

Allan Borushek's Pocket Calorie and Fat Counter, 1992, Allan Borushek, 0958799113, 9780958799119, Family Health Publications, 1992

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The cholesterol content of food , Corinne T. Netzer, Mar 2, 1992, Health & Fitness, 255 pages. A guide to the cholesterol in foods lists five thousand different types of food, including fast foods, brand-name and generic foods, fresh foods, frozen entrees, beef, cheese.

Your Personal Nutritionist Antioxidant Counter, Edward R. Blonz, Ed Blonz, Jul 1, 1996, Health & Fitness, 78 pages. Offers a guide to selecting antioxidant-rich foods, comparing calorie counts and fat grams and evaluating the nutritional value of foods.

The shopper's guide to fat in your food a carry-along guide to the fat, calories, and fat percentages in brand name foods, Karen J. Bellerson, Jan 1, 1994, Health & Fitness, 96 pages. A handy nutritional guide for discriminating shoppers and dieters provides helpful information on the calories and fat content of brand-name foods. Original. 75,000 first printing..

The Pocket Food and Exercise Diary , Allan Borushek, Jan 1, 1996, Health & Fitness, 96 pages. University studies show that persons who use a food diary not only lose more weight, they also keep it off. The Pocket Food and Exercise Diary records both food and exercise.

Food values Carbohydrates, Leah Wallach, 1989, Health & Fitness, 219 pages. Here are the facts and figures to help readers maintain good health and control dietary intake of carbohydrates..

The Complete Good Fat/ Bad Fat, Carb & Calorie Counter , Lynn Sonberg, Feb 22, 2011, Health & Fitness, 304 pages. The history of diets, weightloss, and health has been a volatile one. Once we thought that calories were all that mattered, then we decided it was fat that was the enemy, then.

The 100 Calorie Diet and Food Counter , , , , . .

Fast and Ez Calorie, Fat, Carb, Fiber, and Protein Counter , Helena Schaar, 2010, , 126 pages. The easiest calorie & complete food counter ever! Alphabetical listings for fast and easy calorie, fat, carbohydrate, fiber, and protein counts. All your favorite foods, fast.

The Dark , M. C. Sumner, Jun 1, 1994, Horror stories., 224 pages. An evil force awakens after a long slumber, and is hungry to begin a reign of devastation that leaves room for nothing but terror and threatens the existence of every living thing..

The 20/30 Fat & Fiber Diet Plan The Weight-Reducing, Health-Promoting Nutrition System for Life, Gabe Mirkin, Barry Fox, Dec 22, 1999, Health & Fitness, 304 pages. Discover the healthy way to eat right and lose weight! Stop worrying about what to leave off your plate and add the all-important ingredient for any super-effective diet: fiber.

Barbara Kraus 1986 calorie guide to brand names and basic foods , Barbara Kraus, Jan 1, 1986, Health & Fitness, 148 pages. Here is the bestselling, most up-to-date and accurate calorie counter

available--a feast of information for those who love to eat but want to know the calorie count for their.

Double-decker C.666 , Haupt Heydemarck, 1931, World War, 1914-1918, 207 pages
Enlightened Sexism The Seductive Message that Feminism's Work Is Done, Susan J. Douglas, Mar 2, 2010, Social Science, 368 pages. From the author of Where the Girls Are, a sharp and irreverent critique of how women are portrayed in today's popular culture
Women today are inundated with conflicting

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Discovering Cameras 1945-1965 , Robert White, 1995, Photography, 112 pages. This book traces the changes in the years from 1945 to 1965 when there were considerable advances in photography and in cameras. At the start of the period most snapshot
Principles of Art Appreciation
, Stephen Coburn Pepper, 1949, Art, 326 pages

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Cop To Corpse , Peter Lovesey, Apr 5, 2012, Fiction, 352 pages. In the small hours of a Sunday morning in the city of Bath a policeman on beat duty is shot dead by an unseen gunman - the third killing of an officer in Somerset in a matterBabe Didrikson Zaharias , William Reynolds Sanford, Carl R. Green, Apr 1, 1993, Biography & Autobiography, 48 pages. A biography of the female athlete who broke records in golf, track and field, and a variety of other sports

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The Ultimate Guide to Accurate Carb Counting Featuring the Tools and Techniques Used by the Experts, Gary Scheiner, Dec 11, 2006, Health & Fitness, 256 pages. Whether you're following a diet plan that requires carb-counting, you have diabetes, or simply because you are conscious of the quantity of carbs you consume, The Ultimate Living with epileptic seizures , Samuel Livingston, 1963, Health & Fitness, 348 pages. Discusses the diagnosis, general management, and medical, dietary, and surgical treatment of epilepsy, describes the behavior and personality of the epileptic, and examines Resource Based Learning for School Governors , Alan George, 1985, Distance education, 197 pages Allan Borushek 1992 Ex-pug Mickey Dolan set out to collect a debt. But he found he'd rung up murder's number on crime's cash register. The rise to prominence of judges may seem new to Europeans but it is of course not new to the citizens of the United States of America. 150 years ago Alexis de Tocqueville.

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The Future of Lifelong Learning and Work , David W. Livingstone, Kiran Mirchandani, Peter Harold Sawchuk, 2008, Education, 312 pages. Concern with learning throughout life has become pervasive in market-driven societies. Will most workers need to become more continuous learners in a new knowledge-based
Counselling Victims of Warfare Person-centred Dialogues, Richard Bryant-Jefferies, Jan 1, 2005, Medical, 191 pages. In the United Kingdom since 1987 38,000 people have been referred to The Medical Foundation for specialist psychological treatment relating to warfare, and in the past 80 years
Bill Hylton's Power-Tool Joinery , Bill Hylton, William H. Hylton, Jul 1, 2005, Crafts & Hobbies, 128 pages. Learn from an expert how to make the ten best joints using your power tools! In Bill Hylton's Power-Tool Joinery you'll learn shop-tested techniques and explanations as to the Allan Borushek's Pocket Calorie and Fat Counter

The breathing gym exercises to improve breath control and airflow, Sam Pilafian, Patrick Sheridan, Focus on Excellence, Jan 1, 2002, Health & Fitness, 32 pages. Warm up exercises for wind instrument players... A good sound requires good breathing, and the exercises are designed to give musicians control and efficiency of breath.--P. 4

The Betrayers A Novel, David Bezmozgis, Sep 23, 2014, Fiction, 240 pages. A compact saga of love, duty, family, and sacrifice from a rising star whose fiction is "self-assured, elegant, perceptive . . . and unflinchingly honest" (New York Times

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Back from Africa , Corinne Hofmann, Nov 14, 2008, Biography & Autobiography, 173 pages. In The White Masai Corinne Hofmann told the incredible story of how she fell in love with and married Lketinga, a Masai warrior, and lived with his family in Kenya. Now, in American bicycle racing , Dick Swann, 1976, Sports & Recreation, 171 pages Doctors' Baby , Marion Lennox, Oct 18, 2010, Fiction, 192 pages. As Bay Beach's only doctor, Emily Mainwaring is far too busy for distractions. Unfortunately for her, two major ones are headed her way! First, there's an orphaned baby boy she Terunga, the main character, has been sentenced for imprisonment on Tahiti, the main island of the Society Archipelago, by great injustice. He manages to escape many times out. Drawing from the successful Laboratory Manual to accompany Chemistry: Introduction to General, Organic, & Biological Chemistry , the Essential Laboratory Manual includes 25. Sixteen lessons that introduce you to the basics of congregational hymn playing. Lays the proper foundation for your future growth.

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U.S. industry & trade outlook 2000 , McGraw-Hill Companies, United States. International Trade Administration, Apr 1, 2000, Business & Economics, 896 pages. Describes contemporary conditions in different industrial categories and suggests what developments can be expected in each field under current international economicReal Exchange Rate Misalignments and Growth , Ofair Razin, Susan M. Collins, 1997, Foreign exchange rates, 31 pages

Wild Rose The True Story of a Civil War Spy, Ann Blackman, 2006, Biography & Autobiography, 377 pages. Drawing on a previously unpublished journal, a profile of a remarkable woman describes the espionage career of Rose O'Neal Greenhow, a grande dame of Washington society andThe Way to Cook , Julia Child, 1989, Cooking, 512 pages. Blending classic techniques with free-style American cooking and emphasizing freshness, lightness, and simpler preparations, this treasury of cooking from the "French Chef

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When Life Becomes a Love Story , Sonia Matthews, Apr 1, 2009, Poetry, 208 pages. Young Ayo trades a promising future for the hand of a man who wreaks mayhem on her emotionally, physically and spiritually. As she deals with the trauma from the abuse, she is Grimms' Fairy Tales (Webster's Japanese Thesaurus Edition) , Inc Icon Group International, The Grimm Brothers, Jun 10, 2010, , 351 pages. This edition is written in English. However, there is a running Japanese thesaurus at the bottom of each page for the more difficult English words highlighted in the text Why Lenin? Why Stalin? A Reappraisal of the Russian Revolution, 1900-1930, Theodore Hermann Von Laue, 1964, Soviet Union, 242 pages Elise Toussaint Hearne thought her devastating secret was safe--after all, her dark hair and complexion could mean she had French ancestry. But that did little to save her when. You are reading this on a screen. You have First World Problems. Do you have nothing to drink except an unlimited supply of tap water? Have you ever bought so much food at the. For generations, readers have enjoyed classic literature. They have delighted in the romance of Jane Austen, thrilled at the adventures of Jules Verne, and pondered the lessons.

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The Mad Trapper Unearthing a Mystery, Barbara Smith, Aug 24, 2011, History, 160 pages. When Albert Johnson, the Mad Trapper of Rat River, was gunned down in February 1932, he went to his death without anyone knowing who he really was. Most people believed the Mechatronics An Introduction, Robert H. Bishop, Sep 13, 2005, Technology & Engineering, 312 pages. Mechatronics has evolved into a way of life in engineering practice, and it pervades virtually every aspect of the modern world. In chapters drawn from the bestselling and now

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The Goddess Effect-Revealed , Lori Snyder, Feb 21, 2014, Body, Mind & Spirit, 216 pages. "Lori Snyder exudes nothing less than pure magic in her enthusiasm to inspire and create real shifts in everyone whose life she touches. She is a breath of fresh air, down toIntimate Partner Violence Prevention and Intervention The Risk Assessment and Management Approach, Anna C. Baldry, Frans Willem Winkel, 2008, Psychology, 216 pages. This book focuses on the importance of assessing risk in domestic violence cases to prevent and reduce its escalation into homicide (so called uxoricide). Spousal killers in a

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Walk Once More With Me , Philip Morgan
The London Way of Death , Brian Parsons, 2001, History,
127 pages. This collection of vivid and fascinating illustrations offers a history of death and burial
in London over the last hundred years and gives a striking glimpse of prevailing
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English Episcopal Acta: Exeter, 1046-1184 , British Academy, Aug 1, 1996, Music, 240 pages. This latest addition to the English Episcopal Acta series publishes the surviving acta of the bishops of Exeter from 1046 to 1184, beginning with English-born Leofric (1046-27Midnight Struggle , Sherry Walraven, May 16, 2011, Fiction, . When four fun-loving Southern ladies hit the road to attend a teaching conference in Savannah, Georgia, they hope that the week will be one to remember. It turns out they're download Allan Borushek's Pocket Calorie and Fat Counter

Values for a godless age the story of the UK's new Bill of Rights, Francesca Klug, 2000, Political Science, 281 pages
Cost accounting a managerial emphasis, Charles T. Horngren, Srikant M. Datar, George Foster, 2003, Business & Economics, 856 pages. Studying cost accounting is one of the best business decisions a student can make. Why? Because success in any business-from the smallest corner store to the largest

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Getting the Best Out of Performance Management in Your School , Franklin Hartle, Kate Overall, Chris Baker, 2001, Education, 114 pages. Tried-and-tested by specialist educational consultants Hay Management Consultants, this volume will help head teachers and subject leaders make the most out of performance5000 Plus Baby Names , New Dawn Press, Incorporated, 2005, Names, 168 pages

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Author 101 Bestselling Book Proposals The Insider's Guide to Selling Your Work, Rick Frishman, Robyn Freedman Spizman, Oct 1, 2005, Language Arts & Disciplines, 256 pages. "I've got a great idea for a book!" But a great idea is not enough--what you need is a killer book proposal. With publishing gurus Rick Frishman and Robyn Friedman Spizman as

The Handbook of Credit Risk Management Originating, Assessing, and Managing Credit Exposures, Sylvain Bouteille, Diane Coogan-Pushner, Dec 7, 2012, Business & Economics, 352 pages. A comprehensive guide to credit risk management The Handbook of Credit Risk Management presents a comprehensive overview of the practice of credit risk management for a large download Allan Borushek's Pocket Calorie and Fat Counter 1992 Family Health Publications, 1992 Running Wild , Linda Howard, Linda Jones, Apr 4, 2013, Fiction, 400 pages. Carlin Reed lives in fear, off the grid, moving from place to place. So Battle Ridge, Wyoming, a small town in the middle of nowhere, seems like a good place to lie low for a Vividly written, this "scholarly examination . . . of the major events of the past" ("The Bookwatch") brings the outstanding breadth of scholarship and international scope of. Personal dramas simmer in rural England on the eve of World War II as Isa and her husband confront each other following a day of pageantry and emotional tension, in an. Nothing turns Chloe on more than the luxurious perks her slammin' body earns her. And when her latest lover - a powerful politician with sins of his own - tempts her with a.

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Materials & methods in continuing education , Chester Klevins, 1978, Education, 408 pages
Introduction to group therapy , Virginia Brabender, Apr 22, 2002, Fiction, 525 pages. A practical and balanced guide to effective group therapy
In this up-to-date text, Dr. Virginia Brabender provides balanced coverage of the major treatment approaches and download
Kit Carson , Stanley Vestal, Mar 1, 2003, Biography & Autobiography, 308 pages. 1928. The happy warrior of the Old West, a biography. The motive behind this book is to understand and love the thing that Christopher "Kit" Carson represents, the frontier
Working for distant relatives at a camp among the lakes of northern Minnesota, Dave finds their search for loot from a hijacked airplane drawing him into danger.

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The dynamic earth an introduction to physical geology, Brian J. Skinner, Stephen C. Porter, 1989, Science, 540 pages. Work more effectively and gauge your progress along the way! This Student Companion that is designed to be used with Skinner's "The Dynamic Earth, 5th Edition" features accessCompany law , Alan Dignam, John Lowry, Nov 9, 2006, Business & Economics, 454 pages. Aiming to demystify company law for today's student, this concise textbook offers an overview of the subject, covering most undergraduate company law syllabi. It discusses the The Dominican Tradition , Phyllis Zagano, Thomas C. McGonigle, 2006, Religion, 145 pages. St. Dominic, who died in 1221, took to heart Jesus' charge to make disciples of all nations. He founded a religious community, the Order of Preachers, which differed from most Allan Borushek's Pocket Calorie and Fat Counter Family Health Publications, 1992

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Why Nations Fight Past and Future Motives for War, Richard Ned Lebow, Sep 2, 2010, Political Science, . Four generic motives have historically led states to initiate war: fear, interest, standing, and revenge. Using an original data set, Richard Ned Lebow examines the

Economics: European Edition , Paul Krugman, Robin Wells, Kathryn Graddy, Apr 6, 2007, Business & Economics, 1088 pages. "Economics: European Edition" by leading economist, Paul Krugman, and lecturers, Robin Wells and Kathryn Graddy, is the ideal text for introductory economics, bringing together

Cardiac Glycosides and Adrenergic Activity , Tsuneyoshi Tanabe, Hideya Saito, 1975, Heart, 95 pages

Nutrients are gaining recognition for their role in protecting against the toxic effects of free radicals, alcohol and other substances. At the same time, advances in food.

Black Coffee Blues , Henry Rollins, 1992, Rock musicians, 140 pages
Biochar for Environmental Management Science and Technology, Dr. Johannes Lehmann, Stephen Joseph, 2009, Business & Economics, 416 pages. Biochar is the carbon-rich product when biomass (such as wood, manure or crop residues) is heated in a closed container with little or no available air. It can be used to
AN INTRODUCTION TO DIGITAL COMPUTER DESIGN , V. RAJARAMAN, T. RADHAKRISHNAN, Mar 1, 2008, Computers, 528 pages. This highly acclaimed, well established, book now in its fifth edition, is intended for an introductory course in digital computer design for B.Sc. students of computer science
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Loop: Vintage Crochet contains a gorgeous collection of timeless fashion pieces, modern accessories, classic and quirky gifts, and modern-retro furnishings for the home and. In this, the first full-length study of the rape-revenge film, Jacinda Read suggests that the rape-revenge cycle can be read as one of the primary ways in which Hollywood has.

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Evaluation of soil organic matter models using existing long-term datasets, David S. Powlson, Pete Smith, Jo U. Smith, North Atlantic Treaty Organization. Scientific Affairs Division, 1996, Technology & Engineering, 429 pages. Soil organic matter (SOM) represents a major pool of carbon within the biosphere, roughly twice than in atmospheric CO₂. SOM models embody our best understanding of soil carbon

Methods in Neurosciences Electrophysiology and Microinjection, P. Michael Conn, Jan 1, 1991, Medical, 520 pages. Methods in Neurosciences The Snow Geese , William Fiennes, Mar 1, 2010, North America, 249 pages. WINNER OF THE HAWTHORNDEN PRIZE SHORTLISTED FOR THE SAMUEL JOHNSON PRIZE SUNDAY TIMES YOUNG WRITER OF THE YEAR One winter, after an enforced period of quiet, William Fiennes The growth of the world's refugee population has been a major phenomenon of the late twentieth century. This volume brings together senior authors from a range of disciplinary.

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Elementary Functional Analysis , GeorgΓj EvgenevΓtsj ShΓlov, 1974, Mathematics, 334 pages
Sexy Web Design , Elliot Jay Stocks, 2009, Computers, 152 pages. Presents a guide to the process of developing and creating effective Web sites
In the Company of Whales From the Diary of a Whale Watcher, Alexandra Morton, Jan 1, 1995, Killer whale, . Excerpts from the diary of a naturalist and photographer living on an island off the coast of British Columbia report on her experiences watching and listening to killer whales
download Imagines a day spent in the wilderness world of the writer and naturalist as a young boy observes small but significant wonders along with Henry David Thoreau including.

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Ironic , Paul Nagle, 2008, Fiction, 391 pages. "When Lex Goldman loses the one true love of his life in the crossfire politics of apartheid-era South Africa, his heart hardens against the world. Resolved to make money his

The Ultimate Dal Cookbook , Mona Verma, Mar 1, 2004, Cooking, 112 pages. No Indian meal is complete without dal. It may be the dal tadka so popular in the north or the fiery sambhar of the south. It may be served as main course or side relish, soup

Guide to the geology of north-central North Dakota: including., Issues 7-14 including Benson, Bottineau, Eddy, Foster, McHenry, Pierce, Ramsey, Rolette, Sheridan, Towner, and Wells counties, John P. Bluemle, North Dakota Geological Survey, North Dakota. Dept. of Public Instruction, 1974, Geology, 41 pages

An engaging, thorough, and much-needed explanation of the working vagina, Vaginas is a book of accessible facts written by down-to-earth authors whose only agenda is female.

European Dictatorships, 1918-1945 , Stephen J. Lee, 2000, History, 340 pages. This work describes the course of dictatorship in Europe before and during World War II, concentrating in particular on Russia, Italy and Germany, but also covering Spain

Easy Computer Basics , Michael Miller, 2005, Computers, 246 pages. Provides information on the basics of computers, covering such topics as hardware, applications, files and folders, searching the Internet, playing music and movies, working Notes et Γ©tudes sur l'islam en Afrique noire , , 1962, Africa, French-speaking West, 194 pages First Published in 1991. Routledge is an imprint of Taylor & Francis, an informa company. Presents practical advice and complete cultivation instructions for more than thirty useful herbs that can easily be grown by novice gardeners, along with helpful tips on.

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A Meeting of Minds Mutuality in Psychoanalysis, Lewis Aron, Dec 1, 2001, Psychology, 304 pages. In this richly nuanced assessment of the various dimensions of mutuality in psychoanalysis, Aron shows that the relational approach to psychoanalysis is a powerful guide to The Armada , Garrett Mattingly, 1959, History, 443 pages. Chronicles events surrounding the 1588 defeat of the Spanish Armada and explains its effects on European history download Allan Borushek's Pocket Calorie and Fat Counter Family Health Publications, 1992

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Christ and Caesar in Modern Korea A History of Christianity and Politics, Wi Jo Kang, Mar 6, 1997, Political Science, 214 pages. A well-documented work on the history of modern Korea focusing on the history of Christianity in relation to politics

Learning with Readers Theatre , Neill Dixon, Anne Davies, Colleen Politano, Jan 1, 1996, Education, 154 pages. This resource answers all your questions about how to make Readers Theatre work in your classroom. Includes ideas for staging, script writing, and making cross-curricular

Little Dorrit , Charles Dickens, Jan 1, 1996, Fiction, 740 pages. Little Dorrit is a classic tale of imprisonment, both literal and metaphorical, while Dickens' working title for the novel, Nobody's Fault, highlights its concern with personalWild Kruger , Adrian Bailey, Robyn Keene-Young, Apr 1, 2009, Photography, 96 pages. For over 100 years, the Kruger National Park has provided sanctuary to southern Africa's most precious asset, its wildlife, Wild Kruger pays tribute to this achievement Allan Borushek 0958799113, 9780958799119 Carrie Mae Weems recent work, 1992-1998, Carrie Mae Weems, Thomas Pich©, Thelma Golden, Everson Museum of Art, 1998, Literary Collections, 151 pages. Carrie Mae Weems brings together for the first time five of this American photographer's most accomplished and powerful groups of work: the Sea Islands Series (1991-92), the Hal Franklin and his friends have made it safely into Miss Simone's world. As shapeshifters, some of them are looking forward to meeting their alternate kind. But others dread. Recreates the ammonium nitrate explosion that occurred off the coast of Texas City, Texas in 1947 that took the lives of seven hundred people, and injured close to five.

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You Hear Me? Poems and Writing by Teenage Boys, Betsy Franco, May 1, 2001, Juvenile Nonfiction, 107 pages. An anthology of stories, poems, and essays by adolescent boys on issues that concern them, including identity, girls, death, anger, appearance, and family
The Last Days of America , Paul Erdman, 1982, Fiction, 471 pages. When businessman Frank Rogers travels to Europe to finalize a multibillion-dollar missile deal, he finds himself in the middle of a wide-ranging bribery scheme which threatens

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Your First Year Of Teaching Guidelines For Success, Richard Dean Kellough, 2005, Education, 100 pages. Merrill/Prentice Hall has created a new Professional Development Series, designed to provide a wealth of resources for teachers and other education professionals. The booklets

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