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Fernandez

Salvando Vidas Jose Fernandez

**Have You Seen Marie? showcases
the storytelling magic of Sandra
Cisneros, beloved author of The
House on Mango Street and**

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**winner of the 2019 PEN/Nabokov
Award for Achievement in
International Literature. This
lyrically told, richly illustrated
fable for adults is the tale of a
woman's search, in the wake of
her mother's death, for a missing
cat-and a reminder that love,**

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even when it goes astray, does not stay lost forever.

In an era of increasing anti-immigrant sentiment and bigotry, each of these 13 stories illuminates the issues affecting the Mexican community and shows the breadth of a frequently

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stereotyped population. Dreamers and their allies, those who care about immigration justice, and anyone interested in the experience of Mexicans in the US will respond to these stories of Mexican immigrants (some documented, some not)

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illuminating their complex lives. Regardless of status, many are subjected to rights violations, inequality, and violence--all of which existed well before the Trump administration--and have profound feelings of being unwanted in the country they call

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home. There's Monica Robles, the undocumented mother of three US citizens who is literally confined to a strip of territory between two checkpoints--one at the Mexico border and one twenty-seven miles north of the border. We meet Jeanette Vizguerra, who

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**came to symbolize the sanctuary movement when she took shelter in a Denver church in February 2017 to avoid deportation. (Later that year, Time magazine named her one of the one hundred most influential people in the world.)
There's Daniel Rodriguez, the**

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first undocumented immigration lawyer in Arizona to successfully obtain a license to practice.

Alberto Mendoza, who suffered persecution as a gay man for years, in 2013 founded Honor 41, a national Latina/o LGBTQ organization that promotes

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positive images of their community. After crossing the border illegally with his mother as a child, Al Labrada later joined the military to get on a path to citizenship; in March 2017, he was promoted to captain in the Los Angeles Police Department.

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These and eight other stories will broaden how you think about Mexicans in America.

In this groundbreaking book, Sabri Suby, the founder of Australia's #1 fastest growing digital marketing agency, reveals his exclusive step-by-step formula

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**for growing the sales of any
business, in any market or niche!
The 8 phase 'secret selling
system' detailed in this book has
been deployed in over 167
industries and is responsible for
generating over \$400 million
dollars in sales. This isn't like any**

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**business or marketing book
you've ever read. There's no fluff
or filler - just battle-hardened
tactics that are working right
now to rapidly grow sales. Use
these timeless principles to
rapidly and dramatically grow the
sales for your business and crush**

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**your competition into a fine
powder.**

**What do brownies, lamingtons,
meringues and monsters have in
common? They all taste better on
sticks! Make Me Cake & Cookie
Pops introduces readers to this
delightful new baking trend with**

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easy-to-follow recipes and loads of fun decorating ideas. This next book in the Make Me series is dedicated to every kind of 'pop' with chapters on cookie pops, cake pops, party pops and super-simple pops. From fancy afternoon teas to children's

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birthday parties, Make Me Cake and Cookie Pops will inspire fun at any occasion.

Wanted: One amazing forever home for one amazing sixth grader."My name is Gaby, and I'm looking for a home where I can invite my best friend over and

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have a warm breakfast a couple of times a week. Having the newest cell phone or fancy clothes isn't important, but I'd like to have a cat that I can talk to when I'm home alone." Gaby Ramirez Howard loves volunteering at the local animal

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shelter. She plays with the kittens, helps to obedience train the dogs, and writes adoption advertisements so that the strays who live there can find their forever homes: places where they'll be loved and cared for, no matter what. Gaby has been

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feeling like a bit of a stray herself, lately. Her mother has recently been deported to Honduras and Gaby is stuck living with her inattentive dad. She's confident that her mom will come home soon so that they can adopt Gaby's favorite shelter cat

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together. When the cat's original owners turn up at the shelter, however, Gaby worries that her plans for the perfect family are about to fall apart.

El perfecto manual para todas las tonas (treintonas a noventonas)

Power, Suffering, and the

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Struggle for Dignity

The Chia Cookbook

**The Afro-Cuban Struggle for
Equality, 1886-1912**

Hungry Girl to the Max!

My Broken Pieces

**Keto Diet Cookbook for Quick
and Easy Keto Recipes**

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Now a worldwide symbol of sweet indulgence, macarons seduce the senses with their delicate crunch and velvet filling. In this book, French chef Jose Marechal discloses the

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secrets of macarons,
including the tips and
techniques required to
make these little treats.
This book equips the
reader with the skills to
master nine classic

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flavors, and create their
own signature macarons.

Salvando vidas Cambia tus
hábitos, cambia tu
vida Penguin

From postpartum depression
and "baby blues" to

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healing meals and post-natal exercise, Kurtz guides new and veteran mothers alike through the best practices to care for themselves as they care for their children.

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Directed at a diverse audience of students, legal and public health practitioners, and anyone interested in understanding what human rights-based approaches

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(HRBAs) to health and development mean and why they matter, this book provides a solid foundation for comprehending what a human rights framework implies

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and the potential for
social transformation it
entails.

Descubre los pasos hacia
una vida saludable iy
consigue el cuerpo de tus
sueños! TODOS PODEMOS

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LLEVAR UNA VIDA SANA Y LOGRAR LOS CUERPOS QUE SIEMPRE soñamos, pero muchas veces ponemos excusas, como la genética o la falta de tiempo. En Salvando vidas, el

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entrenador de las estrellas, José Fernández, comparte el fruto de sus esfuerzos para combatir el sobrepeso, enfatizando que no hay pretexto que valga: llegó la hora de emprender

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el camino hacia una vida saludable y un cuerpo increíble. José Fernández vuelca toda su experiencia en estas páginas para compartir sus conocimientos mediante: •

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Consejos prácticos y fáciles sobre la nutrición. • Una rutina de alimentación saludable. • Programas de ejercicios específicamente diseñados para hombres y para

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mujeres. Con el entrenador de las estrellas como guía, llegarás al cambio deseado con hábitos duraderos que te brindarán una vida balanceada y sana. El cuerpo que

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siempre soñaste i está al alcance de tus manos!
"José...ojalá todos puedan disfrutar de tus destrezas para que sepan que se puede hacer ejercicios, aprender a comer bien y

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divertirse a la vez".
-ADAMARI LÓPEZ, actriz,
presentadora y autora de
Viviendo "José me ayudó a
conseguir motivación
interior para lograr
transformar mi cuerpo con

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nutrición y ejercicios. Es un maestro de la persuasión y el fitness".
-ISMAEL CALA, presentador de CNN en Español y autor de CALA Contigo: El poder de escuchar

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The Magellan Fallacy

Cambia tus hábitos, cambia
tu vida

Our Rightful Share

How the U.S. Keeps Out

Asylum Seekers from

Mexico, Central America

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and Beyond

A Primer for the Looking-
Glass World

Mother Matters

Family archives and
historical research

The story behind Telemundo's

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Jenni Rivera: Mariposa del Barrio series, now streaming. A New York Times bestseller, this is the official biography from the beloved Mexican-American singer who lost her life in a tragic plane crash. The

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*only autobiography
authorized by Jenni Rivera
"I can't get caught up in
the negative because that
destroys you. Perhaps trying
to move away from my
problems and focus on the
positive is the best I can*

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do. I am a woman like any other, and ugly things happen to me like any other woman. The number of times I have fallen down is the number of times I have gotten up." These are the last words that beloved

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Mexican American singer Jenni Rivera spoke publicly before boarding the plane that would crash and cut her life short on December 9, 2012. However, they are not the final words that La Diva de la Banda had for the

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world. Those are found in the pages you hold in your hands, Jenni's own account of the highs and lows of her extraordinary journey. She became the most acclaimed Spanish-language singer in the United States and sold

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more than 15 million records worldwide. A single mother of five and grandmother of two, she was also an actress, a television producer, the star of her own reality show, and an entrepreneur. But for all

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its immense success, Jenni's life often seemed to be a series of personal battles in which perseverance was her only weapon. As her fame grew, she made it her mission to speak about her struggles, forging an

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intimate connection with her fans. She became a figure of strength and a source of encouragement to women of all ages. In Unbreakable, Jenni recounts the crucial moments in her past, revealing her experiences

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with domestic and sexual abuse, divorce, body image issues, making her way in a male-dominated industry, raising her children as a single mother, and learning that she could depend only on herself. Though she is no

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longer with us, Jenni will always be the "Rivera rebel from Long Beach," the girl who maintained her sense of humor and fighting spirit in every circumstance. In this remarkable memoir, Jenni leaves behind a legacy of

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*inspiration and
determination that will
forever live on through her
precious family, friends,
and fans.*

*Bill Bluster, founder and
visionary behind the oddball
Bluster Space Entertainment,*

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LLC, sees an opportunity. When a pink asteroid is stopped short of striking earth's 15th colony Syphus, he puts in a bid and snaps it up. Now in his possession, he's not sure what to do with it. How does

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one go about promoting a pink asteroid that doesn't look the least bit menacing? By promising a gay, old time, of course!

*Approximately 1,000 words.
Dreams are at the heart of a process where tangible and*

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*intangible worlds are
intimately intermingled.
Indeed, a dream is an
intangible phenomenon
occurring in a physical body
that stands in an
environment both material
and informational*

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(intangible). A systematic investigation of the connections between dreams and reality sheds new light on the dream process and on the functioning of the mind. This book invites you, the reader, to discover the

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results you can achieve through a more comprehensive and unified approach to the dream process. It gives you advice on how to carry out your own research. Reading this book will help you become better aware of the

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role played by your body at the meeting point between dreams and reality, between the tangible and the intangible (Chapter 1). The book describes an efficient method for observing the dream process (Chapter 2)

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and explains the results you can achieve with it through your own experimentation (Chapter 3). Through your personal exploration of the whole dream process you will be able to verify for yourself the reality of

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certain faculties of the mind which are commonly considered to be "paranormal". You will see that they can be explained rationally. Chapter 4 of the book explains how you can use the dream process to

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*find answers to your
questions, whether they
regard your daily life
(health, work,
relationships, life
guidance) or your artistic
or scientific creativity.
The last chapter (Chapter 5)*

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explains why faculties today considered to be paranormal are destined to a natural collective awakening. With this book, I invite you to observe your dreams and their connections with your reality, with a mind as

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neutral as possible. This is the best way to understand the meaning of your dreams. Try, then, to forget all you have ever heard about dreams, and just look at them and observe the whole dream process, and not only

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the dreams. Everything I assert in the book can be verified through personal experience by using the proposed method of observation. With this method everyone, even the most skeptical person, can

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verify the existence of unusual faculties of the mind, and learn to develop and use them. Key words: dreams and reality, precognitive dreams, future in dreams, premonitory dreams, dream

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*interpretation, meaning of
dreams, paranormal
faculties, telepathy, dreams
and health, dreams and
abundance, dreams and the
past, mind and body,
nightmares, dreaming brain,
lucid dreams*

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José Fernandez, el entrenador de las estrellas,” presenta un plan detallado para quienes quieren cambiar sus dietas y empezar un plan de ejercicio que producirá resultados notables en tan sólo una

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semana. Este libro contiene un método gradual de un mes así como un plan de mantenimiento para toda la vida que ayudará lectores en el camino del éxito, sin sacrificarse ni tener que dejar sus comidas

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*preferidas. EnUn nuevo tú,
José ofrece información e
inspiración para hacer
cambios realistas y
permanentes que son fáciles
llevar a cabo. Con una dieta
balanceada, alta en la
proteína y baja en el*

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azúcar, y una rutina regular del ejercicio para desarrollar músculos, los métodos de José tienen resultados probados.

The taco. The arepa. The empanada. The tamale. These comfort foods represent

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something that's shared across our Latin cultures: the concept of food in a vessel. Breaking down each new-style taco into its elements, Lorena shows you how to create each delicious layer. Master the elements,

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*and your mix-and-match
possibilities will be
endless.*

*cambia tus hábitos, cambia
tu vida*

Unbreakable

Tengo 50, ¿y qué?

Reta Tu Vida

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Save the World on Your Own Time

Sell Like Crazy

A Holistic Guide to Being a Happy, Healthy Mom

The author, a modern Catholic writer-philosopher, sets forth his views on Christian education.

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In recent years, stories of reckless lawyers and greedy citizens have given the legal system, and victims in general, a bad name. Many Americans have come to believe that we live in the land of the litigious, where frivolous lawsuits and absurdly high settlements reign. Scholars have argued for years

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that this common view of the depraved ruin of our civil legal system is a myth, but their research and statistics rarely make the news. William Haltom and Michael McCann here persuasively show how popularized distorted understandings of tort litigation (or tort tales) have been perpetuated by the

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mass media and reform proponents. Distorting the Law lays bare how media coverage has sensationalized lawsuits and sympathetically portrayed corporate interests, supporting big business and reinforcing negative stereotypes of law practices. Based on extensive interviews, nearly two

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decades of newspaper coverage, and in-depth studies of the McDonald's coffee case and tobacco litigation, *Distorting the Law* offers a compelling analysis of the presumed litigation crisis, the campaign for tort law reform, and the crucial role the media play in this process.

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"Save the World on Your Own Time is invariably smart, stimulating, and provocative. It is filled with insights and crackles with verve. It is a joy to take in." - Texas Law Review

A limited number of definitions have dominated academic and political discourse and poverty understanding

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over the last few decades. The aim of this "glossary" is to widen the choice of definitions available, thereby expanding the scientific field of poverty research so it gets closer to the complex reality of poverty and the lives of poor people. This book has over 200 definitions and explanations of

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terms used with poverty.--[from book].
Mamma Chia founder Janie Hoffman presents recipes for incorporating superfood chia seeds into flavorful smoothies, snacks, meals, and desserts. Chia is a powerful little seed with incredible health benefits. In this mouthwatering recipe collection,

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Mamma Chia founder Janie Hoffman invites you into her kitchen to learn the secrets of incorporating this ancient superfood into modern meals from breakfast to dinner and happy hour to dessert.

Poverty

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No es Dejar de Comer Si No Aprender
a Comer

How Does It Feel to Be Unwanted?

Education at the Crossroads

Vintage Cisneros

And Other Writings

The concept of border and
border crossing has

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important implications for how we theorize cultural politics, power, ideology, pedagogy and critical intellectual work. This completely revised and updated edition takes these areas and draws new

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connections between
postmodernism, feminism,
cultural studies and
critical pedagogy. Highly
relevant to the times which
we currently live, Giroux
reflects on the limits and
possibilities of border

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crossings in the twenty-first century and argues that in the post-9/11 world, borders have not been collapsing but vigorously rebuilt. The author identifies the most pressing issues facing critical

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educators at the turn of the century and discusses topics such as the struggle over the academic canon; the role of popular culture in the curriculum; and the cultural war the New Right has waged on schools. New sections

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deal with militarization in public spaces, empire building, and the cultural politics of neoliberalism. Those interested in cultural studies, critical race theory, education, sociology and speech communication

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will find this a valuable source of information. Balbino, "a boy from a village", a "nobody" who writes a notebook about everything that happens to him within the repressed and stifling society of Galicia

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in the thirties and forties. He tells of the moral and social atmosphere that prevails asking and answering questions and details the most elemental social struggle. There is also however the story of a

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true but impossible love. This book was first printed in Argentina in 1961 and became one of the most successful Galician books published. It has a lyrical style that immediately evokes sights and sounds of

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this part of Spain. The author Xos Neira Vilas writes from his experiences of the era and the lifestyle of boys growing up in that society and provides a rich insight to life of the peasant boy "Balbino".

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A selection of García
Márquez' journalism from the
late 1940s to the mid-1980
The day that Gillese Blondet
turned 50, she vowed to
herself that not only will
she confess her age, but she
would share all her secrets

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that confirm the following:
YES, 50 is the new 30. I am
50... So What? Is the manual
to get you to your mid-life
feeling successful, made,
beautiful in control and,
above all, enjoy what you
are and not grieve over what

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has not been. The day that Gillese Blondet turned 50, she vowed to herself that not only will she confess her age, but she would share all her secrets that confirm the following: YES, 50 is the new 30. This book is a

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friendly reminder that no botox will fix the wrinkles of the soul. Giselle, one of the most beloved women in the Hispanic market, takes us through the highlights of her life and the lives of powerful Latinas in their

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fifties who have not only achieved success in that dreaded age, but even have the luxury of having known the true love at 50. Because in this book, Blondet also shows us that in the game of love, the champion doesn't

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come first, but last. Funny, human, inspiring and full of anecdotes, I am 50 ... so what? Is an injection of energy for girls who want to reach that age as Giselle Blondet, and a foothold for women in their 50s that may

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be given the opportunity to start again.

"Todos podemos llevar una vida sana y lograr los cuerpos que siempre sonamos, pero muchas veces ponemos excusas, como la genética o la falta de tiempo. En

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"Salvando vidas," el entrenador de las estrellas, Jose Fernández, comparte el fruto de sus esfuerzos para combatir el sobrepeso, enfatizando que no hay pretexto que valga: llegó la hora de emprender el camino

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hacia una vida saludable y un cuerpo increíble. Jose Fernandez vuelca toda su experiencia en estas paginas para compartir sus conocimientos mediante: - Consejos prácticos y fáciles sobre la nutrición. - Una

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rutina de alimentación saludable. - Programas de ejercicios específicamente diseñados para hombres y para mujeres. Con el entrenador de las estrellas como guía, llegarás al cambio deseado con hábitos

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duraderos que te brindarán
una vida balanceada y
sana."--Publisher.

Flat Belly Diet!

An International Glossary
Stories of Resistance and
Resilience from Mexicans
Living in the United States

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Problems and Priorities in
Low-income Countries
Memoirs of a Peasant Boy
Mending My Soul Through
Faith, Family, and the Love
of My Sister, Jenni Rivera
How to Get As Many Clients,
Customers and Sales As You

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Can Possibly Handle
*Tame the magic of
Tolkien's beasts!
Gorgeous line art begs
for color in this
compendium of the
beasts, monsters, and*

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*flora and fauna of
Middle-earth. Bring your
favorite creatures from
the books into sharp
detail with your colored
pencils or markers.*

Smaug the dragon,

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*Balrogs, Hobbits, and
Elves give you plenty of
opportunity for
creativity and shading.
Turn each page into a
precious work of art!*

This work is unofficial

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*and is not authorized by
the Tolkien Estate or
HarperCollins
Publishers.*

*In Our Rightful Share,
Aline Helg examines the
issue of race in Cuban*

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society, politics, and ideology during the island's transition from a Spanish colony to an independent state. She challenges Cuba's well-established myth of

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*racial equality and s
Join the million-plus
people who have found
the answer to losing
their belly fat while
eating satisfying and
delicious foods. With*

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*the Flat Belly Diet! you
can: - Lose inches in
just 4 days - Drop up to
15 pounds in 32 days -
Boost your energy as the
weight falls off!*

Prevention, America's

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*most trusted healthy-
living magazine,
presents the New York
Times-bestseller Flat
Belly Diet in
paperback--now with a
new foreword by Dr.*

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David L. Katz describing new research about the many health and weight loss benefits of this amazing eating plan.

Enjoy delicious dishes such as Seared Wild

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*Salmon with Mango Salsa,
Slow Cooker Chili, and
Pumpkin-Maple*

*Cheesecake--and you will
lose belly inches and
greatly enhance your
likelihood of living a*

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*longer and healthier
life.*

*The first and only study
to date of the Spanish-
language literature of
both Southeast Asia and
West Africa*

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*500 Quick & Easy Keto
Recipes Para Perder Peso
Rápido y Permanente con
la Dieta Cetogénica! Do
you want to be healthy,
yet still enjoy great
taste and lots of*

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energy? ¡Platos ricos y fáciles de cocinar haciendo la dieta maravillosa llamada cetogénica! The Keto cookbook by Julián Franco is aimed at

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*helping you save time
and efforts with no-fuss
and effortless keto
recipes while being on
the keto diet. Spending
less time in the kitchen
is just one step away!*

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That's why I focused on creating the one and only Keto recipe cookbook in Spanish with tasty and hassle-free meals! All that you'll ever need to cook to

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*master your Instant Pot.
This keto recipe book
has plenty of: No-fuss
Brunch and Dinner keto
recipes Energizing
Desserts Great Keto
Vegan recipes and Keto*

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*Vegetarian recipes Great
variety of Pasta, Beans
and Grains Fascinating
Desserts Drinks Lots of
protein recipes -
Poultry, Meat, Fish &
Seafood Craveable Side*
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*Dishes Snacks This
complete Keto libro para
principiantes will take
care of your scarce
cooking time and will
show you the easiest way
towards a healthy*

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lifestyle forever!

The Meaning of Dreams

*The Scandal of the
Century*

*Human Rights Frameworks
for Health and Why They
Matter*

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Salvando vidas

Upside Down

I'm 50... So What?

My Story, My Way

The book is the result of several years of collaboration between experts from more than 19

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countries and researchers in the Department of Social Medicine at Harvard Medical School. The authors examine key findings on mental illness and mental health services; suicide; substance abuse; the mental health problems of women, children and

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the elderly; violence; dislocation; and health-related behavior in Asia, Latin America, Africa and the Middle East. They recommend new actions in mental health services, in public health and public policy, as well as an agenda for research. For all who

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are interested in the global context of mental health and in development, this very readable volume with its numerous case studies, illustrations and tables will be an invaluable resource.

O objetivo da obra é o de apresentar arquivos muito pouco

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conhecidos, ou mesmo desconhecidos, interrogá-los e analisá-los à luz de novas perspectivas históricas e arquivísticas, descobrir as “vozes” de quem os produziu - e formular, assim, novas questões de investigação. Divide-se em

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três partes: “Recovering, reconstructing and (re)discovering family and personal archives”; “From a social, political and cultural history of the families to a social history of the archives”; “Public preservation and promotion of

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family and personal archives".
Daniel Goleman offers a vital new curriculum for life that can change the future for us and for our children
A Mexican-American lawyer exposes corruption in the US asylum procedure and despotism

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in the Mexican government From a storefront law office in the US border city of El Paso, Texas, one man set out to tear down the great wall of indifference raised between the US and Mexico. Carlos Spector has filed hundreds of political asylum cases on

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behalf of human rights defenders, journalists, and political dissidents. Though his legal activism has only inched the process forward—98 percent of refugees from Mexico are still denied asylum—his myriad legal cases and the resultant media

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fallout has increasingly put US immigration policy, the corrupt state of Mexico, and the political basis of immigration, asylum, and deportation decisions on the spot. We Built the Wall is an immersive, engrossing look at the new front in the immigration wars. It follows

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the gripping stories of people like Saúl Reyes, forced to flee his home after a drug cartel murdered several members of his family, and Delmy Calderón, a forty-two-year-old woman leading an eight-woman hunger strike in an El Paso detention center.

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Truax tracks the heart-wrenching trials of refugees like Yamil, the husband and father who chose a prison cell over deportation to Mexico, and Rocío Hernández, a nineteen-year-old who spent nearly her entire life in Texas and is now forced to live in a city

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where narco-traffickers operate with absolute impunity.

Tengo 50, ¿y qué? es el perfecto manual para que en cada etapa de tu vida seas exitosa, te sientas realizada, bella y disfrutando de ser lo que eres, como hace la conductora de televisión Giselle

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Blondet. Tengo 50, ¿y qué? es el perfecto manual para que en cada etapa de tu vida seas exitosa, te sientas realizada, bella y disfrutando de ser lo que eres, como hace la conductora de televisión Giselle Blondet. El día que Giselle Blondet cumplió 50

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años, se juró a sí misma que no sólo confesaría su edad, sino que compartiría sus secretos que la han hecho afirmar lo siguiente: los 50 Sí son los nuevos 30. La tendencia a parecer siempre joven hay que agradecerse a una actitud que tú puedes asumir

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desde hoy. La belleza comienza en nuestro interior, y te tengo buenas noticias: no hay cremas para las arrugas del alma y el botox no estira la felicidad. Divertido, humano, inspirador y repleto de anécdotas, Tengo 50, ¿y qué? es una inyección de

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energía para todas las que quieren llegar a esa edad como Giselle Blondet, y un punto de apoyo para reconocer que la vida siempre empieza tengamos los años que tengamos. Te invito a que leas este libro y celebremos juntas los años y la vida. "No

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quiero ser parte de la ridícula noción de que es imposible aumentar nuestro valor como mujeres, de ser sexys y felices conforme pasan los años. Por el contrario, si no lo creen, lean a Giselle Blondet." -SOFÍA VERGARA Inventive, Delicious Recipes

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aprender a comer

The Gay Assteroid

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Una reina sin medidas

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***¿Sueñas con bajar de peso y transformar tu cuerpo?
¿Quieres aprender a comer más sano? ¿Pero simplemente no sabes por dónde empezar?
¡Deja de sufrir! En Reta tu vida, José Fernández, autor***

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bestseller de Salvando vidas, te invita a retarte como nunca antes lo has hecho, para transformar tu vida y adoptar por fin un estilo de vida saludable que no sólo te permitirá perder peso, sino

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que te enseñará a cuidar de tu cuerpo y tu alma de aquí en adelante y por el resto de tu vida. Con el carisma y el humor que lo caracteriza, José Fernández, entrenador de las estrellas, comparte aquí retos

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***para: · Decir adiós a la celulitis
ide una vez por todas! ·
Conseguir un abdomen plano ·
Llevar a toda tu familia hacia
una alimentación más
saludable. Con fabulosos tips
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***que contienen deliciosas
recetas saludables que te
harán olvidar que estás a dieta,
Reta tu vida es el libro que te
ofrecerá la inspiración y la
información que necesitarás
para cambiar tus hábitos y***

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***transformar tu cuerpo sin
tener que sacrificar las cosas
que más te gustan. Porque
como dice el mismo José: “No
es dejar de comer, es
aprender a comer!”.***
Go TO THE MAX with the most

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***massive and complete Hungry
Girl cookbook ever---650
recipes from the guru of guilt-
free eating! Consider this your
HUNGRY GIRL BIBLE. In
Hungry Girl to the Max!, Lisa
Lillien has created a book that***

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is a must-have for anyone who craves insanely delicious food without the high-calorie price tag! HG classics like large-and-in-charge egg mugs, oversized oatmeal bowls, crock-pot recipes, comfort foods, foil-

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pack dishes, and fast-food swaps are all here. You'll also find single-serving recipes, dishes with five ingredients or less, meatless meals, and more. Including: *Chili Cheese Egg Mug (195 calories) *Cinna-

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Raisin Oatmeal (301 calories)
****Over the Rainbow Pancakes***
(267 calories) *Onion Rings
Parm (176 calories) *Garlic-
Bread White Pizza (289
calories) *Southwestern
Meatloaf (232 calories)

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****Cheesed-Up Taco Turkey
Burgers (219 calories) *Veggie-
Loaded Cashew Chicken (318
calories) *Goosey-Good Fuji
Apple Pie (159 calories)
*Chocolate PB Pretzel
Cupcakes (135 calories) . . .***

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***and SO much more!
For Rosie, no matter how bleak
or out of control life turned,
the only thing that always
remained constant was the
love of her family and, most of
all, her sister, Jenni.***

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' Una reina sin medidas' es un espejo para todas las mujeres que afrontan la vida con valentía. Paula Arcila se desnuda ante sus lectoras para hacer un relato vital en el que reflexiona sobre las etiquetas,

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las normas y las situaciones de abuso a las que se ven sometidas las mujeres, por el simple hecho de serlo. En ese contexto, vemos crecer a Paula, en un relato de superación, sanación y triunfo;

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***contado con optimismo y,
sobre todo, mucho humor, que
bien puede reflejar el de
muchas mujeres que luchan
para vencer esos obstáculos y
que se resisten a que les
impongan límites en el camino***

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hacia sus más ansiados sueños. Paula Arcila es una colombiana que habita el mundo. Tras veinte años de exitosa carrera en la radio y la televisión en Estados Unidos, ha consolidado su trabajo como

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monologuista en Miami y en los Teatros de la Gran Vía de Madrid, donde reside, hasta que los cambios -que considera lo más estable de la vida- la lleven a otras latitudes. Comenzó a escribir como parte

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de su terapia. Aquellas notas en las que acumulaba y analizaba memorias de su relación con el trabajo, la familia y la vida en pareja, se convirtieron en un relato liberador en el que se habla

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claro sobre el abuso, pero también sobre el amor. La gran acogida de la primera edición de ' Una reina sin medidas' generó una avalancha de cartas de lectoras que querían compartir sus propias

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historias. Paula aceptó la misión de ser la voz de las mujeres, a través de una comunidad de dos millones de seguidores en redes sociales, en la que comparte los relatos de situaciones y casos de

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***abuso, violencia y desigualdad,
y dialoga con mujeres de
Estados Unidos e
Iberoamérica. Paula sigue
escribiendo y en la actualidad
está representando su más
reciente creación en los***

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teatros españoles, de Estados Unidos y Latinoamérica. En el monólogo ' Un Cambio Demente', se ríe de las etiquetas y ofrece su mirada ácida y divertida sobre las tradiciones españolas y

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latinoamericanas y el reto de la convivencia en parejas mixtas. También escribió y representó ' Miss Cuarenta', exitosa comedia teatral que invita a la reflexión sobre la madurez y los estereotipos y

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que ha permanecido activa en la cartelera de Estados Unidos y Latinoamérica desde su estreno en el año 2015. En 2012 había debutado en las tablas de Miami con la obra ' Los Monólogos de la Vagina'.

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***Este libro que tiene en sus manos explica el germen y el proceso de transformación de la mujer en la que Paula se ha convertido y es una invitación a ser ' Una reina sin medidas'.
From the winner of the first***

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Lannan Prize for Cultural Freedom, a bitingly funny, kaleidoscopic vision of the first world through the eyes of the third Eduardo Galeano, author of the incomparable Memory of Fire Trilogy, combines a

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novelist's intensity, a poet's lyricism, a journalist's fearlessness, and the strong judgments of an engaged historian. Now his talents are richly displayed in Upside Down, an eloquent, passionate,

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sometimes hilarious exposé of our first-world privileges and assumptions. In a series of lesson plans and a "program of study" about our beleaguered planet, Galeano takes the reader on a wild trip through

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Fernandez

***the global looking glass. From
a master class in "The
Impunity of Power" to a
seminar on "The Sacred
Car"--with tips along the way
on "How to Resist Useless
Vices" and a declaration of***

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"The Right to Rave"--he surveys a world unevenly divided between abundance and deprivation, carnival and torture, power and helplessness. We have accepted a reality we should

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***reject, Galeano teaches us, one
where machines are more
precious than humans, people
are hungry, poverty kills, and
children toil from dark to dark.
A work of fire and charm,
Upside Down makes us see the***

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***world anew and even glimpse
how it might be set right.***

***"Galeano's outrage is tempered
by intelligence, an ineradicable
sense of humor, and hope."***

***-Los Angeles Times, front page
Politics, Media, and the***

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Fernandez

Litigation Crisis

We Built the Wall

Have You Seen Marie?

Globalization and the

Emergence of Asian and

African Literature in Spanish

Lorena Garcia's New Taco

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Vintage Readers are a perfect introduction to some of the great modern writers presented in attractive, accessible paperback

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editions. "Sandra Cisneros knows both that the heart can be broken and that it can rise and soar like a bird. Whatever story she chooses to tell, we should be listening for a long time to come." "The Washington Post Book World A

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winner of the PEN/Nabokov Award for Achievement in International Literature and the prestigious MacArthur Fellowship, Sandra Cisneros evokes working-class Latino experience with an irresistible mix of realism and

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lyrical exuberance. Vintage Cisneros features an excerpt from her bestselling novel *The House on Mango Street*, which has become a favorite in school classrooms across the country. Also included are a chapter from her novel, *Caramelo*; a

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generous selection of poems from
My Wicked Wicked Ways and
Loose Woman; and seven stories
from her award-winning collection
Woman Hollering Creek.

Why It Can Matter More Than IQ
Keto Diet en Español

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Cultural Workers and the Politics of
Education

Gaby, Lost and Found

The Ultimate Guilt-Free Cookbook

Distorting the Law

Recovered Voices, Newfound

Questions