beautiful antique charm bracelet on her wrist. Soon, she realizes that each silver charm predicts an event that happens in real life. What does this mean for her and Jeremy...or her and Aidan, her former high school boyfriend, who's now a local firefighter? Is there still a chance that she could have the perfect Christmas? This small town Christmas romance includes a free Hallmark original recipe for Spiced Walnut Crust Cookies with Chocolate Ganache and Sea Salt.

### **An Uncommon Courtship (Hawthorne House Book #3)**

From health and fitness expert, and author of The Fat-Fighter Diet, comes a guide to dropping the fat from your most stubborn, hard-to-lose "trouble" spots. We are obsessed with fat. But how much do you really know about it? In Trouble Spot Fat Loss, Bruce Krahn tackles fat-loss myths, explains what fat is, how it works, and how to drop fat from trouble areas in a

healthy and sustainable way. This book combines diet and fitness in an accessible manner, without being restrictive or damaging to the body as so many modern fad diets are. Trouble Spot Fat Loss tells you where to start and how to stay motivated to achieve the healthy body you've always wanted. Contributing a foreword to the book is Vince DelMonte, the world-renowned "Skinny Guy Saviour," who developed the No-Nonsense Muscle Building program to help people live healthier, happier lives with a more satisfying body. His program has sold tens of thousands of copies across the world. Trouble Spot Fat Loss shows you how to reshape your body in a healthy way and keep fat off those trouble spots for good.

### **Christmas Charms**

Daniela Hodrova shares her unique perception of Prague, through playful poetic prose, and by imaginatively blending historical and cultural motifs with autobiographical moments. A Kingdom of Souls is the first volume of this author's literary journey - a

### **Routledge Who's who in World War II**

Ex-sugar addict Nicki Waterman, the face of GMTV fitness, describes how and why she beat her sugar habit -- and how you can too. Sugar Addicts diet is a brand new nutrition plan that will help you lose weight and eliminate ailments by removing sugar entirely from your diet and upping your levels of good fats to bust those cravings. Nicki Waterman's struggle with her own sugar addiction introduces this excellent and

topical diet book. Refined sugar is the big baddie in our lives -- food companies and marketing executives are making the caine of the food industry enormously difficult to avoid. Hidden sugars are everywhere and Nicki helps you to negotiate your way around the pitfalls on supermarket shelves. Discover if you are a sugar addict by checking your symptoms -- are you overweight, lacking energy, suffering headaches, irritable? Learn how sugar contributes to major health issues, including obesity, diabetes, cancer, depression, candida, acne and a host of other problems. Understand the physical and emotional aspects of your addiction and what the real cost to your wellbeing is. Cope with sugar dealers -- '96 people and situations that could set you on the wrong track. Lose weight and stop cravings by increasing your intake of the right fats -- follow Nicki and Martha's easy-to follow 14-day plan with delicious recipes. Win the sugar war with your kids by helping them choose healthier options -- and defeat the marketing industry's ever-present and invasive temptations.

### **Summer Lightning**

We want our son returned. This girl is proof that we can save you all. If you ignore our plea, we will kill our hostages one at a time. To be a Pure is to be perfect, untouched by Detonations that scarred the earth, and sheltered inside the paradise that is the Dome. But Partridge escaped to the outside world, where Wretches struggle to survive amid smoke and ash. Now, at the command of Partridge's father, the Dome

is unleashing nightmare after nightmare upon the Wretches in an effort to get him back. At Partridge's side is a small band of those united against the Dome: Lyda, the warrior; Bradwell, the revolutionary; El Capitan, the guard; and Pressia, the young woman whose mysterious past ties her to Partridge in ways she never could have imagined. Long ago a plan was hatched that could mean the earth's ultimate doom. Now only Partridge and Pressia can set things right. To save millions of innocent lives, Partridge must risk his own by returning to the Dome and facing his most terrifying challenge. And Pressia, armed only with a mysterious Black Box containing a set of cryptic clues, must travel to the very ends of the earth, to a place where no map can guide her. If they succeed, the world will be saved. But should they fail, humankind will pay a terrible price . . .

### **Kama Kameez**

As thousands of successful slimmers have testified, the Complete Hip and Thigh Diet is, quite simply, the diet that works. Slimmers the world over have trimmed inches off those parts other diets failed to reach, transforming their shape and improving their health. And what's more - those unwanted inches have stayed away! This fully updated and expanded edition of Rosemary Conley's diet book provides further evidence of the diet's long-term success. With a wider selection of flexible menus, over 150 recipes, more options for vegetarians, maintenance instructions and straightforward fat-charts, and a new programme of exercises for the hips and thighs,

dieting has never been simpler. There's plenty to eat and no calories or units to count, just incredible results to enjoy! The perfect diet book for people who want to lose weight without the bore of calorie counting.

### **The Shambhala Guide to Kabbalah and Jewish Mysticism**

Early one morning in New York City, Will Heller, a sixteen-year-old paranoid schizophrenic, gets on an uptown B train alone. Like most people he knows, Will believes the world is being destroyed by climate change; unlike most people, he's convinced he can do something about it. Unknown to his doctors, unknown to the police—unknown even to Violet Heller, his devoted mother—Will alone holds the key to the planet's salvation. To cool down the world, he has to cool down his own overheating body: to cool down his body, he has to find one willing girl. And he already has someone in mind. Lowboy, John Wray's third novel, tells the story of Will's fantastic and terrifying odyssey through the city's tunnels, back alleys, and streets in search of Emily Wallace, his one great hope, and of Violet Heller's desperate attempts to locate her son before psychosis claims him completely. She is joined by Ali Lateef, a missing-persons specialist, who gradually comes to discover that more is at stake than the recovery of a runaway teen:

Violet—beautiful, enigmatic, and as profoundly at odds with the world as her son—harbors a secret that Lateef will discover at his own peril. Suspenseful and comic, devastating and hopeful by turns, Lowboy is a

fearless exploration of youth, sex, and violence in contemporary America, seen through one boy's haunting and extraordinary vision.

## **The Unexpected Duchess**

NEW YORK TIMES BESTSELLER • “Extremely funny . . . inspired lunacy . . . [and] over much too soon.”—The Washington Post Book World Nominated as one of America’s best-loved novels by PBS’s The Great American Read Seconds before Earth is demolished to make way for a galactic freeway, Arthur Dent is plucked off the planet by his friend Ford Prefect, a researcher for the revised edition of The Hitchhiker’s Guide to the Galaxy who, for the last fifteen years, has been posing as an out-of-work actor. Together, this dynamic pair began a journey through space aided by a galaxyful of fellow travelers: Zaphod Beeblebrox—the two-headed, three-armed ex-hippie and totally out-to-lunch president of the galaxy; Trillian (formerly Tricia McMillan), Zaphod’s girlfriend, whom Arthur tried to pick up at a cocktail party once upon a time zone; Marvin, a paranoid, brilliant, and chronically depressed robot; and Veet Voojagig, a former graduate student obsessed with the disappearance of all the ballpoint pens he’s bought over the years. Where are these pens? Why are we born? Why do we die? For all the answers, stick your thumb to the stars! Praise for The Hitchhiker’s Guide to the Galaxy “A whimsical odyssey . . . Characters frolic through the galaxy with infectious joy.”—Publishers Weekly “Irresistable!”—The Boston Globe

## **Doctor Ouch**

This book examines the Czech Republic's road to EU membership in 2004 and assesses how EU accession has affected or changed the Czech Republic, including its domestic politics, institutions and policies. It contributes to academic debate about the EU and European integration, Europeanization and the role of small states in the EU.

## **Front Runner**

A unique and innovative combination of cookbook, gardening guide, and organic reference, "New Book of Herbs" illustrates how growing and using fresh herbs can enhance one's home, health, and garden.

## **The Woman in Indian Art**

## **Extreme Transformation**

Jefferson Hinkley is back in the newest Dick Francis thriller by the New York Times–bestselling author of *Damage*. In his role as an undercover investigator for the British Horseracing Authority, Jeff Hinkley is approached by a multi-time champion jockey to discuss the delicate matter of losing races on purpose. Little does he know that the call will set off a lethal chain of events, including the apparent suicide of the jockey and an attempt on Hinkley's own life. Never one to leave suspicious events alone, Hinkley begins investigating the jockey and the races he may

have thrown. But there are others out there who intend to prevent his inquiry from probing further . . . at any cost. From the Hardcover edition.

## **Fools of Fortune**

Bestselling author Valerie Bowman sets the stage in Regency England for her Playful Brides series, where couples' misadventures on the way to the altar are witty, romantic romps based on some of the world's most beloved plays. The first installment, *The Unexpected Duchess*, is inspired by Edmond Rostand's *Cyrano de Bergerac*. IN THIS BATTLE OF WITS Lady Lucy Upton's tongue may be too sharp to attract suitors but her heart is good, and when her painfully shy friend Cassandra needs help she devises a brilliant scheme to help her discourage an unwanted suitor, the Duke of Claringdon. Lucy will hide behind the hedgerow and tell Cass just what to say to discourage the Duke of Claringdon but it turns out that he's made of sterner stuff than either of them anticipated. And Lucy is shocked to discover that tangling with the tenacious man is the most fun she's had in ages. KISSES ARE THE BEST WEAPON Lord Derek Hunt made a promise to his dying friend to marry the demure Cassandra, and for a man who wants nothing more than peace and quiet after the horrors of war, she'll make the perfect bride. If only the impudent Miss Upton will let him court the girl! Doing battle is the last thing on his mind, but bantering with Lucy behind the bushes is too tempting to resist. And in *The Unexpected Duchess*, the spoils of this war just may be true love Valerie

Bowman's Secret Brides novels are: "Intriguing [and] engaging."—Publishers Weekly "Too delightful to miss!"—Lisa Kleypas "Sparklingwittyengaging." —RT Book Reviews

### **Fuse**

A kindly animal doctor is summoned from his home to care from some animals in Africa, but he would not be able to reach them without the help of wolves, a whale, and an eagle.

### **The Girl Who Was Supposed to Die**

Sweeping us into glittering, intrigue-riddled Elizabethan England, bringing to vivid life an actual heroine in the queen's court, New York Times bestselling author Virginia Henley blends rich historical detail with sumptuous romance in her latest novel--a dazzling feast of romantic fiction. Young Bess Hardwick knew that the only way to escape a commoner's life was to serve in a noble family and marry well. So the headstrong beauty set out for London and the Tudor court, the arena for the richest, most ambitious men, none more powerful than the four men who would claim her. None more dangerous than Princess Elizabeth, who made Bess friend, confidante, then lady-in-waiting in her own glittering court Dangerously seductive, William Cavendish, the king's dashing financial adviser, vowed to have Bess at any cost. Frail, adoring Robert Barlow offered a marriage she couldn't refuse. Newly crowned Queen Elizabeth bade her marry courtly Sir William St. Loe.

But reckless passion drove Bess into the arms of George Talbot, the devastating Earl of Shrewsbury, whose wicked daring ignited in Bess the passion of a lifetime--even as it sparked the jealous interest of the most perilous ally of all: the Virgin Queen. From the Paperback edition.

### **Lowboy**

Presents a general description of vampires, offers tips to readers on how to spot them, and defines eight different vampire types.

### **Six Slovak Poets**

### **Master Your Metabolism**

Girl, 15, Charming But Insane, huge bum, massive ears, seeks Well, seeks Ben Jones, but failing that, large Muslim-type burka garment to cover her deformities. Life can be trying when your best friend is a goddess, you are a woeful underachiever, and Ben Jones won't even look in your direction. Painfully spot on, Girl, 15 reveals with Technicolor precision the agony and the ecstasy (and the embarrassment) of being a teenager. With razor-sharp observation and deadpan humour we are offered a privileged peek at the life of Jess, 15, charming, but most definitely insane. This novel has a unique voice and humour that will make you want to read it again and again - if you can bring yourself to put it down in the first place.

## **Biblio Vampiro**

Jewish mystics from biblical times to the present have explored the hidden secrets of the Torah in quest of a single goal: to lose the self in the Infinite "Nothingness" (Ein Sof) and be at one with God. In language accessible to the layperson, this Shambhala Guide provides a detailed introduction to the complex world of Kabbalah and Jewish mysticism. With an extensive background in meditation practice, Perle Besserman emphasizes Kabbalah's spiritual disciplines, grounded in righteous living, devotional practices, and meditation. She discusses the Kabbalistic universe, including the four worlds and ten sefirot; Jewish meditation techniques and instructions for beginning meditation; mystics and teachers from Rabbi Akiva and the Baal Shem Tov to Aryeh Kaplan; the often uneasy relationship between Kabbalah and mainstream Judaism; and applying the ancient wisdom of Jewish mysticism to life in the world of today.

## **Carved in Bone**

USA Today bestselling author of *The Girl Who Lied* and *Sister Sister Dear Carys*, Zoe and Andrea Come and join me for my fortieth birthday adventure weekend, full of mysteries and surprises the like of which you can't imagine.

**The Birthday Girl: The gripping new psychological thriller full of shocking twists and lies**

## **Antonín Dvořák, My Father**

A sixteen-year-old orphan is kidnapped by his villainous uncle, but later escapes and becomes involved in the struggle of the Scottish Highlanders against English rule.

## **New Book of Herbs**

### **Stina**

"Engaging Regency romance to sweep you away."--USA Today Happy Ever After Blog Life for Lady Adelaide Bell was easier if she hid in her older sister's shadow--which worked until her sister got married. Even with the pressure of her socially ambitious mother, the last thing she expected was a marriage of convenience to save her previously spotless reputation. Lord Trent Hawthorne couldn't be happier that he is not the duke in the family. He's free to manage his small estate and take his time discovering the life he wants to lead, which includes grand plans of wooing and falling in love with the woman of his choice. When he finds himself honor bound to marry a woman he doesn't know, his dream of a marriage like his parents' seems lost forever. Already starting their marriage on shaky ground, can Adelaide and Trent's relationship survive the pressures of London society?

## **The Hitchhiker's Guide to the Galaxy**

"Tolkien's writing has a timeless quality [and] the haunting undertones of other great masters." -USA Today

Orders from Berlin is a compelling thriller laced with Simon Tolkien's signature writing style, praised by the LA Times as "half Christie and half Grisham"

With the publication of *The Inheritance*, Simon Tolkien was lauded as a naturally gifted storyteller who possesses a terrific command of language and a unique perception into the darker sides of human nature. Now, Simon takes readers back to the case that started it all for Trave, the hero of his last two critically acclaimed novels. It's September of 1940. France has fallen and London is being bombed day and night. Almost single-handedly Winston Churchill maintains the country's morale. Britain's fate hangs in the balance and the intelligence agencies on both sides of the Channel are desperate for anything that could give them the edge. Albert Morrison, ex-chief of MI6, is pushed over the banister outside his London apartment. He falls to his death at the feet of his daughter, Ava, but it is too dark for her to see the attacker before he escapes. Two Scotland Yard detectives attend the crime scene: Inspector Quaid and his junior assistant, Detective Trave. Quaid is convinced that this is a simple open-and-shut case involving a family dispute. But Trave is not so sure. Following a mysterious note in the dead man's pocket, Trave discovers that Morrison was visited by Alec Thorn, deputy head of MI6, on the day of his death. Could Thorn—who is clearly carrying a flame for Morrison's daughter—be involved in a plot to betray his country that Morrison tried to halt, and if so, can Trave stop it in time in this gripping and

intelligent thriller?

## **The Czech Republic and the European Union**

If you love Lesley Pearce, you're sure to fall for Tamara McKinley. Miriam Strong has been looking forward to her family arriving at Bellbird Station to celebrate her seventy-fifth birthday, and she can't imagine how anything could go wrong. But then questions are raised about a stolen inheritance, and everyone is surprised to discover that Miriam has hidden the existence of a dangerous personal enemy. Miriam's granddaughters are drawn into the conflict, and a hero emerges in the person of Jake Connor, a high-minded lawyer determined to discover the truth. Summer Lightning is a feel-good family epic with a dark heart.

## **The Stone Age Diet**

The first half-century of existence of the Czech Institute of Egyptology is described in this volume. The Institute started in Nubia, taking part in the rescue expeditions of the UNESCO campaign to save the monuments endangered by the rising waters of the Aswan dam. However, it was the site of Abusir, in the heart of the Memphis pyramid fields, which became almost synonymous with the Czech Institute of Egyptology. The excavation works in Abusir cover a wide range of archaeological treasures, from the royal pyramid necropolis, over the tombs of the 3rd millennium nobles to the 1st millennium shaft tombs.

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All this is presented in this lavish volume full of detailed photographic documentation. This volume is far more extensive than an updating of the book with the same title published on the 40th anniversary.

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