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[Resource Guide to Literature on Barrier-free Environments, with Selected Annotations Free Speech and Censorship: A Documentary and Reference Guide Stress-Free Potty Training Guide for Establishing and Maintaining Pest Free Areas The Business Guide to Free Information Technology Including Free/Libre Open Source Software The Rough Guide to Yorkshire e-Business - A Jargon-Free Practical Guide Free to Do Travel Guide UK and Ireland Pocket Rough Guide British Breaks Isle of Wight \(Travel Guide eBook\)](#)
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[The Mini Rough Guide to Croatia \(Travel Guide with Free Ebook\)](#) Jan 29 2020 The Mini Rough Guide to Croatia Compact, concise and packed full of essential information about where to go and what to do, this is an ideal on-the-move guide for exploring Croatia. From top tourist attractions like Dubrovnik to hidden gems, including Mljet National Park, plan your perfect trip with this practical, all-in-one travel guide. Features of this travel guide to Croatia - Inspirational itineraries: discover the best destinations, sights and excursions, highlighted with stunning photography - Historical and cultural insights: delve into the country's rich history and culture, and learn all about its people, art and traditions - Practical full-colour map: with every major sight and listing highlighted, the full-colour maps make on-the-ground navigation easy - Key tips and essential information: from transport to tipping, we've got you covered - Dictionary: quick-reference bilingual language guide to help you with vocabulary

[The Business Guide to Free Information Technology Including Free/Libre Open Source Software](#) Apr 13 2021 The Guide summarizes computer software for over 30 business areas. The best software packages for each area are presented in plain English. This book answers the question of What is available. Anyone starting a business will quickly see how to capitalize on these in business. Anyone already in business learns what packages can be added to improve an existing business. Choose an area of interest such as accounting, time tracking, shared calendars, payroll, HR, POS, cash registers, online storefront, ERP, project management, messaging, groupware, email servers, document management, workflow, remote desktops, remote file access, VPN, customer management, sales, CRM, audio-visual, attorneys, physicians, spreadsheets, word processors, computer telephones, contact managers, presentations, spam control, web servers, database systems, web sites, blogs, forums, and others. The reader gains immediate knowledge of what software can be used in business.

[The Rough Guide to Yorkshire](#) Mar 13 2021 The Rough Guide to Yorkshire Make the most of your time on Earth with the ultimate travel guides. World-renowned 'tell it like it is' travel guide, now with free eBook. Discover Yorkshire with this comprehensive and entertaining travel guide, packed with practical information and honest recommendations by our independent experts. Whether you plan to visit the famous seaside town of Whitby, experience the lofty limestone crags, glacial lake and plunging waterfall of Malham or explore the picturesque ruins of Rievaulx Abbey, The Rough Guide to Yorkshire will help you discover the best places to explore, eat, drink, shop and sleep along the way. Features of this travel guide to Yorkshire: - Detailed regional coverage: provides practical information for every kind of trip, from off-the-beaten-track adventures to chilled-out breaks in popular tourist areas - Honest and independent reviews: written with Rough Guides' trademark blend of humour, honesty and expertise, our writers will help you make the most from your trip to Yorkshire - Meticulous mapping: practical full-colour maps, with clearly numbered, colour-coded keys. Find your way around the Yorkshire Dales, the North York Moors and many more locations without needing to get online - Fabulous full-colour photography: features inspirational colour photography, including the rugged landscape of Buttertubs Pass and the atmospheric lighthouse at Spurn Head - Time-saving itineraries: carefully planned routes will help inspire and inform your on-the-road experiences - Things not to miss: Rough Guides' rundown of Whitby, the Esk Valley and the Dales' best sights and top experiences - Travel tips and info: packed with essential pre-departure information including getting around, accommodation, food and drink, health, the media, festivals, sports and outdoor activities, culture and etiquette, shopping and more - Background information: comprehensive 'Contexts' chapter provides fascinating insights into Yorkshire, with coverage of history, religion, ethnic groups, environment, wildlife and books, plus a handy language section and glossary - The ultimate travel tool: download the free eBook to access all this from your phone or tablet - Covers: South Yorkshire; West Yorkshire; The Vale of York; The Yorkshire Dales; The North York Moors; East Riding of Yorkshire You may also be interested in: The Rough Guide to the Lake District, The Rough Guide to England, The Rough Guide to Wales About Rough Guides: Rough Guides have been inspiring travellers for over 35 years, with over 30 million copies sold globally. Synonymous with practical travel tips, quality writing and a trustworthy 'tell it like it is' ethos, the Rough Guides list includes more than 260 travel guides to 120+ destinations, gift-books and phrasebooks.

[Pocket Rough Guide London](#) Jul 05 2020 MAKE THE MOST OF YOUR TIME ON EARTH Discover the best of London with this compact, practical, entertaining Pocket Rough Guide. This slim, trim treasure trove of trustworthy travel information is ideal for short trip travellers, and covers all the key sights (Buckingham Palace, the Tower of London, Westminster Abbey), restaurants, shops, cafes and bars, plus inspired ideas for day-trips, with honest independent recommendations from expert authors. Features of Pocket Rough Guide London: -Practical travel tips: what to see and where to sleep, eat, drink and shop -Pocket Rough Guide London features specially selected recommendations for every taste and budget. -Honest independent reviews: written with Rough Guides' trademark blend of humour, honesty and expertise, our expert writers will help you make the most of your trip to London. -Incisive area-by-area overviews: covering Whitehall and Westminster, Soho and Covent Garden, The East End and more, the practical Places section provides all you need to know about must-see sights and the best places to eat, drink, sleep and shop. -Time-saving itineraries: the routes suggested by Rough Guides' expert writers cover top attractions like Trafalgar Square and the British Museum, and hidden gems like Old Spitalfields Market and the John Soane's Museum. -Day-trips - venture further afield to Hampton Court or Syon Park. This tells you why to go, how to get there, and what to see when you arrive. -Compact format: packed with pertinent practical information, this is a convenient companion when you're out and about exploring London. -Handypull-out map: with every major sight and listing highlighted, the pull-out map makes on-the-ground navigation easy -Attractive user-friendly design: features fresh magazine-style layout, inspirational colour photography and colour-coded maps throughout. Essential: includes invaluable background information on how to get to London, getting around, health, tourist information, festivals and events, plus an A-Z directory and handy language section and glossary. About Rough Guides: Rough Guides have been inspiring travellers for over 35 years, with over 30 million copies sold. Synonymous with practical travel tips, quality writing and a trustworthy 'tell it like it is' ethos, the Rough Guides' list includes more than 260 travel guides to 120+ destinations, gift-books and phrasebooks.

[Guide for Establishing and Maintaining Pest Free Areas](#) May 15 2021 The purpose of the Guide is to support national plant protection organizations (NPPOs) who wish to establish and maintain pest free areas (PFA) including places and/or production sites (PFPP and PFPS) as well as areas of low pest prevalence (ALPP). To facilitate an understanding of the processes to establish and maintain PFAs and ALPPs, a diagram in the form of a decision tree was constructed that identifies and outlines five general phases of programme development as follows: initiation, feasibility, establishment, maintenance, and market access phases. The guide is then divided into corresponding sections that describe what the key elements of each phase are, why these elements are important, what some of the common challenges and pitfalls are, and factors that may influence the success of the different phases such as budget stability, public outreach, availability of good survey and control tools, and open engagement with stakeholders and trading partners. By providing a deeper understanding of the factors that should be considered when establishing a PFA, PFPP, PFPS or ALPP the guide aims to overcome the challenges and maximize the impact of these efforts to the benefit of all parties. The guide concludes by providing a number of case studies from around the world that highlight successful PFA and ALPP programmes and how they deal with particular key issues. This guide contains current experience and the most advanced phytosanitary procedures in the implementation of PFA and ALPP, however, it is subjected to revision and updates as new developments are made available.

[Free to Do Travel Guide UK and Ireland](#) Jan 11 2021

[Insight Guides](#) May 27 2022 . Stunning, specially-commissioned photography that brings the city and its people to life. . Highlights of the city's top attractions in our Best of London, including the city's best museums and art galleries and iconic landmarks such as Big Ben and Buckingham Palace. . Descriptive area-by-area accounts cover the whole city: from stately Westminster to vibrant Covent Garden, and well-to-do Knightsbridge to historic Southwark and the South Bank. Additional chapters take visitors beyond the centre to Kew Gardens, Hampton Court Palace, Hampstead, Greenwich and vibrant East London, and cover day trips to Windsor, Bath and Stratford-upon-Avon. . Detailed, high-quality maps throughout will help you get around and travel tips give you all the essential information for planning a memorable trip. About Insight Guides: Insight Guides has over 40 years' experience of publishing high-quality, visual travel guides. We produce around 400 full-colour print guide books and maps as well as picture-packed eBooks to meet different travellers' needs. Insight Guides' unique combination of beautiful travel photography and focus on history and culture together create a unique visual reference and planning tool to inspire your next adventure. 'Insight Guides has spawned many imitators but is still the best of its type.' - Wanderlust Magazine"

[Food for Free](#) Oct 08 2020 The classic foraging guide to over 200 types of food that can be gathered and picked in the wild, Food for Free returns in its 40th year as a sumptuous, beautifully illustrated and fully updated anniversary edition.

[e-Business - A Jargon-Free Practical Guide](#) Feb 09 2021 'e-Business: a jargon-free practical guide' presents a clear, second-generation account of how your business can harness the latest technology to flourish in the transformed commercial climate of the 21st century. With its emphasis firmly on the business and marketing implications of new technology, this book adopts a hands-on, practical approach, systematically demonstrating how and why businesses should adapt their operations to make the very most of the exciting opportunities available. In simple, jargon-free language, it addresses such vital questions as: * What is e-business and how does it fit into the corporate landscape? * How should marketers adopt e-marketing and why? * What are the processes and stages of developing an e-business strategy? * What are the key issues you will face and how will you overcome them? * What about legislation? * Who is doing e-marketing and e-business well and badly? 'e-Business' is packed with case-studies from well-known international companies, examples, screen grabs, relevant models and checklists. Each chapter meanwhile contains handy hints and tips, examples, exercises and a summary to consolidate learning and highlight key points. Informative, pertinent and easy-to-use, the book is ideal for students on relevant courses or those undertaking in-house training, and is absolutely essential for any practitioner needing a hands-on guide to strategy and best practice in today's altered commercial environment.

[The Rough Guide to the Lake District \(Travel Guide with Free Ebook\)](#) Jun 27 2022

[Insight Guides Indonesia \(Travel Guide with Free Ebook\)](#) Sep 26 2019 Insight Guides Indonesia Let us guide you on every step of your travels... Comprehensive travel guide packed with inspirational photography and fascinating cultural insights, now with free eBook. From deciding when to go, to choosing what to see when you arrive, this guide to Indonesia is all you need to

plan your perfect trip, with insider information on must-see, top attractions like the mesmerising Borobudur, Komodo National Park with its extraordinary reptiles and Gunung Bromo, and cultural gems like experiencing Javanese art, dance and music in Yogyakarta, seeing the magnificent orang-utans and visiting the cultural heartland of Bali, Ubud. Features of this travel guide to Indonesia: - Inspirational colour photography: discover the best destinations, sights and excursions, and be inspired by stunning imagery - Historical and cultural insights: immerse yourself in Indonesia's rich history and culture, and learn all about its people, art and traditions - Practical full-colour maps: with every major sight and listing highlighted, the full-colour maps make on-the-ground navigation easy - Editor's Choice: uncover the best of Indonesia with our pick of the region's top destinations - Key tips and essential information: packed full of important travel information, from transport and tipping to etiquette and hours of operation - The ultimate travel tool: download the free app and eBook to access this and bonus content from your phone or tablet - Covers: Java; Sumatra; Bali; Nusa Tenggara; Kalimantan; Sulawesi; Maluku and Papua Looking for a specific guide to Bali? Check out Insight Guides Bali and Lombok for a detailed and entertaining look at all the region has to offer. About Insight Guides: Insight Guides is a pioneer of full-colour guide books, with almost 50 years' experience of publishing high-quality, visual travel guides with user-friendly, modern design. We produce around 400 full-colour print guide books and maps, as well as phrase books, picture-packed eBooks and apps to meet different travellers' needs. Insight Guides' unique combination of beautiful travel photography and focus on history and culture create a unique visual reference and planning tool to inspire your next adventure.

Free Speech and Censorship: A Documentary and Reference Guide Jul 17 2021 The United States' collective understanding of First Amendment freedoms was formed by more than 200 years of tensions between the power of word and the power of the government. During that time, major laws and legal decisions defined the circumstances and degree to which personal expression could be rightfully expressed—and rightfully limited. This struggle to define the parameters of free speech continues today. Vibrant and passionate debates about First Amendment limitations once inspired by the dissemination of birth control information now address such issues as kneeling during the national anthem, removing controversial books from public libraries, attempts by the Trump administration to discredit the press, and disseminating false or hateful information through social media platforms. By exploring diverse examples of censorship victories and triumphs of free expression, readers will better understand the enormous impact of First Amendment freedoms on American society.

How To Be Free Jan 23 2022 "Born a slave, the Roman Stoic philosopher Epictetus (c. 55-135 AD) taught that mental freedom is supreme, since it can liberate one anywhere, even in a prison ... Freedom, for Epictetus, is not a human right or a political prerogative but a psychological and ethical achievement, a gift that we alone can bestow on ourselves ... How to Be Free features splendid new translations and the original Greek on facing pages, a compelling introduction that sets Epictetus in context and describes the importance of Stoic freedom today, and an invaluable glossary of key words and concepts. The result is an unmatched introduction to this powerful method of managing emotions and handling life's situations, from the most ordinary to the most demanding."--Provided by the publisher.

Traffic-Free Cycle Trails Mar 25 2022 Traffic-Free Cycle Trails by Nick Cotton contains over 400 cycle routes in Great Britain. First published in 2004 and regularly updated ever since, it has become one of the country's most popular cycling books, and this fourth edition published in 2020 features a large number of updates and revisions. Traffic-Free Cycle Trails includes a great variety of routes on former railway paths, canal towpaths and forest trails in England, Scotland and Wales – and every ride is away from traffic. For that safe and peaceful bike ride, increasingly the target of families and leisure cyclists alike, Nick Cotton's guidebook has proven invaluable. Discover previously unknown local trails, plan fun rides for all the family, and travel to unfamiliar areas throughout the UK with quality routes. Presented in an easy-to-use format and packed with useful information in ten regional sections, it includes route descriptions of rides in every part of Britain. From novice riders looking to escape traffic to parents planning safe rides with children, let Traffic-Free Cycle Trails take the work out of finding the UK's best cycling routes.

How to Get Land for Free Jul 25 2019 What if I told you there was a way you could acquire land, completely for free? This book is a detailed explanation of how to claim land through the process of adverse possession. It is designed to take you from a mild interest in the subject to being a fully fledged owner of your own piece of land, which you acquired free of charge. It will describe how to claim unregistered, unowned or abandoned land as your own, legally. Every morsel of information you may need for every little step of your journey has been compiled into a manual that will hold your hand through the entire process of finding a suitable piece of land for your needs, placing your claim, getting it in your name legally, obtaining planning permission if necessary, using it, living on it and includes solutions to all the obstacles along the way. The book details examples of my own experience of claiming land in the UK, but the information is relevant to the adverse possession laws in many other countries, including Ireland, the USA, Canada, Australia and New Zealand. This book will change your life. Good luck to all in your search for freedom through the acquisition of free property and land!

Resource Guide to Literature on Barrier-free Environments, with Selected Annotations Aug 18 2021

How To Get Your Act Together Jun 03 2020 LEAD MEANINGFUL AND POSITIVE CHANGE WITH THE ULTIMATE GUIDE TO IMPLEMENTING DIVERSITY AND INCLUSION Of the very few Fortune 500 companies that share diversity data, 72% of their senior executives are white men. And it's been proven that companies with more diverse management teams have nearly 20% higher revenues. Surely YOU don't want to be left behind? Moral imperatives aside, the business case for diversity and inclusion is clear - they are clear drivers of innovation, profit and employer brand. But how can male white leadership implement this change? There's no denying it's difficult - perhaps you feel left out of the conversation, afraid to make mistakes, and confused about the evolving language of diversity and inclusion. In this practical guide, leading diversity specialists Felicity Hassan and Suki Sandhu OBE teach you how to create an inclusive environment for your employees and have educated conversations about diversity, illuminating what can sometimes be tricky territory with humour and heart.

Free Our Markets Aug 30 2022 The freer the markets people live in, the better they flourish. Free Our Markets explains why, in terms of foundational economic principles. Dr. Baetjer aims to show readers that liberty, not the force of government, is the means to achieve the goals we all have for humanity-high and rising standards of living, increasing security and abundance for all. In this book Baetjer presents the principles of spontaneous economic order and explains why, for practical economic reasons, free markets produce better results than even the best intended and most carefully crafted government interventions.

The Best Things in Life are Free Sep 30 2022 The Best Things in Life are Free is packed full of money-saving tips for the global traveller. From parks, museums and exercise classes that are free, to insider ideas on food and experiences offered at great value, this book features over 60 major cities around the world and promises to help anyone on a budget to make the most of their trip.

Insight Guides Taiwan Oct 27 2019 Taiwan is a fascinating country to visit, with ruggedly beautiful scenery and a vibrant culture that preserves the best of ancient traditions, while passionately embracing the newest in high-tech modernity. This new edition of Insight Guide Taiwan is a comprehensive full-colour travel guide to "the beautiful island", where landscapes vary from dramatic mountains to white-sand beaches. Inside Insight Guide Taiwan: Lively features by a local writer cover a whole range of subjects: mountain trails and railways, soaking in hot springs, traditional markets, folk arts, tea culture and tribal peoples. Stunning photography brings this intriguing country and its people to life. Highlights of the country's top attractions, including Taipei 101 - formerly the world's tallest building, trying local snacks at a legendary night market and the fine collection of classical Chinese architecture. Descriptive region-by-region accounts cover the whole country from the vibrant capital Taipei to the wilds of Kenting National Park, dramatic Taroko Gorge and the remote Matsu Islands. Detailed, high-quality maps throughout will help you get around and travel tips give you all the essential information for planning a memorable trip. About Insight Guides: Insight Guides has over 40 years' experience of publishing high-quality, visual travel guides. We produce around 400 full-colour print guide books and maps as well as picture-packed eBooks to meet different travellers' needs. Insight Guides' unique combination of beautiful travel photography and focus on history and culture together create a unique visual reference and planning tool to inspire your next adventure. 'Insight Guides has spawned many imitators but is still the best of its type.' - Wanderlust Magazine

How to Live for Free Apr 25 2022 Follow Deepak Tailor on a journey to discover how to live for free. For three years Deepak travelled to the distant corners of the world, found a growing global movement and interviewed hundreds of inspiring people. From the founder of LatestFreeStuff.co.uk, the UK's most popular freebie website, learn how to turn your life around, reach your goals and make any part of it free. Packed full of tips, action lists and resources, How to Live For Free will make the biggest change to your life, more than any other book. Among hundreds of topics, discover: - How to attend free restaurant tastings - How to get free clothes and beauty treatments - How to receive freebies from brands - How to forage and cook wild game - The man who lived in luxury flats for two years free of charge - The man who built his own island - How to up cycle furniture - How to sail a yacht and travel the world - The ultimate hitchhiker's guide - The best free living apps - How to get free cinema, theatre and festival tickets - How Deepak gets a free private driver everywhere he goes - How to upgrade your wardrobe for free - And much, much more.

Pocket Rough Guide British Breaks Isle of Wight (Travel Guide eBook) Dec 10 2020 Pocket Rough Guide Isle of Wight Make the most of your time in Great Britain with the ultimate travel guides. Entertaining, informative and stylish pocket guide. Discover the best of the Isle of Wight with this compact and entertaining pocket travel guide. This slim, trim treasure trove of trustworthy travel information is ideal for short-trip travellers and covers all the key sights (Osborne House, The Needles, Shanklin Old Village), restaurants, shops, cafés and bars, plus inspired ideas for day-trips, with honest and independent recommendations from our experts. Features of this travel guide to the Isle of Wight: - Compact format: packed with practical information, this is the perfect travel companion when you're out and about exploring the Isle of Wight - Honest and independent reviews: written with Rough Guides' trademark blend of humour, honesty and expertise, our writers will help you make the most of your trip - Incisive area-by-area overviews: covering Ryde, Cowes, Shanklin, Yarmouth, Ventnor and more, the practical 'Places' section provides all you need to know about must-see sights and the best places to eat, drink and shop - Time-saving itineraries: carefully planned routes will help inspire and inform your on-the-road experiences - Day-trips: venture further afield to Bonchurch or Freshwater Bay. This tells you why to go, how to get there, and what to see when you arrive - Travel tips and info: packed with essential pre-departure information including getting around, health, tourist information, festivals and events, plus an A-Z directory - Attractive user-friendly design: features fresh magazine-style layout, inspirational colour photography and colour-coded maps throughout - Covers: Cowes and around, Newport and around, Ryde and around, the east coast, the south coast, Ventnor and around, Brighthstone to Alum Bay, Yarmouth and around Looking for a comprehensive travel guide to England? Try The Rough Guide to England for an informative and entertaining look at all the country has to offer. About Rough Guides: Rough Guides have been inspiring travellers for over 35 years, with over 30 million copies sold. Synonymous with practical travel tips, quality writing and a trustworthy 'tell it like it is' ethos, the Rough Guides list includes more than 260 travel guides to 120+ destinations, gift-books and phrasebooks.

Insight Guides Pocket London (Travel Guide with Free eBook) Nov 08 2020 Perfect day itineraries and top travel tips in a pocket-sized package. Now with free eBook and a pull-out map. Plan your trip, plan perfect days and discover how to get around - this pocket-sized guide is a convenient, quick-reference companion to discovering fun and interesting things to do and see in London, from top tourist attractions like the Tower of London, Big Ben and Buckingham Palace, to hidden gems, including Brick Lane. Compact, concise and packed with essential information about Where to Go and What to Do, this is an ideal on-the-move pocket travel guide when you're exploring London. - Cultural: delve into the city's rich heritage and get to know its modern-day life and people - Inspirational: discover where to go and what to do, highlighted with stunning photography - Practical: get around with ease with a free pull-out map featuring key attractions - Informative: plan your visit with an A to Z of advice on everything from transport to tipping - Innovative and unique extras: a free eBook and pull-out map - Inventive design makes for an engaging, easy-reading experience - Covers: Westminster, The West End, Buckingham Palace and Mayfair, Bloomsbury and Marylebone, The South Bank, The City, Kensington and Chelsea, North London, East London, Southeast London, Southwest London About Insight Guides: Insight Guides is a pioneer of full-colour guide books, with almost 50 years' experience of publishing high-quality, visual travel guides with user-friendly, modern design. We produce around 400 full-colour print guide books and maps, as well as phrase books, picture-packed eBooks and apps to meet different travellers' needs. Insight Guides' unique combination of beautiful travel photography and focus on history and culture create a unique visual reference and planning tool to inspire your next adventure.

Japan - Insight Guides Nov 28 2019 One of the world's most captivating countries, Japan is a land of many fascinating contrasts, taking in some of the world's most futuristic cities alongside stunning natural landscapes and a wonderfully preserved ancient culture. Be inspired to visit by the fully-updated new edition of Insight Guide Japan, a comprehensive full-colour guide to this unique country.

The Rough Guide to Greece (Travel Guide with Free Ebook) Sep 06 2020

Living Debt-Free Nov 20 2021 Get rid of your debt without giving up your life No one wants to be in debt. But life happens and if you've got debt, life has happened to you. Whether you have a rolling balance of \$2,000 on your credit card or an \$80,000 line of credit you are positive you will carry to your grave, debt can be a huge cause of stress—affecting both your emotional and financial wellness. After working with thousands of financial planning clients, Shannon Lee Simmons knows that your only way out of the debt cycle is to truly understand all of your spending triggers so you can shut them down for good. In *Living Debt-Free*, she shows you that it is possible to have a life and pay down debt at the same time. In fact, that's the only way your debt plan will work. You will learn to take control of your finances and pay down your debt in a realistic way that will keep you motivated long enough to see it through to the end. No shame. No blame. No scare tactics. In *Living Debt-Free*, Simmons focuses on creating a debt repayment plan that will motivate you for a long time, rather than an unrealistic one that's strictly about paying the least amount of interest charges. (Collective gasp—how dare she!?) Listen, everyone knows that paying interest on debt is bad and to be avoided as much as possible, but human beings are complex. Life is complex. Debt is complex. There cannot be a one-size-fits-all plan, so *Living Debt-Free* will help you build your plan—the one that will help you finally put the debt behind you, start fresh and feel good about your money again.

How to Save the World For Free Nov 01 2022 "Just what we need to get the job done" - Hugh Fearnley-Whittingstall Are you worried about the effects of climate change on our environment? Want to help but don't know where to start? Natalie Fee's new handbook to green living will help you to make small lifestyle changes which will make a big difference to our planet. We know that a better world is possible. One where we all get to breathe clean air, marvel at the abundance of wildlife and enjoy life without worrying if it's about to self-destruct. But how do we get there? And can it really be ... easy? And fun? And free? How to Save the World for Free by environmental campaigner Natalie Fee will galvanise you to think and live differently, covering all key areas of our lives, from food and travel to politics and sex, author and environmental campaigner Natalie Fee will galvanise you to think and live differently. You will feel better, live better and ultimately breathe better in the knowledge that every small change contributes towards saving our world. Examples of Natalie's tips include voting with climate change policies in mind, carrying a reusable coffee cup, buying bamboo toothbrushes, packaging-free toiletries and ditching plastic based pads and tampons in favour of a menstrual cup, all of which will reduce your environmental impact while also saving you money. Unlike other guides to green living, *How to Save the World For Free* also addresses the big barriers to change, including broken political systems, capitalism and consumerism – and gives us practical and engaging ways to disrupt them. Perfect for fans of Lucy Siegle's *Turning the Tide on Plastic* and Greta Thunberg's *No One is Too Small to Make a Difference*. Whether you are a signed-up member of *Extinction Rebellion* or if you're just starting out on your environmental journey, *How to Save the World for Free* includes helpful and approachable advice for everyone. Let's save the world together! #HowToSaveTheWorldForFree 10% of all profits from the book will go to City to Sea, a non-profit organisation running campaigns to stop plastic pollution at source. Watch Natalie's TEDx talk on the devastating effect of plastic in our oceans here:

<https://bit.ly/2N1mzlr> This book has been printed on FSC-certified paper and uses nontoxic vegetable-based inks. Laurence King Publishing is committed to ethical and sustainable production, and are proud participants in The Book Chain Project @ bookchainproject.com

Breaking Free from OCD Feb 21 2022 This step-by-step guide is written for adolescents with OCD and their families. Using the principles of cognitive behavioural therapy, which is the proven method for helping those with OCD, it offers teenagers a structured plan of treatment which can be read alone, or with a parent, counsellor or mental health worker.

The Rough Guide to Slovenia (Travel Guide with Free Ebook) Sep 18 2021 The Rough Guide to Slovenia Make the most of your time on Earth with the ultimate travel guides. World-renowned 'tell it like it is' travel guide, now with free eBook. Discover Slovenia with this comprehensive and entertaining travel guide, packed with practical information and honest recommendations by our independent experts. Whether you plan to explore Ljubljana's charming old town, go hiking in the Julian Alps, or marvel at the stunning Lake Bled, The Rough Guide to Slovenia will help you discover the best places to explore, eat, drink, shop and sleep along the way. Features of this travel guide to Slovenia: - Detailed regional coverage: provides practical information for every kind of trip, from off-the-beaten-track adventures to chilled-out breaks in popular tourist areas - Honest and independent reviews: written with Rough Guides' trademark blend of humour, honesty and expertise, our writers will help you make the most from your trip to Slovenia - Meticulous mapping: practical full-colour maps, with clearly numbered, colour-coded keys. Find your way around Ljubljana, Piran and many more locations without needing to get online - Fabulous full-colour photography: features inspirational colour photography, including Lake Bled and the Logar Valley - Time-saving itineraries: carefully planned routes will help inspire and inform your on-the-road experiences - Things not to miss: Rough Guides' rundown of Ljubljana, Lake Bled, Piran, and Prekmurje's best sights and top experiences - Travel tips and info: packed with essential pre-departure information including getting around, accommodation, food and drink, health, the media, festivals, sports and outdoor activities, culture and etiquette, shopping and more - Background information: comprehensive 'Contexts' chapter provides fascinating insights into Slovenia, with coverage of history, religion, ethnic groups, environment, wildlife and books, plus a handy language section and glossary - The ultimate travel tool: download the free eBook to access all this from your phone or tablet - Covers: Ljubljana and around; Northwest Slovenia; The Soca Valley to the Istrian Coast; Southern Slovenia and Eastern Slovenia You may also be interested in: The Rough Guide to Europe on a Budget, The Rough Guide to Croatia and The Rough Guide to Romania About Rough Guides: Rough Guides have been inspiring travellers for over 35 years, with over 30 million copies sold globally. Synonymous with practical travel tips, quality writing and a trustworthy 'tell it like it is' ethos, the Rough Guides list includes more than 260 travel guides to 120+ destinations, gift-books and phrasebooks.

What Can I Eat on a Gluten-Free Diet? Dec 30 2019 If you're ready to experience the benefits of a gluten free diet then this easy-to-use beginners gluten-free cookbook is for you! This Quick Start Guide takes a comprehensive approach to gluten and its effect on your digestion, and provides you with plenty of delicious gluten-free recipes! By following the guidelines in this book you can reduce bloating, gas and digestive discomfort and improve your well-being and get started cooking lovely gluten-free recipes! PLUS! Over 100 delicious Gluten-Free recipes! - Reduce digestive symptoms and boost your well-being! - Beat bloating, lose weight and feel great! - Discover what you can eat and why! - Over 100 delicious gluten-free recipes!

Croatia - Insight Guides Aug 25 2019 Insight Guides: all you need to inspire every step of your journey. An in-depth book, now with free app and eBook. From deciding when to go, to choosing what to see when you arrive, this is all you need to plan your trip and experience the best of Croatia, with in-depth insider information on must-see, top attractions like the walled city of Dubrovnik, cosmopolitan Split and the stunning islands of Hvar and Vis, and hidden cultural gems like the Baroque architecture in inland Osijek. - Insight Guide Croatia is ideal for travellers seeking immersive cultural experiences, from exploring the Istrian peninsula in the north, to discovering Dubrovnik, the 'pearl of the Adriatic'. In-depth on history and culture: enjoy special features on diving, wine country and birdlife, all written by local experts - Includes innovative, unique extras to keep you up-to-date when you're on the move - this guide comes with a free eBook, and an app that highlights top attractions and regional information and is regularly updated with new hotel, bar, restaurant, shop and local event listings - Invaluable maps, travel tips and practical information ensure effortless planning, and encourage venturing off the beaten track - Inspirational colour photography throughout - Insight Guides is a pioneer of full-colour guide books - Inventive design makes for an engaging, easy reading experience About Insight Guides: Insight Guides is a pioneer of full-colour guide books, with almost 50 years' experience of publishing high-quality, visual travel guides with user-friendly, modern design. We produce around 400 full-colour print guide books and maps, as well as phrasebooks, picture-packed eBooks and apps to meet different travellers' needs. Insight Guides' unique combination of beautiful travel photography and focus on history and culture create a unique visual reference and planning tool to inspire your next adventure.

The Rough Guide to France (Travel Guide with Free Ebook) Oct 20 2021 Practical travel guide to France with a free eBook featuring points-of-interest structured lists of all sights and off-the-beaten-track treasures, with detailed colour-coded maps, practical details about what to see and to do in France, how to get there and around, pre-departure information, as well as top time-saving tips, like a visual list of things not to miss in France, expert author picks and itineraries to help you plan your trip. The Rough Guide to France covers: Paris, The North, Champagne and the Ardennes, Alsace and Lorraine, Normandy, Brittany, The Loire, Burgundy, Poitou-Charentes and the Atlantic Coast, The Limousin, Dordogne and the Lot, The Pyrenees, Languedoc, The Massif Central, The Alps and the Franche-Comté, The Rhone Valley, Provence, The Côte d'Azur and Corsica Inside this travel guide you'll find: RECOMMENDATIONS FOR EVERY TYPE OF TRAVELLER Experiences selected for every kind of trip to France, from off-the-beaten-track adventures in France to family activities in child-friendly places, like Paris or chilled-out breaks in popular tourist areas, like Toulouse. PRACTICAL TRAVEL TIPS Essential pre-departure information including France entry requirements, getting around, health information, travelling with children, sports and outdoor activities, food and drink, festivals, culture and etiquette, shopping, tips for travellers with disabilities and more. TIME-SAVING ITINERARIES Carefully planned routes covering the best of France give a taste of the richness and diversity of the destination, and have been created for different time frames or types of trip. DETAILED REGIONAL COVERAGE Clear structure within each sightseeing chapter includes regional highlights, brief history, detailed sights and places ordered geographically, recommended restaurants, hotels, bars, clubs and major shops or entertainment options. INSIGHTS INTO GETTING AROUND LIKE A LOCAL Tips on how to beat the crowds, save time and money and find the best local spots for sampling the very best of French food, relaxing on fine sandy beaches and zipping down the slopes in the Alps. HIGHLIGHTS OF THINGS NOT TO MISS Rough Guides' rundown of The Pyrenees, The Rhone Valley and Alsace's best sights and top experiences help to make the most of each trip to France, even in a short time. HONEST AND INDEPENDENT REVIEWS: Written by Rough Guides' expert authors with a trademark blend of humour, honesty and expertise, to help to find the best places in France, matching different needs. BACKGROUND INFORMATION Comprehensive 'Contexts' chapter features fascinating insights into France, with coverage of history, religion, ethnic groups, environment, wildlife and books, plus a handy language section and glossary. FABULOUS FULL COLOUR PHOTOGRAPHY Features inspirational colour photography, including the stunning Carcassonne Castle and the spectacular Canal du Midi. COLOUR-CODED MAPPING Practical full-colour maps, with clearly numbered, colour-coded keys for quick orientation in Montpellier, Dordogne and many more locations in France, reduce need to go online. USER-FRIENDLY LAYOUT With helpful icons, and organised by neighbourhood to help you pick the best spots to spend your time. FREE EBOOK Free eBook download with every purchase of a printed book allows you to access all of the content from your phone or tablet, for on-the-road exploration.

Ecuador and Galapagos - Insight Guides Jun 23 2019 Insight Guides: all you need to inspire every step of your journey. An in-depth book, now with free app and eBook. From deciding when to go, to choosing what to see when you arrive, this is all you need to plan your trip and experience the best of Ecuador and Galapagos, with in-depth insider information on must-see, top attractions like The Avenue of the Volcanoes and Banos and hidden cultural gems like Cuenca and Otavalo. - Insight Guides Ecuador and Galapagos is ideal for travellers seeking immersive cultural experiences, from exploring Quito to discovering the Pacific Coast beaches - In-depth on history and culture: enjoy special features on the Amazon and Panama hats, all written by local experts - Includes innovative, unique extras to keep you up-to-date when you're on the move - this guide comes with a free eBook and an app that highlights top attractions and regional information and is regularly updated with new hotel, bar, restaurant, shop and local event listings - Invaluable maps, travel tips and practical information ensure effortless planning, and encourage venturing off the beaten track - Inspirational colour photography throughout - Insight Guides is a pioneer of full-colour guide books - Inventive design makes for an engaging, easy reading experience About Insight Guides: Insight Guides is a pioneer of full-colour guide books, with almost 50 years' experience of publishing high-quality, visual travel guides with user-friendly, modern design. We produce around 400 full-colour print guide books and maps, as well as phrasebooks, picture-packed eBooks and apps to meet different travellers' needs. Insight Guides' unique combination of beautiful travel photography and focus on history and culture create a unique visual reference and planning tool to inspire your next adventure.

The Sober Survival Guide May 03 2020 The Sober Survival Guide - How to Free Yourself from Alcohol Forever - By Simon Chapple. Foreword by Annie Grace - Author of This Naked Mind - Control Alcohol Are you tired of thinking about drinking? Hands up if you believe any of the following about drinking alcohol to be true: I can't have fun without alcohol. Imagine going to a party without drinking! it makes me feel less anxious or depressed; it helps me sleep; I can't relax without it; it makes me entertaining to be around; it fits the lifestyle of my boozey friends; I like the taste of alcohol; it's cool and sophisticated; I'm not confident enough to talk to new people without it; it helps me deal with all the problems life throws my way; it stops me worrying

about how much I'm drinking (ironic, I know). If you find yourself nodding at even one of these statements, then I know how you feel. I was a heavy daily drinker for over twenty years, I too used to believe that I couldn't live without alcohol, and that once I'd had a few drinks I was funny to be around (hilarious in fact). Are you too are tired and fed up with the routine of drinking, and want to make a change and improve your life? Or you may simply be curious about how an alcohol-free life might look for you. Could it be better? Happier? Calmer? More peaceful? Perhaps you're already on the path to changing your relationship with booze and might have read other 'sober books' or taken part in programmes to help you quit. I want you to know you can do the same as me and find complete freedom from alcohol, and that you don't have to wait for years like I did. Also, I want to reassure you that alcohol addiction is never a person's fault, and that there's no need to blame yourself for finding it hard to give up. It honestly isn't as difficult as you might think, and this book will provide the support, tactics and advice you need as you progress on your sober journey. The Sober Survival Guide is unique in that it is split into two parts. The first is designed to set you up for success and put you in a place where you can find freedom from alcohol if that's what you want. The first part of the book contains essential information for when you're in the early stages of controlling your drinking. The second part serves as a handbook as you move forward into an alcohol-free life and is where this book comes into its own. As you read it you'll see I've used my own experiences and those of the people I've worked with to help ensure you're ready for the challenges, fears, and questions that will come up in the years after quitting drinking. You'll learn how to handle the work Christmas party without a glass of bubbly in hand, the joys of sober holidays, what to do when you stop drinking but your partner won't, and a whole lot more. With this part you can dip in and out, picking the chapters that address the problems you're facing that day or week. This unique quit alcohol book also shares my own stories and personal accounts that helped me learn (sometimes the hard way), so as well as providing vital tools and tactics it will also leave you with a smile on your face and provide you with a fun and enjoyable read. Part memoir, part sober guide and 100% alcohol free - The Sober Survival Guide is perfect for anyone looking to free themselves from the grip of alcohol. Simon Chapple is the founder of Be Sober one of the largest online 'quit drinking' communities, he is also a speaker and works as a Certified Alcohol Coach working with This Naked Mind helping people change their relationship with alcohol. He has helped thousands of people quit drinking and has made it his life mission to spread the word about the benefits an alcohol-free life brings. Join Simon and the alcohol freedom revolution on Instagram @besoberandquit or visit www.besober.co.uk to discover more.

Free Yourself From Anxiety Jul 29 2022 Anxiety disorders can rob you of independence, happiness and self-esteem. This book will enable you to free yourself from the crippling effects of anxiety and to go on to a happier and more fulfilled life. The authors describe simple self-help techniques and practical tips derived from years of helping people with anxiety problems. This book enables the reader to: assess what changes you need to make; create a personal recovery programme; set realistic goals and work towards them; change unhelpful ways of thinking; and, take back control of your life. The techniques can be used for all forms of anxiety: phobias (including Agoraphobia and Social Phobia), Obsessive Compulsive Disorder, Panic Attacks and General Anxiety Disorder. However bad your anxiety, and however long you've had it, you can recover. Using true life examples from anxiety sufferers, this book shows you just how you can do it.

Insight Guides: Iceland Apr 01 2020 To say that Iceland is a country bristling with natural beauty is something of an understatement. Volcanoes, lagoons, glaciers, waterfalls, black-sand beaches and geysers densely populate its landscape. The lively capital city of Reykjavik also has a lot to offer visitors, from the stunning Blue Lagoon to its rich cultural heritage. Be inspired to visit by the new edition of Insight Guide Iceland, a comprehensive full-colour guide to this fascinating and dramatically beautiful country. Inside Insight Guide Iceland: A fully-overhauled edition by our expert Iceland author. Stunning, specially-commissioned new photography that brings this breath-taking country and its people to life. Highlights of the country's top attractions, including the Blue Lagoon and the country's best hiking trails. Descriptive region-by-region accounts cover the whole country, from the lively city of Reykjavik to the hot springs and whale-watching spots of Keflavik. Detailed, high-quality maps throughout will help you get around and travel tips give you all the essential information for planning a memorable trip, including our independent selection of the best hotels and restaurants. About Insight Guides: Insight Guides has over 40 years' experience of publishing high-quality, visual travel guides. We produce around 400 full-colour print guidebooks and maps as well as picture-packed eBooks to meet different travellers' needs. Insight Guides' unique combination of beautiful travel photography and focus on history and culture together create a unique visual reference and planning tool to inspire your next adventure. 'Insight Guides has spawned many imitators but is still the best of its type.' - Wanderlust Magazine

Insight Guides Pocket Switzerland (Travel Guide with Free eBook) Mar 01 2020 Insight Guides Pocket Guide Switzerland Let us guide you on every step of your travels... The definitive pocket-sized travel guide, now with free app and eBook. Compact, concise and packed full of essential information about where to go and what to do, this is the ideal on-the-move travel guide for exploring Switzerland. From top tourist attractions like the Jet d'Eau in Geneva, the imperious Matterhorn and the Bernese Oberland, to cultural gems, including joining in at the Basel Carnival, admiring the oldest painted ceiling in Europe at a 12th century church in Zillis, or hiking and listening out for corn horns in the mountains, plan your perfect trip with this practical, all-in-one travel guide. Features of this travel guide to Switzerland: - Inspirational itineraries: discover the best destinations, sights and excursions, highlighted with stunning photography - Historical and cultural insights: delve into the country's rich history and culture, and learn all about its people, art and traditions - Practical full-colour map: with every major attraction highlighted, the pull-out map makes on-the-ground navigation easy - Key tips and essential information: from transport to tipping, we've got you covered - The ultimate travel tool: download the free app and eBook to access all this and more from your phone or tablet - Covers: Zurich; Winterthur; Schaffhausen; St-Gallen, Appenzell; Basel; Solothurn; Baden; Bern; Biel; The Emmental; Bernese Oberland; Thun; Interlaken; Lucerne; Chur; The Vorderrhein; The Hinterrhein; Engadine; Ticino; Bellinzona; Locarno; Lugano; Valais; Geneva; Vaud; Lausanne; Fribourg; Neuchatel; The Jura Looking for a comprehensive guide to Switzerland? Check out Insight Guides Switzerland for a detailed and entertaining look at all the country has to offer. About Insight Guides: Insight Guides is a pioneer of full-colour guide books, with almost 50 years' experience of publishing high-quality, visual travel guides with user-friendly, modern design. We produce around 400 full-colour print guide books and maps, as well as phrase books, picture-packed eBooks and apps to meet different travellers' needs. Insight Guides' unique combination of beautiful travel photography and focus on history and culture create a unique visual reference and planning tool to inspire your next adventure.

Free Guide Dec 22 2021 This isn't your typical workbook. It's not homework. It's not one-size-fits-all. This companion guide to Brian Tome's Free Book is an interactive tool designed to help you discover what's holding you back from the free, full life God intends for you. What you choose to do about that thing is up to you. But know this: God really wants you to be free, and he's got more than enough power to make it happen. He wants you to experience the kind of freedom and joy you thought only kids could have. But simply reading a book about freedom won't make you free—beginning and continuing the journey is up to you. God's offering real freedom. Ready to get yours?

Stress-Free Potty Training Jun 15 2021 What is the right approach to potty-train your child? Stress-Free Potty Training recognizes that every child is different. Beginning with a simple quiz to help find the method that will best work for your little one, this insightful guide then provides targeted techniques for your situation and takes the worry out of this important life transition.

Lanzarote and Fuerteventura - Insight Pocket Guide Aug 06 2020 Insight Pocket Guides: ideal itineraries and top travel tips in a pocket-sized package. Now with free eBook, and a pull-out map. Compact, concise, and packed with essential information about Where to Go and What to Do, this is an ideal on-the-move companion when you're exploring Lanzarote and Fuerteventura: Covers Top Ten Attractions, including Tegui, Pájara and Betancuria, plus suggestions for a Perfect Tour, including historic sights, beaches, La Geria wine country and the volcanic landscape of Parque Nacional de Timanfaya. Offers an insightful overview of landscape, history and culture. Contains an invaluable pull-out map, and essential practical information on everything from Eating Out to Getting Around. Includes an innovative extra that's unique in the market - all Insight Pocket Guides come with a free eBook. Inspirational colour photography throughout. Sharp design and colour-coded sections make for an engaging reading experience. About Insight Guides: Insight Guides has over 40 years' experience of publishing high-quality, visual travel guides. We produce around 400 full-colour print guide books and maps as well as picture-packed eBooks and apps to meet different travellers' needs. Insight Guides' unique combination of beautiful travel photography and focus on history and culture together create a unique visual reference and planning tool to inspire your next adventure.

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