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socialist reformers and the collapse of the german democratic republic explores a neglected aspect of the collapse of communism in the former east germany it focuses on the east germans enthusiastic support for re unification and the transfer of west germany s political and economic institutions to the east ignoring those in the german democratic republic who wanted to

reform socialism within not destroy it their aim was to preserve an independent german democratic republic that would pursue an alternative third way between western capitalism and stalinist repression their vision was a better more beautiful socialism instead of the push and shove society that they associated with western capitalism in their view the better more beautiful socialism would combine the western ideals of individual freedom with marxist concept of collective decision making and shared wealth the reformers failed of course but their ideas and activities in the fall of 1989 are an essential part of the story that led to present day germany

the book of psalms is a treasure orienting readers to these inspired poems ian vaillancourt emphasizes christ the canon and practical insights for the church community and individual christians readers will gain new viewpoints into the flow context and message of the psalms as well as gospel centered applications for a living faith

this book is part of a two volumes exploration comprising 18 chapters organized into four distinct thematic sections this volume delves into the geopolitical dynamics and power relations in east and southeast asia and the global north it examines the interactions of regional and extra regional powers from both military and soft power perspectives it highlights china s influence in the indo pacific region russia s involvement in myanmar s political economy and taiwan s situation it also examines the dynamics of india taiwan relations and north korea s foreign policy this book presents interconnected discussions on various themes offering valuable insights for readers it provides useful insights into the role of the global north from multiple perspectives this will benefit students scholars and academicians from diverse disciplines such as international relations foreign policy defence and strategic studies political science peace and conflict studies and journalism the other volume provides an in depth analysis of the intricate power struggles within this asian region with a particular focus on india and delves into the power dynamics of central asia and west asia offering a comprehensive examination of the geopolitical and power related issues that shape these regions

vegetarians across the world are wondering if it is time to take the final step and become a vegan and they re asking many of the same questions what is inhumane about eating dairy products what s wrong with eating organic cage free free range eggs doesn t a vegetarian diet that includes fat free dairy and yolk free egg products already offer protection against chronic diseases how does a little creamer in my coffee contribute to global warming isn t hard to be vegan if you travel have client dinners or eat out a lot socially and is it really possible to give up cheese if these questions have been going through your mind this book was written just for you sarah delves deeply into the issues specific to dairy and eggs that you need to know to help you make an

informed decision about whether to adopt a vegan diet you ll find the motivation you need to make the change the tools you need to succeed and recipes by award winning vegan chef mark reinfeld that prove how delicious life can be without dairy and eggs

complexities in colorectal surgery decision making and management provides a unique modern practical guide that covers the strategic evaluation specific approaches and detailed management techniques utilized by expert colorectal surgeons caring for patients with complex problems whether they result from underlying colorectal disease or from complications arising from previous surgical therapy the text is formatted as both a how to manual as well as an algorithm based guide allowing the reader to understand the thought process behind the proposed treatment strategies by making use of evidence based recommendations each chapter will include not only diagnostic and therapeutic guidelines but also a narrative by the author on his her operative technical details and perioperative tips and tricks that they utilize in the management of these complex surgical challenges this text includes chapters on the assessment of risk and nutritional intervention methods utilized to minimize perioperative complications in addition sections on medical and surgical therapies for abdominal pelvic and anorectal disease are incorporated moreover the technical challenges of managing complications resulting from the original or subsequent operations is addressed the underlying focus throughout the text is to provide pragmatic and understandable solutions that can be readily implemented by surgeons of varying experience to successfully treat complex colorectal problems the text also goes beyond the technical aspects of colorectal surgery and includes special sections highlighting the essence of a surgeon these include chapters describing the importance of the first encounter building patient rapport and demonstrating confidence and competence while showing humility and avoiding arrogance additionally aspects involving the medical legal ethical and economic challenges confronting surgeons are covered

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this is the first comprehensive practical handbook on the topic of environmental social governance esg and its impact on the real estate industry the sustainability megatrend is still in its early stages in the real estate sector and there is a lack of standards practical examples and data the development is very dynamic and sometimes confusing and new complex requirements and regulations are constantly being added the authors an expert team of economists lawyers investors asset managers and engineers provide an overview of national and european regulatory requirements as well as current market developments they show what role esg plays not only in the areas of new construction renovation and real estate management but also in investment processes and real estate valuations contents esg and the real estate market esg and regulatory environment esg and real estate management esg in urban and project development

join the generations of students who have embarked on successful careers with a firm foundation in the theory and practice of blood banking and transfusion practices denise harmening's classic text teaches you not only how to perform must know tests and tasks but to understand the scientific principles behind them

trotz gegenteiligem trend versucht der autor in diesem buch zu belegen dass klein und kleinstmaßnahmen auch weiterhin ein fester bestandteil der entwicklungszusammenarbeit eza bleiben sollten im zentrum steht dabei immer wieder die schaffung einer sinn und bedeutungsstruktur möglichst auf lokaler ebene damit sich das projekt in die kultur einfügen kann theoretisches fundament bieten hierzu die konzepte partizipation in rückgriff auf den symbolischen interaktionismus nachhaltige entwicklung und grundbedürfniskonzept insbesondere die theorie des symbolischen interaktionismus zeigt sich als ein geeigneter ansatz für kulturverstehen und die eza ein praktisch durchgeführtes projekt in kapchorwa ostuganda kann als erstes anwendungsbeispiel gelten hier wurde versucht energiesparofen baumschulbeet baumpflanzungen und brennholzlager mit dem traditionellen symbol des kreises zu einem wenngleich kleinen gesamtmodell zu vereinen grundsätzlich hat sich die ausbaufähigkeit des grundkonzeptes bewährt und es konnten weitere ergänzungsmöglichkeiten als zukunftsvision erarbeitet werden insgesamt betrachtet ermöglicht die eza auf basis von kleinmaßnahmen einen im alltag und in der praktischen lebensweise verwurzelten kulturaustausch

new content updates include healthy people 2020 health literacy teledentistry the affordable care act oral health workforce models access to care interprofessional practice and more new full color design highlights key concepts within each chapter new art program delivers more photos to help drive home key concepts

this book offers a portrayal of the opportunities for social inclusion afforded to young people in latin america and the caribbean with a view to building stronger youth policies in the region the youth population must be included in development processes if progress is to be made towards more egalitarian societies not only because of the numbers of young people vis á vis the rest of the population but also because of what these numbers mean in relation to dependency rates and the needs and issues particular to this stage of life back cover

ebook clinical sports medicine 5th edition volume 1 injuries a striking feature of clinical sports medicine has always been the authors relentless commitment to clinical this is a unique book dr emma k stokes president world confederation for physical therapy editors peter brukner ben clarsen jill cook ann cools kay crossley mark hutchinson paul mccrory roald bahr karim khan brukner khan s clinical sports medicine the world leading title in sport and exercise medicine is an authoritative and practical guide to physiotherapy and musculoskeletal medicine for clinicians and students to accommodate the rapid advances in the professions the fifth edition has been expanded into two volumes this first volume clinical sports medicine injuries is the essential guide to all aspects of preventing diagnosing and treating sports related injuries it serves physiotherapists team clinicians athletic trainers sports therapists sports rehabilitators and trainers as well as students in the health professions and in human movement studies all chapters have been updated and rewritten by an international team of sports physiotherapists and sports physicians at the top of their fields more than 550 new figures have been added to bring the total number of illustrations to 1300 there are 15 new chapters including shoulder pain acute knee injuries posterior thigh pain low back pain return to play sport specific biomechanics the second volume clinical sports medicine exercise medicine is scheduled for release in 2018 and will focus on the health benefits of exercise and the medical issues in sport it will serve general practitioners and other clinicians who prescribe exercise to promote health and to treat medical conditions such as heart disease and diabetes this ebook of clinical sports medicine injuries is enhanced with up to 50 instructional videos demonstrating procedures about the authors peter brukner oam mbbs facsep facsm ffsem peter brukner is a sport and exercise physician and currently the australian cricket team doctor he was previously head of sports medicine and sports science at the liverpool football club in the uk peter is the founding partner of the olympic park sports medicine centre a past president of the australasian college of sport and exercise physicians and professor of sports medicine at la trobe university peter has been an olympic team physician and was the soccerroos team doctor at the 2010 world cup in 2005 he was awarded the order of australia medal oam for services to sports medicine karim khan md phd mba facsep facsm ffsem karim khan is a sport and exercise physician and professor of sports medicine at the department of family practice at the university of british columbia vancouver canada he is editor in chief of the

british journal of sports medicine bjsm and has published more than 300 peer reviewed research articles in 2001 he was awarded the australian prime minister s medal for service to sports medicine karim was profiled in the lancet in its 2012 olympic games issue

yin und yang in balance bringen du suchst nach einer ernährungsform die einfach alltagstauglich und wohltuend für körper geist und seele ist du hast weder zeit noch lust stundenlang in der küche zu stehen nach einer komplizierten typenlehre zu kochen oder jeden tag einkaufen zu gehen dann wirst du dieses kochbuch feiern denn hier kommt jedes rezept mit maximal 6 zutaten aus die ernährung nach den 5 elementen der traditionellen chinesischen medizin verwöhnt dich mit duftenden heimischen kräutern gewürzen und frischen zutaten Über 110 rezepte stärkende frühstückvarianten kleinigkeiten für zwischendurch wohlfühlessen für die ganze familie süße gerichte für die seele und natürlich mit vielen rezepten für kraftsuppen die in der tcm so beliebt sind keep it simple auch mit nur wenigen zutaten bekommst du die 5 geschmacksrichtungen der tcm in dein essen und mit zeitsparendem vorkochen resteverwertung und den wichtigsten vorräten klappt das auch im stressigen alltag wohlgefühl ganz nebenbei die rezepte stärken deine mitte beruhigen deine verdauung und bringen deine lebensenergie qi in fluss

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