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Author and wellness expert Sherianna Boyle shows you how to C.L.E.A.N.S.E your anxieties, clearing a path for new positive habits, behaviors, and emotions. Most of us view a detox as a physical experience, but what we don't realize is that it's not just our physical bodies that need to be cleansed in order to return to a healthy state. When we're unable to process our stress and worries, they can become toxic to ourselves and those around us. Wellness expert and author of Emotional Detox, Sherianna Boyle modifies the revolutionary C.L.E.A.N.S.E method to guide you through the 7 steps to a successful anxiety detox. The 7 steps include: Clear, Look Inward, Emit, Activate Joy, Nourish, Surrender, and Ease. Experiencing reactions to worries, stress, and doubt can put obstacles in our path to a happy and fulfilled life. An anxiety detox is a systematic and mindful way to purge these harmful thoughts. Once freed from this burden, an anxiety detox returns us to our joyful, carefree state. Emotional Detox for Anxiety is a reset for the soul, flushing out negative feelings, clearing a path for new habits and behaviors, and energizing you to accept peace, acceptance, and pure joy.

Environmental Science Class XII

OECD's 2013 Economic Survey of Colombia examines recent economic developments, policies, and prospects as well as taking a more detailed look at inequality and productivity and growth.

Ethanol is a very elusive drug, which has mechanisms of action that are diverse and relatively non-selective. Moreover, ethanol has been demonstrated to be a biologically active substance by itself, but also a pro-drug of the neuroactive metabolites, acetaldehyde and acetate. Acetaldehyde has traditionally been known as a toxic substance with several effects on multiple systems. However, in the last few decades evidence has accumulated to reveal the specific and, in some instances, distinct neural actions of acetaldehyde and acetate that are in part responsible for some of the observed psychoactive effects of ethanol. The present issue will address these challenges to provide an up-to-date synopsis of the behavioral and neurophysiological impact of the two direct metabolites of ethanol, acetaldehyde and acetate. In doing so, this issue will present human and rodent evidence on their behavioral and neurophysiological impact, either when administered alone as drugs, or when metabolically-derived from their parent compound. Emphasis will be placed to stress the importance of the different enzymatic systems that intervene to produce these metabolites, either peripherally and/or directly in the brain. Similarly, this Research Topic will be aimed at addressing some of the possible mechanisms of action of acetaldehyde and acetate in different brain areas and in different intracellular systems. Furthermore, the issue will lay out some of the suggested mechanisms of action of ethanol and of its metabolites by which they form adducts with other molecules and neurotransmitters such as dopamine and opioids (which lead to salsolinol and

tetrahydropapaveroline, respectively), and their impact on the synthesis and actions of neuromodulators such as adenosine and the cannabinoid system.

This book was written in response to significant recent advances in understanding the mechanisms of parasitism in the Orobanchaceae, and breakthroughs in the control of the parasitic weeds *Striga* and *Orobanche*. It consists of 26 contributions by internationally recognized leading scientists. The main book chapters are grouped into two parts: · Part I – The Orobanchaceae and Their Parasitic Mechanisms · Part II – The Weedy Orobanchaceae and Their Control The first part provides cutting-edge information on all key aspects of plant parasitism, such as the structure, development and function of the haustorium; nutrient transfer and the physiology of the parasite-host association; host reaction to parasitic plants; seed production and germination; the strigolactones and host-parasite signaling mechanisms; the parasite genome, phylogenetics, evolution and epigenetics; and ecology. Topics of the second part include: the problem posed by the weedy parasites; population diversity and dynamics; molecular diagnosis of seed banks; and detailed discussion of the various management strategies, including agronomic, chemical and biotechnological approaches, as well as host breeding for resistance, allelopathy and biological control. This book is intended for plant scientists, university lecturers and students, agronomists and weed specialists, breeders and farmers, extension personnel and experts in tropical and subtropical agriculture.

Characteristics of Hawaiian Volcanoes establishes a benchmark for the current understanding of volcanism in Hawaii, and the articles herein build upon the elegant and pioneering work of Dutton, Jagger, Steams, and many other USGS and academic scientists. Each chapter synthesizes the lessons learned about a specific aspect of volcanism in Hawaii, based largely on continuous observation of eruptive activity and on systematic research into volcanic and earthquake processes during HVO's first 100 years. NOTE: NO FURTHER DISCOUNTS FOR ALREADY REDUCED SALE ITEMS. The Work Programme is the latest government-contracted employment programme, which aims to support long-term jobseekers into work and off unemployment benefits. Launched in June 2011, the Work Programme replaced a number of previous welfare-to-work programmes and consolidates employment support for a very wide range of jobseekers into a single mainstream programme. Providers, who are predominantly commercial companies, provide support to participants, and receive payments for finding participants sustained employment. In Wales one in nine people who joined the Work Programme in its first two years found sustained employment (defined as 13 or 26 weeks). This is the lowest rate in Great Britain, though not much lower than the average. The Committee's conclusions include: Working Links Wales and Rehab Jobfit-the two providers operating in Wales-must ensure that both they and their subcontractors have specific measures in place to support lone parents; and that Work Programme participants in Wales-unlike those in

England-cannot access European Social Fund training and skills courses which is hampering the performance of the Work Programme in Wales and ultimately the opportunities available to the long-term unemployed. Similarly, DWP must enable participants to exit the Work Programme if required in order to access Jobs Growth Wales. The key issue here seems to be that there is a lack of flexibility in and between the various programmes set up to get people into work, and that this lack of flexibility appears to be more marked in Wales

Hailed as one of the finest examples of aviation research, this comprehensive 1984 study presents a detailed and scrupulously accurate operational history of carrier-based air warfare. From the earliest operations in the Pacific through the decisive Battle of Midway, it offers a narrative account of how ace fighter pilots like Jimmy Thach and Butch O'Hare and their skilled VF squadron mates - called the "first team" - amassed a remarkable combat record in the face of desperate odds. Tapping both American and Japanese sources, historian John B. Lundstrom reconstructs every significant action and places these extraordinary fighters within the context of overall carrier operations. He writes from the viewpoint of the pilots themselves, after interviewing some fifty airmen from each side, to give readers intimate details of some of the most exciting aerial engagements of the war. At the same time he assesses the role the fighter squadrons played in key actions and shows how innovations in fighter tactics and gunnery techniques were a primary reason for the reversal of American fortunes. After more than twenty years in print, the book remains the definitive account and is being published in paperback for the first time to reach an even larger audience.

Federal RegisterOECD Economic Surveys: Colombia 2013 Economic AssessmentEconomic AssessmentOECD Publishing

When Joint Special Operations Command deployed Task Force 714 to Iraq in 2003, it faced an adversary unlike any it had previously encountered: al-Qaeda in Iraq (AQI). AQI's organization into multiple, independent networks and its application of Information Age technologies allowed it to wage war across a vast landscape. To meet this unique threat, TF 714 developed the intelligence capacity to operate inside those networks, and in the words of commander Gen. Stanley McChrystal, USA (Ret.) "claw the guts out of AQI." In *Transforming US Intelligence for Irregular War*, Richard H. Shultz Jr. provides a broad discussion of the role of intelligence in combatting nonstate militants and revisits this moment of innovation during the Iraq War, showing how the defense and intelligence communities can adapt to new and evolving foes. Shultz tells the story of how TF 714 partnered with US intelligence agencies to dismantle AQI's secret networks by eliminating many of its key leaders. He also reveals how TF 714 altered its methods and practices of intelligence collection, intelligence analysis, and covert paramilitary operations to suppress AQI's growing insurgency and, ultimately, destroy its networked infrastructure. TF 714 remains an exemplar of successful organizational learning and adaptation in the midst of modern warfare. By examining its innovations, Shultz makes a compelling case for intelligence leading the way in future campaigns against nonstate armed groups.

As the importance and dependence of specific mineral commodities increase, so does concern about their supply. The United States is currently 100 percent reliant on foreign sources for 20 mineral commodities and imports the majority of its supply of more than 50 mineral

commodities. Mineral commodities that have important uses and face potential supply disruption are critical to American economic and national security. However, a mineral commodity's importance and the nature of its supply chain can change with time; a mineral commodity that may not have been considered critical 25 years ago may be critical today, and one considered critical today may not be so in the future. The U.S. Geological Survey has produced this volume to describe a select group of mineral commodities currently critical to our economy and security. For each mineral commodity covered, the authors provide a comprehensive look at (1) the commodity's use; (2) the geology and global distribution of the mineral deposit types that account for the present and possible future supply of the commodity; (3) the current status of production, reserves, and resources in the United States and globally; and (4) environmental considerations related to the commodity's production from different types of mineral deposits. The volume describes U.S. critical mineral resources in a global context, for no country can be self-sufficient for all its mineral commodity needs, and the United States will always rely on global mineral commodity supply chains. This volume provides the scientific understanding of critical mineral resources required for informed decisionmaking by those responsible for ensuring that the United States has a secure and sustainable supply of mineral commodities.

This volume, covering metals and minerals, contains chapters on approximately 90 commodities. In addition, this volume has chapters on mining and quarrying trends and on statistical surveying methods used by Minerals Information, plus a statistical summary.

Police forces across the United States have been transformed into extensions of the military. Our towns and cities have become battlefields, and we the American people are now the enemy combatants to be spied on, tracked, frisked, and searched. For those who resist, the consequences can be a one-way trip to jail, or even death. *Battlefield America: The War on the American People* is constitutional attorney John W. Whitehead's terrifying portrait of a nation at war with itself. In exchange for safe schools and lower crime rates, we have opened the doors to militarized police, zero tolerance policies in schools, and SWAT team raids. The insidious shift was so subtle that most of us had no idea it was happening. This follow-up to Whitehead's award-winning *A Government of Wolves*, is a brutal critique of an America on the verge of destroying the very freedoms that define it. Hands up!—the police state has arrived.

Years of surveillance-related leaks from US whistleblower Edward Snowden have fuelled an international debate on privacy, spying, and Internet surveillance. Much of the focus has centered on the role of the US National Security Agency, yet there is an important Canadian side to the story. The Communications Security Establishment, the Canadian counterpart to the NSA, has played an active role in surveillance activities both at home and abroad, raising a host of challenging legal and policy questions. With contributions by leading experts in the field, *Law, Privacy and Surveillance in Canada in the Post-Snowden Era* is the right book at the right time: From the effectiveness of accountability and oversight programs to the legal issues raised by metadata collection to the privacy challenges surrounding new technologies, this book explores current issues torn from the headlines with a uniquely Canadian perspective.

The transportation of multimedia over the network requires timely and errorless transmission much more strictly than other data. This had led to special protocols and to special treatment in multimedia applications (telephony, IP-TV,

streaming) to overcome network issues. This book begins with an overview of the vast market combined with the user's expectations. The base mechanisms of the audio/video coding (H.26x etc.) are explained to understand characteristics of the generated network traffic. Further chapters treat common specialized underlying IP network functions which cope with multimedia data in conjunction with special time adaptation measures. Based on those standard functions these chapters can treat uniformly SIP, H.248, High-End IP-TV, Webcast, Signage etc. A special section is devoted to home networks which challenge high-end service delivery due to possibly unreliable management. The whole book treats concepts described in accessible IP-based standards and which are implemented broadly. The book is aimed at graduate students/practitioners with good basic knowledge in computer networking. It provides the reader with all concepts of currently used IP technologies of how to deliver multimedia efficiently to the end user.

Step inside a sumptuous sandcastle packed with amazing and amusing visual details for a beach day that's fit for royalty. A young girl loves building sandcastles. But not just any sandcastles. She builds one so big and grand and lovely that all the royals of the world come to visit. There are banquets and balls and tournaments, a greenhouse for cacti, a staircase for skateboarding, and ice cream around the clock. Everyone seems to be having fun, until they discover sand in the royal almond strudel . . . and the fig milk bath . . . and everywhere! With a keen eye for the absurd, author-illustrator Einat Tsarfati invites readers beyond the crocodile moat to explore the intricately detailed, increasingly wild festivities that echo the arc of a day at the beach, from euphoria to gritty discomfort. The diverse cast of regal guests, from a Rapunzel-esque princess in pj's and unicorn slippers to a pair of knights playing badminton, is just as inspired. A visual treat of a tale, Sandcastle opens the doors to a world by the sea where wit and imagination reign.

This book gives voice to the diverse diasporic Latin American communities living in the UK by exploring first and onward migration of Latin Americans to Europe, with a specific reference to London. The authors discuss how networks of solidarity and local struggles are played out, enacted, negotiated and experienced in different spatial spheres, whether this be migration routes into London, work spaces, diasporic media and urban places. Each of these spaces are explored in separate chapters to argue that transnational networks of solidarity and local struggles are facilitating renewed sense of belongingness and claims to the city. In this context we witness manifestations of British Latinidad that invoke new forms of belongingness beyond and against old colonial powers.

Tax Planning for International Mergers, Acquisitions, Joint Ventures and Restructurings Fifth Edition Edited by Peter H. Blessing and Ansgar A. Simon About the editors: Peter H. Blessing is Associate Chief Counsel, International, at the Office of Chief Counsel of the Internal Revenue Service. Before his appointment in April 2019, he was the head of cross-border corporate transactions in KPMG's Washington National Tax group. He is a member of Washington National Tax practice of KPMG LLP. His practice involves transactional, advisory and controversy matters, generally in a cross-border context. Peter obtained his LL.M. Taxation

from New York University School of Law and has also earned degrees from Princeton University and Columbia Law School. Ansgar A. Simon heads the transactional tax practice of Covington & Burling LLP in New York. His broad-based transactional tax practice covers mergers and acquisitions, corporate restructuring transactions, divestitures, spin-offs, and joint ventures, as well as the financing of such transactions, generally in a cross-border context. Ansgar received his degree in law from Stanford Law School and a PhD in philosophy from the University of California, Los Angeles. About the book: *Tax Planning for International Mergers, Acquisitions, Joint Ventures and Restructurings* is a practical overview of key tax aspects of international transactions that have general applications, followed by twenty detailed country profiles. Transactional tax planning always is of critical importance to sound deal making. In the international arena, cross-border mergers and acquisitions continue to proliferate as companies seek to maximize global market opportunities. Whether the transaction be strategic or opportunistic, transformational or conventional expansion, third party or internal value-enhancing restructuring, it is crucial for management and counsel to develop a working knowledge of the salient features of the relevant tax law in a broad range of global jurisdictions. This book, now in its fifth edition, distills knowledge of the tax aspects involved in such transactions across international borders. What's in this book: This book considers each jurisdiction's handling of areas of concern in international tax planning such as: – entity classification; – structuring taxable transactions; – structuring tax-free transactions (both in domestic and cross-border transactions); – loss planning; – IP planning; – compensation arrangements; – acquisition financing; – joint venture planning; – value added tax issues; and – tax treaty usage. The experts in each country suggest solutions designed to maximize effective tax planning and satisfy compliance obligations. How this will help you: This user-friendly work assists in planning and evaluating strategies for transactions, both nationally and internationally, in single and multiple jurisdictions, as well as in implementing them. This book further allows an easy comparison of key tax aspects in major jurisdictions, thereby providing not only an easy understanding of the key structuring points in context but also critical issue-spotting as well as highlighting potential value-enhancing strategies. Addressing an important information gap in an area of widespread commercial concern, this resource helps international tax counsel, corporate and financial services attorneys, and corporate planning and compliance professionals to confidently approach challenging situations in both national and international regime. Editors: Peter H. Blessing and Ansgar A. Simon

“This is the history of the gay and lesbian movement that we’ve been waiting for.” —The Washington Post The sweeping story of the struggle for gay and lesbian rights—based on amazing interviews with politicians, military figures, and members of the entire LGBT community who face these challenges every day. The fight for gay and lesbian civil rights—the years of outrageous injustice, the early battles, the heart-breaking defeats, and the victories beyond the dreams of the gay rights pioneers—is the most important civil rights issue of the present day. In “the most comprehensive history to date of America’s gay-rights movement” (The Economist), Lillian Faderman tells this unfinished story through the dramatic accounts of passionate struggles with sweep, depth, and feeling. The Gay Revolution begins in the 1950s, when gays and lesbians were criminals, psychiatrists saw them as mentally ill, churches saw them as sinners, and society victimized them with hatred. Against this dark backdrop, a few brave people began

to fight back, paving the way for the revolutionary changes of the 1960s and beyond. Faderman discusses the protests in the 1960s; the counter reaction of the 1970s and early eighties; the decimated but united community during the AIDS epidemic; and the current hurdles for the right to marriage equality. "A compelling read of a little-known part of our nation's history, and of individuals whose stories range from heart-wrenching to inspiring to enraging to motivational" (Chicago Tribune), *The Gay Revolution* paints a nuanced portrait of the LGBT civil rights movement. A defining account, this is the most complete and authoritative book of its kind.

This book presents collective works published in the recent Special Issue (SI) entitled " Intelligent Transportation Systems (ITS)". These works address problems of mobility, environmental pollution, and road safety, as well as their related applications. The presented problems are complex and involve a large number of research areas and many advanced technologies, such as communication, sensing, and control, which are used for managing a large amount of information. The applications vary and include fleet management, driving behavior, traffic control, trajectory planning, connected vehicles, and energy consumption efficiency. Recent advances in communication technologies are becoming fundamental for the development of new advances in fleet management, traffic control, and connected vehicles. This works collected in this Special Issue propose solution methodologies to address such challenges, analyze the proposed methodologies, and evaluate their performance. This book brings together a collection of multidisciplinary works applied to ITS applications in a coherent manner.

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