

No Capo

US Army Long-Range Patrol Scout in Vietnam 1965-71 British Submarine vs Italian Torpedo Boat Prime Time Unveiling the Sacred in 20th- and 21st-Century Latin American Literature Chancellorsville 1863 Epidemics and War Lifestyle Medicine, Third Edition Obesity Medicine: Management of Obesity in Women's Health Care L'hivern de Frankie Machine Gordon L. Rottman David Greentree Bec Wilson Alexander Torres Carl Smith Rebecca M. Seaman James M. Rippe Robert K. Silverman Don Winslow

US Army Long-Range Patrol Scout in Vietnam 1965-71 British Submarine vs Italian Torpedo Boat Prime Time Unveiling the Sacred in 20th- and 21st-Century Latin American Literature Chancellorsville 1863 Epidemics and War Lifestyle Medicine, Third Edition Obesity Medicine: Management of Obesity in Women's Health Care L'hivern de Frankie Machine *Gordon L. Rottman David Greentree Bec Wilson Alexander Torres Carl Smith Rebecca M. Seaman James M. Rippe Robert K. Silverman Don Winslow*

the vietnamese knew the long range patrol scouts as the men with green faces a reference to the camouflage paint that they used operating in patrols of four to six men these men were like ghosts scouting far behind enemy lines this book examines the long range patrol scout s superior stealth movement techniques camouflage and concealment tracking counter tracking observation and other fieldcraft skills it also examines the occasions they participated in small scale direct actions including ambushes and raids written by a special forces vietnam veteran this book not only depicts the remarkable lives of these scouts when on campaign but also details the training and conditioning that it took to become one of these shadow warriors

as the war in north africa escalated axis war efforts became increasingly dependent on supply lines across the mediterranean to try to cut off these lines of supply the british deployed submarines from the besieged island of malta with the directive to sink as much merchant convoy tonnage as possible italy responded by sending her torpedo boats to protect and escort axis convoys featuring specially commissioned full colour artwork and carefully chosen archive photographs this engaging study assesses the evolving battle between britain s submarines and italy s torpedo boats in the struggle for primacy in the mediterranean at the height of world war ii

from bec wilson hit podcast host and bestselling author of how to have an epic retirement comes the ultimate guide to modern midlife we re now living longer saving smarter working more flexibly and seeking meaning at every turn in 27 practical lessons let bec guide you on everything you need to know to make your prime time count the period from your late 40s well into your 70s is what bec calls your prime time these years can be some of the best of your life if you make the right choices far from winding down this is the time to truly live in this essential handbook bec guides you through the key pillars of power money health work purpose happiness family and travel this isn t just about adjusting to a longer lifespan it s about creating a richer more fulfilling life prime time 27 lessons for the new midlife isn t just a roadmap to retirement it s a playbook for a life lived with intention energy joy and financial confidence with bec wilson as your guide you can embrace this incredible stage and truly make the most of your prime time money takes centre stage in this guide with strategies that go beyond the basics learn how to make the most of superannuation invest with purpose maximise compounding and franking credits understand spending and layering of income and how to leverage tax concessions beyond simply reaching enough to retire bec shows you how

to build flexible financial foundations that will allow you to enjoy these years to the fullest along with the financial foundations this guide is packed with insights for building purpose and joy into every day with practical advice for extending or reshaping your career crafting a purpose driven second act creating work life flexibility strengthening family ties and looking after your changing body ready to make the most of your prime time then you need this book now

drawing on diverse scholarly and theoretical perspectives this collection delves into the interplay between modernity and sacred traditions in contemporary latin america as represented in its literature it references important historical contexts from the encounter of the old and new worlds to cultural mestizaje highlighting the resilience of sacred discourse and experience amid a disenchanting capitalist modernity featuring analyses of diverse 20th and 21st century literary works this book offers deep insights into how the sacred persists multifariously in latin american literature this work invites readers to rediscover the sacred as a vital component of human existence and literary discourse it is an essential resource for understanding the complex relationship between modernity and the phenomenon of the sacred in latin america

fully illustrated including with battle maps this account of the battle of chancellorsville features detailed coverage from experienced military writer carl smith following the debacle of the battle of fredericksburg in december 1862 burnside was replaced as commander of the army of the potomac by general joseph hooker having reorganised the army and improved morale he planned an attack that would take his army to richmond and end the war although faced by an army twice his size the confederate commander robert e lee split his forces jubal early was left to hold off sedgwick s fredericksburg attack and stonewall jackson was sent with 26 000 men in a wide envelopment around hooker s right flank this title details how at dusk on may 2 jackson s men crashed into the federal right flank and how stiffening federal resistance slowed the confederate advance the next day

through its coverage of 19 epidemics associated with a broad range of wars and blending medical knowledge demographics geographic and medical information with historical and military insights this book reveals the complex relationship between epidemics and wars throughout history how did small pox have a tremendous effect on two distinct periods of war one in which the disease devastated entire native armies and leadership and the other in which technological advancements and the application of medical knowledge concerning the disease preserved an army and as a result changed the course of events epidemics and war the impact of disease on major conflicts in history examines fascinating historical questions like this and dozens more exploring a plethora of communicable diseases viral fungal and or bacterial in nature that spread and impacted wars or were spread by some aspect of mass human conflict written by historians medical doctors and people with military backgrounds the book presents a variety of viewpoints and research approaches each chapter examines an epidemic in relation to a period of war demonstrating how the two impacted each other and affected the populations involved directly and indirectly starting with three still unknown unidentified epidemics ranging from classical athens to the battle of bosworth in england the book s chapters explore a plethora of diseases that spread through wars or significantly impacted wars the book also examines how long ended wars can play a role in the spread of epidemics a generation later as seen in the 21st century mumps epidemic in bosnia 15 to 20 years after the bosnian conflicts of the 1990s

the field of lifestyle medicine which is the study of how daily habits and actions impact on both short and long term health and quality of life continues to expand globally the scientific and medical literature that supports the success of these lifestyle habits and actions is now overwhelming thousands of studies provide evidence that regular physical activity

maintenance of a health body weight following sound nutritional practices stress reduction and other good practices all profoundly impact both health and quality of life following its predecessors lifestyle medicine third edition is edited by lifestyle medicine pioneer cardiologist dr james rippe this edition has been thoroughly updated and represents the expert opinions of 20 section editors as well as more than 150 expert chapter authors whose knowledge span all aspects of this emerging discipline topics cover lifestyle medicine practices including regular physical activity proper nutrition and weight management these principles are applied to the prevention and or treatment of a wide variety of chronic conditions ranging from heart disease and diabetes to cancer mental health addiction and injury prevention this book serves as evidence base for individuals who wish to practice lifestyle medicine or incorporate some of its principles into either general medicine or subspecialty practice it provides valuable information to healthcare workers in the fields of nutrition exercise physiology psychology behavioral medicine health promotion and public policy where lifestyle medicine principles play an ever increasing role

the first text to comprehensively address both the gynecologic and obstetrical care of the obese patient obesity for the obgyn is the first reference that provides clinicians with the tools needed to manage care and minimize risk complications for their obese patients clinically focused and evidence based this groundbreaking text devotes equal amount of coverage to obstetric and gynecologic care the book concludes with a valuable section devoted to related conditions sleep apnea heart disease osteoarthritis etc that would further impact patient care both the obstetric and gynecologic sections include care checklists management algorithms key points and other tools for a more practical reference this is the first major text to address this continually growing epidemic convenient templated chapter presentation

en frank machianno és un sicari a sou retirat que va trencar els seus llaços amb la màfia de san diego molts anys enrere el passat però no queda tan lluny i un bon dia truquen a la seva porta ha arribat l hora de tornar un favor al capo de la família de los angeles en frank ha d assistir a una trobada entre la banda de detroit i la família de los angeles però la trobada resulta ser un parany una confabulació per matar en frankie algú desitja veure l mort i ell haurà d esbrinar per què qui i com el problema és que la llista de candidats és més llarga que una guia de telèfons i a en frankie no li queda gaire temps

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