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An award-winning novel,
Sazzae opens the door to a
wondrous cityscape where
Japanese and American youth

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find each other in Tokyo. Discover the machinations of a lovers' triangle, a painter's inspiration, and a teen idol's dark secret through sensuous and evocative language. The pain and pleasures of Japan are

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remembered with lyric
passion.

Wok Wisely

2nd Ed

*Intensely private radio
personality Art Bell, who
lives in the middle of the
desert 65 miles west of Las*

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*Vegas--where he broadcasts
his radio shows--finally
comes forward with his
fascinating autobiography.
The Art of Talk*

**Ambulance Design CriteriaHis
Reluctant Omega**

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Analysis and Design

Sazzae

**In the fifth of the River
Cottage Handbook series,
John Wright reveals the rich
pickings to be had on the
seashore - and the team at**

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River Cottage explain how to cook them to perfection. For the forager, the seashore holds surprising culinary potential. In this authoritative, witty book John Wright takes us on a trip to the seaside. But

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before introducing us to the various species to be harvested, he touches on such practicalities as conservation and the ethics of foraging; safety from tides, rocks and food poisoning; the law and

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access to the shore, our right to fish, landing sizes and seasons; and equipment such as nets, pots and hooks. Next comes the nitty-gritty: all the main British seashore species that one might be tempted to

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eat. The conservation status, taste and texture, availability, seasonality, habitat, collecting technique and biology of each species is covered; there are also quite a few gratuitous but fascinating diversions. The

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**species covered include
crustacea (brown shrimp,
common crab, lobster, prawn,
shore crab, spider crab, squat
lobster, velvet swimming
crab); molluscs (clams, cockle,
dog whelk, limpet, mussel,**

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**oyster, razor clam, winkle);
mushrooms; plants
(alexanders, babbington's
orache, fennel, frosted orache,
marsh samphire, perennial
wall rocket, rock samphire,
sea beet, sea buckthorn, sea**

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**holly, sea kale, sea purslane,
sea rocket, spear-leaved
orache, wild cabbage, wild
thyme); and seaweed
(carragheen, dulse, gut weed,
laver, pepper dulse, sea
lettuce, sugar kelp, kelp).**

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Finally, there are thirty brilliant recipes. Introduced by Hugh Fearnley-Whittingstall, Edible Seashore is destined to join the other handbooks in the series as an indispensable household reference.

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Digital Filters Als

Eliot H. Dunsky, MD, is a retired physician who since his diagnosis in 2009 has been living with ALS, the complex,

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*progressively debilitating
disorder commonly known as
Lou Gehrig's disease.
Determined to maintain the
best quality of life
possible-for as long as
possible-he extensively*

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*researched the condition
and its management. As he
immersed himself, talking
to ALS patients and
exploring emerging
assistive technologies and
aids, he realized that*

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misunderstanding of this complicated disease was rife, preventing many from making the most of the precious years left. The result is this compilation of not only his personal

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*experiences as his own
condition advanced but
also current research and
links to additional
specialized resources. Its
aim is to help other
patients learn to live*

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*with their diagnosis and
navigate the day-to-day
struggles associated with
it. Appropriate symptom
management can help fend
off the devastating
effects of the disease for*

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*a longer period of time.
ALS: An Orientation offers
a practical guide for
patients and their
families on maximizing
quality of life through
strategic care and,*

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importantly, coping with the emotional toll the disease can take. A terminal diagnosis simply means savoring to the fullest the life that is still possible.

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*His Reluctant Omega
Ambulance Design Criteria
Mitchell is an alpha among
alphas in the brutal Mountain
Ridge Pack. He rules with equal
parts fear and respect, but his
pack is growing restless after
decades without an heir to his*

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proverbial throne. Only an alpha and an omega pair can sire another alpha to lead the pack, but Mitchell's not-so-secret shame is the fact that he hasn't been able to impregnate any of his female omegas. Unlike the other weaker packs, the

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Mountain Ridge wolves have always kept their omegas in line and at a safe distance through the infamous yet efficient Breeding Program. On the recommendation of an old rival turned tentative friend, Mitchell decides to try his hand--among

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other things--in a last-ditch effort at siring an heir with a rare male omega. When a transfer request for one of the only male omegas in the pack uncovers unspeakable abuse and corruption within the Breeding Program, the very future of the

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***pack is thrown into question.
-Angel's heart has turned to
stone after a lifetime of abuse at
the hands of the alpha shifters
who oversee the Breeding
Program in his pack unit. The
only love he has left belongs to
the three other omegas he***

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shares his little corner of hell with. Angel will do whatever it takes to protect them, even if it means becoming the mate of the top alpha himself. Angel knows better than to believe the gruff Mitchell when he claims that he's not like the others. Despite his

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best attempts to steel himself against the strange bond that forms between them, Angel discovers that Mitchell is the most dangerous alpha of all because he wants the one thing Angel has sworn never to give--his heart. With war looming

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***on the horizon, a pack in chaos
and two hardened hearts melted
by an unlikely spark of love, only
one outcome is certain. The
Mountain Ridge Pack will never
be the same. Disclaimer: See
inside cover for content
warnings. This is the second book***

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***in The Mountain Shifters series.
Reading His Unclaimed Omega
may provide context, but this
book can be read as a
standalone.***

***An Orientation
Edible Seashore***