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auckland's north shore has long been known as a place apart a place of leisure known for its beautiful beaches and relaxed lifestyle until the opening of the auckland harbour bridge in 1959 it was viewed by many city siders as a holiday destination but the past 40 years have seen it transformed into a vital city in its own right yet its european origins go back to the earliest days of the settlement of auckland this lively history tells the story of the shore's development from maori and early contact times up to local body amalgamation and the formation of the first north shore city in 1989 it covers themes such as transport industry population growth and settlement patterns arts and architecture religion and sport presented in a coffee table format it is fully illustrated with historic photographs and paintings which will fascinate those familiar with the shore as it is now the book will be launched during the city's 2010 heritage week festival in time to celebrate the city before supercity amalgamation

a unique book which combines chair yoga and nutrition for seniors to elevate wellbeing health and happiness as well as prolonging vitality it is a very practical comprehensive and easy to use holistic health guide which is a valuable resource for all seniors it is suitable for absolute beginners to yoga has easy to follow pictures and instructions for each pose and clear guidelines for breathing it shows how you can reap all the benefits of yoga whilst sitting down or using the chair for support whilst standing feeling safe and not being worried about falling the yoga is complemented with simple to implement nutrition techniques to nourish every body system as well as targeting particular health issues and specific parts of the body this book gives the reader a path to thrive in their senior years keeping them moving and eating well it brings together all my knowledge and experience of working with yoga and nutrition clients over the past 9 years this comprehensive guide includes calming meditations relaxation strategies and breathing techniques clear step by step instructions of the yoga poses with photographs and guidelines on when to inhale and exhale how to move as well as the benefits of doing the pose easy to implement nutrition tips to support a healthy mind digestion liver heart lungs bone density combining yoga and nutrition to support each body system mindful movements to improve your balance posture circulation and joint health as well as reducing anxiety and stress the book is colourful containing inspirational pictures of real people in their 70's 80's and 90's doing yoga in my classes it is a4 and has a wire ring binder which makes it easy to read and use the book can easily be kept open whilst in use great for anyone who has had knee or hip surgery or struggles to get up and down off the floor

beginners and experienced birdwatchers turn to this guide to identify the birds they see in their backyards and on bushwalking or birdwatching expeditions designed to slip easily into a pocket backpack or glove box this is a new and updated version of the very popular slater field guide to australian birds and includes 64 new or extensively revised colour plates incorporating all the new birds observed in australia including tasmania and islands and territories since 1986 also included is a re organisation of the guide into broad habitats seabirds shore birds inland water birds and bush birds updated common and scientific names revised maps and a new visual index to aid beginners in finding the most appropriate pages in the guide a must for serious naturalists in australia be they beginners or experts

energising hilarious and perceptive this beautifully honed show is pure theatrical magic nzlistener nzs beloved classic comedy wheelers luck is a rollicking rural saga based around the citizens of a small community that life seems to have passed by until that is the town mayor plots with an auckland developer who has plans for an exclusive multi million dollar resort and not everyone is happy with no props and a cast size that can range from 2 52 a flexibility beloved of all those who have to cater to variably sized and skilled groups this extraordinary play was a classic from its triumphant opening night in 2004 since then wheelers luck has been performed to acclaim both professionally as the original two hander and in numerous local theatres and schools with an astounding range of cast sizes and production styles they create an entire community with no set no props other than a large ships bell just pure imagination energy and keen observation brilliant in its simplicity eloquent in its humour and with its roots firmly planted in grass roots aotearoa capital times as rich wacky perceptive touching and outright hilarious as a simpsons episode yet kiwi to its marrow nbr wheelers luck is pure gold thought provoking but not laid on with a trowel of this country yet universal in terms of peoples relationship with the land and with each other and very very funny capital times

in an effort to conquer his depression jimi hunt decided to travel the length of new zealand s longest river on an inflatable mattress

sharad p paul md is starting a health rxevolution he argues it s time to stop relying on prescriptive drugs to alleviate all ailments and instead take charge of your own life wellness he walks readers through the genes that are key to our physical and mental fitness and longevity the genesis of those genes and how actions play a role in the expression of genes in our bodies each chapter concludes with practical and easily implemented actions that help readers start managing their daily wellbeing and encourages them to personalize his steps for their own bodies and lifestyles dr paul has been recognized for his thought leadership compassion and entrepreneurialism in addition to his busy skin surgery schedule he offers 7 000 free skin cancer checks every year and even invented a skin graft technique that reduces costs and healing time for patients with the genetics of health he offers the knowledge and the guidance for readers to personally take charge of reducing their own healthcare costs and sick days and to seize the healthiest life possible

early readers are stepping stones from picture books to reading books a blue early reader is perfect for sharing and reading together a red early reader is the next step on your reading journey when the little boy tells his mother he has seen a big roaring yellow whiskery lion in the meadow she decides to make up a story for him too and gives him a matchbox with a tiny dragon inside a brand new early reader edition of this beautiful classic story

built for caffeine by ben crawford is a celebration of new zealand s cafe culture focusing on 20 of the country s unique cafés crawford captures their beautiful and innovative interiors this inspirational book shows readers how to take elements of these stunning designs and bring them into

their own space

a valuable book and the first significant scholarship on mexican americans in world war ii up to 750 000 mexican american men served in world war ii earning more medals of honor and other decorations in proportion to their numbers than any other ethnic group

essentials in ophthalmology is a new review series covering all of ophthalmology categorized in eight subspecialties it will be published quarterly thus each subspecialty will be reviewed biannually given the multiplicity of medical publications already available why is a new series needed consider that the half life of medical knowledge is estimated to be around 5 years moreover it can be as long as 8 years between the first description of a medical innovation in a peer reviewed scientific journal and publication in a medical textbook a series that narrows this time span between journal and textbook would provide a more rapid and efficient transfer of medical knowledge into clinical practice and enhance care of our patients

when digging out a drain the little yellow digger gets stuck in the mud so they bring in a bigger digger

too many hippos the chief keeper said as he took off his cap and he scratched his bald head i m afraid that a number may soon have to go but the keeper s assistant quite loudly said no and once again the little yellow digger is called to the rescue

rocky the reindeer has learnt how to fly but he s nervous about joining the reindeer gang he dashes away through the snow but when he takes a tumble on the ice he finds out how friendly and helpful the other reindeer are and once he finally does join the team he flies faster than anyone

rolling and leaping at their play two whales swam in a sunlit bay but when the tide turns the baby whale gets stranded on the beach but don t worry the little yellow digger is on its way this is the third story about the much loved little yellow digger by betty and alan gilderdale

the popular little digger returns with a brand new story this time the digger is working on a road slip when a cave is uncovered containing interesting bones of a strange creature long since extinct

a fascinating account of how the beach has influenced new zealand lifestyle culture and identity experiencing beach life is simply part of being a new zealander it has helped shape our annual summer holiday the games we play the clothes we wear and the houses we build it has also played an important role in the development of kiwi identity in this compelling and generously illustrated exploration of beach life over the last 90 years writer historian and style commentator douglas lloyd jenkins examines how attitudes towards the beach have evolved and how the beach a hot bed

of hedonistic pleasures as well as a magnet for holidaying families has in turn brought about important social change open to all yet increasingly fringed with expensive property accessible only to the rich the new zealand beach has always been a place of extremes in beach life lloyd jenkins provides a colourful account of the pioneering trends and pivotal influences that have shaped kiwis enduring attraction to the beach and the lasting impact the beach has had on every aspect of new zealand society

in the spring of 1944 antoine de saint exupéry left his wife consuelo to return to the war in europe soon after he disappeared while flying a reconnaissance mission over occupied france neither his plane nor his body was ever found the tale of the rose is consuelo s account of their extraordinary marriage it is a love story about a pilot and his wife a man who yearned for the stars and the spirited woman who gave him the strength to fulfill his dreams consuelo suncin sandoval de gómez and antoine de saint exupéry met in buenos aires in 1930 she a seductive young widow he a brave pioneer of early aviation decorated for his acts of heroism in the deserts of north africa he was large in his passions a fierce loner with a childlike appetite for danger she was frail and voluble exotic and capricious within hours of their first encounter he knew he would have her as his wife their love affair and marriage would take them from buenos aires to paris to casablanca to new york it would take them through periods of betrayal and infidelity pain and intense passion devastating abandonment and tender poetic love several times in the course of their marriage they would go their separate ways but always they would return the tale of the rose is the story of a man of extravagant dreams and of the woman who was his muse the inspiration for the little prince s beloved rose unique in all the world whom he could not live with and could not live without written on long island in a quiet spell of reconciliation the little prince was antoine s greatest gift to the woman he never stopped loving the only child to emerge from their union the tale of the rose is consuelo s reply the love letter she never could write to her husband a fable of its own just as magical poetic and tragic as the little prince praise for the tale of the rose we find in these pages all the tenderness and patience but also the tenacity of a woman who loves consuelo does not seek to explain or even to understand her husband she accepts him and leads him to what he must be written with a strong and authentic voice the tale of the rose is a book to read for its strength of character and for the adventure that it offers elle

follows the life of hollywood s first independent filmmaker known for the emperor jones and ballet mâcanique

beautiful and mysterious the keeper of secrets by julie thomas follows a priceless violin across generations from wwii to stalinist russia to the gilded international concert halls of today and reveals the loss love and secrets of the families who owned it in 1939 berlin 14 year old simon horowitz s world is stirred by his father s 1742 guarneri del gesu violin when nazis march across europe and simon is sent to dachau he finds unexpected kindness and a chance to live in the present day orchestra conductor rafael gomez finds himself inspired by daniel horowitz a 14 year old violin virtuoso who refuses to play when rafael learns that the boy s family once owned a precious violin believed to have been lost forever

rafael seizes the power of history and discovers a family story like no other

the international bestseller now a major film starring keira knightley in the bitter winter of 1946 rachael morgan arrives in the ruins of hamburg here she is reunited with her husband lewis a british colonel charged with rebuilding the shattered city as they set off for their new home rachael is stunned to discover that lewis has made an extraordinary decision they will be sharing the grand house with its previous owners a german widower and his troubled daughter in this charged atmosphere enmity and grief give way to passion and betrayal this masterly novel wrings every drop of feeling out of a gripping human situation mail on sunday superb conjures surprise after surprise guardian excellent original masterly a captivating tale not only of love among the ruins but also of treachery and vengeance literary review profoundly moving beautifully written ponders issues of decency guilt and forgiveness independent terrific suspicion resentment and misunderstanding haunt this city richly atmospheric sunday telegraph

provides comprehensive and innovative of home plans in north america this work contains construction blueprints on plans including exterior and interior elevations detailed floor plans foundation and roof plans cross sections and other construction details

new york times bestselling author khaled hosseini says set in post revolutionary iran sahar delijani s gripping novel is a blistering indictment of tyranny a poignant tribute to those who bear the scars of it and a celebration of the human heart s eternal yearning for freedom neda is born in iran s evin prison where her mother is allowed to nurse her for a few months before an anonymous guard appears at the cell door one day and simply takes her away in another part of the city three year old omid witnesses the arrests of his political activist parents from his perch at their kitchen table yogurt dripping from his fingertips more than twenty years after the violent bloody purge that took place inside tehran s prisons sheida learns that her father was one of those executed that the silent void firmly planted between her and her mother all these years was not just the sad loss that comes with death but the anguish and the horror of murder these are the children of the jacaranda tree set in post revolutionary iran from 1983 to 2011 this stunning debut novel follows a group of mothers fathers children and lovers some related by blood others brought together by the tide of history that washes over their lives finally years later it is the next generation that is left with the burden of the past and their country s tenuous future as a new wave of protest and political strife begins heartbreakingly heroic publishers weekly children of the jacaranda tree is an evocative portrait of three generations of men and women inspired by love and poetry burning with idealism chasing dreams of justice and freedom written in sahar delijani s spellbinding prose capturing the intimate side of revolution in a country where the weight of history is all around it is a moving tribute to anyone who has ever answered its call

sixty outstanding architect designed new new zealand homes john walsh and patrick reynolds are back with their third handsome new zealand

residential architecture book which this time covers 60 projects built since 2007 and ranging from the small baches studios and apartments through to the big substantial new residences and conversions homes with budgets to match their scale walsh and reynolds have track records as new zealand s preeminent architectural writer and photographer respectively this time they are joined by a team of eminently well qualified contributing writers who under john walsh s editorial supervision bring together a very significant survey of residential architecture endeavour in recent years thoughtfully written beautifully photographed and handsomely produced this massive book is unrivalled complete with plans and enormously comprehensive it is both a celebration and a sourcebook of new zealand s best architectural work

the much anticipated follow up to the bestselling big house small house city house country house explores 40 of new zealand s most outstanding residential projects in locations ranging from intensely urban to spectacularly remote new family homes suburban alterations city apartments coastal beach houses and rural retreats are all included in this impressive collection of recently completed projects reflecting a growing diversity of living styles and architectural responses across the country thoughtfully photographed and with accompanying plans and text that probes the design rationale behind each project this is a highly collectable survey of some of new zealand s most innovative and interesting homes

this very special publication is an environmental social and cultural history of our association with the hauraki gulf and its marine park a remarkably diverse area from just south of mangawhai past auckland city down the firth of thames and taking in the east coast of coromandel as far south as waihi

includes emotions surrounding hearing loss where and how to find help how to map an audiogram function and selection of hearing aids and why some people reject them other topics include cochlear implants meniere s disease tinnitus aging listening skills wireless assistive technology and assistive technology products provided by publisher

a sweeping love story told through letters spanning two continents and two world wars for fans of my dear i wanted to tell you the postmistress and the guernsey literary and potato peel pie society united by letters separated by an ocean devastated by war a letter isn t always just a letter words on the page can drench the soul elspeth dunn a published poet living on the isle of skye answers her first fan letter from davey graham an impetuous young man in illinois without having to worry about appearances or expectations elspeth and davey confess their hopes dreams and fears things they ve never told another soul even without meeting they know one another but as world war i engulfs europe and davey volunteers as an ambulance driver on the western front elspeth can only wait on skye anxious for his return wondering if they ll ever get a chance to meet

known for his grand public murals diego rivera 1886 1957 is one of mexico s most revered artists his paintings are marked by a unique fusion of

European sophistication, revolutionary political turmoil and the heritage and personality of his native country based on extensive interviews with the artist, his four wives including Frida Kahlo and his friends, colleagues and opponents, the fabulous life of Diego Rivera captures Rivera's complex personality, sometimes delightful, frequently infuriating and always fascinating, as well as his development into one of the twentieth century's greatest artists.

While Vladimir Tretchikoff (1913–2006) is undoubtedly one of South Africa's most controversial artists, much maligned in the 1960s and onwards by several members of the established arts community, there can be no doubt that he has become a cultural icon and remains a favourite artist to many South Africans. Despite this, there has been almost no serious assessment of Tretchikoff's legacy. In his heyday, Tretchikoff's exhibitions drew record audiences at home and abroad, and he was considered to be one of the richest artists, with earnings comparable to Picasso. He pioneered the idea of selling affordable copies of his works, enabling working-class people to own art which they proudly displayed above their mantelpieces. This retrospective exhibition aims to examine Tretchikoff anew and place him in contemporary perspective. Many iconic works, such as *The Chinese Girl* and *The Dying Swan*, will be on display. [Publisher website](#)

At the center of an artistic milieu as vital and exciting as the Left Bank of Paris or Greenwich Village, Rosa and Miguel Covarrubias knew almost everyone in the limelight of the 1930s and 1940s: Langston Hughes, Carl Van Vechten, John Huston, Diego Rivera, and Frida Kahlo, to name just a few, as fascinating themselves as any of their friends. The couple together fostered a renaissance of interest in the history and traditional arts of Mexico's indigenous peoples while amassing an extraordinary collection of art that ranged from pre-Hispanic Olmec and Aztec sculptures to the work of Diego Rivera. Written by a long-time friend of Rosa, this book presents a sparkling account of the life and times of Rosa and Miguel. Adriana Williams begins with Miguel's birth in 1904 and follows the brilliant early flowering of his artistic career as a renowned caricaturist for *Vanity Fair* and the *New Yorker* magazines; his meeting and marriage with Rosa at the height of her New York dancing career; and their many years of professional collaboration on projects ranging from dance to anthropology to painting and art collecting to the development of museums to preserve Mexico's pre-Columbian heritage. Interviewing as many of their friends as possible, Williams fills her narrative with reminiscences that illuminate Miguel's multifaceted talents, Rosa's crucial collaboration in many of his projects, and their often tempestuous relationship.

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