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MCAHON COLE

Epidemiology and Prevention of Vaccine-Preventable Diseases, 13th Edition E-Book Harvest House Publishers

A surprising and intriguing examination of how scarcity—and our flawed responses to it—shapes our lives, our society, and our culture

A New Way to Wealth Pebble

The definitive investigation and exposé of how some of the nation's largest corporations created and fueled the opioid crisis—from the Pulitzer Prize-winning Washington Post reporters who first uncovered the dimensions of the deluge of pain pills that ravaged the country and the complicity of a near-omnipotent drug cartel. AMERICAN CARTEL is an unflinching and deeply documented dive into the culpability of the drug companies behind the staggering death toll of the opioid epidemic. It follows a small band of DEA agents led by Joseph Rannazzisi, a tough-talking New Yorker who had spent a storied thirty years bringing down bad guys; along with a band of lawyers, including West Virginia native Paul Farrell Jr., who fought to hold the drug industry to account in the face of the worst man-made drug epidemic in American history. It is the story of underdogs prevailing over corporate greed and political cowardice, persevering in the face of predicted failure, and how they found some semblance of justice for the families of the dead during the most complex civil litigation ever seen. The investigators and lawyers discovered hundreds of thousands of confidential corporate emails and memos during courtroom combat with legions of white-shoe law firms defending the opioid industry. One breathtaking disclosure after another—from emails that mocked addicts to invoices chronicling the rise of pill mills—showed the indifference of big business to the epidemic's toll. The narrative approach echoes such work as *A Civil Action* and *The Insider*, moving dramatically between corporate boardrooms, courthouses, lobbying firms, DEA field offices, and Capitol Hill while capturing the human toll of the epidemic on America's streets. AMERICAN CARTEL is the story of those who were on the front lines of the fight to stop the human carnage. Along the way, they suffer a string of defeats, some of their careers destroyed by the very same government officials who swore to uphold the law before they begin to prevail over some of the most powerful corporate and political influences in the nation.

Good to Great Rosetta Books

Earth Day celebrates our beautiful planet and calls us to act on its behalf. Some people spend the day planting flowers or trees. Others organize neighborhood clean-ups, go on nature walks, or make recycled crafts. Readers will discover how a shared holiday can have multiple traditions and be celebrated in all sorts of ways.

Pain Management and the Opioid Epidemic Twelve

“Fast Metabolism Food Rx gives you real practical programs to nurture the body back to health.”—DEEPAK CHOPRA From the #1 New York Times bestselling author of *The Fast Metabolism Diet* comes “a complete guidebook that will help you regain your health and reverse chronic disease with your own kitchen pharmacy” (Alan Christianson, NMD, New York Times bestselling author of *The Adrenal Reset Diet*). Want to feel great, disease-proof your body, and live at your ideal weight? Then eat your medicine! Celebrated nutritionist Haylie Pomroy has just the prescription for you, offering solutions for the seven most common ways your metabolism misfires and leads to exhaustion, excess weight, and illness. After multiple health challenges threatened Haylie's life, she set out on an investigative journey that was life-changing—and lifesaving. She shares her personal story for the first time in *Fast Metabolism Food Rx* and presents the powerful food programs she created based on the methods and philosophies that saved her life and helped her thrive. For decades, these food therapies have provided profound clinical results for thousands of patients. Our bodies are always talking and communicating their needs; we just need to learn how to listen. Maybe our energy is off, we don't feel right, we have indigestion, or our body shape is morphing in ways we don't recognize or like. Or our biochemistry is changing, raising our

cholesterol, making us irritable, reactive, or “foggy.” These—and other, more serious medical issues, like pre-diabetes and immune complications—hide a specific problem, for which food, not drugs, is the answer. So, if you're suffering from GI issues, fatigue, out-of-whack-hormones, mood and cognition difficulties, elevated cholesterol, blood sugar control problems, or an autoimmune problem, *Fast Metabolism Food Rx* has the solution for you. With targeted eating plans, you can feed your body back to a vibrant, energetic, and thriving state.

CDC Yellow Book 2020 Harper Collins

This document brings together a set of latest data points and publicly available information relevant for Healthcare. We are very excited to share this content and believe that readers will benefit immensely from this periodic publication immensely.

Blood Pressure Solution: The Path to Naturally Lower and ... HarperCollins

Super heroes unite! Join the most powerful heroes in the Marvel Universe as they team up to protect the world from the most dangerous foes imaginable. With special appearances from some of your favorite Marvel characters including Captain Marvel, Captain America, and Guardians of the Galaxy, each action-packed story is ideal for reading aloud in just five minutes!

60 Ways to Lower Your Blood Sugar Atlantic Monthly Press

"Code of the West" by Zane Grey. Published by Good Press. Good Press publishes a wide range of titles that encompasses every genre. From well-known classics & literary fiction and non-fiction to forgotten—or yet undiscovered gems—of world literature, we issue the books that need to be read. Each Good Press edition has been meticulously edited and formatted to boost readability for all e-readers and devices. Our goal is to produce eBooks that are user-friendly and accessible to everyone in a high-quality digital format.

Mayo Clinic 5 Steps to Controlling High Blood Pressure Wai Lana Productions

Drug overdose, driven largely by overdose related to the use of opioids, is now the leading cause of unintentional injury death in the United States. The ongoing opioid crisis lies at the intersection of two public health challenges: reducing the burden of suffering from pain and containing the rising toll of the harms that can arise from the use of opioid medications. Chronic pain and opioid use disorder both represent complex human conditions affecting millions of Americans and causing untold disability and loss of function. In the context of the growing opioid problem, the U.S. Food and Drug Administration (FDA) launched an Opioids Action Plan in early 2016. As part of this plan, the FDA asked the National Academies of Sciences, Engineering, and Medicine to convene a committee to update the state of the science on pain research, care, and education and to identify actions the FDA and others can take to respond to the opioid epidemic, with a particular focus on informing FDA's development of a formal method for incorporating individual and societal considerations into its risk-benefit framework for opioid approval and monitoring.

Gesundheit! Penguin

The Challenge Built to Last, the defining management study of the nineties, showed how great companies triumph over time and how long-term sustained performance can be engineered into the DNA of an enterprise from the verybeginning. But what about the company that is not born with great DNA? How can good companies, mediocre companies, even bad companies achieve enduring greatness? The Study For years, this question preyed on the mind of Jim Collins. Are there companies that defy gravity and convert long-term mediocrity or worse into long-term superiority? And if so, what are the universal distinguishing characteristics that cause a company to go from good to great? The Standards Using tough benchmarks, Collins and his research team identified a set of elite companies that made the leap to great results and sustained those results for at least fifteen years. How great? After the leap, the good-to-great companies generated cumulative stock returns that beat the general stock market by an average of seven times in fifteen years, better than twice the results delivered by a composite index of the world's greatest companies, including Coca-Cola, Intel, General Electric, and Merck. The Comparisons The research team contrasted the good-to-great companies with a carefully selected set of comparison companies that failed to

make the leap from good to great. What was different? Why did one set of companies become truly great performers while the other set remained only good? Over five years, the team analyzed the histories of all twenty-eight companies in the study. After sifting through mountains of data and thousands of pages of interviews, Collins and his crew discovered the key determinants of greatness -- why some companies make the leap and others don't. The Findings The findings of the Good to Great study will surprise many readers and shed light on virtually every area of management strategy and practice. The findings include: Level 5 Leaders: The research team was shocked to discover the type of leadership required to achieve greatness. The Hedgehog Concept (Simplicity within the Three Circles): To go from good to great requires transcending the curse of competence. A Culture of Discipline: When you combine a culture of discipline with an ethic of entrepreneurship, you get the magical alchemy of great results. Technology Accelerators: Good-to-great companies think differently about the role of technology. The Flywheel and the Doom Loop: Those who launch radical change programs and wrenching restructurings will almost certainly fail to make the leap. “Some of the key concepts discerned in the study,” comments Jim Collins, “fly in the face of our modern business culture and will, quite frankly, upset some people.” Perhaps, but who can afford to ignore these findings?

Pokemon Deluxe Essential Handbook Good Press

Throughout the history of business employees had to adapt to managers and managers had to adapt to organizations. In the future this is reversed with managers and organizations adapting to employees. This means that in order to succeed and thrive organizations must rethink and challenge everything they know about work. The demographics of employees are changing and so are employee expectations, values, attitudes, and styles of working. Conventional management models must be replaced with leadership approaches adapted to the future employee. Organizations must also rethink their traditional structure, how they empower employees, and what they need to do to remain competitive in a rapidly changing world. This is a book about how employees of the future will work, how managers will lead, and what organizations of the future will look like. The Future of Work will help you: Stay ahead of the competition Create better leaders Tap into the freelancer economy Attract and retain top talent Rethink management Structure effective teams Embrace flexible work environments Adapt to the changing workforce Build the organization of the future And more The book features uncommon examples and easy to understand concepts which will challenge and inspire you to work differently.

Daydream Coloring Book Ascencia Test Prep

How to play a vital role in your own health and longevity: A handbook from“one of the most reliable, respected health resources that Americans have” (Publishers Weekly). This easy-to-use guide will help you understand the many issues related to high blood pressure and assist you in preventing it, managing it, and making essential treatment decisions. · Learn which single factor you can do the most about when it comes to influencing your blood pressure. This one step may be all it takes to lower your blood pressure and keep it under control. · How losing as little as 10 pounds may reduce your blood pressure to a healthier level—includes practical help for maintaining a healthier weight. · Discover a great alternative that may lower your blood pressure just about as much as medications—without the expense of prescriptions. · Why your blood pressure goes down if you make your heart stronger—and dozens of tips to realize this goal. · How to manage your sodium intake. · Information about medications for when changes in lifestyle aren't enough and more

Medical Terminology Macmillan

This title is out of print as of 03/02/2005. A new revised and updated edition: *Secrets of Methamphetamine Manufacture*, 7th Edition, will be available as of 03/08/2005.

Code of the West Marshall Cavendish

Instant #1 New York Times Bestseller Dr. Izabella Wentz, the author of the phenomenal New York Times bestseller Hashimoto's Thyroiditis, returns with a long-awaited, groundbreaking prescription

to reverse the symptoms of this serious autoimmune condition that is becoming one of the country's fastest growing diseases. More than thirty-five million Americans currently suffer from Hashimoto's—an autoimmune disease that affects the thyroid gland and causes the body to attack its own cells. To alleviate the symptoms of this debilitating condition—including chronic cough, acid reflux, IBS, allergies, chronic pain, hair loss, brain fog, and forgetfulness—patients are often prescribed synthetic hormones that have numerous life-altering side effects. But there is a better way. Diagnosed with Hashimoto's at twenty-seven, pharmacist Dr. Izabella Wentz knows first-hand the effects of the disease, as well as the value—and limitations—of medication. The key to improved health, she argues, involves lifestyle interventions. In Hashimoto's Protocol, she outlines a proven treatment that has helped thousands heal and many others feel better—in as fast as ninety days. Drawing on her own personal experience as well as her work consulting with thousands of patients, Hashimoto's Protocol offers a practical pathway for healing and reversing the autoimmune damage at the root of the disease. The first step is a quick-start two-week detox that includes foods to eat and inflammatory foods to avoid, advice on supplements to support the liver, and an adrenal recovery plan. Next, readers create a personalized plan with foods, supplements, and other lifestyle interventions tailored to their body's own unique Hashimoto's triggers, which they can identify using self-tests included in the book. Hashimoto's Protocol also features original recipes. Grounded in the latest science, Hashimoto's Protocol is the first book to offer a proven protocol by an acknowledged expert in the field to treat this condition and help sufferers reclaim their lives.

The Consulting Interview Bible Oxford University Press, USA

The story of one woman's struggle to care for her seriously ill husband—and a revealing look at the role unpaid family caregivers play in a society that fails to provide them with structural support. *Already Toast* shows how all-consuming caregiving can be, how difficult it is to find support, and how the social and literary narratives that have long locked women into providing emotional labor also keep them in unpaid caregiving roles. When Kate Washington and her husband, Brad, learned that he had cancer, they were a young couple: professionals with ascending careers, parents to two small children. Brad's diagnosis stripped those identities away: he became a patient and she his caregiver. Brad's cancer quickly turned aggressive, necessitating a stem-cell transplant that triggered a massive infection, robbing him of his eyesight and nearly of his life. Kate acted as his full-time aide to keep him alive, coordinating his treatments, making doctors' appointments, calling insurance companies, filling dozens of prescriptions, cleaning commodes, administering IV drugs. She became so burned out that, when she took an online quiz on caregiver self-care, her result cheerily declared: "You're already toast!" Through it all, she felt profoundly alone, but, as she later learned, she was in fact one of millions: an invisible army of family caregivers working every day in America, their unpaid labor keeping our troubled healthcare system afloat. Because our culture both romanticizes and erases the realities of care work, few caregivers have shared their stories publicly. As the baby-boom generation ages, the number of family caregivers will continue to grow. Readable, relatable, timely, and often raw, *Already Toast*—with its clear call for paying and

supporting family caregivers—is a crucial intervention in that conversation, bringing together personal experience with deep research to give voice to those tasked with the overlooked, vital work of caring for the seriously ill.

The Digital Matrix LifeTree Media

Peter disobeys his mother by going into Mr. McGregor's garden and almost gets caught.

Wai Lana's Little Yogis John Wiley & Sons

The New York Times bestseller, now updated with new material on cyber attacks, digital sovereignty, and tech in a pandemic. From Microsoft's president and one of the tech industry's broadest thinkers, a frank and thoughtful reckoning with how to balance enormous promise and existential risk as the digitization of everything accelerates. "A colorful and insightful insiders' view of how technology is both empowering and threatening us. From privacy to cyberattacks, this timely book is a useful guide for how to navigate the digital future." —Walter Isaacson Microsoft president Brad Smith operates by a simple core belief: When your technology changes the world, you bear a responsibility to help address the world you have helped create. In *Tools and Weapons*, Brad Smith and Carol Ann Browne bring us a captivating narrative from the top of Microsoft, as the company flies in the face of a tech sector long obsessed with disruption as an end in itself, and in doing so navigates some of the thorniest issues of our time—from privacy to cyberwar to the challenges for democracy, far and near. As the tumultuous events of 2020 brought technology and Big Tech even further into the lives of almost all Americans, Smith and Browne updated the book throughout to reflect a changed world. With three new chapters on cybersecurity, technology and nation-states, and tech in the pandemic, *Tools and Weapons* is an invaluable resource from the cockpit of one of the world's largest tech companies.

Fentanyl, Inc. Rodale

With the *Fun Exercise* book, your kids will learn, laugh, and experience the wonderful benefits of yoga's most playful poses. The whole family will love the hilarious characters, charming illustrations, and fun-filled activities. It's the perfect companion to her *Little Yogis* DVDs and CDs. All kinds of fun exercises for strong bodies and sound minds; Educational and entertaining **Scarcity** *Epidemiology and Prevention of Vaccine-Preventable Diseases*, 13th Edition E-Book A four-year investigation into the world of synthetic drugs—from black market factories to users & dealers to harm reduction activists—and what it revealed. A deeply human story, *Fentanyl, Inc.* is the first deep-dive investigation of a hazardous and illicit industry that has created a worldwide epidemic, ravaging communities and overwhelming and confounding government agencies that are challenged to combat it. "A whole new crop of chemicals is radically changing the recreational drug landscape," writes Ben Westhoff. "These are known as Novel Psychoactive Substances (NPS) and they include replacements for known drugs like heroin, cocaine, ecstasy, and marijuana. They are synthetic, made in a laboratory, and are much more potent than traditional drugs" —and all-too-often tragically lethal. Drugs like fentanyl, K2, and Spice—and those with arcane acronyms like 25i-NBOMe—were all originally conceived in legitimate laboratories for proper scientific and medicinal purposes. Their formulas were then hijacked and manufactured by rogue chemists,

largely in China, who change their molecular structures to stay ahead of the law, making the drugs' effects impossible to predict. Westhoff has infiltrated this shadowy world. He tracks down the little-known scientists who invented these drugs and inadvertently killed thousands, as well as a mysterious drug baron who turned the law upside down in his home country of New Zealand. Westhoff visits the shady factories in China from which these drugs emanate, providing startling and original reporting on how China's vast chemical industry operates, and how the Chinese government subsidizes it. Poignantly, he chronicles the lives of addicted users and dealers, families of victims, law enforcement officers, and underground drug awareness organizers in the United States and Europe. Together they represent the shocking and riveting full anatomy of a calamity we are just beginning to understand. From its depths, as Westhoff relates, are emerging new strategies that may provide essential long-term solutions to the drug crisis that has affected so many. "Timely and agonizing. . . . An impressive work of investigative journalism." —USA Today "Westhoff explores the many-tentacled world of illicit opioids, from the streets of East St. Louis to Chinese pharmaceutical companies, from music festivals deep in the Michigan woods to sanctioned 'shooting up rooms' in Barcelona, in this frank, insightful, and occasionally searing exposé. . . . Westhoff's well-reported and researched work will likely open eyes, slow knee-jerk responses, and start much needed conversations." —Publishers Weekly "Our 25 Favorite Books of 2019" —St. Louis Post-Dispatch "Best Books of 2019" —Buzzfeed "Best Nonfiction of 2019" —Kirkus Reviews "50 Best Books of 2019" —Daily Telegraph "Best Nonfiction Books of 2019" —Tyler Cowen "Best Books of 2019" —Yahoo Finance

Pink Eye Knopf

It's projected that in 50 years, one American in three will be diabetic. Many today are well on their way to becoming a sad statistic in the war on obesity, high blood sugar, and the related diseases—including diabetes—that can result from a diet that's seriously out of whack. In his previous bestselling book, *Overcoming Runaway Blood Sugar*, Dennis Pollock shared his personal experience with this deadly epidemic—including his success at lowering his runaway blood sugar to acceptable levels. Now Dennis offers readers the next step in the battle: 60 practical ways to manage their blood sugar without resorting to a bland unsatisfying diet of turnips and tuna fish. In this step by step, change by change plan, readers will learn how to: reduce their intake of carbs exercise more effectively shed excess weight A must-have book for readers serious about regaining their health while also lowering their weight and increasing their energy.

How to Prevent the Next Pandemic National Academies Press

For use in schools and libraries only. Gotta read about 'em all! This revised and updated edition of the mega-bestselling *Pokemon Essential Handbook* includes stats and facts on over 700 Pokemon. It's everything you ever wanted to know about every Pokemon -- all in one place! This revised and updated edition of the 2012 bestseller has stats and facts on over 700 Pokemon. The book includes 64 new pages focusing on the new Kalos characters that just debuted in the *Pokemon X & Y* videogames, plus inside info on the new Mega Evolved Pokemon. This book is an absolute must-have for Pokemon fans. It's sure to be a bestseller with kids of all ages.