



BEAUTIFUL MANDALAS – BIGGEST, MOST BEAUTIFUL MANDALAS COLORING BOOK – A TREASURE FOR MANDALA LOVERSColoring Book For Adults: 26 Mandalas: Stress Relieving Mandala Designs for Adults Relaxation, this adult coloring book has 26 stress relieving mandala designs to provide hours of fun, calm, relaxation and stress relief through creative expression. Designs range in complexity and detail from beginner to expert-level.You will Love this Coloring Book. It offers: Stress Relieving Designs that are Great for Relaxation. Each coloring page is designed to provide calmness and relaxation as you channelize your energies for creative expression.Beautiful Artwork and Designs. Well-crafted illustrations and designs that lay the groundwork for you to create your own frame-worthy masterpieces.High Resolution Printing. Each image is printed in high resolution to offer crisp, sharp designs that enable trouble free coloring and high quality display.Suitable for All Skill Levels. This coloring book offers a broad variety of designs suited for all skill levels – ranging from beginner to expert level.A Great Gift. Coloring books make a wonderful gift Anthony Hamilton coloring books are frequently one of the most gifted items.Buy Now & Relax.Scroll to the top of the page and click the Add to Cart button.

There's never been a better time to get into Champagne! Both the region of Champagne and its wines have always been associated with prestige and luxury. Knowledgeable wine enthusiasts have long discussed top Champagnes with the same reverence they reserve for the finest wines of Bordeaux and Burgundy. But everyday Americans usually keep Champagne way back on the high shelf. It's for big celebrations, send-offs, and wedding toasts and, more often than not, is bought by the case. The good stuff costs plenty—and frankly, rarely seems worth the price. Today, though, Champagne is in the midst of a renaissance—no longer to be unjustly neglected. Over the past decade, an increasing number of wine enthusiasts have discovered the joys of grower Champagne—wines made by the farmers who grow the grapes. Thanks to a few key wine importers and America's newfound obsession with knowing where food comes from, these shipments have been climbing steadily. In *But First, Champagne*, author David White details Champagne's history along with that of its wines, explains how and why the market is changing, and profiles the region's leading producers. This book is essential reading for wine enthusiasts, adventurous drinkers, foodies, sommeliers, and drinks professionals. With a comprehensive yet accessible overview of the region, its history, and its leading producers, *But First, Champagne* will demystify Champagne for all. From the foreword: "Smart, entertaining, and valuable . . . one of those rare wine books that should appeal to people just getting into Champagne and longtime Champagne obsessives." —Ray Isle, Executive Wine Editor, *Food & Wine*

*Stress Relieving Animal Designs*  
*Coaching Archery*  
*Beer & Fitness*

*Fortitude*

*The Essential Guide to Ownership, Care, & Training for Your Pet*  
*Great Trainers Make It Happen*

*Sherry, Manzanilla and Montilla*

*"Mental toughness is the natural or developed psychological edge that results from a collection of skills, attributes, values, emotions, and behaviors that allow people to overcome any obstacle, adversity, or pressure as well as deal with the general day-to-day demands (lifestyle, training, competition) placed upon them and still remain consistent, focused, confident, and motivated to achieve their goals."Fortitude is a guide for high performing athletes and business professionals on understanding mental toughness, how to build and sustain it over time. Kate Allgood built her business helping individuals like you learn what it takes to perform under pressure. In this book you'll discover: - What you need to know to build real and long lasting confidence- How to improve the ability to focus and refocus - The power of mindfulness- How to build motivation in yourself and others - And much, much, more! "Kate is a force in the sports business and with her new book she brings the best insight directly to your field of play." Jeremy M. Evans, Founder of and Managing Attorney at California Sports Lawyer(R) "If you want to step up your game, your business or just kill it in life, Fortitude is an easy to read guide to do it."- Majo Orellana - Pro Athlete, Coach and Entrepreneur*

*Whether you're enjoying a special journey across the channel with friends or a club, or looking to include automotive-themed locations in your family holiday, this guide shows you how to combine them with a gourmet meal, wine tasting at a château – or just relaxing on the beach! Full of practical, clear, easy-to-find information, this is the ideal companion when planning a trip, or as an on-the-road reference book. Divided into five regions – Paris & the Île-de-France, Western France, Southern France, Central France & the Alps, and North-East France – each chapter contains a wealth of detailed information for the auto enthusiast. With sections on museums, classic and modern car shows, automobilia, buying car parts, historic and modern motorsport events, and race circuits, each entry is illustrated in full colour. This unique guide provides you with all you need to know to enjoy a visit to France with a motoring twist – when to go, how to get there, and where to find out more.*

*Offers a guide to vintages, grape varieties, and wine appreciation.*

*The Farmer and the Seed story was written in honor of those in life that fail to see the miracle of God's plans. Many times in life this has been myself. However, the solid truth of it all is that through devotion, prayer, & faithfulness God will bring anyone to where they need to be... but it takes time, sometimes many years, before the wonderous outcome is revealed. One has only to have the faith of a mustard seed; to make a difference down the line. Your life is your seed. What kind of "tree" will you be remembered as?*

*The definitive guide to Champagne*

*The Essential Guide to Gay and Lesbian Weddings*

*How to Have Great Meetings*

*A Writer's Guide to Meeting a Deadline*

*A Guide to Enjoying Wine*

*8,000 Champagnes Tasted and Rated*

*A Guide to Veterans Disability Benefits*

*Offers suggestions on planning a same-sex wedding ceremony, covering topics from proposing and creating a preliminary checklist to organizing the reception and selecting a honeymoon destination.*

**ATTENTION TRAINERS: It's Not About YOU - It's About the LEARNER!** What is the biggest mistake a trainer can make? Quite simply, it is focusing all of their efforts on themselves and not their students! Many inexperienced trainers fall into this trap, but it doesn't have to happen to you! This book provides easy-to-execute examples that, when utilized, will make any rookie trainer look like a seasoned pro in just one day! You will learn how to structure the classroom experience in such a positive way that I guarantee it will make a difference in your professional life and in the lives of your participants. The techniques outlined in this book will help you to become the Great Trainer you have always wanted to be - because although good trainers may know these methods, Great Trainers make it happen! Inside, you will discover how to: -Create an inviting physical and emotional learning environment for your students. An inviting learning environment leads to higher levels of participation, retention, and on-the-job application! -Be less of an instructor and more of a "Tour Guide." Utilizing tour guide techniques will make your class anything-but-ordinary, causing people to look forward to your next event! -Utilize Great Trainer techniques whether you're facilitating a 5-day course, a 60-minute training session, or a 15-minute presentation! -Apply the techniques that will help you go WACCO for your participants - without spending a dime! Get on the road to continuous training improvement and start reading!

*A detailed and thorough introduction to sherry from a contemporary perspective, including discussions of vineyards, production, aging and styles of wine, as well as extensive profiles of sherry bodegas and producers. This book focuses on the wines of Jerez de la Frontera, Sanlúcar de Barrameda and El Puerto de Santa María, although there is also a section on the related wines of Montilla-Moriles.*

*Con artist get conned into caring for seven cousins: At the funeral for her latest mark, a recently-deceased, mega-rich tycoon named Parker DeLune, con artist Christy find herself welcomed by his seven strange cousins, collectively called "The Loons." Celebrate the DeLune with Christy as she navigates their eccentricities while discovering that wily estate attorney are running their own scam. Christy soon finds herself fighting not only for The Loon, but also for a new life.*

*Phytonutrient Gardening*

*But First, Champagne*

*A Guide to Understanding, Growing and Eating Phytonutrient-rich, Antioxidant-dense Foods. Vegetables*

*The Treasures of Champagne*

*A Guide to Your First 100 Years*

*The Perspectivist's Handbook*

With the possibility of a "Big Lebowski" sequel on the horizon, Dudeism continues to grow as the Number One religion based on a Jeff Bridges movie, we welcome the second in a series of books for children to answer the simple question "Do You Abide?"

Little Finnegan is back, and this time he learns what it takes to ABIDE, and how easy it really is. For those looking for more answers on the subject of Dude or Dudeism, please visit the Church of the Latter-Day Dude at <http://dudeism.com/>

Winner of the 2018 James Beard Foundation Cookbook Award in "Reference, History, Scholarship" Winner of the 2017 André Simon Drink Book Award Winner of the 2018 International Association of Culinary Professionals (IACP) Cookbook Award for

"Wine, Beer & Spirits" From Peter Liem, the lauded expert behind the top-rated online resource ChampagneGuide.net, comes this groundbreaking guide to the modern wines of Champagne—a region that in recent years has undergone one of the most dramatic transformations in the wine-growing world. This luxurious box set includes a pullout tray with a complete set of seven vintage vineyard maps by Louis Larmat, a rare and indispensable resource that beautifully documents the region's terroirs. With extensive grower and vintner profiles, as well as a fascinating look at Champagne's history and lore, Champagne explores this legendary wine as never before.

Maybe you're a recent college graduate, looking for a successful start to your career. Or an experienced professional, feeling the need to try something new. Either way, a whole host of opportunities await you—but if you really hope to ace that interview and get the job you want, you'll need the right skills to get ahead. So when you're navigating the complex twists and turns of today's changing job market, let *I'll Get That Job!* serve as your road map and guide. Featuring advice from real HR professionals, headhunters, and team managers, this essential job-hunting companion will let you know exactly what you need to do to increase your chances, from social media presence to writing a great CV. While shedding light on the many myths and outdated "rules" that may actually bog you down in today's job-seeking experience, *I'll Get That Job!* serves as a source of motivation and encouragement for modern job hunters. After all, with hard work and the right mind-set, it really is possible for you to get that job you've always wanted—and become the most successful version of yourself along the way!

Fresh herbs offer a healthy and delicious way to spice up any meal, but growing and cooking with these delectable plants are endeavors fraught with uncertainty. What herbs will grow year-round on my kitchen windowsill? What foods complement rosemary?

Which part of a lemongrass plant has the best flavor? Can I really eat the geraniums growing in my flower bed? This indispensable guide from The Herb Society of America takes the guesswork out of using herbs in the garden and in the kitchen by providing detailed information for cultivating a wide variety of herbs, along with easy-to-follow recipes that will surely impress even the most discerning palate. Ranging from Alliums (onions, chives, and garlic) to Zingiber (ginger), the volume's first section provides horticultural information for each of the sixty-three herbs found in the National Herb Garden's Culinary Garden, including common and botanical names, family, place of origin, hardiness, and general light and soil requirements. Botanical sketches accompany many of the entries. Each entry also includes a short history of the herb, gardening basics, and suggestions for using the herb in your kitchen. Culinary herbs without Generally Recognized as Safe (GRAS) Status are included in a separate section, with an explanation of their history and ornamental value. An informative introduction to this section compares several different definitions of the word herb, explains the advantages of fresh over dried herbs, describes the proper storage and use of spices, and suggests the best timing and methods for harvesting herbs. In the second part of the book, HSA members offer classic and creative recipes for more than two hundred dishes incorporating a variety of herbs. Learn how to use the aromatic and flavorful herbs in your garden to enhance stews and casseroles, create dips and pestos, and add a new dimension to your favorite liqueurs. Among the mouth-watering recipes featured are Lemon Basil Tea Bread, Chicken Linguine with Fennel and Tarragon, Five-Herb Pasta Salad, and Rosemary Fizz. The concluding section of the book contains a fascinating personal tour of the two-and-one-half-acre National Herb Garden, which lies in the heart of Washington, D.C., at the center of the United States National Arboretum, and of its various themed areas, including the Knot Garden, the Antique and Heritage Rose Garden, the Dye Garden, the Colonial Garden, the Native American Garden, the Beverage Garden, the Medicinal Garden, and many others. Complete plant lists accompany the description of each garden. Green thumbs and gourmets alike will find inspiration in these pages to look at herbs in new ways -- perhaps to see beyond their cupboards and into their own yards for ways to liven up their meals -- and will gain the knowledge and confidence to grow and use herbs effectively. More than a gardening book, more than a cookbook, The Herb Society of America's Essential Guide to Growing and Cooking with Herbs will prove to be an indispensable companion for all herb lovers.

*Wine Folly*

*The Essential Guide to the Wines, Producers, and Terroirs of the Iconic Region*

*A Little Book of Thoughtful Verse*

*The Insider's Guide to Finding the Perfect Undergraduate Research Experience*

*Getting In*

*The Herb Society of America's Essential Guide to Growing and Cooking with Herbs*

*Adult Coloring Books*

Have you always wanted to write a book but, just never get around to it? Do you lack confidence in yourself as a writer? Need inspiration? How to Write a Book in a Week ( A Writer's Guide to Meeting a Deadline ) is the answer to all of these questions and more.

Champagne is synonymous with celebration and success—but have its festive associations detracted from its status as a fine wine in its own right? Drawing on his intimate knowledge of a classic but rapidly changing region, Michael Edwards takes a radically different approach in this unrivaled, terroir-based guide to the world's best sparkling wines. Ninety in-depth profiles of the best small growers as well as the greatest houses are organized geographically—from the finest producers of the great city of Reims, wine towns of Epernay and Aÿ, and the leading villages of the Marne, and to the rising stars of the Aube (Côte des Bar) and beyond. Edwards also discusses the culture of Champagne, reviews trends in viticulture and winemaking, and investigates controversial solutions to the current crisis of success in a region that cannot satisfy global demand for its wines. Additional sections explore the gastronomic traditions of the area, give advice on pairing Champagne with food, survey the vintages of the past 20 years, list the wines with the best price-to-quality ratio, and more, making this extensively illustrated work a true connoisseur's guide to the most glamorous and perhaps the most enigmatic of French wines.

There are countless books on the market about nutrition, diet, and exercise in isolation.Optimal Aging brings these topics together as they relate to the process of aging and the diseases which so often accompany it. Written by Jerrold Winter, PhD, a professor of pharmacology and toxicology and the author of True Nutrition True Fitness, this book provides an integrated discussion about health matters, offering evidence-based advice regarding nutrition, exercise, and the use of pharmaceuticals as they relate to dementia, obesity, diabetes, cancer, pain, and other hazards of aging. Amid a sea of contradictory information about what's healthful, Optimal Aging stands out, delivering a comprehensive discussion about healthy living that's buoyed by source references, illustrative anecdotes, and just the right dose of humor. Drawing from current scientific understanding and providing historical perspectives, Winter speaks sensibly about drugs and their effects, vitamins and minerals, exercise, weight control, and treatment of age-related symptoms and diseases. With this authoritative book in hand, you'll gain a fundamental understanding of the disparate factors that come together to influence your well-being, setting you on the path to a longer, healthier, and happier life.

*A Guide to the Traditional Wines of Andalucía*

*The Food and Wine Matching Recipe Book for Everyone*

*A Guide to the Best Cuvées, Houses, and Growers*

*An Olives Cookbook Filled with 50 Delicious Olive Recipes (2nd Edition)*

*No Red Pen*

*Writers, Writing Groups & Critique*

*A Guide to the Best Birding Sites Across the State*