

How To Get Slim Like Korean Girl

The 4-Hour Body Timothy Ferriss 2011-02-03 This book will redefine how you approach losing weight. Based on over 15 years of research and with personal stories, amazing before and after photos, recipes and sidebars, *The 4-Hour Body*, from international bestselling author Tim Ferriss, will give unbelievable results and change the way you look forever. 'Mr. Ferriss makes difficult things seem very easy' -- NY Times 'The Superman of Silicon Valley' - Wired 'This book has changed my life' -- ***** Reader review 'An uncommon genius' -- ***** Reader review 'This book is awesome' -- ***** Reader review 'Educational and mind blowing' -- ***** Reader review ***** Whatever your physical goal, *The 4-Hour Body* eclipses every other health manual by sharing the best kept secrets in the latest science and research to provide new strategies for redesigning the human body. And you don't need to exhaust yourself. International bestselling author, Timothy Ferriss, helps you reach your true genetic potential in 3-6 months with a commitment of less than four hours per week. You can pick and choose from a menu of options, from simple to extreme, for dramatic body changes. Packed full of personal case studies, before and after photos, recipes and top tips, this book will help you achieve your body goals in record time.

The Legacy of Totalitarianism in a Tundra Anonymous 2014-09-08 *The Legacy of Totalitarianism in a Tundra* /lit/ Approved Epic Fantasy As featured in: Harold Bloom's Shiterary Canon - The Best and Worst of Postmodernist Literature Donetsk Times Best Selling Author *The Legacy of Totalitarianism in a Tundra* Translation by Chuck Berry >anonymous An insight into the spook-conscious Enter the toxic post-ironic internet culture of /lit/

The Inter-Asia Cultural Studies Reader Kuan-Hsing Chen 2015-04-22 Asian Cultural Studies or Cultural Studies in Asia is a new and burgeoning field, and the *Inter-Asia Cultural Studies Journal* is at its cutting edge. Committed to bringing Asian Cultural Studies scholarship to the international English speaking world and constantly challenging existing conceptions of cultural studies, the journal has emerged as the leading publication in Cultural Studies in Asia. The *Inter-Asia Cultural Studies Reader* brings together the best of the ground breaking papers published in the journal and includes a new introduction by the editors, Chen Kuan-Hsing and Chua Beng Huat. Essays are grouped in thematic sections, including issues which are important across the region, such as State violence and social movements and work produced by IACS sub-groups, such as feminism, queer studies, cinema studies and popular culture studies. The Reader provides useful alternative case studies and challenging perspectives, which will be invaluable for both students and scholars in media and cultural studies.

I'll Be the One Lyla Lee 2021-12-21 Diverse book recommended by The Today Show * A Kirkus Reviews Best Book of 2020 The world of K-Pop has never met a star like this. Debut author Lyla Lee delivers a deliciously fun, thoughtful rom-com celebrating confidence and body positivity--perfect for fans of Jenny Han and Julie Murphy. Skye Shin has heard it all. Fat girls shouldn't dance. Wear bright colors. Shouldn't call attention to themselves. But Skye dreams of joining the glittering world of K-Pop, and to do that, she's about to break all the rules that society, the media, and even her own mother, have set for girls like her. She'll challenge thousands of other performers in an internationally televised competition looking for the next K-pop star, and she'll do it better than anyone else. When Skye nails her audition, she's immediately swept into a whirlwind of countless practices, shocking performances, and the drama that comes with reality TV. What she doesn't count on are the highly fat-phobic beauty standards of the Korean pop entertainment industry, her sudden media fame and scrutiny, or the sparks that soon fly with her fellow competitor, Henry Cho. But Skye has her sights on becoming the world's first plus-sized K-pop star, and that means winning the competition--without losing herself.

I Can Make You Thin Paul McKenna, Ph.D. 2016-01-05 Would you like to eat whatever you want and still lose weight? Would you like to feel really happy with your body? Are you unable to lose those last 10 pounds? Do you find it difficult to say no to second helpings? Do you get disheartened about your eating habits and your weight? Have you tried every diet and it made no difference long-term? Then this amazing system is for you! Welcome to a revolutionary new way to stop overeating, control cravings, and feel totally motivated to exercise. Paul McKenna has developed a breakthrough weight-loss system that re-patterns your thoughts, attitudes, and beliefs about yourself, your health, and food to help you easily take control of your diet and lose weight permanently. As you use Dr. McKenna's unique book and audio system, the latest psychological techniques will automatically help you to start losing weight right away! You can use it again and again to make you feel happier about yourself as you go all the way to your ideal shape, size, and weight.

Soldiers 1982

The Magnitude of Ming Christopher Lupke 2005-01-31 Few ideas in Chinese discourse are as ubiquitous as ming, variously understood as "command," "allotted lifespan," "fate," or "life." In the earliest days of Chinese writing, ming was already present, invoked in divinations and etched into ancient bronzes; it has continued to inscribe itself down to the twenty-first century in literature and film. This volume assembles twelve essays by some of the most eminent scholars currently working in Chinese studies to produce the first comprehensive study in English of ming's broad web of meanings. The essays span the history of Chinese civilization and represent disciplines as varied as religion, philosophy, anthropology, literary studies, history, and sociology. Cross-cultural comparisons between ancient Chinese views of ming and Western conceptions of moira and fatum are discussed, providing a specific point of departure for contrasting the structure of attitudes between the two civilizations. Ming is central to debates on the legitimacy of rulership and is the crucial variable in Daoist manuals for prolonging one's life. It has preoccupied the philosopher and the poet and weighed on the minds of commoners throughout imperial China. Ming was the subject of the great critic Jin Shengtan's last major literary work and drove the narrative of such classic novels as *The Investiture of the Gods* and *The Romance of the Three Kingdoms*. Confucius, Mencius, and most other great thinkers of the classical age, as well as those in ages to come, had much to say on the subject. It has only been eschewed in contemporary Chinese philosophy, but even its effacement there has ironically turned it into a sort of absent cause. Contributors: Stephen Bokenkamp, Zong-qi Cai, Robert Campany, Woei Lien Chong, Deirdre Sabina Knight, Christopher Lupke, Mu-chou Poo, Michael Puett, Lisa Raphals, P. Steven Sangren, David Schaberg, Patricia Sieber.

Korean Women Laurel Kendall 1983

The Life and Hard Times of a Korean Shaman Laurel Kendall 1988-02-01 "Kendall's study of a female shaman interweaves the voices of anthropologist and the shaman into one.... An excellent example of the recent attempts by anthropologists to give expression to the words and lives of respondents and to detail the context in which they are acquired." --Choice "Although the book is a very personal account of one shaman's life, [it] also provides a window into the ways and means of the Korean culture and society of the time." --Korean Quarterly, Spring 2001

De-Bordering Korea Valérie Gelézeau 2013-05-02 As tensions remain on the Korean peninsula, this book looks back on the decade of improved inter-Korean relations and engagement between 1998 and 2008, now known as the 'Sunshine Policy' era. Moving beyond traditional economic and political perspectives, it explores how this decade of intensified cooperation both affected and reshaped existing physical, social and mental boundaries between the two Koreas, and how this 'de-bordering' and 're-bordering' has changed the respective attitudes towards the other. Based around three key themes, 'Space', 'People', and 'Representations', this book looks at the tangible and intangible areas of contact created by North-South engagement during the years of the Sunshine Policy. 'Space' focuses on the border regions and discusses how the border reflects the dynamics of multiple types of exchanges and connections between the two Koreas, as well as the new territorial structures these have created. 'People' addresses issues in human interactions and social organizations, looking at North Korean defectors in the South, shifting patterns of North-South competition in the 'Korean' diaspora of post-Soviet Central Asia, and the actual and physical presence of the Other in various social settings. Finally, 'Representations' analyses the image of the other Korea as it is produced, circulated, altered/falsified and received (or not) on either side of the Korean border. The contributors to this volume draw on a broad spectrum of disciplines ranging from geography, anthropology and archaeology, to media studies, history and sociology, in order to show how the division between North and South Korea functions as an essential matrix for

geographical, social and psychological structures on both sides of the border. As such, this book will appeal to students and scholars from numerous fields of study, including Korean studies, Korean culture and society, and international relations more broadly.

The Phantom of Greatness Chi Sun Rhee 2012-05-01 Chi Sun Rhee's work of four volumes, *The Phantom of Greatness*, is a masterpiece of twentieth century epic fiction. It consists of Book One (*The Phantom of Greatness*), Book Two (*The Way to Greatness*), Book Three (*The Devastation to Greatness*), and Book Four (*The Triumph to Greatness*). In the latter part of the nineteenth century, Japan planned to rule Korea. Takahashi Genji assassinates Korean Queen Min and her royal guards on October 8, 1895. Finally, on August 22, 1910, Korea is annexed to Japan. The Koreans constantly fight against the Japanese rule for their independence. Mija's father is arrested, tortured, and imprisoned for years. Consequently, he becomes partially disabled. By accident, a Japanese scientific genius Ichiro discovers the Korean girl prodigy Mija, whose dream is to be a great writer. Her gifted talent ignites Ichiro's love. Fathers of both sides reject their love affair. However, their love continues because there is no national boundary in knowledge and love. Seeing his people's suffering, Mija's brother Kwyunsoo attempts to assassinate Japanese Governor General in 1943. All of Mija's family is arrested by the Japanese police. Byunghong, who has loved Mija since childhood, sends Mija to the Korean Women's Volunteer Army to save her life with the help of Japanese commander of the military police. In the Philippines, astonishingly Mija meets Ichiro at the Lucban Military Base. They get married. Ichiro helps Mija escape from the camp, killing a Japanese sentinel. In the jungle, Mija saves the Philippine guerilla commander from a Japanese attack and becomes a guerilla member. During the fierce guerilla battle, Mija delivers Ichiro's baby. Mr. Manuel Roxas rescues Mija from an approaching execution. In Manila, during the bloody fighting, a hand grenade explodes nearby and Ichiro falls to the ground. After the war, Mija leaves to unite with her son and waits to go to her motherland Korea.

Everything Yearned For Yong-un Han 2005-01-11 Long a cultural hero in Korea, Manhae--whose work can be compared to that of Rumi and even Pablo Neruda--is overdue his proper audience in the West. Beautifully packaged, the love poems in this collection will speak volumes to lovers and seekers everywhere.

Proceedings of the International Conference on Communication and Applied Technologies 2023 (ICOMTA 2023) Paulo Carlos López-López 2023-11-01 This is an open access book. ICOMTA'23 - The 2023 International Conference on Communication and Applied Technologies has as organizing entities the Universidad del Rosario (Bogota, Colombia) and the Benemerita Universidad Autonoma de Puebla (Mexico); and as collaborators at the Universidade de Vigo (Galicia, Spain), Universidade de Santiago de Compostela-Equipo de Investigaciones Políticas (Galicia, España), International Media Management Academic Association (IMMAA) and International Research Network of Communication Management (XESCOM). The conference, which will take place at the Angelopolis Campus of the Benemerita Universidad Autonoma de Puebla between September 6, 7 and 8, 2023, will take place in a mixed mode (face-to-face and virtual).

The Sister Diaries Karen Quinn 2009-07-06 Although they couldn't be more different, Amanda, Serena and Laura Moon have always been there for one another. Amanda sizzles in the high stakes arena of New York City real estate - but drags herself home each night to a cold, empty bed. From top executive at Prada, Serena is now an over-the-top stay-at-home Mum, plunging her marriage into crisis and her four-year-old into therapy. Laura spent the last six years caring for their dying mother. Now she is trying to breathe new life into her abandoned music career. Emotions explode when the sisters learn that their mother left everything - the multi-million dollar family home and a priceless painting - to Serena. But why? In an effort to make sense of the bequest, the girls journey to glamorous East Hampton to unravel the mystery behind their mother's past, setting off a chain of events that threatens the very core of their sisterhood.

Cold War Cosmopolitanism Christina Klein 2020-01-21 South Korea in the 1950s was home to a burgeoning film culture, one of the many "Golden Age cinemas" that flourished in Asia during the postwar years. *Cold War Cosmopolitanism* offers a transnational cultural history of South Korean film style in this period, focusing on the works of Han Hyung-mo, director of the era's most glamorous and popular women's pictures, including the blockbuster *Madame Freedom* (1956). Christina Klein provides a unique approach to the study of film style, illuminating how Han's films took shape within a "free world" network of aesthetic and material ties created by the legacies of Japanese colonialism, the construction of US military bases, the waging of the cultural Cold War by the CIA, the forging of regional political alliances, and the import of popular cultures from around the world. Klein combines nuanced readings of Han's sophisticated style with careful attention to key issues of modernity—such as feminism, cosmopolitanism, and consumerism—in the first monograph devoted to this major Korean director. A free open access ebook is available upon publication. Learn more at www.luminosoa.org.

If I Had Your Face Frances Cha 2020-04-21 A riveting debut novel set in contemporary Seoul, Korea, about four young women making their way in a world defined by impossible standards of beauty, after-hours room salons catering to wealthy men, ruthless social hierarchies, and K-pop mania "Powerful and provocative . . . a novel about female strength, spirit, resilience—and the solace that friendship can sometimes provide."—The Washington Post NAMED ONE OF THE BEST BOOKS OF THE YEAR BY Time • NPR • Esquire • Bustle • BBC • New York Post • InStyle Kyuri is an achingly beautiful woman with a hard-won job at a Seoul "room salon," an exclusive underground bar where she entertains businessmen while they drink. Though she prides herself on her cold, clear-eyed approach to life, an impulsive mistake threatens her livelihood. Kyuri's roommate, Miho, is a talented artist who grew up in an orphanage but won a scholarship to study art in New York. Returning to Korea after college, she finds herself in a precarious relationship with the heir to one of the country's biggest conglomerates. Down the hall in their building lives Ara, a hairstylist whose two preoccupations sustain her: an obsession with a boy-band pop star, and a best friend who is saving up for the extreme plastic surgery that she hopes will change her life. And Wanna, one floor below, is a newlywed trying to have a baby that she and her husband have no idea how they can afford to raise in Korea's brutal economy. Together, their stories tell a gripping tale at once unfamiliar and unmistakably universal, in which their tentative friendships may turn out to be the thing that ultimately saves them.

Women We Love SooJin Lee 2023-09-19 *Women We Love: Femininities and the Korean Wave* is an edited volume exploring femininities in and around the Korean Wave since 2000. While studies on the Korean Wave are abundant, there is a dearth of thought put toward the female-identifying stars, characters, and fans who shape and lead this crucial cultural movement. This collection of essays is one of the first works to focus on gender and the key female actors of this global phenomenon. Using "women" as an inclusive term extending to all those who self-define as women, this volume examines the role of women in K-pop and K-drama industries and fandom spaces, encompassing crucial intersectional topics such as queering of gender, dissemination of media, and fan culture. In addition to the communities engaged with visual culture of the Korean Wave, the audience for *Women We Love* will reflect the contributors to this text. They are K-pop and K-drama fans, queer, international; they are also academics of Asian histories, sociology, gender and sexuality, art history, and visual culture. The chapters are playful, intersectional, and will be adapted well into syllabi for media studies, gender studies, visual culture studies, sociology, and contemporary global history. "Women We Love goes far beyond the dyad of the flower boy Hallyu star and his female fan to offer readers an illuminating discussion of plural femininities in the Korean Wave since the turn of the millennium. The essays will answer many burning yet heretofore unanswered questions about the affective resonances and political significance of Korean popular culture's gender dynamics, which have fascinated, puzzled, and at times frustrated many fans and observers. Rigorously interdisciplinary, yet grounded in textual detail, historical context, and material reception practices, this is a timely and valuable contribution to the study of gender, fandom, and global media." —Michelle Cho, University of Toronto "This is a provoking and fascinating book—one of the most awaited books in Hallyu studies. Drawing from a multitude of feminist theories and case studies, this edited volume not only provides captivating and much-needed discussions but also critically expands the current debates in gender studies, feminism studies, and fan studies. This book is vital literature for researchers, students, and practitioners who are willing to advance their understanding of the Korean Wave from a new scope and angle." —Dal Yong Jin, Simon Fraser University

Happily Married Happily Divorced Swati Kumari 2019-05-15 Varushka is a young and ambitious girl, hoping to make her career before 'settling down' and making babies. But like always, her parents have a different plan. After tasting emotional blackmail, requests and even bribes, she is forced to make the choice between her dreams and her parents' wish. Her confusion vanishes when she meets Mitash. He is an eligible bachelor,

living his life the way he wants, and his practical approach towards life wins her over. They are soon married and settled in Amsterdam, enjoying each other's company and redefining love in their own special way. But then, what leads them to a divorce, that too a happy one? Is life about making deals with one's self, to create the destiny one wants? Happily Married Happily Divorced will cajole you into leading a happier life and take you on a rollercoaster ride of love, surprises and unknown adventures.

The Ilse Wayne Patterson 2000-01-01 On January 13, 1903, the first Korean immigrants arrived in Hawai'i. Numbering a little more than a hundred individuals, this group represented the initial wave of organized Korean immigration to Hawai'i. Over the next two and a half years, nearly 7,500 Koreans would make the long journey eastward across the Pacific. Most were single men contracted to augment (and, in many cases, to offset) the large numbers of existing Chinese and Japanese plantation workers. Although much has been written about early Chinese and Japanese laborers in Hawai'i, until now no comprehensive work had been published on first-generation Korean immigrants, the ilse. Making extensive use of primary source material from Korea, Japan, the continental U.S., and Hawai'i, Wayne Patterson weaves a compelling social history of the Korean experience in Hawai'i from 1903 to 1973 as seen primarily through the eyes of the ilse. Japanese surveillance records, student journals, and U.S. intelligence reports--many of which were uncovered by the author--provide an "inner history" of the Korean community. Chapter topics include plantation labor, Christian mission work, the move from the plantation to the city, picture brides, relations with the Japanese government, interaction with other ethnic groups, intergenerational conflict, the World War II experience, and the postwar years. The Ilse is an impressive and much-needed contribution to Korean American and Hawai'i history and significantly advances our knowledge of the East Asian immigrant experience in the United States.

Consumer Behaviour Michael Solomon 2012-10-24 Consumer behaviour is more than buying things; it also embraces the study of how having (or not having) things affects our lives and how possessions influence the way we feel about ourselves and each other - our state of being. The 3rd edition of Consumer Behaviour is presented in a contemporary framework based around the buying, having and being model and in an Australasian context. Students will be engaged and excited by the most current research, real-world examples, global coverage, managerial applications and ethical examples to cover all facets of consumer behaviour. With new coverage of Personality and incorporating real consumer data, Consumer Behaviour is fresh, relevant and up-to-date. It provides students with the best possible introduction to this fascinating discipline.

The Harvard Medical School Guide to Tai Chi Peter M. Wayne, PhD 2013-04-09 A longtime teacher and Harvard researcher presents the latest science on the benefits of T'ai Chi as well as a practical daily program for practitioners of all ages. Conventional medical science on the Chinese art of T'ai Chi now shows what T'ai Chi masters have known for centuries: regular practice leads to more vigor and flexibility, better balance and mobility, and a sense of well-being. Cutting-edge research from Harvard Medical School also supports the long-standing claims that T'ai Chi also has a beneficial impact on the health of the heart, bones, nerves and muscles, immune system, and the mind. This research provides fascinating insight into the underlying physiological mechanisms that explain how T'ai Chi actually works. Dr. Peter M. Wayne, a longtime T'ai Chi teacher and a researcher at Harvard Medical School, developed and tested protocols similar to the simplified program he includes in this book, which is suited to people of all ages, and can be done in just a few minutes a day. This book includes: • The basic program, illustrated by more than 50 photographs • Practical tips for integrating T'ai Chi into everyday activities • An introduction to the traditional principles of T'ai Chi • Up-to-date summaries of the research on the health benefits of T'ai Chi • How T'ai Chi can enhance work productivity, creativity, and sports performance • And much more

American Missionaries, Korean Protestants, and the Changing Shape of World Christianity, 1884-1965 William Yoo 2016-10-04 This book examines the partnerships and power struggles between American missionaries and Korean Protestant leaders in both nations from the late 19th century to the aftermath of the Korean War. Yoo analyzes American and Korean sources, including a plethora of unpublished archival materials, to uncover the complicated histories of cooperation and contestation behind the evolving relationships between Americans and Koreans at the same time the majority of the world Christian population shifted from the Global North to the Global South. American and Korean Protestants cultivated deep bonds with one another, but they also clashed over essential matters of ecclesial authority, cultural difference, geopolitics, and women's leadership. This multifaceted approach - incorporating the perspectives of missionaries, migrants, ministers, diplomats, and interracial couples - casts new light on American and Korean Christianities and captures American and Korean Protestants mutually engaged in a global movement that helped give birth to new Christian traditions in Korea, created new transnational religious and humanitarian partnerships such as the World Vision organization, and transformed global Christian traditions ranging from Pentecostalism to Presbyterianism.

The Global White Snake Liang Luo 2021-08-09 Tracing the history and adaptation of one of China's foundational texts

This Billionaire's Bully Rachel Foster Jenna was bullied in the elite private high school she attended. She was from a poor family but attending the school on a scholarship. She ended up graduating valedictorian and attending an Ivy League university. She went on to be a psychiatrist. Shane was a bully when he was in high school. He is a billionaire from a rich family. He was a star lacrosse player in high school, but he really was interested in music. His abusive father discouraged his interest in music, but he ended up rebelling and starting his record label, which led to a multi-media empire and a billionaire. What happens when Jenna once again sees her bully?

The Best American Essays 2013 Cheryl Strayed 2013-10-08 Curated by the #1 New York Times bestselling author of Wild, this volume shares intimate perspectives from some of today's most acclaimed writers. As Cheryl Strayed explains in her introduction, "the invisible, unwritten last line of every essay should be and nothing was ever the same again." The reader, in other words, should feel the ground shift, if even only a bit. In this edition of the acclaimed anthology series, Strayed has gathered twenty-six essays that each capture an inexorable, tectonic shift in life. Personal and deeply perceptive, this collection examines a broad range of life experiences—from a man's relationship with Mormonism to a woman's search for a serial killer; from listening to the music of Joni Mitchell to surviving five months at sea; from triaging injured soldiers to giving birth to a daughter; and much more. The Best American Essays 2013 includes entries by Alice Munro, Zadie Smith, John Jeremiah Sullivan, Dagoberto Gilb, Vicki Weiqi Yang, J.D. Daniels, Michelle Mirsky, and others.

The Hooligans of Kandahar Joseph Kassabian 2018-08-09 An Army combat veteran's personal account of his time in service during the Afghan War with an unconventional squad. In the birthplace of the Taliban, some men lose their lives, some lose their sanity, and others their humanity. They are the Hooligans . . . During the peak of the Afghanistan War, a group of soldiers is dropped by helicopter into the remote mountains outside of Kandahar City. Mismanaged and overlooked by command, the squad must rely on each other to survive. Their mission is to train and advise the Afghan National Police and help rebuild the country of Afghanistan. The Afghan Police station they are assigned to live in is dangerous health hazard. Many of the police officers they are supposed to train are Taliban sleeper agents or the family of Taliban fighters. The ones that aren't are often addicted to drugs, illiterate, or smuggling child slaves. The squad's leader is Slim, a staff sergeant in his late twenties with so many mental health issues that his insanity is his most dominant personality trait. An alcoholic with a penchant for violent outbursts against both his own soldiers and the Afghans, he is more comfortable at war than at home. Joseph Kassabian is the youngest and most junior fire team leader in the squad. He's charged with leading a team of soldiers not even old enough to drink. He himself is only 21 years old. As a combat veteran from previous deployments with four years in the Army, he assumes he has seen it all. But he has no idea how bad things can get in war-torn Kandahar . . . Humorous and grim yet honest, The Hooligans of Kandahar is Jarhead and The Hurt Locker meets I Hope They Serve Beer in Hell and Fear and Loathing in Las Vegas. Winner of the 2017 eLit Awards Gold Medal in Current Events Praise for The Hooligans of Kandahar "A frighteningly realistic snapshot of the current war. Mr. Kassabian paints a deeply moving portrait of the struggles faced by men and women in uniform caused by our current foreign policy (or lack thereof), while bringing us along for a horrific, often . . . hilarious ride through the life of an American soldier." —William Fulton, author of the critically acclaimed book The Blood of Patriots, Hill vets 100 awardee, SME/Consultant Domestic Terrorism

Diet Simple Katherine Tallmadge 2011-05-31 The secret to losing weight and keeping it off for good is simple. It's the small, easy changes you make in eating that have the most dramatic and lasting results. Diet Simple is the only program that shows you exactly which changes to make and how much weight you can expect to lose. Learn how to replace fat-laden habits you'll never miss, make substitutions you'll relish, and retool your mind to

view eating in a whole new way. All in a style that's fresh, entertaining, and fun. Here's just a taste of what you'll discover inside: How singing in the shower can help you lose 26 pounds. How visiting "Old MacDonald" can help your kids lose 10 pounds. How your alarm clock can help you lose 14 pounds. How "Batch" Recipes can help you lose 40 pounds.

In North Korea Nanchu 2010-07-27 This is an account of an American woman's recent travels through North Korea. Throughout her journey, she continually witnessed rundown villages, starving children with hollow eyes, haggard women crawling in the fields for single grains of rice and civilians unloading food aid at the point of bayonets. The author predicts that North Korea's economic reform, which has just started, will progress slowly, but that the country will one day be open to the outside world. It may, however, take another twenty years for this reform to be complete. Small, reluctant changes have already happened though, and this book expresses optimism that one day the North Korean people will end their isolation and join the world's mainstream.

Beach Time Charles Mitchell 2005-02 Beach Time is a powerful collection of stories weaving a tapestry of the shore as a place of reflection, a sanctuary for addressing life's challenges and opportunities, and as a point of departure for life's many journeys. Whether finding romance among the canals and lanes of magical Venice, facing life, death, and ghosts along the Carolina coasts, honeymooning in the south of Portugal, or solving mysteries in the Greek isles, the stories will hold your interest across the miles and years. Additional tales speak to youth's desire to find direction in life, whether in the beach towns of Florida, at a Buddhist shrine on Cheju Island, Korea, or along the North Shore of Oahu. Darker tales reveal how outcasts prey upon the young or confused in the chaos of the beach. Beach Time (by the author of Hues of Tokyo) can be read straight through, engaging the themes linking the stories, or each story can be cherished individually as you travel to multiple shores in the US, Asia, and Europe—to be entertained by whimsical tales that both amuse and provoke deep thought about life's relationship with that in-between space where the land meets the sea and the sky.

New York Magazine 1995-04-17 New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country. With award-winning writing and photography covering everything from politics and food to theater and fashion, the magazine's consistent mission has been to reflect back to its audience the energy and excitement of the city itself, while celebrating New York as both a place and an idea.

Kim Jiyoung, Born 1982 Cho Nam-Joo 2020-02-20 A GUARDIAN 'ONE TO LOOK OUT FOR 2020' A RED MAGAZINE 'CAN'T WAIT TO READ' BOOK OF 2020 THE MULTI-MILLION-COPY SELLING SOUTH KOREAN SENSATION THAT HAS GOT THE WHOLE WORLD TALKING Kim Jiyoung is a girl born to a mother whose in-laws wanted a boy. Kim Jiyoung is a sister made to share a room while her brother gets one of his own. Kim Jiyoung is a female preyed upon by male teachers at school. Kim Jiyoung is a daughter whose father blames her when she is harassed late at night. Kim Jiyoung is a good student who doesn't get put forward for internships. Kim Jiyoung is a model employee but gets overlooked for promotion. Kim Jiyoung is a wife who gives up her career and independence for a life of domesticity. Kim Jiyoung has started acting strangely. Kim Jiyoung is depressed. Kim Jiyoung is mad. Kim Jiyoung is her own woman. Kim Jiyoung is every woman. Kim Jiyoung, Born 1982 is the life story of one young woman born at the end of the twentieth century and raises questions about endemic misogyny and institutional oppression that are relevant to us all. Riveting, original and uncompromising, this is the most important book to have emerged from South Korea since Han Kang's *The Vegetarian*. Praise for Kim Jiyoung, Born 1982 'It describes experiences that will be recognisable everywhere. It's slim, unadorned narrative distils a lifetime's iniquities into a sharp punch.' *The Sunday Times* 'A ground-breaking work of feminist fiction' *Stylist* 'Along with other socially critical narratives to come out of Korea, such as Bong Joon-ho's Oscar-winning film *Parasite*, her story could change the bigger one.' *The Guardian* 'This witty, disturbing book deals with sexism, mental health issues and the hypocrisy of a country where young women are "popping caffeine pills and turning jaundiced" as they slave away in factories helping to fund higher education for male siblings.' *The Independent* 'Enthralling and enraging.' *Sunday Express* 'Cho's moving, witty and powerful novel forces us to face our reality, in which one woman is seen, pretty much, as interchangeable with any other. There's a logic to Kim Jiyoung's shape-shifting: she could be anybody.' *Daily Telegraph*

On the Move for Love Sealing Cheng 2011-11-29 Since the Korean War, *gijichon*—U.S. military camp towns—have been fixtures in South Korea. The most popular entertainment venues in *gijichon* are clubs, attracting military clientele with duty-free alcohol, music, shows, and women entertainers. In the 1990s, South Korea's rapid economic advancement, combined with the stigma and low pay attached to this work, led to a shortage of Korean women willing to serve American soldiers. Club owners brought in cheap labor, predominantly from the Philippines and ex-Soviet states, to fill the vacancies left by Korean women. The increasing presence of foreign workers has precipitated new conversations about modernity, nationalism, ethnicity, and human rights in South Korea. International NGOs, feminists, and media reports have identified women migrant entertainers as "victims of sex trafficking," insisting that their plight is one of forced prostitution. Are women who travel to work in such clubs victims of trafficking, sex slaves, or simply migrant women? How do these women understand their own experiences? Is antitrafficking activism helpful in protecting them? In *On the Move for Love*, Sealing Cheng attempts to answer these questions by following the lives of migrant Filipina entertainers working in various *gijichon* clubs. Focusing on their aspirations for love and a better future, Cheng's ethnography illuminates the complex relationships these women form with their employers, customer-boyfriends, and families. She offers an insightful critique of antitrafficking discourses, pointing to the inadequacy of recognizing women only as victims and ignoring their agency and aspirations. Cheng analyzes the women's experience in South Korea in relation to their subsequent journeys to other countries, providing a diachronic look at the way migrant issues of work, sex, and love fit within the larger context of transnationalism, identity, and global hierarchies of inequality.

Anthropometry, Apparel Sizing and Design Deepti Gupta 2014-02-15 One of the greatest challenges for the apparel industry is to produce garments that fit customers properly. *Anthropometry, Apparel Sizing and Design* addresses the need for improved characterization of our populations in order to tailor garments according to size, weight, and shape of consumers. This book reviews techniques in anthropometry, sizing system developments, and their applications to clothing design. Part one considers a range of anthropometric methods. The text discusses the range of sizing systems, including data mining techniques, useful for bridging the gap between ergonomists and designers. Chapters examine three-dimensional anthropometric methods and multivariate and bivariate analysis for identifying key body dimensions. Part two then explains how to analyze anthropometric data to develop appropriate sizing systems. Here, the book discusses classification and clustering of human body shapes, the importance of national surveys, and using the data obtained to ensure inclusive design strategies. The book covers sizing systems developed for particular groups, apparel size designation, and the potential for international standardization. It considers the advantages of 3D body scanning and computer-aided design, and the use of body motion analysis to address ease allowance requirements of apparel. With its distinguished editors and international contributors, this work is an essential reference, particularly due to the specific combination of aspects of anthropometry and the sizing of clothing, for researchers, garment designers, students, and manufacturers in the clothing and fashion industry. Reviews techniques in anthropometry, sizing system developments, and their applications to clothing design Examines 3D anthropometric methods and multivariate and bivariate analysis for identifying key body dimensions Covers sizing systems developed for particular groups, apparel size designation, and the potential for international standardization

The Sea & Us Catherine de Saint Phalle 2019-10-01 From the Stella shortlisted author of *Poum* and *Alexandre*, this is a heartwarming novel about longing, absence and the people we unexpectedly come to love. After many years spent living in Seoul, a young man called Harold drifts back to Australia and rents a room above a fish and chip shop called *The Sea & Us*. Who he meets and what he experiences there propels him to question his own yearnings and failings, and to fight for meaning and a sense of place that can only be reached by facing what is lost. By turns electric, tender, and hopeful, *The Sea & Us* is a gem of literary imagination. Catherine de Saint Phalle brilliantly captures disparate characters and their common human desire for community and connection. Long after the last page closes, 'we can hear the bell tinkle. Someone wants some fish and chips.' 'Mesmerising. Full of love and charm...beautifully written.' — *Herald Sun*

Genre, Reception, and Adaptation in the 'Twilight' Series Anne Morey 2016-04-15 Much of the criticism on Stephenie Meyer's immensely popular

'Twilight' novels has underrated or even disparaged the books while belittling the questionable taste of an audience that many believe is being inculcated with anti-feminist values. Avoiding a repetition of such reductive critiques of the series's purported shortcomings with respect to literary merit and political correctness, this volume adopts a cultural studies framework to explore the range of scholarly concerns awakened by the 'Twilight' novels and their filmic adaptations. Contributors examine 'Twilight's' debts to its predecessors in young adult, vampire, and romance literature; the problems of cinematic adaptation; issues in fan and critical reception in the United States and Korea; and the relationship between the series and contemporary conceptualizations of feminism, particularly girl culture. Placing the series within a broad tradition of literary history, reception studies, and filmic adaptation, the collection offers scholars the opportunity to engage with the books' importance for studies of popular culture, gender, and young adult literature.

Weekly World News 2005-05-30 Rooted in the creative success of over 30 years of supermarket tabloid publishing, the Weekly World News has been the world's only reliable news source since 1979. The online hub www.weeklyworldnews.com is a leading entertainment news site.

Welcome to Korean Food World Annie Kate 2016-12-20 Here you will find the most popular and delicious Korean food recipes which help you have a glow skin, slim body as a K-pop star! Read this book for FREE on the Kindle Unlimited NOW ~ BONUS RIGHT AFTER CONCLUSION ACT NOW BEFORE GONE! La Rochefoucauld said that: "To eat is necessity, but to eat intelligently is an art." Q: How is intelligent eating? A: It's eating healthily. Q: How can we eat healthily but still feel satisfied? A: Let's eat like a Korean. Q: Why we should eat like a Korean? A: Because Korean cuisine is delicious and flavorful. In addition, it's far healthier than any other cuisines all over the world. Korean cuisine is so healthy that South Korea has the lowest obesity rate of just 3.5 percent. Besides the fact that Korean food lends itself well to a non-obese population, it also offers many other health benefits as beauty benefits. These benefits not only come from the ingredients, condiments and materials but also the cooking tools, techniques and technologies applied are considered. For this reason, Korean is becoming more and more popular. It's easy for you to find a Korean restaurant in various countries all around the world. So now, what do you think about the idea of building a Korean restaurant right in your cozy kitchen? Thanks to this cookbook "Welcome to Korean Food World" this seemingly crazy idea can come true. In this cookbook, I'll provide you 500 AMAZING Korean food recipes from the simple ones to complex ones: Chapter 1: Kimchi & Pickles Chapter 2: Pancakes & Dumplings Chapter 3: Rice Chapter 4: Noodles Chapter 5: Porridges Chapter 6: Bread Chapter 7: Barbecue - Grilled, Smoked, Fired & Galbi Chapter 8: Chicken Chapter 9: Beef & Pork Chapter 10: Seafood Chapter 11: Sweets Chapter 12: Sauces Chapter 13: Soups and Stews Chapter 14: Side Dishes Chapter 15: Drink & Other Recipes In addition to 500 AMAZING Korean food recipes, I can release with you the secrets of eating to keep good health and natural beauty like a Korean. Don't hesitate anymore. Let's join with me and discover the wonderful land of "Korean food" through 500 AMAZING Korean food recipes. In other words, let's hold in your hand 500 AMAZING Korean food recipes and enter the world of those people who are healthy, beautiful, energetic and socially and intellectually engaged in the world. Enjoy the very best, Annie Kate - Founder of www.SmallPassion.com Tags: asian cooking, asian meals, asian cookbook, asian cuisine, asian cooking book, asian cookbook, asian food, japanese cookbook recipes english, korean cookbook, korean food recipes, korean recipes, korean cooking, korean cooking pot, korean food cookbook, korean vegetarian cookbook, korean cuisine

You Drive Me Crazy Anna Premoli 2017-02-01 A fun, feisty romance, perfect for fans of Sophie Kinsella and Paige Toon. What girl doesn't dream of an amazing promotion working on the other side of the world? This once in a lifetime opportunity is presented to 28-year-old investment banker, Maddison Johnson and instantly fills her with abject fear. It isn't the New York transfer she had set her heart on... she's going to South Korea, instead. To make things worse, her boss Mark Kim doesn't go out of his way to make it easy for her to adapt to her new environment. Plunged into a world she knows nothing about with a man she can't stand, Maddison finds herself forced to adapt and grow up quickly. Maybe in the process she will stumble over something wonderful and quite unexpected... What people are saying about YOU DRIVE ME CRAZY: 'I found myself gutted I had to put the book down and go to bed after my first stint of reading' 'Very entertaining, really interesting that the storyline revolved around working life as well as the personal'

Laughing North Koreans Immanuel Kim 2020-07-15 This study analyzes North Korean comedy films from the late 1960s to present day. It analyzes their role in the culture of the film industry, the subjectivity of the viewer, and the impact popular actors and comedians have had on North Korean society.--Dong Hoon Kim, University of Oregon

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