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## **KEY=ARGOS - MARISA FERNANDA**

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**Material Cultures Why Some Things Matter Routledge** This volume is an ethnographic study of material cultures. Incorporating local and global dimensions, a team of scholars explore the changing experiences of cultures in locations as disparate as the Philippines and Northern Ireland. Material culture and consumption studies have undergone something of a renaissance recently. This study provides an up-to-date analysis of a developing field in sociological and anthropological based courses.; This book is intended for undergraduate/MA courses on material culture and consumption within cultural studies and anthropology degree schemes. The Community Care Grant Department for Work and Pensions The Stationery Office Under the £141 million Community Care Grant scheme, vulnerable people can claim for money to pay for essential household items. Whilst Jobcentre Plus employees prioritise each request received, they cannot be sure that those who apply were in most need. Inequities in the budgets set for district offices mean that some high priority claims have been refused because of the limited funds available locally. In addition, the large volume of claims that are never likely to receive funding have to be assessed under the same process, thereby adding considerably to the administrative burden. Decisions are essentially based on what has been stated on the application form, which makes it difficult to identify if claims are overstated and there are no checks on how the money

is spent. Introducing a centralised contract to supply items directly could improve the control over the scheme and achieve economies of scale of at least £14 million a year. Also, greater standardisation of the amount awarded for items could save up to £7.5 million a year. The Department does not wholly agree with these conclusions. In the Department's view it is in the nature of a discretionary scheme that there will be variations in the way in which judgments will be exercised and to operate more rigidly would fail to meet the needs of those it is designed to assist. The Department notes that it is required to operate the scheme within a legal framework and under tight constraints of turnaround time and resource availability

**Backpacker** brings the outdoors straight to the reader's doorstep, inspiring and enabling them to go more places and enjoy nature more often. The authority on active adventure, **Backpacker** is the world's first GPS-enabled magazine, and the only magazine whose editors personally test the hiking trails, camping gear, and survival tips they publish. **Backpacker's Editors' Choice Awards**, an industry honor recognizing design, feature and product innovation, has become the gold standard against which all other outdoor-industry awards are measured.

**A Bed of Feathers Edexcel GCSE (9-1) Business, Second Edition** Hachette UK Exam Board: Edexcel Level: GCSE Subject: Business First Teaching: September 2017 First Exam: June 2019 Endorsed for Edexcel Let Ian Marcouse successfully steer you through the new specification with his proven and popular approach to Business; clear content coverage is enhanced by numerous real-life examples to create a course that engages, motivates and develops every student. - Breaks down the content of the 2017 specification into clear, accessible explanations of important concepts and theories - Helps students apply their knowledge to a range of real business examples, issues and contexts, supported by 'Talking Points' that encourage critical and commercial thinking - Improves quantitative, investigative, analytical and evaluation skills through end-of-chapter exercises - Builds students' confidence approaching their exams as they practise calculation, short answer and extended-writing questions with stimulus materials - Boosts students' vocabulary and supports revision with definitions of key terminology for each topic

**Paper Towns A&C Black Special edition slipcase edition** of John Green's **Paper Towns**, with pop-up paper town. From the bestselling author of **The Fault in our Stars**. Quentin Jacobsen has always loved Margo Roth Spiegelman, for Margo (and her adventures) are the stuff of legend at their high school. So when she one day climbs through his window and summons him on an all-night road trip of revenge he cannot help but follow. But the next day Margo doesn't come to school and a week later she is still missing. Q soon learns that there are clues in her disappearance . . . and they are for him. But as he gets deeper into the mystery - culminating in another awesome road trip across America - he becomes less sure of who and what he is looking for. Masterfully written by John Green, this is a thoughtful, insightful and hilarious coming-of-age story.

Agamemnon Graphic Arts Books From the perspective of the

townspeople and the queen, Clytemnestra, Agamemnon follows the emotional journey of grief, rage, and revenge. Agamemnon had dedicated much of his life to a war that his brother started. He vowed to do whatever it takes to win—committing war crimes and killing innocents. But, even in victory, Agamemnon feels unsatisfied and plagued by the bloodshed he caused. Because of this, he decides to perform a ritual to clear his conscience and regain the gods' approval. After he fought for ten years in the Trojan war, Clytemnestra eagerly awaited the return of her husband, King Agamemnon. However, upon his arrival, she learns that he has sacrificed one of her loved ones to the gods, in order to win their favor. Though Agamemnon expressed slight remorse, he felt resolute in his actions, as he viewed the sacrifice as a necessity. Already devastated, Clytemnestra is driven to pure rage when she finds that Agamemnon also brought back a "spoil of war", Cassandra, a Trojan princess and prophetess, who has been punished by the god Apollo for refusing his advances. Though she is able to see the future, she is cursed to be never believed. Considered as Agamemnon's war prize, Cassandra is trapped in the kingdom, especially hopeless when she receives a vision of unescapable doom. Meanwhile, as Clytemnestra settles in her grief and rage, she creates a plot for vengeance, and much like her husband at war, is unconcerned about any collateral damage. As the first installment of the sole surviving Greek trilogy, Agamemnon is both a stand-alone piece and a compliment to later plays. With symbolism and precise prose, Agamemnon by Aeschylus depicts the consequences of warfare—both abroad and domestic. Featuring strong, dynamic, and well-developed characters and an emotional, dramatic plot, Agamemnon is an enthralling perspective on the fates of famous heroes from Greek mythology. This edition of Aeschylus' acclaimed tragedy, Agamemnon features a new, eye-catching cover and is reprinted in a modern, readable font. With these accommodations, contemporary readers are encouraged to revisit this classic and enthralling tale of revenge.

The Landlord's Guide to Student Letting How to find an Investment Property and Rent It Out to Students Hachette UK This comprehensive book includes: sample application forms, tenancy agreements, guarantor forms, standing order mandates, notices to quit and seeking possession, together with useful addresses and organisations. Contents: 1. Why Let to Students?; 2. Buying a Property; 3. Getting your Property Ready to Let; 4. Tenancy Agreements; 5. Advertising Your Property; 6. Selecting Tenants; 7. Moving In; 8. Managing the Let; 9. Moving Out; 10. The Letting Year; Useful Contacts; Appendix 1; Appendix 2; Appendix 3; Appendix 4; Appendix 5; Appendix 6; Index.

That Greece Might Still be Free The Philhellenes in the War of Independence Open Book Publishers When in 1821, the Greeks rose in violent revolution against the rule of the Ottoman Turks, waves of sympathy spread across Western Europe and the United States. More than a thousand volunteers set out to fight for the cause. The Philhellenes, whether they set out to recreate the Athens of Pericles, start a new crusade, or make money out of a war, all felt that Greece had unique claim

on the sympathy of the world. As Byron wrote, 'I dreamed that Greece might Still be Free'; and he died at Missolonghi trying to translate that dream into reality. William St Clair's meticulously researched and highly readable account of their aspirations and experiences was hailed as definitive when it was first published. Long out of print, it remains the standard account of the Philhellenic movement and essential reading for any students of the Greek War of Independence, Byron, and European Romanticism. Its relevance to more modern ethnic and religious conflicts is becoming increasingly appreciated by scholars worldwide. This new and revised edition includes a new Introduction by Roderick Beaton, an updated Bibliography and many new illustrations.

**Ulysses Editor & Publisher Market Guide**

**Jane's Patisserie** Deliciously customisable cakes, bakes and treats. **THE NO.1 SUNDAY TIMES BESTSELLER** Random House The fastest selling baking book of all time, from social media sensation Jane's Patisserie 'This will be the most-loved baking book in your stash!' - Zoë Sugg **Life is what you bake it - so bake it sweet!** Discover how to make life sweet with 100 delicious bakes, cakes and treats from baking blogger, Jane. Jane's recipes are loved for being easy, customisable, and packed with your favourite flavours. Covering everything from gooey cookies and celebration cakes with a dreamy drip finish, to fluffy cupcakes and creamy no-bake cheesecakes, Jane's Patisserie is easy baking for everyone. Whether you're looking for a salted caramel fix, or a spicy biscoff bake, this book has everything you need to create iconic bakes and become a star baker. Includes new and exclusive recipes requested by her followers and the most popular classics from her blog - NYC Cookies, No-Bake Biscoff Cheesecake, Salted Caramel Drip Cake and more!

**Short Studies On Great Subjects** Books to Bytes Knowledge and Information in the Postmodern Era **British Film Institute** **No Marketing Blurb** **A Code of Practice for the Control of Bed Bug Infestations in Australia** **Hard Pushed** **A Midwife's Story** Random House **THE SUNDAY TIMES BESTSELLER**, from the co-host of the podcast **WHAT THE MIDWIFE SAID** \_\_\_\_\_ No sleep for twenty hours. No food for ten. And a ward full of soon-to-be mothers... Midwives are there for us at some of the most challenging, empowering and defining moments of our lives. From heart-wrenching grief to the pure joy of a new-born baby, midwife Leah Hazard has seen it all. But life on the NHS front line, working within a system at breaking point, is more extreme than you could ever imagine. Moving and compassionate, funny and unexpected, Leah shares her experiences in this extraordinary love letter to new mothers and fellow midwives everywhere. \_\_\_\_\_ 'The stories in **Hard Pushed** highlight the bravery of our midwives, and the women they care for.' **CHRISTIE WATSON**, author of **The Language of Kindness** 'Heart-rending, inspiring and funny, **Hard Pushed** brings alive the world of midwifery in all its complexity and radiates love and respect for women.' **PROFESSOR LESLEY PAGE CBE**, former president of the Royal College of Midwives 'It is Leah Hazard's capacity to love and give so personally to the many thousands of women she has worked with which imbues this book with its power.' **JULIA SAMUEL**, author of **Grief Works** 'Not only powerful but

well written too.' DAILY EXPRESS 'A riveting read: heartwarming and heartbreaking' SHEENA BYROM OBE, midwifery consultant and author of *Catching Babies* 'A beautifully written, intimate portrait of the extraordinary work that midwives carry out each and every day.' CAROLINE ELTON, author of *Also Human: The Inner Lives of Doctors* Stick Man Scholastic Canada *Huis Clos* The full French text of Sartre's novel is accompanied by French-English vocabulary. Notes and a detailed introduction in English put the work in its social and historical context. *Scabies Natural Home Treatment Solution* CreateSpace Determine if you have scabies and learn how to eliminate scabies mites, naturally. Without use of expensive and harmful pharmaceutical medications. Within the "Scabies Natural Home Treatment Solution," you will get the details on what scabies actually is, how it is contracted, the damaging effects it poses to your skin and health as well as other symptom warning signs. There are various scabies treatment options available from prescriptions offered by a doctor, over-the-counter remedies and our favorite method, natural solutions. All options are discussed within this report to help you understand what treatment solution may be best for you. We will show you how to kill scabies mites and prevent future mites from harming you or your loved ones. This report is a comprehensive guide to scabies facts, natural treatment solutions and future scabies infection prevention. Get "Scabies Natural Home Treatment Solution" today for step-by-step help and putting our system to work for fast relief. *The Sacrificial Rituals of Greek Hero-Cults in the Archaic to the Early Hellenistic Period* Presses universitaires de Liège This study questions the traditional view of sacrifices in hero-cults during the Archaic to the early Hellenistic periods. The analysis of the epigraphical and literary evidence for sacrifices to heroes in these periods shows, contrary to the traditional notion, that the main ritual in hero-cults was a *thysia* at which the worshippers consumed the meat from the animal victim. A particular handling of the animal's blood or a *holocaust*, rituals previously taken to be typical for heroes, can rarely be documented and must be considered as marginal features in hero-cults. The terms *eschara*, *escharon*, *bothros*, *enagizein*, *enagisma*, *enagismos* and *enagisterion*, believed to be characteristic for hero-cults, are seldom used in hero-contexts before the Roman period and occur mainly in the Byzantine lexicographers and in the *scholia*. Since the main kind of sacrifice in hero-cults was a *thysia*, a ritual intimately connected with the social structure of society, the heroes must have fulfilled the same role as the gods within the Greek religious system. The fact that the heroes were dead seems to have been of little significance for the sacrificial rituals and it is questionable whether the rituals of hero-cults are to be considered as originating in the cult of the dead. *Save Our Sleep* Revised Edition Macmillan Publishers Aus. The bestselling parents' guide towards happy, sleeping babies from birth to two years, from the international baby whisperer Tizzie Hall LAST UPDATED 2021 Tizzie Hall has gained an international reputation as a baby whisperer and miracle worker. Even from an early age, Tizzie knew how to read babies' body language and cries,

and from that auspicious beginning she has developed a series of sleep routines that have provided parents and babies with a good night's sleep the world over. **Save Our Sleep** is the book that parents asked Tizzie to write, and with over 270,000 copies sold it has become the only book parents need to cure their own sleep deprivation! New material includes new routines, integrated feedback on routines, dummy use, express feeding, dealing with premature babies and twins, more information on teaching your baby to self-settle and brand new case studies and tips. Visit Tizzie's website **Save Our Sleep** for more products and information. **Backpacker Backpacker** brings the outdoors straight to the reader's doorstep, inspiring and enabling them to go more places and enjoy nature more often. The authority on active adventure, **Backpacker** is the world's first GPS-enabled magazine, and the only magazine whose editors personally test the hiking trails, camping gear, and survival tips they publish. **Backpacker's Editors' Choice Awards**, an industry honor recognizing design, feature and product innovation, has become the gold standard against which all other outdoor-industry awards are measured. **A Historical and Topographical Guide to the Geography of Strabo** Cambridge University Press **Strabo's Geography**, completed in the early first century AD, is the primary source for the history of Greek geography. This Guide provides the first English analysis of and commentary on this long and difficult text, and serves as a companion to the author's **The Geography of Strabo**, the first English translation of the work in many years. It thoroughly analyzes each of the seventeen books and provides perhaps the most thorough bibliography as yet created for Strabo's work. Careful attention is paid to the historical and cultural data, the thousands of toponyms, and the many lost historical sources that are preserved only in the **Geography**. This volume guides readers through the challenges and complexities of the text, allowing an enhanced understanding of the numerous topics that Strabo covers, from the travels of Alexander and the history of the Mediterranean to science, religion, and cult. **The Gentle Sleep Book Gentle, No-Tears, Sleep Solutions for Parents of Newborns to Five-Year-Olds** Hachette UK **The Gentle Sleep Book** offers gentle, reassuring and effective solutions to addressing the common sleep problems of newborns to five-year-olds. 'This book should be called **The Sleep Bible** and needs to be in every parent's bedside drawer' Marneta Viegas, founder of **Relax Kids** Are you exhausted by your baby's night-time waking or frustrated by your toddler's reluctance to go to bed? Would you prefer a gentler approach than sleep-training techniques such as controlled crying or pick up/put down? The first five years of parenting are filled with worries and preoccupations, but, for the vast majority, none of them is as pressing as the lack of sleep. In this revised and updated edition of her bestselling book, Sarah Ockwell-Smith offers a gentle, effective prescription for addressing the common sleep challenges encountered by parents of newborns to five-year-olds. Treading a carefully balanced line between the needs of sleep-deprived parents and those of the child, Sarah offers reliable, evidence-based advice including: \*How long we can expect our

children to sleep at each stage of development. \*Why much of the popular advice on sleep is inaccurate and counterproductive. \*How to approach common issues including frequent waking, night terrors and bedtime refusal. Sarah's practical suggestions for each developmental stage include how to create a consistent bedtime routine and optimal conditions for sleep, the effect of diet, and how to use comfort objects effectively. This revised and updated edition includes new chapters providing specific advice on daytime naps (when and how to drop them) and how to take care of your own needs and emotions during the early years of disrupted sleep, because your feelings and health matter too. Essentials of Marketing Pearson Education Brassington and Pettitt's Essentials of Marketing is the indispensable introduction to the subject for all students taking a short or one-semester Marketing module - whatever their background. The second edition retains the lively writing style and authority of the authors' Principles of Marketing, and highlights the links between theory and practice by using fresh and topical case studies drawn from real-life, whilst focussing on the most important concepts and theories of Marketing. Essentials of Marketing also boasts an unrivalled selection of online learning resources at [www.pearsoned.co.uk/brassington](http://www.pearsoned.co.uk/brassington), which includes multiple choice questions that test your learning and help monitor your progress, video interviews with top Marketing Managers, answering your questions on how they use the theories of marketing every day in their professional lives, a full online Glossary explaining the key terms of the subject, and weblinks for every chapter that help take your learning further! Dr Frances Brassington is Senior Lecturer in Retail Management and Marketing at Oxford Brookes University Dr Stephen Pettitt is Deputy Vice-chancellor of the University of Bedfordshire Odyssey Franklin Classics Trade Press This work has been selected by scholars as being culturally important and is part of the knowledge base of civilization as we know it. This work is in the public domain in the United States of America, and possibly other nations. Within the United States, you may freely copy and distribute this work, as no entity (individual or corporate) has a copyright on the body of the work. Scholars believe, and we concur, that this work is important enough to be preserved, reproduced, and made generally available to the public. To ensure a quality reading experience, this work has been proofread and republished using a format that seamlessly blends the original graphical elements with text in an easy-to-read typeface. We appreciate your support of the preservation process, and thank you for being an important part of keeping this knowledge alive and relevant. Flat Knitting Machines The Working Mom The Honest Mum's Guide to Surviving and Thriving at Work and at Home Piatkus Chosen by the Independent as one of the 10 best business books written by women 'Vicki is one inspirational mumboss, who shares her secrets to juggling a thriving business with raising a family in this entertaining and empowering read!' Una Healy 'Ideal for going back to work without losing your mind . . . a no-nonsense guide to navigating the transition' Marie Claire 'If ever there is a person

who has shown just how successful you can be online whilst also being an amazing parent it is Vicki. Read, learn and follow. A brilliant book from an inspirational mother'. Natasha Courtenay-Smith, author of *The Million Dollar Blog In The Working Mom*, Vicki Psarias, founder of *HonestMum.com*, shares her manifesto for surviving and thriving at work and at home. Vicki writes about everything from juggling work and family, to regaining your confidence after having a baby and battling imposter syndrome. An award-winning blogger and vlogger, in this book Vicki shares how to turn your passions into a business that suits the modern mum's lifestyle. *The Working Mom* is full of practical advice, tips and tricks to help fellow #mumbosses build their own business or return to work, while creating a personal brand and learning how to market yourself. Vicki's funny, fresh approach to life and work as a mum has brought her a loyal fanbase and a brilliantly successful business: her blog *Honest Mum* is one of the UK's most popular parenting and lifestyle sites, and the blog combined with Vicki's social channels has an average monthly reach of 1 million. A Lean In for the blogging and vlogging generation, *The Working Mom* is an essential book for all parents, whether they are returning to work or looking to start a new career, as well as anyone looking to build their brand or business online. 'A must-read for the modern Mum; particularly one who has aspirations to build her own business. I wish I had been able to read it three years ago!' Katie Massie-Taylor, Co-Founder, *Mush The Book of Rosicruciae A Condensed History of the Fraternitas Rosæ Crucis, Or Rosy Cross, the Men who Made the Order Possible, and Those who Maintained the Fraternity Throughout the Centuries, Together with the Fundamental Teachings of These Men According to the Actual Records in the Archives of the Fraternity* Earth Day Pebble Books Earth Day celebrates our beautiful planet and calls us to act on its behalf. Some people spend the day planting flowers or trees. Others organize neighborhood clean-ups, go on nature walks, or make recycled crafts. Readers will discover how a shared holiday can have multiple traditions and be celebrated in all sorts of ways. *The Velveteen Rabbit Pioneer Drama Service, Inc. BTO Guide to the Common Birds of Britain* William Collins In a unique new collaboration, Collins have paired up with the respected British Trust for Ornithology, bringing together the most authoritative and up-to-date information in this new field guide to the common birds of Britain and Ireland. This unique new identification guide features all of the birds that have occurred five or more times in Britain and Ireland, including all species that breed regularly in the region, plus those that winter here, or occur as common passage migrants. The book has been written and illustrated as much with the beginner in mind as the experienced birdwatcher. Designed to be used in the field, the text and photographs describe and illustrate the key features needed to identify a species with confidence, and to separate it from similar, or 'confusion', species. As a general rule, the species accounts follow the taxonomic running order provided by the British Ornithologist's Union (BOU). But for the benefit of the reader, in some instances the running order has been juggled

subtly so that potentially confusing species are placed side by side. Throughout the book there are special pages that describe the key features needed for separating different families, and groups of birds that share the same habitat. More than 1,200 photographs are featured and many are seen here for the first time. They have been chosen carefully to show not only important identification features but also to give clues to the usual habitat favoured by the bird, and its typical posture. Annotations highlight key identification features that are discussed in the text. Song and call are useful aids to identification, and reference is made to vocalisation for each species. The average size of each bird is included; in most species this is the length, measured from the tip of the bill to the tip of the tail, but in birds that are seen most frequently in flight (such as raptors), the given measurement is wingspan. Relative abundance maps are shown for every species. The darker shading shows where a species is most abundant, and the lighter shades where it is less so. These are based on the very latest information contained within the BTO's Bird Atlas 2007--11.

**Great TED Talks: Creativity** Simon and Schuster Compelling quotes on living, working, and playing creatively, from 100 prominent TED Conference speakers. The TED talks have become legendary for bringing the wisdom and experience of thought leaders to a worldwide audience. In 2006, they became accessible online, and have since been viewed more than a billion times. **Great TED Talks: Creativity** highlights the words of 100 TED Conference speakers and discusses how their ideas can be applied to your own life. Whether you're a full-time artist or someone who wants to boost their creative skills and creative thinking in areas from cooking to corporate leadership, the advice in this book will help you visualize and achieve your goals. Included in each section are URLs directing you to the TED website so you can watch the original videos in their entirety.

**Save Our Sleep: Toddler** Macmillan Publishers Aus. From the international baby whisperer Tizzie Hall comes this toddler's edition of the bestselling **Save Our Sleep** Over 40,000 copies sold. In 14 years of operation, Tizzie Hall's **Save Our Sleep** organisation has assisted thousands of children of all ages to learn how to sleep through the night, every night. By sharing an insight into baby and toddler sleep patterns, Tizzie has developed a method of putting parents at ease about their child's behaviour and learn how to effectively combat childhood sleep and behavioural problems. **Save Our Sleep: Toddler** focuses on the wealth of new information specific to sleep and behaviour in toddlerhood. The detailed advice in this book will help you learn how to deal with the tests that inevitably accompany toddlerhood and continue to enjoy a good night's sleep. It provides specific routines for sleeping and feeding for toddlers between one and three years, as well as addressing common toddler issues such as potty training, tantrums, food and feeding, childcare, travelling, moving house, daylight savings and the transition from a cot to a bed. **\*\*Tizzie Hall is pleased to offer a complimentary copy of the **Save Our Sleep® Safe Bedding Guide** with all purchases of a **Save Our Sleep** ebook. Simply head to the **Contact Us** page on the **Save Our Sleep** website and provide**

the team with proof of purchase.\*\* The Mask of Sanity Digireads.com First published in 1941, "The Mask of Sanity: An Attempt to Clarify Some Issues About the So-Called Psychopathic Personality" by Hervey M. Cleckley, an American psychiatrist, is considered to be the most important work on psychopathology of the twentieth-century. Cleckley based his work on clinical interviews with patients in mental institutions and continued to edit and revise his seminal work throughout the years. The title "The Mask of Sanity" refers to Cleckley's description of the psychopath as living behind a mask of normalcy, which makes the disorder very difficult to recognize and diagnosis. They may appear engaging, intelligent, charming, and sincere but behind this façade of a normal, functioning person they are severely mentally disordered and chaotic. Cleckley was the first to recognize the psychopath's lack of genuine emotion that stems from a serious and uncontrolled neuropsychiatric defect. Cleckley's work is startlingly insightful and his outline of the basic elements of psychopathology remains relevant nearly eighty years later. While highly controversial when it was first published, Cleckley's exhaustive research and the fascinating case studies he explores in detail make "The Mask of Sanity" an indispensable guide for both professionals and lay people alike who wish to better understand psychopathology. This edition is printed on premium acid-free paper.

Stews, Casseroles and Curries Australian Women's Weekly No Marketing Blurb How to Wean Your Baby The step-by-step plan to help your baby love their broccoli as much as their cake Random House THE SUNDAY TIMES BESTSELLER 'Charlotte gave me the confidence and knowledge to love every single step of the weaning journey' Joe Wicks 'Charlotte really is a font of knowledge when it comes to weaning.' Jools Oliver 'We've loved Charlotte's approach to weaning. Skye loves her food and we are so grateful for that!' Ella Mills The easy weaning plan to ensure your baby becomes a happy and adventurous little eater. In this beautiful, full-colour book, expert nutritionist Charlotte Stirling-Reed reveals her renowned method that has helped thousands of parents wean their babies confidently. Based on a vegetable first approach, the perfect way to develop healthy eating habits and to tackle fussy eating before it begins, you'll be hand-held through the first 30 days of weaning as well as given lots of delicious recipes all the family can enjoy. Packed with tried and tested tips, as well as the latest evidence-based guidance, How to Wean Your Baby will fully equip and empower you to take this exciting next step. Les Mains Sales First published in 1985. Routledge is an imprint of Taylor & Francis, an informa company.

Dunster's Calling The Good Sleep Guide Random House Do you toss and turn at night, counting down the hours you have left to sleep? Do you need an alarm to wake up on time and then continually 'snooze' it in the morning? This handbook help you: understand the importance of the right environment; look younger and feel energised; discover the best over-the-counter sleep remedies; and, combat jet lag.