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Marco Cascella

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your Disney cruise with advice on the best time to book it Make the right choices to give your family a vacation they ll never forget The Unofficial Guide to Disney Cruise Line 2025 is your key to planning a perfect stay Whether you re putting together your annual trip or preparing for your first visit this book gives you the insider scoop on staterooms dining children s activities shopping entertainment and more The Homemade God Rachel Joyce,2025-07-08 With sparkling wit and insight this gorgeous page turner People from the bestselling author of The Unlikely Pilgrimage of Harold Fry reminds us that family is everything even when it falls apart The beautiful writing unforgettable characters and stunning setting make this a must read Bonnie Garmus 1 New York Times bestselling author of Lessons in Chemistry It s all here dear readers Art Beauty Pain Redemption Rachel Joyce s masterful skill and emotional breadth are dazzling Adriana Trigiani author of The Good Left Undone There is a heatwave across Europe and four siblings have gathered at their family s lake house to seek answers about their father a famous artist who recently remarried a much younger woman and decamped to Italy to finish his long awaited masterpiece Now he is dead And there is no sign of his final painting As the siblings try to piece together what happened they spend the summer in a state of lawlessness living under the same roof for the first time in decades forced to confront the buried wounds they incurred as his children and waiting for answers Though they have always been close the things they learn that summer about themselves and their father will drive them apart before they can truly understand his legacy Meanwhile their stepmother s enigmatic presence looms over the house Is she the force that will finally destroy the family for good Wonderfully atmospheric at heart this is a novel about the bonds of siblinghood what happens when they splinter and what it might take to reconnect them *Balance Training* Cassian Pereira,AI,2025-03-12 Balance Training explores the critical issue of balance and stability particularly for aging adults emphasizing that maintaining balance is key to independence and quality of life The book explains how balance involves a complex interplay of sensory input neurological processing and muscular response all affected by age Did you know that fear of falling can actually increase your risk The book uniquely integrates physiological psychological and practical aspects of balance training empowering readers to take control of their stability The book provides a comprehensive guide to understanding and improving balance It starts with the physiological reasons for balance decline then moves into exercise protocols designed to boost balance strength and flexibility These exercises range from simple at home movements to advanced techniques The book also covers environmental modifications and assistive devices for fall prevention offering a holistic approach to staying steady **Slow Burn Summer** Josie Silver,2025-06-10 A talent agent hires an actress to play the part of novelist on a book tour for his agency s publicity shy client in this delightful rom com from the 1 New York Times bestselling author of the Reese s Book Club Pick One Day in December She s playing the part of romance author but has she found her own real life love story Talent agent Charlie Francisco has three problems a divorce that ended his screenwriting career a business he never planned to inherit and a take your breath away romance novel whose author wants nothing to do with its publication The book is a

surefire hit if only his agency can find someone to play author on its summer book tour Enter Kate Elliott a former soap actress who s miraculously right for the part at the very moment her life seems to be going all wrong Kate is still recovering from her own divorce and Charlie s job offer is a lifeline She agrees to the pretense for all interviews signings and appearances surrounding the novel s publication But she can t know who really wrote the remarkable story the one so beautiful it s made her believe in love again When Kate and Charlie meet they re all friction and sparks the one thing they have in common is they re determined to play their respective parts But as the summer heat ups and the lies get bigger and bigger can they stick to their lines or will they go off script

My Body Temper Pasquale De Marco,2025-04-07 Embark on a transformative journey to optimal well being with My Body Temper a comprehensive guide to Pilates for a strong supple and pain free body Discover the profound connection between mind body and spirit as you integrate Pilates holistic approach into your life Within these pages you ll find An in depth exploration of the Pilates method its history and its principles Step by step instructions for performing Pilates exercises safely and effectively Targeted exercises for specific muscle groups and areas of the body Tips for creating a home Pilates practice and integrating Pilates into your daily routine Inspirational stories from individuals who have transformed their lives through Pilates Whether you re a beginner looking to improve your overall fitness or an experienced athlete seeking to enhance your performance My Body Temper has something for everyone This book will equip you with the knowledge and tools you need to unlock your body s true potential and achieve your fitness goals My Body Temper is more than just a fitness guide it s a journey of self discovery and transformation Through Pilates you ll cultivate a deeper understanding of your body and mind empowering you to live a more fulfilling and vibrant life Embrace Pilates as a lifestyle and experience the profound benefits it has to offer Take the first step towards a healthier happier you with My Body Temper Start your Pilates journey today and unlock the true potential of your body mind and spirit

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Kenzie Kirsch Medical Thrillers 1-10 P.D. Workman,2025-05-21 Kenzie has another body on her hands Looking for a strong female lead in an engaging medical mystery Award winning and USA Today Bestselling Author P D Workman brings you an up and coming Medical Examiner s Assistant who is right up your alley Kenzie Kirsch brilliant assistant medical examiner is about to uncover deadly secrets Follow her as she navigates the treacherous world of medicine and crime in the Kenzie Kirsch Medical Thrillers series With her sharp intellect and unwavering determination Kenzie will stop at nothing to solve the most puzzling medical mysteries Prepare yourself for heart pounding suspense and shocking revelations as you dive into titles such as Unlawful Harvest Doctored Death and more Bestselling Author P D Workman will keep you guessing until the very end This ebook includes the first ten books in this series Unlawful Harvest Doctored Death Dosed to Death Gentle Angel Rushin Death Posed for Death Death of a Corpse Endowed with Death Shattered to Death Captured in Death Unlawful Harvest As Kenzie s questions take her deeper and deeper into the murky world of transplant tourism Kenzie starts to wonder just what her parents have been covering up and

who else's life might hang in the balance Doctored Death Assistant Medical Examiner Kenzie Kirsch thinks that the deaths from Champlain House are linked by more than place If she is right in her theory the nursing homes emergency rooms and the morgue are all going to be overwhelmed Dosed to Death Who knew Kenzie would be dealing with more deaths on vacation than if she had stayed at home At first she and partner Zachary Goldman assume that it is just a weird coincidence but as the snow starts to pile up outside their doors so do the bodies Gentle Angel The Assistant Medical Examiner has enough on her plate dealing with a personal crisis and doesn't need the added challenge of FBI Agent Menendez's unrealistic expectations and trying to identify the killer herself Rushin Death The cold reception Kenzie got from the stranger when she arrived at her mother's house on Christmas day was nothing compared to what he got when he arrived at the morgue Posed for Death Kenzie thought she had a pretty good understanding of aging and elder care She was a medical professional after all But when her postmortem findings cause her to look more deeply into the sometimes dark world of elder care she is forced to reconsider Death of a Corpse The search for a missing girl comes to a tragic end when her body is found partially submerged in a body of water in the Vermont wilderness But when Kenzie examines the remains she finds that it is not the girl they were looking for but someone who has been dead for much longer than that Endowed with Death The death of a child is always heartbreaking but what Kenzie Kirsch assistant to the Medical Examiner finds on her slab shakes her to the core Kenzie can't help but feel a surge of anger and sadness as she examines the evidence Shattered to Death As Kenzie Kirsch delves into the mysterious death of a patient she stumbles upon illicit human experiments preying on the most vulnerable The exploitation of those seeking solace and healing is a chilling reality Kenzie cannot ignore Capture in Death Follow Kenzie the assistant medical examiner as she races against time to unravel the mystery behind photo of a dead man that has been circulating amongst the local teens P D Workman never fails to deliver an intriguing mystery with plenty of thrills drama and unexpected twists that will hold your attention from start to finish The characters are believable with flaws and attributes that will endear them to the reader The stories always have at their heart socially relevant topics that are explored with compassion intelligence and dignity The writing is skillful with wonderfully complex plots and well developed characters Highly recommended If you are a reader of the Zachary Goldman Mysteries series you have already met Kenzie Kirsch This series is a spinoff from Zachary Goldman Mysteries giving Kenzie a front and center position in solving medical mysteries Join Dr Kenzie Kirsch as she uncovers mysteries conspiracies and thrills

Menopause Health Mira Skylark, AI, 2025-03-12 Menopause Health offers a comprehensive guide for women navigating the complexities of menopause focusing on practical strategies to manage its multifaceted impact This self help resource delves into metabolism mood changes and bone health equipping readers with knowledge to support their well being through natural sustainable approaches Did you know that hormonal shifts during menopause can significantly affect metabolism leading to weight changes and altered energy levels or that the decline in estrogen often contributes to bone density loss and increased

osteoporosis risk The book uniquely integrates women s health nutrition science and behavioral psychology presenting information in an accessible style It emphasizes a holistic approach combining lifestyle adjustments dietary modifications and natural remedies The book progresses logically starting with an introduction to hormonal changes then focusing on metabolism mood management techniques like mindfulness and finally osteoporosis prevention strategies *Somatic Exercises For Dummies* Kristin McGee,2025-03-31

Reduce stress relieve pain and improve your overall health with somatic exercise Are you ready to relax feel and move better Do you want to reduce anxiety eliminate stress and release tension in a healthy and natural way Then grab a copy of *Somatic Exercise For Dummies* and start healing yourself from within In the book renowned yoga meditation and Pilates teacher Kristin McGee explains how you can use somatic exercise to strengthen the mind body connection through movement In simple straightforward terms the author explains exactly what somatic exercise is how to do it and what it can help you achieve Learn to use breathwork yoga dance Qigong assisted movement and more to help you with everything from your posture to flexibility and inner calm You ll Discover focused exercises for overcoming trauma finding joy and increasing your wellbeing Fight chronic pain and enhance physical wellness with safe natural methods Find step by step instructions with photos to help you perform each movement correctly Life is complicated Wellness doesn t have to be Get *Somatic Exercise For Dummies* to get started with one of the simplest most effective and fun ways to feel physically mentally emotionally and spiritually better *The Blondes* Emily Schultz,2025-10-16

The *Blondes* is a hilarious and whipsmart novel where an epidemic of a rabies like disease is carried only by blonde women all of whom must go to great lengths to conceal their blondness Hazel Hayes is a grad student living in New York City As the novel opens she learns she is pregnant from an affair with her married professor at an apocalyptically bad time random but deadly attacks on passers by all by blonde women are terrorizing New Yorkers Soon it becomes clear that the attacks are symptoms of a strange illness that is transforming blondes whether CEOs flight attendants students or accountants into rabid killers Emily Schultz s beautifully realized novel is a mix of satire thriller and serious literary work With biting satiric wit *The Blondes* is at once an examination of the complex relationships between women and a merciless but giddily enjoyable portrait of what happens in a world where beauty is literally deadly *Fast Facts for Patients* Paula Briggs,2021

The menopause is marked by your last menstrual period It indicates the end of your reproductive years and the start of a new phase of life Many women experience symptoms as they near the menopause this period is known as the perimenopause or menopause transition

The Final Chapter January Gilchrist,2025-07-29 Benjamin Stevenson meets Nine Perfect Strangers in a story about writerly ambition self discovery and of course revenge Sharp fresh bold thrilling and gothic gripping suspense from a spectacular new Australian talent An opportunity a writer would die for Desley Barron is ready to prove her doubters and herself wrong about her flagging writing career She s won a spot at an exclusive writing retreat in the Blue Mountains Only instead of feeling creative Desley finds her insecurity increases while the ghost stories about the house have her jumping at

shadows This secluded house is the last place anyone will think to look for high profile author Colette Halifax which is perfect as she hides from a looming scandal Unfortunately someone here is threatening to ruin the one part of her life that isn't already a shambles Meanwhile Maia McKenzie has plans that don't involve writing at all She's schemed to ensure the one person she wants to see is here the man who almost killed her mother All have a secret All will do anything to keep it hidden And they're not alone The retreat is perched on the edge of a forest steeped in the horrors of Australia's worst serial killer and no one knows just who is watching When a storm unleashes its fury and they're trapped a body is left in the snow and any one of them could be next PRAISE Gilchrist hooked me good and proper Creepy closed in setting Enough secrets and suspense to fill a body bag Twisty narratives and the twisted psyches of we writers who weave them Yes don't mind if I do I could check out from The Final Chapter any time I liked but I could never leave What a cracking mystery debut Trent Dalton A pacy and unpredictable thriller dripping with atmosphere and sharp observations With an eerie isolated house and the deteriorating relationships between a cast of distinct and nuanced characters each with their own agenda the stage is set for a page turning chill inducing gallop to the finish line Jo Dixon author of A Shadow at the Door and The House of Now and Then This story of writers behaving badly on a deadly retreat from hell gripped me from the start with its intensely dramatic setting and ghostly goings on Gilchrist is a bold and confident new voice in the world of gothic fiction her prose leaps off the page like the storms that plague the retreat Strap yourself in for a thrilling ride Cassie Hamer author of The Stranger at the Table Deviously clever and wickedly sharp this is one writer's retreat you'll be glad you only visited on the page Kylie Orr Australian author of The Eleventh Floor

Finding Balance Barrett Williams, ChatGPT, 2025-01-24 Discover the transformative power of rest and recovery with Finding Balance your essential guide to achieving harmony in fitness and wellness This comprehensive eBook delves deep into the art and science of recovery offering a holistic approach that empowers you to optimize your health and enhance your performance Begin your journey with a strong foundation as you explore the importance of rest and its scientific underpinnings Delve into the critical role of sleep in recovery to unlock your body's full potential discovering practical tips for improved sleep hygiene and rejuvenating rest Unlock the benefits of active recovery with expert strategies to design your tailor-made plan Nutritional insights illuminate the significance of macronutrients hydration and mindful eating for muscle repair and overall recovery Enhance your mental well-being with powerful mindfulness and meditation practices unlocking stress relief and deeper relaxation Navigate the complexities of overtraining and burnout with clear identification methods and proactive strategies Explore the cutting edge integration of technology including wearables and apps to track and enhance your recovery journey Flexibility and mobility take center stage as you incorporate stretching yoga and Pilates into your routine Learn to plan effective rest days balancing active and complete rest for maximum benefit Seek out professional support when needed from consulting fitness experts to utilizing physical therapy techniques Create a restful environment by understanding the impact of light and noise adapting your

surroundings to support your goals Acknowledge individual differences crafting a personalized approach that considers genetic factors and personal needs Overcome mental barriers and common obstacles with actionable solutions Build a sustainable long term recovery plan by setting realistic goals monitoring progress and continuously adjusting your strategy Draw inspiration from the success stories and case studies of elite athletes and individuals who have transformed their lifestyles Embrace a balanced fitness lifestyle with Finding Balance and experience the long term benefits of holistic recovery Embark on this transformative journey and continue evolving towards a healthier more harmonious life Endurance 2.0 The Truth about Natural Potency Boosters KW SCOTT KW SCOTT,2025-05-07 Endurance 2 0 The Truth About Natural Potency Boosters Looking for a real science backed way to boost your endurance enhance performance and take your vitality to the next level Potency Drug Endurance 2 0 uncovers the truth about natural potency boosters what works what doesn't and how to optimize your body's potential without harmful chemicals or side effects Inside you'll discover The best natural supplements to improve stamina libido energy levels The truth about testosterone hormone balance how to boost it naturally Powerful foods herbs lifestyle hacks for peak performance How stress diet sleep impact your endurance and how to fix them Step by step action plans for lasting sustainable results Forget synthetic pills and empty promises this book delivers real proven strategies to help you unleash your full potential and regain control over your vitality Get your copy today and take your endurance to the next level Fit and Fabulous Emmanuel Honaogo

Mukisa,2025-03-01 Being a mom doesn't mean putting your health and fitness on hold *Fit and Fabulous* is the ultimate guide for busy moms looking to reclaim their energy confidence and wellbeing This book is packed with practical tips quick workout routines and healthy eating strategies that fit seamlessly into your hectic schedule From 5 minute exercises you can do between errands to meal prep hacks and mindfulness practices *Fit and Fabulous* provides all the tools you need to feel strong balanced and empowered at every stage of motherhood Prioritize your health without guilt and discover how to make fitness a sustainable and enjoyable part of your life **Last Friend Alive** Caro Carver,2025-07-29 The White Lotus meets Lucy Foley's *The Guest List* in this chilling sun soaked thriller about three vengeful women a beautiful island resort and the darkest of secrets Previously published in hardback as *Bad Tourists* A sublime thriller an absolute scorcher I loved it ANDREA MARA No 1 bestselling author of *No One Saw a Thing* A whip smart fun and stylish novel I raced through it GILLIAN McALLISTER No 1 bestselling author of *Wrong Place Wrong Time* THE BEST OF FRIENDS CAN MAKE THE WORST OF ENEMIES Best friends Darcy Camilla and Kate have just landed in the Maldives for a luxury holiday They can't wait for ten days of scorching sun crystal clear waters and white sand beaches But against this idyllic backdrop long buried secrets come to light one by one and the darker side of female friendship floats to the surface After all when you've known each other forever you're bound to hold a grudge or two Which of them will make it back alive if any READERS ARE OBSESSED WITH LAST FRIEND ALIVE 377 pages of pure brilliance I held my breath the whole way through completely

hooked and totally binge worthy An easy 5 stars from me FIVE STAR Reader Review This is THE perfect holiday read FIVE STAR Reader Review All I can say is WOW What a wild ride FIVE STAR Reader Review Secrets and lies abound in this sun drenched suspense with twists and turns aplenty a deftly drawn cast and a propulsive and immersive plot Compelling and entertaining The Sapphire Island Resort is calling FIVE STAR Reader Review Had me on edge throughout FIVE STAR Reader Review A brilliant book which will make an excellent summer read FIVE STAR Reader Review Holy cow this did not end at all how I thought Amazing book FIVE STAR Reader Review Well I wasn't expecting that The setting was perfect the plot building fantastic and the characters all complemented each other perfectly Bad Tourists is definitely going to be a summer blockbuster FIVE STAR Reader Review Soft Tissue Release Mary Sanderson,2025-03-26 Soft Tissue Release A Practical Handbook for Physical Therapists Fourth Edition includes step by step instruction for a range of techniques modifications for different settings and advice on the treatment of over 100 individual muscles **Bulletproof Spirit, 3rd edition** Captain Dan Willis,2025-11-18 A state of the profession update of the pioneering guide for peace officers and other first responders and those who care about them Suicide depression anxiety post traumatic stress injury PTSI substance abuse and many more emotional and stress related problems plague the first responder community Hundreds of thousands of these brave public servants have unwittingly become victims of the professions they once loved However the suffering that results from a professional life of sacrifice and service can be prevented and mitigated As a thirty year law enforcement veteran retired police captain and police academy instructor Dan Willis has witnessed the damage of emotional trauma and has made it his personal mission to safeguard and enhance the wellness and wholeness of police officers firefighters EMTs soldiers and other first responders Bulletproof Spirit offers field tested expertise designed to be used by all first responders and their families to heal themselves and continue serving with compassion and strength Revised and expanded with the latest on post traumatic stress and organizational health plus links to online training videos **Nursing Diagnosis Handbook - E-Book** Betty J. Ackley,Gail B. Ladwig,Mary Beth Flynn Makic,2016-01-27 Ackley's Nursing Diagnosis Handbook An Evidence Based Guide to Planning Care 11th Edition helps practicing nurses and nursing students select appropriate nursing diagnoses and write care plans with ease and confidence This convenient handbook shows you how to correlate nursing diagnoses with known information about clients on the basis of assessment findings established medical or psychiatric diagnoses and the current treatment plan Extensively revised and updated with the new 2015 2017 NANDA I approved nursing diagnoses it integrates the NIC and NOC taxonomies evidence based nursing interventions and adult pediatric geriatric multicultural home care and client family teaching and discharge planning considerations to guide you in creating unique individualized care plans Comprehensive up to date information on all the 2015 2017 NANDA I nursing diagnoses so you stay in the know UNIQUE Provides care plans for every NANDA I approved nursing diagnosis plus two unique care plans for Hearing Loss and Vision Loss Includes pediatric geriatric multicultural client family teaching and discharge planning home care and safety

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Occupational Outlook Handbook ,2008

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