

Wild Guide Wales Hidden Places Great Adventures The Good Life Wild Guides

Wild Swimming Coast Rhythms in Plants Membrane Protein Purification and Crystallization Llyn Peninsula The Unknown Cultural Revolution Long Distance Paths of England and Wales Wild Ruins BC The Hidden Places of Wales Wild Ruins Archangels & Ascended Masters Secret Beaches Friday Mount: First Settlement at Holbrook and the South-western Slopes of New South Wales A Practical Guide to Teaching and Assessing the ACGME Core Competencies Boards that Work Wild Swimming Guide to Linear Algebra Chasing the Cold Literate Lives The Fight for Everest: 1924 Wild Guide Scandinavia (Norway, Sweden, Iceland and Denmark) Wild Guide Scotland Wild Guide Lake District and Yorkshire Dales Photographing the Lake District Wild Guide Portugal Wild Swimming Italy The Rough Guide to Shakespeare A Book of Secrets The Hidden Places of Wales Lost Lanes North The Holt Guide to English Half-lines and Repetitions in Virgil Cancer Chemotherapy Care Plans Wild Guide The Open Cage Wild Garden Weekends Wild Guide Central England Wild Guide Wales Wild Places Secret London Wild Swimming France

Wild Swimming Coast

This book reviews recent progress in assessing underlying mechanisms controlling plant

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circadian and ultradian oscillations, and their physiological implications for growth, development, and adaptive responses to the environment. It focuses on mechanisms and theoretical concepts at the level of the cell to the entire plant. Written by a diverse group of leading researchers, this book will spark the interest of readers from many branches of science.

Rhythms in Plants

Jack Thurston, best-selling author of the Lost Lanes series (50,000 sold) and presenter of the Bike Show, takes you on a freewheeling tour of the lost lanes and forgotten byways of Northern England - Yorkshire, Cumbria, Durham, Northumberland and Lancashire. Ride sections of the legendary Tour de Yorkshire, discovering castles and forts. Ride traffic free paths along the River Wharfe and Swale stopping for river swims and picnics in sun-dappled woodlands. Climb to the windswept heights of the Yorkshire Dales and Pennines. Discover car-free routes through the grand forests of Northumberland and Bowland. Including beautiful photography, this is the perfect gift for the armchair traveller and cycling adventurer. With downloadable GPX and route guides, and detailed maps, it is highly practical too. Rides graded from easy to challenging, with best pubs and tea stops, wild swims, finest viewpoints and accommodation too.

Membrane Protein Purification and Crystallization

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Discover and explore Britain's extraordinary history through its most beautiful lost ruins. From crag-top castles to crumbling houses lost in ancient forest, and ivy-encrusted relics of industry to sacred places long since over-grown.

Llyn Peninsula

Despite an abundance of information on the legal requirements of directors, there is little practical advice on how to develop a truly effective board. Added to this is today's growing expectation that boards should monitor management as well as take full responsibility for the performance of their organisations. Boards That Work addresses this deficiency by showing boards how to develop their own corporate governance charter to document best practice governance policies within the Australian legal environment. Using the findings from contemporary global research, Geoffrey Kiel and Gavin Nicholson bring together the experiences of many boards and directors to present a model of policy documents and processes. Checklists, diagrams, figures and practical examples are extensively used to clearly illustrate key concepts, and a complete sample charter is presented to assist all types of boards in developing their own governance policies and procedures.

The Unknown Cultural Revolution

In this book readers are taken to 500 amazing wild locations with 30 weekend itineraries

Long Distance Paths of England and Wales

A new compendium of adventures, from the best-selling Wild Guide series (120,000 copies sold) now released for Central England. Guiding you to 800 incredible secret places and wild adventures - hidden beaches, ancient forests, lost ruins, secret valleys, amazing wildlife, easy scrambles and sacred places Including slow food and drink, artisanal producers, wild camping and rustic places to stay for families Mesmerising photography - a beautiful, inspiring book For the adventurous family and those seeking easier adventurers in Britain's hidden places Packed with practical information including GPX co-ordinates and 25 maps

Wild Ruins BC

Canoe camp through hidden Norwegian fjords. Hike to Sweden's cosiest lakeside bothies and feast on locally sourced regional specialities. Wild swim in the secret hot springs of Iceland. Discover the best of Denmark's golden sand beaches. Perfect for family explorers or romantic adventurers. With informative descriptions and 24 detailed maps, including the best places for secret beaches, fantastic hikes, canoe trips and mountain train and boat adventures, as well as special places in which to stay, enjoy the best local food and discover the wildlife. Travelling from high above the Arcti Circle to the very south of Sweden and Denmark the landscapes you will discover are as varied as they are idyllic

The Hidden Places of Wales

Wild Ruins

Chapter on Aborigines; European contact and conflict; tribal fights; fish traps; possum skins; childrens games.

Archangels & Ascended Masters

The Wild Swimming series travels to Italy to explore freshwater lakes, mountain and lagoons. Dip in to the emerald-green plunge pools of Sicily and swim at river beaches in Campania. Discover the secret hot springs of Tuscany and amazing waterfalls of the Dolomiti. Explore the hidden shores of Lake Como and Garda. Perfect for family explorers or romantic adevturers, this stunning travel book combines beautiful photography with all the practical information you'll need to get off the beaten track, including maps, directions, grid references and walk-in times, and recommendations for canoe trips, campsites and tavernas.

Secret Beaches

This beautifully illustrated guides explores the country in a relaxed narrative style by guiding

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the reader to some of the established visitor attractions but also focusing on the more secluded and less well-known places of interest and places to stay, eat and drink. Also known as the "Red Dragon", Wales is a country blessed with some of the most dramatic landscapes in Britain. To the north lies Snowdonia, a land of awe-inspiring mountains, wild moorlands and enchanting lakes. Further south the land is abundant with deep valleys and vast forests. Wales also has a rich cultural heritage full of myths and legends founded on Celtic ancestry but has an equally strong industrial past.

Friday Mount: First Settlement at Holbrook and the South-western Slopes of New South Wales

A new compendium of adventures, from the best-selling Wild Guide series (winner of travel guidebook of the year 2015). This guide to Scotland and the Scottish highlands and islands, one of Europe's fastest growing adventure holiday destinations, explores the hidden parts of its better known tourist areas, as well many more remote regions, rarely visited by tourists. Guiding you to over 800 wild swims, ancient forests, lost ruins and hidden beaches. Including inns, wild camping, local crafts, artisan whisky distilleries and wild places to stay.

A Practical Guide to Teaching and Assessing the ACGME Core Competencies

Written by outdoor professionals, these authoritative guidebooks give long-distance and local

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walkers what they need to explore the coast path with confidence. With clear, expertly-written and numbered directions, enhanced Ordnance Survey maps for the entire route, professional photographs, distance charts, section introduction, background information and interpretation of points of interest along the way, these guides set a new standard in clarity and ease-of-use.

Boards that Work

Wild Swimming

Guide to Linear Algebra

Guiding you to over 800 secret places, wild adventures, local food and beautiful accommodation, this book is perfect for those seeking new adventures with the family, or dreaming up the ultimate romantic weekend escape.

Chasing the Cold

"Swim beneath the great châteaux of the Loire and plunge into the azure-blue pools of Provence. relax in the secret hot springs of the Pyrenees and discover the unspoilt crater lakes

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of the Mont-Dore."--Back cover.

Literate Lives

The Fight for Everest: 1924

Wild Guide Scandinavia (Norway, Sweden, Iceland and Denmark)

In the Spring of 2000 Frederik Paulsen stood at the North Pole - only to discover that the planet had several other extreme poles: the wandering magnetic pole, to which every compass points; the somewhat more stable geomagnetic pole; and the pole of inaccessibility. Since the Earth has two hemispheres, these four northern poles have their southern counterparts in the Antarctic. Paulsen therefore set himself the challenge of being the first person to reach all eight poles.

Wild Guide Scotland

This second edition of Membrane Protein Purification and Crystallization, A Practical Guide is written for bench scientists working in the fields of biochemistry, biology, and proteomic

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research. This guide presents isolation and crystallization techniques in a concise form, emphasizing the critical aspects unique to membrane proteins. It explains the principles of the methods and provides protocols of general use, permitting researchers and students new to this area to adapt these techniques to their particular needs. This edition is not only an update but is comprised mainly of new contributions. It is the first monograph compiling the essential approaches for membrane protein crystallization, and emphasizes recent progress in production and purification of recombinant membrane proteins. Provides general guidelines and strategies for isolation and crystallization of membrane proteins Gives detailed protocols that have wide application, and low specialized equipment needs Emphasizes recent progress in production and purification of recombinant membrane proteins, especially of histidine-tagged and other affinity-epitope-tagged proteins Summarizes recent developments of Blue-Native PAGE, a high resolution separation technique, which is independent of the use of recombinant techniques, and is especially suited for proteomic analyses of membrane protein complexes Gives detailed protocols for membrane protein crystallization, and describes the production and use of antibody fragments for high resolution crystallization Presents a comprehensive guide to 2D-crystallization of membrane proteins

Wild Guide Lake District and Yorkshire Dales

Television naturalist Iolo Williams's guide to Wales's top 40 nature sites is fully illustrated by beautiful colour photographs of place and wildlife. The sites are spread across Wales and in Wild Places Williams surveys the flora and fauna to be found on them, and aims to encourage

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more visits to them by people from Wales and beyond.

Photographing the Lake District

The Unknown Cultural Revolution challenges the established narrative of China's Cultural Revolution, which assumes that this period of great social upheaval led to economic disaster, the persecution of intellectuals, and senseless violence. Dongping Han offers a powerful account of the dramatic improvements in the living conditions, infrastructure, and agricultural practices of China's rural population that emerged in this period. Drawing on extensive local interviews and records in rural Jimo County, in Shandong Province, Han shows that the Cultural Revolution helped overthrow local hierarchies, establish participatory democracy and economic planning in the communes, and expand education and public services, especially for the elderly. Han lucidly illustrates how these changes fostered dramatic economic development in rural China. The Unknown Revolution documents a neglected side of China's Cultural Revolution, demonstrating the potential of mass education and empowerment for radical political and economic transformation. It is a bold and provocative work, which demands the attention not only of students of contemporary Chinese history but of all who are concerned with poverty and inequality in the world today.

Wild Guide Portugal

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Archangels and Ascended Masters is a thoroughly researched book in a lively encyclopedia format, listing 77 divinities from Greek, Roman, Egyptian, Asian, Babylonian, Tibetan, Buddhist, Celtic, Theosophical, New Age, Catholic, Cabalistic, Jewish, and Christian roots. Doreen carefully studied and wrote about the history of each deity, what role they serve today, how they can help us with specific life problems, and how to call upon each one. Doreen spent time in communication with each divinity to ensure that the being was reachable, and to discover the essence of his or her personality and current dealings with the world—and within these pages, she includes a channeled message or impression from each of the ascended masters and archangels. Many of her channelings were conducted at power points throughout the world, such as Stonehenge in England; the Irish coast; Kona, Hawaii; and the New Zealand rain forest. A comprehensive chart lists a number of life situations, such as Addictions, Finding a Soulmate, Emergency Money, Healing Physical Illness, and various personal and family concerns. Beneath each topic is the list of whom to call upon when dealing with that particular challenge. Doreen also includes prayers to call upon multiple divinities for specific issues such as "increased clairvoyance" and "resolving conflict."

Wild Swimming Italy

This textbook offers a carefully paced and sympathetic treatment of linear algebra, assuming knowledge only of the basic notation and elementary ideas of set theory. It progresses gradually to the more powerful and abstract notions of linear algebra, providing exercises which test and develop the reader's understanding at the end of each section. Full answers are

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given for most of the exercises to facilitate self-paced study.

The Rough Guide to Shakespeare

A Time Magazine Top 10 Nonfiction book of 2011 A Publishers Weekly Best Nonfiction title for 2011 On a hill above the Italian village of Ravello sits the Villa Cimbrone, a place of fantasy and make-believe. The characters that move through Michael Holroyd's new book are destined never to meet, yet the Villa Cimbrone unites them all. A Book of Secrets is a treasure trove of hidden lives, uncelebrated achievements, and family mysteries. With grace and tender imagination, Holroyd brings a company of unknown women into the light. From Alice Keppel, the mistress of both the second Lord Grimthorpe and the Prince of Wales; to Eve Fairfax, a muse of Auguste Rodin; to the novelist Violet Trefusis, the lover of Vita Sackville-West—these women are always on the periphery of the respectable world. Also on the margins is the elusive biographer, who on occasion turns an appraising eye upon himself as part of his investigations in the maze of biography. In A Book of Secrets, Holroyd gives voice to fragile human connections and the mystery of place.

A Book of Secrets

The Hidden Places of Wales

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The all-new bumper second edition of the best-selling Wild Swimming photo guide is now fully revised and expanded to include 150 NEW amazing wild swimming locations (almost 400 in total), brand new coverage in the South-East and the Midlands, new information for kids and families, new ideas for pubs, campsites, boat trips and weekends, new ratings on safety and access. This revised and expanded edition of Wild Swimming features the same winning formula of stunning photography, engaging travel writing and practical guidance, and is set to continue as the definitive guide to outdoor swimming in wild Britain.

Lost Lanes North

The Holt Guide to English

Half-lines and Repetitions in Virgil

London still holds hidden treasures for those who know how to wander off the beaten track. This book is a guide for those who thought they knew London well, or who would like to discover the hidden face of the city.

Cancer Chemotherapy Care Plans

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This is the 3rd edition of The Hidden Places of England. It is one of a series that covers the whole of the United Kingdom and is now printed in full colour providing the reader with a more scenic and pleasurable view of the hidden gems of this beautiful country. England's landscape is as diverse as its culture; a country blessed with magnificent landscapes from the mountainous ranges of the Mendips and Quantocks in the west, the Cumbrian fells in the North and the meandering hills of the South Downs, to the picturesque county of Kent described as the 'Garden of Britain'. Not to mention East Anglia and its famous Norfolk Broads and beautiful coastline rich in wildlife. England is blessed with a wonderful range of inland and coastal landscapes, interesting cultures and an extraordinary rich history. The Hidden Places of England explores this diversity in a relaxed narrative style, by guiding the reader to some of the established visitor attractions but also focuses on the more secluded and less well-known places of interest and venues for food, drink, accommodation and crafts. The national guides are enjoyed by a large readership. 'I am very pleased with the Hidden Places of England

Wild Guide

Discover Britain's extraordinary prehistory in this handbook to its wildest and most beautiful ancient remains. The sequel to the best-selling Wild Ruins, 18,000 copies sold. Wild Ruins B.C. reveals the extraordinary tale of Britain's human story, from the first human footprints of 800,000 years ago, to ancient axe factories, rock art, stone circles, mountain burials, sunset hill forts, lost villages and temples to the dead. Bucket lists, including best for kids, walkers, pubs,

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wildlife, views, adventurers, photographers and picnics. An odyssey through our nation's rich and wild pre-history.

The Open Cage

'Photographing the Lake District' is a comprehensive photographic-location guidebook to the most beautiful places to take photographs in the English Lake District. The book guides the reader to beautiful places and gives advice on how to take the best photographs when there.

Wild Garden Weekends

The Rough Guide to Shakespeare is the ultimate guide to the life and work of the world's greatest playwright; William Shakespeare. With full coverage of the 38 Shakespearian plays, including a synopsis, full character list, stage history and a critical essay for each, this comprehensive guide is both a quick reference and in-depth background guide for theatergoers, students, film buffs and lovers of literature alike. The Rough Guide to Shakespeare also explores Shakespeare's sonnets and Shakespeare's less well-known narrative poems, combined with fascinating accounts of Shakespeare's life and theatre, exploring in colourful detail each play's original performances. This fully updated guide includes a new 'My Shakespeare' chapter with directors & actors including Sir Ian McKellen, Christopher Plummer and Zoë Wanamaker, as well as tips for introducing your children to

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Shakespeare with recommended graphic novels, adaptations and DVDs for all age groups. With up-to-date reviews of the best films and audio recordings from Olivier to Luhrmann, and Kosintzev to Kurosawa, the Rough Guide to Shakespeare is a celebration of all classic and contemporary Shakespearian productions.

Wild Guide Central England

Reveals hidden places in Wales, and the Herefordshire and Shropshire Marches. Secret beaches, sea caves and coasteering. Wild swimming and waterfalls. Easy scrambles and gorge walks. Sunset hill forts and unknown peaks. Sacred sites, holy wells and standing stones. Ruined castles and more

Wild Guide Wales

This British travel guide charts lesser known gardens, spectacular meadows, the best kitchen garden food, plus wild places to camp and stay. From traditional cottage gardens and walled-gardens, to newly designed gardens planted for bees and nature, it will appeal to garden-lovers, foodies and nature-lovers of all ages.

Wild Places

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Shows teachers how to meet the challenges of teaching literacy in today's classroom This book provides educators with the historical and theoretical foundations necessary for becoming a reading, writing, and literacy teacher and helps them understand the broader, more complete picture of the reading process and what it means to be a teacher of readers. It covers the major theories and application strategies of the reading process, and teaches how to organize for literary instruction in a classroom. As educators learn to recognize and draw upon the multiple literacies that children bring to the classroom, they will: become skilled problem-solvers as they work through real-world examples and study the classroom experiences of others; discover how to dig deeper into literacy instruction and decide on what actions to take; and explore ways to drive and teach literacy with such tools as children's toys and familiar characters.

Secret London

Wild Swimming France

Chemotherapy Care Plans Handbook is a complete portable reference for nurses who administer chemotherapy in all settings - including inpatient, outpatient, and home care. Featuring over 230 chemotherapeutic agents, this handbook provides comprehensive nursing care plans with nursing diagnoses, defining characteristics, expected outcomes and specific

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interventions for each agent. A separate section on toxicities uses the National Cancer Institute's Common Toxicity Criteria as a framework for care and includes easy-access reference tables for each toxicity with related patient care.

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