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KEY=PARAGLIDING - MCGEE GRIFFITH

THE POWERED PARAGLIDING BIBLE 3

A COMPLETE GUIDE AND REFERENCE FOR PARAMOTOR PILOTS

Builds on the sport's most popular training manual and reference guide. New techniques, improved color, more illustrations and enhanced versions of existing ones make the subject come to life in an easy-reading style. The book guides a pilot from first look at the equipment through first flight and well beyond.

POWERED PARAGLIDING BIBLE 6

A COMPLETE GUIDE AND REFERENCE FOR PARAMOTOR PILOTS

A clear, CONCISE, and professionally-illustrated guide for anyone wanting to become an ACCOMPLISHED paramotor pilot, either footlaunch or on wheels. It is comprehensive but breaks down information into digestible chunks that fit well with quality training programs. Section 1 is all about safely getting to first flight and gaining competency. Section 2 covers what's needed to set out on your own. it offers PRACTICAL airspace, weather, airport, site, cross country, and maintenance knowledge. Section 3 is about MASTERING and surviving the sport including risk management, precision flying, handling turbulence, tough landing options and much more. Section 4 details the weird aerodynamics and physics that govern paramotor flight, more in-depth weather, and history knowledge. Section 5 is about choosing gear--what goes into it, the tradeoffs, and why choices are so critical to safe learning. Proper choice is key to surviving the dangerous learning phase. Section 6 explores how to get more out of the sport, like traveling with gear, photography, and other uses.

THE POWERED PARAGLIDING BIBLE 5

A COMPLETE GUIDE AND REFERENCE FOR PARAMOTOR PILOTS

POWERED PARACHUTE FLYING HANDBOOK (FAA-H-8083-29)

Skyhorse Publishing Inc. *From the FAA, the only handbook you need to learn to fly a powered parachute.*

THE COMPLETE PARAMOTOR PILOT'S BOOK OF KNOWLEDGE

The one book that every beginner to intermediate pilot needs. The complete paramotor pilot's book of knowledge will take you through the entire training process and beyond, and will teach you everything you need to know to become a safe and confident pilot. With helpful pictures, illustrations, and explanations of everything you need to know, from launching and landing, to handling emergencies. Paramotor training is important, but unfortunately courses are incredibly short. Time is of the essence, so 95% of training is spent in the field ground handling, and with a few very short flights. New pilots are coming away from training with less than 5 hours flight time, and very little knowledge of so many important aspects of the sport. This manual contains everything you need to know, spread over 150 pages that you can return to whenever you need help, instead of using trial and error like most pilots do. The book has been put together with beginners in mind, but even pilots with a few hours behind them are sure to find the information very valuable. It's designed to take you through the entire training process and beyond. You'll learn secrets that you won't be told during training, and essential information that instructors are failing to teach. Many people don't have the time to study an entire book, so everything is split up into handy bite-size sections, that you can enjoy one at a time. With helpful images and illustrations, and thorough explanations of everything from the theory of flight, to developing skills and confidence in the air. Throughout the book, you'll find lots of tips and tricks, and handy yellow highlighted boxes that contain important safety information. And at the end, there's even a multiple choice exam that you can take to make sure you've absorbed everything that you have learned. The book is designed to be read in the order that the sections appear, this lets you learn the basics first; before moving onto the more advanced stuff, like handling wing malfunctions, and emergencies. There are sections that will appeal to foot launch, and cart pilots. We look at setting up foot launched, and wheeled machines. And the solo flight section deals with both foot launched, and wheeled takeoffs and landings. The rules and airspace sections are written with both US, and UK pilots in mind. And there is a small international air law section that will apply to pilots worldwide. The book will give you a head start, or provide you with a second phase of training. It will serve you well as you progress in the sport, but to note, the book is not meant for self training. It's recommended that everybody seek professional instruction, while using this book alongside such training, and to increase your knowledge of the sport.

THE COMPLETE PARAMOTOR PILOT'S LOG BOOK

This logbook is intended for use by all paramotorists, from beginner to advanced pilots. It has been created to give you a way of keeping track of important flight

information that will keep you safe, help you progress in the sport, and serve as a useful future resource. You can personalise the book by adding your name, address, phone number, and a photo. This way you're more likely to get the logbook back if it's ever misplaced. After each flight, you can enter the number of minutes, or hours you have flown. This will help you to keep track of when your service and maintenance schedule is due. You can also tally up your hours in the notes section, this way you can keep a record of the total number of hours you have flown as a pilot. Knowing this may be important for future endeavours, like competitions for example, when the organisers will ask about your past flying experience. You can keep a record of the equipment you have been flying. This is really useful if you fly more than one paramotor or wing, as keeping track of the number of hours they have flown is important. You'll be able to log the takeoff and landing location, and take launch and landing notes, and flight notes. Notes that pilots regularly add here usually include areas to avoid flying over, dangers on the ground (like power lines or rotor), unusual turbulence they've experienced, or equipment concerns that need addressing. There's even an important post flight inspection reminder that you can tick when it has been completed. Finally, you'll find multiple notes pages in the back of the logbook. This is where you can jot down anything of importance. Pilots regularly use this section for their kit checklist to ensure nothing gets left at the field, but it can be used for just about anything you like. It's recommended that you take this logbook along to every flight, and be sure to staple your insurance and any other important documents inside the cover.

TOUCHING CLOUDBASE

THE COMPLETE GUIDE TO PARAGLIDING

PARAGLIDER AND PARAMOTOR INSTRUCTOR

WHETHER THE WEATHER

AVIATION METEOROLOGY FROM A TO Z

BoD - Books on Demand "Whether the Weather" is not only for air sports enthusiasts such as paragliding, hang-gliding and ultralight pilots; it is also an invaluable meteorological guide for anyone interested in weather conditions. The most important safety element is making correct decisions before take-off, because misjudging the weather situation is a common cause of accidents. The correct decision is even more important than flying skills and requires a fundamental understanding of meteorology. Many pilots recognise this and want to learn more about meteorology, without going to a scientific level. "Whether the Weather" fills this gap from A to Z. On 180 pages with innumerable graphics, it explains with outstanding clarity from the most basic to the most complex processes in aviation meteorology.

IN THE BEGINNING WAS INFORMATION

A SCIENTIST EXPLAINS THE INCREDIBLE DESIGN IN NATURE

New Leaf Publishing Group *Information - it s one of the most fundamental parts of our world, yet we don t often think about it. This classic book, now being published by Master Books, demonstrates the importance of information to life of any kind. More to the point, it demonstrates the necessity of an Organizer and Originator of the information necessary for life. Dr. Gitt argues that God is not bound by the laws of nature, but instead uses them for His own purposes. He also shows that the highly complex information present in DNA mitigates a non-intelligent beginning for life. He advocates for assurance when dealing with the Bible s information, that this collection of books is not only free of error, but that no useless information is present, as well. 5 3/8 x 8 3/8 Paperback 260 pages"*

THE POWERED PARAGLIDING BIBLE 4

The most complete learning reference for powered paragliding. Become a paramotor pilot using thorough certified instruction and this book. From just starting to becoming competition ready. Has many illustrations and graphics, including from 3D animations, to clarify sometimes tricky topics.

ROY'S POWERED PARACHUTE BOOK

Resource to learn to fly a powered parachute and to earn your Sport Pilot License.

AERONAUTICAL CHART USER'S GUIDE

Simon and Schuster *The updated 11th edition of the Aeronautical Chart User's Guide by the FAA is a great reference for novice pilots and professionals alike. Printed in full color with detailed examples, this book provides all the information students and pilots need to know about all the symbols and information provided on US aeronautical charts and chart navigation publications. Readers will find information on VFR charts, aeronautical chart symbols, helicopter route charts, flyway planning charts, IFR enroute charts, explanation of IFR enroute terms and symbols, Terminal Procedure Publications (TPPs), explanation of TPP terms and symbols, airspace classifications, and an airspace class table.*

THEN SHE WAS GONE

A NOVEL

Simon and Schuster *#1 NEW YORK TIMES BESTSELLER From the New York Times bestselling author of Invisible Girl and The Truth About Melody Browne comes a "riveting" (PopSugar) and "acutely observed family drama" (People) that delves into the lingering aftermath of a young girl's disappearance. Ellie Mack was the perfect daughter. She was fifteen, the youngest of three. Beloved by her parents, friends, and teachers, and half of a teenaged golden couple. Ellie was days away from an idyllic post-exams summer vacation, with her whole life ahead of her. And then she was gone. Now, her mother Laurel Mack is trying to put her life back together. It's been ten years since her daughter disappeared, seven years since her marriage*

ended, and only months since the last clue in Ellie's case was unearthed. So when she meets an unexpectedly charming man in a café, no one is more surprised than Laurel at how quickly their flirtation develops into something deeper. Before she knows it, she's meeting Floyd's daughters—and his youngest, Poppy, takes Laurel's breath away. Because looking at Poppy is like looking at Ellie. And now, the unanswered questions she's tried so hard to put to rest begin to haunt Laurel anew. Where did Ellie go? Did she really run away from home, as the police have long suspected, or was there a more sinister reason for her disappearance? Who is Floyd, really? And why does his daughter remind Laurel so viscerally of her own missing girl?

THERMAL FLYING

A GUIDE FOR PARAGLIDER AND HANG GLIDER PILOTS

THE SKY IS NOT MY LIMIT, IT'S MY PLAYGROUND

PARAMOTOR PILOT LOGBOOK, POWERED PARAGLIDING LOGBOOK FOR FLIGHTS, PARAMOTOR LOGBOOK

Powered Paragliding logbook for flights, equipment, and launch sites. This logbook helps keep track of flights, maintenance, inventory, along with notes on launch sites. More designs can be found under the title by clicking on "WingsLogbook". If you would like to see a sample of the notebook, click on the "Look Inside" feature. Our paramotor Logbook is made with flexible matte laminated softback cover, which helps repel liquids. Therefore, the notebook is durable to withstand any adventure. Check out the specifications for more information.

CREATING CHARACTER

BRINGING YOUR STORY TO LIFE

All fiction is character-driven, according to William Bernhardt. How can you use characters to create dynamic fiction that will captivate readers? This book explains the relationship between character and plot, and how the perfect melding of the two produces a mesmerizing story.

CODE OVER COUNTRY

THE TRAGEDY AND CORRUPTION OF SEAL TEAM SIX

Bold Type Books A hard-hitting exposé of SEAL Team 6, the US military's best-known brand, that reveals how the Navy SEALs were formed, then sacrificed, in service of American empire. The Navy SEALs are, in the eyes of many Americans, the ultimate heroes. When they killed Osama Bin Laden in 2011, it was celebrated as a massive victory. Former SEALs rake in cash as leadership consultants for corporations, and young military-bound men dream of serving in their ranks. But the SEALs have lost their bearings. Investigative journalist Matthew Cole tells the story of the most lauded unit, SEAL Team 6, revealing a troubling pattern of war crimes and

the deep moral rot beneath authorized narratives. From their origins in World War II, the SEALs have trained to be specialized killers with short missions. As the wars in Iraq and Afghanistan became the endless War on Terror, their violence spiraled out of control. Code Over Country details the high-level decisions that unleashed the SEALs' carnage and the coverups that prevented their crimes from coming to light. It is a necessary and rigorous investigation of the unchecked power of the military—and the harms enacted by and upon soldiers in America's name.

THE BLUE BOOK OF GRAMMAR AND PUNCTUATION

AN EASY-TO-USE GUIDE WITH CLEAR RULES, REAL-WORLD EXAMPLES, AND REPRODUCIBLE QUIZZES

John Wiley & Sons *The bestselling workbook and grammar guide, revised and updated! Hailed as one of the best books around for teaching grammar, The Blue Book of Grammar and Punctuation includes easy-to-understand rules, abundant examples, dozens of reproducible quizzes, and pre- and post-tests to help teach grammar to middle and high schoolers, college students, ESL students, homeschoolers, and more. This concise, entertaining workbook makes learning English grammar and usage simple and fun. This updated 12th edition reflects the latest updates to English usage and grammar, and includes answers to all reproducible quizzes to facilitate self-assessment and learning. Clear and concise, with easy-to-follow explanations, offering "just the facts" on English grammar, punctuation, and usage Fully updated to reflect the latest rules, along with even more quizzes and pre- and post-tests to help teach grammar Ideal for students from seventh grade through adulthood in the US and abroad For anyone who wants to understand the major rules and subtle guidelines of English grammar and usage, The Blue Book of Grammar and Punctuation offers comprehensive, straightforward instruction.*

WHAT COLOR IS YOUR PARACHUTE? 2021

YOUR GUIDE TO A LIFETIME OF MEANINGFUL WORK AND CAREER SUCCESS

In today's challenging job-market, as recent grads face a shifting economic landscape and seek work that pays and inspires, as workers are laid off mid-career, and as people search for an inspiring work-life change, the time-tested advice of What Color Is Your Parachute? is needed more than ever. This new edition has been fully revised for 2021 by Vanderbilt University Career Center Director Katharine Brooks, EdD, with modern advice on the job hunt strategies that are working today, such as building an online resume, making the most of social media tools, and acing Skype interviews. Building on the wisdom of original author Richard N. Bolles, this edition updates the famed Flower Exercise (which walks job seekers through the seven ways of thinking about themselves) and demystifies the entire job-search process, from writing resumes to interviewing and networking. With the unique and authoritative guidance of What Color Is Your Parachute?, job-hunters and career changers will have all the tools they need to discover--and land--their dream job.

THE PALGRAVE INTERNATIONAL HANDBOOK OF WOMEN AND OUTDOOR LEARNING

Springer *This Handbook serves as a starting point for critical analysis and discourse about the status of women in outdoor learning environments (OLEs). Women choose to participate actively in outdoors careers, many believing the profession is a level playing field and that it offers alternatives to traditional sporting activities. They enter outdoor learning primarily on the strength of their enthusiasm for leading and teaching in natural environments and assume the field is inclusive, rewarding excellence regardless of age, gender, socioeconomic status, disability, or ethnicity. However, both research and collective experiences in OLEs suggest that many women feel invisible, relegated, marginalized, and undervalued. In response to this marginalization, this Handbook celebrates the richness of knowledge and practices of women practitioners in OLEs. Women scholars and practitioners from numerous fields, such as experiential outdoor education, adventure education, adventure therapy, and gender studies, explore the implications of their research and practice using poignant examples within their own disciplines. These insights emerge from similar life experiences as women and outdoor leaders in the 1970s to the present. Social inequalities still abound in OLEs, and the Handbook ensures that the contributions of women are highlighted as well as the work that needs to be done to make these spaces inclusive. Global in perspective and capacious in content, this one-stop volume is an indispensable reference resource for a diverse range of academics, including students and researchers in the fields of education, psychology, sociology, gender studies, geography, and environment studies, as well as the many outdoors fields.*

PARACHUTE RIGGER HANDBOOK

THE MAN IN THE FLYING LAWN CHAIR

AND OTHER EXCURSIONS AND OBSERVATIONS

Random House Incorporated *A selection of humor, articles, essays, and other writings by the late author of Paper Lion describes his undistinguished sojourn at an elite prep school, his experiences at a pornography convention in Las Vegas, what it is like to try out for Amateur Night at Harlem's Apollo Theatre, and other entertaining reflections and observations. Reprint. 10,000 first printing.*

A SIMPLE FAVOR

A NOVEL

HarperCollins *Soon to be a major motion picture from Lionsgate starring Anna Kendrick, Blake Lively and Henry Golding, and directed by Paul Feig "Riveting and brilliantly structured, A Simple Favor is an edge-of-your seat domestic thriller about a missing wife and mother that relies on a rotating cast of unreliable narrators to ingeniously examine the cost of competitive mom-friends, the toll of ordinary marital discontent and the fallacy of the picture-perfect, suburban family."—Kimberly*

McCreight, *New York Times* bestselling author *She's your best friend*. She knows all your secrets. That's why she's so dangerous. A single mother's life is turned upside down when her best friend vanishes in this chilling debut thriller in the vein of *Gone Girl* and *The Girl on the Train*. It starts with a simple favor—an ordinary kindness mothers do for one another. When her best friend, Emily, asks Stephanie to pick up her son Nicky after school, she happily says yes. Nicky and her son, Miles, are classmates and best friends, and the five-year-olds love being together—just like she and Emily. A widow and stay-at-home mommy blogger living in woodsy suburban Connecticut, Stephanie was lonely until she met Emily, a sophisticated PR executive whose job in Manhattan demands so much of her time. But Emily doesn't come back. She doesn't answer calls or return texts. Stephanie knows something is terribly wrong—Emily would never leave Nicky, no matter what the police say. Terrified, she reaches out to her blog readers for help. She also reaches out to Emily's husband, the handsome, reticent Sean, offering emotional support. It's the least she can do for her best friend. Then, she and Sean receive shocking news. Emily is dead. The nightmare of her disappearance is over. Or is it? Because soon, Stephanie will begin to see that nothing—not friendship, love, or even an ordinary favor—is as simple as it seems. *A Simple Favor* is a remarkable tale of psychological suspense—a clever and twisting free-fall of a ride filled with betrayals and reversals, twists and turns, secrets and revelations, love and loyalty, murder and revenge. Darcey Bell masterfully ratchets up the tension in a taut, unsettling, and completely absorbing story that holds you in its grip until the final page.

DYING: A MEMOIR

Tin House Books "Bracing and beautiful . . . Every human should read it." —*The New York Times* A *New York Times* Book Review Editors' Choice At the age of sixty, Cory Taylor is dying of melanoma-related brain cancer. Her illness is no longer treatable: she now weighs less than her neighbor's retriever. As her body weakens, she describes the experience—the vulnerability and strength, the courage and humility, the anger and acceptance—of knowing she will soon die. Written in the space of a few weeks, in a tremendous creative surge, this powerful and beautiful memoir is a clear-eyed account of what dying teaches: Taylor describes the tangle of her feelings, remembers the lives and deaths of her parents, and examines why she would like to be able to choose the circumstances of her death. Taylor's last words offer a vocabulary for readers to speak about the most difficult thing any of us will face. And while *Dying: A Memoir* is a deeply affecting meditation on death, it is also a funny and wise tribute to life.

UNDERSTANDING THE SKY

FAREWELL TO NORMAL

THE TRANSFORMATIONAL GUIDE TO ADVENTURE, EXCITEMENT, AND PERSONAL HAPPINESS

Flying is all I ever dreamt of doing. From my earliest memories, flying aerobatics with my grandfather to years spent teaching people to take to the skies, I've had a

lifelong fascination with flight. This obsession led my life on many adventures. From freezing motorcycle tours of Alaska, to crossing mountain tops in Czech Republic dangling from the lines of a paraglider, to founding several companies including Aviator Paramotor where I've spent the better part of the past decade helping people overcome their fears through flight. This book's focus is on accepting life as an adventure to be enjoyed and to choose to rise above your natural inclination to see yourself and your circumstances as a victim. Through many injuries, failures, and massive pain, I've been blessed to continue to grow ever forward and it is my honor to share some of my story with you. It is my hope that after sharing in my experience, you will see a new way forward. A new way to say "Farewell to Normal".

FOCUS ON ENGLISH 9 STUDENT BOOK

'CHARLIE, DON'T BE A HERO'

A MOTHER'S STORY OF THE EXTRAORDINARY LIFE OF HER SON, U.S. NAVY SEAL CHARLES KEATING IV

'Charlie, Don't Be a Hero' is a moving story from a mother about her son, Charles Keating IV, a heroic U.S. Navy SEAL killed in Iraq in 2016. His story, told only as a mother can tell it, is that of an extraordinary young man whose love of family and country propelled him to incredible heights as a soldier and as a person.

FLIGHT INSTRUCTOR'S MANUAL

THE INFINITE ATONEMENT

ILLUSTRATED EDITION

The author thoughtfully proves the infinite scope of the "great and last sacrifice," describing its power and breadth and explaining how Christ's atonement redeems all mankind. This edition is filled with stunning, full-color illustrations by James C. Christensen, Simon Dewey, Greg Olsen, Walter Rane, and many other artists.

HANG GLIDING TECHNIQUES

Sport Aviation Publications

NEW ENGLISH FILE

UPPER-INTERMEDIATE. TEACHER'S BOOK

Oxford University Press, USA Test and Assessment CD-ROM Full teaching notes
Photocopiable Grammar, Communicative, Vocabulary, and Song activities
Photocopiable Revision activities Extra Support, Extra Challenge, and Extra Ideas for every lesson

THE BHPA PILOT HANDBOOK

HUNTER KILLER

A PIKE LOGAN NOVEL

HarperCollins *Pike Logan tracks highly-trained Russian assassins to Brazil in this blistering, action-packed thriller from New York Times bestselling author and former Special Forces Officer Brad Taylor. "It's an excellent read, and I greatly enjoyed it."*
 —Nelson DeMille *Pike Logan and the Taskforce were once the apex predators, an unrivaled hunting machine that decimated those out to harm the United States, but they may have met their match. While Pike Logan and Jennifer Cahill prepare to join their team on a counter-terrorist mission in the triple frontier—the lawless tri-border region where Argentina, Brazil, and Paraguay meet—they are targeted in Charleston, South Carolina. A vicious explosion kills a friend, and the perpetrators have set it up to look like an accident. While the authorities believe this was not foul play, Pike knows the attack was meant for him. When he loses contact with the team in South America, Pike is convinced he and the Taskforce are under assault. His men are the closest thing to family that Pike has, which means he will do anything, even ignore direct orders to stand down, to find them. Pike and Jennifer head to Brazil to investigate their disappearance and run headlong into a crew of Russian assassins. Within days they are entangled in a byzantine scheme involving Brazilian politics and a cut-throat battle for control of offshore oil fields. Forged in combat, the Russians are the equal of anything the Taskforce has encountered before, but they make a mistake in attacking Pike's team, because Pike has a couple of elite Israeli assassins of his own. And Pike will stop at nothing to protect his family.*

LONELY PLANET'S BEST IN TRAVEL 2020

Lonely Planet *This annual bestseller ranks the hottest countries, regions and cities for 2020, and reveals how well-planned, sustainable travel can be a force for good. Drawing on the knowledge and passion of Lonely Planet's staff, authors and online community, we present a year's worth of inspiration to take you out of the ordinary and into the unforgettable.*

IN THE FOOTSTEPS OF JESUS

A CHRONOLOGICAL JOURNEY THROUGH THE GOSPELS SET IN THE GEOGRAPHY, POLITICS, PEOPLE, POWER, CULTURE AND HISTORY OF THE DAY

Honourable Stuart Robert MP *The only reliable account of the life of Jesus, the Son of God, is the four gospels in the Bible. Whilst there are numerous authenticating secular letters, it is primarily the gospel accounts that present the greatest story of all time, the life and ultimate death of Jesus. Jesus lived for just thirty-three years and travelled no more than a couple of hundred kilometres in any direction. He lived at the time of seemingly ultimate power, that of the Roman Emperors, yet He discussed politics only once, when the issue of taxation was used to try and trap him. He penned no letters and left no monuments, yet His life and death changed the entire world through the redemptive power of the cross. All of*

this is told in the rich fabric of the gospels. It is a story unparalleled in the history of the world, a story that brings the author and perfecter of our faith to life. A story of Jesus who fulfilled every requirement of the law and the Old Covenant, and ushered in the New Covenant of Grace; of unmerited, undeserved, unfathomable favour upon the lives of all who believe. It is a story of Jesus, whose life and death made us completely righteous, not because of anything we did, but because of everything He did. It is a story of love so divine and of grace so deep that it deserves to be told in many different ways, as the gospels do so beautifully. The gospels are not a chronological story of the life and times of Jesus though. They are four unique but complimentary accounts, written by different men to different audiences and contain different and similar stories of the life of Jesus. Whilst there are thousands of books on the gospels and each has been a blessing, there is space for yet one more book to build on this certainty. A harmonised chronologically presented gospel account of Jesus set in the geography, politics, people, power, culture and history of the day so the reader can walk with Jesus over his thirty three years as he crawled, walked and died on earth. This book is not meant as a commentary or an academic treatise, merely an opportunity to read every word of the four gospels woven into the time and setting of the historical truth of the Saviour of the world

CULTURE SHOCK

A BIBLICAL RESPONSE TO TODAY'S MOST DIVISIVE ISSUES

Baker Books *We live in a reactionary culture where divisive issues arise, people on either side throw stones, and everyone ends up more entrenched in their opinions than in reaching common ground--or even exhibiting common courtesy! If there ever was a time for Christians to understand and communicate God's truth about controversial and polarizing issues, it is now. Believers must develop convictions based on research, reason, and biblical truth--and be able (and willing) to communicate these convictions with a love and respect that reflects God's own heart. In Culture Shock, bestselling author, pastor, and radio personality Chip Ingram shows readers how they can bring light rather than heat to the most controversial and divisive issues of our day. Covering topics such as right and wrong, sex, homosexuality, abortion, politics, and the environment, Culture Shock is every engaged believer's must-have guidebook to replacing reactionary hate with revolutionary love.*

TOTAL HEART RATE TRAINING

CUSTOMIZE AND MAXIMIZE YOUR WORKOUT USING A HEART RATE MONITOR

Ulysses Press *Outlines cutting-edge training techniques that can bolster the effectiveness of a workout, explaining how to use a heart rate monitor as a beneficial self-coaching tool, in a reference that discusses such topics as how to minimize injuries, using gym equipment, and recognizing when to increase and decrease a workout's intensity. Original.*

DEVOTIONS FOR EASTER

Zondervan Prepare your heart and mind to celebrate the risen Savior. It's time for fresh spring blossoms, colored eggs, special recipes, and family gatherings. This year, with each tradition, small celebration, and new story, take the time to stop and discover the ways Jesus is showing His love for you. In remembering His Easter story—the greatest story ever told—your own will become that much sweeter. The perfect companion for Lent, *Devotions for Easter* invites you to find the messages of hope and mercy God places in even the smallest moments of the season. Forty days of warm, inviting readings, prayers, scriptures, and beautiful images will take you through Christ's journey toward the cross and the miracle of His resurrection. As new life emerges all around you, let your heart be filled with joyful worship of Christ and the renewal He brings.