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The Multiplication & Division Quick Starts workbook includes multiplication and division with whole numbers, fractions, and decimals, as well as in word problems. Activities include models, quick drills, problems in vertical and horizontal format, explanations and examples, and reviews. Each page features two to four quick starts that can be cut apart and used separately. The entire page may also be used as a whole-class or individual assignment. The Quick Starts Series provides students in grades 4 through 8+ with quick review activities in science, math, language arts, and social studies. The activities provide students with a quick start for the day's lesson and help students build and maintain a powerful domain-specific vocabulary. Each book is correlated to current state, national, and provincial standards. Mark Twain Media Publishing Company specializes in providing engaging supplemental books and decorative resources to complement middle- and upper-grade classrooms. Designed by leading educators, this product line covers a range of subjects including mathematics, sciences, language arts, social studies, history, government, fine arts, and character. In this revised companion book to "Dr. Atkins' New Diet Revolution," readers will find newly updated recipes that will let them eat the most up-to-date Atkins way. Includes 50 entirely new recipes and updated favorites. Two-color illustrations. The Quick is a book of essences. Katrina Roberts's large-spirited and exhilarating poetry is at once celebratory and elegiac, lyric and narrative, striving to divine what's at the quick of this fleeting existence we share. Anchored in many ways by the long poem "Cantata," which chronicles her pregnancy and the birth of her son, the book turns and turns its kaleidoscopic lens, settling now on origins and creation myths, now on Greek or Welsh gods, now on a painting by Vermeer or on an article from the daily news, all slipping together to illuminate our coming to consciousness, our coming to "be." The poems ask how one might reconcile one's simple joys with the world's larger concerns. An inquiry of

this depth cannot fail to encounter grief, but it is a grief tempered and transcended by the acceptance of ongoing life, as well as a consistently outward-focused eye and a passion for language. Sparked by Roberts's sharp imagery and daring cadences, this is a fresh and savvy collection, informed by science, myth, music, philosophy, and etymology, all braided within a sinuous narrative line that runs from sorrow to rich celebration. Ten years after his death, Edwin Friedman's best-selling *A Failure of Nerve* continues to offer insights into leadership that are more urgently needed than ever, and this revised, anniversary edition is essential reading for all leaders, be they parents or presidents, corporate executives or educators, religious superiors or coaches, healers or generals, managers or clergy. Friedman was the first to tell us that all organizations have personalities, like families, and to apply the insights of family therapy to churches and synagogues, rectors and rabbis, and politicians and teachers. His understandings about our regressed, "seatbelt society," oriented toward safety rather than adventure, help explain the sabotage that leaders constantly face today. Suspicious of the "quick fixes" and instant solutions that sweep through our culture only to give way to the next fad, he argued for strength and selfdifferentiation as the marks of true leadership. His formula for success is more maturity, not more data; stamina, not technique; and personal responsibility, not empathy. *A Failure of Nerve* was unfinished at the time of Friedman's death and originally published in a limited edition. This new edition cleans up some oversights in the original and brings his life-changing insights and challenges to a new generation of readers. "Reading this book is like discovering an unpublished Beethoven sonata or a missing play of Shakespeare. Ed Friedman was one of our most brilliant, original, and provocative thinkers across the fields of therapy, ministry, and organizational leadership." --Professor William J. Doherty, Director, Marriage and Family Therapy Program, University of Minnesota

New York Times bestselling author Amanda Quick invites you to experience a thrilling adventure filled with the lure of ancient secrets and the simmering passions of the Victorian age in the first *Arcane Society* novel. Venetia Milton's memories of a romantic night with Gabriel Jones—an alchemist's descendant—are shattered soon thereafter by news of his death. Adopting the guise of his respectable widow, she embarks on a new career as a fashionable photographer in London, where her unique ability to "see" beyond her subjects makes her photographs highly prized. But Venetia's

romantic whim causes unexpected trouble. For one thing, Mr. Jones is about to stride, living and breathing, back into her life. And someone he is tracking will go to any lengths, even murder, to possess an ancient, extraordinary secret that has been lost for centuries. Someone who believes that as the “wife” of Mr. Jones, Venetia is the key... From a beloved master of crime fiction, *The Quick Red Fox* is one of many classic novels featuring Travis McGee, the hard-boiled detective who lives on a houseboat. She’s the opposite of a damsel in distress: a famous movie star, very beautiful, very much in control of her life. She’s just made one little mistake and now she needs Travis McGee to set it right. The money is good and Travis’s funds are in need of replenishing. But that’s not the only reason he takes the case. There is the movie star’s assistant—efficient and reserved, with a sadness underneath that makes McGee feel he’d brave any danger to help her. “John D. MacDonald is a shining example for all us in the field. Talk about the best.”—Mary Higgins Clark

Sultry movie star Lysa Dean has gotten herself into a spot of blackmail, posing for naked photos while participating in a debauched party near Big Sur. If the pictures get out, Lysa’s engagement to her rich, strait laced fiancé doesn’t stand a chance. Enter Travis McGee, who’s agreed to put a stop to the extortion, working alongside Lysa’s assistant, Dana Holtzer. They begin by tracking down everyone associated with the lurid evening, and soon enough they’re led on a chase across the nation as murder after murder piles up. Further complicating matters, Travis and Dana’s relationship soon turns steamy. And just when he thinks he knows exactly where things are headed, one big twist shakes McGee’s life to the very foundation. Features a new Introduction by Lee Child

The nation’s queen of home cooking brings her foolproof, delicious approach to quick fix recipes. In this brand-new, official tie-in to the major BBC Two series, Mary shows how being in a rush will never be a problem again. Find brilliant 20- and 30-minute meals and enjoy wonderful dishes that can be swiftly assembled and then left to cook away while you do something else. Mary’s utterly reliable, always delicious fast dishes tempt any tastebuds and her no-fuss expertise means you can cook from scratch and put mouth-watering home-cooked food on your family’s table without compromising on quality or freshness. This stunning cookbook, packed with colourful photography, includes over 120 new recipes, including all the recipes from the series, plus Mary’s trademark no-nonsense tips and techniques for getting ahead in the kitchen so cooking is

always stress-free. Looking for a fast, satisfying supper? There's Crumble fish pie, Lamb tagine with preserved lemon or Pan-fried spiced falafels. Something special for Sunday lunch or dinner with friends? Roast Venison fillet and peppercorn sauce, 30-minute Beef ragu or Roast fillet pork with sage and mustard sauce followed by Upside-down rhubarb pudding. With Mary's trusted advice and recipes, discover how easy fantastic fast cooking can be. From New York Times bestselling author Amanda Quick comes a delightful romp filled with breathtaking suspense, dazzling wit, and steamy Victorian passion... The first kiss occurred in a dimly-lit hallway on the upper floor of Elwin Hastings's grand house. Louisa Bryce never saw it coming. Of course, handsome, wealthy Anthony Stalbridge couldn't possibly have had romantic intentions. The kiss was merely meant to distract the armed guard about to catch the two unlikely sleuths. After all, the only thing these two interlopers have in common is a passionate interest in uncovering the dastardly secrets of Mr. Hastings—a prominent member of Society whom they suspect of murder. Brought together by their desire for the truth, Anthony and Louisa finally discover the incriminating evidence they're looking for. But bringing Hastings to justice will be more perilous than they anticipate, especially since their thrilling attraction to danger—and, it turns out, to each other—might very well get in the way... An accessible, how-to guide that brings focus to the unique skills that comprise emotional intelligence and incorporate these tools into your life.

EMOTIONAL INTELLIGENCE: THE #1 PREDICTOR OF PROFESSIONAL SUCCESS AND PERSONAL EXCELLENCE In today's fast-paced world of competitive workplaces and chaotic personal lives, each of us is searching for effective tools that can make our schedules, behaviors, and relationships more manageable. The Emotional Intelligence Quickbook shows us how understanding and utilizing emotional intelligence can be the key to exceeding our goals and achieving our fullest potential. Authors Bradberry and Greaves use their years of experience as emotional intelligence researchers, consultants, and speakers to revitalize our current understanding of emotional intelligence. They have combined their latest research on emotional intelligence with a quick, easy-to-use format and cut-to-the-chase information to demonstrate how this other kind of "smart" helps us to decrease our stress, increase our productivity, understand our emotions as they happen, and interact positively with those around us. The Emotional Intelligence Quickbook brings this concept to light in a way that

has not been done before -- making EQ practical and easy to apply in every aspect of our daily lives. The Quickbook will help you to: -Engage the four unique areas of EQ: self-awareness, self-management, social awareness, and relationship management -Increase your EQ through the use of these skill-building techniques -Apply your EQ at work to develop leadership skills and improve teamwork, making you a better manager and a more desirable employee -Practice your EQ outside the office environment to benefit your relationships with loved ones, making you a better partner and parent -Access the link between your EQ and your physical well-being to improve your overall health -Measure your current EQ through access to the authors' bestselling online Emotional Intelligence Appraisal

Cowls are more popular than ever, and these 60 quick and luscious designs will appeal to knitters of all skill levels. Made of luxurious, worsted-weight, merino/alpaca blends from Cascade Yarns, the cowls feature granny squares, faux cables, diagonal ridges, bobble flowers, colorful zigzags, textured lace, and other popular patterns. Any one would make a great gift or satisfying go-to project. The New York Times bestselling author of *The Other Lady Vanishes* presents a gripping novel of intrigue, murder, and unexpected romance set against the backdrop of Victorian London. The Kern Secretarial Agency provides reliable professional services to its wealthy clientele, and Anne Clifton was one of the finest young women in Ursula Kern's employ. But Miss Clifton has met an untimely end—and Ursula is convinced it was not due to natural causes. Bent on justice, Ursula hatches a plan: take Anne's place as stenographer to the reclusive poet Valerie, Lady Fulbrook. There are dark rumors about Lord Fulbrook, and his gloomy mansion in Mapstone Square seems the logical starting point for an undercover investigation. Archaeologist and adventurer Slater Roxton thinks Mrs. Kern is off her head to meddle in such dangerous business. But if this mysterious widowed beauty insists on stirring the pot, Slater intends to remain close by as they venture into the darker side of polite society and a den of iniquity called the Olympus Club. Together they must reveal the identity of a killer—and to achieve their goal they may need to reveal their deepest secrets to each other as well... MacArthur's Quick Reference Guide to the Bible is an essential tool for anyone who want to seriously study the bible deeply, faithfully, and effectively. This valuable companion to reading the Bible will help you develop good Bible-reading habits and a better understanding of the depth and breadth of God's Word. Short on time but

keen on style? Looking for a quick, fun-to-sew project to perk up your decor? Or perhaps you want to stitch a quilt to celebrate a special occasion, but you're short on time. Quilters always need patterns that are both pleasing to look at and quick to make. If you can relate, you've got 54 reasons to love this collection of (54!) fast-to-finish patterns. Projects range from pretty and petite pieces to large, snuggly lap quilts and everything in between. Dive into your fabric stash or swing by your local quilt shop, and you'll be on your way to a fantastic finish in no time. From bestselling author Dr. Steven Gundry, a quick and easy guide to The Plant Paradox program that gives readers the tools to enjoy the benefits of lectin-free eating in just 30 days. In Dr. Steven Gundry's breakout bestseller The Plant Paradox, readers learned the surprising truth about foods that have long been regarded as healthy. Lectins—a type of protein found in fruits, vegetables, legumes, dairy, and grains—wreak havoc on the gut, creating systemic inflammation and laying the groundwork for disease and weight gain. Avoiding lectins offers incredible health benefits but requires a significant lifestyle change—one that, for many people, can feel overwhelming. Now, in Plant Paradox Quick and Easy, Dr. Gundry makes it simpler than ever to go lectin free. His 30-day challenge offers incentives, support, and results along with a toolkit for success. With grocery lists, meal plans, time-saving cooking strategies, all-new recipes, and guidance for families and those following specialized diets (including ketogenic and vegan), Plant Paradox Quick and Easy is the all-in-one resource Plant Paradox fans and newcomers alike need to jumpstart results reap the health benefits of living lectin-free. Peggy says that if you can draw a line, you can design your own strip paper-pieced blocks and quilts! Stars, snowflakes, circle blocks, and border designs are creatively set in different ways for totally different looks. Try any of the 12 projects, or create your own. This book is for cross-functional teams working in an iterative delivery environment, planning with user stories and testing frequently changing software under tough time pressure. This book will help you test your software better, easier and faster. Many of these ideas also help teams engage their business stakeholders better in defining key expectations and improve the quality of their software products. "This report describes a study designed to determine the effects of "Quick Kill" training on the confidence and attitudes of basic combat trainees toward various phases of basic rifle marksmanship, and to obtain information on drill sergeants' opinions of the

Quick Kill training." Service-learning, the integration of classroom instruction with community service projects, is rapidly gaining momentum as a successful teaching and learning strategy that benefits both students and their communities. Quick Hits for Service-Learning presents more than 80 examples of innovative curricula, developed by educators in a wide range of disciplines, designed to combine community service with instruction and reflection. Seven chapters offer tips for classroom activities that focus on the education of children and youth; civic awareness, engagement, and activism; language, literature, and communication; global studies and local outreach to exceptional populations; the study of history, the social sciences, and the arts; business, industry, and the health sciences; and the teaching of research and other "tools of the trade." Brimming with ideas that busy faculty members can easily adapt to their own classrooms, this book is a valuable reference for faculty new to the field or seasoned practitioners looking for fresh ideas.

- Choose an executor. This book will help you write better stories, spot and fix common issues, split stories so that they are smaller but still valuable, and deal with difficult stuff like crosscutting concerns, long-term effects and non-functional requirements. Above all, this book will help you achieve the promise of agile and iterative delivery: to ensure that the right stuff gets delivered through productive discussions between delivery team members and business stakeholders. Who is this book for? This is a book for anyone working in an iterative delivery environment, doing planning with user stories. The ideas in this book are useful both to people relatively new to user stories and those who have been working with them for years. People who work in software delivery, regardless of their role, will find plenty of tips for engaging stakeholders better and structuring iterative plans more effectively. Business stakeholders working with software teams will discover how to provide better information to their delivery groups, how to set better priorities and how to outrun the competition by achieving more with less software. What's inside? Unsurprisingly, the book contains exactly fifty ideas. They are grouped into five major parts:

- Creating stories: This part deals with capturing information about stories before they get accepted into the delivery pipeline. You'll find ideas about what kind of information to note down on story cards and how to quickly spot potential problems.
- Planning with stories: This part contains ideas that will help you manage the big-picture view, set milestones and organise long-term work.
- Discussing

stories: User stories are all about effective conversations, and this part contains ideas to improve discussions between delivery teams and business stakeholders. You'll find out how to discover hidden assumptions and how to facilitate effective conversations to ensure shared understanding. - Splitting stories: The ideas in this part will help you deal with large and difficult stories, offering several strategies for dividing them into smaller chunks that will help you learn fast and deliver value quickly. - Managing iterative delivery: This part contains ideas that will help you work with user stories in the short and mid term, manage capacity, prioritise and reduce scope to achieve the most with the least software.

About the authors: Gojko Adzic is a strategic software delivery consultant who works with ambitious teams to improve the quality of their software products and processes. Gojko's book *Specification by Example* was awarded the #2 spot on the top 100 agile books for 2012 and won the Jolt Award for the best book of 2012. In 2011, he was voted by peers as the most influential agile testing professional, and his blog won the UK agile award for the best online publication in 2010. David Evans is a consultant, coach and trainer specialising in the field of Agile Quality. David helps organisations with strategic process improvement and coaches teams on effective agile practice. He is regularly in demand as a conference speaker and has had several articles published in international journals.

NAMED ONE OF THE BEST BOOKS OF THE YEAR BY SLATE • Includes an exclusive conversation between Lev Grossman and Lauren Owen

For fans of Anne Rice, *The Historian*, and *The Night Circus*, an astonishing debut, a novel of epic scope and suspense that conjures up all the magic and menace of Victorian London 1892: James Norbury, a shy would-be poet newly down from Oxford, finds lodging with a charming young aristocrat. Through this new friendship, he is introduced to the drawing-rooms of high society and finds love in an unexpected quarter. Then, suddenly, he vanishes without a trace. Alarmed, his sister, Charlotte, sets out from their crumbling country estate determined to find him. In the sinister, labyrinthine London that greets her, she uncovers a hidden, supernatural city populated by unforgettable characters: a female rope walker turned vigilante, a street urchin with a deadly secret, and the chilling "Doctor Knife." But the answer to her brother's disappearance ultimately lies within the doors of the exclusive, secretive Aegolius Club, whose predatory members include the most ambitious, and most bloodthirsty, men in England. In her first novel,

Lauren Owen has created a fantastical world that is both beguiling and terrifying. The Quick will establish her as one of fiction's most dazzling talents. Look for special features inside. Join the Random House Reader's Circle for author chats and more. "A suspenseful, gloriously atmospheric first novel, and a feast of gothic storytelling that is impossible to resist."—Kate Atkinson "A cracking good read . . . Owen takes the gothic conventions of the vampire novel in a refreshing new direction."—Deborah Harkness, author of *A Discovery of Witches* and *The Book of Life* "A good old-fashioned vampire novel . . . What fun."—The New York Times Book Review (Editor's Choice) "The Quick is that rare book that reviewers and readers live for: both plot- and character-driven, a stay-up-all-night reading romp. . . . This is elegant, witty, force-of-nature writing."—The Dallas Morning News "The book's energy, its wide reach and rich detail make it a confident example of the 'unputdownable' novel."—The Economist "A seamless blend of Victorian London and rich imagination."—Tana French, author of *In the Woods* "A thrilling tale . . . This book will give you chills even on a hot day."—Minneapolis Star Tribune "Stylishly sinister . . . will have you sleeping with the lights on."—O: The Oprah Magazine "A sly and glittering addition to the literature of the macabre."—Hilary Mantel, author of *Wolf Hall* "A big, sly bucketful of the most tremendous fun . . . [Owen] weaves what's here with what's beyond as easily as J. K. Rowling does."—Slate "[An author of] prodigious gifts . . . Owen captures Dickens's London with glee and produces a number of characters Dickens would be happy to call his own."—Pittsburgh Post-Gazette

A recipe book includes items that can be prepared in 45 minutes or less—most requiring only a handful of ingredients and many utilizing quick techniques, ordinary kitchen gadgets and an array of convenience products to create flavorful dinners in short order. 140,000 first printing. The second novel in Mickey Spillane's classic detective series starring hard-boiled private eye Mike Hammer. When a red-headed prostitute is killed in a hit-and-run "accident" Mike Hammer hunts down her killers and uncovers a powerful New York prostitution ring. Make fast food superhealthy with hundreds of brand new quick-and-easy recipes from the test kitchens of the South Beach Diet. From meal planning and shopping to prepping, cooking, and serving, you'll save hours of time with this speedy cookbook that makes leading the South Beach Diet lifestyle easier and more convenient than ever. With 200 family-pleasing recipes and 60 taste-tempting color photographs, you'll be able to

serve up a fast, delicious, diet-conscious meal every night of the week. The South Beach Diet Super Quick Cookbook by Arthur Agatston, M.D. includes:

- Grab-and-Go recipes for healthy eating on the go
- Cook Once, Eat Twice dishes that maximize your time in the kitchen
- Recipes for Two that minimize waste and leftovers
- Nearly instant recipes that are ready in 15 minutes or less
- Tips for Super-Quick, Budget-Conscious Shopping
- Ideas for getting the most out of your pantry and freezer

The graded readers series of original fiction, adapted fiction and factbooks especially written for teenagers. It's Helen's twelfth birthday and her parents have something important to tell her. Her mom promises that the news won't change anything. But she's wrong. It changes everything. Nothing will ever be the same again, not for Helen, not for anyone. This paperback is in American English. Audio recordings of the text are available on our website at: www.cambridge.org/elt/discoveryreaders/ame

Cambridge Experience Readers, previously called Cambridge Discovery Readers, get your students hooked on reading. There are about 1,300 general surgery residency spots a year in the US alone. In addition, 20,000 medical students rotate through surgery a year. With medical students and residents routinely scrubbing into surgeries that they've never seen or have only seen a handful of times, an easy, practical, to the point, user friendly reminder of the major steps of an operation is vital. It is not uncommon to see medical students and residents watching videos or searching online frantically to understand a common operation. This book serves as a practical guide for the resident to easily carry in their pocket, quickly skim through, and have the basic steps of every major operation at their fingertips. Common Surgeries Made Easy is written in a bullet point format with clear illustrations to provide an easy to read, quick overview of the "core" surgeries encountered during residency with some added advanced operations for extended use in the beginning stages of a medical career. Geared towards quick review for the oral board exams, this study guide caters specifically to the resident. What teachers say to students-and how they say it-affects student learning and behavior. Language sets the tone for learning. Teachers use it to foster a positive culture and climate in school, manage students, and teach discipline. Mike Anderson, author of the best-selling What We Say and How We Say It Matter, offers advice to help teachers get started with building better language habits to support these three key areas:*

- * Positive culture and climate.
- * Effective management

and discipline.* Strong academic engagement. This guide's strategies, examples, and action planning guide will help teachers make sure that their language is aligned with their best intentions and positive goals for students. 8.5" x 11" 3-panel foldout guide (6 pages), laminated for extra durability and 3-hole-punched for binder storage. The next craze, after coloring books, is sketching. Print+CourseSmart This indispensable book systematically guides you through Pressure Relief Valves and how they work. It shows how protective devices perform an important function in preventing the accumulation of overpressure that can result in failure and the uncontrolled release of stored energy. They are therefore categorised as safety critical items of engineering equipment. The book goes on to show that their design and testing is heavily controlled by published technical standards because many countries are covered by statutory legislation. The content of the book shows that service damage and degradation mechanisms are outlined for various applications – PRVs and bursting discs are used in a wide variety of process conditions, ranging from clean service to heavily corrosive process fluids. This results in a correspondingly large number of damage mechanisms that can prevent them from working if they are not inspected and tested correctly. Risk based inspection procedures are introduced in this book as a method of minimising the chances of failure, and therefore maintaining high levels of safety. This Quick Guide to Pressure Relief Valves is intended to provide easily accessible technical information for engineers and technicians involved in the operation, testing and maintenance of pressure systems. It also covers other types of protective devices such as bursting discs. We, the members of the Get Rich Quick Club, in order to form a more perfect summer, vow that we will figure out a way to make a million dollars by September. We agree that neither rain nor snow nor gloom of night will prevent us from achieving our stated goal, till death do us part. Gina Tumolo and her Get Rich Quick Club are determined to make their summer pay off. They're going to make a pact and hatch a scheme, and their small-town life will never be the same again. An action plan for working as a consultant Management consulting is a \$250 billion industry and growing at a rate of over four percent annually. Many predict that more than 40 percent of the U.S. workforce will soon be contingent, freelance, or consulting members of the workforce—making this book more relevant than ever. Individuals become independent consultants out of necessity or preference: necessity because they lost their job or the

company offered an attractive exit package; preference because they want a career change, more control over their time, or an enriched, varied work situation. Consulting also appeals to the Millennial workforce who are searching for careers that offer a good salary as well as meaningful work.

The New Consultant's Quick Start Guide:

- Serves as a companion to *The New Business of Consulting*
- Provides you with a place to plan your transition into consulting
- Helps you identify your niche, develop a business plan, charge what you're worth, and create a marketing strategy to ensure a steady stream of clients
- Prepares you for changes you will encounter beyond your professional life, including social, family, and financial aspects

The New Consultant's Quick Start Guide helps you work through the challenges of consulting such as working alone, deciding on necessary insurance coverage, finding your first clients, struggling with cash flow, and understanding market trends.

GOOD MORNING AMERICA BUZZ PICK

- A young, ambitious female astronaut's life is upended by a love affair that threatens the rescue of a lost crew in this brilliantly imagined novel "with echoes of *Station Eleven*, *The Martian*, and, yes, *Jane Eyre*" (Observer).

NAMED ONE OF THE BEST BOOKS OF THE YEAR BY VULTURE AND SHE READS

- "The female astronaut novel we never knew we needed."—Entertainment Weekly

June is a brilliant but difficult girl with a gift for mechanical invention who leaves home to begin grueling astronaut training at the National Space Program. Younger by two years than her classmates at Peter Reed, the school on campus named for her uncle, she flourishes in her classes but struggles to make friends and find true intellectual peers. Six years later, she has gained a coveted post as an engineer on a space station—and a hard-won sense of belonging—but is haunted by the mystery of *Inquiry*, a revolutionary spacecraft powered by her beloved late uncle's fuel cells. The spacecraft went missing when June was twelve years old, and while the rest of the world seems to have forgotten the crew, June alone has evidence that makes her believe they are still alive. She seeks out James, her uncle's former protégé, also brilliant, also difficult, who has been trying to discover why *Inquiry's* fuel cells failed. James and June forge an intense intellectual bond that becomes an electric attraction. But the relationship that develops between them as they work to solve the fuel cell's fatal flaw threatens to destroy everything they've worked so hard to create—and any chance of bringing the *Inquiry* crew home alive. A propulsive narrative of one woman's

persistence and journey to self-discovery, In the Quick is an exploration of the strengths and limits of human ability in the face of hardship, and the costs of human ingenuity. This edition includes a bonus chapter. Three teenage friends, Alice, Corvus, and Annabel, travel across a desert populated by confused adults. Convenience and eating healthfully can go hand in hand, and with the American Heart Association Quick & Easy Cookbook, 2nd Edition, you can spend less time in the kitchen and still achieve great results at the table. This revised and expanded edition of the classic cookbook includes more than 200 speedy dishes, of which 60 are brand new. Prep and cooking times are provided for all recipes, so you'll know how much time you'll need in the kitchen. And rest assured, no dish takes longer than 20 minutes to prepare, and many recipes can be made in 30 minutes from start to finish. In fewer than 10 minutes, you can start your day with Confetti Scrambler or Mandarin Breakfast Parfaits. No one will guess you whipped up dinner in 20 minutes when you serve Chicken with Tarragon Oil, Baked Tilapia with Pineapple Reduction, or Beef Tenderloin on Herbed White Beans. When meals are this simple and good for you, even appetizers, snacks, sides, and desserts can be on the docket. You'll find recipes for Homemade Corn Tortilla Chips, Edamame Salsa, Warm Chicken and Papaya Salad, Citrus Kale with Dried Cranberries, Chocolate-Banana Mini Cupcakes, Grilled Peaches with Almond Liqueur, and much more! Make the most of your time in the kitchen and in the grocery store with helpful tools such as:

- Meal-planning strategies, including a sample dinner plan and a chart template to customize your own meals week-by-week
- Guidelines for maximizing nutritious foods and minimizing nutrient-poor foods
- Shopping strategies, including lists of health-smart staples
- Tips on organizing your kitchen for the greatest efficiency
- Quick-cooking techniques and short prep tricks

With this new edition of one of the American Heart Association's first and most popular cookbooks, you'll have a resource right at your fingertips for making your own quick and easy meals that will offer you fast, healthy food. McDermott's highly practical array of shortcuts, substitutions and timesaving techniques will help anyone master recipes like Crying Tiger Grilled Beef right in their own kitchens.

- [Quick And Easy Thai](#)
- [Quick Legal Will Book](#)
- [The Quick](#)
- [The Emotional Intelligence Quick Book](#)
- [The Americas Test Kitchen Quick Family Cookbook](#)
- [The Quick Red Fox](#)
- [Quick Reference For Otolaryngology](#)
- [The Get Rich Quick Club](#)
- [Fifty Quick Ideas To Improve Your Tests](#)
- [A Failure Of Nerve](#)
- [Dr Atkins Quick Easy New Diet Cookbook](#)
- [60 Quick Cows](#)
- [Mary Berrys Quick Cooking](#)
- [In The Quick](#)
- [Quick Guidebook To Canine And Feline Ophthalmology](#)
- [Plant Paradox Quick And Easy](#)
- [The South Beach Diet Super Quick Cookbook](#)
- [Fifty Quick Ideas To Improve Your User Stories](#)
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