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This is a 3 In 1 box set compilation of 3 books. This compilation includes Juliana Baldec's 3 titles: Book 1: Juicing To Lose Weight Book 2: Clean Eating Book 3: Smoothies Are Just Like You! Book 1 & 2: When Juliana got started with juices & smoothies, she was able to shed 20 pounds during a period of 2 month. Since then she has been able to keep that weight off. Her secret: She turned these nutritious & satisfying drinks into a way of life. Combining juices, smoothies, her secret morning elixir (included) & a light meal plan has helped her not only lose 20 pounds within 60 days, but she was also been able to get rid of her nasty breathing & Asthma problems at the same time. Inside you will find the same recipes that helped Juliana achieve these results: \* Fruity Furnace Fat-burning Nutriblast \* Purple Smoothie \* Liver Cleanse Juice \* Secret Morning Exixir \* Leefy Green Super Food Immune Booster and many more... you can choose from many more of these scrumptious tasting soothie and juicing recipes inside... These tasty & unique 5 minute quick & no-fail recipes are going to transform your body into a healthy, toxin free, lean and clean body in a truly satisfying way. Book 3: "Smoothies Are Like You" is an extremely fun, quick & easy to read little rhyming book about the amazing Smoothie Lifestyle. It is for everyone no matter if you are looking for information about the Smoothie diet for beginners or if you are an advanced Smoothie consumer. This inspirational smoothie poem a day book will cheer you up and keep you motivated to stick to this happy & healthy smoothie lifestyle in a fun, inspirational and rhyming way! In the end you'll know exactly why Smoothies are like you! Live a happy & healthy lifestyle and double your life today... Data Modeling Made Simple with ER/Studio Data Architect will provide the business or IT professional with a practical working knowledge of data modeling concepts and best practices, along with how to apply these principles with ER/Studio. You'll build many ER/Studio data models along the way, applying best practices to master these ten objectives: 1. You will know why a data model is needed and which ER/Studio models are the most appropriate for each situation 2. You will be able to read a data model of any size and complexity with the same confidence as reading a book 3. You will know how to apply all the key features of ER/Studio 4. You will be able to build relational and dimensional conceptual, logical, and physical data models in ER/Studio 5. You will be able to apply techniques such as indexing, transforms, and forward engineering to turn a logical data model into an efficient physical design 6. You will improve data model quality and impact analysis results by leveraging ER/Studio's lineage functionality and compare/merge utility 7. You will achieve enterprise architecture through ER/Studio's repository and portal functionality 8. You will be able to apply ER/Studio's data dictionary features 9. You will learn ways of sharing the data model through reporting and through exporting the model in a variety of formats 10. You will leverage ER/Studio's naming functionality to improve naming consistency This book contains four sections: Section I introduces data modeling and the ER/Studio landscape. Learn why data modeling is so critical to software development and even more importantly, why data modeling is so critical to understanding the business. You will also learn about the ER/Studio environment. By the end of this section, you will have created and saved your first data model in ER/Studio and be ready to start modeling in Section II! Section II explains all of the symbols and text on a data model, including entities, attributes, relationships, domains, and keys. By the time you finish this section, you will be able to 'read' a data model of any size or complexity, and create a complete data model in ER/Studio. Section III explores the three different levels of models: conceptual, logical, and physical. A conceptual data model (CDM) represents a business need within a defined scope. The logical data model (LDM) represents a detailed business solution, capturing the business requirements without complicating the model with implementation concerns such as software and hardware. The physical data model (PDM) represents a detailed technical solution. The PDM is the logical data model compromised often to improve performance or usability. The PDM makes up for deficiencies in our technology. By the end of this section you will be able to create

conceptual, logical, and physical data models in ER/Studio. Section IV discusses additional features of ER/Studio. These features include data dictionary, data lineage, automating tasks, repository and portal, exporting and reporting, naming standards, and compare and merge functionality. Why low fat vegan ingredients smoothie blender recipes work for easy & effortless weight loss & detox cleanse? Inside this 2 In 1 Box Set Compilation you will get 2 books for one low price instead of having to buy the two books separately & for a higher price. Book 1: Paleo Smoothie Recipes: Delicious & Healthy Smoothies For Easy Weight Loss: 30 Fast & Easy 5 Minute Paleo Blender Recipes You Can Make With Your Nutribullet, Ninja, Vitamix & Other High Speed Blender Book 2: Blender Recipes For The Nutribullet & Breville Juicer With Pound Dropping Results: 60 Quick & Easy Breville & Nutribullet Recipes For Scrumptious & Healthy Juices & Smoothies Knowing about the specific low fat vegan ingredients, including some powerful herbal remedies, grain free sugar free ingredients, dairy free and gluten free ingredients can be very beneficial to you. Based on the knowledge inside this book, you will know about your nutritional needs & you can achieve unprecedented pound dropping & detox cleanse results with nature's primal herbal remedies. The trick here is to choose those low fat vegan, gluten-free, dairy-free & grain-free ingredients that do not promote fat building up inside of your body. What is great about drinking these easy to make and no-fail scrumptious, guilt-free and healthy fruit and vegetable smoothies, paleo smoothies and juice fasting recipes is the fact that it is the perfect weight loss & detox cleanse solution. If you want to see how delicious nutritious snacking can be, take a look inside: \* Tastes Like Key Lime Pie Paleo Smoothie \* Tastes Like Scrumptious Cake Batter Paleo Smoothie \* Tastes Like Strawberry Mousse Paleo Smoothie \* 5 Minute Quick Spicy Ginger Smoothie \* Green Tea Plum Smoothie \* Scrumptious Peanut Butter & Apple Smoothie \* The Golden Smoothie Shot \* CCOG Power \* Mouth Watering Mango & Mint Juice \* Secret Elixir Juice To Maximize Your Pound Dropping Results 90 in total! Double your life today the scrumptious way... October "Toby" Daye is a changeling, the daughter of Amandine the fae and a mortal man. Like her mother, she is gifted in blood magic, able to read what has happened to a person through a mere taste of blood. Toby is the only changeling who has earned knighthood, and she re-earns that position every day, undertaking assignments for her liege, Sylvester, the Duke of the Shadowed Hills. Now Sylvester has asked her to go to the County of Tamed Lightning-otherwise known as Fremont, CA-to make sure that all is well with his niece, Countess January O'Leary, whom he has not been able to contact. It seems like a simple enough assignment-but when dealing with the realm of Faerie nothing is ever as simple as it seems. Toby soon discovers that someone has begun murdering people close to January, whose domain is a buffer between Sylvester's realm and a scheming rival duchy. If Toby can't find the killer soon, she may well become the next victim. The Third Eye provides a detailed and practical exposition of one of the most important but least documented skills required of those practising in the expanding discipline of group analysis. The relevance of the material, which is contributed from the dual perspective of both experienced practitioner and inexperienced trainee, extends far beyond its field of origin. It will be of significant interest to a wide readership of all those concerned with the training assessment and development of others working with groups. Publisher description 100 IDEAS: QUICK - EASY - INSPIRED - OUTSTANDING The school budget for gifted and talented provision may have been reduced, but the expectation and need for it is higher than ever. This brand new title in the bestselling 100 Ideas series includes enrichment activities and teaching and management strategies for supporting the most able students in your school. Whether you are simply looking for activities to use in your classroom or you are in charge of whole school provision, there are ideas in this book for you. They range from how to identify gifted and talented students, support their individual needs and how to interest and engage them, to training other teachers and reviewing your school's provision. The book includes 50 practical strategies and

50 creative enrichment activities that can be implemented in the classroom or expanded into long-term projects. The activities cover a range of topics and ability levels as well as different areas of the curriculum. It is an essential book for any secondary teacher looking to identify, develop and challenge the most gifted and talented students in their school This book CANDIDA OVERGROWTH DIET FOR SUPPORT TREATMENT offers everything that you need to be able to eliminate candida from your body and restore back your health. This book includes shopping lists for each of the over 30 delicious recipes, in it. These recipes includes tasty and wholesome candida-free breakfast, main dishes, side dishes, dressings and dips, salads and soups, breads, snacks, beverages and guilt-free desserts. This book will provide a way to help improve your symptoms, your well-being, and get a dietary approach to treat candida. You can actually use food to be able to reset your body. THE CANDIDA OVERGROWTH DIET FOR SUPPORT TREATMENT provides a way to help you treat candida through dietary intervention. If you've been diagnosed with candida before then the user-friendly tips and savory recipes in this book, will help to provide relief from your symptoms. Eating the right food that don't feed yeast and create inflammation in your body but will help to reset your body's balance and restore your body's vitality is the right way to go when it comes to dealing with candida overgrowth. Whether you're looking to create candida healing diet that your family will love, get your kid allergies under control and break away from bad eating habits, there are dozens of fresh ideas, ingredients and recipes to help to get your creative juices flowing. D.I.Y Gut Health Recipes ? The Number One Liver and Kidney Flush to be able to get rid of Parasites in your body ? Some Yummy Juices to balance your Blood Sugar, Body Weight and Adrenal function ? A 2 days Meals and Drinks, including breakfast, Lunch, Dinner and Snacks options plan to help Rejuvenate your Body, . ? A Powerful Cleanse to help empty your Bowels and Remove Gallstones from it. ? Juices that will help to boost your Immune System and Fight off any bad bacteria. You'll learn how to make all these juices yourself including specific instructions on how to make the juices, the servings per day, and the Die-off symptoms you'll experience. And the conditions that it's safe to drink. This cookbook 30 GUT HEALTH RECIPES (VEGETARIAN AND GLUTEN FREE) contains delicious gluten-free food, and mouth-watering vegetarian recipes If you are dealing with digestive issues, food allergies, then you know that eliminating gluten from your diet, can help to bring relief, but it's hard to do that when you are a vegan. So if you are looking for hearty, flavor packed vegetarian food options to be able to increase your energy, then this book is right for you. In this book, you will learn about a vegan and gluten free meal plan that you can take to be able to be able to mange your food allergies and digestive issues problems This book contains a detailed Packed meal plan of delicious gut healing recipes, shopping lists and prep tips (with images). In this book, you will find healthy, plentiful, and simple kitchen recipes that you are actually make at home in a bowl. Whether you're looking for a meal to a gluten free and vegetarian meal to be enjoyed on a leisure dinner with friends or on a weekday breakfast, you will find it in this book. THIS BOOK 30 GUT HEALTH RECIPES (VEGETARIAN AND GLUTEN FREE) Contains Tasty, nutritious and easy to prepare meals for feeding your family: Making healthy meal choices can be a huge challenge, especially when you're on a special diet. so that is why I included easy dishes which include: breakfasts, soups, salads, snacks, entrees, sides, and desserts So all you need to do to get this book is to click the ADD TO CART button and get your book instantly, or click on the buy with 1-CLICK BUTTON to start reading your book instantly It's important to know this book was not inspired by sitting behind a desk. It has been developed by men and women who have experienced numerous addictions and life experiences. The Turn is designed as a workbook that can be taught in a group or worked on individually. It has helped hundreds of people be set free from the things that hinder them from becoming who they were created to be. At The Turn, we firmly believe that hope is the key to change and that hope is found in God. The Turn can relate to

anyone whether they are dealing with anger, drugs, food, money management, stealing, gambling, jealousy, alcohol, lust, or \_\_\_\_\_. We are simply a group of people on a journey together to find real change. To find something that works. The turn is made up of four main components which include twelve challenges. The four components include; The Give Up Challenges, The Clean Up Challenges, The Make Up Challenges, and The Keep Up Challenges. The Turn was authored by a group of individuals under the leadership of One Eighty, which is a non-profit organization that is nationally known for its leadership role in recovery, prevention, and outreach into communities. One Eighty is led by Rusty Boruff, a best-selling author of Cell 121 and 12:2. You can find out more by visiting: [www.oneeighty.org](http://www.oneeighty.org) and [www.rustyboruff.com](http://www.rustyboruff.com). The perfect book for any budding manga artist! Learn to draw manga from scratch, and get a crash course in creating your own characters, worlds and stories with the help of this guided sketchbook. Get started with easy step-by-step instructions for drawing manga facial features and bodies. Next, put your new-found drawing skills into practice, with guidance on developing a scene and planning your storyline. There's plenty of open space in each section to fill with your sketches, along with advice on the best materials to use, and expert tips on perfecting your technique throughout. In no time at all, you will gain the skills and confidence needed to start creating your very own manga. If you ever wanted to have the ability to heal yourself and others around you, then keep reading! How would you react if you found out it is possible? And not only that, but you can also use Reiki to influence different events in the future and the past, get rid of feelings of anxiety or other mental issues as well as healing your own physical body! When it comes to Reiki, there is no such thing as time and distance. Reiki healing energy can reach anything, anytime, and anywhere. With the information and guidance in this book, you will be able to learn how to access this majestic Universal energy known as Reiki. The book, Reiki Healing for Beginners, contains everything that you need to know about Reiki, how to access it, how to self-attune yourself, and how to practice the art of healing yourself and others around you! Reiki is a healing energy that is able to heal any physical problems within the body, as well as the mental problems within the mind, such as anxiety, depression, and negative thinking, which play an important role in the body's health. This book will point you in the right direction when it comes to spiritual growth, personal growth, and your life path. Many practitioners and Reiki Masters are able to use Reiki to their benefit, and so can you! This book is for anyone, beginners, practitioners, and even Reiki Masters can benefit from learning various techniques that are only here to help. In this book, you will learn about the following: Origins of Reiki energy Various methods and techniques for healing others Different types of Reiki levels, symbols, and systems How to heal yourself, others, and even animals What will one experience during a Reiki attunement How energy within the body affects the health And many more This book examines turn-taking in English and Japanese conversations and political news interviews to investigate the relationship between language and interaction. In this six-session, video-based Bible study, pastor and author Louie Giglio explores the fundamental questions of what makes us relatable to others. He shows how God can change our perspective on relationships, bring us peace in the midst of conflict, and help us restore relationships that seem broken beyond repair. This book details the immense impact that Jorge Luis Borges has had on the thinking and writing of the twentieth century and how many have misunderstood that impact. It highlights how his symbols, techniques, parody, irony, and artful ambiguity in his fiction, essays, and poems force us to question what we can know with certainty, what is real and what is dream, and who we are, and thus define what has become the core of the postmodern vision. The book explores Borges's distinctly Latin American postmodern pluralism. It details how this pluralism has informed the postmodern discussions of the self, love, history, feminism, and politics, and has influenced writers in the U.S. and Latin America. Throughout, it argues that the Argentine writer avoids the nihilism and chaos of a radical

relativism that many have come to associate with postmodernism. Rather, his vision affirms values and a search for positive knowledge. Mark Frisch is Associate Professor in the Department of Modern Languages and Literatures at Duquesne University. \*Includes pictures \*Includes contemporary accounts \*Includes online resources and a bibliography for further reading

By the mid-15th century the Byzantine Empire had collapsed and the various Crusades that had taken place in the region had largely disrupted the overland routes of the Silk Road and trade. Compounding the difficulties of trade was the rise of the Ottoman Empire in place of the Byzantines and the outbreak of the Black Death in Europe. It was roughly around this time that a period of European exploration began, and major factors that contributed to this period of exploration were introduced by the Chinese, albeit indirectly. The magnetic compass had already been developed and used by the Chinese sailors since the 12th century, although it had first been created in the 3rd century BCE as a divination device. The Song Dynasty then began using the device for land navigation in the 11th century and sailors began using it shortly after. The technology slowly spread west via Arab traders, although a case can be made for the independent European creation for the compass (Southey 1812: 210). Regardless, by the 13th century the compass had found its way to Western traders, coming at a time that trade had been increasing across Europe. Trade was able to increase in Europe around the world due to more effective ships being introduced, and some of the improvements that were made to the ships were first introduced by the Chinese. The introduction of multiple mast ships and the sternpost rudders allowed the ships to travel quicker and be more maneuverable. By the start of the 15th century, ships were now much larger and able to support long distance travel with a minimum number of crew aboard. With that, the Portuguese started exploring the west coast of Africa and the Atlantic under orders from Prince Henry the Navigator. At this point, Europeans had not yet been capable of navigating completely around Africa since the ships being built were not yet fully capable of being able to sail very far from the coast and navigation in open waters was difficult, but the Portuguese continued pushing down the western African coast looking for ways to bypass the Ottomans and Muslims of Africa who had been making overland trade routes difficult. In 1451, Prince Henry the Navigator helped fund and develop a new type of ship, the caravel, that featured triangular lateen sails and would be able to travel in the open ocean and sail against the wind. In 1488, Bartholomew Diaz rounded the southern tip of Africa, named the Cape of Good Hope by King John of Portugal, and entered the Indian Ocean from the Atlantic. When it became clear Christopher Columbus hadn't landed in Asia, it was understood by everyone that this was not necessarily the route the Europeans were searching for, and the Portuguese continued to send explorers around the Cape of Good Hope in an attempt to reach the East Indies. After a two-year voyage, in 1499, Vasco da Gama had successfully reached India and returned to Portugal. The Portuguese had found access to the trade regions that they had been searching for, but sailing from Portugal to India and beyond would require too many resources to travel with at once. To remedy this problem, Portugal began establishing a number of forts and trading posts along the route. The Portuguese were able to establish a fort on the west coast of India, Fort Manuel, in 1500, and in 1505 a fort was erected off the coast of Tanzania, thus beginning a trend of European colonization in Africa and Asia that would last for the next 400 years. The Portuguese Empire and Africa: The History and Legacy of Portugal's Exploration and Colonization of the West African Coast chronicles the early efforts by the Portuguese that helped initiate the Age of Exploration, and the ramifications the colonization had across the world. Publisher description Are you interested in trading or options trading, but don't know where to start? You are thinking of investing in forex or swing trading? If your answer is yes, then keep reading! This book is the solution to alleviate your worries, and it is the perfect guide for you. If you are a beginner in the field, this book will help you know what to do. Before you enter this world, you must

make sure you are well informed and prepared. Many people have decided to be traders and have tried to trade, but not everyone has been able to achieve success. This book will help you achieve your goals by providing you with relevant information, useful tips and the best trading strategies, will introduce you to the basics of forex and swing trading and how they actually work. This book will prepare your mind for being a successful trader and will teach you how to understand the best markets. This book includes: What is forex and swing trading? the best day trading strategies. forex and swing trading basics. the trader's mentality. how to manage risk and loss. tools, platforms, tips and tricks. and much more! this book includes several tools and platforms that you can use for your trading. it will also provide you with a step-by-step guide to success so that you are able to change your thinking into something better and more disciplined that will help you grow and invest longer. this book will help you design your trading plan and make you aware of what you need as a swing trader. ready to get started? click the BUY NOW button! You want to learn to knit, but somehow you always end up in a tangle of knotted yarn and baffled by complicated and conflicting advice. This beginner's handbook goes back to basics, with clear step-by-step illustrations demonstrating how to cast on and how to ace a range of stitches, while 15 easy projects allow you to practise your skills and build your confidence. You Will Be Able to Knit by the End of This Book provides a simple guide to picking up your knitting needles and getting started, and it helps to build your confidence slowly, as you practise and perfect skills and techniques. By the end of the book, you will be able to knit a range of projects including a simple headband, tablet case and even a doorstop. So take some time for yourself, learn a new skill, and enjoy crafting gifts for your friends, family and home with this beautiful book by your side. Projects include: - Super chunky scarf - Mittens - Blanket - Baby booties - Cushion - Hot water bottle case - Teddy - Triangle shawl In this unique volume, some of today's most eminent political philosophers examine the thought of John Rawls, focusing in particular on his most recent work. These original essays explore diverse issues, including the problem of pluralism, the relationship between constitutive commitment and liberal institutions, just treatment of dissident minorities, the constitutional implications of liberalism, international relations, and the structure of international law. The first comprehensive study of Rawls's recent work, *The Idea of Political Liberalism* will be indispensable for political philosophers and theorists interested in contemporary political thought. This is a 3 In 1 box set compilation of 3 books. This compilation includes Juliana Baldec's 3 titles: Book 1: Clean Eating Book 2: Blender Recipes For Weight Loss Book 3: Smoothies Are Just Like You! Book 1 & 2: When Juliana got started with juices & smoothies, she was able to shed 20 pounds during a period of 2 month. Since then she has been able to keep that weight off. Her secret: She turned these nutritious & satisfying drinks into a way of life. Combining juices, smoothies, her secret morning elixir (included) & a light meal plan has helped her not only lose 20 pounds within 60 days, but she was also been able to get rid of her nasty breathing & Asthma problems at the same time. People who have achieved similar results like Baldec by consuming smoothies, juices, and her secret morning apple cider vinegar elixir in combination with a light daily meal plan all agree. This is the most natural and nutritious way to nourish your body and brain while getting amazing weight results as a side benefit. The recipes are 5 minute quick and easy to make no matter if you use the best juicer or blender or if you use your regular hand held kitchen supply. Inside you will find the same recipes that helped Juliana achieve these results: \* Toxic Blaster \* Life Boost Blaster \* Citrus Fruit Power Smoothie \* Vanilla Smoothie Delight \* Kefir Peanut Butter Smoothie and many more of these scrumptious blender drinks! These tasty & unique 5 minute quick & no-fail recipes are going to transform your body into a healthy, toxin free, lean and clean body that is full of energy, vitality, and life in a truly satisfying way. Book 3: "Smoothies Are Like You" is an extremely fun, quick & easy to read little rhyming book about the amazing Smoothie Lifestyle. It is for everyone no matter if you are



looking for information about the Smoothie diet for beginne This book covers all the emerging trends in artificial intelligence (AI) and the Internet of Things (IoT). The Internet of Things is a term that has been introduced in recent years to define devices that are able to connect and transfer data to other devices via the Internet. While IoT and sensors have the ability to harness large volumes of data, AI can learn patterns in the data and quickly extract insights in order to automate tasks for a variety of business benefits. Machine learning, an AI technology, brings the ability to automatically identify patterns and detect anomalies in the data that smart sensors and devices generate, and it can have significant advantages over traditional business intelligence tools for analyzing IoT data, including being able to make operational predictions up to 20 times earlier and with greater accuracy than threshold-based monitoring systems. Further, other AI technologies, such as speech recognition and computer vision can help extract insights from data that used to require human review. The powerful combination of AI and IoT technology is helping to avoid unplanned downtime, increase operating efficiency, enable new products and services, and enhance risk management. Do you know what "quatrefoil" and "impolitic" mean? What about "halcyon" or "narcolepsy"? This book is a handy, easy-to-read reference guide to the proper parlance for any situation. In this book you will find: Words You Absolutely Should Know (covert, exonerate, perimeter); Words You Should Know But Probably Don't (dour, incendiary, scintilla); Words Most People Don't Know (schlimazel, thaumaturgy, epergne); Words You Should Know to Sound Overeducated (ad infinitum, nugatory, garrulity); Words You Probably Shouldn't Know (priapic, damnatory, labia majora); and more. Whether writing an essay, studying for a test, or trying to impress friends, family, and fellow cocktail party guests with their prolixity, you will achieve magniloquence, ebullience, and flights of rhetorical brilliance. This collection explores the aesthetic qualities of human relationships, sports, taste, smell, food, and natural and built environments.

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