

What Works in Improving Gender EqualityThe Field Guide to Mixing Social and Biophysical Methods in Environmental ResearchBelief in MarriageHealth, Nutrition, and SustainabilityThe Great Canadian Prairies Bucket ListHow to Be a Healthy Human Kirstein Rummery Rebecca Lave Rebecca Probert Tanmay Sarkar Robin Esrock Emma Tekstra

What Works in Improving Gender Equality The Field Guide to Mixing Social and Biophysical Methods in Environmental Research Belief in Marriage Health, Nutrition, and Sustainability The Great Canadian Prairies Bucket List How to Be a Healthy Human *Kirstein Rummery Rebecca Lave Rebecca Probert Tanmay Sarkar Robin Esrock Emma Tekstra*

drawing on comparative research from the united kingdom sweden denmark iceland germany and the netherlands this book provides an accessible analysis of what gender equality means across countries what the implications of this meaning are for childcare and long term care policies and how other nations best practices can be adapted in any nation it provides realistic and feasible policy solutions for a variety of issues from what role individuals families communities the market and the state can play to what difficulties might need to be overcome in different policy contexts the first book to collect international best practices in childcare and long term care it discusses not only what works in achieving gender equality but why

despite ongoing debates about its origins the anthropocene a new epoch characterized by significant human impact on the earth s geology and ecosystems is widely acknowledged our environment is increasingly a product of interacting biophysical and social forces shaped by climate change colonial legacies gender norms hydrological processes and more understanding these intricate interactions requires a mixed methods approach that combines qualitative and quantitative biophysical and social research however mixed methods environmental research remains rare hindered by academic boundaries limited training and the challenges of interdisciplinary collaboration time funding and the integration of diverse data further complicate this research whilst the dynamics and ethics of interdisciplinary teams add another layer of complexity despite these challenges mixed methods research offers a more robust and ultimately transformative understanding of environmental questions this field guide aims to inspire and equip

researchers to undertake such studies organized like a recipe book it assists researchers in the preparation of their field work as well as offering entry points to key methods and providing examples of successful mixed methods projects this book will be of interest to scholars wishing to tackle environmental research in a more holistic manner spanning sister disciplines such as anthropology statistics political science public health archaeology geography history ecology and earth science

this book draws on the accounts of 170 individuals who had or led a wedding ceremony outside the legal framework

evolving dietary preferences increasing concerns over food security and a growing awareness of the negative impact traditional food production practices have on the environment have caused a major shift in the food landscape health nutrition and sustainability exploring unconventional food sources volume 1 addresses the surge in interest in exploring unconventional and alternative food sources that can diversify diets and become new sources of sustainable foods from the underutilized to the lesser known these foods are prime to improve nutrition and reduce ecological and carbon footprints health nutrition and sustainability exploring unconventional food sources volume 1 introduces readers to untapped food sources such as novel grains and seeds underutilized fruits and vegetables rare spices and herbs edible invasives and edible flowers and seaweed and microalgae and highlight their bioactive components and nutritional values through topics such as waste valorization precision agriculture organic farming and climate smart agriculture strategies the book also demonstrates how adaptation of underutilized plant foods play a crucial role in meeting global food security while minimizing environmental impact the authors also navigate the readers through the safety and toxicity of these foods a complementary volume highlighting the dietary sensory and gastronomic applications of unconventional foods and how they can enhance future product development is also available explores nutritional and sustainable aspects of unconventional food sources discusses ethical sourcing and environmental benefits of alternative food sources highlights innovative approaches to waste valorization by repurposing food byproducts as a source for future foods uncovers nutritional potential and bioactive components of edible flowers provides insights to the safety and toxicity of unconventional food sources

from robin esrock author of the great canadian bucket list comes a look at the best that canada s prairies have to offer having travelled to over one hundred countries on six continents international travel guru and bestselling author robin esrock turns his attention to the canadian prairies robin spent years personally discovering these one of a kind destinations and activities you have to try in manitoba and saskatchewan

float in canada s dead sea track polar bears along hudson bay horse ride through herds of free roaming bison uncover ancient archaeological mysteries in winnipeg learn what it takes to join the royal canadian mounted police witness the largest gathering of snakes in the world party with the wildest sports fans in canada bask on a tropical beach on a prairie lake bundled with an extensive up to date companion website the great canadian prairies bucket list provides all the inspiration and information you ll need to follow in his footsteps

learn the truth about the healthcare industry how little your genes influence your health the real impact of lifestyle and daily toxin exposure and how to shift the paradigm trust in the medical profession is at an all time low the healthcare industry is worth trillions of dollars and growing exponentially but people in general are getting sicker many of us are suffering from chronic illnesses unwanted weight gain cardiovascular complications and mental health problems so are our children we need to shift our thinking how to be a healthy human is for anyone who uses the healthcare system and wonders if there is another way carefully referenced and helpfully illustrated the narrative is told from the rigorous but witty point of view of emma tekstra an actuary and thirty year consultant in the global health and corporate benefits space tekstra arms you with information about the amazing human body and the modern medical and pharmaceutical industries to empower you to take control of your own health and ultimately how to age well utilizing conventional medical care only where absolutely necessary you ll receive practical guidance and discover a simple approach to nutrition the symbiotic interaction of humans with nature and with microbes a new way of thinking about disease and diagnoses a fresh outlook on mental health and neurological conditions a recipe for healthy aging resources further reading food hacks and much more how to be a healthy human is full of practical advice anyone can use to obtain vibrant health and vitality

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