

Macmillan Take Shape 1 Workbook

You probably have enough on your to-do list, and adding hours of exercise and perfect dieting to it won't guarantee hot-body results. Frankly, if a diet and fitness routine feels too strict or time consuming, it usually backfires and won't work long term. The solution? Shape-Up Shortcuts, the ultimate collection of fitness and diet tips from Jen Ator, CSCS, and the editors of Women's Health. This must-have manual offers hundreds of smart, effective tips and troubleshooting techniques that will help you transform your body—even if you can spare only 5 minutes a day! Inside, you'll find: More than 20 exclusive workouts from the country's top trainers that will reshape your body in less than 30 minutes Calorie-saving food swaps; quick, delicious recipes; and time-saving kitchen techniques to make cooking a breeze (even for beginners!) Hundreds of tips that work with your schedule—like 2-second life changers, postworkout beauty fixes, and slim-down secrets—to take the stress out of healthy living Shape-Up Shortcuts unlocks the secret to successful, lasting weight loss: It's all about doing a little bit better each day. So what are you waiting for? Get into the best shape of your life—now!

"I open the garden gate, which creaks on old, worn hinges. The rose garden is peaceful but not silent. Bird song and the buzz of bees provide nature's melody. Somewhere in the distance, gentle music is playing and it relaxes me." Namaste Care offers compassionate care to people with advanced dementia through sensory input, comfort and pleasure, combining music, therapeutic touch, colour, food and scents. With ready-to-use structured sensory stories that are specially designed for people with advanced dementia, A Namaste Care Activity Book invites you to enhance your care through storytelling and sensory stimuli. Early chapters give an overview of the approach, exploring the effects of sensory stimulation in improving quality of life. With contributions from professionals across the field, chapters describe ways to engage the different senses, including aromatherapy, food and memory and therapeutic use of lighting. These are followed by a selection of themed stories, with ideas for sensory activities to support each one. In addition to guides for Namaste Care sessions, the book provides a starting point for writing your own stories tailored to the person for whom you are caring. Inspiring creativity and confidence in delivering Namaste Care, the activities provide valuable guidance in caring for and improving the lives of people with advanced dementia.

What's going on with the world of work? Will my job exist in five years' time? What's 'disruption' all about, and what does it mean for me? Jobs don't look like they used to. In this age of innovation, staying in control of your work life can feel overwhelmingly challenging. So what does it take to have - and be in control of - a successful and fulfilling career? Career Fear (and how to beat it) will help you answer this question for yourself. In this practical and reassuring book, you'll explore the perspective, mindset and uniquely human skills you need for a resilient and thriving career - without the fear. From understanding how the world

of work is changing, to self-reflection and developing your critical thinking; author Somi Arian guides you through everything you need to be ready for an exciting and varied journey through life and work. Packed with clear, useful examples and inspiring case studies, *Career Fear* (and how to beat it) helps you beat that career fear and prepare to succeed - no matter where your career takes you. Runner-up of the Katherine Briggs Folklore Award 2017 Winner of the Mythopoeic Scholarship Award for Myth & Fantasy Studies 2019 This book examines the creative uses of "Celtic" myth in contemporary fantasy written for children or young adults from the 1960s to the 2000s. Its scope ranges from classic children's fantasies such as Lloyd Alexander's *The Chronicles of Prydain* and Alan Garner's *The Owl Service*, to some of the most recent, award-winning fantasy authors of the last decade, such as Kate Thompson (*The New Policeman*) and Catherine Fisher (*Darkhenge*). The book focuses on the ways these fantasy works have appropriated and adapted Irish and Welsh medieval literature in order to highlight different perceptions of "Celticity." The term "Celtic" itself is interrogated in light of recent debates in Celtic studies, in order to explore a fictional representation of a national past that is often romanticized and political.

Twenty-five years after the original radio series of *The Hitchhiker's Guide to the Galaxy* exploded into the public consciousness, the further exploits of its bewildered hero Arthur Dent were finally adapted for radio by Dirk Maggs, in part using drafts written by Douglas Adams before his death. The resulting fourteen completely new episodes were produced by Above the Title Productions and broadcast on BBC Radio 4, with nearly all of the original cast reunited for recording. *The Hitchhiker's Guide to the Galaxy Radio Scripts Volume 2* brilliantly bring to life the last three books in Adams' perennially popular Hitchhiker series: *Life, the Universe and Everything*; *So Long, and Thanks for All the Fish*; and *Mostly Harmless*. Dirk Maggs supplies notes which highlight original Adams material and explain how the cast, special effects and music were directed. The scripts are introduced by Simon Jones, who played Arthur Dent in both the original and the recent radio series, as well as in *The Hitchhiker's Guide to the Galaxy* television series. Douglas Adams first conceived *The Hitchhiker's Guide to the Galaxy* for radio and it is an honour to his memory that all five Hitchhiker novels have now been adapted for this medium. These scripts exemplify the freshness of perspective, humour and perspicacity that epitomize the work of Douglas Adams.

This is a study of the responses of the Soviet Union to the European crises which led to World War II. It is based on a substantial body of political and diplomatic documents that has become accessible to scholars since the opening up of former Soviet archives in 1992.

Drawing on interdisciplinary work in the field of ethics and literature by a diverse range of thinkers, including Martha Nussbaum, Emmanuel Levinas and Paul Ricoeur, Jil Larson offers new readings of late Victorian and turn-of-the-century British fiction, she

shows how ethical concepts can transform our understanding of narratives, just as narratives make possible a valuable, contextualised moral deliberation. Focusing on novels by Thomas Hardy, Sarah Grand, Olive Schreiner, Oscar Wilde, and Henry James, Larson explores the conjunction of ethics and fin-de-siècle history and culture through a consideration of what narratives from this period tell us about emotion, reason, and gender, aestheticism, and such speech acts as promising and lying. This book will be of interest to scholars of nineteenth century and modernism, and all interested in the conjunction between narrative, ethics and literary theory.

This book explores the social and political significance of contemporary recognition contests in areas such as disability, race and ethnicity, nationalism, class and sexuality, drawing on accounts from Europe, the USA, Latin America, the Middle East and Australasia.

A deep dive into the world of online and multimedia longform storytelling, this book charts the renaissance in deep reading, viewing and listening associated with the literary mind, and the resulting implications of its rise in popularity. David O. Dowling argues that although developments in media technology have enabled the ascendance of nonfictional storytelling to new heights through new forms, it has done so at the peril of these intensely persuasive designs becoming deployed for commercial and political purposes. He shows how traditional boundaries separating genres and dividing editorial from advertising content have fallen with the rise of media hybridity, drawing attention to how the principle of an independent press can be reformulated for the digital ecosystem. Immersive Longform Storytelling is a compelling examination of storytelling, covering multimedia features, on-demand documentary television, branded digital documentaries, interactive online documentaries, and podcasting. This book's focus on both form and effect makes it a fascinating read for scholars and academics interested in storytelling and the rise of new media.

Sehnsucht: The C. S. Lewis Journal, established by the Arizona C. S. Lewis Society in 2007, is the only peer-reviewed journal devoted to the study of C. S. Lewis and his writings published anywhere in the world. It exists to promote literary, theological, historical, biographical, philosophical, bibliographical and cultural interest (broadly defined) in Lewis and his writings. The journal includes articles, review essays, book reviews, film reviews and play reviews, bibliographical material, poetry, interviews, editorials, and announcements of Lewis-related conferences, events and publications. Its readership is aimed at academic scholars from a wide variety of disciplines, as well as learned non-scholars and Lewis enthusiasts. At this time, Sehnsucht is published once a year.

Teach early math concepts with 15 songs sung to familiar tunes that your students will love! First, children explore a math concept through a collaborative singing activity, and then reinforce their understanding by creating their very own page to contribute to a class book. Teaches adding and subtracting, patterns and graphing, sorting and classifying, time and money, and more. With reproducible patterns, cross-curricular extensions and assessment ideas. For use with Grades K-2.

The Second World War stranded a colony of British writers in Egypt, where they lived on the borderland of an alien culture and a distant British homeland. This

study concentrates on four important poets - Keith Douglas, Lawrence Durrell, Bernard Spencer, and Terence Tiller - the journal with which they were associated, *Personal Landscape*, and the milieu of wartime Cairo. On the periphery of this group were, among others, Olivia Manning and G. S. Fraser, and the Greek exiles George Seferis and Elie Papadimitriou. Cairo's "unreality" - the war in the Western Desert, cultural otherness and the varied definitions of exile, the layers of a native and an imperial history, the currents of political propaganda, literary rivalries played out far from the metropolitan center - formed the background to the growth of these four distinct poetic voices, as well as the establishment of a magazine that promoted a modernist aesthetic and a canon that embraced contemporary Greek letters.

Includes no. 53a: British wartime books for young people.

This book offers the first interdisciplinary survey of community research in the humanities and social sciences to consider such diverse disciplines as philosophy, religious studies, anthropology, sociology, disabilities studies, linguistics, communication studies, and film studies. Bringing together leading international experts, the collection of essays critically maps and explores the state of the art in community research, while also developing future perspectives for a cross-disciplinary rethinking of community. Pursuing such a critical, transdisciplinary approach to community, the book argues, can counteract reductive appropriations of the term 'community' and, instead, pave the way for a novel assessment of the concept's complexity. Since community is, above all, a lived practice that shapes people's everyday lives, the essays also suggest ways of redoing community; they discuss concrete examples of community practice, thereby bridging the gap between scholars and activists working in the field.

David Brooks wrote in *The Second Mountain*, "A pilgrimage is a journey undertaken in response to a story." My life story has been lived in response to God's story revealed in the Bible. This book is about the highways I have traveled in obedience to the Voice of the Holy breaking into my successes and failures, desires and doubts, and leading me by the power of grace in ever merciful and transforming ways. If you are drawn to my story, it is because the same Voice is calling you to share the adventure of a lifetime in following Jesus as he set his face to go up to Jerusalem. Through my story may you hear Aslan's (Christ's) invitation, "Come further in! Come further up!" This story travels by way of the "highways to Zion" (Ps 84:5-7). Those highways become deeply paved in the hearts and minds of those who work for the healing of the world and who bring the blessings of the reign of God to barren, dry, and thirsty lands.

This new collection of the letters that Lewis Carroll wrote to the illustrators and prospective illustrators of his books affords fresh insights into Carroll's complex character, traces the history of the books that became great classics of the Victorian era, and charts the sometimes tempestuous seas of Carroll's

relationships with his correspondents. Carroll, a meticulous artist, made detailed demands upon his illustrators, who included John Tenniel, Henry Holiday, Arthur Burdett Frost, Harry Furniss, and Gertrude Thomson. *Lewis Carroll and His Illustrators* reveals the author as an expert in the details of book production in an age in which new technologies repeatedly altered the publishing process. Morton N. Cohen and Edward Wakeling's general introduction to the volume looks at Lewis Carroll the man and touches on his place in Victorian publishing. Each group of letters is preceded by an introduction that includes a brief biography of the artist and a summary of his or her collaboration with Carroll. Many of the letters include Carroll's own sketches as aids to his collaborators. Comparison of these sketches with the artists' final drawings, also included, shed light on the genesis of the illustrations. Some letters from the illustrators to Carroll, also printed here, add greater insight into the process.

This book traces the rise and fall of Anglo-American relations with India and Pakistan from independence in the 1940s, to the 1960s.

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This celebrated Gothic novel is explored through essays providing critical, historical, anthropological, philosophical and intellectual contexts that serve to further the understanding and appreciation of *Dracula* in all its many guises.

Together the essays offer exciting new critical approaches to the most famous vampire in literature and film.

Gender quotas are a growing worldwide phenomenon, yet their variable implementation remains under-researched. Using the prominent case study of France this book approaches quotas from the perspective of the key actors responsible for them – political parties.

TAKE SHAPE. 1(WORK BOOK)TAKE SHAPE. 1(STUDENT BOOK)(CD1???)Macmillan's MagazineAnalytic Philosophy and the World of the PlayTaylor & Francis

First book to combine financial results with proprietary benchmarking data and in-depth interviews with experienced knowledge practitioners. The resulting framework provides an inside- and outside-the-firm view of the risks and opportunities found in knowledge management and competitive intelligence.

Planetary Solidarity brings together leading Latina, womanist, Asian American, Anglican American, South American, Asian, European, and African woman theologians on the issues of doctrine, women, and climate justice. Because women make up the majority of the world's

poor and tend to be more dependent on natural resources for their livelihoods and survival, they are more vulnerable when it comes to climate-related changes and catastrophes. Representing a subfield of feminist theology that uses doctrine as interlocutor, this book asks how Christian doctrine might address the interconnected suffering of women and the earth in an age of climate change. While doctrine has often stifled change, it also forms the thread that weaves Christian communities together. Drawing on postcolonial ecofeminist/womanist analysis and representing different ecclesial and denominational traditions, contributors use doctrine to envision possibilities for a deep solidarity with the earth and one another while addressing the intersection of gender, race, class, and ethnicity. The book is organized around the following doctrines: creation, the triune God, anthropology, sin, incarnation, redemption, the Holy Spirit, ecclesiology, and eschatology.

Examining multi-agency working in response to anti-social behaviour, this book investigates the way in which the police, social work teams and the youth justice service work together on early intervention initiatives to help young people, and explores the complexities and practical struggles of these partnerships.

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