

## Loslyf Magazine File Library

Low-fat or low-carb? A recent New York Times Magazine (July 7, 2002) cover story answered this question and said that Dr. Atkins was right all along, "its not fat that makes us fat but carbohydrates." Though the government has spent hundreds of millions of dollars in research trying to prove that fat is the cause of obesity, there has been a subtle shift in the scientific consensus over the past five years supporting what the low-carb diet doctors have been saying all along: if we eat less carbohydrates, we will lose weight and live longer. One of the toughest challenges of any diet is having enough variety and choices to keep the dieter from losing interest. The most common reason that people abandon their diet is boredom but 500 LOW CARB RECIPES: 500 Recipes, From Snacks to Dessert, That the Whole Family Will Love by Dana Carpender has more than enough recipes to keep even the most finicky dieter on track. With recipes for everything including hors d'oeuvres, snacks, breads, muffins, side dishes, entrees, cookies, cakes and much more, this is an endless supply for creating meals for the whole family night after night. Whether everyone in the family is on a diet or not, these recipes are proven winners with adults and kids alike. Also included: Many one-dish meals for single people--main dish salads, skillet suppers that include meat and vegetables, and hearty soups that are a full meal in a bowl. Ideas for breaking out of old ways of looking at food with suggestions that save time and money and change what is considered a normal meal for breakfast, lunch and dinner. Information about where to find low-carbohydrate specialty products and descriptions of low-carb specialty foods found in grocery stores everywhere. An entire chapter that lists and describes low-carb substitute ingredients such as fats and oils, flour substitutes, liquids, seasonings and sweeteners. Dieters will be pleased to know that they can eat foods like guacamole, omelets, pizza, steak, ham and dessert without giving up great taste and still lose weight. There are enough recipes to create the perfect menu for any holiday of the year--including Thanksgiving. Each of the 500 recipes includes a carbohydrate count to help calculate the total carb intake of each menu. There are more recipes for main dishes and side dishes than most low-carb dieters will ever be able to eat--everything from down-home cooking to ethnic fare; from quick-and-easy weeknight meals to knock-their-socks off party food. 500 LOW CARB RECIPES is the last cookbook any dieter will ever need to buy and certain to be used until the binding is worn out!

The first book to explore the complex relationship between law and literature in testimony to crimes of apartheid before South Africa's Truth and Reconciliation Commission, *Ambiguities of Witnessing* closely analyzes key individual testimonies. Whereas most existing books on this and other truth commissions are weighed down by abstract legal and philosophical discussion, this book does justice to witnesses' public testimony in a fascinating and theoretically sophisticated investigation of questions of human rights, mourning, forgiveness, and reparation. Framed by the personal, *Ambiguities of Witnessing* also meditates on what it means for the writer to respond to this epochal event in the history of post-apartheid South Africa.

For the first time, the 92-metre frieze of the Voortrekker Monument in Pretoria, one of the largest historical narratives in marble, has been made the subject of a book. The pictorial narrative of the Boer pioneers who conquered South Africa's interior during the 'Great Trek' (1835-52) represents a crucial period of South Africa's past. Conceptualising the frieze both reflected on and contributed to the country's socio-political debates in the 1930s and 1940s when it was made. The book considers the active role the Monument played in the rise of Afrikaner nationalism and the development of apartheid, as well as its place in post-apartheid heritage. The frieze is unique in that it provides rare evidence of the complex processes followed in creating a major monument. Based on unpublished documents, drawings and models, these processes are unfolded step by step, from the earliest discussions of the purpose and content of the frieze, through all the stages of its design, to its shipping to post-war Italy to be copied into marble from Monte Altissimo, up to its final installation in the Monument. The book examines how visual representation transforms historical memory in what it chooses to recount, and the forms in which it is depicted. The second volume expands on the first, by investigating each of the twenty-seven scenes of the frieze in depth, providing new insights into not only the frieze, but also South Africa's history. François van Schalkwyk of African Minds, co-publisher with De Gruyter writes: From Memory to Marble is an open access monograph in the true sense of the word. Both volumes of the digital version of the book are available in full and free of charge from the date of publication. This approach to publishing democratises access to the latest scholarly publications across the globe. At the same time, a book such as From Memory to Marble, with its unique and exquisite photographs of the frieze as well as its wealth of reproduced archival materials, demands reception of a more traditional kind, that is, on the printed page. For this reason, the book is likewise available in print as two separate volumes. The printed and digital books should not be seen as separate incarnations; each brings its own advantages, working together to extend the reach and utility of From Memory to Marble to a range of interested readers.

Daddy Hugs

The Rough Guide

I Am Leaper

Social Cohesion in South Africa

Find the Imposter

Naughty Brits

"Flight on Titan" by Stanley G. Weinbaum. 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.

"A solid account of Luce's life and legacy... A concise, readable volume." -- Journalism Quarterly

To Rory Yates being a Texas Ranger is about justice, but all of that changes when he is brought to a small southern town to help uncover the mysteries behind a local woman's death—only to discover corruption and lies. Texas Ranger Rory Yates is not keen for hero status. But it's unavoidable once his girlfriend, country singer Willow Dawes, writes a song about his bravery. Rory escapes his newfound fame when he's sent to the remote West Texas town of Rio Lobo, a municipality with two stoplights. And now, according to the Chief of Police, it has one too many Texas Rangers. Rio Lobo Detective Ariana Delgado is the one who requested Rory, and the only person who believes a local councilwoman's seemingly accidental death is a murder. Then Rory begins to uncover a tangle of small-town secrets, favors, and lies as crooked as Texas law is straight. To get to the truth before more people die, Rory is forced to take liberties with the investigation. The next ballad of Rory Yates may not be about a hero, but rather an outlaw song.

Hearings Before a Subcommittee of the Committee on Appropriations, United States Senate, One Hundred Third Congress, First Session

Early Medieval Indian Society

AF Press Clips

Science Focus 2

God's Action Plan for Your Life

A Critical Reader

*The "gentle weapon" of prayer opens the heart and soul and gives voice to our deepest yearnings, while bringing us closer to God. The startling wisdom of Rebbe Nachman of Breslov will help you talk with God and enable you to hear your own voice as well.*

*A boisterous tale of the early years of the armed struggle against the South African apartheid state, and how, with some rudimentary knowledge of explosives from World War II, Harold Strachan was to teach comrades how to blow things up.*

*The book completely explains the crucial Visual Basic tool set in detail. The book is designed to help save hours of time & perfect the best Visual Basic programming skills. From design tools to flowcharts, it covers everything from graphics & image processing, ActiveX controls, database development & data-bound controls. The book is packed with insights, programming tips and techniques, and real-world solutions. The CD contains demo copies of Coffee Cup HTML Editor++98, Quick Site, SQL-Station, Q-Diagnostic Software, and more.· The VB Language· Command Buttons, Checkboxes, and Option Buttons· List Boxes, bars and Sliders, Image Controls· The Timer and Serial Communications Controls· The Frame, Label, Shape, and Line Controls· Bars· Image Lists· File Handling and File Controls· Working with Graphics, Images· Creating ActiveX Controls and Documents· VB and the Internet: Web Browsing, Email, HTTP· Connecting to the Windows API and Visual C++· Databases: Using DAO, RDO, and ADO· Creating Code Components (OLE Automation)· Error Handling and Debugging· Deploying your Program: Creating Setup Programs*

*Essentials of Business Research*

J2EE

Voëlvy

*Ambiguities of Witnessing*

*Baking Me Crazy*

*A Guide to Doing Your Research Project*

The new edition of Gene Control has been updated to include significant advances in the roles of the epigenome and regulatory RNAs in gene regulation. The chapter structure remains the same: the first part consists of pairs of chapters that explain the mechanisms involved in expression, and the second part deals with specific biological processes (including diseases) and how they are controlled by genes. Coverage of methodology has been strengthened by the inclusion more explanation and diagrams.The significant revision and updating will allow Gene Control value to students, scientists and clinicians interested in the topic of gene control.

The book analyses the transition from the ancient to the medieval period in polity, economy, the caste system and culture. It examines the form of peasant protest and the reasons for their failure and infrequency. The author also examines the development of tantrism and the role of the Tantrics. The revision comes 10 years after the first edition and completely overhauls the text not only in terms of look and feel but also content which is now contemporary while also being timeless. A large number of words are explained with the help of examples and their lineage which is their individual usage and the ways to use them on the correct occasion.

Art and the Moving Image

Henry R. Luce and the Rise of the American News Media

The Smell of Apples

Sing for Our Execution

Encounters in the Virtual Feminist Museum

Make a Skyf, Man!

The celebrated Springbok rugby hero Joost van der Westhuizen and his wife, the singer Amor Vittone, were a glamorous couple who captured the imagination of many South Africans. Known as their country's own 'Posh and Becks', they were blessed with success, fame, public adulation and an apparently happy marriage. Until a shock report appeared on the front page of a local Sunday newspaper about a sex video ... In this book, the well-known journalist, and a personal friend and confidante of the Van der Westhuizens, Gavin Prins, now recounts the story behind the story – one that has never been published before. Prins, who broke the sex-video scandal on the front page of Rapport, chronicles how a simple farm boy who had become a national rugby hero met the woman of his dreams and married her, only to fall from grace in the most publicly humiliating way possible. With his confession came a measure of redemption – until he was brought to his knees by a life-threatening illness ... Hard-hitting, often shocking but ultimately uplifting, this is the true story behind the sensational headlines that have dogged South Africa's most high-profile couple.

A contemporary romance anthology featuring Sarah MacLean, Sophie Jordan, Louisa Edwards, Tessa Gratton, and Sierra Simone.

This work from Griselda Pollock argues that the museum has become entrenched within the practices and policies of heritage, tourism and entertainment and so the possibility of the museum as a site of critical dialogue and intervention is reduced.

500 Low-Carb Recipes

Gene Control, Second Edition

South Africa

Behind the headlines

Exposición de la Confesión Bautista de Fe De 1689

The first comprehensive consideration of Life magazine's groundbreaking and influential contribution to the history of photography From the Great Depression to the Vietnam War, the vast majority of the photographs printed and consumed in the United States came from the pages of illustrated magazines. Offering an in-depth look at the photography featured in Life magazine throughout its weekly run from 1936 to 1972, this volume examines how the magazine's use of images fundamentally shaped the modern idea of photography in the United States. The work of photographers both celebrated and overlooked--including Margaret Bourke-White, Larry Burrows, Henri Cartier-Bresson, Frank Dandridge, Alfred Eisenstaedt, Fritz Goro, Gordon Parks, and W. Eugene Smith--is explored in the context of the editorial structures at Life. Contributions from 25 scholars in a range of fields, from art history to American studies, provide insights into how the photographs published in Life--used to promote a predominately white, middle-class perspective--came to play a central role in dialogues in the United States around war, race, technology, art, and national identity. Drawing on unprecedented access to Life magazine's picture and paper archives, as well as photographers' archives, this generously illustrated volume presents previously unpublished materials, such as caption files, contact sheets, and shooting scripts, that shed new light on the collaborative process behind many now-iconic images and photo-essays.

Little Elephant and his daddy are having lots of fun in this sweet jungle tale. With beautiful illustration and the cutest of elephant characters, children everywhere will enjoy this adorable storybook, full of love and cuddles.

Find The Imposter: Odd One Out?Spot The Difference ?Find The Difference? Brain Logic Games Give your brain a workout in the Find The Imposter 50 page puzzle book. Fun, relaxing, challenging. Spot and find the differences. Find the Odd One Out Find the Imposter. Buy Now" to receive in the post.

A Novel

Department of Defense Appropriations for Fiscal Year 1994

Law and Literature in the Time of a Truth Commission

The historical frieze of the Voortrekker Monument Part I: The Frieze

Sociology of Indian Society

Dandy Annual

South Africa is a country on the move, with more and more travelers making their way to this fascinating land. This Rough Guide covers all the major sights in South Africa, from Table Mountain to the wildlife of Kruger National Park, plus a few surprises in between. 16-page color wildlife guide. 60 maps & plans.

Teachings on sound presenting a vision of the harmony which underlies and infuses every aspect of life. Science of breath, law of rhythm, the creative process, healing power and psychological influence of music.

Get comprehensive coverage of J2EE in this all-inclusive resource. Organized by component type, this is the most complete guide on the market and addresses J2EE's massive collection of APIs. Fully up-to-date and ontaining J2EE best practices -- plus coverage of Java databases, Java interconnectivity, and Web services, this is ideal for every developer working with J2EE.

Maximize the Moment

The Movement that Rocked South Africa

Prayers for Everyday and Not-so Everyday Moments : Timeless Wisdom from the Teachings of the Hasidic Master, Rebbe Nachman of Breslov

Visual Basic 6 Programming Black Book (With Cd)

Flight on Titan

Hockey ABC

The harsh realities of 1970s South African apartheid are witnessed by young narrator Marnus Erasmus, in a story of racial oppression, sexual abuse, lost innocence, and a society driven to the edge of despair

Written specifically for business students, this best-selling, jargon-free textbook highlights each stage of the research process, guiding the reader through actionable steps and explicitly setting out how best to meet a supervisor's expectations. Easy to navigate and full of practical advice, it shows you how to choose a topic and write a proposal, with easy to follow tips and detailed screenshots and diagrams. Key student features include: 'You're the Supervisor' sections - helps students to meet learning objectives 'Common questions and answers' - real-world advice on how to tackle common challenges Examples from different types of international businesses Detailed guidance on software packages such as SPSS Student case studies Annotated further reading Accompanied by a fully integrated companion website designed to support learning. Free to access, it includes author podcasts, guides to online tools, links to downloadable journal articles, examples of completed projects, PowerPoint slides and students' multiple choice questions to test progress. Available on publication: www.uk.sagepub.com/jonathanwilson2e. A must-have title for all business and management students; this is the ideal companion for achieving success in your research project. Lecturers/instructors - request a free digital inspection copy here

Now the youngest fans can learn their ABC's with Canada's favourite game! Two teams of Canadian animals, the Woodland Wapitis and the Forest Flyers, face off in an action-packed ABC hockey game. You'll be cheering for your favourite players as they illustrate the alphabet and the game, from A is for Arena to Z is for Zamboni machine! Find more fun ways to learn by identifying the odd versus even jersey numbers. This oversize board book is perfect for little learners -- and hockey fans of all ages!

Poems and Woodcuts

What Holds Us Together

Eroticism and the Body Politic

Life Magazine and the Power of Photography

From Memory to Marble

A Study in Feudalisation

I'm Levi Buchanan, and until five years ago, I thought the legend of my family's curse was a load of crazy, Southern nonsense. No curse can make you fall in love at first sight. No curse can force a true, deep, passionate, all-consuming love that will haunt you all the days of your life. Then I met Jocelyn Abernathy and I realized how completely wrong I was. The problem is, Jocelyn guards her feelings like well-armed soldier. She's the most beautiful, stubborn, infuriating woman I've ever met. Every time she talks, I want to kiss the living daylight out of her. But I can't. Because when we met, she didn't need true love. She needed a best friend. And that's what I've been to her... for five years. But when Jocelyn meets a handsome stranger her first day working at Donner Bakery and she lets him buy her a dill pickle cupcake, I realize with ominous regret that I may have missed my window with my best friend. If I can't get her to see past our friendship, my new curse may be to watch the love of my life move on with someone else. 'Baking Me Crazy' is a full-length contemporary romantic comedy, can be read as a standalone, and is book #1 in the Donner Bakery series, Green Valley World, Penny Reid Book Universe.

South African fiction writer Lesego Maake's blog series have been viewed over 100 million times since November 2014 to 2018. Diary of a Side Chick - Makhwapheni book series takes us through a life journey of Sharon Letsoalo. Born and raised in Limpopo, Sharon makes it to the Gauteng to pursue her academic ambitions like most young people from rural areas. Her life turns for the unexpected when the lights of Gauteng dribble and turn her into what her mother never raised her to be. Besides dating and sleeping with men of other women, the wind of the city forces Sharon's life to sail close to danger.

The arrival of the moving image in contemporary art has provoked a great deal of discussion among critics, artists, and curators and presents a serious challenge to our understanding of the traditional media and institutions of film, painting, and sculpture. *Art and the Moving Image* explores the cause, the motivation, and the aesthetic, social, and political significance of this paradigm shift. This is the first reader to gather together critical reactions to the moving image in contemporary art, and includes seminal historical texts as well as newly commissioned essays from leading art historians, critics, artists, theorists, and philosophers.

Diary of a Side Chick

Time, Space and the Archive

500 Recipes, from Snacks to Dessert, That the Whole Family Will Love

The Gentle Weapon

The Music of Life

Joost and Amor

Examines the effects of a range of global forces on local forms of identity, coherence, and cohesion. With contributions from intellectuals from business, organised labour, community organisations, government structures and academics, this book is useful for those interested in the wide-ranging effects of globalisation on South Africa.

The Science Focus Second Edition is the complete science package for the teaching of the New South Wales Stage 4 and 5 Science Syllabus. The Science Focus Second Edition package retains the identified strengths of the highly successful First Edition and includes a number of new and exciting features, improvements and components. The student book includes: Chapter opening pages which include the key prescribed focus area for the chapter and a clear distinction between essential and additional content; Updated and revised content, photos, illustrations and 'science clip' boxes in a format that is easy to read and follow; Unit questions under headings that are structured in a hierarchical progression using Bloom's Revised Taxonomy; Additional questions which include research, creative writing, investigations and internet activities; Practical activities at the end of each unit allowing teachers to choose when to do practical work.; Student CD which contains an electronic version of the student book.

The historical frieze of the Voortrekker Monument Part II: The Scenes  
Texas Outlaw  
The Complete Reference