

## Blue Highlights

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the first 50 years of the us army airborne arm is a story of continuing battles with the nation's enemies of battles within the army's hierarchy of change and of adaptation if there is any single attribute the airborne soldier can claim as his most sterling it is his uncanny ability to adapt his flexibility the very nature of a paratrooper demands this ability to adapt the motivation and *esprit de corps* it develops within these units is something not to be taken lightly the first class pairing of gordon l rottman and ron volstad bring to life the history of these remarkable troops

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women who fight in wars also have to fight for their right to do so but what are the obstacles impeding their progress in achieving equal status as both active service members and as veterans this book written by a team of female veterans and military scholars demonstrates the ways in which women service members and veterans experience a unique set of challenges when attempting to both honorably serve their country and reintegrate into civilian society following military service these challenges include but are not limited to discrimination staggering rates of suicide and barriers to obtaining treatment for military sexual trauma and other critical benefits through the u s department of veterans affairs women veterans lifting the veil of invisibility examines current service related policies and gender in the military s hierarchical power structure here a confluence of white male privilege and entitlement the culture of domination and the effeminization of the enemy manifest themselves as a backlash against women calling into question a woman s agency and her very status as a citizen special attention in the book is paid to the civil military divide representative bureaucracy and the function of the

military and civilian justice systems moreover the need for appropriate healthcare policies and structures is examined within a wicked problems framework the authors conclude that the responsibility for women veterans and all veterans for that matter must become a matter of compelling government interest this ground breaking book is required reading for practitioners of public policy and administration with an interest in military and veterans affairs public health ngos and activist groups as well as scholars of gender and public service public personnel management and nonprofit management

discover the sana diet a new approach to health are you interested in how diet impacts your overall well being especially brain health this book delves into the intricate relationship between what you eat and your body's functions the sana diet presents a research based guide to an anti inflammatory lifestyle for a healthy gut and lifelong physical mental and cognitive well being here's what you'll find inside a deep dive into diet health explore various popular diets mediterranean dash mind and understand their strengths and weaknesses learn why the book proposes the sana diet a novel and unique approach focus on gut health discover how your gut microbiome influences inflammation and overall health the book emphasizes the importance of supporting a healthy commensal microbiome and intestinal integrity for preventing chronic disease and premature aging cognitive health the book reviews and explains recent findings on the impact of diet and lifestyle on alzheimer's disease parkinson's disease and vascular dementia and integrates this information into dietary and lifestyle recommendations beyond general guidelines unlike most diets this goes into the details you'll learn about specific foods and their methods of preparation that impact nutrient digestion and inflammation dad scoring system the book introduces a dietary anti inflammatory and digestibility dad rating system to help you make informed food choices lifestyle is key the book emphasizes a holistic approach including the importance of sleep exercise indoor air quality stress management and social connections in addition to diet prevention vs reversal understand the difference between preventing diseases like dementia versus trying to reverse them with a focus on proactive health detailed and scientific the book provides scientific reasoning references and in depth explanations of why certain foods are recommended or avoided it emphasizes the importance of proper preparations of the foods and provides some sample recipes as illustrations who is this book for audience health professionals and researchers in neurology nutrition and aging functional and integrative medicine practitioners medical students and continuing education learners nutritionists others who want to understand the science behind diet and health

and learn about chronic disease and dementia prevention note this book is detailed and includes scientific concepts it's ideal for readers who are interested in the research and the mechanistic underpinning sana diet is based upon if you prefer a simple diet guide this might not be the right fit

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navy seal joe macdermid came to thornehill springs north carolina seeking peace and quiet and maybe a break from his hectic life but his next door neighbor verna love seems intent on making sure he doesn't get any of either verna takes pride in being a nice person but when it comes to joe she just can't help herself getting under his skin gives her an unexplainable satisfaction and it doesn't hurt that joe is the picture of masculine perfection especially when he's angry she's smart enough to know that he'd never be interested in her not with all her flaws but she can't pretend that goading him isn't one of the highlights of her day but when circumstances force the two of them together they might find love where they least expect

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