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This comprehensive guide offers advice on the types of surgery on offer and highlights the many diets that are required prior to surgery. Its main focus is on advice and recipes for after surgery to help the post-op patient maximise their best chance of long-term success with weight-loss and better health.

The Bariatric Bible

Curious?

Forget the usual city breaks to Paris, Rome, and Barcelona and explore these European gems with the help of Cadogan's unique three-city guide.

Decision Support Systems

Eating for Life

This illustrated tale introduces children to the wondrous teachings from the Muslim theologian and mystic al-Ghazali (1058-1111CE) This enchanting tale illustrates how that the human heart is like a rusty mirror which, when polished through beautiful doings, is able to reflect the real essence of all things. In addition to this story is a poem by the renowned poet,

Coleman Barks. Both draw on the same account found in Ghazali's The Marvels of the Heart, Book XXI, of his magnum opus,The Revival of Religious Sciences.

Afro-Caribbean Rhymes, Games and Songs for Children

Painting Heaven

Down by the river, Down by the sea, Johnny break a bottle An' he say is me. I tell Ma, Ma tell Pa, Johnny get a licking, An' a ha! ha! ha! Here is a fun collection of Afro-Caribbean rhymes games and songs, collected by Trinidadian author Grace Hallworth, and brought to life by Caroline Binch's bright and life-like illustrations.

Polishing the Mirror of the Heart

CT Teaching Manual

The Bariatric Bible

Vienna Prague Budapest

In the 21st Century

Dead cats. That's the image many people conjure up when you mention curiosity. An image perpetuated by a dusty old proverb that has long represented the extent of our understanding of the term. This book might not put the proverb to rest, but it will flip it upside down: far from killing anything, curiosity breathes new life into almost everything it touches. In Curious? Dr. Todd Kashdan offers a profound new message missing from so many books on happiness: the greatest opportunities for joy, purpose, and personal growth don't, in fact, happen when we're searching for happiness. They happen when we are mindful, when we explore what's novel, and when we live in the moment and embrace uncertainty. Positive events last longer and we can extract more pleasure and meaning from them when we are open to new experiences and relish the unknown. Dr. Kashdan uses science, story, and practical exercises to show you how to become what he calls a curious explorer—a person who's comfortable with risk and challenge and who functions optimally in an unstable, unpredictable world. Here's a blueprint for building lasting, meaningful relationships, improving health, increasing creativity, and boosting productivity. Aren't you curious to know more?

Discover the Missing Ingredient to a Fulfilling Life

Savvy, healthy ways to savor life while slowing down nature's clock. This innovative cookbook features foods that contain naturally occurring health benefits. 160 recipes. 40 tips. 52 photos.

A Systematic Approach to CT Reading

Down by the River