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Practical travel guide to Sardinia featuring points-of-interest structured lists of all sights and off-the-beaten-track treasures, with detailed colour-coded maps, practical details about what to see and to do in Sardinia, how to get there and around, pre-departure information, as well as top time-saving tips, like a visual list of things not to miss in Sardinia, expert author picks and itineraries to help you plan your trip. The Rough Guide to Sardinia covers: Cagliari, the Southwest, Campidano, La Marmilla and Sarrabus, Oristano and around, Alghero and the Northwest Coast, Sassari and around, Gallura, and Nuoro and Ogliastra Inside this travel guide you'll find: **RECOMMENDATIONS FOR EVERY TYPE OF TRAVELLER** Experiences selected for every kind of trip to Sardinia, from off-the-beaten-track adventures in Sassari to family activities in child-friendly places, like La Marmilla or chilled-out breaks in popular tourist areas, like Cagliari. **PRACTICAL TRAVEL TIPS** Essential pre-departure information including Sardinia entry requirements, getting around, health information, travelling with children, sports and outdoor activities, food and drink, festivals, culture and etiquette, shopping, tips for travellers with disabilities and more. **TIME-SAVING ITINERARIES** Carefully planned routes covering the best of Sardinia give a taste of the richness and diversity of the destination, and have been created for different time frames or types of trip. **DETAILED REGIONAL COVERAGE** Clear structure within each sightseeing chapter includes regional highlights, brief history, detailed sights and places ordered geographically, recommended restaurants, hotels, bars, clubs and major shops or entertainment options. **INSIGHTS INTO GETTING AROUND LIKE A LOCAL** Tips on how to beat the crowds, save time and money and find the best local spots for wine tasting, eating out and sunbathing. **HIGHLIGHTS OF THINGS NOT TO MISS** Rough Guides' rundown of Campidano, Sarrabus, Oristano, and Alghero's best sights and top experiences helps to make the most of each trip to Sardinia, even in a short time. **HONEST AND INDEPENDENT REVIEWS** Written by Rough

Guides' expert authors with a trademark blend of humour, honesty and expertise, to help to find the best places in Sardinia, matching different needs. **BACKGROUND INFORMATION** Comprehensive 'Contexts' chapter features fascinating insights into Sardinia, with coverage of history, religion, ethnic groups, environment, wildlife and books, plus a handy language section and glossary. **FABULOUS FULL COLOUR PHOTOGRAPHY** Features inspirational colour photography, including the stunning Cathedral of St. Mary and St. Cecilia and the spectacular Porto Pollo. **COLOUR-CODED MAPPING** Practical full-colour maps, with clearly numbered, colour-coded keys for quick orientation in Alghero and the Northwest Coast and Nuoro and Ogliastra, and many more locations in Sardinia, reduce need to go online. **USER-FRIENDLY LAYOUT** With helpful icons, and organised by neighbourhood to help you pick the best spots to spend your time. **Insight Pocket Guides:** ideal itineraries and top travel tips in a pocket-sized package. Plan your trip, plan perfect days and discover how to get around - this pocket-sized guide is a convenient, quick-reference companion to discovering what to do and see in Mauritius, from top attractions like Belle Mare Beach, to hidden gems, including Chamarel Waterfalls.

- Compact, concise, and packed with essential information about Where to Go and What to Do, this is an ideal on-the-move companion when you're exploring Mauritius
- Covers Top Ten Attractions, including Kestrel Valley and Eureka Mansion and Perfect Day itinerary suggestions
- Offers an insightful overview of landscape, history and culture
- Contains an invaluable pull-out map, and essential practical information on everything from Eating Out to Getting Around
- Inspirational colour photography throughout
- Sharp design and colour-coded sections make for an engaging reading experience

About Insight Guides: Insight Guides is a pioneer of full-colour guide books, with almost 50 years' experience of publishing high-quality, visual travel guides with user-friendly, modern design. We produce around 400 full-colour print guide books and maps, as well as phrase books, picture-packed eBooks and apps to meet different travellers' needs. Insight Guides' unique combination of beautiful travel photography and focus on history and culture create a unique visual reference and planning tool to inspire your next adventure. You can get to Europe, even travel around it, without help. But without a little pre-trip planning, you'll make mistakes - wasting both time and money. **The Rough Guide to First-Time Europe** gives you the tools you need to get the best out of your trip, whatever your time frame and budget. There are expert tips on every aspect of travelling around Europe, from how to pick up free accommodation to how to earn money when you're on the move. Beyond budgeting advice, the guide also includes practical suggestions on how to enrich your experience abroad, from volunteering opportunities to picking travel companions. Finally, the fully illustrated **Where to Go** section gives you vivid, concise profiles of more than thirty countries in Europe, with a rundown of the main attractions and festivals, plus maps and advice on when to visit. Make the most of your trip with **The Rough Guide to First-Time Europe**. **The Rough Guide to Devon and Cornwall** is the perfect companion to your trip to this captivating peninsula, introducing you to the charms of gentle, pastoral Devon and wild, craggy Cornwall. Both counties will tempt you outside to enjoy their mild climate, with everything from hikes over Dartmoor and surfing off Newquay to puffin-spotting on Lundy Island. But it's not all about the great outdoors, with awe-inspiring cathedrals, innovative galleries and a well-established local food scene to explore (not to mention an even longer-established cider-drinking tradition). **The Rough Guide to Devon and Cornwall** includes honest reviews from our expert author of what to do and where to eat, drink and sleep in the region, alongside detailed full-colour maps and inspiring photography. Whether you want to visit a rock-hewn theatre or a witchcraft museum, a stately home or a vegan café, **The Rough Guide to Devon and Cornwall** will help you make the most of your time in these beautiful counties. Discover this exciting destination with the most incisive and entertaining guidebook on the market. Whether you plan to island-hop your way down the Andaman coast, sample street food at Bangkok's night markets or trek to the hill tribes around Chiang Mai, **The Rough Guide to Thailand** will show you the ideal places to sleep, eat, drink, shop and visit along the way. - Independent, trusted reviews written with Rough Guides' trademark blend of humour, honesty and insight, to help you get the most out of your visit, with options to suit every budget. - Full-colour maps throughout- navigate Bangkok's backstreets and

stroll around Krabi town without needing to get online. - Stunning images - a rich collection of inspiring colour photography. - Things not to miss - Rough Guides' rundown of Thailand's best sights and experiences. - Itineraries - carefully planned routes to help you organize your trip. - Detailed regional coverage - whether off the beaten track or in more mainstream tourist destinations, this travel guide has in-depth practical advice for every step of the way. Areas covered include: Bangkok; Chiang Mai; Ko Samui; Ko Pha Ngan; Ko Lanta; Phuket; Ko Phi Phi; Krabi; Ko Tao; Ko Chang; Ko Kood; Ko Samet; Ko Mak; Pai; Ayutthaya; Nakhon Si Thammarat; Nan; Ao Phang Nga. Attractions include: Chatuchak Weekend Market; Jim Thompson's House; Wat Pho; Khmer ruins at Phimai; Khao Yai National Park; Wat Phra That Doi Suthep; The Grand Palace; Wat Phu Tok; The National Museum. - Basics - essential pre-departure practical information including getting there, local transport, accommodation, food and drink, health, the media, festivals, outdoor activities, spas and traditional massage, meditation centres and retreats, culture and etiquette, travelling with children, and more. - Background information - a Contexts chapter devoted to history, religion, art and architecture, flora and fauna, environmental issues, music, hill tribes, film and recommended books, plus a handy language section. Make the Most of Your Time on Earth with The Rough Guide to Thailand. About Rough Guides: Escape the everyday with Rough Guides. We are a leading travel publisher known for our "tell it like it is" attitude, up-to-date content and great writing. Since 1982, we've published books covering more than 120 destinations around the globe, with an ever-growing series of ebooks, a range of beautiful, inspirational reference titles, and an award-winning website. We pride ourselves on our accurate, honest and informed travel guides. Discover this mesmerising region of Spain with the most incisive and entertaining guidebook on the market. Whether you plan to hike in the Sierra Nevada National Park, marvel at the world-famous Alhambra or discover Malaga's burgeoning art scene, The Rough Guide to Andalucia will show you the ideal places to sleep, eat, drink, shop and visit along the way. Independent, trusted reviews written with Rough Guides' trademark blend of humour, honesty and insight, to help you get the most out of your visit, with options to suit every budget. Full-colour chapter maps throughout - to explore the steep alleyways of Granada's Albaicin or wander Seville's orange tree-lined streets without needing to get online. Stunning images - a rich collection of inspiring colour photography. Things not to miss - Rough Guides' rundown of the best sights and experiences in Andalucia. Itineraries - carefully planned routes to help you organize your trip. Detailed coverage - this travel guide has in-depth practical advice for every step of the way. Areas covered include: Malaga; Cadiz; Seville; Huelva; Cordoba; Jaen; Granada; Almeria; Costa del Sol; The White Towns; Costa de la Luz; Gibraltar; Las Alpujarras; Ronda. Attractions include: Museo Picasso; La Giralda and Cathedral (Seville); Alcazar (Seville); Mezquita; Medina Azahara; Alhambra; Capilla Real (Granada). Basics - essential pre-departure practical information including getting there, local transport, accommodation, food and drink, festivals and events, sports and more. Background information - a Contexts chapter devoted to history, the background of flamenco, recommended books and a useful language section. Make the Most of Your Time on Earth with The Rough Guide to Andalucia. About Rough Guides: Escape the everyday with Rough Guides. We are a leading travel publisher known for our "tell it like it is" attitude, up-to-date content and great writing. Since 1982, we've published books covering more than 120 destinations around the globe, with an ever-growing series of ebooks, a range of beautiful, inspirational reference titles, and an award-winning website. We pride ourselves on our accurate, honest and informed travel guides. Clinical Sports Nutrition 5e is a cornerstone of the Sports Medicine series offered by McGraw-Hill Education. This complete practical and clinical reference provides the latest sports nutrition information, drawing on scientific research from around the globe. All chapters have been substantially revised and updated with contributions from leading academics, physicians and sports dietitians in Australia, Canada, the United States and the United Kingdom. In addition, there are seven new commentaries: A molecular view of exercise; Female athlete triad and energy availability; Measuring energy availability; Treating low energy availability; Vegetarian eating; Antioxidant supplementation and exercise; and, Fluid guidelines. This respected reference work is an invaluable asset for students and instructors in the discipline of sports nutrition, and is also essential

reading for elite athletes, sports professionals and trainers who need to keep their knowledge current. Berlitz Pocket Guides: iconic style, a bestselling brand, this is the quintessential pocket-sized travel guide to Madagascar Plan your trip, plan perfect days and discover how to get around - this pocket-sized guide is a convenient, quick-reference companion to discovering what to do and see in Madagascar, from top attractions like Antananarivo and Nosy Be, to hidden gems, including Parc National des Tsingy de Bemaraha and the Mandrare River Valley. This will save you time, and enhance your exploration of this fascinating country. · Compact, concise, and packed with essential information, this is an iconic on-the-move companion when you're exploring Madagascar · Covers Top Ten Attractions, including Allée des Baobabs, Parc National de la Montagne d'Ambre and Parc National de l'Isalo and Perfect Day itinerary suggestions · Includes an insightful overview of landscape, history and culture · Handy colour maps on the inside cover flaps will help you find your way around · Essential practical information on everything from Eating Out to Getting Around · Inspirational colour photography throughout · Sharp design and colour-coded sections make for an engaging reading experience About Berlitz: Berlitz draws on years of travel and language expertise to bring you a wide range of travel and language products, including travel guides, maps, phrase books, language-learning courses, dictionaries and kids' language products. Pocket-sized books to inspire your on-foot exploration of the best of the British Isles. Explore the best of Jersey with this indispensably practical Insight Guides Great Breaks book. From making sure you don't miss out on must-see attractions like the war tunnels, to discovering hidden gems, including La Hougue Bie, the easy-to-follow, ready-made walking routes will save you time, help you plan, and enhance your Great Break in Jersey. - Practical, pocket-sized and packed with inspirational insider information, this is the ideal on-the-move companion to your trip to Jersey - Features seven detailed walking tour itineraries, including St Helier and Durrell's Wildlife Park - Overview section features concise insider information covering everything from landscape and location, to history and culinary highlights - Top Ten section takes you to the heart of your destination, from Elizabeth Castle to the Maritime Museum - Rainy Day recommendations offer plenty of options, whatever the weather - Includes an innovative extra that's unique in the market - all Great Breaks Guides come with a free eBook - Invaluable itinerary maps and practical Travel Tips section ensure effortless exploration - Inspirational colour photography throughout About Insight Guides: Insight Guides is a pioneer of full-colour guide books, with almost 50 years' experience of publishing high-quality, visual travel guides with user-friendly, modern design. We produce around 400 full-colour print guide books and maps, as well as phrase books, picture-packed eBooks and apps to meet different travellers' needs. Insight Guides' unique combination of beautiful travel photography and focus on history and culture create a unique visual reference and planning tool to inspire your next adventure. Find a way out of emotional eating when life throws you a curveball with compassionate advice from the author of Devour Obstacles for Dinner. Why can't I stop eating when I'm so great at everything else? Are you a successful, loving woman who can't stop reaching for pizza and chocolate cake? Does the idea of a diet-free life sound like a pipe dream? Have you recently overeaten, then regretted it? Are you convinced that a bag of chips and a box of cookies are the best comfort for dealing with stress? If your answer is yes, there is a different way to 'do life.' In Goodbye Comfort Food, Robin Rae Morris, a licensed mental health professional, shares an upbeat, engaging, and proven process to help you eat to nourish your body. Here's what you'll learn: Why you turn to food for comfort. To eat when you're hungry. Stop when you're not. How to end the yo-yo weight cycles. The shocking revelation that there are no good or bad foods. Why never going on a diet again can be the best decision you'll ever make. If you're ready to stop relying on comfort food to get you through the day-to-day buy this book today! "My clients with food issues are laughing and relating to this book in a way that brings them hope and supportive tools to use every day." —Wendi Carter, LCSW, counselor and life coach "Robin's insights are like the combination of your best friend, confidant, expert and equal." —Dr. Deborah Walters, author of The Supreme Remedy Discover this exciting country with the most incisive and entertaining guidebook on the market. Whether you plan to experience the buzz of reborn Medellín, learn salsa in Cali or go diving in gorgeous Providencia, The

Rough Guide to Colombia will show you the ideal places to sleep, eat, drink, shop and visit along the way. Independent, trusted reviews written with Rough Guides' trademark blend of humour, honesty and insight, to help you get the most out of your visit, with options to suit every budget. Full-colour maps throughout - navigate the barrios of Bogotá or Cartagena's atmospheric Centro Histórico without needing to get online. Stunning images - a rich collection of inspiring colour photography. Things not to miss - Rough Guides' run down of Colombia's best sights and experiences. Itineraries - carefully planned routes to help you organize your trip. Detailed regional coverage - whether off the beaten track or in more mainstream tourist destinations, this travel guide has in-depth practical advice for every step of the way. 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The Rough Guide to Sardinia is full of practical advice on what to see and do - from galleries and archeological sites to mountain hikes and beaches - as well as descriptions of the best hotels, bars and restaurants for all budgets. The island's flamboyant festivals and rich history are covered, as are lesser-known aspects such as its industrial heritage, literature, handicrafts and culinary traditions. Trekking and riding itineraries, watersports and biking routes feature too, while 'Top 5 boxes' pick out the highlights you won't want to miss. Make the most of your trip with The Rough Guide to Sardinia. Insight Guides: all you need to inspire every step of your journey. 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Explore Japan with the smartest and shrewdest guidebook on the market. Fully updated and expanded, this stunningly illustrated travel guide brings you superb coverage of all the country's unmissable experiences, from staying in a cosy ryokan and soaking in an onsen bath to climbing snow-capped Mount Fuji and watching a titanic bout of sumo. Get up-to-the minute tips on contemporary Japan, from Kyoto's burgeoning street-food scene to Tokyo's up-and-coming hipster hubs, and read expert background on everything from anime to Zen. Packed with advice on all the best places to eat, sleep, drink and party - on every budget - this new edition of *The Rough Guide to Japan* covers Japan with our trademark mix of candour, insight and practical advice. Full colour maps and Japanese characters are given throughout to help navigate this bewildering and bewitching country. Make the most of your trip with *The Rough Guide to Japan*. Winner of the Top Guidebook Series in the Wanderlust Reader Travel Awards 2017. *The Rough Guide to Southwest USA* is the ultimate travel guide to the fabled American West. Explore ancient Native American cliff dwellings and pueblos in Canyon de Chelly and Mesa Verde, delve into the region's Hispanic past in the adobe-lined streets of Santa Fe and mission churches around Tucson, and follow in the footsteps of Wyatt Earp in Tombstone, the Wild West town "Too Tough to Die." Spectacular national parks like Zion, Bryce and the Grand Canyon - as well as Monument Valley and its iconic red rock buttes - are illustrated in their full colour glory, and the guide is packed with easy-to-read maps, along with suggested itineraries and authoritative, up-to-the-minute restaurant, bar, hotel and nightlife reviews. Whether you want to drive Route 66, hit the Strip in Las Vegas or visit modern day trading posts to buy Navajo rugs or Hopi kachinas, make the most of your holiday with *The Rough Guide to Southwest USA*.

Insight Great Breaks Guides: pocket-sized books to inspire your on-foot exploration of the best of the British Isles. Explore the best of Glasgow with this indispensably practical *Insight Great Breaks Guides*. From making sure you don't miss out on must-see attractions like Riverside Museum and Loch Lomond, to discovering hidden gems, including New Lanark and Pollok Estate, the easy-to-follow, ready-made walking routes will save you time, help you plan, and enhance your Great Break in Glasgow. · Practical, pocket-sized and packed with inspirational insider information, this is the ideal on-the-move companion to your trip to Glasgow · Features 12 detailed walking tour itineraries, including the High Street and the Clyde Valley · Overview section features concise insider information covering everything from landscape and location, to history and culinary highlights · Top Ten section takes you to the heart of your destination, from Burns Country to the cathedral and necropolis · Rainy Day recommendations offer plenty of options, whatever the weather · Invaluable itinerary maps and practical Travel Tips section ensure effortless exploration · Inspirational colour photography throughout

About Insight Guides: Insight Guides is a pioneer of full-colour guide books, with almost 50 years' experience of publishing high-quality, visual travel guides with user-friendly, modern design. We produce around 400 full-colour

print guide books and maps, as well as phrase books, picture-packed eBooks and apps to meet different travellers' needs. Insight Guides' unique combination of beautiful travel photography and focus on history and culture create a unique visual reference and planning tool to inspire your next adventure. Hét boek bij de populaire Headspace-app. 'Als je overweegt om mindfulness te proberen, dan is dit de perfecte introductie.' Bill Gates Wil je vaker een moment van rust in je leven? Dat het constante gepraat in je hoofd een moment tot stilstand komt? Dan is het tijd voor een hoofd vol leegte! Per dag schieten er duizenden gedachten door je hoofd. Tijdens het werk, fietsen, autorijden, een gezellig diner of 's nachts in bed. Andy Puddicombe laat je in Headspace zien hoe je in tien minuten je hoofd tot rust kunt brengen. De oefeningen uit dit boek zijn snel, makkelijk en effectief. Leer hoe je je makkelijker kunt concentreren, hoe je meer rust en kalmte kunt ervaren en wat je kunt doen om lekker en ontspannen te slapen. 'Andy Puddicombe doet voor meditatie wat Jamie Oliver voor eten heeft gedaan.' The New York Times 'It's kind of genius.' Emma Watson 'Ik kan niet meer stoppen met lezen. Wat een inspirerend boek.' Libelle Andy Puddicombe is een voormalig boeddhistische monnik en de belangrijkste meditatie- en mindfulnessstrainer in het Verenigd Koninkrijk. Het werd zijn missie om meditatie uit de mystieke hoek te halen en het zo toegankelijk mogelijk voor iedereen te maken. Hij richtte Headspace op, een wereldwijd onlineplatform en app met geleide meditaties die hij zelf inspreekt. Insight Explore Guides: pocket-sized books to inspire your on-foot exploration of top international destinations. Experience the best of Krakow with this indispensably practical Insight Explore Guide. From making sure you don't miss out on must-see attractions like St Mary's Basilica, to discovering hidden gems, including Podgorze, the easy-to-follow, ready-made walking routes will help you plan your trip, save you time, and enhance your exploration of these fascinating islands. · Practical, pocket-sized and packed with inspirational insider information, this will make the ideal on-the-move companion for your trip to Krakow · Enjoy 16 irresistible Best Routes to travel, from the main Market Square to the Wieliczka Salt Mine · Features concise insider information about landscape, history, food and drink, and entertainment options · Invaluable maps: each Best Route is accompanied by a detailed full-colour map, while the large pull-out map provides an essential overview of the area · Discover your destination's must-see sights and hand-picked hidden gems · Directory section provides invaluable insight into top accommodation, restaurant and nightlife options by area, along with an overview of language, books and films · Includes an innovative extra that's unique in the market · Inspirational colour photography throughout About Insight Guides: Insight Guides is a pioneer of full-colour guide books, with almost 50 years' experience of publishing high-quality, visual travel guides with user-friendly, modern design. We produce around 400 full-colour print guide books and maps as well as phrase books, picture-packed eBooks and apps to meet different travellers' needs. Insight Guides' unique combination of beautiful travel photography and focus on history and culture create a unique visual reference and planning tool to inspire your next adventure. Discover the length and breadth of Germany with the most incisive and entertaining guidebook on the market. Whether you plan to check out Berlin's art galleries, cruise down the Rhine Valley or go wine-tasting along the Mosel Weinstrasse, The Rough Guide to Germany will show you the ideal places to sleep, eat, drink, shop and visit along the way. - Independent, trusted reviews written with Rough Guides' trademark blend of humour, honesty and insight, to help you get the most out of your visit, with options to suit every budget. - Full-colour maps throughout- navigate Rügen's meandering coastline or Munich's Altstadt without needing to get online. - Stunning images - a rich collection of inspiring colour photography. - Things not to miss - Rough Guides' rundown of Germany's best sights and experiences. - Itineraries - carefully planned routes to help you organize your trip. - Detailed regional coverage - whether off the beaten track or in more mainstream tourist destinations, this travel guide has in-depth practical advice for every step of the way. Areas covered include: Berlin and Brandenburg; Saxony, including Leipzig and Dresden; Saxony-Anhalt and the Harz; Thuringia, including Weimar; Franconia (Northern Bavaria), including Nuremberg and Bamberg; Munich and central Bavaria; the Alps and eastern Bavaria; Baden-Württemberg, including Stuttgart and Heidelberg; the Black Forest; Rhineland-Palatinate and Saarland; Frankfurt and Hesse; North-Rhine

Westphalia, including Cologne; Lower Saxony and Bremen, including Hannover; Hamburg and Schleswig-Holstein; Mecklenburg-West Pomerania. - Attractions include: Berlin Wall Memorial, the Reichstag, the Brandenburg Gate, Elbe Sandstone Mountains, Bode Valley, Amalienburg, Ulm Münster, Baden-Baden spas, Europa-Park, Schauinsland cable car, the Romantic Rhine, Schloss Neuschwanstein, the Altmühltal nature reserve, the Romantic Road, Berchtesgadener Land, Aachen cathedral, Folkwang collection, Essen, North Sea island-hopping, Schwerin Schloss, to name but a few. - Basics - essential pre-departure practical information including getting there, local transport, accommodation, food and drink, the media, festivals, sports and outdoor activities, culture and etiquette, travelling with children, shopping and more. - Background information - a Contexts chapter devoted to history, books, film and music, plus a handy language section and glossary. Interim Budget 2019-20 was presented in Parliament by the Union Minister for Finance, Corporate Affairs, Railways & Coal, Shri Piyush Goyal. Besides having a major Scheme for the farmers, it provides tax sops and sets the Developmental Agenda for the years to come. And many more schemes were announced. If we talk about the Budget in respect of examinations, it is always important as many questions are asked from it. In General Awareness Portion of Banking Exams, SSC Exams, Teaching Exams & UPSC Exams, questions were asked from the budget. So to help you out in this, Adda247 is launching the complete guide for the Interim Budget 2019. In this we are providing the detailed Analysis of interim budget 2019. The e-book edition is having all the details of launched schemes, projects, new tax slabs information etc. Salient Features of Interim Budget 2019 E-book * Detailed Analysis & Points of the Interim Budget * All the Facts & Figures of the Budget * One Liner Questions based on the Budget * Abbreviation from the Budget * Glossary (Definitions of Important Terms) Insight Explore Guides: pocket-sized books to inspire your on-foot exploration of top international destinations. Experience the best of Cancun and the Yucatan with this indispensably practical Insight Explore Guide. From making sure you don't miss out on must-see attractions like Chichen Itza, to discovering hidden gems, including the region's cenotes (sinkholes) and idyllic beaches, the easy-to-follow, ready-made walking routes will help you plan your trip, save you time, and enhance your exploration of this fascinating/thrilling region. - Practical and packed with inspirational insider information, this will make the ideal on-the-move companion to your trip to Cancun and the Yucatan - Enjoy over 15 irresistible Best Routes to walk, from Cancun itself to the Riviera Maya. - Features concise insider information about landscape, history, food and drink, and entertainment options - Invaluable maps: each Best Route is accompanied by a detailed full-colour map, while the large pull-out map provides an essential overview of the area - Discover your destination's must-see sights and hand-picked hidden gems - Directory section provides invaluable insight into top accommodation, restaurant and nightlife options by area, along with an overview of language, books and films About Insight Guides: Insight Guides is a pioneer of full-colour guide books, with almost 50 years' experience of publishing high-quality, visual travel guides with user-friendly, modern design. We produce around 400 full-colour print guide books and maps as well as phrase books, picture-packed eBooks and apps to meet different travellers' needs. Insight Guides' unique combination of beautiful travel photography and focus on history and culture create a unique visual reference and planning tool to inspire your next adventure. Insight Explore Guides: pocket-sized books to inspire your on-foot exploration of top international destinations. Now with free eBook. Practical, pocket-sized and packed with inspirational insider information, this will make the ideal on-the-move companion to your trip to Nice and the French Riviera Enjoy 14 irresistible Best Routes to walk, from Nice and its famous food market, to glitzy Monaco and the exquisite perched villages of the Côte d'Azur Features concise insider information about landscape, history, food and drink, and entertainment options Invaluable maps: each Best Route is accompanied by a detailed full-colour map, while the large pull-out map provides an essential overview of the area Discover your destination's must-see sights and hand-picked hidden gems Directory section provides invaluable insight into top accommodation, restaurant and nightlife options by area, along with an overview of language, books and films Includes an innovative extra that's unique in the market - all Insight Explore Guides come with a free eBook Inspirational colour

photography throughout About Insight Guides: Insight Guides has over 40 years' experience of publishing high-quality, visual travel guides. We produce around 400 full-colour print guide books and maps as well as picture-packed eBooks and apps to meet different travellers' needs. Insight Guides' unique combination of beautiful travel photography and focus on history and culture together create a unique visual reference and planning tool to inspire your next adventure. World-renowned 'tell it like it is' guidebook. Discover Morocco with this comprehensive, entertaining, 'tell it like it is' Rough Guide, packed with comprehensive practical information and our experts' honest and independent recommendations. Whether you plan to hike in the Atlas Mountains, surf on the Atlantic coast, shop in the souks or camp in the Sahara, The Rough Guide to Morocco will help you discover the best places to explore, sleep, eat, drink and shop along the way. Features of The Rough Guide to Morocco: - Detailed regional coverage: provides in-depth practical information for each step of all kinds of trip, from intrepid off-the-beaten-track adventures, to chilled-out breaks in popular tourist areas. Regions covered include: Tangier and the northwest, the Mediterranean coast, Fez, the Atlantic coast, Marrakesh, the High Atlas, the southern oases routes, Agadir and Western Sahara. - Honest independent reviews: written with Rough Guides' trademark blend of humour, honesty and expertise, and recommendations you can truly trust, our writers will help you get the most from your trip to Morocco. - Meticulous mapping: always full-colour, with clearly numbered, colour-coded keys. Find your way around Marrakesh, Fez and many more locations without needing to get online. - Fabulous full-colour photography: features a richness of inspirational colour photography, including vibrant images of the extraordinary blue town of Chefchaouen and awe-inspiring views of the rolling dunes of the Sahara. - Things not to miss: Rough Guides' rundown of the High Atlas passes, Fez, Volubilis and Meknes, Telouet and Essaouira's best sights and top experiences. - Itineraries: carefully planned routes will help you organise your trip, and inspire and inform your on-the-road experiences. - Basics section: packed with essential pre-departure information including getting there, getting around, accommodation, food and drink, health, the media, festivals, sports and outdoor activities, culture and etiquette, shopping and more. - Background information: comprehensive Contexts chapter provides fascinating insights into Morocco, with coverage of history, religion, ethnic groups, environment, wildlife and books, plus a handy language section and glossary. - Covers: Tangier, Tetouan and the northwest, the Mediterranean coast and the Rif, Fez, Meknes and the Middle Atlas, the Atlantic coast: Rabat to Essaouira, Marrakesh, the High Atlas, the southern oases routes, Agadir, the Souss and Anti-Atlas, the Tarfaya Strip and Western Sahara. About Rough Guides: Rough Guides have been inspiring travellers for over 35 years, with over 30 million copies sold globally. Synonymous with practical travel tips, quality writing and a trustworthy 'tell it like it is' ethos, the Rough Guides list includes more than 260 travel guides to 120+ destinations, gift-books and phrasebooks. Pocket-sized books to inspire your on-foot exploration of top international destinations. Now with free eBook. Experience the best of Singapore with this indispensably practical Insight Guides Explore book. From making sure you don't miss out on must-see attractions like Gardens by the Bay to discovering hidden gems, including the Chinatown Food Street, the easy-to-follow, ready-made walking routes will help you plan your trip, save you time, and enhance your exploration of this fascinating country. -Practical, pocket-sized and packed with inspirational insider information, this will make the ideal on-the-move companion for your trip to Singapore - Enjoy over 18 irresistible Best Routes to walk, from Marina Bay to Changi - Features concise insider information about landscape, history, food and drink, and entertainment options -Invaluable maps: each Best Route is accompanied by a detailed full-colour map, while the large pull-out map provides an essential overview of the area -Discover your destination's must-see sights and hand-picked hidden gems -Directory section provides invaluable insight into top accommodation, restaurant and nightlife options by area, along with an overview of language, books and films -Includes an innovative extra that's unique in the market - all Explore Guides come with a free eBook -Inspirational colour photography throughout About Insight Guides: Insight Guides is a pioneer of full-colour guide books, with almost 50 years' experience of publishing high-quality, visual travel guides with user-friendly, modern design. We produce around 400 full-colour print guide books

and maps as well as phrase books, picture-packed eBooks and apps to meet different travellers' needs. Insight Guides' unique combination of beautiful travel photography and focus on history and culture create a unique visual reference and planning tool to inspire your next adventure. The Rough Guide to Sweden Make the most of your time on Earth with the ultimate travel guides. World-renowned 'tell it like it is' travel guide. Discover Sweden with this comprehensive and entertaining travel guide, packed with practical information and honest recommendations by our independent experts. Whether you plan to swim in one of Sweden's 100,000 lakes, explore the cobbled lanes and medieval church ruins of Visby or relax in a traditional Swedish sauna, the Rough Guide to Sweden will help you discover the best places to explore, eat, drink, shop and sleep along the way. Features of this travel guide to Sweden: - Detailed regional coverage: provides practical information for every kind of trip, from off-the-beaten-track adventures to chilled-out breaks in popular tourist areas - Honest and independent reviews: written with Rough Guides' trademark blend of humour, honesty and expertise, our writers will help you make the most from your trip to Sweden - Meticulous mapping: practical full-colour maps, with clearly numbered, colour-coded keys. Find your way around Uppsala, Karlstad and many more locations without needing to get online - Fabulous full-colour photography: features inspirational colour photography, including the enchanting Bohuslän coast with smooth rocky outcrops perfect for sunbathing and the medieval magnificence of Kalmar Slott - Time-saving itineraries: carefully planned routes will help inspire and inform your on-the-road experiences - Things not to miss: Rough Guides' rundown of Lund Domkyrkan, Birka, Gotland beaches and Inlandsbanan's best sights and top experiences - Travel tips and info: packed with essential pre-departure information including getting around, accommodation, food and drink, health, the media, festivals, sports and outdoor activities, culture and etiquette, shopping and more - Background information: comprehensive 'Contexts' chapter provides fascinating insights into Sweden, with coverage of history, religion, ethnic groups, environment, wildlife and books, plus a handy language section and glossary - Covers: Stockholm; day-trips from Stockholm; Gothenburg; the southwest; the southeast; the Bothnian coast; central Sweden; Swedish Lapland You may also be interested in: The Rough Guide to Norway, The Rough Guide to Denmark, Pocket Rough Guide to Copenhagen About Rough Guides: Rough Guides have been inspiring travellers for over 35 years, with over 30 million copies sold globally. Synonymous with practical travel tips, quality writing and a trustworthy 'tell it like it is' ethos, the Rough Guides list includes more than 260 travel guides to 120+ destinations, gift-books and phrasebooks. The definitive guide to buying, storing, and enjoying whole foods, in full color for the first time and revised and updated throughout. Make smart choices at the store and at the stove. An inspiring and indispensable one-stop resource, The Essential Good Food Guide is your key to understanding how to buy, store, and enjoy whole foods. Margaret M. Wittenberg shares her insider's knowledge of products available at national retailers and natural foods markets, providing at-a-glance buying guides. Her ingredient profiles include detailed preparation advice, such as dried bean cooking times, cooking ratios of whole grains to water, culinary oil smoke points, and much more. She also clarifies confusing food labels, misleading marketing claims, and common misperceptions about everyday items, allowing you to maximize the benefits of whole foods cooking. With full-color photography, this new edition of The Essential Good Food Guide is fully revised with the most up-to-date advice on organics, heirloom grains and legumes, gluten-free cooking options, and the new varieties of fruits and vegetables popping up at farmers' markets across the country to help you make the most of your time in the grocery aisle and the kitchen. A revolutionary new diet program based on the latest science showing the importance of fat in weight loss and overall health, from New York Times #1 bestselling author For decades we've been told that the fat we eat turns to fat in the body, contributing to weight gain, heart disease, diabetes, and generally poor health. And yet, even with all our low-fat products, we're fatter and sicker than ever before. What's going on? Could it be that the most feared food group is actually...the most helpful? As 'Pegan Plan' creator and author Dr Mark Hyman explains in Eat Fat Get Thin, a growing body of research is revealing the immense health and weight-loss benefits of a high-fat diet rich in eggs, nuts, oils, avocados, coconut oil, and other delicious superfoods. That's right - as it

turns out, the key to losing weight, increasing overall energy, and achieving optimum wellness is eating more fat, not less. Dr Hyman debunks some of our most persistent fat-phobic myths and clearly explains the science behind fat's health benefits. In addition to learning why fat is good and which fats are best, you'll learn how to apply that knowledge to your day-to-day life. With easy-to-follow advice, simple and flavourful recipes, shopping lists, and more, *Eat Fat Get Thin* will help you lose weight and stay healthy for life.

The *Rough Guide to Switzerland* is the ultimate guide to the country where tourism as we know it first took off. The Alpine landscape that so entranced Thomas Cook's pioneering group of package tourists in 1863 still draws tourists in their millions. Whether you're looking to check out the 365 days-per-year snowboarding scene in Zermatt, wander the medieval streets of exceptionally preserved Bern or sleep on the straw in a Valais farm, you'll find plenty of insight and advice from our team of expert authors. Beyond the hinterlands, we uncover the surprisingly dynamic alternative scene in Switzerland's cities, its cutting-edge contemporary galleries and myriad film, music and design festivals, not to mention the scientists at CERN attempting to discover the neutron-sized building-blocks of our universe in the world's biggest experiment. Make the most of your trip with *The Rough Guide to Switzerland*. The diner gets some unexpected customers when Ralph orders a shipment of fresh fish that turn out to be more lively than anyone expected. Misty turns to Roland for help, but the vampire has his own worsening problems. His soul has an out-of-hell expiration date, and he needs Misty's help to find the cure before he sleeps with the fishes. Permanently. Now it's a race against time and the Devil as Misty and Roland swim their way up the stream of questions to the lake of answers. **KEYWORDS:** new adult, mystery, paranormal, supernatural, fantasy, folklore, folktale, folk tale, legend, legends, myth, myths, action adventure, action, adventure, second chances, comedy, humor, horror, free, freebie, free book, free books, book, books, free ebook, ebook, free novel, rich, quick read, read, short, serial, series, college, funny, female protagonist, novel, secret, suspense, thriller, alpha male, literature, story, stories, hero, fiction, box, box set, boxed, boxed set, romance, free romance, free romance ebook, free romance ebooks, free romance book, free romance books, billionaire, wealthy, millionaire, women's fiction, racy, legal, free romance novel, free romance books, billionaire romance, urban, contemporary, 21st century, current, historical, past, monster, creature, vampire, undead, immortal, revenant, demon, devil, werewolf, shifter, shapeshifter, transform, wolf, occult, secret, demon, devil, holiday, Halloween, sensual, ghost, spirit, undead, holiday, phantom, poltergeist, zombie, workplace, office, boss, work, death, magic, sorcery, witch, wizard

The A-to-Z guide to essential vitamins, minerals, and nutrients, so you can ditch synthetic supplements and promote health naturally with nourishing foods. Vitamins and minerals are the building blocks of good health. But the heavily processed foods that are so common in today's modern diet are stripped of these nutrients, leaving many people nutrient deficient despite meeting (or exceeding) their daily calorie needs. The accepted solution is to take supplements created in a lab, but the dosage and interactions can be confusing, and supplements are loosely regulated and not always foolproof, especially since our bodies are designed to receive nutrients from natural, whole foods. *Eat Your Vitamins* features fifty key vitamins, minerals, and other nutrients essential to your health. You will find clear definitions of each nutrient along with the role it plays in the body, how it is best consumed and absorbed, recommended daily doses, and detailed lists of foods and natural sources that contain the vitamin along with a recipe for a nutrient-rich meal. Ditch the synthetic supplements and make the right choice about how to properly feed and fuel your body. Discover these exciting destinations with the most incisive and entertaining guidebook on the market. Whether you plan to soak up the atmosphere in Naples' Centro Storico, gaze out at the views from Ravello or kick back in seaside Sorrento, *The Rough Guide to Naples, Pompeii and the Amalfi Coast* will show you the ideal places to sleep, eat, drink, shop and visit along the way. - Independent, trusted reviews written with Rough Guides' trademark blend of humour, honesty and insight, to help you get the most out of your visit, with options to suit every budget. Full-colour maps throughout - navigate the backstreets of Naples' Quartieri Spagnoli or grasp the layout of historic Herculaneum without needing to get online. - Stunning images a rich collection of inspiring colour photography. Things not to miss - Rough Guides'

rundown of the Napoli, Pompeii and Amalfi Coast region's best sights and experiences. - Itineraries - carefully planned routes to help you organize your trip. Detailed regional coverage - whether off the beaten track or in more mainstream tourist destinations, this travel guide has in-depth practical advice for every step of the way. Areas covered include: Naples; the Campi Flegrei; Herculaneum; Mount Vesuvius; Oplontis; Pompeii; Sorrento; Capri; Ischia; Procida; Caserta; the Capuas; Benevento; the Amalfi Coast. Attractions include: Paestum; Museo Nazionale di Capodimonte; Cumae; Ravello; Pompeii; Cappella Sansevero; Sorrento; Herculaneum; Museo Archeologico Nazionale; Villa San Michele; the Solfatara; Amalfi; Vesuvius; La Mortella. Basics- essential pre-departure practical information including getting there, local transport, accommodation, food and drink, the media, festivals, culture and etiquette, health and more. Background information - a Contexts chapter devoted to history, books, film and a handy language section and glossary. Make the Most of Your Time on Earth with The Rough Guide to Naples, Pompeii and the Amalfi Coast. The brand new The Rough Guide to Slovenia is the ultimate travel guide to one of Europe's smallest but most enchanting countries. Discover Slovenia's myriad charms with the help of stunning photography, colour-coded maps and smart recommendations of the best places to eat, drink and stay. Get the lowdown on Ljubljana, one of Europe's greenest and most beguiling capitals. Find detailed practical advice on making the most of Slovenia's extraordinary natural heritage, whether that's kayaking on the Soca river, swimming in Lake Bohinj, hiking through lush pine forests or even skiing. There's expert guidance, too, on exploring Slovenia's magnificent caves, its world-class wine regions and its wonderful spas. With handy itineraries, author favourites and Top 5 boxes picking out the unmissable highlights, The Rough Guide to Slovenia won't let you down. Make the most of your trip with The Rough Guide to Slovenia. Discover Bolivia with the most incisive and entertaining guidebook on the market. Whether you plan to swim with pink riverdolphins, cycle the world's most dangerous road, or follow in the footsteps of Che Guevara and Butch Cassidy, The Rough Guide to Bolivia will show you the ideal places to sleep, eat, drink and shop along the way. Inside The Rough Guide to Bolivia - Independent, trusted reviews written in Rough Guides' trademark blend of humour, honesty and insight, to help you get the most out of your visit, with options to suit every budget. - Full-colour maps throughout - navigate the steep, narrow lanes of La Paz's market district or the ordered colonial streets of Sucre's historic centre without needing to get online. - Stunning, inspirational images - Itineraries - carefully planned routes to help you organize your trip. - Detailed regional coverage - whether off the beaten track or in more mainstream tourist destinations, this travel guide has in-depth practical advice for every step of the way. Areas covered include: La Paz; Oruro; Potosí; Sucre; Cochabamba; Santa Cruz; and Rurrenabaque. Attractions include: Mercado de Hechihéría; Tiwanaku; Lake Titicaca and Isla del Sol; Coroico and the "Death Road"; the Inca trails; Salar de Uyuni; Reserva de Fauna Andina Eduardo Avaroa; the Che Guevara trail; the Jesuit missions of Chiquitos; Parque Nacional Madidi and the Amazon. - Basics - essential pre-departure practical information including getting there, local transport, accommodation, food and drink, fiestas, health, national parks and reserves, outdoor activities, crime and personal safety, culture and etiquette and more. - Background information - a Contexts chapter devoted to history, wildlife and ecology, books, music and dance, plus a handy language section and glossary. Make the Most of Your Time on Earth with the Rough Guide to Bolivia. About Rough Guides: Escape the everyday with Rough Guides. We are a leading travel publisher known for our "tell it like it is" attitude, up-to-date content and great writing. Since 1982, we've published books covering more than 120 destinations around the globe, with an ever-growing series of ebooks, a range of beautiful, inspirational reference titles, and an award-winning website. We pride ourselves on our accurate, honest and informed travel guides. Insight Guides: Inspiring your next adventure A vibrant, dynamic city, Barcelona offers everything from Gothic treasures to trendy bars, great food and innovative architecture. Be inspired to visit by the brand new Insight Pocket Guide Barcelona, a concise, full-color guide to one of Europe's most attractive cities with vivid photography to highlight the best that Barcelona has to offer. Inside Insight Pocket Guide Barcelona: Where To Go details all the key sights in the city, from its Gothic Cathedral to its modernist buildings and world-

class art galleries, while handy maps on the cover flaps help you find your way around, and are cross-referenced to the text. Top 10 Attractions gives a run-down of the best sights to take in on your trip, including the Fundació Joan Miró and the awe-inspiring Sagrada Família. Perfect Day provides an itinerary for one day in the city. What To Do is a snapshot of ways to spend your spare time, from sampling the delights of the Boqueria food market to strolling through the weird and wonderful Park Güell. Essential information on Barcelona's culture, including a brief history of the city. Eating Out covers the city's best cuisine. Curated listings of the best hotels and restaurants. A-Z of all the practical information you'll need. About Insight Guides: Insight Guides has over 40 years' experience of publishing high-quality, visual travel guides. We produce around 400 full-color print guide books and maps as well as picture-packed eBooks to meet different travelers' needs. Insight Guides' unique combination of beautiful travel photography and focus on history and culture together create a unique visual reference and planning tool to inspire your next adventure. 'Insight Guides has spawned many imitators but is still the best of its type.' - Wanderlust Magazine This text on seasonal food is organised into 12 chapters, one for every month of the year. Each chapter starts with a brief story about the month itself, then narrative sections cover what is in prime season. Recipes are included with information such as traditions, best regions, etc.

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- [Insight Guides Explore Toronto](#)
- [Clueless eBook Guide 2 Food Dining](#)
- [Insight Guides Pocket Mauritius Travel Guide eBook](#)
- [Berlitz Pocket Guide Mauritius](#)
- [Insight Guides Great Breaks Glasgow Travel Guide eBook](#)
- [Insight Guides Great Break Jersey](#)
- [Berlitz Pocket Guide Madagascar](#)
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