

The Illustrated Easy Way To Stop Drinking Free At Last Allen Carrs Easyway

Glacier Mountaineering provides the knowledge and skills needed to safely and self-sufficiently navigate over glacier terrain. Hundreds of hilarious and helpful illustrations by Mike Clelland complement the clear and concise text by Andy Tyson. Providing critical instruction for anyone planning to travel over glacier country—from the Cascades to the Rockies to Denali—this book will guide and entertain readers through glacier anatomy, equipment, route finding, and rescue techniques.

National bestseller 2017 National Book Critics Circle (NBCC) Finalist ABA Indies Introduce Winter / Spring 2017 Selection Barnes & Noble Discover Great New Writers Spring 2017 Selection ALA 2018 Notable Books Selection An intimate and poignant graphic novel portraying one family’s journey from war-torn Vietnam, from debut author Thi Bui. This beautifully illustrated and emotional story is an evocative memoir about the search for a better future and a longing for the past. Exploring the anguish of immigration and the lasting effects that displacement has on a child and her family, Bui documents the story of her family’s daring escape after the fall of South Vietnam in the 1970s, and the difficulties they faced building new lives for themselves. At the heart of Bui’s story is a universal struggle: While adjusting to life as a first-time mother, she ultimately discovers what it means to be a parent—the endless sacrifices, the unnoticed gestures, and the depths of unspoken love. Despite how impossible it seems to take on the simultaneous roles of both parent and child, Bui pushes through. With haunting, poetic writing and breathtaking art, she examines the strength of family, the importance of identity, and the meaning of home. In what Pulitzer Prize–winning novelist Viet Thanh Nguyen calls “a book to break your heart and heal it,” The Best We Could Do brings to life Thi Bui’s journey of understanding, and provides inspiration to all of those who search for a better future while longing for a simpler past.

There are a finite number of sounds that make up all the words in our language. With The Illustrated Book of Sounds & Their Spelling Patterns, students will learn to read/spell those sounds that are the building blocks of all words. The Illustrated Book of Sounds & Their Spelling Patterns replaces ineffective memorization of words, phonics rules, or decoding with kid-friendly, brain-friendly patterns and visuals. Students are engaged in listening to sounds, finding patterns, learning through cartoons and story bites. The Illustrated Book of Sounds & Their Spelling Patterns demystifies reading and spelling by giving students the tools they need to identify unknown, difficult words with ease.

They say that whatever you’re going through in life, Aretha has probably recorded a song about it. Well, it’s not just Aretha. Just been dumped? Roy Orbison has the song to get you through. Furious about the state of the world? Patti Smith knows how you feel. ‘The Illustrated Book of Songs’ is a collection of lists about the music that makes up the soundtrack to our lives, featuring hundreds of songs, old and new, famous and not-so-famous. With intriguing trivia, idle musings and cool illustrations of your favourite performers and songs. Illustrations: Patricia Ghijsens-Ezurdia.

Illustrated Edition

Discover the personality of the world’s best-loved cities in this illustrated book of maps - See more at: http://quartoknows.com/books/9781847806482/City-Atlas.html?direct=1#sthash.1kZWSr6P.dpuf

The Way of Nature

How to Write a Story

The Illustrated Book of Edible Plants

City Atlas

More than 800 illustrations in color and black and white of birds.

The Simplest Baby Book in the World is the illustrated grab-and-do guide for a new generation of first-time parents who want their information quick, concise, and practical. It makes raising a baby simpler by curating and distilling all the first-year baby basics down to their essentials. You will quickly and easily find simple solutions and have proven techniques at your fingertips when you need them the most whether it's 2 a.m. or 2 p.m.

Introduces the best methods for preparing chicken, turkey, duck, goose, quail, squab, and pheasant, accompanied by tips on cooking equipment, techniques, and ingredients

A young rabbit who stays up late and doesn't eat right becomes a tired, grumpy... ZOMBUNNY!Great for young readers and students learning English as a foreign language.

The Zombunny

Learn to Read the Easy Way

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The Illustrated Book of Knights

The Good Housekeeping Illustrated Book of Needlecrafts

Best Children’s Books in the World

The Illustrated Guide to Chickens covers the 100 most familiar breeds of chickens in Europe and North America. The breed profiles are written in engaging text that covers the history of each breed, its main characteristics, and information about looking after them. Each breed has been illustrated with delightful paintings by the author. Introductory sections contain practical advice about poultry-rearing and husbandry, and outline the differences between breeds, including the pros and cons between pure breeds, hybrids, bantams, game fowl, etc., and layers or table. The foreword has been written by HRH the Prince of Wales.

Printed in full color. Do you ever look at the clock and wonder where the day went? You spent all this time at work and didn’t come close to getting everything done. Tomorrow try something new. Use the Pomodoro Technique to work in focused sprints throughout the day. In Pomodoro Technique Illustrated, Staffan N teberg shows you how to organize your work to accomplish more in less time. There’s no need for expensive software or fancy planners. You can get started with nothing more than a piece of paper, a pencil, and a kitchen timer. You have so much you need to accomplish today. Your list is a mile long and you find yourself getting interrupted every other minute. You’d like to tell everyone to leave you alone, but most of the interruptions are coming from you! You think of a phone call you need to make or a web site you need to check and before you know it you’re answering email, checking twitter, and finding a million other things to occupy your time. You need to focus--really focus. The Pomodoro Technique puts you back in charge of your day. You’ll apply successful techniques from software engineering to identify what you should be doing today and to help you achieve your goals. Your mind won’t wander when it is fully engaged in short bursts of focused activity. Learn to work less and accomplish more using nothing more than paper, pencil, and a simple kitchen timer. Set the timer and start on your next Pomodoro. When the bell rings take a break. This personal approach to timeboxing is at the core of the Pomodoro technique and this book is filled with advice on how get started and how to tailor it to your own needs.

Learn to draw in 30 days with Emmy award-winning PBS host Mark Kistler Drawing is an acquired skill, not a talent--anyone can learn to draw! All you need is a pencil, a piece of paper, and the willingness to tap into your hidden artistic abilities. With Emmy award-winning, longtime PBS host Mark Kistler as your guide, you’ll learn the secrets of sophisticated three-dimensional renderings, and have fun along the way--in just 20 minutes a day for a month. Inside you’ll find: Quick and easy step-by-step instructions for drawing everything from simple spheres to apples, trees, buildings, and the human hand and face More than 500 line drawings, illustrating each step Time-tested tips, techniques, and tutorials for drawing in 3-D The 9 Fundamental Laws of Drawing to create the illusion of depth in any drawing 75 student examples to help gauge your own progress

From Jezebel.com, the popular website for women, comes a must-read encyclopedic guide to pop culture, feminism, fashion, sex, and much more. Within months of Jezebel’s May 2007 appearance on the new media scene, fans of the blog began referring to themselves as “Jezzies” in comment threads and organizing reader meet-ups in cities all over the world. By 2008, the devotion of the self-appointed Jezzies reached such a fever pitch that the New York Times ran a feature story about them and parody blogs and copycat websites began popping up right and left. With contributions from the writers and creatives who give the site its distinctive tone and broad influence, The Book of Jezebel is an encyclopedia of everything important to the modern woman. Running the gamut from Abzug, Bella and Baby-sitters Club, The to Xena, Yogurt, and Zits, and filled with entertaining sidebars and arresting images, this is a must-read for the modern woman.

The Illustrated Easyway for Women to Stop Smoking

An Illustrated Book of Loaded Language

An Illustrated Guide to Glacier Travel and Crevasse Rescue

The Happiness Trap

The Easy Way to Quit Sugar

The Illustrated Easy Way to Stop Smoking

Allen Carr was a chain-smoker, who used to get through 100 cigarettes a day until he discovered the 'Easyway to Stop Smoking' in 1983. His method involves a psychological reappraisal of why people smoke as well as understanding the subtle and pervasive nicotine trap and how it works.

Allen Carr’s Easyway is the most effective stop-smoking method of all time and it has now been successfully applied to a wide range of other issues. Here the method focuses on one of the fastest-growing problems of modern times: women’s drinking. Alcohol blights women’s lives often in a different way to men’s: women tend to stay at home drinking alcohol; women often feel particular shame over drinking too much; drinking around children can be a particular burden; in summary there are a lot of added pressures on women to stop drinking and often they feel this is an impossible task. Luckily, Allen Carr’s Easyway makes it easy to stop drinking. It’s the tried-and-tested cessation method that really works. With startling insight into why women drink and clear, simple, step-by-step instructions, Allen Carr shows you the way to escape from the alcohol trap in the time it takes to read this book.A unique method that does not require will power. Stop easily, immediately, painlessly and permanently. This book removes the psychological need to drink. Regain control of your life. --Publisher

“A flawless compendium of flaws.” —Alice Roberts, PhD, anatomist, writer, and presenter of The Incredible Human Journey The antidote to fuzzy thinking, with furry animals! Have you read (or stumbled into) one too many irrational online debates? Ali Almosawi certainly had, so he wrote An Illustrated Book of Bad Arguments! This handy guide is here to bring the internet age a much-needed dose of old-school logic (really old-school, a la Aristotle). Here are cogent explanations of the straw man fallacy, the slippery slope argument, the ad hominem attack, and other common attempts at reasoning that actually fall short—plus a beautifully drawn menagerie of animals who (adorably) commit every logical faux pas. Rabbit thinks a strange light in the sky must be a UFO because no one can prove otherwise (the appeal to ignorance). And Lion doesn’t believe that gas emissions harm the planet because, if that were true, he wouldn’t like the result (the argument from consequences). Once you learn to recognize these abuses of reason, they start to crop up everywhere from congressional debate to YouTube comments—which makes this geek-chic book a must for anyone in the habit of holding opinions.

A delightfully illustrated selection of the great Daoist writings of Zhuangzi by bestselling cartoonist C. C. Tsai C. C. Tsai is one of Asia’s most popular cartoonists, and his editions of the Chinese classics have sold more than 40 million copies in over twenty languages. This volume presents Tsai’s delightful graphic adaptation of the profound and humorous Daoist writings of Zhuangzi, some of the most popular and influential in the history of Asian philosophy and culture. The Way of Nature brings together all of Tsai’s beguiling cartoon illustrations of the Zhuangzi, which takes its name from its author. The result is a uniquely accessible and entertaining adaptation of a pillar of classical Daoism, which has deeply influenced Chinese poetry, landscape painting, martial arts, and Chan (Zen) Buddhism. Irreverent and inspiring, The Way of Nature presents the memorable characters, fables, and thought experiments of Zhuangzi like no other edition, challenging readers to dig beneath conventional assumptions about self, society, and nature, and pointing to a more natural way of life. Through practical insights and far-reaching arguments, Zhuangzi shows why returning to the spontaneity of nature is the only sane response to a world of conflict. A marvelous introduction to a timeless classic, this book also features an illuminating foreword by Edward Slingerland. In addition, Zhuangzi’s original Chinese text is artfully presented in narrow sidebars on each page, enriching the book for readers and students of Chinese without distracting from the self-contained English-language cartoons. The text is skillfully translated by Brian Bruya, who also provides an introduction.

60 Exciting Phonics-Based Activities for Kids

Learn to Hear What’s Left Unsaid

Stop Struggling, Start Living

The Book of Jezebel

The Illustrated Guide

The Illustrated Book of Mindful Meditations for Mindless Moments

"I know so many people who have turned their lives around after reading Allen Carr’s books." -Sir Richard Branson People are now so hooked on sugar that it’s become the number one threat to health in the modern world. This book helps explain the truth about bad sugar and introduces a proven method to cut it out of your diet entirely. Once you free yourself from addiction, you'll feel happier and healthier, and you'll be able to choose the weight you want to be for the rest of your life. Allen Carr’s Easyway is the most successful stop smoking method of all time. It works by unravelling the brainwashing that leads us to desire the very thing that is harming us, and it has now been applied to other areas. The Easy Way to Quit Sugar tackles the biggest dietary threat to the modern world: addiction to refined sugar and processed carbohydrates. With the brilliant additional writing skills and illustrations of Bev Aisbett, you'll free yourself of addiction and enjoy better health, higher

levels of energy, dramatically improved body shape and a happier, healthier lifestyle.

An illustrated guide to needlecraft features information on the necessary equipment and materials, techniques, and step-by-step instructions for attractive, practical projects, including scarves, blankets, sweaters, and rugs. 50,000 first printing.

A collection of illustrated stories, originally published separately, from all over the world.

A guide to ACT: the revolutionary mindfulness-based program for reducing stress, overcoming fear, and finding fulfillment – now updated. International bestseller, 'The Happiness Trap', has been published in over thirty countries and twenty-two languages. NOW UPDATED. Popular ideas about happiness are misleading, inaccurate, and are directly contributing to our current epidemic of stress, anxiety and depression. And unfortunately, popular psychological approaches are making it even worse! In this easy-to-read, practical and empowering self-help book, Dr Russ Harries, reveals how millions of people are unwittingly caught in the 'The Happiness Trap', where the more they strive for happiness the more they suffer in the long term. He then provides an effective means to escape through the insights and techniques of ACT (Acceptance and Commitment Therapy), a groundbreaking new approach based on mindfulness skills. By clarifying your values and developing mindfulness (a technique for living fully in the present moment), ACT helps you escape the happiness trap and find true satisfaction in life. Mindfulness skills are easy to learn and will rapidly and effectively help you to reduce stress, enhance performance, manage emotions, improve health, increase vitality, and generally change your life for the better. The book provides scientifically proven techniques to: reduce stress and worry; rise above fear, doubt and insecurity; handle painful thoughts and feelings far more effectively; break self-defeating habits; improve performance and find fulfillment in your work; build more satisfying relationships; and, create a rich, full and meaningful life.

The Art of War

The Simplest Baby Book in the World

Allen Carr’s Easy Way to Stop Smoking

No Easy Way

Stop Drinking Now

Allen Carr’s Easy Way for Women to Quit Drinking

The Applebaums discuss fingering, phrasing, technics and musical philosophy great artists.

A celebration of all things chivalrous, this fascinating book features 127 colorful pictures of heroic knights, plus captivating true tales of Richard the Lionheart and the legends of Camelot.

Histories, medicinal uses, and recipe ideas for food plants from A to Z. Focusing on the most growable vegetables, herbs, and fruits for the greatest number of people, Jack Staub tells the stories of their origins and apprises the home gardener on ways to use them, from the table to remedies and potions. Up-to-the-minute cultivation and culinary advice are delivered with accessibility and wit. Watercolor art makes the pages beautiful. Jack Staub is the author of Private Edens: Beautiful Country Gardens, Private Gardens of South Florida, and the celebrated “75” series of edible gardening books: 75 Exciting Vegetables for Your Garden, 75 Remarkable Fruits for Your Garden, and 75 Exceptional Herbs for Your Garden. Staub lives in Wrightstown, Pennsylvania.

The inspiring sequel to the 2015 Parent’s Choice Winner, How to Read a Story! Step 1: Choose an idea for your story. A good one. Step 2: Decide on a setting. Don't be afraid to mix things up. Step 3: Create a heroine—or a hero. Now: Begin. Accomplished storytellers Kate Messner and Mark Siegel playfully chronicle the process of becoming a writer in this fun follow-up to How to Read a Story, guiding young storytellers through the joys and challenges of the writing process. From choosing an idea, to creating a problem for their character to resolve, to coming to The End, this empowering picture book breaks down the writing process in a dynamic and accessible way, encouraging kids to explore their own creativity—and share their stories with others!
• Perfect for educators, librarians, and parents who are helping children develop early writing and reading skills
• Great read-aloud book for preschool- and kindergarten-aged children interested in learning to read
• Helps teach Common Core Curriculum skills Young readers who love We Are in a Book!, How Rocket Learned to Read, and Also an Octopus will love the reading and writing lessons and inspiration in How to Write a Story.
• Read-aloud books for kids ages 3-5
• Learning to write books for kids
• Kindergarten, pre-K creativity books
Kate Messner is an award-winning author whose many books for kids have been selected as Best Books by the New York Times, Junior Library Guild, Indie Bound, and Bank Street College of Education. She lives on Lake Champlain with her family. Mark Siegel is the author of many graphic novels and children’s picture books, including the 5 Worlds series, as well as the illustrator of How to Read a Story and the Robert F. Sibert Honor Book To Dance: A Ballerina’s Graphic Novel. He lives in New York.

An Illustrated Easy Reader Chapter Book

The Illustrated Book of Songs

Japanese the Manga Way

You Can Draw in 30 Days

Glacier Mountaineering

The Right-Brained Approach to Teaching Word Structure in 20 Minutes a Day

Allen Carr and Bev Aisbett present a humorous comfort zone for smokers. This book been designed to appeal to smokers who have failed to quit as well as non-smokers who want a loved one to stop smoking for good.

A new illustrated edition of Sun Tzu’s classic ancient Chinese meditation on military strategy and human psychology, with a new commentary that highlight its continued relevance for modern readers. Poetic and immensely readable, The Art of War was written 2,500 years ago and the military manual is still relevant today. A fascinating historical document that sheds light on ancient warfare, it is also a profound meditation on human psychology, interrogating the subjects of leadership, self-discipline and self-awareness. This new edition of the classic work is specially designed for modern readers. It includes an insightful introduction to the historical and philosophical context, and is accompanied by explanation and analysis of how Sun Tzu’s lessons have been applied in some of the world’s most famous battles. Renowned strategists from Field Marshal Montgomery to General Schwarzkopf have cited the book as an inspiration. The ancient text, attributed to Sun Tzu, is divided into 13 chapters that provide a logical and strategic approach to conflict and competition. Each focuses on a different aspect of warfare, including the importance of planning, managing your forces, decision-making, knowing your strengths and weaknesses, the art of deception and understanding the power of information. This edition, featuring more than 28 evocative photographs, offers a new perspective on a classic work and enables new generations to discover The Art of War and find new applications for the wisdom of Sun Tzu.

Make the most of your time and turn any ordinary moment into an opportunity to find peace, increase awareness, and be truly present with this guide to meditating anywhere! Think you don’t have time to meditate? Think again! Instead of trying to carve out a designated daily meditation time, learn to make the most of the boring, mindless tasks you have to complete throughout the day! From the two minutes you spend brushing your teeth to the time it takes you to eat your lunch, you can turn those moments into a quick and easy opportunity for relaxing meditation. Meditation is a great way to destress, reduce anxiety, and improve your overall mood and now it has never been easier to complete throughout the day! In The Illustrated Book of Mindful Meditations for Mindless Moments, you will learn how to turn all of your least favorite tasks into some of the most, calm, peaceful, and mindful moments of your day. Finally, with these bright, engaging illustrations for easy meditations, you can achieve that zen-like state all day long!

Allen Carr’s 100 cigarettes-a-day addiction drove him to despair, but, after countless attempts to quit, he eventually kicked the habit. This is an updated edition of his bestselling guide to giving up smoking.

An Illustrated Book of Bad Arguments

The Way They Play

An Illustrated Guide to Grammar and Structure

The Illustrated Book of Birds

The Illustrated Guide to Chickens

The Illustrated Book of Sounds and Their Spelling Patterns

"This is a book for every thinking person, the perfect antidote to today 's culture wars." –Hope Jahren The creators of An Illustrated Book of Bad Arguments return with this desperately timely guide to how words can trick us. Learn to "hear" hidden bias, slant, and spin—from an irresistible cast of woodland creatures! Public discourse? More like public discord. The battle cries of our culture wars are rife with "loaded language"—be it bias, slant, or spin. But listen closely, or you 'll miss what Ali Almosawi finds more frightening still: words that erase accountability, history, even identity through what they leave unsaid. Speaking as wise old Mr. Rabbit, Almosawi leads us through a dark forest of rhetoric—aided by Orwell, Baldwin, and a squee-worthy cast of wide-eyed woodland creatures. Here, passive voice can pardon wrongdoers, statistics may be a smokescreen, gaslighting entraps the downtrodden, and irrelevant adjectives cement stereotypes. Emperor Squirrel isn 't naked; he has a clothes-free sartorial style. Mouse 's roof becomes flattened (Elephant 's foot just happens to be there at the time). And when keen-eyed Owl claims a foreign shore, he seems to be overlooking someone . . . Fans of Almosawi 's An Illustrated Book of Bad Arguments couldn 't ask for a better primer on the less logical ways that words can trick us. It takes a long pair of ears to hear what 's left unsaid—but when you 're a rabbit in a badger world, listening makes all the difference.

A "real manga, real Japanese" study guide and resource for language students and teachers

The Illustrated Easy Way to Stop Smoking A Smoker's Guide to Just how Easy it is to Quit Arcturus Publishing

Covered from head to toe with one-of-a-kind tattoos, Marigold is the brightest, most beautiful mother in the world. At least, that 's what Dolphin thinks—she just wishes Marigold wouldn 't stay out quite so late or have mood spells every now and again. Dolphin 's older sister, Star, loves Marigold too, but she 's tired of looking after her. So when Star 's dad shows up out of the blue and offers to let the girls stay with him, Star jumps at the opportunity. But Dolphin can 't bear to leave Marigold alone. Now it 's just the two of them, and Dolphin is about to be in over her head. . . .

The Fun, Easy Way to Learn to Draw in One Month or Less

The Illustrated Book of Prayer

The Cook's Illustrated Complete Book of Poultry

An Illustrated Memoir

A Smoker's Guide to Just how Easy it is to Quit

The revolutionary international bestseller that will stop you smoking - for good. 'If you follow my instructions you will be a happy non-smoker for the rest of your life.' That's a strong claim from Allen Carr, but as the world's leading and most successful quit smoking expert, Allen was right to boast! Reading this book is all you need to give up smoking. You can even smoke while you read. There are no scare tactics, you will not gain weight and stopping will not feel like deprivation. If you want to kick the habit then go for it. Allen Carr has helped millions of people become happy non-smokers. His unique method removes your psychological dependence on cigarettes and literally sets you free. Accept no substitute. Five million people can't be wrong.

The voluntary integration of Riverside's schools in 1965 is a local story of national significance told by Arthur L. Littleworth, elected chairman of the school board at that time. While his personal reflections form the core of No Easy Way: Integrating Riverside Schools - A Victory for Community, interviews with numerous community leaders - parents, teachers and students who participated in, and were affected by this struggle bring balance to his perspective. The book, edited by Dawn Hassett, is richly illustrated by maps, original messages, including one from Ronald Reagan to Arthur L. Littleworth, and numerous historic photographs, some never before published, including that of Lowell School after the fire.

Zen is a way of life and this inspirational new book, with beautiful illustrations, poetry, aphorisms and still-pointed text discusses Zen's origins in Buddhism, how to achieve enlightenment through meditation and contemplation, and even how to cook and garden in the spirit of Zen. Above all it's beautifully bound and illustrated, and perfect as a companion as well as a gift.

A fresh take on the Allen Carr method with all-new text. Includes free hypnotherapy CD. Most drinkers are convinced that it's almost impossible to stop drinking and to free themselves from addiction; they also feel unable to solve any of the widespread problems drinking causes. The wonderful news is that this book shows you how to stop immediately, painlessly and permanently. This book understands drinkers and how they think and, without being judgemental or patronising, takes them through the process of how to get alcohol out of their lives. Demonstrates how drinkers fall into the trap of drinking, the psychology behind being addicted and how to quit this mug's game once and for all. This book has more compelling evidence than ever before that your addiction to alcohol is much less physical than it is mental. Alcohol is not something your body needs, but something your mind thinks it needs. Stop Drinking Now explains the mental process of addiction and how to reverse that process easily, painlessly and permanently.

The Illustrated, Grab-And-Do Guide for a Healthy, Happy Baby

The Easy Way to Do More in Less Time

The Illustrated Book of Zen

Pomodoro Technique Illustrated

The Illustrated Mum

An Illustrated Encyclopedia of Lady Things

Games So Fun Kids Won't Realize They're Learning Teaching kids to read has never been easier, thanks to these 60 incredible hands-on activities. Help your child master their ABCs, practice spelling three-, four- and even five-letter words and write their very own sentences, all while they draw with crayons, sculpt with playdough and build with building blocks! Heather McAvan has spent over a decade teaching children to read—both in the classroom, at home and online—and is an absolute genius at creating reading and writing games that are quick to set up, easy to follow and above all, an adventure for kids. This book is perfect for children in any stage of their reading journey, whether they've had some practice or are just beginning. Activities start with the basics and work up from there so kids can gradually build upon each new skill. And with Heather's lessons incorporating the toys, games and art projects children love, they'll spend the afternoon playing, nearly forgetting they're learning one of life's most important skills. Help your child practice letter sounds with fun Bubble Wrap! Pop a few bubbles and see if they can pronounce the letters underneath. Graduate to spelling games and compete head-to-head in a round of word dominoes. Hone their reading skills with a game of Twister! Get the whole family involved and laugh the day away as you challenge each other to read out the words on each dot. With activities that are hands-on and engaging, children will have a blast while learning a life-long skill. This title provides prayers of thanks and praise, prayers for healing, for forgiveness, for peace and for guidance and strength. Beautifully illustrated with traditional, evocative paintings.

With the introduction of a smoking ban in public places there has never been greater pressure on smokers to quit. The time to promote anti-smoking titles is NOW. No-one is more aware than Allen Carr that some of the people who are desperate to give up smoking require a different approach to that provided by The Easyway to Stop Smoking. To cater to their needs, Allen has refined the method to its key essentials and presents them here in a humourous comfort zone for smokers. It has been designed to appeal to smokers who have failed to quit as well as non-smokers who want a loved one to quit smoking for good.

Take a tour of Toronto, look around Lisbon or hot-foot it to Helsinki with this global adventure in a book! 30 best-loved cities from around the world are brought to life with illustrations by Martin Haake, which show in fabulous detail key landmarks, famous people, iconic buildings and cultural icons for all the family to enjoy. A search-and-find game on every page helps young readers to explore every city and spot the hundreds of details that makes each place unique.

Be a Happy Non-smoker for the Rest of Your Life

How To Choose Them - How To Keep Them

The Original Easyway Method

The Best We Could Do