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KEY=OF - BISHOP CHRISTINE

Rerolling Boardgames

Essays on Themes, Systems, Experiences and Ideologies

McFarland Despite the advent and explosion of videogames, boardgames--from fast-paced party games to intensely strategic titles--have in recent years become more numerous and more diverse in terms of genre, ethos and content. The growth of gaming events and conventions such as Essen Spiel, Gen Con and the UK Games EXPO, as well as crowdfunding through sites like Kickstarter, has diversified the evolution of game development, which is increasingly driven by fans, and boardgames provide an important glue to geek culture. In academia, boardgames are used in a practical sense to teach elements of design and game mechanics. Game studies is also recognizing the importance of expanding its focus beyond the digital. As yet, however, no collected work has explored the many different approaches emerging around the critical challenges that boardgaming represents. In this collection, game theorists analyze boardgame play and player behavior, and explore the complex interactions between the sociality, conflict, competition and cooperation that boardgames foster. Game designers discuss the opportunities boardgame system designs offer for narrative and social play. Cultural theorists discuss boardgames' complex history as both beautiful physical artifacts and special places within cultural experiences of play.

One For The Morning Glory

Tor Fantasy *The Tale* began when young Prince Amatus secretly sipped the forbidden Wine of the Gods, leaving him half the lad he'd once been--literally--for his left side suddenly vanished without a trace! But, as is often the case in Tales of this sort, the young Prince's misfortune was also a sort of blessing in disguise. For a year and a day later, four Mysterious Strangers appeared, and, as Amatus grew to manhood, they guided him on a perilous quest to discover his true identity--not to mention adventure, danger, tragedy, triumph, and true love. John Barnes has been heralded as "one of the most able and impressive of SF's rising stars" (Publishers Weekly) for his widely praised novels including *Orbital Resonance* and *A Million Open Doors*. Now, in *One for the Morning Glory*, John Barnes has crafted an artful and immensely entertaining fable that takes its place as a modern fantasy classic beside such enduring works as William Goldman's *The Princess Bride* and T.H. White's *The Once and Future King*.

Eurogames

The Design, Culture and Play of Modern European Board Games

McFarland "This book chronicles the evolution of tabletop hobby gaming, explores why hobbyists play eurogames, how players balance the structure of competitive play with the demands of an intimate social gathering, and to what extent the social context of the gameencounter shapes the playing experience. This innovative work highlights a popular alternative trend in the gaming community"--

Holacracy

The New Management System for a Rapidly Changing World

Henry Holt and Company *Holacracy* is a revolutionary management system that redefines management and turns everyone into a leader. Holacracy distributes authority and decision-making throughout an organization, and defines people not by hierarchy and titles, but by roles. Holacracy creates organizations that are fast, agile, and that succeed by pursuing their purpose, not following a dated and artificial plan. This isn't anarchy - it's quite the opposite. When you start to follow Holacracy, you learn to create new structures and ways of making decisions that empower the people who know the most about the work you do: your frontline colleagues. Some of the many champions of Holacracy include Tony Hsieh, CEO of Zappos (author of the #1 New York Times bestseller *Delivering Happiness*), Evan Williams (co-founder of Blogger, Twitter, and Medium), and David Allen.

Games in Libraries

Essays on Using Play to Connect and Instruct

McFarland "This essay collection discusses innovative uses of games in libraries and focuses on the game making process. The purpose of this book is to bring together distinctive uses of games in libraries or educational institutions and share these ideas with others to inspire the making and use of games by other librarians and educators."--

Building Blocks of Tabletop Game Design

An Encyclopedia of Mechanisms

CRC Press *Building Blocks of Tabletop Game Design: An Encyclopedia of Mechanisms* compiles hundreds of different mechanisms, organized by category. Each has a description of how it works, discussion of its pros and cons, how it can be implemented, and examples of specific games that use it. *Building Blocks* can be read cover to cover, used as a reference when looking for inspiration for a new design, help solving a specific problem, or assist in getting unstuck in the midst of a project. This book, the first to collect mechanisms like this in the tabletop game design field, aims to be a practical guide that will be a great starting point for beginning designers, a handy guidebook for the experienced, and an ideal classroom textbook. Key Features The first compendium of its kind in the tabletop game field. Covers the nuts and bolts of design to resolve specific challenges. Serves as a practical guide, a great starting point for beginning designers, and a reference for seasoned professionals. Contains discussion of a series of standalone mechanisms, in a standard format and style, with cross-links to related mechanics and specific examples. Includes hundreds of mechanism entries with accompanying diagrams and sample games to study. Ideal for professional or classroom use.

Blitzkrieg

From the Ground Up

Casemate Publishers From the author of *Bismarck*: "A work of simply outstanding scholarship . . . unreservedly recommended for . . . World War II Military History collections" (Midwest Book Review). The successes of the German Blitzkrieg in 1939-41 were as surprising as they were swift. Allied decision-makers wanted to discover the Germans' secrets, even though only partial, incomplete information was available to them. The false conclusions drawn became myths about the Blitzkrieg that have lingered for decades. It has been argued that rather than creating a new way of war based on new technology, the Germans fitted the new weapons into their existing ideas on warfare. The conduct of German soldiers, particularly the lower-ranking men, on the battlefield was at the core of the concept, and German victories rested upon the quality, flexibility, and mobility of the small combat units. This book focuses on the experiences of the enlisted men and junior officers in the Blitzkrieg operations in Poland, Norway, Western Europe, and Russia. Using accounts previously unpublished in English, military historian Niklas Zetterling "not only shows you the big picture, economically, strategically, but also takes you right into the Panzers," showing how a company commander led his tanks, how a crew worked together inside a tank, and the role of the repair services. "For those of us who are interested in the tactics and strategy of the early war years, it is a book you won't want to miss" (A Wargamers Needful Things). "In support of his convincing argument the author uses several accounts of German actions seen through the eyes of the soldiers and junior officers who had to put theory into practice on the battlefield. 4.5 stars." --Army Rumour Service

The Old West Skirmish Wargames

Wargaming Western Gunfights

Lulu.com These classic rules launched skirmish wargaming in the UK and the North America. They were played in most wargaming clubs on a regular basis. From stage coach robberies to recreations of gunfights from the pages of history, these rules introduced wargaming with individual figures. This edition includes many previously unpublished chapters. These rules have all that is required to recreate

the American Wild West on the table top. Bank robberies, saloon brawls, US cavalry actions and the showdown on the main street are made possible. The basic rules are straightforward, but there are many optional chapters that can be used as required. Optional rules include all the glorious detail of the Wild West: Saloon Brawls, Special rules for Indians, The 'Iron Horse' and Frontier towns and for playing solo games. In addition to the full set of original rules, this edition includes extra chapters on various scenarios and campaigns. The History of Wargaming Project aims to document the development of wargaming.

Sand Key, the Key to All

A Full and Succinct Description by an Ancient Warder of It, Who, During His Incumbency, was a Solitary Resident

Recalling Childhood

Rowman & Littlefield What can you remember of your childhood? Contributors to this book, who come from a number of different countries, go back as far as memory will take them.

What Shall We Read?

The Shadow Over Innsmouth (□□□□□□)

Hyweb Technology Co. Ltd. This early work by H. P. Lovecraft was originally published in 1936. Born in 1890 in Rhode Island, USA, Lovecraft began writing at a very young age, quickly developing a deep and abiding interest in science. In 1913, Lovecraft joined the UAPA (United Amateur Press Association) but it was four years later, in 1917, that he began to focus on fiction, producing such well-known early stories as 'Dagon' and 'A Reminiscence of Dr. Samuel Johnson'. However, it was during the last decade of his life that Lovecraft produced his most notable works, such as 'the Dunwich Horror' and 'The Call of Cthulhu' which subsequently earned him his place as one of the most influential horror writers of the 20th century. Many of the earliest books, particularly those dating back to the 1900's and before, are now extremely scarce and increasingly expensive. We are republishing these classic works in affordable, high quality, modern editions.

Pathfinder RPG Bestiary 3 (P2)

The Board Game Book

Volume 2

The Russo-Japanese War 1904-05

Bloomsbury Publishing The Russo-Japanese War in Manchuria was the first 20th century conflict fought between the regular armies of major powers, employing the most modern means – machine guns, trench warfare, minefields and telephone communications; and the battle of Mukden in March 1905 was the largest clash of armies in world history up to that date. Events were followed by many foreign observers; but the events of 1914 in Western Europe suggest that not all of them drew the correct conclusions. For the first time in the West the armies of this distant but important war are described and illustrated in detail, with rare photos and the superbly atmospheric paintings of Russia's leading military illustrator.

Scenario Designer's Handbook (2nd Ed.)

Lulu.com Scenario Designer's Handbook (ISBN 978-0-9782646-8-0) is intended as a reference for those interested in designing historical scenarios for the Advanced Squad Leader game system. The book features 240 full-colour pages with a variety of information to assist in force and terrain selection, including company, battalion and divisional break-downs of the major armies that participated in the Second World War. Additional chapters deal with scenario lay-out, publishing, researching, walk-throughs of the design process and discussion regarding the various components of ASL scenarios. The 2nd Edition includes an improved layout, additional information on various forces (Chinese, Finns, etc.) and revised appendices with updated map and overlay listing. Note the "discount" price on Lulu is the actual list price - this will not change.

Corporia

Brabblemark Press Corporia is a 208-page tabletop role-playing game of genre-bending fiction and futuristic urban fantasy. In Corporia, you take on the roles of reborn Knights of the Round Table or their supernaturally-powered allies, fighting an invisible war for justice in the struggle between otherworldly Chaos magics and the oppressive Order of the ruling mega-corporations! Corporia is 'knights in shining Armani.' It's what happens when you mix Camelot with a spoonful of Torchwood, add a pinch of cyberpunk, a dash of Joss Whedon's Angel, and a sprinkling of Shadowrun. If you enjoy these, you're going to love Corporia. Highlights One simple, unified game mechanic for all abilities, including fighting, spellcasting, and hacking! All characters can join the Hacker in virtual conflicts; no one gets left out! Spellcasters can cast whatever they can imagine, limited only by their skill rank in any of eight schools of magic - and all 64 sample spells can be easily modified at will! Four personality traits (three public, one private) keep situations interesting and provide points for permanent and temporary improvements, supplementing the core dice mechanics without becoming the main aspects of the rules! Metal melee weapons are more effective against monsters than firearms, keeping swords and daggers relevant even in a future of X-Calibre energy pistols and glowing raypiers! An innovative, modern design style in a book full of page-turning concepts!

The Bitter Woods

The Dramatic Story, Told at All Echelons - from Supreme Command to Squad Leader - of the Crisis That Shook the Western Coalition, Hitler's Surprise Ardennes Offensive

This work tells the story of Germany's last great offensive, the desperate struggle which broke the German armies and contributed decisively to the end of the war. Described are details of the unexpected gamble and the technologies with which the Nazis hoped to win the war.

Tortured Cardboard

How Great Board Games Arise from Chaos, Survive by Chance, Impart Wisdom, and Gain Immortality

Permuted Press The term "tortured cardboard" sums up what happens to cardboard when making a board game (bound, cut, folded, punched). And, as you'll learn, great board games often reflect whatever "tortures" culture. Each gained immortality after a chaotic beginning and a chance survival. Why? Because—be it chess, backgammon, Clue®, Monopoly®, Scrabble®, Settlers of Catan®, or one of ten others featured in this book—each is replete with "lessons" applicable to achievement in your life. As the twenty-first century gathers momentum, our love affair with board games continues to strengthen. They involve us, they refine social skills, and they teach great lessons applicable in real life. "Tortuous" is the journey of every great board game, from birth in chaotic times, through survival by mere chance, to raging popularity and eventual immortality. Tortured Cardboard reveals how the great ones came to endure and—all fun aside—how each teaches us something about our own behavior while providing "rules" that can work in your life.

Dungeon! Board Game

First released in 1975 and revised throughout the 1980s and early 1990s, the Dungeon! boardgame lets you explore a multi-level dungeon in search of treasure guarded by terrible monsters. The deeper into the dungeon you go, the deadlier the monsters and the greater the treasure. The player who returns to the beginning chamber with the most treasure wins!

Seven Roads to Hell

A Screaming Eagle at Bastogne

G K Hall & Company Chronicles eleven days in Bastogne, during which the Screaming Eagles of the 101st Airborne Division held off the Nazi counterattack long enough for Patton's Third Army to redeploy.

The Middle Ages in Modern Culture

History and Authenticity in Contemporary Medievalism

"This book is open access and available on www.bloomsburycollections.com. It is funded by Knowledge Unlatched. Bringing together an international team of experts, *The Middle Ages in Modern Culture* considers the use of medieval models across a variety of contemporary media - ranging from television and film to architecture - and the significance of deploying an authentic medieval world to these representations. Rooted in this question of authenticity, this interdisciplinary study addresses three connected themes. Firstly, how does historical accuracy relate to authenticity, and whose version of authenticity is accepted? Secondly, how are the middle ages presented in modern media and why do inaccuracies emerge and persist in these works? Thirdly, how do creators of modern content attempt to produce authentic medieval environments, and what are the benefits and pitfalls of accurate portrayals? The result is nuanced study of medieval culture which sheds new light on the use (and misuse) of medieval history in modern media"--

Twelve Years a Slave

Prabhat Prakashan "Having been born a freeman, and for more than thirty years enjoyed the blessings of liberty in a free State—and having at the end of that time been kidnapped and sold into Slavery, where I remained, until happily rescued in the month of January, 1853, after a bondage of twelve years—it has been suggested that an account of my life and fortunes would not be uninteresting to the public." -an excerpt

American Cities in Post-Apocalyptic Science Fiction

UCL Press Visions of the American city in post-apocalyptic ruin permeate literary and popular fiction, across print, visual, audio and digital media. American Cities in Post-Apocalyptic Science Fiction explores the prevalence of these representations in American culture, drawing from a wide range of primary and critical works from the early-twentieth century to today. Beginning with science fiction in literary magazines, before taking in radio dramas, film, video games and expansive transmedia franchises, Robert Yeates argues that post-apocalyptic representations of the American city are uniquely suited for explorations of contemporary urban issues. Examining how the post-apocalyptic American city has been repeatedly adapted and repurposed to new and developing media over the last century, this book reveals that the content and form of such texts work together to create vivid and immersive fictional spaces in ways that would otherwise not be possible. Chapters present media-specific analyses of these texts, situating them within their historical contexts and the broader history of representations of urban ruins in American fiction. Original in its scope and cross-media approach, *American Cities in Post-Apocalyptic Science Fiction* both illuminates little-studied texts and provides provocative new readings of familiar works such as *Blade Runner* and *The Walking Dead*, placing them within the larger historical context of imaginings of the American city in ruins.

Conan Horrors of the Hyborian Age Conan RPG Supp. Hardback

Modiphius Horrors of the Hyborian Age is the definitive guide to creatures inhabiting the dark tombs, ruined cities, forgotten grottos, dense jungles and sinister forests of Conan's world. This collection of beasts, monsters, undead, weird races and mutants are ready to pit their savagery against the swords and bravery of the heroes of the Hyborean Age. A variety of creatures, such as wild animals, dinosaur and living plant horrors. Elementals, golems, sapient magic circles and other beings. Classic Monsters presented with a Howardian flair such as siren, vampire, lamia and mummy. Lovecraftian menaces such as Old Ones, colors from the Outer Dark, dimensional shamblers. The monstrous offspring of the serpent god Set. New creature qualities and abilities, rules for creating mutations and chimerical horrors. New Beast and and Beast Master archetypes and backgrounds. This book requires the Robert E. Howards *Conan: Adventures in an Age Undreamed of* Core book to use. Made in the UK.

The New Zealand Wars: 1845-1864

Ams PressInc "Brought up on the old Waipa frontier soon after the close of the wars, when an uneasy peace existed between European and Maori, James Cowan imbibed much ancient lore as well as recent history from old-time Maori chiefs and warriors. When commissioned by the Government to write this history, he not only examined a vast amount of written material - he sought out the remaining veterans of the wars (both European and Maori, women as well as men) and from them learned at first hand much that never appears in official documents; and he tramped many a mile to view the scenes of engagements that he might render a faithful account of what happened"--From book jacket.

Zones of Control

Perspectives on Wargaming

MIT Press Examinations of wargaming for entertainment, education, and military planning, in terms of design, critical analysis, and historical contexts. Games with military themes date back to antiquity, and yet they are curiously neglected in much of the academic and trade literature on games and game history. This volume fills that gap, providing a diverse set of perspectives on wargaming's past, present, and future. In *Zones of Control*, contributors consider wargames played for entertainment, education, and military planning, in terms of design, critical analysis, and historical contexts. They consider both digital and especially tabletop games, most of which cover specific historical conflicts or are grounded in recognizable real-world geopolitics. Game designers and players will find the historical and critical contexts often missing from design and hobby literature; military analysts will find connections to game design and the humanities; and academics will find documentation and critique of a sophisticated body of cultural work in which the complexity of military conflict is represented in ludic systems and procedures. Each section begins with a long anchoring chapter by an established authority, which is followed by a variety of shorter pieces both analytic and anecdotal. Topics include the history of playing at war; operations research and systems design; wargaming and military history; wargaming's ethics and politics; gaming irregular and non-kinetic warfare; and wargames as artistic practice. Contributors Jeremy Antley, Richard Barbrook, Elizabeth M. Bartels, Ed Beach, Larry Bond, Larry Brom, Lee Brimmicombe-Wood, Rex Brynen, Matthew B. Caffrey, Jr., Luke Caldwell, Catherine Cavagnaro, Robert M. Citino, Laurent Closier, Stephen V. Cole, Brian Conley, Greg Costikyan, Patrick Crogan, John Curry, James F. Dunnigan, Robert J. Elder, Lisa Faden, Mary Flanagan, John A. Foley, Alexander R. Galloway, Sharon Ghamari-Tabrizi, Don R. Gilman, A. Scott Glancy, Troy Goodfellow, Jack Greene, Mark Herman, Kacper Kwiatkowski, Tim Lenoir, David Levinthal, Alexander H. Levis, Henry Lowood, Elizabeth Losh, Esther MacCallum-Stewart, Rob MacDougall, Mark Mahaffey, Bill McDonald, Brien J. Miller, Joseph Miranda, Soraya Murray, Tetsuya Nakamura, Michael Peck, Peter P. Perla, Jon Peterson, John Prados, Ted S. Raicer, Volko Ruhnke, Philip Sabin, Thomas C. Schelling, Marcus Schulzke, Miguel Sicart, Rachel Simmons, Ian Sturrock, Jenny Thompson, John Tiller, J. R. Tracy, Brian Train, Russell Vane, Charles Vasey, Andrew Wackerfuss, James Wallis, James Wallman, Yuna Huh Wong

A Game of War

Atlas Press (GB) Guy Debord is known principally for being the chief instigator and theorist of the Situationist International and as the author of *The Society of the Spectacle*. His first volume of autobiography, *Panegyric*, revealed his interest in classical war theory as espoused by Clausewitz, and *A Game of War* was written in collaboration with his future wife Alice Becker-Ho. This is the first version of the book to include a game board and counters, which allow the game to be played according to the instructions enclosed.

Autumn Harvest: a Tea Dragon Society Game

Gaming at the Edge

Sexuality and Gender at the Margins of Gamer Culture

U of Minnesota Press Video games have long been seen as the exclusive territory of young, heterosexual white males. In a media landscape dominated by such gamers, players who do not fit this mold, including women, people of color, and LGBT people, are often brutalized in forums and in public channels in online play. Discussion of representation of such groups in games has frequently been limited and cursory. In contrast, *Gaming at the Edge* builds on feminist, queer, and postcolonial theories of identity and draws on qualitative audience research methods to make sense of how representation comes to matter. In *Gaming at the Edge*, Adrienne Shaw argues that video game players experience race, gender, and sexuality concurrently. She asks: How do players identify with characters? How do they separate identification and interactivity? What is the role of fantasy in representation? What is the importance of understanding market logic? In addressing these questions Shaw reveals how representation comes to matter to participants and offers a perceptive consideration of the high stakes in politics of representation debates. Putting forth a framework for talking about representation, difference, and diversity in an era in which user-generated content, individualized media consumption, and the blurring of producer/consumer roles has lessened the utility of traditional models of media representation analysis, Shaw finds new insight on the edge of media consumption with the invisible, marginalized gamers who are surprising in both their numbers and their influence in mainstream gamer culture.

Infantry Attacks

Frontline Books Field Marshal Erwin Rommel exerted an almost hypnotic influence not only over his own troops but also over the Allied soldiers of the Eighth Army in the Second World War. Even when the legend surrounding his invincibility was overturned at El Alamein, the aura surrounding Rommel himself remained unsullied. In this classic study of the art of war Rommel analyses the tactics that lay behind his success. First published in 1937 it quickly became a highly regarded military textbook, and also brought its author to the attention of Adolph Hitler. Rommel was to subsequently advance through the ranks to the high command in the Second World War. As a leader of a small unit in the First World War, he proved himself an aggressive and versatile commander, with a reputation for using the battleground terrain to his own advantage, for gathering intelligence, and for seeking out and exploiting enemy weaknesses. Rommel graphically describes his own achievements, and those of his units, in the swift-moving battles on the Western Front, in the ensuing trench warfare, in the 1917 campaign in Romania, and in the pursuit across the Tagliamento and Piave rivers. This classic account seeks out the basis of his astonishing leadership skills, providing an indispensable guide to the art of war written by one of its greatest exponents.

Worlds in Play

International Perspectives on Digital Games Research

Peter Lang *Worlds in Play*, a map of the «state of play» in digital games research today, illustrates the great variety and extreme contrasts in the landscape cleft by contemporary digital games research. The chapters in this volume are the work of an international review board of seventy game-study specialists from fields spanning social sciences, arts, and humanities to the physical and applied sciences and technologies. A wellspring of inspiring concepts, models, protocols, data, methods, tools, critical perspectives, and directions for future work, *Worlds in Play* will support and assist in reading not only within, but across fields of play - disciplinary, temporal, and geographical - and encourage all of us to widen our focus to encompass the omni-dimensional phenomenon of «worlds in play.»

Moves in Mind

The Psychology of Board Games

Psychology Press Board games have long fascinated as mirrors of intelligence, skill, cunning, and wisdom. While board games have been the topic of many scientific studies, and have been studied for more than a century by psychologists, there was until now no single volume summarizing psychological research into board games. This book, which is the first systematic study of psychology and board games, covers topics such as perception, memory, problem solving and decision making, development, intelligence, emotions, motivation, education, and neuroscience. It also briefly summarizes current research in artificial intelligence aiming at developing computers playing board games, and critically discusses how current theories of expertise fare with board games. Finally, it shows that the information provided by board game research, both data and theories, have a wider relevance for the understanding of human psychology in general.

Lords of Waterdeep

A Dungeons & Dragons Board Game

Wizards of the Coast *Waterdeep, the City of Splendors*--the most resplendent jewel in the Forgotten Realms, and a den of political intrigue and shady back-alley dealings. In this game, the players are powerful lords vying for control of this great city. Its treasures and resources are ripe for the taking, and that which cannot be gained through trickery and negotiation must be taken by force! *Lords of Waterdeep* is a Euro-style board game for 2-5 players. Components: Game board Rulebook 5 card stock player mats 121 Intrigue, Quest, and Role cards 130 wooden cubes, pawns, and score pieces Wooden player markers Card stock tiles and tokens representing buildings, gold coins, and victory points

Battle of the Odon

Pen and Sword The Battle of the Odon evokes the clash between the British Army and the II SS-Panzer Korps, as they attacked across the Odon Valley during Operation "Epsom" in June 1944. Using contemporary photographs and documents, this book provides day-by-day details of the operation that was just one part of what is commonly referred to as the 'Battle of Normandy'.

Berlin: The Wicked City: Unveiling the Mythos in Weimar Berlin

Call of Cthulhu Roleplaying *Call of Cthulhu* 7th edition Sourcebook and scenarios.

Aggretsuko Work Rage Balance

Call of Cthulhu

Starter Set

revised (2nd) edition of the *Call of Cthulhu* Starter set, for the *Call of Cthulhu* 7th edition rules.

Eat to Your Advantage

How to Make Real-World Food Choices That Defend Your Body and Brain

To be healthy, you must eat healthy food. Sounds simple enough, right? Unfortunately, the sea of marketing messages and gimmicks at the grocery store can easily confuse even the most nutrition-focused among us. Logos with images of farms and labels with "all-natural" lead us to believe that we're making healthy choices when, in fact, that is often not true. It's time to pull back the curtain on our food supply to discover what's happening in agriculture, food production, and food service that is an assault on your health. Learn how good soil is better for you than dieting how choosing organic absolutely makes a difference how you can start defending your health and living better one meal at a time Along the way, you'll learn that true health is less about the food you refuse and more about the food you choose. Author Kirsten Serrano uncovered this truth herself when struggling physically with a myriad of health issues that stole her quality of life. Working with healthcare professionals, she found a holistic recovery process through food. As a result, Kirsten has spent the last decade deep in the food supply chain as an organic farmer, restaurateur and chef, and nutrition consultant. She wrote this book to give you the keys to unlock the doors to a better brain, a more resilient body, and better living. You can rely on this book to help you find real world ways to truly Eat to Your Advantage

Bruce Quarrie's Tank Battles in Miniature Vol 2 a Wargamers' Guide to the Russian Campaign 1941-1945

Lulu.com Bruce Quarrie (1947-2004) was a prolific author and military historian. He wrote over forty titles, mostly on the Second World War, and edited many more. Len Deighton described him as "one of our most meticulous and well-informed historians." The Russian Front was a critical battlefield in World War II, involving millions of men and tens of thousands of tanks, guns and aircraft. Bruce Quarrie's work is an authoritative account of the actual campaign and the weapons used by both sides. It also discusses the best ways these can be reproduced on the table top as a wargame. Contents include a summary of the campaigns, well-illustrated with numerous maps, plus technical specifications and performance data for the vehicles, tanks, guns and aircraft used. Bruce Quarrie's classic book on wargaming the Eastern Front has been reproduced by the History of Wargaming Project.