

Crunchtime Basic Federal Income Tax Fourth Edition The Crunchtime Series

Emanuel CrunchTime provides a comprehensive topic breakdown and critical information review all in one tool. The application flow charts can be used all semester long, but the capsule summaries are ideal for exam preparation. Each title offers capsule summaries of major points of law and critical issues, exam tips for identifying common traps and pitfalls, sample exam and essay questions with model answers, and recommended approaches for crafting essays that will get winning grades! Emanuel CrunchTime Series Features: Capsule summary of subject matter Condensed format Flow charts illustrate major concepts Multiple-choice questions with answers Essay questions with model answers

Unique in its structure, *Federal Income Taxation, 4E*, presents core materials that cover the basics of tax law and then offers "cells" at the end of the book that are self-contained units with more in-depth discussion of certain topics. This flexible structure allows professors to customize their tax course by selecting only the additional in-depth materials they want to use. The stellar author team, with years of scholarship and teaching experience, feature notes and questions that provide background information and place the cases and statutes in context. More than 150 problems are interspersed throughout the core text and the cells that challenge students to apply theory to specific situations. Key Features: Thoroughly updated with the latest tax legislation Updated rate brackets, personal exemptions, standard deductions, earned income phase-outs, and eligibility for various credits and deductions, based on the IRS revenue procedure

Learn how to live the life you want, not just the life you can afford! Managing your money is like going to the dentist or standing in line at the DMV. Nobody wants to do it, but at some point, it's inevitable: you need to clean your teeth, renew your license, and manage your personal finances like a grown-up. Whether you're struggling to pay off student loan debt, ready to stop living paycheck to paycheck, or have finally accepted that your Beanie Baby collection will never pay off, tackling your finances may seem immensely intimidating. But it doesn't have to be. By approaching personal finance as a game--something that requires you to set clear goals, as well as face challenges you must "beat"--personal finance can not only be easy to understand, but it can also be fun! In *Get Money*, personal finance expert Kristin Wong shows you the exact steps to getting more money in your pocket without letting it rule your life. Through a series of challenges designed to boost your personal finance I.Q., interviews with other leading financial experts, and exercises tailored to help you achieve even your biggest goals, you'll learn valuable skills such as: Building a budget that (gasp) actually works Super-charging a debt payoff plan How to strategically hack your credit score Negotiating like a shark (or at least a piranha) Side-hustling to speed up your money goals Starting a lazy investment portfolio...and many more! Simply put, with this gamified guide to personal finance, you'll no longer stress about understanding how your finances work--you'll finally "get" money.

Do you have a real relationship with God, or do you just have a religion? Do you know God, or do you just know about God? In *How Big Is Your God?* Paul Coutinho, SJ, challenges us to grow stronger and deeper in our faith and in our relationship with God—a God whose love knows no bounds. To help us on our way, Coutinho introduces us to people in various world religions—from Hindu friends to Buddhist teachers to St. Ignatius of Loyola—who have shaped his spiritual life and made possible his deep, personal relationship with God.

Everything you ever need to know about making it as a scientist. Despite your graduate education, brainpower, and technical prowess, your career in scientific research is far from assured. Permanent positions are scarce, science survival is rarely part of formal graduate training, and a good mentor is hard to find. In *A Ph.D. Is Not Enough!*, physicist Peter J. Feibelman lays out a rational path to a fulfilling long-term research career. He offers sound advice on selecting a thesis or postdoctoral adviser; choosing among research jobs in academia, government laboratories, and industry; preparing for an employment interview; and defining a research program. The guidance offered in *A Ph.D. Is Not Enough!* will help you make your oral presentations more effective, your journal articles more compelling, and your grant proposals more successful. A classic guide for recent and soon-to-be graduates, *A Ph.D. Is Not Enough!* remains required reading for anyone on the threshold of a career in science. This new edition includes two new chapters and is revised and updated throughout to reflect how the revolution in electronic communication has transformed the field.

CrunchTime provides the right information, In the right format, at the right time. If you learn best through application flow charts, get your CrunchTime early in the semester and use it as a visual aid throughout your course. Each title offers capsule summaries of major points of law and critical issues, exam tips for identifying common traps and pitfalls, sample exam and essay questions with model answers, and recommended approaches for crafting essays that will get winning grades!

This insider's view to the NFL reveals the stories of the men behind the helmets and is the perfect gift for any armchair quarterback.

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"Open Water is tender poetry, a love song to Black art and thought, an exploration of intimacy and vulnerability between two young artists learning to be soft with each other in a world that hardens against Black people."—Yaa Gyasi, author of *HOMEGOING* In a crowded London pub, two young people meet. Both are Black British, both won scholarships to private schools where they struggled to belong, both are now artists—he a photographer, she a dancer—and both are trying to make their mark in a world that by turns celebrates and rejects them. Tentatively, tenderly, they fall in love. But two people who seem destined to be together can still be torn apart by fear and violence, and over the course of a year they find their relationship tested by forces beyond their control. Narrated with deep intimacy, *Open Water* is at once an achingly beautiful love story and a potent insight into race and masculinity that asks what it means to be a person in a world that sees you only as a Black body; to be vulnerable when you are only respected for strength; to find safety in love, only to lose it. With gorgeous, soulful intensity, and blistering emotional intelligence, Caleb Azumah Nelson gives a

profoundly sensitive portrait of romantic love in all its feverish waves and comforting beauty. This is one of the most essential debut novels of recent years, heralding the arrival of a stellar and prodigious young talent.

A New York Times–bestselling author brings Gilded Age New York and Victorian England alive in this “vastly entertaining” saga of a bold American heiress (Publishers Weekly). The daughter of one of New York City’s brash new millionaires and an impoverished socialite, Christabel Spencer inherited both her father’s passionate nature and her mother’s beauty and breeding. An American debutante in Paris and London, Chrissie waltzed with European princes and English lords, all of whom found her combination of looks and wealth irresistible. Despite her father’s dream of having an English aristocrat for a son-in-law, Chrissie is determined not to marry for social status alone. She cannot live without love—and will find it at any cost. Featuring a cast of unforgettable characters, *The Millionaire’s Daughter* is the heartwarming, surprising tale of a young woman caught in the crosscurrents of ambition and desire.

America's most trusted tax reference with the citations professionals need For more than 65 years, J.K. Lasser's *Your Income Tax, Professional Edition* has been the smartest guide to professional tax filing and planning available. It pairs the trusted guidance, clear advice, and money-saving tips you'll find in *Your Income Tax* with the citations of tax authorities professionals need to locate relevant law, IRS rulings, and court decisions. Updated with all the changes relevant to the 2020 tax year, the new edition makes sure you're armed with the latest on how to maximize deductions and shelter income, as well as useful examples of how the latest tax law applies to individual situations. Designed to save you hours of wading through Internal Revenue Code or IRS materials—and presented in a down-to-earth, easily comprehensible style—you'll also find special icons calling out what's new, including the latest laws, rulings, court decisions, filing pointers, and planning strategies. Whatever you need to know as a professional, you'll be able to find it quickly and easily. Clear, expert answers to tough tax questions New and amended laws, court decisions, IRS rulings, and more Source literature via citations and references from the Code, courts, and IRS The impact of the 2019 SECURE Act and the 2020 CARES Act Keeping up with the latest on tax law is a full-time job—but that doesn't mean you need to do it on top of your full-time job: the experts at J.K. Lasser's *Your Income Tax Professional Edition 2021* have done all that work for you&md

Be Your Best Under Pressure! Learn how elite athletes like Michael Jordan, Sandy Cofax, Tom Glavin, and Pedro Martinez, deal with pressure. In his 15 years as a major league pitching coach, with "Moneyball" Oakland A's, NY Mets, Milwaukee Brewers and Baltimore Orioles, Rick Peterson has coached Hall of Famers, Cy Young winners, and many other elite athletes. In this book, he and bestselling author and leadership expert, Judd Hoekstra make this skill available to everyone. From an insider's perspective, learn how you too can become a Crunch Time performer and perform your best in all situations. With fascinating behind-the-scenes examples from some of the top names in sports and business, Rick and Judd offer six powerful reframing strategies to help you see a pressure situation with a new perspective so that it shifts from a threat that can make you panic to an opportunity for you to shine. With a Forward by "Money Ball", Billy Beane, EVP, Oakland Athletics.

Acing Federal Income Taxation is a new study aid from Professor Samuel A. Donaldson of the University of Washington School of Law. Using the innovative format of the Acing Series, this cutting-edge title uses a detailed checklist format to help students navigate systematically through the provisions of the Internal Revenue Code that are commonly studied in introductory federal income taxation courses. *Acing Income Tax* helps students through the most challenging part of a first course in taxation: arranging and synthesizing all of the Code provisions, cases, rulings, and regulations on a given topic into a coherent, step-by-step resource that the student can use to analyze a tax question accurately and thoroughly. Despite its compact size, *Acing Income Tax* is complete with summaries of key topics and sample problems with detailed analysis. No other study aid in the field offers so much value per page!

Hepatology is an expanding field – it's hard to keep up. The liver has been sitting there the whole time, but the knowledge surrounding this perplexing organ is exploding; this makes it hard to prepare for board and recertification exams, where 1 in every 4 questions pertains to hepatology. Until now, there has been no single, slim, but high-yield volume that summarizes the hepatology you need to know for the boards. This book has it nailed. The authors have collected every pearl of wisdom, high-yield factlet, liver "board buzzword," hepatic micrograph, and classic liver imaging study they could muster, all while keeping the book a manageable size - because who has time for more than manageable when you're busy? The answer to your study questions (and study time!) can be found inside: *Acing the Hepatology Questions on the GI Board Exam: The Ultimate Crunch-Time Resource*. Traditional textbooks usually feature long and detailed discussions that are not directly related to Board and recertification exams. On the flip side, many Board review manuals provide lists and bullet points lacking sufficient background and context. Inside *Acing the Hepatology Questions on the GI Board Exam*, Drs. Brennan Spiegel and Hetal Karsan present time-tested and high-yield information in a rational, useful, and contextually appealing format. **Why You Will Need to Read *Acing the Hepatology Questions on the GI Board Exam*:** Focuses exclusively on Hepatology review – an area that comprises 25% of the Board exam Carefully vetted board-style vignettes with color images Comprehensive yet succinct answers using a high-yield format Emphasis on key clinical pearls and “board buzzwords” Answers to classic board "threshold values" questions that you need to know but always seem to forget: If an echinococcal liver cyst exceeds XX cm, then the risk of rupture is clinically significant and surgery is warranted Rapid fire crunch-time exam with 135 classic one-liners such as: Spider web collaterals + caudate lobe hypertrophy = Diagnosis Stepwise fever + temperature-pulse dissociation + rose spots + hepatitis = Diagnosis With its focus on pearl after pearl, emphasis on images, and attention to high-yield “tough stuff” vignettes you don't know the answers to (yet), *Acing the Hepatology Questions on the GI Board Exam* is truly the ultimate crunch-time resource for acing often vexing liver section of the examination, taking recertifying examinations, looking good on clerkship rounds, or for just challenging yourself with interesting and entertaining vignettes.

Emanuel CrunchTime provides the right information, in the right format, at the right time to prepare for exams. Based on the trusted Emanuel Law Outlines developed by a Harvard law student (while he was in law school), Emanuel CrunchTime skillfully employs flow charts so you can walk step-by-step through the major principles and topics in the course in a pattern that can be used to analyze any exam question. Abundant tips and ample review features help you approach the final with confidence. The Capsule Summary allows you to quickly review key concepts, and you can test your knowledge by working through the many Short-Answer Q&A s. CrunchTime lets you practice your essay exam skills as well. Exams Tips based on hundreds of past law school and bar exam questions recap the legal issues commonly tested. CrunchTime study aids structure the maximum amount of information you can learn in the last week before exams. Developed for students by a Harvard law student (while he was in law school), Emanuel CrunchTime titles provide the trusted guidance of Emanuel Law Outlines in a tighter, briefer format for quick review at exam time. Flow Charts walk you through a series of yes/no questions that can be used to analyze any question on the exam. The Capsule Summary allows you to quickly review key concepts. You can test your knowledge by working through the ample Short-Answer Q&A s, which are organized by topic. Exams Tips often based on hundreds of past law school and bar exam questions recap the legal issues commonly tested on exams for you. They explore fact patterns typically used to test those issues. CrunchTime allows you to practice your essay exam skills by answering questions asked on past exams. Flowcharts help you craft compelling essays, and you can compare your answers to the samples provided. CrunchTime aids structure the maximum amount of information you can learn in the last week before exams. Uniform in writing style and approach, you can be confident that any title in the series is of consistent quality. Every title is frequently updated and reviewed against new developments and recent cases covered in the leading casebooks.

The first history of the western polymath, from the fifteenth century to the present day From Leonardo Da Vinci to John Dee and Comenius, from George Eliot to Oliver Sacks and Susan Sontag, polymaths have moved the frontiers of knowledge in countless ways. But history can be unkind to scholars with such encyclopaedic interests. All too often these individuals are remembered for just one part of their valuable achievements. In this engaging, erudite account, renowned cultural historian Peter Burke argues for a more rounded view. Identifying 500 western polymaths, Burke explores their wide-ranging successes and shows how their rise matched a rapid growth of knowledge in the age of the invention of printing, the discovery of the New World and the Scientific Revolution. It is only more recently that the further acceleration of knowledge has led to increased specialisation and to an environment that is less supportive of wide-ranging scholars and scientists. Spanning the Renaissance to the present day, Burke changes our understanding of this remarkable intellectual species.

The most trusted name in law school outlines, Emanuel Law Outlines support your class preparation, provide reference for your outline creation, and supply a comprehensive breakdown of topic matter for your entire study process. Created by Steven Emanuel, these course outlines have been relied on by generations of law students. Each title includes both capsule and detailed versions of the critical issues and key topics you must know to master the course. Also included are exam questions with model answers, an alpha-list of cases, and a cross reference table of cases for all of the leading casebooks. Emanuel Law Outline Features: #1 outline choice among law students Comprehensive review of all major topics Capsule summary of all topics Cross-reference table of cases Time-saving format Great for exam prep

This work is a visual representation of federal income tax law, showing in a single graphic both the overall system and the relationships between its component parts. Unlike conventional materials, it distills hierarchies, threshold questions, logical sequences, and context into one transparent and comprehensive picture, synthesizing the many cross-references present in the Internal Revenue Code.

For newly hired young engineers assigned to their first real 'project', there has been little to offer in the way of advice on 'where to begin', 'what to look out for and avoid', and 'how to get the job done right'. This book gives this advice from an author with long experience as senior engineer in government and industry (U.S. Army Corps of Engineers and Exxon-Mobil). Beginning with guidance on understanding the typical organizational structure of any type of technical firm or company, author Plummer incorporates numerous hands-on examples and provides help on getting started with a project team, understanding key roles, and avoiding common pitfalls. In addition, he offers unique help on first-time experiences of working in other countries with engineering cultures that can be considerably different from the US. Reviews essentials of management for any new engineer suddenly thrust into responsibility Emphasizes skills that can get you promoted—and pitfalls that can get you fired Expanded case study to show typical evolution of a new engineer handed responsibility for a major design project

When it's exam time you need the right information in the right format to study efficiently and effectively. Emanuel® CrunchTime is the perfect tool for exam studying. With flowcharts and capsule summaries of major points of law and critical issues, as well as exam tips for identifying common traps and pitfalls, sample exam and essay questions with model answers – you will be prepared for your next big test. Here's why you will need Emanuel® CrunchTime to help you ace your exams: Perfect for the visual learner: The flow charts walk you through a series of yes/no questions that can be used to analyze any question on the exam. Featured capsule summaries help you quickly review key concepts not just before the exam, but throughout the semester Exams Tips recap the most commonly tested issues and fact patterns.

Emanuel CrunchTime for Basic Federal Income Taxation Wolters Kluwer

In *The Future We Choose*, Christiana Figueres and Tom Rivett-Carnac—who led negotiations for the United Nations during the historic Paris Agreement of 2015—have written a cautionary but optimistic book about the world's changing climate and the fate of humanity. The authors outline two possible scenarios for our planet. In one, they describe what life on Earth will be like by 2050 if we fail to meet the Paris Agreement's climate targets. In the other, they lay out what it will be like to live in a regenerative world that has net-zero emissions. They argue for confronting the climate crisis head-on, with determination and optimism. *The Future We Choose* presents our options and tells us what governments, corporations, and each of us can, and must, do to fend off disaster.

The Income tax map is designed to help law students navigate through the basic rules and logical structure of the federal income tax system as it relates to individuals

Ken Lindner is the founder of Life-Choice Psychology and the author of the groundbreaking book, *Your Killer Emotions: The 7 Steps to Mastering the Toxic Emotions, Urges, and Impulses That Sabotage You* (www.yourkilleremotions.com). For three decades, Ken has built a stellar reputation as one of this country's premier Life-Choice coaches and career counselors. He's learned that even everyday decisions have the power to become crucial turning points in life, and that what separates those individuals who achieve their goals and realize their dreams from those who don't is the process by which their decisions are reached. *Crunch Time!* gives you Ken's 8 foolproof Steps to making constructive and self-enhancing decisions, in addition to the specific Strategies that will bring this process to life. With compelling and insightful case studies, Ken illustrates how to live a life focused on your true values and goals in order to achieve what you want for your career and in your life. Infused with Ken's trademark enthusiasm and ability to inspire, this book's heartfelt advice serves as the ultimate beacon for every defining moment. Ken graduated magna cum laude from Harvard University. He later graduated from Cornell Law School, where he focused on conflict resolution. Ken lives in Los Angeles with his wife, Melinda, and their two children, Mary and Tristan.

Our political system in America is broken, right? Wrong. The truth is, the American political system is working exactly how it is designed to work, and it isn't designed or optimized today to work for us—for ordinary citizens. Most people believe that our political system is a public institution with high-minded principles and impartial rules derived from the Constitution. In reality, it has become a private industry dominated by a textbook duopoly—the Democrats and the Republicans—and plagued and perverted by unhealthy competition between the players. Tragically, it has therefore become incapable of delivering solutions to America's key economic and social challenges. In fact, there's virtually

no connection between our political leaders solving problems and getting reelected. In *The Politics Industry*, business leader and path-breaking political innovator Katherine Gehl and world-renowned business strategist Michael Porter take a radical new approach. They ingeniously apply the tools of business analysis—and Porter's distinctive Five Forces framework—to show how the political system functions just as every other competitive industry does, and how the duopoly has led to the devastating outcomes we see today. Using this competition lens, Gehl and Porter identify the most powerful lever for change—a strategy comprised of a clear set of choices in two key areas: how our elections work and how we make our laws. Their bracing assessment and practical recommendations cut through the endless debate about various proposed fixes, such as term limits and campaign finance reform. The result: true political innovation. *The Politics Industry* is an original and completely nonpartisan guide that will open your eyes to the true dynamics and profound challenges of the American political system and provide real solutions for reshaping the system for the benefit of all. THE INSTITUTE FOR POLITICAL INNOVATION The authors will donate all royalties from the sale of this book to the Institute for Political Innovation.

This volume presents an introduction to the major topics in the field of federal income taxation, such as income, deductions, and recognition of gains and losses. After discussing central rules and doctrines individually, the author offers an explanation of the interplay among them, carefully describing how they work together to carry out the policy goals of the U.S. tax system.

NEW YORK TIMES BEST SELLER • A grand, devastating portrait of three generations of the Sackler family, famed for their philanthropy, whose fortune was built by Valium and whose reputation was destroyed by OxyContin. From the prize-winning and bestselling author of *Say Nothing*, as featured in the HBO documentary *Crime of the Century*. The Sackler name adorns the walls of many storied institutions—Harvard, the Metropolitan Museum of Art, Oxford, the Louvre. They are one of the richest families in the world, known for their lavish donations to the arts and the sciences. The source of the family fortune was vague, however, until it emerged that the Sacklers were responsible for making and marketing a blockbuster painkiller that was the catalyst for the opioid crisis. *Empire of Pain* begins with the story of three doctor brothers, Raymond, Mortimer and the incalculably energetic Arthur, who weathered the poverty of the Great Depression and appalling anti-Semitism. Working at a barbaric mental institution, Arthur saw a better way and conducted groundbreaking research into drug treatments. He also had a genius for marketing, especially for pharmaceuticals, and bought a small ad firm. Arthur devised the marketing for Valium, and built the first great Sackler fortune. He purchased a drug manufacturer, Purdue Frederick, which would be run by Raymond and Mortimer. The brothers began collecting art, and wives, and grand residences in exotic locales. Their children and grandchildren grew up in luxury. Forty years later, Raymond's son Richard ran the family-owned Purdue. The template Arthur Sackler created to sell Valium—co-opting doctors, influencing the FDA, downplaying the drug's addictiveness—was employed to launch a far more potent product: OxyContin. The drug went on to generate some thirty-five billion dollars in revenue, and to launch a public health crisis in which hundreds of thousands would die. This is the saga of three generations of a single family and the mark they would leave on the world, a tale that moves from the bustling streets of early twentieth-century Brooklyn to the seaside palaces of Greenwich, Connecticut, and Cap d'Antibes to the corridors of power in Washington, D.C. *Empire of Pain* chronicles the multiple investigations of the Sacklers and their company, and the scorched-earth legal tactics that the family has used to evade accountability. The history of the Sackler dynasty is rife with drama—baroque personal lives; bitter disputes over estates; fistfights in boardrooms; glittering art collections; Machiavellian courtroom maneuvers; and the calculated use of money to burnish reputations and crush the less powerful. *Empire of Pain* is a masterpiece of narrative reporting and writing, exhaustively documented and ferociously compelling. It is a portrait of the excesses of America's second Gilded Age, a study of impunity among the super elite and a relentless investigation of the naked greed and indifference to human suffering that built one of the world's great fortunes.

In *Crunch Time*, Aliya Hamid Rao gets up close and personal with college-educated, unemployed men, women, and spouses to explain how comparable men and women have starkly different experiences of unemployment. Traditionally gendered understandings of work—that it's a requirement for men and optional for women—loom large in this process, even for marriages that had been not organized in gender-traditional ways. These beliefs serve to make men's unemployment an urgent problem, while women's unemployment—cocooned within a narrative of staying at home—is almost a non-issue. *Crunch Time* reveals the minutiae of how gendered norms and behaviors are actively maintained by spouses at a time when they could be dismantled, and how gender is central to the ways couples react to and make sense of unemployment. Using the proven technique of the *Examples & Explanations* series, this comprehensive guide combines textual material with well-written examples, explanations, and questions to test student comprehension of the materials and provide them with practice in applying information to fact patterns. Thorough in its coverage, *Examples & Explanations: Federal Income Tax, Fifth Edition*, makes use of case, statutory, and regulatory analysis to provide students with a complete understanding of Federal Income Tax Law. Special attributes of this highly regarded paperback include: Compatibility with numerous casebooks – students can use this guide to supplement any tax casebook Clarity – clear and straightforward writing and logical organization style help to demystify a difficult and intimidating subject Lucid introductions that prepare students For The concepts that follow Numerous policy questions are interspersed throughout text Sample final examinations – the Exam Appendix includes eight actual law school exams with suggested answers With updated examples and explanations and added visual aids, The Fifth Edition offers: New material on IRC amendments made by recent statutes, including the Small Business and Work Opportunity Tax Act of 2007, The Tax Relief and Health Care Act of 2006, The Pension Protection Act of 2006, The Tax Increase Prevention and Reconciliation Act of 2005, The Gulf Opportunity Zone Act of 2005, The Katrina Emergency Tax Relief Act of 2005, And The Energy Policy Act of 2005. New material on recent income tax cases, including *Murphy*, *Lattera*, and *O'Donnabhain* Expanded coverage of various topics, including the alternative minimum tax, cancellation of indebtedness income, And The tax consequences of gambling and on-line games New material on policy topics, including the federal budget outlook Give your students the extra explanations they need: *Examples & Explanations: Federal Income Tax, Fifth Edition*, provides an excellent supplement for any casebook and will help students understand and apply difficult concepts.

“Atkinson and Jewell invite each of us to reimagine one's connection to the land while cultivating nature close to home. A must-read for anyone searching for inspired solutions for designing or refining a garden.” —founder of *Pass the Pistil* From windswept deserts to misty seaside hills and verdant valleys, the natural landscapes of the American West offer an astounding variety of climates for gardens. *Under Western Skies* reveals thirty-six of the most innovative designs—all embracing and celebrating the very soul of the land on which they grow. For the gardeners featured here, nature is the ultimate inspiration rather than something to be dominated, and *Under Western Skies* shows the strong connection each garden has with its place. Packed with Atkinson's stunning photographs and illuminated by Jewell's deep interest in the relationships between people and the spaces they inhabit, *Under Western Skies* offers page after page of encouraging ingenuity and inventive design for passionate gardeners who call the West home.

Michelle Bridges, expert trainer from *The Biggest Loser* and author of the best-selling *Crunch Time*, knows that confidence in the kitchen is the key to weight management. In the *Crunch Time Cookbook* she arms you with 100 simple, delicious recipes to help you lose the kilos and keep them off. But this is no ordinary cookbook. There's also: a 12-week menu plan practical info on counting calories and basic nutrition advice on breaking bad habits exercise tips Take charge of what you eat! Lose weight! Feel

fantastic! Michelle shows you how easy, quick and cheap it can be to prepare your own meals, and all her recipes are family friendly. Tuck into tasty low-cal versions of old favourites such as burgers, fish and chips, pizza, and sizzling roast beef. Or try her spicy stir-fries, hearty soups and stunning salads. High in nutrition, low in calories, these gorgeous recipes will help you take back control! Visit penguin.com.au/michellebridges for more about Michelle's books Visit Michelle at michellebridges.com.au her official website.

Compliance has become key to our contemporary markets, societies, and modes of governance across a variety of public and private domains. While this has stimulated a rich body of empirical and practical expertise on compliance, thus far, there has been no comprehensive understanding of what compliance is or how it influences various fields and sectors. The academic knowledge of compliance has remained siloed along different disciplinary domains, regulatory and legal spheres, and mechanisms and interventions. This handbook bridges these divides to provide the first one-stop overview of what compliance is, how we can best study it, and the core mechanisms that shape it. Written by leading experts, chapters offer perspectives from across law, regulatory studies, management science, criminology, economics, sociology, and psychology. This volume is the definitive and comprehensive account of compliance.

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