

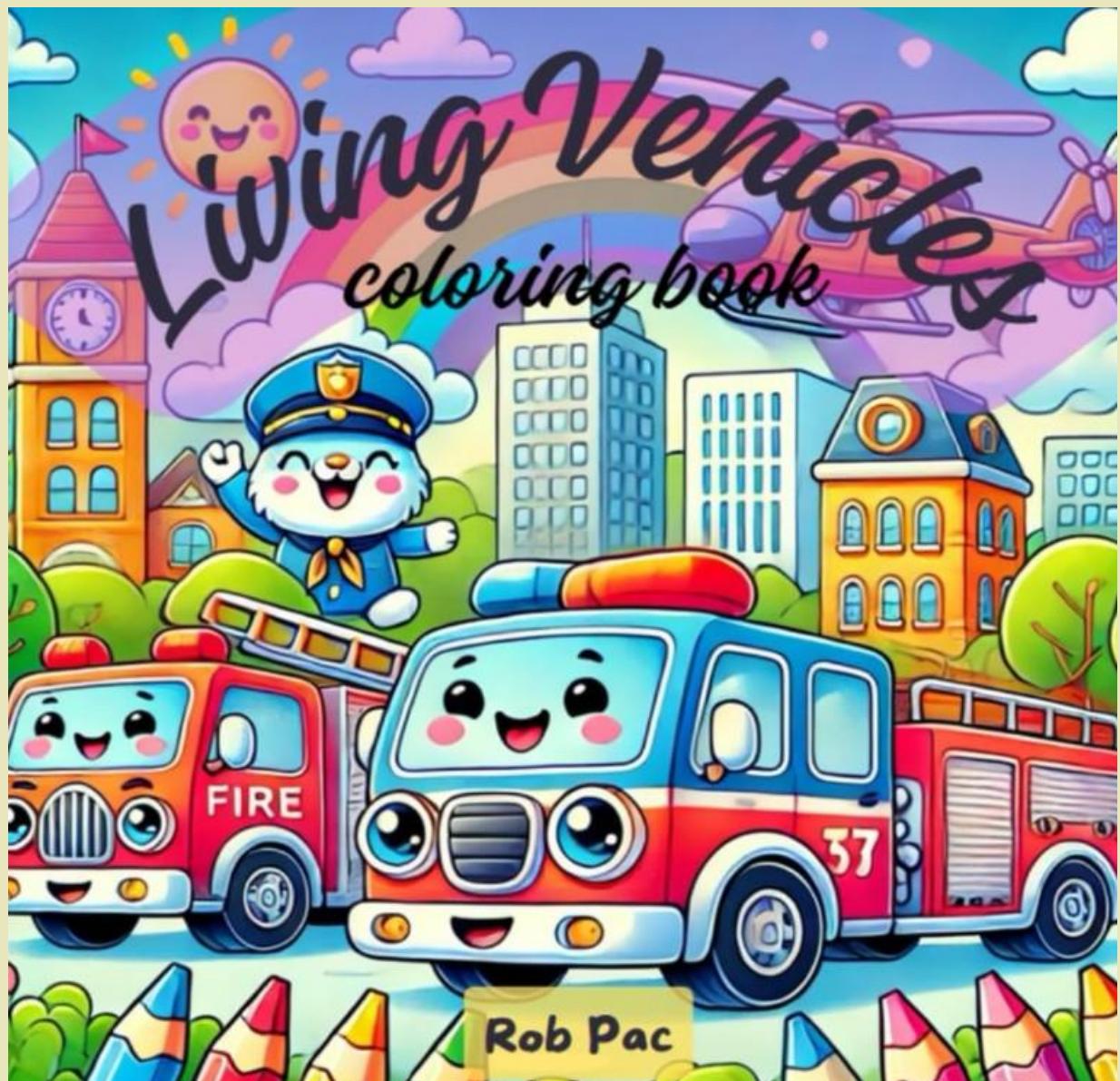


**[www.robpacpublishing.com](http://www.robpacpublishing.com)**

# **Adventures in Color: Living Vehicles!**

by Rob Pac

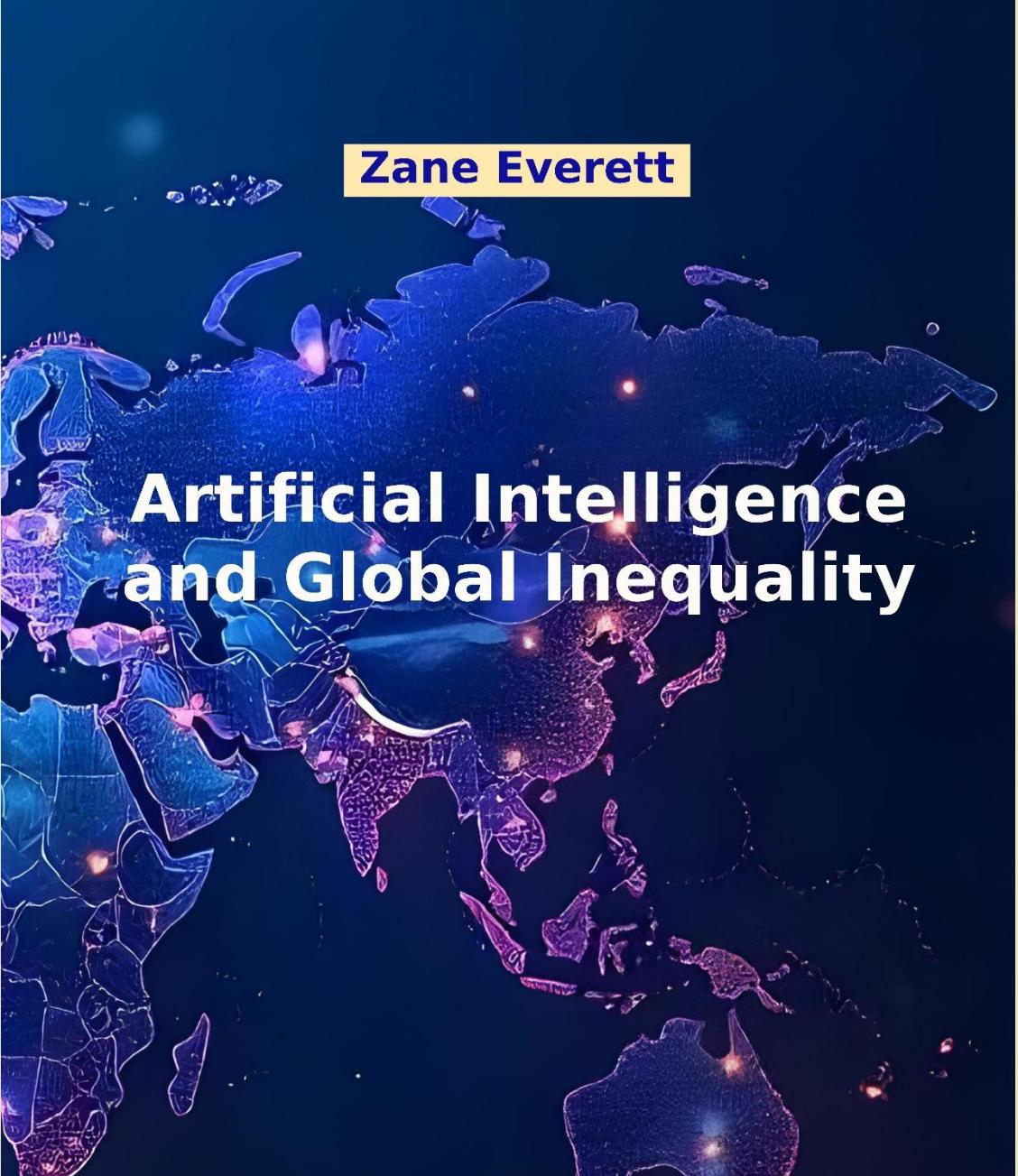
🌈 Let Creativity Take the Wheel! 🌟 Embark on a colorful adventure with Adventures in Color: Living Vehicles! 🚗 ✈️ 🚂 This delightful coloring book is packed with: Whimsical Vehicles: Smiling cars, playful planes, cheerful trains, and fantastical cupcake cars. Fun and Easy Designs: Bold lines and creative details, perfect for kids aged 4 to 8. Endless Creativity: Each page is a new adventure waiting to come alive with crayons, markers, or colored pencils! ✨ Whether your child loves exploring or just enjoys a fun artistic escape, this book fuels imagination and creativity one color at a time. 💕 Perfect for gifts, travel, or rainy days. Ready to color your world? 🌟



# **Artificial Intelligence and Global Inequality: Navigating the Digital Divide in the Age of AI**

by Zane Everett

In "Artificial Intelligence and Global Inequality," Zane Everett delivers a compelling exploration of AI's impact on our world's socioeconomic landscape. This timely analysis delves into: The double-edged sword of AI: its potential to both exacerbate and alleviate global inequalities. The ethical dilemmas posed by AI in healthcare, education, and governance. Strategies for ensuring AI benefits humanity as a whole. Everett combines rigorous research with accessible prose, offering insights for: Policymakers navigating the AI revolution. Tech professionals seeking to create responsible AI. Educators preparing students for an AI-driven future. Anyone concerned about technology's role in shaping our society. "Artificial Intelligence and Global Inequality" is not just a book—it's a roadmap for creating a more equitable digital future. Don't miss this crucial examination of one of the most pressing issues of our time.



Zane Everett

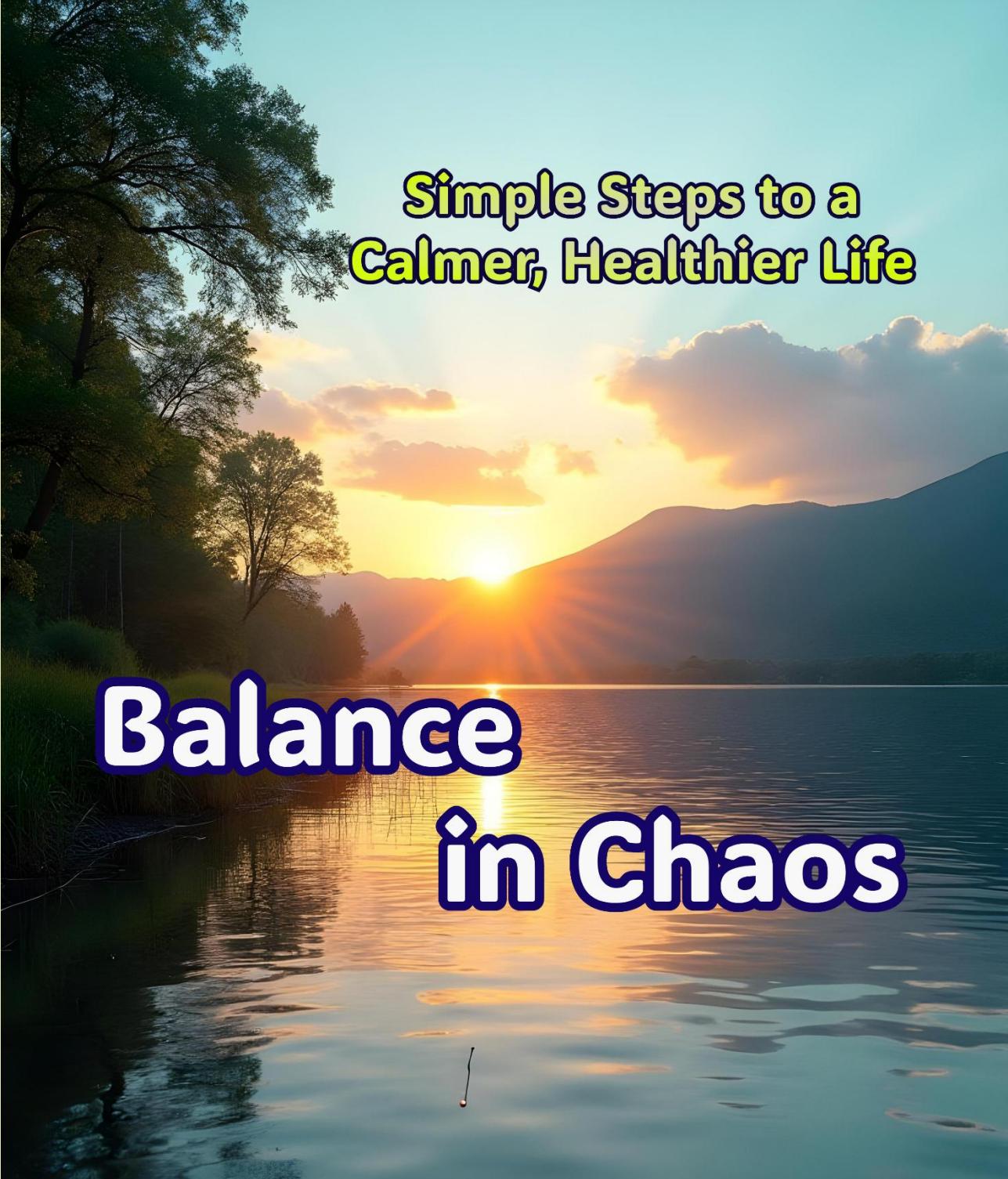
# Artificial Intelligence and Global Inequality

Navigating the Digital Divide  
in the Age of AI

# **Balance in Chaos: Simple Steps to a Calmer, Healthier Life**

by Quinn Parker

Unlock the secrets to a balanced and fulfilling life with "Balance in Chaos". This empowering guide offers practical strategies, transformative insights, and actionable steps to help you reclaim control, find clarity, and live with intention. Whether you're seeking calm amidst chaos or striving for deeper connection and purpose, this book is your roadmap to a life of harmony and growth. Ready to take the first step?



**Simple Steps to a  
Calmer, Healthier Life**

# **Balance in Chaos**

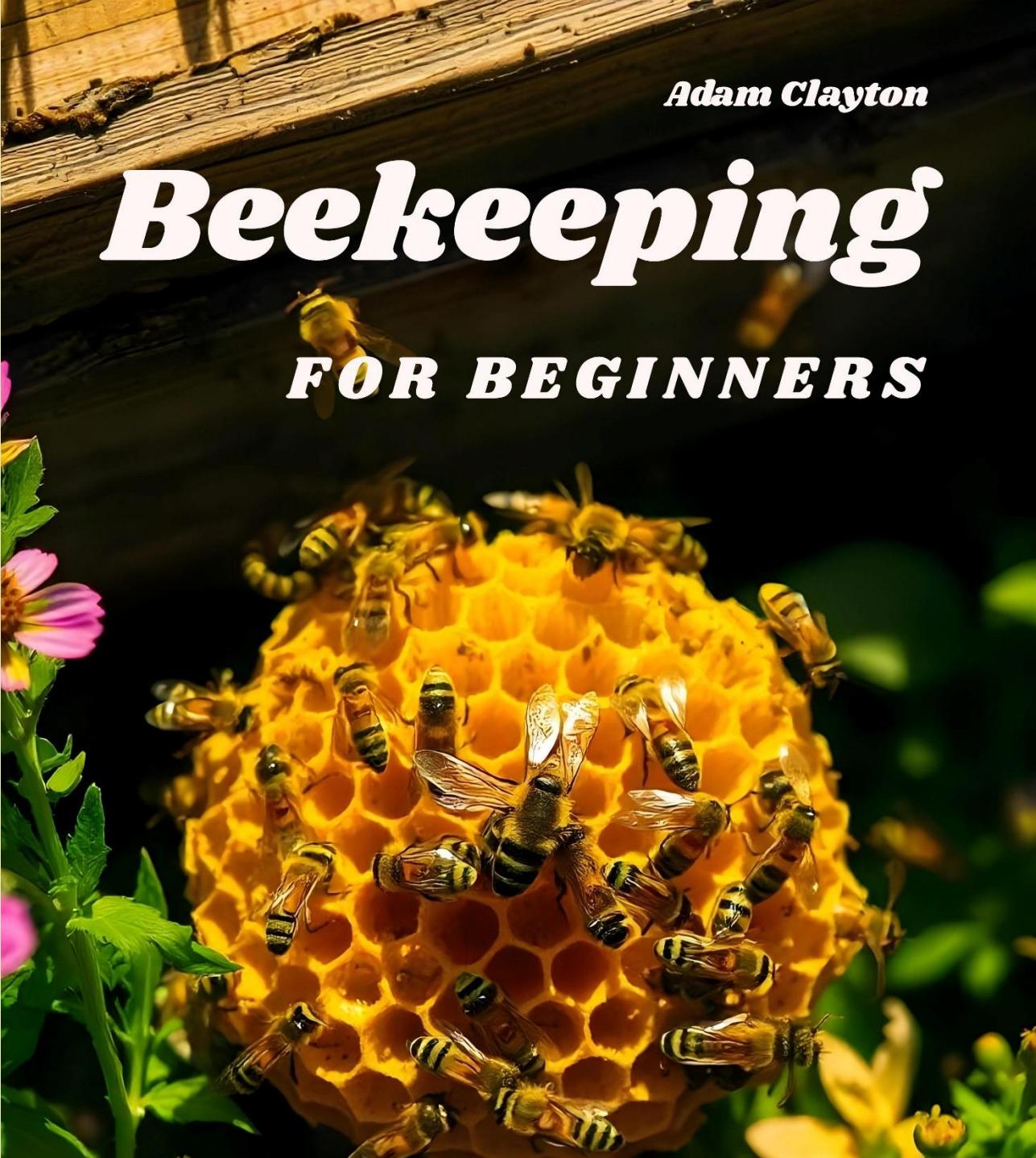
**Quinn Parker**

# **BEEKEEPING FOR BEGINNERS: From Hive to Honey: Mastering the Art of Beekeeping**

by Adam Clayton

🐝 Dive into the fascinating world of beekeeping with "Beekeeping for Beginners: From Hive to Honey"! 🎂 This comprehensive and accessible manual will guide you step-by-step on your journey from novice to expert beekeeper. Discover the secrets to successfully managing your hives, from choosing the right equipment to producing your first jar of golden honey. What you'll find inside: Detailed advice on selecting and preparing equipment Season-by-season hive management guides Insights into bee biology and behavior Techniques for preventing and managing pests and diseases Strategies for urban and sustainable beekeeping Methods for harvesting and processing honey and other hive products Whether you're an aspiring urban beekeeper or a countryside enthusiast, "From Hive to Honey" provides the knowledge and confidence you need to care for your bees and reap the sweet rewards of your labor. 🌸 Start your beekeeping adventure today and join the global community of enthusiasts making a difference, one hive at a time! 🌎

闺蜜 Perfect for bee-ginners and great as a gift!



*Adam Clayton*

# **Beekeeping**

## **FOR BEGINNERS**

***From Hive to Honey: Mastering  
the Art of Beekeeping***

# **Carnivore Diet Cookbook: Revitalize Your Health: Irresistible Meat Recipes for Rapid Weight Loss, Muscle Gain, and Pain Relief**

by Jordan Prescott

A comprehensive guide to the carnivore diet featuring meat-based recipes designed for weight loss, muscle gain, and pain relief. This cookbook offers easy-to-follow recipes suitable for busy professionals, health enthusiasts, and parents seeking healthier lifestyle options. It provides practical tips, expert advice, and nutritional insights to help readers overcome health concerns and dietary challenges. The book presents the carnivore diet as a revolutionary nutritional approach that can transform health through simple, delicious recipes that fit into busy schedules.

Jordan Prescott

# CARNIVORE DIET COOKBOOK

**Revitalise Your Health: Irresistible Meat Recipes  
for Rapid Weight Loss, Muscle Gain and Pain Relief**



**SUPER EASY  
RECIPES**

# **Chess For Beginners: The Ultimate Guide - Learn Basics and Secret Tactics Like a Pro**

by Lucas Grant

Unlock the secrets of chess with *Chess for Beginners*, your ultimate guide to mastering the fundamentals and building a strong foundation in the game. Whether you're completely new to chess or looking to sharpen your skills, this book breaks down essential concepts in a clear, engaging way that ensures quick progress and lasting knowledge. You'll explore the key rules, strategies, and tactics that can transform you from a novice into a confident player, ready to face any opponent. From understanding the board and mastering piece movement to exploring essential strategies like control of the center, piece development, and advanced tactics such as forks, pins, and skewers, this book covers it all. But chess is more than just moves—*Chess for Beginners* teaches you how to think ahead, plan your attacks, and outsmart your opponent, all while enjoying the journey of learning this timeless game. Packed with practical advice, annotated games, and tips on avoiding common pitfalls, this is your guide to becoming a well-rounded player. Whether your goal is casual play or competitive success, *Chess for Beginners* provides the tools you need to start winning more games today!

# CHESS

*for Beginners*

Lucas Grant

**The Ultimate Guide  
Learn Basics and Secret Tactics Like a Pro**

# **Cucina al Contrario: Ribalta la Tua Tavola!**

by Chef Savorelli

"Cucina al Contrario" è un viaggio gastronomico rivoluzionario che sfida le convenzioni culinarie tradizionali. In questo ricettario unico, ogni piatto è un'avventura dove dolce diventa salato, le consistenze si invertono e i contorni diventano protagonisti. Con oltre 50 ricette dettagliate, scoprirete come trasformare una lasagna in un'esperienza croccante, come rendere il gelato piccante e come far diventare le verdure il cuore di un dessert raffinato. Un libro per chi ama sperimentare senza perdere il comfort dei sapori familiari, perfetto per cuochi amatoriali e professionisti che vogliono esplorare nuovi territori gastronomici.

# Cucina al Contrario

Ribalta la Tua Tavola!

Eccitanti esperienze gastronomiche  
con Chef Savorelli



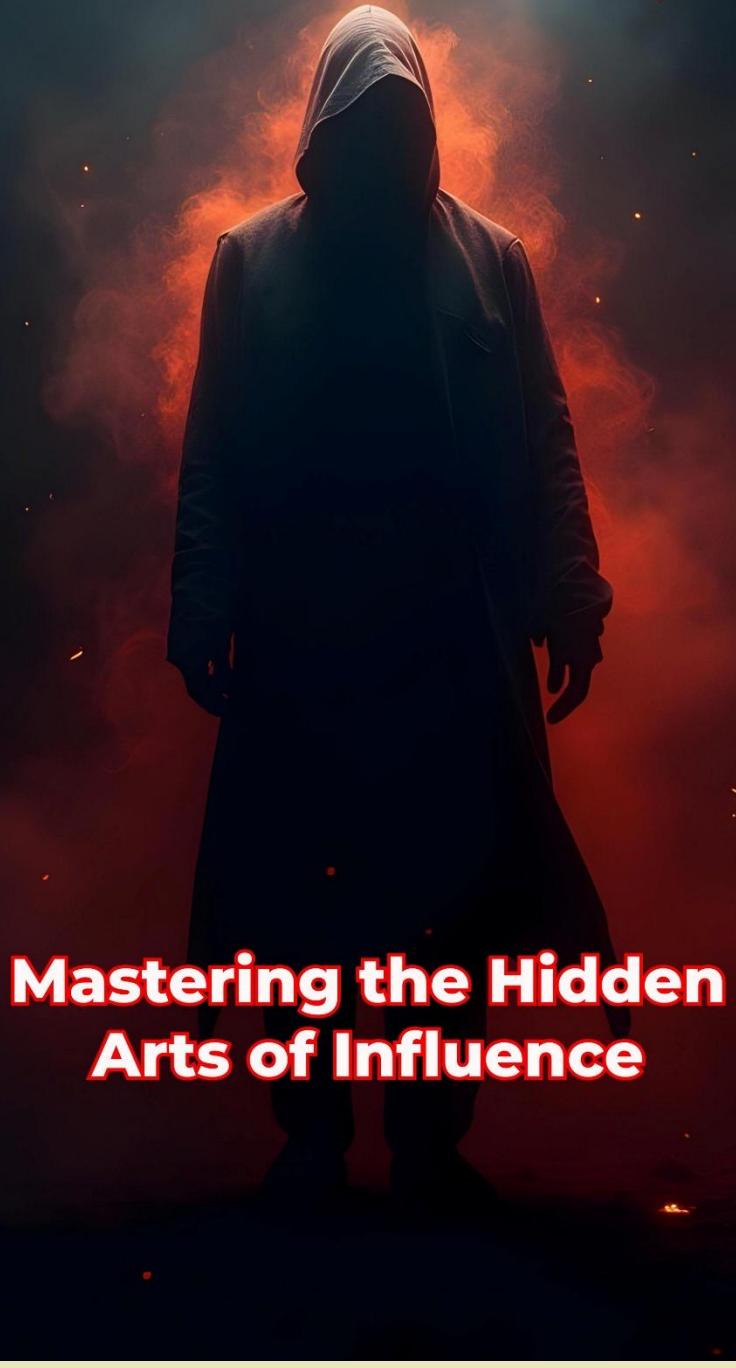
# **Dark Psychology and Manipulation: Mastering the Hidden Arts of Influence**

by Neil Danielson

Unlock the Secrets of Influence and Mastery with Dark Psychology and Manipulation! Dive into the ultimate guide that reveals the hidden tactics of persuasion, manipulation, and emotional control. Learn to recognize and counter deceptive techniques while harnessing the power of positive influence to take charge of your decisions and relationships. Packed with actionable insights and real-world examples, this book equips you with the tools to navigate a world filled with covert strategies and subtle pressures. Don't just defend yourself—become the master of your mind and interactions. Take control of your future. Empower your decisions.

Neil Danielson

# Dark Psychology and Manipulation



**Mastering the Hidden  
Arts of Influence**

# **Dark Psychology and Manipulation: Understanding the Hidden Architecture of Psychological Influence**

by Andrew Patterson

Discover the hidden mechanisms of psychological influence in this groundbreaking examination of dark psychology. Drawing from cutting-edge research in neuroscience, behavioral psychology, and social dynamics, this comprehensive guide reveals the sophisticated architecture of manipulation while providing powerful protective strategies. Unlike superficial treatments of this subject, this authoritative work delivers: Deep analysis of manipulation mechanics based on scientific research Advanced frameworks for identifying influence attempts Professional-grade protection strategies Ethical considerations for knowledge application Future trends and emerging threats in psychological manipulation Whether you're a professional seeking to protect yourself and others or someone interested in understanding the psychology of influence, this book provides invaluable insights into one of the most challenging aspects of human behavior.

**Andrew Patterson**

*Understanding the Hidden Architecture  
of Psychological Influence*

# **Dark Psychology and Manipulation**

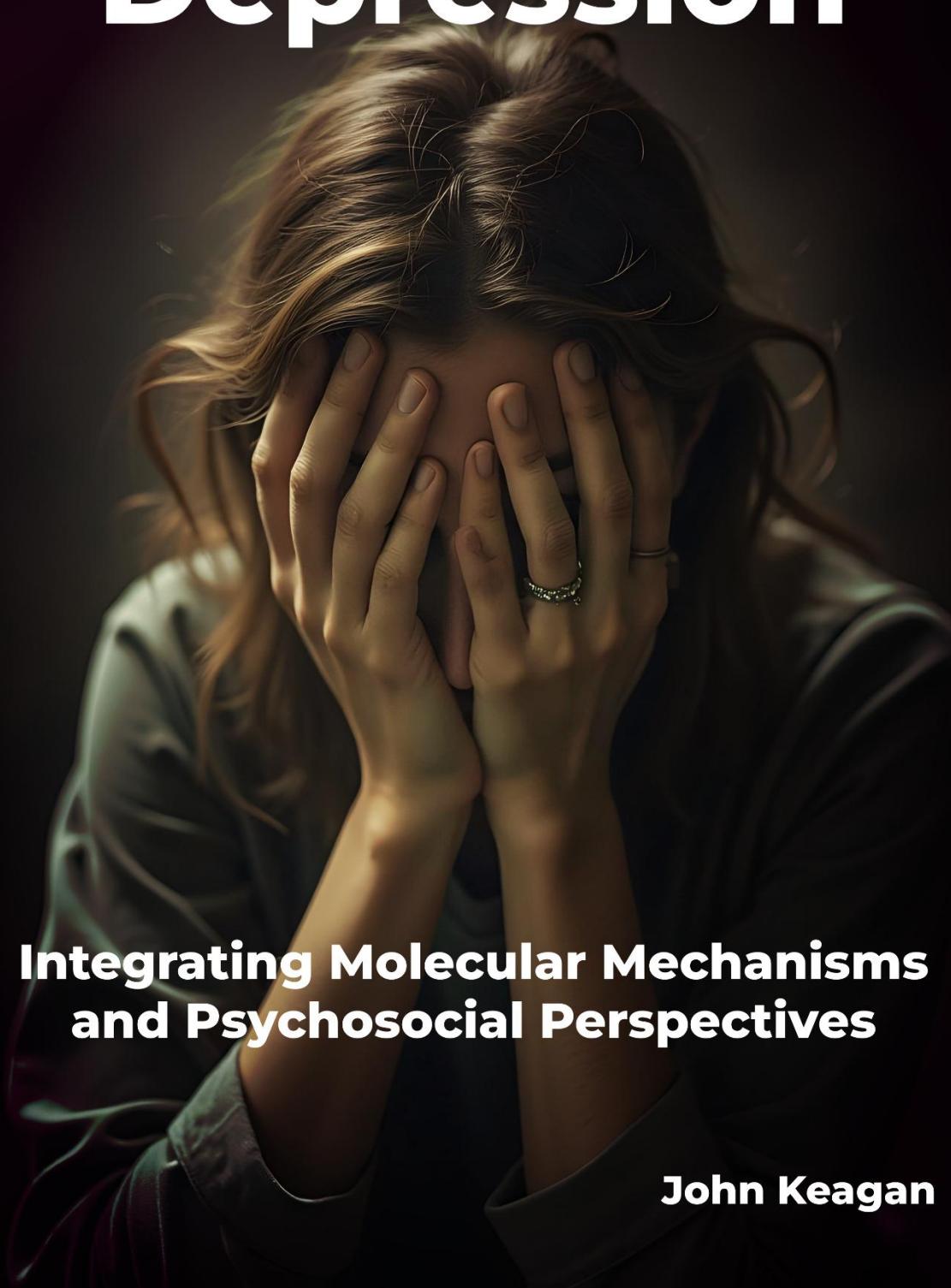


# **Depression: Integrating Molecular Mechanisms and Psychosocial Perspectives**

by John Keagan

"Depression: Integrating Molecular Mechanisms and Psychosocial Perspectives" is your definitive guide to understanding the complex interplay of biology, psychology, and society in one of the most pervasive mental health challenges of our time. This groundbreaking book unravels the science behind depression, exploring neurotransmitters, neuroplasticity, and inflammation alongside the profound impact of stress, relationships, and culture. Whether you're a mental health professional, researcher, student, or someone looking to deepen their understanding, this book offers a rare blend of cutting-edge research and practical insights. Each chapter is designed to illuminate depression's multifaceted nature and equip readers with knowledge for tackling this global issue. Take a step toward clarity and transformation.

# **Depression**

A photograph of a woman with long, wavy brown hair. She is shown from the side and back, with her head bowed and her hands covering her eyes and forehead. She is wearing a light-colored, short-sleeved top. The lighting is dramatic, with strong highlights on her hair and hands against a dark, moody background.

**Integrating Molecular Mechanisms  
and Psychosocial Perspectives**

**John Keagan**

# **Emotions in Growth: Guiding Children in Emotional Management**

by Eliza Siegel

"Emotions in Growth: Guiding Children in Emotional Management" Unlock the secrets to nurturing emotionally intelligent and resilient children in today's complex world! This comprehensive guide offers cutting-edge insights and practical strategies for parents, educators, and caregivers. Dive deep into: Understanding the adolescent brain and emotions Navigating cultural differences in emotional expression Recognizing signs of emotional distress and when to seek help Harnessing technology for emotional growth Building lifelong emotional resilience Don't miss this essential resource for anyone invested in the emotional well-being of the next generation. Your journey to becoming an emotional guide starts here!

# *Emotions in Growth*



**Guiding Children in Emotional Management**

**Eliza Siegel**

# **Emozioni Intrecciate: Cinque storie, un intreccio di emozioni indimenticabili**

by Sofia Valiani

"Emozioni Intrecciate" è una raccolta di cinque racconti che esplorano l'amore, le seconde possibilità e la forza delle connessioni umane. Ambientate in luoghi suggestivi come Parigi, un villaggio italiano immerso nella natura e una libreria fuori dal tempo, queste storie raccontano l'incontro tra personaggi imperfetti, autentici e pronti a riscoprire se stessi. Ogni racconto vi porterà in un viaggio unico: il battito di un amore inaspettato, il fascino di un mistero custodito nel tempo, il coraggio di affrontare il passato per abbracciare il futuro. Perfetto per chi cerca emozioni autentiche e un pizzico di magia nella vita di tutti i giorni. Se amate le storie che parlano al cuore e che vi lasciano con un sorriso e una riflessione, questa collana è ciò che fa per voi.



Sofia Valiani

# Emozioni Intrecciate

Cinque storie, un intreccio di  
emozioni indimenticabili

# **Entropia e resilienza: La frammentazione dell'ordine mondiale nella guerra tra Russia e Ucraina (Italian Edition)**

by Rob Pac

"Entropia e Resilienza: La frammentazione dell'ordine mondiale nella guerra tra Russia e Ucraina" è un viaggio intenso e profondo nelle dinamiche di un mondo sempre più instabile e frammentato. Dalla geopolitica alle sfide sociali, dai cambiamenti climatici alle innovazioni tecnologiche, questo libro esplora come il caos e il disordine plasmano la nostra realtà e come possiamo adattarci e prosperare in tempi di incertezza. Attraverso un'analisi lucida e rigorosa, offre uno sguardo sulle lezioni apprese dai conflitti moderni, con un focus particolare sulla crisi Russia-Ucraina, e propone strategie concrete per affrontare le sfide globali. Una lettura essenziale per chi cerca di comprendere le radici del disordine e di trovare soluzioni per un futuro resiliente.

**Rob Pac**

# **ENTROPIA E RESILIENZA**



**La frammentazione dell'ordine  
mondiale nella guerra tra  
Russia e Ucraina**



# **Focus and Mental Clarity: A Step-by-Step Guide to Overcoming Procrastination and Building Habits for Success**

by John Keagan

A practical guide addressing procrastination, distraction, and self-doubt by explaining the science of focus and psychology of procrastination. The book offers actionable strategies to rewire the brain for better concentration, overcome emotional triggers of procrastination, build sustainable habits, align goals with personal values, and develop emotional resilience. Through real-world examples and practical tools, it provides a blueprint for achieving personal growth, career advancement, and life balance by taking intentional action and maintaining momentum toward meaningful goals.

**John Keagan**

# **Focus and Mental Clarity**

**A Step-by-Step Guide to  
Overcoming Procrastination  
and Building Habits for Success**

# **GALVESTON Diet Cookbook Master Midlife Nutrition with Easy, Tasty Recipes That Work: Master Midlife Nutrition with Easy, Tasty Recipes That Work**

by Vivian Harper

A comprehensive cookbook designed specifically for midlife nutrition challenges, featuring recipes and meal plans based on the Galveston Diet principles. It offers solutions for hormonal changes, weight gain, and energy loss common during midlife transitions. The book includes over 80 easy-to-follow recipes for all mealtimes, 7-day meal plans for different phases, practical strategies for overcoming weight loss plateaus and managing cravings, plus tools like grocery lists and meal prep guidance. Created for busy professionals who want to address midlife health concerns without sacrificing flavor, it focuses on reducing inflammation and promoting sustainable weight management through delicious, accessible recipes tailored to midlife metabolic needs.

Vivian Harper

# GALVESTON DIET

## Cookbook *for Beginners*

Master Middle-age Nutrition  
with Easy and Tasty Recipes  
that Really Work



EASY RECIPES

# **GESÙ NEL TERZO MILLENNIO: Tra Follia e Santità, Quale Ruolo Avrebbe Oggi il Figlio di Dio?**

by Lorenzo De Sanctis

Un'esplorazione teologica e sociologica che analizza come la figura di Gesù e i suoi insegnamenti sarebbero percepiti nel mondo contemporaneo. Il libro esamina l'impatto della globalizzazione e della tecnologia digitale sulla spiritualità, immaginando come il messaggio di Gesù potrebbe essere interpretato, distorto o amplificato attraverso i social media e in una società secolarizzata. Offre riflessioni su come il suo messaggio di amore radicale e non-violenza si confronterebbe con il secolarismo moderno, il potenziale ruolo di Gesù nel dialogo interreligioso come figura ponte tra diverse fedi, e le possibili reazioni pubbliche che spaziano dall'adorazione alla derisione all'indifferenza. Un'opera che invita a ripensare la spiritualità contemporanea e il significato della fede in un mondo interconnesso.

# GESU'

## NEL TERZO MILLENNIO

**Tra Follia e Santità,  
Quale Ruolo Avrebbe  
Oggi il Figlio di Dio?**



**LORENZO DE SANCTIS**

# **Halloween Cookbook for Little Monsters: Spooky Snacks and Creepy Treats**

by Candice Cauldron

A Halloween-themed cookbook offering over 60 fun and easy recipes for families. "Spooky Snacks and Creepy Treats" includes morning breakfast ideas, snacks, main dishes, sides, desserts, and drinks—all designed with a Halloween twist. Beyond recipes, it serves as a complete party planning guide with entertaining ideas, edible crafts, fall activities, and nutrition notes for health-conscious parents. With easy-to-follow instructions, the cookbook aims to help families create memorable Halloween celebrations through food, making it a comprehensive resource for anyone looking to add festive flair to their October gatherings. Perfect for parents wanting to create special Halloween experiences for their "little monsters."

# Candice Cauldron

# Halloween Cookbook

**Spooky Snacks  
and Creepy Treats**

**A Ghoulishly Good  
Halloween Cookbook  
for Little Monsters**

**60+ Easy, Fun, and Frighteningly  
Delicious Recipes  
for Young Chefs  
and Their Grown-Up Assistants**

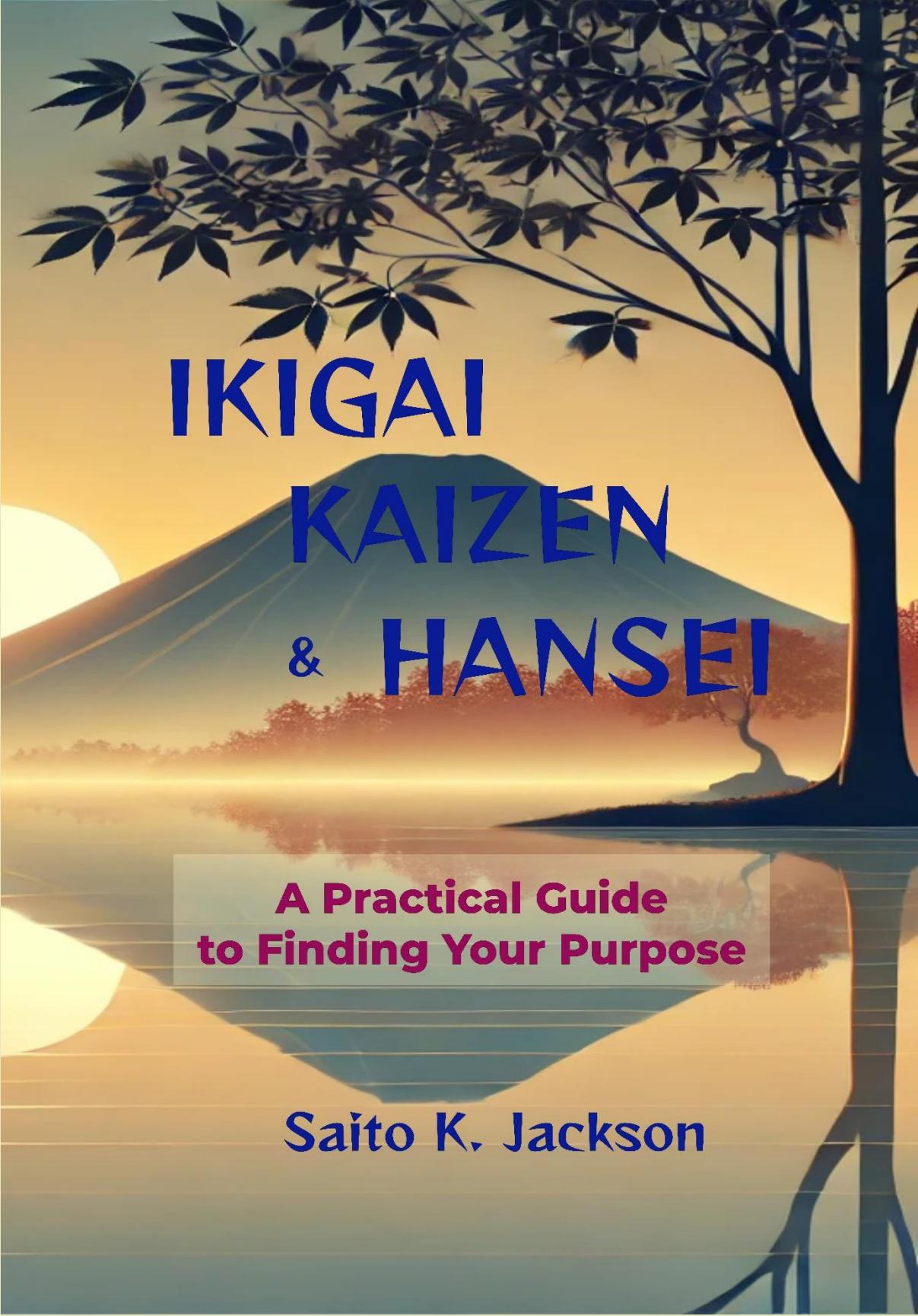


# **IKIGAI, KAIZEN & HANSEI: A Practical Guide to Find Your Purpose**

by Saito K. Jackson

Discover the Secret to a Fulfilling Life with "IKIGAI, KAIZEN & HANSEI: A Practical Guide to Find Your Purpose" Are you searching for deeper meaning in your life? Do you want to align your passions with your career and make a positive impact on the world? This transformative guide combines three powerful Japanese concepts to help you unlock your true potential:

- 🎯 Ikigai: Uncover your reason for being 🌱
- Kaizen: Embrace continuous improvement 🔍
- Hansei: Master the art of self-reflection Through practical exercises, real-life examples, and actionable strategies, this book will show you how to: Identify your unique talents and passions Align your career with your personal values Develop resilience and overcome challenges Create meaningful relationships and build a supportive community Leave a lasting legacy that reflects your life's purpose Don't let another day pass feeling unfulfilled or disconnected from your true calling. Start your journey to a purpose-driven life today!



# IKIGAI KAIZEN & HANSEI

A Practical Guide  
to Finding Your Purpose

Saito K. Jackson

# **Il Silenzio delle Vette: La verità ha sempre un prezzo**

by Alessandra Montalcini

In una remota valle alpina, il villaggio di Oberruhe sembra un paradiso idilliaco, congelato nel tempo. Le sue strade acciottolate, le case in legno e l'eco delle campane della chiesa raccontano una storia di tranquillità. Ma sotto questa facciata serena, si cela un sistema di controllo spietato. La Concordia, l'organizzazione che governa il villaggio, sostiene che una peste mortale abbia devastato il mondo esterno, rendendo l'isolamento l'unica salvezza possibile. Elisa Hauser, una giovane dal cuore ribelle e dalla mente curiosa, non ha mai creduto completamente a quelle storie. Quando scopre un'antica mappa che rivela un passaggio segreto oltre le montagne, la sua determinazione a scoprire la verità la porta a scontrarsi con i segreti oscuri di Oberruhe. Tra complessi sotterranei, una tecnologia avanzata che contrasta con l'apparente semplicità del villaggio, e un sistema progettato per soffocare ogni volontà, Elisa dovrà guidare una ribellione per la libertà. Ma il costo della verità sarà altissimo. Un romanzo distopico che intreccia suspense, introspezione e azione, esplorando i limiti del controllo e la forza della resistenza umana. Se hai amato "The Giver", "The Hunger Games" o "1984", "Oltre le Montagne" ti porterà in un viaggio di scoperta e ribellione che non dimenticherai.

# Il Silenzio delle Vette

**La verità ha sempre un prezzo**

**Alessandra Montalcini**



# **KETO DIET COOKBOOK FOR BEGINNERS: Family-friendly keto recipes**

by Grace Mitchell

Discover the Power of Keto for Your Whole Family! Are you looking to embrace a healthier lifestyle but worried about how to make it work for your entire family? "KETO DIET COOKBOOK FOR BEGINNERS: Family-friendly keto recipes" is your ultimate guide to transforming your family's health without sacrificing taste or convenience. Inside, you'll find: 100+ delicious, easy-to-make keto recipes that even the pickiest eaters will love A comprehensive guide to starting and maintaining a keto lifestyle as a family Tips for adapting keto for growing children and active teens Strategies for handling social situations and holidays while staying keto Meal plans and shopping lists to make your keto journey stress-free This isn't just another diet cookbook – it's a family health revolution in your hands. From kid-approved breakfasts to satisfying dinners and guilt-free desserts, every recipe is designed with your family in mind. Learn how to: Navigate common challenges like picky eating and different nutritional needs Balance keto with other dietary requirements Make keto work for various activity levels within your family With "KETO DIET COOKBOOK FOR BEGINNERS," you're not just cooking – you're crafting a healthier, happier future for your loved ones.

# KETOGENIC DIET

## Cookbook

*for Beginners*

Grace Mitchell

**Family-friendly keto recipes**

# **La Felicità Un'illusione Moderna?: Viaggio Sarcastico nel Paese dei Sorrisi Forzati**

by Marco Fioretti

Stanco di sorridere a 32 denti mentre dentro stai urlando? 😊 "La Felicità - Un'illusione Moderna?" è il tuo biglietto per un viaggio esilarante nel cuore dell'ossessione contemporanea per la felicità. Con una dose massiccia di sarcasmo 🤪 e una spruzzata di verità scomode, questo libro esplora: Routine mattutine da incubo ☀️ L'inferno dei social media 📱 La corsa al successo professionale 💼 Il dating nell'era digitale ❤️ L'ossessione per il corpo perfetto 💪 La mindfulness e altre bugie 🧘 Il consumismo come ricetta per la (in)felicità 💳 Preparati a ridere, piangere e forse anche a trovare un barlume di vera felicità in questo viaggio tragicomico attraverso la follia della vita moderna.

# **LA FELICITA' UN'ILLUSIONE MODERNA?**



**Viaggio Sarcastico nel  
Paese dei Sorrisi Forzati**

**Marco Fioretti**

# **La Psicologia della Superstizione: Origini, Funzioni e Impatti**

by John Keagan

Esplora i segreti più profondi della mente umana con La psicologia della superstizione, un viaggio affascinante tra credenze, tradizioni e scoperte scientifiche. Questo libro ti guiderà attraverso le origini storiche e culturali delle superstizioni, le dinamiche psicologiche che le alimentano e il loro impatto nella società moderna, fino all'era digitale. Se sei curioso di capire perché crediamo in ciò che non possiamo spiegare, questo libro ti fornirà risposte illuminanti e spunti sorprendenti. Non perdere l'occasione di arricchire la tua mente con un'opera che unisce scienza e cultura.

# **La Psicologia della Superstizione**



**Origini, Funzioni e  
Impatti**



**John Keagan**

# **La Via del Guerriero Illuminato: Virtù Marziali e Saggezza Buddhista**

by Adrian Stone

🔥 Scopri i segreti millenari delle arti marziali tradizionali attraverso una prospettiva completamente nuova! Questo non è il solito libro sulle arti marziali. È un viaggio profondo attraverso la saggezza del guerriero, dove tecniche antiche si trasformano in strumenti di crescita personale e spirituale per la vita moderna. ⚡ Cosa troverai in questo libro: La fusione unica tra filosofia buddhista e pratica marziale Tecniche concrete per trasformare la tua pratica quotidiana La via del guerriero applicata alle sfide contemporanee 🎯 Perfetto per praticanti di ogni livello che cercano di approfondire la dimensione interiore della loro arte.

# **La Via del Guerriero Illuminato**

**Adrian Stone**



**Virtù Marziali e Saggezza  
Buddhista**

# **Low-FODMAP Diet for Beginners: Your Comprehensive Guide to Managing IBS and Digestive Wellness**

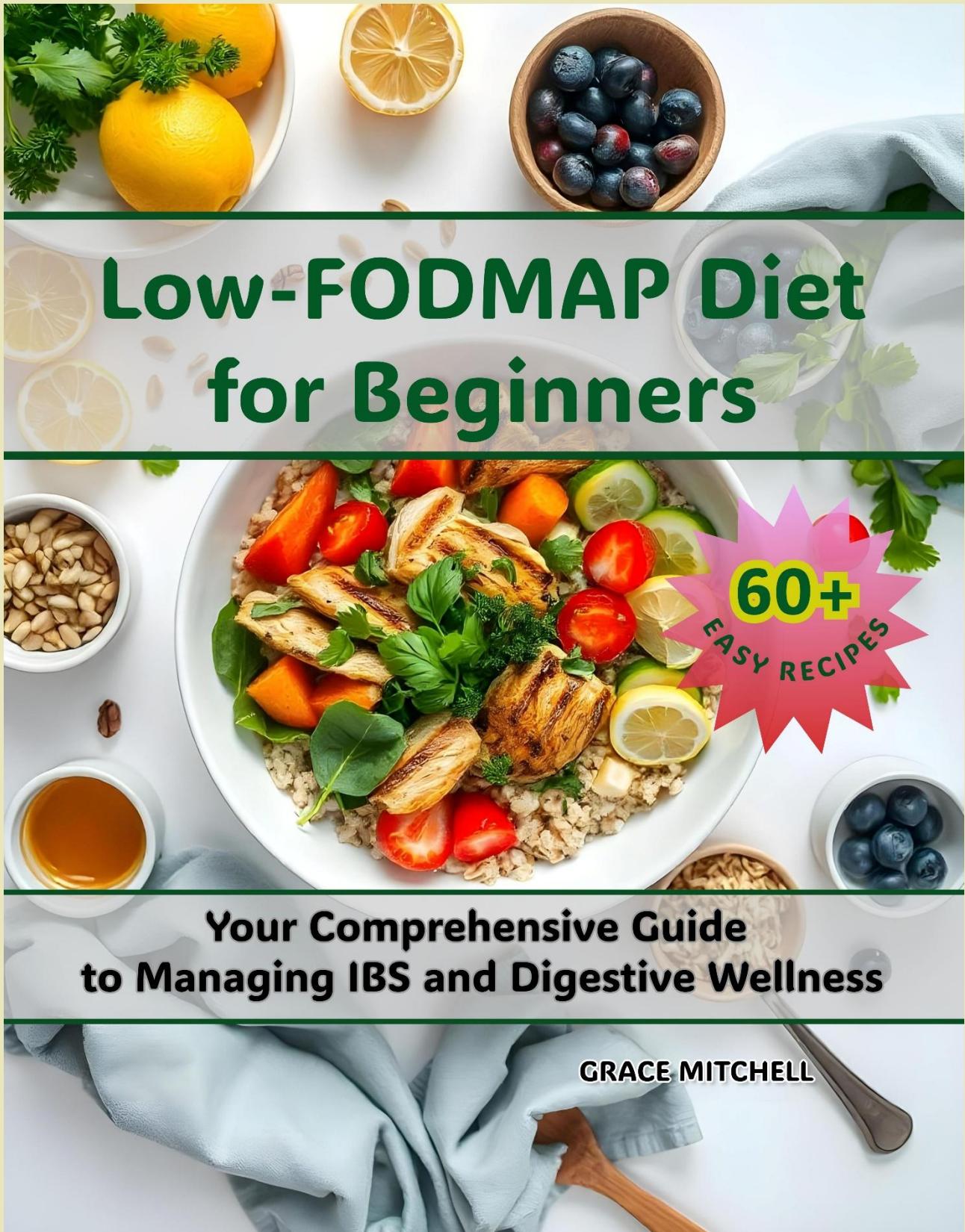
by Grace Mitchell

Take control of your digestive health with the ultimate beginner's guide to the Low-FODMAP Diet! Are you tired of dealing with uncomfortable digestive issues? You're not alone! This comprehensive cookbook and guide will help you navigate the low-FODMAP diet with confidence and ease. What's inside?

- 60+ delicious, easy-to-follow recipes 
- Clear, step-by-step instructions 
- Complete food lists of what to eat and avoid 
- Simple explanations of the science behind FODMAPs 
- Success stories from real people 
- Meal planning tips and shopping guides 
- Expert advice for each phase of the diet

From breakfast to dinner, snacks to desserts, we've got you covered with mouthwatering recipes that won't upset your stomach. Each recipe has been carefully crafted to be:

- Easy to prepare
- Made with readily available ingredients
- Full of flavor
- IBS-friendly
- Perfect for the whole family
- Don't let digestive issues control your life anymore!
- Join thousands of others who have found relief through the low-FODMAP diet.



# **Master Your Anger: A Practical Guide to Understanding and Managing Your Emotions**

by John Keagan

Unlock the Power of Emotional Freedom! Discover how to transform anger into your greatest strength with Master Your Anger: A Practical Guide to Understanding and Managing Your Emotions. From identifying triggers to mastering mindfulness and turning conflicts into growth opportunities, this book is your ultimate roadmap to emotional resilience. Whether you're seeking calmer relationships, greater self-awareness, or tools to navigate life's challenges, this guide offers actionable strategies backed by science. Your journey to emotional balance starts today. Don't wait—take control of your well-being and achieve your goals.

# MASTER YOUR ANGER

A Practical Guide to  
Understanding  
and Managing  
Your Emotions

From Triggers to  
Transformation—Take Control  
of Your Emotional Well-Being

John Keagan

# Mediterranean Diet Cookbook: Timeless Recipes for Every Occasion

by Sophia Russo Bennett

☀️ Discover the Mediterranean Secrets to a Perfect Feast 🌿 From the bustling markets of Sicily to the sun-soaked coasts of Greece, Sophia Russo Bennett brings you on a journey through the heart of the Mediterranean with her mouth-watering recipes and expert tips. Whether you're hosting a vibrant dinner party or planning a festive holiday meal, this cookbook is your guide to creating unforgettable Mediterranean feasts. Packed with authentic recipes that celebrate the flavors of the Mediterranean—from succulent lamb roasts to refreshing Aperol Spritzes—you'll find everything you need to craft meals that impress your guests and bring warmth and joy to every occasion. 🍋VINE Elevate your table setting with stunning presentation tips, and create a dining experience that reflects the true spirit of Mediterranean hospitality. Get ready to infuse your kitchen with rich, sun-drenched flavors and create memories that will last a lifetime. 🌿🌟



# **Memory Biases: A Comprehensive Scientific Analysis (Understanding the Mind)**

by John Keagan

A comprehensive scientific exploration of memory biases that reveals how the mind shapes reality, identity, and decision-making. This guide examines phenomena from the Mandela Effect to trauma's impact on memory formation, drawing from leading research worldwide. It explains why the brain selectively remembers certain events while forgetting others, and how emotional experiences create lasting memory imprints. The book covers how memories form our sense of self, why groups share false memories, memory enhancement science, emotional influences on recollection, techniques for improving accuracy, recent research findings, and professional applications. Written for psychology students, mental health professionals, and curious readers, it translates complex neuroscientific concepts into accessible explanations with practical applications. Each chapter builds on previous content to create a comprehensive framework for understanding memory processes and their daily impact, making it valuable for education, professional development, and personal growth.

# **MEMORY BIASES**



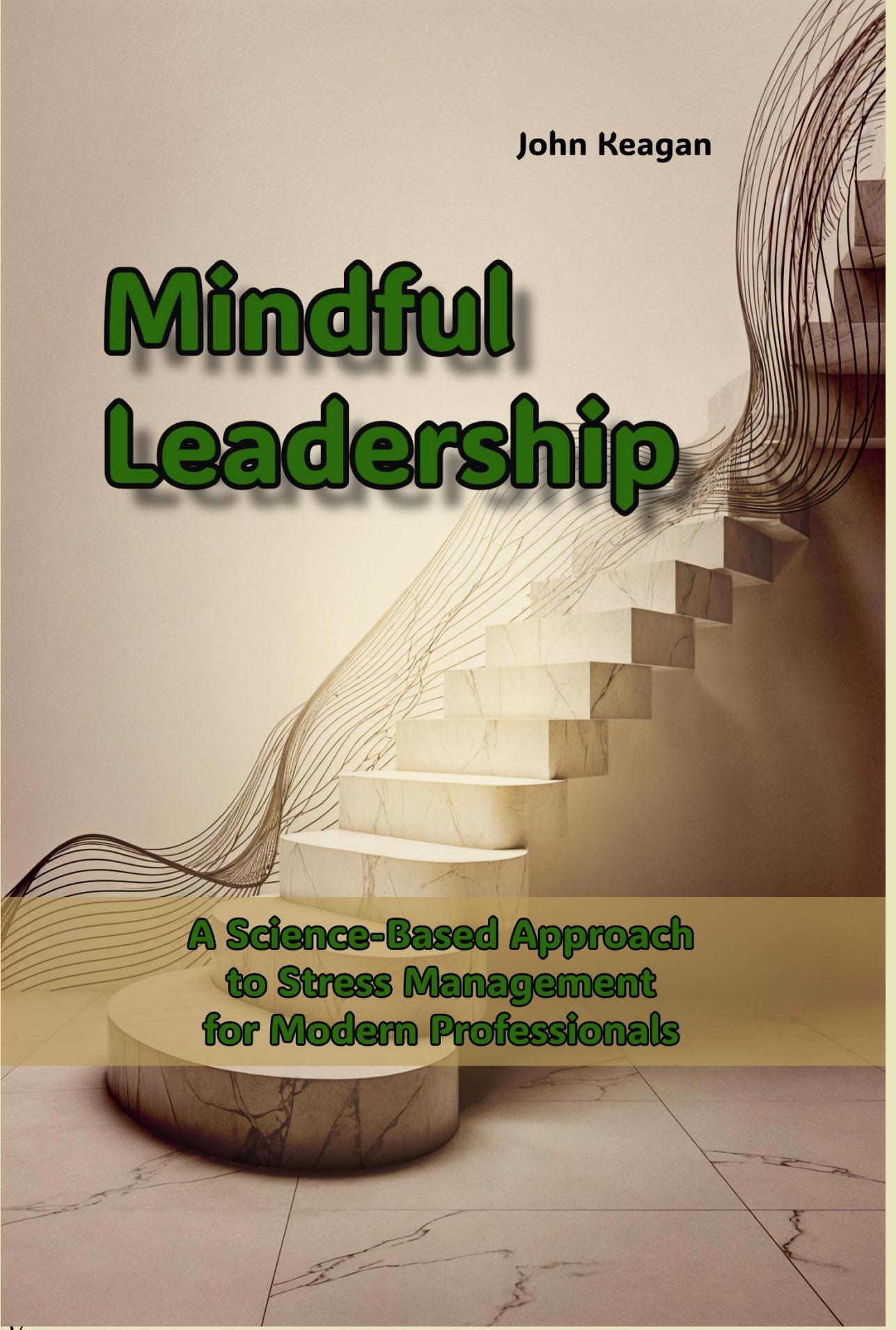
**A Comprehensive  
Scientific Analysis**

**John Keagan**

# **Mindful Leadership: A Science-Based Approach to Stress Management for Modern Professionals**

by John Keagan

A science-based guide that combines neuroscience with business applications to help professionals enhance leadership capabilities and organizational performance through mindfulness. Supported by research from Harvard, Stanford, and MIT, it showcases successful mindfulness implementations at major corporations that improved productivity, reduced healthcare costs, and strengthened team dynamics. The book addresses modern workplace challenges like digital fatigue and information overload, offering practical techniques for better decision-making under pressure, managing technology stress, building sustainable performance, developing emotional intelligence, and implementing organizational change. Designed for executives and professionals at all levels seeking to transform workplace pressure into excellence.



John Keagan

# Mindful Leadership

A Science-Based Approach  
to Stress Management  
for Modern Professionals

# **Mindful Parenting: A Guide to Positive Discipline and Emotional Growth**

by Eliza Siegel

Discover the transformative power of mindful parenting! Are you struggling with tantrums, defiance, and emotional meltdowns? Do you wish you could connect more deeply with your child? "Mindful Parenting" is your comprehensive guide to creating a harmonious, loving family life using positive discipline techniques and emotional intelligence strategies. In this groundbreaking book, Eliza Siegel reveals:

- ✓ The secret to ending power struggles and fostering cooperation
- ✓ How to set loving boundaries that actually work
- ✓ Proven techniques to boost your child's emotional intelligence
- ✓ Strategies for managing your own emotions during parenting challenges
- ✓ The key to raising resilient, self-motivated kids
- ✓ Drawing from cutting-edge research and real-life success stories, Siegel offers practical, easy-to-implement tools that will revolutionize your approach to parenting.

You'll learn how to:

- ✓ Transform conflict into opportunities for growth and connection
- ✓ Nurture your child's self-esteem and intrinsic motivation
- ✓ Create a calm, positive home environment
- ✓ Raise emotionally intelligent children ready to thrive in today's world

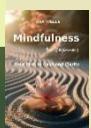
Whether you're a new parent or dealing with teenage challenges, "Mindful Parenting" provides the roadmap you need to build strong, loving relationships with your children at every age. Don't wait another day to bring peace and joy back to your family life.

Eliza Siegel

# Mindful Parenting



**A Guide to Positive Discipline  
and Emotional Growth**



# Mindfulness per principianti: Il Percorso verso la Calma e la Chiarezza

by Ava Wells

- ❖ Mindfulness per Principianti: Trasforma la Tua Vita con Presenza e Pace
- ❖ Scopri il potere trasformativo della mindfulness con questa guida completa progettata appositamente per i principianti! Mindfulness per Principianti ti insegnerebbe a coltivare la consapevolezza, ridurre lo stress e sviluppare la resilienza emotiva attraverso la semplice ma profonda pratica della mindfulness. In questo libro, imparerai a integrare la mindfulness nella tua routine quotidiana, padroneggiando tecniche essenziali come la respirazione consapevole e il body scan, e applicando queste pratiche alle attività di tutti i giorni come mangiare, lavorare e comunicare. Con istruzioni passo dopo passo e approfondimenti dalla ricerca scientifica più recente, comprenderai come la mindfulness può riprogrammare il cervello per ottenere maggiore concentrazione, compassione e calma. Che tu stia cercando sollievo dall'ansia, relazioni migliori o un senso più profondo di scopo, Mindfulness per Principianti ti fornisce gli strumenti e le tecniche per trasformare la tua vita dall'interno. Inizia oggi il tuo viaggio nella mindfulness e scopri come la presenza può portare a un benessere duraturo e a una realizzazione profonda!
- ❖ Benefici Chiave: ❖ Scopri come la mindfulness migliora la chiarezza mentale, la regolazione emotiva e la gestione dello stress. Ottieni consigli pratici su come integrare la mindfulness nelle tue attività quotidiane. Comprendi la scienza della mindfulness e come riprogramma il tuo cervello. Segui le tecniche passo dopo passo per la respirazione consapevole, la meditazione e altro! ✓ Fai il primo passo verso una vita più serena, concentrata e appagante oggi stesso!



AVA WELLS

# Mindfulness

per Principianti

**Il Percorso verso  
la Calma e la Chiarezza**

# **Miyu Introduces Her Friends: Coloring Book**

by Alexia B.

Dive into a world of imagination with this delightful coloring book, perfect for young artists! Inside, you'll meet 10 unique characters, each with their own stories and personalities, ready to come to life with your child's favorite colors. From Hana, the nature explorer, to Nana, the aspiring astronomer, these friends bring a variety of interests and adventures that children will love to discover. Each page features a single character with clear, easy-to-color outlines, making it ideal for young kids to build confidence in coloring. Designed with simplicity and creativity in mind, this coloring book is great for ages 4 and up. Perfect for family time, rainy days, or quiet play, this book encourages children to explore storytelling through art. Let their imaginations soar as they bring each character's world to life!

# Miyu Introduces Her Friends



## Coloring Book

Alexia B.

# **Mocktail Magic: Il Mondo dei Cocktail Analcolici**

by Chef Savorelli

Benvenuti nell'universo dei mocktail! 🍊 ✨ Mocktail Magic è il ricettario definitivo per chi desidera creare bevande deliziose, colorate e completamente analcoliche. Perfetto per feste, brunch, serate rilassanti o momenti di creatività in cucina, questo libro ti guiderà passo dopo passo nella preparazione di oltre 100 ricette uniche. Scopri mocktail frizzanti, cremosi, esotici e detox, con tecniche avanzate e suggerimenti per decorazioni mozzafiato. Impara a preparare sciroppi fatti in casa, sperimenta con ingredienti sorprendenti e stupisci i tuoi ospiti con drink che sono veri e propri capolavori. Che tu sia un principiante o un esperto, Mocktail Magic trasformerà ogni bicchiere in un'esperienza indimenticabile! 🍊 ✨ 📖 Cosa troverai all'interno: Ricette per ogni occasione e stagione. Tecniche di preparazione e trucchi professionali. Idee creative per abbinamenti e decorazioni. Sorprese gourmet per chi ama stupire. Pronto a shakerare la tua creatività? Mocktail Magic è il tuo compagno ideale!

**Chef Savorelli**

# **Mocktail Magic**

**Il Mondo dei  
Cocktail Analcolici**



# **Nonna Lina's Italian Kitchen: Stories and Simple Recipes from a Centenarian's Heart**

by Antony Lucchesi

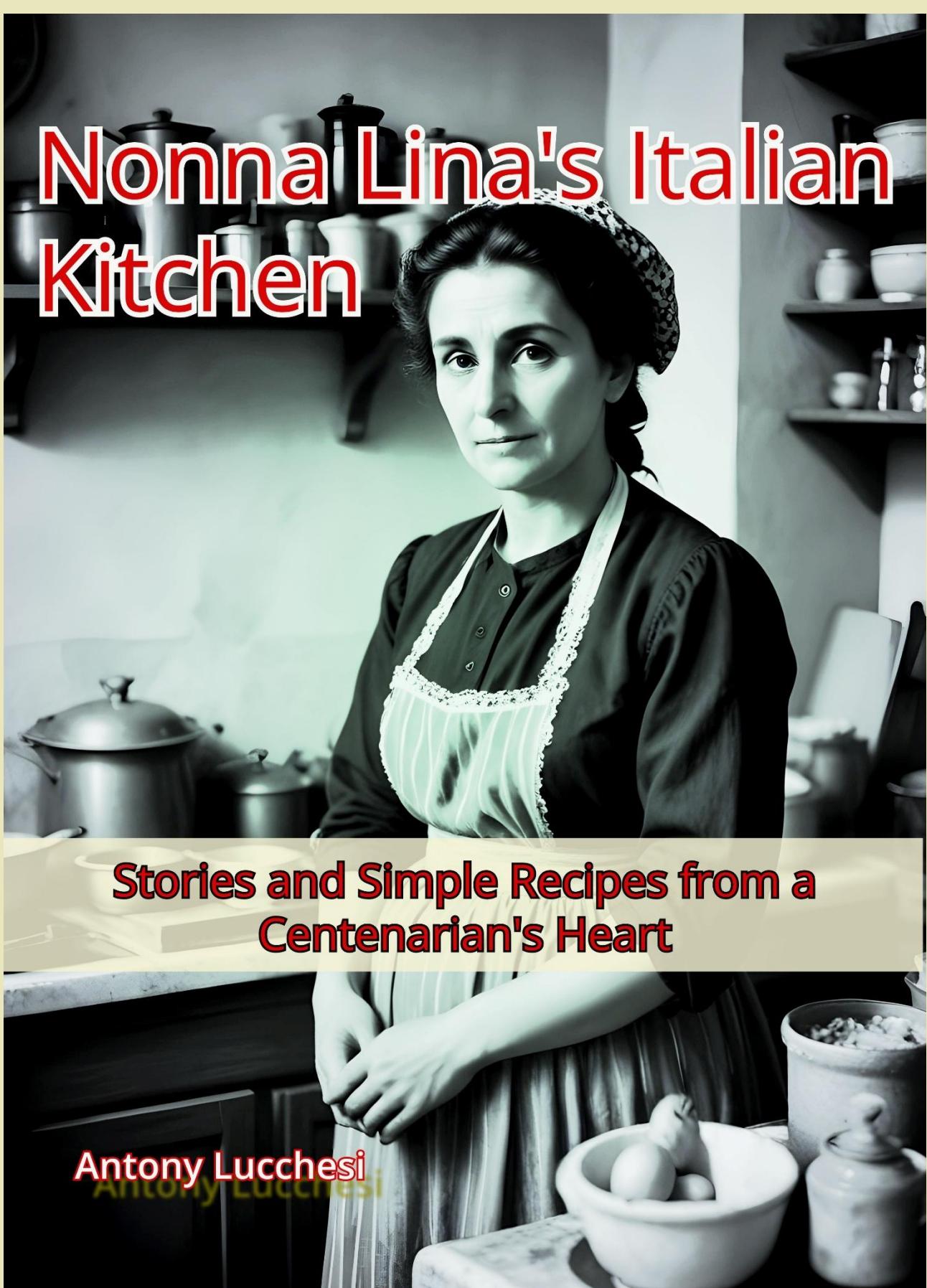
Discover authentic Italian cooking through the eyes of a remarkable centenarian in this touching collection of recipes and memories. Boston chef Anthony (Tony) Lucchesi preserves his grandmother's culinary legacy in "Nonna Lina's Italian Kitchen," taking readers from Southern Italy to Boston's North End through 55 detailed recipes and family stories. Explore time-honored pasta dishes, bread-making secrets, simple vegetable preparations, traditional preservation techniques, and sweet treats that embody an Italian grandmother's love. This cookbook is a master class in "cucina povera"—the ingenious "poor cooking" tradition transforming humble ingredients into extraordinary meals. Each recipe includes Nonna Lina's personal memories and invaluable tips passed down through generations. Perfect for home cooks seeking authentic Italian recipes, food lovers interested in traditional techniques, and anyone wanting to connect with Italian heritage. Features family-tested recipes with clear instructions, stories behind each dish, traditional techniques explained in modern terms, and Nonna's wisdom throughout.

# Nonna Lina's Italian Kitchen

Stories and Simple Recipes from a  
Centenarian's Heart

Antony Lucchesi

Antony Lucchesi



# **Oltre il Sentiero: Etica, Natura e Vita nel Postumano: Un dialogo tra il viandante e il suo tempo**

by Lorenzo De Sanctis

In un'epoca dominata dalla tecnica, dall'iperconnessione e dalla crisi ambientale, il viandante emerge come una figura archetipica e rivoluzionaria, capace di offrire una nuova etica per vivere in equilibrio con il mondo. Questo libro, ispirato ai principi de L'etica del viandante di Umberto Galimberti, approfondisce il concetto del cammino come ricerca esistenziale e come strumento per affrontare le sfide del presente. Cosa troverai in questo libro: Una riflessione filosofica e narrativa sul rapporto tra uomo, tecnica e natura. Storie di moderni viandanti, cammini storici e comunità che riscoprono la lentezza e la sostenibilità. Un'analisi dei concetti chiave del nostro tempo: Antropocene, limite, lentezza, solidarietà. Spunti pratici per vivere in armonia con i ritmi naturali e riscoprire la bellezza del cammino, fisico e interiore. Oltre il Sentiero è solo un libro per chi cerca nuove prospettive sul futuro, un equilibrio tra progresso e rispetto per la terra, e un'etica capace di connettere l'uomo con la natura e con sé stesso.

# **Oltre il Sentiero: Etica, Natura e Vita nel Postumano**

**Un dialogo tra il viandante e il suo tempo**

**Lorenzo De Sanctis**

# **Oltre l'Orizzonte del Tempo: Cronache di una Famiglia Ritrovata**

by Alessandra Montalcini

'Oltre l'Orizzonte del Tempo' è un avvincente romanzo che intreccia le vite di tre generazioni di donne, divise da oceani e segreti familiari. Quando Eleonora Alderighi, una psicoterapeuta milanese, scopre un misterioso diario appartenente a sua nonna, si imbarca in un viaggio emozionante che la porta da Milano a Roma, fino a Buenos Aires. Svela una storia d'amore nata durante la Seconda Guerra Mondiale, un segreto custodito per decenni e una famiglia divisa tra due continenti. Questo romanzo esplora temi di identità, perdono e il potere dell'amore di trascendere il tempo e la distanza, offrendo una riflessione profonda sui legami familiari e sul peso dei segreti attraverso le generazioni.

**Alessandra Montalcini**



**Cronache di una Famiglia Ritrovata**