

Ebook Recensione Anello Avanzato Del Pene In Silicone

Modern mainstream economics is attracting an increasing number of critics of its high degree of abstraction and lack of relevance to economic reality. Economists are calling for a better reflection of the reality of imperfect information, the role of banks and credit markets, the mechanisms of economic growth, the role of institutions and the possibility that markets may not clear. While it is one thing to find flaws in current mainstream economics, it is another to offer an alternative paradigm which, can explain as much as the old, but can also account for the many 'anomalies'. That is what this book attempts. Since one of the biggest empirical challenges to the 'old' paradigm has been raised by the second largest economy in the world - Japan - this book puts the proposed 'new paradigm' to the severe test of the Japanese macroeconomic reality.

A fascinating and mysterious discipline, "Selfica" creates objects made of metal, inks and colors that can interact with the environment in a positive way. Selfic structures enhance personal well-being, sensitivity, and mental and physical balance. Be it jewelry, metal structures or paintings, Selfic devices also help their users to learn more about themselves and get in touch with energetic dimensions and information fields different from those in which we are normally immersed. Selfica, developed through the research and teaching of Oberto "Falco" Airaudi, founder of Damanhur, Federation of Communities, is actually an ancient art-science, already known and used by many peoples of the past. This book recounts the experiments of many researchers and enthusiasts as well as those of the author, who has personally participated in many exciting experiences. It is a journey into a new dimension where time, space, emotions and memory respond to laws which are very different from those we are used to...

A 2006 study stated that 'Fat loss comes from burning sufficient number of calories. While cardio exercise tends to be an efficient calorie burner, Pilates appears to possess the potential to burn enough calories if done regularly, over the long haul and properly.' (Medicine and Science). Pilates for Weight Loss is a pioneering regime that will put you back in control of your weight. Pilates will change your shape and help you to achieve a long, lean silhouette, while also controlling your weight. This is the first book to create a programme to emphasise these benefits. Burn calories, flatten your stomach and gain a more defined waist. This title helps improve your posture; learn better breathing techniques; gain greater flexibility and core stability; and control stress and boost energy levels.

Kara has settled into her new life with the Renshaws but with the dramas of the previous year finally over she finds her mind wondering back to a love she lost seven and a half years ago. When Kara instantly recognises the new boy in the class and he seems pulled to her right from the start, it is as if all her dreams have come true. But while love may be the most beautiful force to grace our lives, it is never easy and Kara and Adrian find they must face many challenges before they can have a shot at the happily ever after they imagined for themselves.

Prosecutor Vicki Allegretti goes to meet a confidential informant, is almost killed, and a cop is gunned down before her eyes. She saw the killers, now all she has to do is find them. The deeper Vicki probes, the more she becomes convinced that the murder wasn't random. When another murder takes place, Vicki is thrown together with an unlikely ally -- The Girlfriend from Hell. Will they find the killers before they kill each other?

"Marvelous. . . . A wonderful book."--Humana.Mente "Rovelli is the dream author to conduct us on this journey."--Nonfiction.fr "At this point in time, when the prestige of science is at a low and even simple issues like climate change are mired in controversy, Carlo Rovelli gives us a necessary reflection on what science is, and where it comes from. Rovelli is a deeply original thinker, so it is not surprising that he has novel views on the important questions of the nature and origin of science."--Lee Smolin, founding member and researcher at the Perimeter Institute for Theoretical Physics and author of The Trouble with Physics Winner of the Prix du Livre Haute Maurienne de l'Astronomie Carlo Rovelli, a leading theoretical physicist, uses the figure of Anaximander as the starting point for an examination of scientific thinking itself: its limits, its strengths, its benefits to humankind, and its controversial relationship with religion. Anaximander, the sixth-century BC Greek philosopher, is often called the first scientist because he was the first to suggest that order in the world was due to natural forces, not supernatural ones. He is the first person known to understand that the Earth floats in space; to believe that the sun, the moon, and the stars rotate around it--seven centuries before Ptolemy; to argue that all animals came from the sea and evolved; and to posit that universal laws control all change in the world. Anaximander taught Pythagoras, who would build on Anaximander's scientific theories by applying mathematical laws to natural phenomena. In the award-winning The First Scientist: Anaximander and His Legacy, translated here for the first time in English, Rovelli restores Anaximander to his place in the history of science by carefully reconstructing his theories from what is known to us and examining them in their historical and philosophical contexts. Rovelli demonstrates that Anaximander's discoveries and theories were decisive influences, putting Western culture on its path toward a scientific revolution. Developing this connection, Rovelli redefines science as a continuous redrawing of our conceptual image of the world. He concludes that scientific thinking--the legacy of Anaximander--is only reliable when it constantly tests the limits of our current knowledge.

A letter from Virginia Woolf to an aspiring poet who had written to her for help with composition. A fascinating insight into the way Woolf thought of poetry.

This magisterial study proposes a revised and innovative view of the political history of Renaissance Italy. Drawing on comparative examples from across the peninsula and the kingdoms of Sicily, Sardinia and Corsica, an international team of leading scholars highlights the complexity and variety of the Italian world from the fourteenth to early sixteenth centuries, surveying the mosaic of kingdoms, principalities, signorie and republics against a backdrop of wider political themes common to all types of state in the period. The authors address the contentious problem of the apparent weakness of the Italian

Renaissance political system. By repositioning the Renaissance as a political, rather than simply an artistic and cultural phenomenon, they identify the period as a pivotal moment in the history of the state, in which political languages, practices and tools, together with political and governmental institutions, became vital to the evolution of a modern European political identity.

Simplify the Usage of Excel Features and Functionalities, with the Help of Examples DESCRIPTION Book is written in a lucid manner to explain the concepts in details, with adequate emphasis on examples. The intend of this book is to explain and simplify the usage of Excel features and functionalities, with help of examples. Book will enable users in working efficiently and will increase their workplace productivity. It explains: Functions for calculations Graphing tools Pivot tables Data analysis tools Micro programming Add-ins that enable core complex operations. KEY FEATURES asic components of excel, the available menu options and tools, some customizations working with multiple workbooks and worksheets, most frequently used and useful keyboard shortcuts. An initial introduction to what are formulas, functions, and their components. Usage of multiple examples to explain the application in real world scenario. Explaining of different chart types available in Excel and how best it can be used for creating different views of data, good graphics, visualizations for dashboards, and so on. Different ways and methods to consolidate data, complex analysis, and prediction or forecast based on trends. Excel features that help in automating tasks. WHAT WILL YOU LEARN Performing functions with shortcut keys. Formulas and functions Data visualization with new chart types Gantt and Milestone Chart Smart Art and Organization Chart Putting data in perspective with Pivots Complex data analysis using Tool Pak Forecasting in Excel Mail Merge using Excel Macros in Excel What is in Excel 2019 WHO THIS BOOK IS FOR Anyone who wants to learn Excel, do the mundane task easily and quickly, do complex calculations, analysis huge data from internal or external sources, take decisions based on predictions, do forecasting, create plans and charts, monitor dashboards for progress and status, and so on. Table of Contents 1. Getting Started with Excel 2. Perform Functions with Shortcut Keys 3. Formulas and Functions 4. Data Visualization with New Chart types 5. Gantt and Milestone Chart 6. SmartArt and Organization Chart 7. Putting Data in perspective with Pivots 8. Complex Data Analysis using ToolPak 9. Forecasting in Excel 10. Mail Merge using Excel 11. Macros in Excel. 12. What's in Excel 2019

A survival expert's guide for every family to prepare and educate themselves about the skills and mentality necessary to survive a disaster anywhere. This is not your father's scout manual or a sterile FEMA handout. Entertaining and informative, When All Hell Breaks Loose describes how to maximize a survival mindset necessary for self-reliance. According to the book, living through an emergency scenario is 90 percent psychology, and 10 percent methodology and gear. Relevant quotes and tips are placed throughout the pages to help readers remember important survival strategies while under stress and anxiety. Lundin also addresses basic first aid and hygiene skills and makes recommendations for survival kit items for the home, office, and car. Watch naturalist Cody Lundin in Dual Survival on The Discovery Channel as he uses many of the same skills and techniques taught in his books. When All Hell Breaks Loose provides solutions on how to survive a catastrophe. Lundin addresses topics such as: · Potable drinking water · Storing super-nutritious foods · Heating or cooling without conventional power · How to create alternative lighting options · Building a makeshift toilet & composting the results · Catching rodents for food · Safely disposing of a corpse "The essential survival guide for the twenty-first century."—Jim Mulvaney, Pulitzer Prize-winning journalist

From the Booker Prize-winning author of The Remains of the Day and When We Were Orphans, comes an unforgettable edge-of-your-seat mystery that is at once heartbreakingly tender and morally courageous about what it means to be human. Hailsham seems like a pleasant English boarding school, far from the influences of the city. Its students are well tended and supported, trained in art and literature, and become just the sort of people the world wants them to be. But, curiously, they are taught nothing of the outside world and are allowed little contact with it. Within the grounds of Hailsham, Kathy grows from schoolgirl to young woman, but it's only when she and her friends Ruth and Tommy leave the safe grounds of the school (as they always knew they would) that they realize the full truth of what Hailsham is. Never Let Me Go breaks through the boundaries of the literary novel. It is a gripping mystery, a beautiful love story, and also a scathing critique of human arrogance and a moral examination of how we treat the vulnerable and different in our society. In exploring the themes of memory and the impact of the past, Ishiguro takes on the idea of a possible future to create his most moving and powerful book to date.

The annual—and essential—collection of the newest voices in short fiction, selected this year by Nana Kwame Adjei-Brenyah, Kali Fajardo-Anstine, and Beth Piatote. Who are the most promising short story writers working today? Where do we look to discover the future stars of literary fiction? This book will offer a dozen answers to these questions. The stories collected here represent the most recent winners of the PEN/Robert J. Dau Short Story Prize for Emerging Writers, which recognizes twelve writers who have made outstanding debuts in literary magazines in the previous year. They are chosen by a panel of distinguished judges, themselves innovators of the short story form: Nana Kwame Adjei-Brenyah, Kali Fajardo-Anstine, and Beth Piatote. Each piece comes with an introduction by its original editors, whose commentaries provide valuable insight into what magazines are looking for in their submissions, and showcase the vital work they do to nurture literature's newest voices.

A Life is the gruelling tale of the frustrated existence of a bank clerk with a poetic soul. The artistic aspirations of the protagonist and the emptiness of his daily life become tragic in the great divide between what he wants and what he actually has and gets. Alfonso the bank clerk wants to be a poet and seems to be falling in love with Annetta, the vain and arrogant daughter of his boss. But the emptiness of both his attempts at writing and at love lead to an ironic and painful conclusion.

A guide to PowerPivot and Power Query no data cruncher should be without! Want to familiarize yourself with the rich set of Microsoft Excel tools and reporting capabilities available from PowerPivot and Power Query? Look no further! Excel PowerPivot & Power Query For Dummies shows you how this powerful new set of tools can be leveraged to more effectively source and incorporate 'big data' Business Intelligence and Dashboard reports. You'll discover how PowerPivot and Power Query not only allow you to save time and simplify your processes, but also enable you to substantially enhance your data analysis and reporting capabilities. Gone are the days of relatively small amounts of data—today's data environment demands more from business analysts than ever before. Now, with the help of this friendly, hands-on guide, you'll learn to use PowerPivot and Power Query to expand your skill-set from the one-dimensional spreadsheet to new territories, like relational databases, data integration, and multi-dimensional reporting. Demonstrates how Power Query is used to discover, connect to, and import your data Shows you how to use PowerPivot to model data once it's been imported Offers guidance on using these tools to make analyzing data easier Written by a Microsoft MVP in the lighthearted, fun style you've come to expect from the For Dummies brand If you spend your days analyzing data, Excel PowerPivot & Power Query For Dummies will get you up and running with the rich set of Excel tools and reporting capabilities that will make your life—and work—easier.

America's most renowned Wiccan shares the beliefs and practices of this sacred feminine spirituality in an introductory book. Welcome to the oldest spiritual tradition in the world. One of the first Wiccan Priestesses to 'come out of the broom closet,' Phyllis Curott has forever changed the perception of Wicca in the Western world. In this book, Phyllis re-introduces the life-sustaining wisdom and techniques that will connect you to the Divine and to the love, abundance and spiritual wisdom of Mother Earth. You'll learn how to: • attune your body, mind and spirit to Nature's rhythms to create a life of harmony, peace and fulfillment • enter spirit realms and work with spirit guides, power animals and spirits of place for guidance and healing • cast gorgeous spells and create sacred spaces and altars to nourish your soul • practice empowering lunar and Sabbat rites to experience

divine communion • embody your spirit, empower your purpose and manifest your gifts This engaging and inspiring book will open your heart, your mind and your spirit to the Sacred around and within you. It's time to awaken your life to its divine magic!

"Not only profound in its analysis, but also so passionately inspired by sympathy for the downtrodden and their struggle for liberation. . ." --Daniel Singer, *The Nation* "This is an important book, heavy in size and tone. It belongs in every serious library." --Choice

The first yoga text to outline a step-by-step sequence for developing a complete practice according to viniyoga--yoga adapted to the needs of the individual. • A contemporary classic by a world-renowned teacher. • This new edition adds thirty-two poems by Krishnamacharya that capture the essence of his teachings. Sri Tirumalai Krishnamacharya, who lived to be over 100 years old, was one of the greatest yogis of the modern era. Elements of Krishnamacharya's teaching have become well known around the world through the work of B. K. S. Iyengar, Pattabhi Jois, and Indra Devi, who all studied with Krishnamacharya. Krishnamacharya's son T. K. V. Desikachar lived and studied with his father all his life and now teaches the full spectrum of Krishnamacharya's yoga. Desikachar has based his method on Krishnamacharya's fundamental concept of viniyoga, which maintains that practices must be continually adapted to the individual's changing needs to achieve the maximum therapeutic value. In *The Heart of Yoga* Desikachar offers a distillation of his father's system as well as his own practical approach, which he describes as "a program for the spine at every level--physical, mental, and spiritual." This is the first yoga text to outline a step-by-step sequence for developing a complete practice according to the age-old principles of yoga. Desikachar discusses all the elements of yoga--poses and counterposes, conscious breathing, meditation, and philosophy--and shows how the yoga student may develop a practice tailored to his or her current state of health, age, occupation, and lifestyle. This is a revised edition of *The Heart of Yoga*.

A semiautobiographical coming-of-age story, framed by the harrowing 1975 Circeo massacre Edoardo Albinati's *The Catholic School*, the winner of Italy's most prestigious award, *The Strega Prize*, is a powerful investigation of the heart and soul of contemporary Italy. Three well-off young men—former students at Rome's prestigious all-boys Catholic high school San Leone Magno—brutally tortured, raped, and murdered two young women in 1975. The event, which came to be known as the Circeo massacre, shocked and captivated the country, exposing the violence and dark underbelly of the upper middle class at a moment when the traditional structures of family and religion were seen as under threat. It is this environment, the halls of San Leone Magno in the late 1960s and the 1970s, that Edoardo Albinati takes as his subject. His experience at the school, reflections on his adolescence, and thoughts on the forces that produced contemporary Italy are painstakingly and thoughtfully rendered, producing a remarkable blend of memoir, coming-of-age novel, and true-crime story. Along with indelible portraits of his teachers and fellow classmates—the charming Arbus, the literature teacher Cosmos, and his only Fascist friend, Max—Albinati also gives us his nuanced reflections on the legacy of abuse, the Italian bourgeoisie, and the relationship between sex, violence, and masculinity.

What if you could listen to your pet's thoughts — and truly understand? What if your cat could reveal his mischievous secrets or your dog could tell you about her day? What if you could assure him you'd be back soon or comfort her about visiting the vet? You can, and animal communicator Amelia Kinkade will show you how. In *Straight from the Horse's Mouth*, she shares her practical program that has helped hundreds of clients break through to communicate with their pets. Using guided meditations and other exercises designed to increase intuition, you can learn to share memories, make plans, diagnose illness, track a disappearance, and accept each other's differences. Read Amelia Kinkade's adventures in animal communication in all their hilarity, passion, and tenderness, and know that you too can talk to animals and get answers.

Both an exploration of character and a reflection on the meaning of history, *"Memoirs of Hadrian"* has received international acclaim since its first publication in France in 1951. In it, Marguerite Yourcenar reimagines the Emperor Hadrian's arduous boyhood, his triumphs and reversals, and finally, as emperor, his gradual reordering of a war-torn world, writing with the imaginative insight of a great writer of the twentieth century while crafting a prose style as elegant and precise as those of the Latin stylists of Hadrian's own era. The years 1937-1938 remained in Italy and were stolen by the Gestapo, then retrieved and published separately until they were restored to their original form and published in the Italian edition."--BOOK JACKET.

A trio of classic works from a master American novelist features the author's first novel, *Revolutionary Road*, the story of a disintegrating marriage; *The Easter Parade*, about two sisters whose parents' divorce affects their entire lives; and *Eleven Kinds of Loneliness*, a collection of short stories. 17,500 first printing.

A Blessed Child is a haunting parable of innocence lost from the internationally acclaimed author of *Grace and Stella Descending*. Every summer Isak Lövenstad gathers his three daughters by different wives to the windswept Baltic island of Hammarsö. Here Erika, Laura, and Molly find a sense of family and friendship, although nothing can match Erika's connection to the rebellious misfit Ragnar. But when an act of senseless cruelty separates them forever—and drives the sisters from the island in shame and regret—they must leave childhood and their growing relationships behind. Now, twenty-five years later, they return to visit their ailing father and confront the specter of that awful summer.

Collocations are combinations of words which frequently appear together. Using them makes your English sound more natural. Presents and explains approximately 1,500 word combinations in typical contexts using tables, charts, short texts and dialogues.

Rudolf Steiner - *THEOSOPHY - Introduction to Supersensible World Knowledge and Human Destiny*. First published in 1904, this work summarizes the spiritual view of man in anthroposophy. This is a new translation of the 1918 edition.

Improve your understanding of idioms in English. Explanations and practice of English idioms, written for intermediate-level (B1 to B2) learners of English. Perfect for both self-study and

classroom activities. Learn idioms in context, with lots of different topics, including 'Clothes', 'Music and theatre' and 'Work'. Be confident about what you are learning, thanks to Cambridge research into how English is really spoken and written, and get better at studying by yourself, with study tips, follow-up tasks and an easy to use answer key.

The eighth entry in Maurizio de Giovanni's internationally bestselling Commissario Ricciardi series. In the abyss of a profound personal crisis, Commissario Ricciardi feels unable to open himself up to life. He has refused the love of both Enrica and Livia and the friendship of his partner, Maione. Contentment for Ricciardi proves as elusive as clues to the latest crime he has been asked to investigate. The beautiful, haughty Bianca, countess of Roccaspina, pleads with Ricciardi to investigate a homicide that was of cially closed months ago. In the tense, charged atmosphere of 1930s Italy, where Benito Mussolini and his fascist thugs monitor the police closely, an unauthorized investigation is grounds for immediate dismissal and possible criminal charges. But Ricciardi's thirst for justice cannot be sated. A tightly plotted historical noir novel, this eighth instalment in the Commissario Ricciardi series is a gripping meditation on revenge and justice in which each character's soul reveals itself to be made of glass.

An overlooked classic of Italian literature, this epic and unforgettable novel recounts one man's long and turbulent life in revolutionary Italy. At the age of eighty-three and nearing death, Carlo Altoviti has decided to write down the confessions of his long life. He remembers everything: his unhappy childhood in the kitchens of the Castle of Fratta; romantic entanglements during the siege of Genoa; revolutionary fighting in Naples; and so much more. Throughout, Carlo lives only for his twin passions in life: his dream of a unified, free Italy and his undying love for the magnificent but inconstant Pisana. Peopled by a host of unforgettable characters - including drunken smugglers, saintly nuns, scheming priests, Napoleon and Lord Byron - this is an epic historical novel that tells the remarkable and inseparable stories of one man's life and the history of Italy's unification. Ippolito Nievo was born in 1831 in Padua. Confessions of an Italian, written in 1858 and published posthumously in 1867, is his best known work. A patriot and a republican, he took part with Garibaldi and his Thousand in the momentous 1860 landing in Sicily to free the south from Bourbon rule. Nievo died before he reached the age of thirty, when his ship, en route from Palermo to Naples, went down in the Tyrrhenian Sea in early 1861. He was, Italo Calvino once said, the sole Italian novelist of the nineteenth century in the 'daredevil, swashbuckler, rambler' mould so dear to other European literatures. Frederika Randall has worked as a cultural journalist for many years. Her previous translations include Luigi Meneghello's Deliver Us and Ottavio Cappellani's Sicilian Tragedy and Sergio Luzzatto's Padre Pio: Miracles and Politics in a Secular Age. Lucy Riall is Professor of Comparative History at the European University Institute. Her many books include Garibaldi. Invention of a Hero. 'Of all the furore that came out of the Risorgimento, only Manzoni and Nievo really matter today' - Umberto Eco 'The one 19th century Italian novel which has [for an Italian reader] that charm and fascination so abundant in foreign literatures' - Italo Calvino 'Perhaps the greatest Italian novel of the nineteenth century' - Roberto Carnero 'A spirited appeal for liberté, égalité and fraternité, the novel is also an astute, scathing and amusing human comedy, a tale of love, sex and betrayal, of great wealth and grinding poverty, of absolute power and scheming submission, of idealism and cynicism, courage and villainy' - The Literary Encyclopedia

In a twenty-fifth-century world in which death is nearly obsolete, thanks to a technology that allows a person's consciousness to be downloaded into a new body, former U.N. envoy Takeshi Kovacs, re-sleeved into a new body after a brutal death, finds himself caught in the middle of a deadly far-reaching conspiracy that could have horrifying repercussions. Reprint.

CD-ROM provides over 200 extra exercises to help you practice the grammar presented.

The acclaimed bestseller that's teaching the world about the power of mass collaboration. Translated into more than twenty languages and named one of the best business books of the year by reviewers around the world, Wikinomics has become essential reading for business people everywhere. It explains how mass collaboration is happening not just at Web sites like Wikipedia and YouTube, but at traditional companies that have embraced technology to breathe new life into their enterprises. This national bestseller reveals the nuances that drive wikinomics, and share fascinating stories of how masses of people (both paid and volunteer) are now creating TV news stories, sequencing the human genome, remixing their favorite music, designing software, finding cures for diseases, editing school texts, inventing new cosmetics, and even building motorcycles.

Every so often a love story captures our hearts and becomes more than just a story - it becomes an experience to treasure and to share. The Notebook is such a book. It is a celebration of a passion both ageless and timeless, a tale of laughter and tears, and makes us believe in true love all over again. At thirty-one, Noah Calhoun is rebuilding his life on the coast after the horrors of World War II, but he is haunted by images of the girl he lost more than a decade earlier. Allie Nelson is about to marry into wealth and security, but she cannot stop thinking about the boy who stole her heart years ago. And so begins an extraordinary tale of a love so strong it turns tragedy into strength and endures everything . . . 2014 marks the 10th anniversary of the film adaptation of The Notebook starring Ryan Gosling and Rachel McAdams. This new edition includes gorgeous colour photographs from the film, author Q & A, discussion questions and an exclusive chapter from The Longest Ride, the new Nicholas Sparks novel.

Fourth edition of the best-selling Cambridge English: Advanced (CAE) course, updated to prepare for the 2015 revised exam. The Student's Book without answers contains fresh, updated texts and artwork that provide solid language development, lively class discussion and training in exam skills. The 25 topic-based units include examples from the Cambridge English Corpus to highlight common learner errors and ensuring that students are learning the most up-to-date and useful language required at this level. The interactive CD-ROM provides comprehensive extra practice of the language and topics covered in the book. Class Audio CDs containing the recordings for the listening exercises are available separately.

For the first time after years of study and researches, it is possible to present to the western public a deep analysis of the most advanced and lethal fighting strategies of the Siamese tradition (Muay Thai): the Look Mai Muay Thai Boran. The Look Mai are the real "secret weapons" that every Bramajarn (Grand Master) of the past jealously kept, revealing them only to their most loyal students. If the Mae Mai (basic strategies) are for everyone, the Look Mai are for the elected; if the fundamental techniques by definition may be performed after a short period of time, the Look Mai are not within the medium student's reach. Their domination marks out the real superstar the Art of the traditional Muay. In this volume you will find: the principles which are the basis of the most advanced Muay Boran techniques, the Physics of Muay Thai, the keys to interpretation of the cryptic language of Look Mai; furthermore, an analysis of the traditional Muay Chaiya and Muay Korat styles, offensive strategies and the Art of defense, the study of the vital points, the Thai traditional grappling. This, and much more, equipped with hundreds of photos

and drawings which make the comprehension of the techniques much easier.

The words you need to communicate with confidence. Vocabulary explanations and practice for upper-intermediate level (B2) learners of English. Perfect for both self-study and classroom activities. Quickly expand your vocabulary with over 100 units of easy to understand explanations and practice exercises. Be confident about what you are learning, thanks to Cambridge research into how English is really spoken and written, and get better at studying by yourself, with units on learning vocabulary, personalised practice and an easy to use answer key.

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