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New Generation of Electric Vehicles - Johanna Adison
2016-10-01

There is an unprecedented surge of interest in and the

desire of producing gaselectric hybrid (HEVs) and all-electric vehicles (EVs) by the governments and public in the industrialized countries. This

surge of interest and desire is attributed to several factors relating to the life-threatening air pollution in many parts of the world, the high petroleum price, conflicts in oil producing Middle East regions and the alarming trend of global warming due to rapid increase of greenhouse gas emissions by all sources, including those from transportation. Full electric vehicles use no gasoline; they are powered by a high-voltage electric motor and battery pack. All the elements are now in place to tackle fairly complex static rigid body problems. Battery electric vehicles do not have an internal combustion engine and use no on-board gasoline. Instead, they use a high-voltage electric motor, which gets its power from a high-voltage battery pack. The primary benefit of BEVs is that they completely eliminate carbon dioxide (CO₂) and other emissions directly from the vehicle. Therefore, it is vital to raise global ecological awareness and wider public education regarding ecology. Goal of this book is to bring

closer to the readers new drive technologies that are intended to environment and nature protection. New Generation of Electric Vehicles presents modern technique achievements and technologies applied in the implementation of electric vehicles. Special attention was paid to energy efficiency of electrical vehicles. Also today's trends, mathematical models and computer design elements of future cars are presented.

[2021 IEEE International Memory Workshop \(IMW\)](#) - IEEE Staff
2021-05-16

The focus of the workshop is to discuss memory process and design technologies, applications, market needs and strategies It is sponsored by the IEEE Electron Devices Society and meets annually in May

2021 IEEE 13th International Symposium on Diagnostics for Electrical Machines, Power Electronics and Drives (SDEMPED) - IEEE Staff
2021-08-22

SDEMPED aims to provide a high level international forum for researchers, professionals,

professors, PhD students and in general for specialists in diagnostics and monitoring of electrical systems, including machines, power electronics, adjustable speed drives, fuel cells and electrolysers, dielectric materials, signal processing methods, and related areas

How I Learned to Drive -

Paula Vogel 1997

Chronicles the relationship between Li'l Bit and Uncle Peck through a series of flashbacks as it progresses from friendship to something darker during a series of driving lessons.

Heavy Tales: The Metal. The Music. The Madness. As

Lived by Jon Zazula - Jon Zazula 2019-08-11

Heavy Tales is the detailed never before told story as lived by Jonny Zazula on how he founded Megaforce Records out of a flea market in New Jersey with his wife Marsha and built a dynasty unmatched by many others forever changing the scope of Heavy Metal. The bands they worked with would go on to release some of the most prolific and important

albums in Heavy Metal History giving it it's Golden Era. As a renegade youth who went from living on the city street to later work on Wall Street and then moving unexpectedly towards the music business, when in the winter of 1982 he received an unexpected demo tape of the underground, unsigned band Metallica while working in a flea market. Eager and determined to have the music heard by the entire world Jonny and Marsha founded Megaforce Records in 1983 and released Metallica's debut album, Kill 'Em All. Through this release Megaforce had cemented its position as the de-facto music label in America for Heavy Metal but that's just the start. Heavy Tales details the stories of how Jonny worked miracles by managing and releasing albums by Metallica, Anthrax, Testament, Overkill, Ace Frehley, King's X, Ministry and others. With a foreward written by Chuck Billy and over 100 photographs unearthed from the MegaVault and photographer friends, Heavy Tales is definitively an

American story of a family man with a dream to prove to the world that Heavy Metal belonged on the stage, on the radio and in your living room. H.C.M. Jonny Zazula is the co-founder of Megaforce Records and CraZed Management. A lifelong music disciple and avid Nightmare Before Christmas toy collector he now spends retirement with his wife, Marsha, and the dogs in Orlando, Florida.

[Mechatronics and Intelligent Materials](#) - Ran Chen 2011

The Love Con - Seressia Glass 2021-12-14

A LibraryReads Pick! One of... Popsugar's Best New Romances Bustle and Bookish's Most Anticipated Books of December Library Journal's Best Romances of 2021 He's cosplaying as her boyfriend but their feelings for each other are real in this romantic comedy from Seressia Glass. Sometimes Kenya Davenport believes she was switched at the hospital—how else could a lover of anime, gaming, and cosplay come from STEM parents? Still, Kenya

dreams of being able to turn her creative hobby into a career. She finally has a chance to make it big when she joins the reality show competition Cosplay or No Way. There's just one catch: the challenge for the final round is all about iconic pairs, and the judges want the contestants' significant others to participate. Unfortunately, Kenya is as single as can be at the moment. Luckily her best friend, Cameron Lassiter, agrees to be her fake boyfriend for the show. Roleplaying a couple in love will force them to explore what they're hiding under the mask of friendship. Can Kenya and Cam fake it until she makes it, or will she be real about her feelings, knowing it could cost her the best friend she's ever had?

[The Glories of Mary](#) - Saint Alfonso Maria de' Liguori 1868

Reframe: How To Change Your Conversations To Resolve Those Messy Conflicts - Yvonne Douma 2021-06-04

Your blueprint to better communication skills! Written

by Yvonne Douma, a communication specialist with over 20 years experience coaching women in the workplace, REFRAME offers simple yet powerful tools that will help you connect better with others, grow your career and lead an easier, happier life (isn't that what we all want?). Filled with exercises, quizzes, and Yvonne's insightful guidance, REFRAME will help you gain the courage and poise you've always wanted, in all areas of your life. Learn how to express yourself, avoid triggers, stay calm in the face of adversity, resolve conflicts and boost your confidence and poise. Yvonne is passionate about helping women communicate powerfully, and she believes conflict resolution skills are necessary for personal growth and leadership development. If you're too afraid to speak up at work, regularly upset by your boss and colleagues, find yourself going over and over (and over) conversations in your head and often leave work feeling devalued or unappreciated,

REFRAME is for you! REFRAME is also a great refresher for anyone worried about their communication and conflict resolution skills as we return to the office post-COVID. There's never been a better time to up your communication skills, with a friendly guide not afraid to 'tell it like it is.' Peek inside REFRAME: Chapter One: Understand conflict, including why it happens and how your past experiences and current triggers impact your ability to effectively communicate. Chapter Two: Understand emotional intelligence, and how knowing yourself is critical for relating to others and having positive, healthy relationships. Chapter Three: Understand limiting beliefs and the role stress plays in your everyday life and in stressful workplace situations. Chapter Four: Understand communication styles, how to respond to them, and how to use the right ones in your relationships. Chapter Five: Learn how to prepare for difficult conversations. Chapter Six: Understand passive-aggression and learn tips on

how to deal with this behaviour, both in yourself and others.

Chapter Seven: Learn how to deal with angry people, including tools for diffusing negative situations and advice about when it's time to end an abusive, toxic relationship.

Chapter Eight: Learn a range of quick tips for maintaining positive relationships, including advice on body language, tone and word choice. Chapter Nine:

Learn from various case studies dealing with conflict at work, home and in public spaces.

The Coiffure Project - Glenford Robert Nunez 2013-05-01

“Every historic moment needs its recorder. The natural hair revolution now has the stunning photos of Glenford Nunez.” -

The Huffington Post Natural beauty is boundless, and now it is a source of endless artistic inspiration and wonder. “I realized there were no real quality portraits of women with natural hair. I was looking to do something different and though I could have something really special with this project.”

Glenford Nunez, founder and photographer of the company

TYP Photography Studios in Baltimore brings natural hair to the forefront of fashion and art photography with his creation of the Coiffure Project. Starting as simple cell phone portraits of his assistant who kept her hair natural and unmodified, he has expanded the project to depict something the world has not seen before, beautiful, natural hair on beautiful, natural people.

The Legacy of Martin Luther

- R. C. Sproul 2016-09

He was the most influential man of his day. The movement that began with his posting of the Ninety-five Theses reshaped Europe, redirected Christian history, and recovered the truth of Gods word. Five hundred years later, what is Luthers legacy? In this volume, R.C. Sproul, Stephen J. Nichols, and thirteen other scholars and pastors examine his life, teaching and enduring influence. Meet Martin Luther, the mercurial Reformer who, out of love for the truth and the desire to bring it to light, set the world ablaze.

On the Banks of Plum Creek

- Laura Ingalls Wilder
2006-12-21

Laura and her family move to Minnesota where they live in a dugout until a new house is built and face misfortunes caused by flood, blizzard, and grasshoppers.

Preparation for Death -

Alphonsus Liguori 2020-02-04

This manual of devotion consists of a series of chapters or instructions upon important points of Christian teaching which Saint Alphonsus calls "Considerations". As the Saint describes, "These Considerations are written for the purpose of pricking or of wounding the conscience... that so it may be thoroughly aroused and awakened." The Considerations deal with such doctrines and facts as have a universal application, which admit of no dispute, and which are always confirmed by some passage from Holy Scripture. Preparation for Death is essentially a guide to prayer. It represents, from its beginning to its end, the continual outpouring of heart before God, an outpouring that is at times

expressed in the very same words which imply a new phase of thought. Regarded as a Manual of Mental Prayer, each of these "Considerations" has a technical and special signification. They treat of life and death, the value of time, the mercy of God, the habit of sin, the general and particular judgments, the love of God, Holy Communion, and other subjects equally important.

The Order of Mass in Latin and English - Derek Leigh

2017-09-02

The Order of the Mass in Latin and English Roman Catholic Church Novus Ordo Mass The Order of Mass in Latin and English This book contains the Catholic Mass parts in both English and Latin for the Ordinary Form of the Holy Mass. If you ever wanted to know the translations between Latin and English and have it side by side, this book will help you to follow along, and can be a helpful companion for you at Holy Mass. Latin is a mysterious and ancient language, and it's a language that the Church has been using for about fifteen

hundred years. Own this copy and connect with the ancient Saints, Church Fathers and Holy Men and Women of the past generations.

Prisoners, Lovers, and Spies -

Kristie Macrakis 2014-03-25

Prisoners, Lovers, and Spies is a book about concealing and revealing secret

communications. It is the first history of invisible writing, uncovered through stories about scoundrels and heroes.

Spies were imprisoned or murdered, adultery unmasked, and battles lost because of faulty or intercepted secret communications. Yet,

successfully hidden writing helped save lives, win battles, and ensure privacy; occasionally it even changed

the course of history. Kristie Macrakis combines a

storyteller's sense of drama with a historian's respect for evidence in this page-turning

history of intrigue and espionage, love and war, magic and secrecy. From the piazzas

of ancient Rome to the spy capitals of the Cold War,

Macrakis's global history

reveals the drama and importance of invisible ink.

From Ovid's advice to use milk for illicit love notes, to John Gerard's dramatic escape from the tower of London aided by orange juice ink messages, to al-Qaeda's hidden instructions in pornographic movies, this book presents spellbinding stories of secret messaging that chart its evolution in sophistication and its impact on history. An appendix includes fun kitchen chemistry recipes for readers to try out at home.

Mewarnai - MS Rizki

Ramadhani Ba 2016-05-22

Buku ini diperuntukkan untuk anak-anak dan dapat juga dipakai oleh remaja serta dewasa, bahkan orang lanjut

usia. Adapun tujuan penulis membuat buku ini adalah sebagai latihan keterampilan dan melatih kemampuan abstraksi, bentuk, warna, serta membiasakan diri akrab mengenal bagian khasanah

Islami. Selamat mewarnai hidup dan diri kita sendiri.

The Exonerated - Jessica Blank 2004

What effect does it have on a

person--a soul, a life--to have freedom and self-respect stripped away and then, ostensibly, returned years later after decades of incarceration? The Exonerated attempts to answer this question through the words of six innocent men and women who, after years in jail, emerged from death row to try to reclaim what was left of their lives. Among them are Sunny Jacobs, a mother of two whose unwavering belief during sixteen years in jail that she would be released (despite the execution of her husband, who was also innocent, for the same crime) allowed her to dedicate herself to being a "living memorial" when she was freed. There is Kerry Max Cook, a Texan who was convicted of murdering a young woman even though she was found with another man's hair grasped in her fist--a man whom "Texas killed a thousand times, and just keeps on doing it" in his nightmares. And there is Delbert Tibbs, a black Chicago poet who speaks of his years on death row with anger and bitterness, yet also, as he

says, "still sings." All their stories have been compiled and edited by Jessica Blank and Erik Jensen into *The Exonerated*, a play that is both a riveting work of theater and an exploration of the dark side of the American criminal justice system.

How to Fold It - Joseph O'Rourke 2011-04-25

What do proteins and pop-up cards have in common? How is opening a grocery bag different from opening a gift box? How can you cut out the letters for a whole word all at once with one straight scissors cut? How many ways are there to flatten a cube? With the help of 200 colour figures, author Joseph O'Rourke explains these fascinating folding problems starting from high school algebra and geometry and introducing more advanced concepts in tangible contexts as they arise. He shows how variations on these basic problems lead directly to the frontiers of current mathematical research and offers ten accessible unsolved problems for the enterprising reader. Before tackling these,

you can test your skills on fifty exercises with complete solutions. The book's website, <http://www.howtofoldit.org>, has dynamic animations of many of the foldings and downloadable templates for readers to fold or cut out.

Achtung-Panzer! - Heinz Guderian 1995

This is one of the most significant military books of the twentieth century. By an outstanding soldier of independent mind, it pushed forward the evolution of land warfare and was directly responsible for German armoured supremacy in the early years of the Second World War. Published in 1937, the result of 15 years of careful study since his days on the German General Staff in the First World War, Guderian's book argued, quite clearly, how vital the proper use of tanks and supporting armoured vehicles would be in the conduct of a future war. When that war came, just two years later, he proved it, leading his Panzers with distinction in the Polish, French and Russian

campaigns. Panzer warfare had come of age, exactly as he had forecast. This first English translation of Heinz Guderian's classic book - used as a textbook by Panzer officers in the war - has an introduction and extensive background notes by the modern English historian Paul Harris.

The Waiting Game - Jessica Thompson 2015-08-13

'The moon was speckled like a bird's egg. It hung reliably in the blackness above Will Turnbull and Nessa Grier who sat side by side on a bench as the leaves fell around them, landing softly on the thick, wet grass. Their knees were just touching, hearts pounding hard.' Nessa Bruce waits for her husband to come through the double doors. She'd waited for him to return home from Afghanistan for what felt like forever, and now the moment was finally here. But Jake isn't... Jake Bruce hasn't come home, and it looks like he never will. Nessa's life - and that of her daughter Poppy - is turned upside down in an instant. What has happened to the elusive

man at the centre of their world? They hold onto the hope that he is still out there somewhere, alive... but as time passes by, Nessa is forced to look at her life, at the decisions she has made and the secrets she has kept. For maybe somewhere within it all lies the answer to the question she's desperate to answer - where is the man she loves? *The Waiting Game* is perfect for reading groups with lots of twists and turns, and big topics such as mental illness, discussed in a fresh and sensitive way.

Electric Machines and Drives - Miroslav Chomat 2011-02-28

The subject of this book is an important and diverse field of electric machines and drives. The twelve chapters of the book written by renowned authors, both academics and practitioners, cover a large part of the field of electric machines and drives. Various types of electric machines, including three-phase and single-phase induction machines or doubly fed machines, are addressed. Most of the chapters focus on modern control methods of

induction-machine drives, such as vector and direct torque control. Among others, the book addresses sensorless control techniques, modulation strategies, parameter identification, artificial intelligence, operation under harsh or failure conditions, and modelling of electric or magnetic quantities in electric machines. Several chapters give an insight into the problem of minimizing losses in electric machines and increasing the overall energy efficiency of electric drives.

Winning the Lottery - John Findley 2020-05-15

Mark and Christine worked for Smyth Exports; Christine phoned Mark telling him that almost all of their work mates are to share in five million dollars. But it wasn't to happen all that easily, Christine was asked by the owner of Smyth Exports to get to the bottom of all this and fix the problems. Christine asked Mark to help, and both look for a way the fifty-three staff members can claim their prize.

The Alphabet Versus the

Goddess - Leonard Shlain
1999-09-01

This groundbreaking book proposes that the rise of alphabetic literacy reconfigured the human brain and brought about profound changes in history, religion, and gender relations. Making remarkable connections across brain function, myth, and anthropology, Dr. Shlain shows why pre-literate cultures were principally informed by holistic, right-brain modes that venerated the Goddess, images, and feminine values. Writing drove cultures toward linear left-brain thinking and this shift upset the balance between men and women, initiating the decline of the feminine and ushering in patriarchal rule. Examining the cultures of the Israelites, Greeks, Christians, and Muslims, Shlain reinterprets ancient myths and parables in light of his theory. Provocative and inspiring, this book is a paradigm-shattering work that will transform your view of history and the mind.

Seduced by Secrets - Kristie

Macrakis 2014-10-15

The book reveals, for the first time, the secret technical methods and sources of the Stasi (East German Ministry for State Security) as it stole secrets from abroad and developed gadgets at home. *Seduced by Secrets* draws on secret files from the Stasi archives. Macrakis recreates the Stasi's secret world of technology through biographies of agents, defectors, and officers and by visualizing James Bond-like techniques and gadgets.

Beating the Fascists - Sean Birchall 2011

"The compelling account of the extraordinary activities of Anti-Fascist Action (AFA) - by those who were there on the frontline - an organised and committed group of ordinary working class people who, during the 1980s and 1990s took the fight to the far right - and won! Following the electoral collapse of the National Front in 1979, fascists went on the rampage. Race attacks escalated. NF/BNP gangs employed violence on the streets, on the terraces and

to control the music scene. Young anti-fascists stepped up. A new hardline leadership emerged and AFA was formed in 1985. "A state of war" was how one rueful BNP leader would describe what happened next. Not only is *Beating the Fascists* a meticulously researched study, it is also a much-needed piece of history from below. Throughout, the voices of working class anti-fascists come across hard, clear, and without apology. Illuminating and sometimes chilling by turn, the running commentary they provide helps ensure the tempo never flags. Gradually the reader is drawn into an outlaw world of back street idealism, paramilitary style violence and heroic self-sacrifice."--Publisher.

Application of Geographic Information Systems -

Bhuiyan Monwar Alam
2012-10-31

The importance of Geographic Information Systems (GIS) can hardly be overemphasized in today's academic and professional arena. More professionals and academics

have been using GIS than ever - urban

Collective Task - Robert Fitterman 2009

A collective project in which 12 poets and artists assign each other a variety of open-ended monthly tasks over the course of a year.

Henrietta's Own Castle -

Betty Neels 2012-03-06

When she decides to live in the house she inherited, which is in a quaint Dutch village, Henrietta falls in love with her new surroundings, with the exception of Marnix van Hessel, the self-proclaimed "lord of the manor." Reissue.

50 Girls 50 - Al Williamson
2013-04-06

Barely old enough to drink when he joined the EC Comics stable, Al Williamson may have been the new kid on the block, but a lifetime of studying such classic adventure cartoonists as Alex Raymond (Flash Gordon) and Hal Foster (Prince Valiant) had made him a kid to reckon with — as he proved again and again in the stories he created for EC's legendary "New Trend" comics, in particular *Weird*

Science and Weird Fantasy.

Restored - Deanna Doss

Shrodes 2015-08-01

Have your hopes been dashed into pieces when you tried to make a relationship work and the other person didn't respond as you wished? Have you asked someone to forgive you, but he or she didn't respond as you desired? Have you prayed for healing in a relationship, but your prayers haven't been answered? Deanna Doss Shrodes understands these overwhelming disappointments all too well, as one of the most important relationships in her life was lost. Her wisdom and insights from the journey of that devastating experience help not only those who have faced similar circumstances, but ... Restored brings a message of hope to everyone that you can be restored, even when a relationship isn't. YOU can be restored, even if the other person doesn't respond as you wished. YOU can be restored, even if your spouse leaves you. YOU can be restored, even if your parent rejects you. YOU can be

restored, even if a friend betrays you. YOU can be restored, even if you lose the job you love. YOU can be restored no matter what! And it doesn't always involve the cooperation of another.

Restored brings forward the important truth that no matter what another person chooses to do, we as individuals can be restored, if we put ourselves in position to be. Restored isn't merely Deanna Doss Shrodes' experience of restoration, but rather a spiritual template and a purposeful guide designed to help readers journey through their own restoration process. Within the pages of this uplifting and insightful story, you will find healing if you will pursue it with your whole heart.

The Oxford Handbook of Gossip and Reputation -

Francesca Giardini 2019-05-22

Gossip and reputation are core processes in societies and have substantial consequences for individuals, groups, communities, organizations, and markets.. Academic studies have found that gossip and reputation have the power to

enforce social norms, facilitate cooperation, and act as a means of social control. The key mechanism for the creation, maintenance, and destruction of reputations in everyday life is gossip - evaluative talk about absent third parties. Reputation and gossip are inseparably intertwined, but up until now have been mostly studied in isolation. The Oxford Handbook of Gossip and Reputation fills this intellectual gap, providing an integrated understanding of the foundations of gossip and reputation, as well as outlining a potential framework for future research. Volume editors Francesca Giardini and Rafael Wittek bring together a diverse group of researchers to analyze gossip and reputation from different disciplines, social domains, and levels of analysis. Being the first integrated and comprehensive collection of studies on both phenomena, each of the 25 chapters explores the current research on the antecedents, processes, and outcomes of the gossip-reputation link in contexts as

diverse as online markets, non-industrial societies, organizations, social networks, or schools. International in scope, the volume is organized into seven sections devoted to the exploration of a different facet of gossip and reputation. Contributions from eminent experts on gossip and reputation not only help us better understand the complex interplay between two delicate social mechanisms, but also sketch the contours of a long term research agenda by pointing to new problems and newly emerging cross-disciplinary solutions.

Making Games for Impact - Kurt Squire 2021-10-26

Designing games for learning: case studies show how to incorporate impact goals, build a team, and work with experts to create an effective game. Digital games for learning are now commonplace, used in settings that range from K-12 education to advanced medical training. In this book, Kurt Squire examines the ways that games make an impact on learning, investigating how

designers and developers incorporate authentic social impact goals, build a team, and work with experts in order to make games that are effective and marketable. Because there is no one design process for making games for impact—specific processes arise in response to local needs and conditions—Squire presents a series of case studies that range from a small, playable game created by a few programmers and an artist to a multimillion-dollar project with funders, outside experts, and external constraints. These cases, drawn from the Games + Learning + Society Center at the University of Wisconsin-Madison, show designers tackling such key issues as choosing platforms, using data analytics to guide development, and designing for new markets. Although not a how-to guide, the book offers developers, researchers, and students real-world lessons in greenlighting a project, scaling up design teams, game-based assessment, and more. The final chapter examines the

commercial development of an impact game in detail, describing the creation of an astronomy game, *At Play in the Cosmos*, that ships with an introductory college textbook. *Paint Mojo - A Mixed-Media Workshop* - Tracy Verdugo 2019-07-16
Break free of your comfort zone, sharpen your perception, and find happiness in play. *Paint Mojo* is not about replicating particular techniques; it is about play and spontaneity. Tracy Verdugo gives encouragement to overcome fear of doing something wrong in painting. There are no mistakes--only opportunities to grow. Incorporating various media (including pastels, acrylic paints, ink, collage and more), this book is filled with exercises, self exploration and practical techniques. They include creation of a personal symbols library, using a grid to break down composition, and drawing on life experiences as prompts. In addition to Tracy's art, 15 talented contributors-- Erin Faith Allen, Seth Apter,

Orly Avineri, Lisa Sonara Bearn, Jessica Brogan, Juliette Crane, Kecia Deveney, Louise Gale, Jess Greene, e'Layne Koenigsberg, Laurie Mika, Peter Perez, Jesse Reno, Mary Beth Shaw, Roxanne Evans Stout, and Judy Wise--share lessons, exercises, tips and inspiration.

Mission 22 - Magnus Johnson
2017-10-29

Faith Is Not Blind - Bruce C. Hafen
2018-11-26

MEDITERRANEAN RECIPES -

Shannon Parker 2021-03-04
55 % discount for bookstores!
Your customer will never stop using this amazing BOOK! If you have ever noticed the health of people today, especially teenagers, and the food items that fill their platter, you may not take much time to find the type of health they possess. Their little, partial or full obesity may find its reason in pizza, white bread, refined sugar, processed food they eat which has many preservatives. The taste buds seem to reign supreme in the kingdom of food. A nutrition analysis can

help make our trust stay longer in it. This is true about Mediterranean diet. A food pattern which brims with whole grains, plant based diet has olive oil as a source of fats and other items which provide calories essential for our body. This diet has no space for processed food is loaded with sugar or artificial sweeteners. As a result the low amount of fats keeps the heart healthy, provides both the essential nutrients and agility. Give it a start, I feel you won't look back. You will rather leap into a healthy future. Take a look at what you're going to discover in this book: Easily-sourced ingredients: You can find all the ingredients you need to prepare each recipe at your local farmer's market or grocery store. - Nutritional information: In this cookbook, you'll find a complete list of nutrients to help you plan your micro and macronutrient intake - Preparation and cooking time: Never be caught off-guard again by longer than expected cooking times and save yourself from spending several

hours in the kitchen - Serving recommendations: Each recipe comes with a recommended serving size to help you stop food wastage and overeating in its tracks - Loads of delicious recipes: This massive Mediterranean cookbook contains just recipes that will make your tastebuds sing -

Thorough cooking instructions: All recipes contained in this cookbook comes with detailed step-by-step instructions to help you get each recipe right the first time BUY NOW and let your customer became addicted to this incredible BOOK