

Get Female Followers On Instagram

Americanah Chimamanda Ngozi Adichie 2013-04-06 'A delicious, important novel' The Times 'Alert, alive and gripping' Independent 'Some novels tell a great story and others make you change the way you look at the world. *Americanah* does both.' Guardian

My Body Emily Ratajkowski 2021-11-09 THE NEW YORK TIMES BESTSELLER A deeply honest investigation of what it means to be a woman and a commodity from Emily Ratajkowski, the archetypal, multi-hyphenate celebrity of our time. _____ 'This is the book for every woman trying to place their body on the map of consumption vs control, and every woman who wants to better understand her impulses. It left me much changed' - Lena Dunham 'I read these pages, breathless with recognition, and the thrill of reading a new voice telling it like it is' - Dani Shapiro 'Emily Ratajkowski's first essay collection needs to be read by everyone [...] both page-turning and moving as hell' - Amy Schumer 'A slow, complicated indictment of a profession and the people who propel it [...] it will deliver a more nuanced and introspective rendering of her interior than those who come to it with those surface interests might expect' - Vogue 'Dazzling' - Observer 'Ratajkowski brings nuanced insight to questions about empowerment versus commodification of women's bodies and sexuality. Blending cultural criticism and personal stories, *My Body* is smart and powerful' - Time Magazine 'Raw, nuanced and beautifully written. A moving and enlightening experience to join a woman openly exploring such deep parts of her physical self via the written word. A truly impressive debut' - Emma Gannon 'Excellent [...] Ratajkowski writes with curiosity, intellect and acute awareness' - Harper's Bazaar 'Superb [...] it feels revolutionary' - Telegraph 'I admire and envy her artistry' - Guardian _____ Emily Ratajkowski is an acclaimed model and actress, an engaged political progressive, a formidable entrepreneur, a global social media phenomenon, and now, a writer. Rocketing to world fame at age twenty-one, Ratajkowski sparked both praise and furor with the provocative display of her body as an unapologetic statement of feminist empowerment. The subsequent evolution in her thinking about our culture's commodification of women is the subject of this book. *My Body* is a profoundly personal exploration of feminism, sexuality, and power, of men's treatment of women and women's rationalizations for accepting that treatment. These essays chronicle moments from Ratajkowski's life while investigating the culture's fetishization of girls and female beauty, its obsession with and contempt for women's sexuality, the perverse dynamics of the fashion and film industries, and the grey area between consent and abuse. Nuanced, unflinching, and incisive, *My Body* marks the debut of a fierce writer brimming with courage and intelligence.

Digital Content Marketing Agata Krowinska 2023-11-23 *Digital Content Marketing: Creating Value in Practice* introduces the principles of the content marketing discipline and serves as a guide to any professional or student who wants to learn how to successfully plan and implement digital content marketing strategies and tactics. Filled with contemporary examples of the most successful creative content marketing practices, case studies and professional advice from subject experts, this text offers an in-depth view of the world of content marketing from a value-based perspective. The textbook also includes practical advice on content marketing ideation, content management and content curation, as well as offering recommendations for the best content marketing software. The textbook offers a good balance of both theory and practice and is suitable for advanced undergraduate students and postgraduate students studying content marketing, digital marketing or social media marketing. Support material includes an instructor manual, chapter-by-chapter PowerPoint slides and a test bank of exam questions.

Tourist Destination Management Nazmi Kozak 2019-04-27 This book provides a wide-ranging overview of the current state of tourist destination management and presents important recent research in the field. Contemporary theoretical and methodological approaches to management and marketing are discussed, and innovative practices with respect to both urban and rural destinations are described with the aid of many interesting case studies from across Europe and beyond. In addition, the volume addresses key issues such as governance, cooperation, the use of social media, and sustainability. A variety of influences on tourism development are examined, and efficient strategies for making destinations distinct are explored. The book will be a welcome addition and update to the existing literature and will be of interest to academics and practitioners alike.

Followers Megan Angelo 2020-01-09 'An eerie masterpiece' Christina Dalcher 'Think *Black Mirror* with a comic twist' OK! When everyone is watching you can run, but you can't hide...

The Yearbook Holly Bourne 2021-05-13 Finding your voice. Speaking the truth. Falling in love. All the biggest drama happens in high school... Mean Girls meets *To All The Boys I've Loved Before* in this hugely relatable high-school takedown from the queen of UKYA. Paige is used to staying quiet in the face of lies. Like how popular girl Grace is a such an amazing person (lie). How Laura steals people's boyfriends (lie). How her own family are so perfect (lie). Now Grace and friends have picked their "best" high-school moments for Paige to put in the all-important Yearbook. And they're not just lies. They're poison. But Paige has finally had enough. And as she starts to find love through the pages of a book, she finds her voice too. Now she is going to rewrite her story - and the Yearbook is the perfect place to do it. Paige Vickers: Most likely to...bring down the mean girls

Women in the Digital World Anya Schiffrin 2023-04-04 Women's existence in the digital world has been closely studied by scholars and attracted the attention of activists worldwide. Women, like men, early on saw the Internet as a potentially powerful and liberating tool that would help them find groups or communities with similar aims and interests. Today there is more awareness of the deleterious effects of unconstrained online speech such as online violence, ridicule, silencing, and threats against women. *Women in the Digital World* brings together the latest academic research on women online and includes chapters on political speech, gendered online violence, dealing with sexual assaults, marginalization of women politicians, and how women participate (or don't) via online environments. The interdisciplinary research in this volume brings together communications studies, gender studies, sociology, politics, and computer science and is essential reading for those seeking to understand a growing field. The book should be of interest also for activists and NGOs who seek to deepen their knowledge on the place of females online. It was originally published as a special issue of the journal *Information, Communication & Society*.

Dog Days Ivan Franceschini 2019-04-05 According to the Chinese zodiac, 2018 was the year of the 'earthly dog'. In the middle of the long, hot, and feverish dog days of the summer of 2018, some workers at Shenzhen Jasic Technology took their chances and attempted to form an independent union. While this action was met by the harshest repression, it also led to extraordinary demonstrations of solidarity from small groups of radical students from all over the country, which in turn were immediately and severely suppressed. China's year of the dog was also imbued with the spirit of another canine, Cerberus—the three-headed hound of Hades—with the ravenous advance of the surveillance state and the increasing securitisation of Chinese society, starting from the northwestern region of Xinjiang. This Yearbook traces these latest developments in Chinese society through a collection of 50 original essays on labour, civil society, and human rights in China and beyond, penned by leading scholars and practitioners from around the world.

I Am Golden Eva Chen 2022-02-01 An Instant New York Times Bestseller! This joyful and lyrical picture book from New York Times bestselling author Eva Chen and illustrator Sophie Diao is a moving ode to the immigrant experience, as well as a manifesto of self-love for Chinese American children. What do you see when you look in the mirror, Mei? Do you see beauty? We see eyes that point toward the sun, that give us the warmth and joy of a thousand rays when you smile. We see hair as inky black and smooth as a peaceful night sky. We see skin brushed with gold. Praise for *I Am Golden*: "[A] richly metaphoric celebration of Chinese American identity ... Luminous, gently textured digital art by Diao includes thoughtful, recognizably Chinese cues that add further dimension ... A loving, affecting tribute to how children of immigrants can serve as bridges and torchbearers for their communities." —Publishers Weekly, starred review "From the outset, this gorgeous picture book exudes joy and celebration of identity. Through dazzling illustrations, Diao brings to

exuberant life best-selling Chinese American author Chen's message of finding love and power in one's differences. ... This powerful and uplifting story captures [Chinese] American joy and is a definite must-read."

—Booklist, starred review

Quotations from Chairman Mao Tsetung Zedong Mao 1990

Poppy Cooks Poppy O'Toole 2021-09-16 'If I had a child at Uni ... this is the book I'd be putting in their stocking this Christmas' Nigella Lawson 'The millennials' answer to Delia Smith' Daily Mail 'The poster girl for TikTok cooks' The Times 'The how-to cookbook for the modern generation. Fresh, engaging and great fun' Rukmini Iyer, Roasting Tin series Learn the basics. Up your cooking game. Delicious food every time. This is a cookbook with no judgement. Together, we'll learn how to make incredible food at home. We'll start with the basics: 12 Core recipes (or go-to skills) that everyone needs to know, like how to make a pasta sauce, roast a chicken or make a killer salad dressing. Then we'll use these core skills as a base for delicious and adaptable recipes that will up your cooking game - the Staple, the Brunch, the Potato Hero (of course they make an appearance) and the Fancy AF. So, once you've nailed that classic tomato sauce (which I promise will become the new go-to in your kitchen), you can stir it through pasta, or bake it with eggs for the perfect Shakshuka and, before you know it, you'll be getting real fancy and making a show-stopping Chicken Parmigiana to impress your friends. Other chapters include: White Sauce: think Mac and Cheese and Bacon-y Garlicky Gratin. Flat Breads: easy flat breads for Halloumi Avo Breads and Salmon Tikka wraps. Emulsions: Chicken Caesar Salad with homemade mayo and next level Steak Béarnaise with Hollandaise and Crunchy Roast Chips. Meringue: from Eton Mess Pancakes through to Simply the Zest Lemon Meringue Pie Whether you're completely new to the kitchen or looking to elevate your basics with clever tricks, my step-by-step guidance will help you nail delicious food every time. As a chef with over ten years' experience in professional kitchens, I've done the years of training so you don't have to. It's okay to make a few mistakes along the way, and together, we'll help you fix them and achieve incredible results at home. I am passionate about the importance of great food at home, every day - it's what we all deserve. This is not just the food you want. It's the food you need.

Social Media in Sport Gashaw Abeza 2023-12-05 This book takes a close look at social media in sport and considers its significance for sport business and for the wider relationship between sport and society.

Presenting new research, case studies and data, it examines the way people use social media, the changing art of managing social media platforms, and the theory and concepts that inform research on this important topic. Featuring the work of leading sport researchers from around the world, the book presents evidence-based analysis of contemporary topics including fan engagement, athlete activism, branding and sponsorship strategies, sportswashing, public relations and crisis communication. It presents case studies from sports and events such as the Olympic Games, the WNBA, professional football leagues, and Peloton, and across social media platforms including TikTok, Twitter and Instagram. This is essential reading for anybody with an interest in sport media, sport business, the sociology of sport, digital business, or new media studies.

Why Has Nobody Told Me This Before? Julie Smith 2022-01-06 Give your mind the one thing it needs this Christmas with the book everyone IS STILL talking about, from clinical psychologist and TikTok sensation Dr Julie Smith THE NO. 1 SUNDAY TIMES BESTSELLER 'Sound wisdom, easy to gulp down. I'm sure this book is already helping lots of people. Great work, Dr Julie' MATT HAIG, bestselling author of REASONS TO STAY ALIVE 'A toolkit of deceptively simple strategies for life's troubles. Everyone could benefit from the wisdom of Dr Smith' i 'BEST NON-FICTION BOOKS OF 2022' 'Brilliant. Bite-size. Easy to understand. Easy to flick through. It's like a reference to how you feel' Phillip Schofield on ITV's THIS MORNING 'Julie Smith is the psychology teacher you wish you'd had at school' EVENING STANDARD 'This book is a goldmine. I truly treat it like a handbook now' STYLIST 'It's real, it's authentic . . . Very practical and very, very helpful' LORRAINE KELLY AS FEATURED IN THE OBSERVER, STYLIST, EVENING STANDARD, WOMEN'S HEALTH, MARIE

CLAIRE AND GRAZIA _____ Drawing on years of experience as a clinical psychologist, online sensation Dr Julie Smith shares all the skills you need to get through life's ups and downs. Filled with secrets from a therapist's toolkit, this is a must-have handbook for optimising your mental health. Dr Julie's simple but expert advice and powerful coping techniques will help you stay resilient no matter what life throws your way. Written in short, bite-sized entries, you can turn straight to the section you need depending on the challenge you're facing - and immediately find the appropriate tools to help with . . . - Managing anxiety - Dealing with criticism - Battling low mood - Building self-confidence - Finding motivation - Learning to forgive yourself This book tackles the everyday issues that affect us all and offers easy, practical solutions that might just change your life. _____ 'Sound, therapeutic wisdom that is easy to gulp down. Full of principles and advice that work and comfort whether you are in a very bad situation or an everyday worrying one. I'm sure this book is already helping lots of people. Great work, Dr Julie' MATT HAIG, bestselling author of REASONS TO STAY ALIVE 'I'm blown away by her ability to communicate difficult ideas with ease, simplicity and practicality.

Amazing. Go and buy it now!' Jay Shetty 'Relatable, real and easy to digest . . . As if your wise best friend is chatting to you. An essential mental-health bible for adults and teenagers' YOU Magazine 'If you want to feel like you have a therapist sitting across from you, empowering you with how to be your best self, this book is for you!' Nicole LePera, New York Times bestselling author of How to Do the Work 'Full of sound, helpful advice with life skills, from building confidence to managing stress' Sunday Times 'Smart, insightful, and warm. Dr Julie is both the expert and wise friend we all need' Lori Gottlieb, New York Times bestselling author of Maybe You Should Talk to Someone and co-host of the 'Dear Therapists' podcast

Poison Study Maria V. Snyder 2012-03-02 Choose: A quick death. . . or a slow poison. . . About to be executed for murder, Yelena is offered an extraordinary reprieve. She'll eat the best meals, have rooms in the palace - and risk assassination by anyone trying to kill the Commander of Ixia. And so Yelena chooses to become a food taster. But the chief of security, leaving nothing to chance, deliberately feeds her Butterfly's Dust - and only by appearing for her daily antidote will she delay an agonising death from the poison. As Yelena tries to escape her new dilemma, disasters keep mounting. Rebels plot to seize Ixia and Yelena develops magical powers she can't control. Her life is threatened again and choices must be made. But this time the outcomes aren't so clear. . .

ICGR 2019 2nd International Conference on Gender Research Prof. Paola Paoloni 2019-04-11

Arab Women and the Media in Changing Landscapes Elena Maestri 2017-10-17 This volume explores the dialogue between Arab media and global developments in the information age, looking at the influence of new technologies in Arab societies and the evolving role of Arab women in 'old' and 'new' media. By gathering together contributions from both Arab and non-Arab scholars alike, a timely and important collection is presented that sheds new light on the growing involvement, role and image of Arab women in the media.

Girl With No Job Claudia Oshry 2022-01-25 "A tongue-in-cheek advice book from one of the most famous funemployed millennials in Manhattan and founder of the Instagram account Girl With No Job"--

Instagram: Discover How the Most Famous Instagrammers Achieved Success and Follow Their Steps to Boost Your Instagram From Today (Everything You Need to Know to Grow and Profit, but Influencers Don't Tell) Michael Saucedo 2021-08-03 Your social media platforms are set up you are tweeting up a storm, sharing posts on Facebook, and you've even made some promo videos on YouTube and Vimeo. Business is doing well, but you're waiting for that magical moment when an extra boost of online followers will bring more attention to your company. There's a lot of sensory overload happening all over the Internet right now. Visual content is in higher demand than ever before. Apps like Instagram help showcase products in a creative way, allow you to establish a colorful brand identity, and start an interactive #hashtag campaign to engage more closely with consumers. You need to take full advantage of the power of Instagram photos, using them in marketing materials across channels. While most people think about sites like Facebook and Twitter when it comes to connecting with fans and engaging with customers online — you may be surprised to hear that Instagram has one of the most active and engaged user bases. In this amazing book, you'll learn: · Create an Instagram strategy for success · Learn how to grow and cultivate followers on Instagram · How to create viral posts that get THOUSANDS of likes · How to target your PERFECT customers in a chosen niche · IG Hashtags SECRETS · The secret behind captions that sell · How to shoot beautiful photos that make people DROOL · How to promote your service, products or anything you like · How to effortlessly position yourself as the authority figure · How to monetize your account and make BIG MONEY · The power of engaging your audiences, listening to and having a conversation with them · How to leverage your existing contacts and

multiply your growth · And much more! Instagram is guarded right here. What's a lot more, on the off chance that you aren't a novice, I have to find out right below this phase, too, consider it as a refresher course with some new concepts for you. Keep in mind that marketing and advertising has to do with you. They're not relevant to you as well as many fans or cash! Truth be informed, "you" should certainly show up now on your image. We'll get what to release in the following location.

Social Media, Technology, and New Generations Ahmet Atay 2022-06-22 "This book examines millennials and Generation Z in the context of media and visual culture, considering three interrelated areas: how millennials and Gen Z use new media technologies in different contexts; what they do with media; and the relationship between media and the two generations that make up their target audience"--

You Did WHAT? Tova Leigh 2021-09-14 A fantastic collection of funny, moving and outrageous confessions from people from all walks of life, chosen and introduced by popular digital creator and bestselling author Tova Leigh. "I was living with a nasty boyfriend who complained I didn't put enough pepper in his egg sandwich. So I dried out some hamster poop and chopped it into tiny pieces. He said it was delicious. Revenge is sweet!" Have you ever wondered what other people get up to when they think no one's looking? Do you have a mortifying secret of your own you've never dared share? Whatever scandalous incidents lie hidden in your past, don't worry: this wonderful collection of funny, sexy, hair-raising and heart-warming confessions will reassure you that you're by no means alone. These confessions have all been curated by bestselling author and digital creator Tova Leigh, who explains just why we should stop being ashamed of our secrets, and instead have the courage to make ourselves vulnerable, speak out and connect. In this ultimate page-turner, there are parenting confessions, sex confessions, workplace confessions, revenge confessions ... not forgetting the all-important bodily fluids confessions! You need never feel embarrassed by your own slip-ups and misdemeanours again. "So I was married for nine years and after the divorce, when I was ready to sleep with other men, I signed up on Tinder. After a few dates I was thinking ... why do I give it for free, when men will pay for it? So I became an escort! I did it for about five months and I must say I had the best time ever ... made a lot of money and met some really nice interesting people."

Marketing in 2021 Sruthi S, Bhawana Raghav, V.MURUGAN

I'm Glad My Mom Died Jennette McCurdy 2022-08-09 * #1 NEW YORK TIMES BESTSELLER * #1 INTERNATIONAL BESTSELLER * MORE THAN 2 MILLION COPIES SOLD! A heartbreaking and hilarious memoir by iCarly and Sam & Cat star Jennette McCurdy about her struggles as a former child actor—including eating disorders, addiction, and a complicated relationship with her overbearing mother—and how she retook control of her life. Jennette McCurdy was six years old when she had her first acting audition. Her mother's dream was for her only daughter to become a star, and Jennette would do anything to make her mother happy. So she went along with what Mom called "calorie restriction," eating little and weighing herself five times a day. She endured extensive at-home makeovers while Mom chided, "Your eyelashes are invisible, okay? You think Dakota Fanning doesn't tint hers?" She was even showered by Mom until age sixteen while sharing her diaries, email, and all her income. In *I'm Glad My Mom Died*, Jennette recounts all this in unflinching detail—just as she chronicles what happens when the dream finally comes true. Cast in a new Nickelodeon series called *iCarly*, she is thrust into fame. Though Mom is ecstatic, emailing fan club moderators and getting on a first-name basis with the paparazzi ("Hi Gale!"), Jennette is riddled with anxiety, shame, and self-loathing, which manifest into eating disorders, addiction, and a series of unhealthy relationships. These issues only get worse when, soon after taking the lead in the *iCarly* spinoff *Sam & Cat* alongside Ariana Grande, her mother dies of cancer. Finally, after discovering therapy and quitting acting, Jennette embarks on recovery and decides for the first time in her life what she really wants. Told with refreshing candor and dark humor, *I'm Glad My Mom Died* is an inspiring story of resilience, independence, and the joy of shampooing your own hair.

Digital Poetry Jeneen Naji 2021-02-27 This book examines contemporary forms of digital poetry in emerging technologies such as drones, machine learning, Instagram, virtual reality and mobile devices. Theoretical frameworks that engage with posthumanism, multimodality, hermeneutics and eco-writing are used to examine the changing shape of the literary artefact in the second age of machines. The book contextualises the necessity of a multidisciplinary approach for a complex artefact and gives a broad overview of the field and history of digital poetry as a subset of the genre of electronic literature. Naji examines Instapoetry and the literary algorithm, haptic hermeneutics and poetry apps. The discussion also engages with eco-writing and drone poetry, poetic mirror worlds, and mixed reality poetry, concluding with an examination of the future of poetics and literary expression in the second age of machines.

The Extent of Influence of Popular Female Instagram Influencers on Their Lebanese-female-university-student Followers in the Matter of Body Image and Plastic Surgeries in Lebanon Souraya Barghachieh 2019

Kylie Jenner and Her Instagram Audience Viktoria Pekarskaya 2019 This thesis aims to examine the perception of female gender on Instagram by utilizing a conceptual framework based on the Mirror Stage theory of Jacques Lacan. Taking Kylie Jenner's Instagram profile as an example of virtually-constructed female gender representation, I will describe the Instagram mode of operation and its cultural and social implications for users' identity formation processes. I will analyze four positively and three negatively assessed Instagram posts by Kylie Jenner. Guided by Lacanian terms and concepts, I will investigate the behavioral and emotional patterns of Kylie Jenner and her followers on Instagram, providing insights into the specificities of gender, race, and class performance in the context of new media. By means of a qualitative analysis of the comments section, I have divided Kylie Jenner's Instagram posts into two categories. The first entails images of Kylie presenting herself in a traditional female role as a mother, sister, daughter, or beauty-oriented woman. The second comprises all image deviations from that traditional feminine representation, including Kylie as an entrepreneur, billionaire, and car lover. In the subsequent analysis, I will compare followers' reactions to both categories by studying 500 randomly chosen comments for all seven selected posts. I will calculate the number and proportion of positive, negative, conversational, neutral, international, and Like Back comments in order to place the posts on a gradual scale and trace correlations between the position of the post on the scale, its femininity level, and its function as an object of self-identification. I will argue that followers tend to show more approval when Kylie presents herself in a traditional female role. The posts in which Kylie occupies gender-unmarked or masculine interests are expected to initiate concern, negative emotions, and fierce debate in the comments section. The posts that conform to the "feminine" domain, on the contrary, are usually better assessed and less discussed. Moreover, I will aim to prove that Kylie Jenner's negatively assessed content tends to dilute race and gender dichotomies.

Beautifully Me Nabela Noor 2021-09-14 Zubi, a happy Bangladeshi girl, is excited about her first day of school, but at breakfast she is puzzled by her mother and older sister worrying about being "too big," and even at school she hears other people criticizing each other's bodies, and she starts to worry that maybe something is wrong with how she looks--until her declaration at dinner that she is on a diet makes her family realize what they have been doing wrong.

Challenge Accepted! Celeste Barber 2019-12-16 Funny woman, Instagram star, international comedy sensation and now bestselling author, Celeste Barber's *Challenge Accepted!* is a hilarious and outspoken guide to life, unwanted gas and how to rock a sexy scar. It's real, like totally, really real. Actor, writer and comedian, Celeste Barber is one very funny woman - not to mention a global social media comedy phenomenon. Amassing over 3.8 million followers in three years with her hilarious #celestechallengeaccepted pics, she has been dubbed 'Australian Comedy Queen' by ABC Online; voted The Funniest Lady on Instagram; gone on sold-out comedy tours of the US; and won herself fans ranging from Tom Ford and Ruby Rose to Amy Schumer and Dawn French. In the tradition of Tina Fey's *Bossypants*, *Challenge Accepted!* is part memoir, part comedy routine, part advice manual. Calling out our ridiculous obsession with celebrity Instagram culture, Celeste reveals all, including her thoughts on keeping it real, the secrets to love, friendship, family and marriage (oh hai, #hothusband), and how to deal with life's many challenges, like, motherhood, and what to do when your local bottle shop owner can't remember your name. Celeste is raucous, real and hilarious. Bring it on.

Women Don't Owe You Pretty Florence Given 2020-06-11 'THE BEAUTY MYTH' FOR THE INSTAGRAM GENERATION Women Don't Owe You Pretty is the ultimate book for anyone who wants to challenge the outdated narratives supplied to us by the patriarchy. Through Florence's story you will learn how to protect your energy, discover that you are the love of your own life, and realise that today is a wonderful day to dump them. Florence Given is here to remind you that you owe men nothing, least of all pretty. WARNING: CONTAINS EXPLICIT CONTENT (AND A LOAD OF UNCOMFORTABLE TRUTHS). THE FEMINIST BOOK EVERYONE IS TALKING ABOUT. 'An incredible mouthpiece for modern intersectional feminism.' - Glamour 'A fearless book.' - Cosmopolitan 'A hugely influential young woman.' - Woman's Hour 'Rallying, radical and pitched perfectly for her generation.' - Evening Standard

Peter Bakes Peter Sawkins 2021 BAKING TO BRING A SMILE TO EVERYONE'S FACE When Peter Sawkins became the youngest ever winner of the Great British Bake Off in 2020, it was a landmark moment on a journey that began when he started baking flapjacks and shortbread aged five. In his debut cookbook, Peter reveals his trademark tricks to baking success. With easy-to-follow recipes, he shares everything from bakes for beginners to celebratory showstoppers . . . and, of course, all with a gluten-free option. From his Cranachan Cake and Christmas Croquembouche to Apple Galette and Mini Carrot Cakes, Peter's flair for flavour and passion for baking make this a book you will turn to again and again.

Pics Or It Didn't Happen Chris Kraus 2017-03 A collection of images removed from Instagram as "inappropriate," primarily honest and artistic depictions of the human body.

Women Sport Fans Kim Toffoletti 2017-06-26 Women worldwide are making their presence felt as sport fans in rapidly increasing numbers. This book makes a distinctive and innovative contribution to the study of sport fandom by exploring the growing visibility and interest in women who follow sport. It presents the latest data on women's sport spectatorship in different regions of the world, posing new theoretical paradigms to study the globalised nature of female sport fandom. This book goes beyond conventional approaches to analysing the practices of women sport fans. By using a critical feminist perspective to investigate cultural conditions and social contexts (including globalisation, digital networked technologies, consumerism, neoliberalism and postfeminism), it brings into view a diversity of women's voices and experiences as sport fans. It sheds new light on the power dynamics of gender, ethnicity and sexuality influencing women's participation in sport spectatorship and interrogates the ways female sport fandom is made visible through transnational media networks. *Women Sport Fans: Identification, Participation, Representation* is fascinating reading for all those interested in sport and gender, the sociology of sport, or women's studies.

The Palgrave Handbook of Gender, Media and Communication in the Middle East and North Africa Loubna H. Skalli 2023-05-20 The Palgrave Handbook of Gender, Media and Communication in the Middle East and North Africa stands as an authoritative and up-to-date resource on the critical debates, research methods and ongoing reflections on how gender and communication intersect with the economic, social, political, and cultural fabrics of the countries in the MENA region. The Handbook comprises thirty-one chapters written by both established and rising scholars of gender, media, and digital technologies, and will rely on fresh data which seeks to capture the dynamic and complex realities of MENA societies, as well as the tensions and contradictions in the politics of gender and uses of communication technologies. The Handbook is split into six sections: Gender, Identities and Sexualities; The Gender of Politics; Gender and Activism; Gender-Based Violence; Gender and Entrepreneurship; and Gender in Expressive Cultures.

Happy Healthy Strong Krissy Cela 2022-01-06 'It's a great place to start if you're set to get fighting fit' - New! Magazine 'This woman will change how you exercise forever' - YOU Magazine FEEL-GOOD FOOD AND FITNESS. UNBELIEVABLE RESULTS. Fitness guru Krissy Cela wants to transform your life with her 360-degree approach to exercise, eating well and mindset, with results that really work. Happy Healthy Strong is a simple and achievable plan that you can do at home, focusing on three key elements for life-long success: - Train Your Brain - to build your mental strength - Fuel Your Life - more than 80 easy, delicious recipes to keep your body strong and satisfied - Move Move Move - over 45 at-home exercises, complete with build-your-own workout guides for every level Looking after your body and mind is the most important thing you can do for happiness and wellbeing; it means so much more than a number on the scales. Through Krissy's tried-and-tested advice, you will feel great and get results you've never thought possible, with a programme you can stick to for life. With Happy Healthy Strong, you can say goodbye to yo-yo dieting, feel great, and live a life that truly empowers you.

ICEMSS 2018 Poppy Febriana 2019-03-01 "New media and development of gender roles: law, social, and economic perspective." This theme was raised as an effort to observe the development of new technology that has greatly affected people's lives. Formerly to seek information, people can get it through conventional radio media, newspapers and television. But now only use the smartphone we can get very much information that can be obtained by accessing the online media portal or sharing and socializing through social media. For decades it has been stated that the media has the power to shape public opinion. Media not only can form a "worldview" of society, but also able to create awareness and individual belief in reality; a reality that has been defined by the media. Media has a powerful and direct effect to the audience (market). Including how then the media formed an opinion in the community about gender roles through the content provided by the new media. Of course it will be interesting to study media related to the law, social, and economic perspective.

Proceedings of the Art and Design International Conference (AnDIC 2016) Rusmadiyah Anwar 2018-06-18 This book of conference proceedings contains papers presented at the Art and Design International Conference (AnDIC 2016). It examines the impact of Cyberology, also known as Internet Science, on the world of art and design. It looks at how the rapid growth of Cyberology and the creation of various applications and devices have influenced human relationships. The book discusses the impact of Cyberology on the behaviour, attitudes and perceptions of users, including the way they work and communicate. With a strong focus on how the Cyberology world influences and changes the methods and works of artists, this book features topics that are relevant to four key players - artists, intermediaries, policy makers, and the audience - in a cultural system, especially in the world of art and design. It examines the development, problems and issues of traditional cultural values, identity and new trends in contemporary art. Most importantly, the book attempts to discuss the past, present and future of art and design whilst looking at some underlying issues that need to be addressed collectively.

Mixed Methods Perspectives on Communication and Social Media Research Reynaldo Gacho Segumpan 2022-07-29 Mixed Methods Perspectives on Communication and Social Media Research addresses the need for a discipline-cum-methodology-tailored book that navigates the current research spectrum of communication and social media ("CommSocMed"). It examines contemporary and relevant issues that intertwine the expansive spheres of CommSocMed. Authored by professionals with extensive academic and in-depth research and industry experience, the book highlights research-based themes that mirror qualitative and quantitative methodologies vis-à-vis socio-cultural, political, educational, and organisational issues and challenges. The first two sections present the mutually interwoven disciplines of CommSocMed where research works cover a comprehensive range of designs such as narrative analysis, case study, recombinant memetics, discourse analysis, visual semiotics, ethnography, content analysis, feminist theory, descriptive-survey, descriptive-correlational, model-building/testing, experimental, and mixed methods. The third section is a concluding segment which synthesises all the scholarly contributions in this volume. This book will serve as an authoritative reference for mixed methods research in CommSocMed and will be highly relevant reading for academics, researchers, postgraduate students and undergraduates in communication (for example, instructional communication, marketing communication, organisational communication, political communication, strategic communication), social media, and social sciences.

The Climate Girl Effect Heather M Crandall 2022-09-15 Carolyn M. Cunningham and Heather M. Crandall analyze the rise of climate activist girls who manage to advance the climate movement using social media, ingenuity, and an intersectional approach. United and focused, they confront the challenges of global systems and cultures that maintain power through all kinds of oppression.

Do This for You Krissy Cela 2021-01-07 'This woman will change how you exercise forever' - YOU MAGAZINE Instagram sensation Krissy Cela is the one-woman revolution set to transform how you think about fitness. It's time to reassess your approach to getting fit! No more crazy self-punishment, 'miracle' diets or one-size-fits-all rules. Having changed the lives of millions of people through her no-nonsense, friendly and supportive coaching, Krissy Cela wants to show you that being healthy in body happens most effectively when you focus on the right mindset. Krissy will shift your thinking away from how you want to look to how you want to feel.

Feeling confident and happy will always be more important than your dress size. Krissy will give you the tools to deal with mental barriers such as anxiety, stress and low self-esteem, which affect more of us than ever before. She will help you challenge negative thinking to help you build healthy habits that deliver long-lasting, realistic results. A balanced lifestyle will become as second nature to you as brushing your teeth, and you won't have to give up the food you love! Do This for You gives you everything you need to feel good in body and mind, every single day. Chapters include: 1. Find Your 'Why' 2. Lose the Excuses 3. Maximise Your Time 4. Form Healthy Habits 5. Shift Your Perspective 6. Believe You Can 7. Find Your Tribe 8. Embrace the Fear 9. Be More Than Motivated 10. Build Your Strength 11. Love Your Food 12. Do This for You

F*cked at 40 Tova Leigh 2020-03-03 For every woman that has ever felt trapped. A funny, raw and empowering mid-life-crisis-with-a-difference, vlogger, mother, lover businesswoman and social media phenomenon Tova Leigh explores what the hell you are supposed to do when you find yourself living a life you don't remember signing up for. "I was bored, angry, tired and sad. I felt all alone yet I had nothing to complain about. I had a good job, a husband who as far as I could tell wasn't shagging his assistant, three children who apart from being the occasional assholes were pretty good kids; a house, a dog and everything else we are told as little girls we should aspire to. But inside, I was growing restless. I was sick of having the same dull conversations about meal plans and kid-friendly holidays. I was frustrated with having the same married sex I'd been having for the past seven years, or not having any sex at all. I didn't want to be looked at as just a 'mom'. I wanted to be desired, to make someone's hair stand on end and go crazy for me. I didn't want to live by some label that didn't represent me. I looked at my messy SUV after my yoga class one morning and I wanted to vomit on it all. I panicked, thinking about how I am slowly approaching middle age and the menopause and I wondered how many years do I have left of being 'f*ckable' before everything starts going downhill?" We have many sides to us, most of the time we think we must choose just one character and stick to it. But the truth is, we can be all of them without having to choose. I am finally able to show the world that I am a bit of an idiot who dances around her kitchen in her knickers and makes silly videos with her husband, as well as a responsible parent and a businesswoman who runs her own company. When you find authenticity it's hard to go back. It's like opening a door to the truth and starting to breathe a new type of air. This discovery is what prompted me to write. It's my way of saying HERE I AM. I don't think we should be sorry for who we are. None of us.

The Female Lead Edwina Dunn 2017-02-09 Sixty inspirational women, from many walks of life. All have changed the world in a variety of fields. Among them are politicians and artists, journalists and teachers, engineers and campaigners, fire fighters and film stars. Together they form an arresting gallery of portraits, each one illustrated with original photography by Brigitte Lacombe. Some have led their professions; some have broken new ground for women; some have inspired changes through relentless endeavour. All were chosen for their ambitions and achievements and all tell their stories in their own words. For girls, it can be hard to identify role models in our society. This book will help and inspire women everywhere to realize their hopes and ambitions.

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er punshon from the family kitchen gena philibert ortega free love in utopia george wallingford noyes freedom from emotional eating paul mckenna phd fractals and chaos in the earth sciences sammis fra filippo lippi the carmelite painter megan holmes foundations of college chemistry laboratory morris hein fractured fractals and broken dreams guy david from one ministry wife to another susie hawkins from grill to dome jeremy sideris franklin and lucy joseph e persico frequent pattern mining charu c aggarwal frederic the great and kaiser joseph harold temperley frightfully fun halloween recipes favorite brand name recipes editors from beneath the olive tree sandra m smith freedom without borders hoyt l barber from design into print sandee cohen from stonecutter to sculptor elizabeth k allen freedoms law and indigenous rights bartolome clavero freedom from addictions and other life controlling problems jon r penoi four way lodge clabic reprint charles b reed fractured trust a renee steele legal mystery r barri flowers from local to global evan j segal from the fishbowl with love stacey johnson from cameroon to paris steven nelson freaks of sideshow and film mary brett free speech and its relation to self government alexander meiklejohn from cooper to philip roth jan bakker freedom rhythm sound gilles peterson friuli venezia giulia enrico mabetti from first life to the last hunt bo wafford from fetus to child alebandra piontelli free spirit knits anne podlesak foundations of sensory science h autrum frog and toad are friends arnold lobel from the shepherds staff noel g l hutchinson free at last in paradise ananda w p guruge freedoms champion elijah lovejoy paul simon foundations of library and information science richard e rubin french feminists on religion morny joy freddy and mr camphor walter r brooks free radical reactions in medicine janos feher foundations of busineb telecommunications management kenneth c grover from christian to believer dean haskins four seasons of travel national geographic society us fritz and annie lippe family donna gholson cook from the plantation to the prison tara

t green from the holocaust to the highlands walter kreb from mineralogy to geology rachel laudan france in indochina nicola cooper fourth grade students perception of social studies kimberly arnold from dreamland sent clabic reprint lilian whiting from consumers to producers orin pf hoffman free falling man thiam chin o from the heart of a righteous sinner yolanda robinson from fireplace to cookstove priscilla j brewer fritz and the beautiful horses jan brett from splendor to revolution julia p gelardi from a culture of violence to a culture of peace unesco from strange simplicity to complex familiarity manfred eigen freshwater acceb from a human rights perspective knut bourquain from metternich to bismarck l cecil jane from children to champions rc self fourteenth century england nigel saul fractals of brain fractals of mind earl r mac cormac from topic to tale eugene vance from the elephants back lawrence durrell from virgin land to disney world bernd herzogenrath foundations of ecological reformation ben dare from the porch swing mary jane haley freedom s song k wayne keillor from war babies to grandmothers ilse hellman foundations of computational mathematics minneapolis 2002 felipe cucker freehand machine embroidery maggie kruger fresh food from small spaces rj ruppenthal from the diplomatic bag william mcdowell from the royal to the republican body sara e melzer foundations of low vision anne lesley corn from autocracy to integration lucien d benichou from modernist transcendence to postmodern immanence mary katherine kochlefl france and the french harry roderick kedward from burleigh to boschink christie bentham fractal functions fractal surfaces and wavelets peter r mabopust from order to chaos ii leo p kadanoff frisbee sports and games charles tips from both sides of the fence dee weldon bird fresh perspectives on the war on terror miriam gani from employment to empowerment ayo emakhomhe free gift inside stephen brown from the top down susan j ellis from the magic mountain henry caraway hatfield from negotiation to imposition oscar molina freezing bridges under burning skies james pesutich freedom through subjugation thomas mooren foundations of entrepreneurship and economic development david a harper freedom from chronic disease arthur l kaslow from boer war to world war spencer jones from twitter to tahrir square bala a musa from england to virginia a mail order bride romance doreen milstead french law under napoleon james edward newman french food lawrence r schehr from control to drift claudio ciborra from soviet republics to eu member states peter van elsuwege from good king wenceslas to the good soldier vejk andrew lawrence roberts from the darkneb to the light paul kwame kyei from antiquities to heritage anne eriksen from time to time j c laird from mastery to mystery bryan e bannon four hundred years of fashion natalie rothstein from harvey river lorna goodison from bondage to liberty in religion george t ashley four of a kind 2 africa kirk frameworks for learning and development karen kearns french international arbitration law reports 1963 2007 thomas clay frenchmen desire good children john churchill chase from mabo to the apology liliana g zavaglia free form structural design martijn veltkamp from the land of a thousand hills veena poonacha friends and other perishables dale whisman from child welfare to child well being sheila kamerman french legal method eva steiner from dude to dad chris pegula foxy lady paranormal erotica blaine teller from modernism to neobaroque cesar augusto salgado from the womb to the body politic anna kuxhausen from the other side of the desk jay d fusaro friendship in an age of economics todd may four seasons of inner and outer beauty peggy wynne borgman from sacramento to contract john witte free preb vs fair trials jon brusckhe freedom and law randi rashkover from the tsars railway to the red army mark o'neill friends lovers and other indiscretions fiona neill four years in tibet ahmad shah from now to eternity randall eigsti from seed to maple tree suzanne slade four revolutions in the earth sciences james lawrence powell foundations of osteopathic medicine anthony g chila from metaphysics to rhetoric michel meyer from khartoum to jerusalem rachel mairs from africa to zen robert c solomon friendship descent and alliance in africa martine guichard foundations of adult education in africa fredrick nafukho from social movement to moral market paul brian mcinerney from grace to grace a prayer and healing journal simone oliver from the ground up jeanne nolan from confidence building towards co operative co existence jean nicolas bitter from tension to tonic anne paolucci francis repair my church john edgar raub foundations of character david barton free from ocd timothy sisemore friendship in art claire roberts from slave to priest caroline hemesath from the pab to the pueblos george d torok fractured persona harry james krebs from the top of my house lobie rainbolt freeing your child from negative thinking tamar chansky from succeb to significance lloyd reeb from phonology to philology john r burt free dreb for succeb max comfort four for a boy mary reed from can see to can t thad sitton friendship on fire love in bloom meliba foster from newton

einstein to god leong ying from poland to brooklyn steven keslowitz founders of british physiology w j o'connor freedom of belief and christian mibion hans aage gravaas from bakunin to lacan saul newman from hell to gods grace cynthia white four letter words tracy broemmer from pioneering to persevering paul salstrom from my heart to yours god the father penny mccooy from bitcoin to burning man and beyond john clippinger from mesmer to freud adam crabtree four plays the charabanc theatre company claudia w harris foundations of behavioral research fred nichols kerlinger fourth among equals bill rodgers from dopefiend to deacon billy from climate change to social change p p j driebe from gurs to auschwitz peter selg friendswood secrets to succeb kathryn and kennedy freedom reclaimed john e schwarz from foot soldier to elite lord priest foundations of sports coaching paul e robinson four blue stars in the window barbara eymann mohrman from pain to awakening ahmadi from style writing to art magda danysz freedom from fear freedom from want kenneth christie from the outside in and back again jma quinn from victorian gender roles towards a new female identity tobias nahrwold french verbs speedy language study guides speedy publishing from curve fitting to machine learning achim zielezny freah and vibrant veet karen from 9 11 to the iraq war 2003 dominic mcgoldrick from civil spring to democratic summer vitaliy v proshak framing in discourse deborah tannen french student taste in american literature nancy shields hardin from numbers to words susan e morgan franklin furnace and the spirit of the avant garde toni sant from suffering to joy prem baba from a gathering of glab robin moyer from the dragons mouth ana fuentes freedoms won hilary mcd beckles friends til the end bethany neal friendship and wayside gleanings clabic

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