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Abstract—The purpose of this study was to determine the effect of a 12-week training program on the heart rate (HR) and energy expenditure (EE) of sedentary, middle-aged women. The subjects were 12 sedentary women, 40 to 50 years of age, who were randomly assigned to a 12-week training program or a control group. The training program consisted of three sessions per week of aerobic exercise at 60% of maximum HR. The control group performed no exercise. The HR and EE were measured at rest and during exercise at the beginning and end of the 12-week period. The results showed that the training program significantly increased the HR and EE of the subjects. The HR increased from 68 to 72 beats per minute (b·min⁻¹) and the EE increased from 1.2 to 1.4 kcal·min⁻¹. The control group showed no significant change in HR and EE. The results suggest that a 12-week training program can improve the cardiovascular fitness of sedentary, middle-aged women.

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Abstract

1998, 1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 2452, 2453, 2454, 2455, 2456, 2457, 2458, 2459, 2460, 2461, 2462, 2463, 2464, 2465, 2466, 2467, 2468, 2469, 2470, 2471, 2472, 2473, 2474, 2475, 2476, 2477, 2478, 2479, 2480, 2481, 2482, 2483, 2484, 2485, 2486, 2487, 2488, 2489, 2490, 2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547, 2548, 2549, 2550, 2551, 2552, 2553, 2554, 2555, 2556, 2557, 2558, 2559, 2560, 2561, 2562, 2563, 2564, 2565, 2566, 2567, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2578, 2579, 2580, 2581, 2582, 2583, 2584, 2585, 2586, 2587, 2588, 2589, 2590, 2591, 2592, 2593, 2594, 2595, 2596, 2597, 2598, 2599, 2600, 2601, 2602, 2603, 2604, 2605, 2606, 2607, 2608, 2609, 2610, 2611, 2612, 2613, 2614, 2615, 2616, 2617, 2618, 2619, 2620, 2621, 2622, 2623, 2624, 2625, 2626, 2627, 2628, 2629, 2630, 2631, 2632, 2633, 2634, 2635, 2636, 2637, 2638, 2639, 2640, 2641, 2642, 2643, 2644, 2645, 2646, 2647, 2648, 2649, 2650, 2651, 2652, 2653, 2654, 2655, 2656, 2657, 2658, 2659, 2660, 2661, 2662, 2663, 2664, 2665, 2666, 2667, 2668, 2669, 2670, 2671, 2672, 2673, 2674, 2675, 2676, 2677, 2678, 2679, 26



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Projeto

Agatha Christie 57 Ebooks

Catherine Sheldrick Ross



Agatha Christie 57 Ebooks:

Allusion in Detective Fiction Jem Bloomfield, 2024-07-09 This study argues that allusion is a central part of classic British detective fiction It demonstrates the fraught status of Shakespeare and the Bible during the Golden Age of the British detective novel and the cultural currents which novelists navigated whilst alluding to them The first part traces the complex web of allusions to Shakespeare and the Bible which appear in the novels of Agatha Christie and Dorothy L Sayers examining the meanings these allusions produce The second part explores the way in which Sayers own collection of detective novels became a canon on which later novelists exercised those same allusive practices It studies allusions to Sayers novels throughout the twentieth century and into the twenty first from Gladys Mitchell and P D James to Reginald Hill and Sujata Massey This study reveals allusion as a shaping force at the origin of the classic British detective novel and a continuing element in its identity

Agatha Christie Meghan Engsberg Cunningham, 2017-07-15 Listed as the best selling novelist of all time by the Guinness Book of World Records Agatha Christie can easily be considered a household name but writing amazing stories is not all she accomplished This book discusses her life including her experiences as a volunteer during World War I archaeologist traveler and Dame Commander of the Order of the British Empire as well as her continued influence on the world today

Agatha Christie and the Guilty Pleasure of Poison Sylvia A. Pamboukian, 2022-11-12 Agatha Christie and the Guilty Pleasure of Poison examines Christie s female poisoners in the context of Christie s own experience in pharmacy and of detective fiction In doing so it uncovers an overlooked dynamic in which female poisoners deliver well deserved comeuppance for gendered and classed wrongdoing ordinarily accepted in everyday life While critics have long recognized male outlaws like Robin Hood who use crime to oppose a corrupt system this book contends that female outlaws witches and poisoners offer a similar heritage of empowered femininity Far from cozy and formulaic Agatha Christie s outlaw poisoners offer readers the surprising pleasures of comeuppance and they set the stage for contemporary detective fiction writers more recent films depicting poisoning as empowering and even poison gardens which are tourist destinations that offer visitors the guilty pleasure of poison

The Rough Guide to Great Britain: Travel Guide eBook Rough Guides, 2024-09-16 This Great Britain guidebook is perfect for independent travellers planning a longer trip It features all of the must see sights and a wide range of off the beaten track places It also provides detailed practical information on preparing for a trip and what to do on the ground This Great Britain guidebook covers London and the southeast the Cotswolds Bath Bristol and the southwest East Anglia the Midlands and the Peak District Leeds Manchester and the northwest Yorkshire Newcastle and the northeast Cardiff and South Wales Snowdonia Edinburgh and the Lothians Glasgow and the Clyde the Scottish Highlands and Islands Inside this Great Britain travel book you ll find A wide range of sights Rough Guides experts have hand picked places for travellers with different needs and desires off the beaten track adventures family activities or chilled out breaks Itinerary examples created for different time frames or types of trip Practical

information how to get to Great Britain all about public transport food and drink shopping travelling with children sports and outdoor activities tips for travellers with disabilities and more Author picks and things not to miss in Great Britain Gower Peninsula Hampton Court Palace Stonehenge Lake District West Highland Railway Southwold Oxford and Cambridge Colleges Shakespeare s Globe Theatre in London Rennie Mackintosh Architecture in Glasgow Eden Project in Cornwall Peak District Iona in Argyll Thermae Bath Spa Hadrian s Wall Path in Northumberland Blaenavon Durham Cathedral Portmeirion Insider recommendations tips on how to beat the crowds save time and money and find the best local spots When to go to Great Britain high season low season climate information and festivals Where to go a clear introduction to Great Britain with key places and a handy overview Extensive coverage of regions places and experiences regional highlights sights and places for different types of travellers with experiences matching different needs Places to eat drink and stay hand picked restaurants cafes bars and hotels Practical info at each site hours of operation websites transit tips charges Colour coded mapping with keys and legends listing sites categorised as highlights eating accommodation shopping drinking and nightlife Background information for connoisseurs history culture art architecture film books religion diversity Fully updated post COVID 19 The guide provides a comprehensive and rich selection of places to see and things to do in Great Britain as well as great planning tools It s the perfect companion both ahead of your trip and on the ground

The Formulas of Popular Fiction Anna Faktorovich,2014-09-22 This book creates a taxonomy for the major bestselling fictional genres romance e g authors Heyer Cartland Woodiwiss and Roberts religious and inspirational Corelli and Douglas mystery and detective Conan Doyle Christie and Mankell and science fiction horror and fantasy Wells Tolkien Orwell Niven King and Rowling Chapters look at a genre from its roots to its most recent works The structural patterns in the plot characters and setting of these genres are then explained The book also provides a critique of currently popular hyper formulaic hack unliterary writings that have multiplied in recent decades Special topics such as the publishing oligopoly and the resulting homogeneity among bestselling works and the steady movement from literary to unliterary fiction are also examined

The Rough Guide to England (Travel Guide eBook) Rough Guides,2023-01-01 This practical travel guide to England features detailed factual travel tips and points of interest structured lists of all iconic must see sights as well as some off the beaten track treasures Our itinerary suggestions and expert author picks of things to see and do will make it a perfect companion both ahead of your trip and on the ground This England guide book is packed full of details on how to get there and around pre departure information and top time saving tips including a visual list of things not to miss Our colour coded maps make England easier to navigate while you re there This guide book to England has been fully updated post COVID 19 The Rough Guide to ENGLAND covers London the Southeast Hampshire Dorset Wiltshire Oxford the Cotswolds Bath Bristol Somerset Devon Cornwall East Anglia West Midlands Peak District East Midlands Northwest Cumbria Lake District Yorkshire Northeast Inside this England travel guide you ll find RECOMMENDATIONS FOR EVERY TYPE OF TRAVELLER Experiences selected

for every kind of trip to England from off the beaten track adventures in the North York Moors or Lake District to family activities in child friendly places like Devon and Cornwall or chilled out breaks in popular tourist areas like London or Manchester PRACTICAL TRAVEL TIPS Essential pre departure information including England entry requirements getting around health information travelling with children sports and outdoor activities food and drink festivals culture and etiquette shopping tips for travellers with disabilities and more TIME SAVING ITINERARIES Includes carefully planned routes covering the best of England which give a taste of the richness and diversity of the destination and have been created for different time frames or types of trip DETAILED REGIONAL COVERAGE Clear structure within each sightseeing chapter of this England travel guide includes regional highlights brief history detailed sights and places ordered geographically recommended restaurants hotels bars clubs and major shops or entertainment options INSIGHTS INTO GETTING AROUND LIKE A LOCAL Tips on how to beat the crowds save time and money and find the best local spots for shopping eating hiking and cycling HIGHLIGHTS OF THINGS NOT TO MISS Rough Guides rundown of Liverpool Brighton York Durham and Oxford s best sights and top experiences helps to make the most of each trip to England even in a short time HONEST AND INDEPENDENT REVIEWS Written by Rough Guides expert authors with a trademark blend of humour honesty and expertise this England guide book will help you find the best places matching different needs BACKGROUND INFORMATION Comprehensive Contexts chapter of this travel guide to England features fascinating insights into England with coverage of history religion ethnic groups environment wildlife and books plus a handy language section and glossary FABULOUS FULL COLOUR PHOTOGRAPHY Features inspirational colour photography including the stunning Peak District and the spectacular Dartmoor wilderness COLOUR CODED MAPPING Practical full colour maps with clearly numbered colour coded keys for quick orientation in Cambridge Oxford Birmingham Bristol and many more locations in England reduce the need to go online USER FRIENDLY LAYOUT With helpful icons and organised by neighbourhood to help you pick the best spots to spend your time

Breadcrumbs for Beginners Sherry L. Meinberg, 2013-04 *Breadcrumbs for Beginners* provides a practical and entertaining umbrella approach to the world of the writer It covers the process from just thinking about writing to actually putting pen to paper and then revising and finally info as to what to do to get a manuscript published and promoted

Death on the Nile by Agatha Christie (Book Analysis) Bright Summaries, 2019-04-04 Unlock the more straightforward side of *Death on the Nile* with this concise and insightful summary and analysis This engaging summary presents an analysis of *Death on the Nile* by Agatha Christie which features the celebrated Belgian detective Hercule Poirot When the beautiful Linnet Doyle is found shot dead the most obvious suspect her former friend Jackie who became a sworn enemy when Linnet married her lover Simon seems to have a watertight alibi The murderer could be any of the passengers on board their Egyptian cruise and Poirot s task is complicated by the fact that several of the characters have their own secrets that they are determined to keep *Death on the Nile* is one of Christie s most enduringly popular works and has

inspired numerous adaptations including a forthcoming film Find out everything you need to know about Death on the Nile in a fraction of the time This in depth and informative reading guide brings you A complete plot summary Character studies Key themes and symbols Questions for further reflection Why choose BrightSummaries com Available in print and digital format our publications are designed to accompany you on your reading journey The clear and concise style makes for easy understanding providing the perfect opportunity to improve your literary knowledge in no time See the very best of literature in a whole new light with BrightSummaries com

[Dorothy L. Sayers](#) Eric Sandberg,2022-01-04 Dorothy L Sayers was one of the Queens of Crime Alongside writers like Agatha Christie she perfected the whodunnit but also used the genre to explore social ethical and emotional matters Her characters particularly Lord Peter Wimsey and his investigative partner Harriet Vane struggle with the complexities of life and love in a rapidly changing world while solving some of the most intricate and complex mysteries ever offered to the reading public Sayers was also an important theoretician of detective fiction a religious dramatist a public intellectual and one of the 20th century s most important translators of Dante While focusing on her mystery fiction this companion offers a full view of all aspects of Sayers s career It is an ideal introduction for readers new to Sayers s diverse and rewarding body of work and an invaluable companion for her many fans

The Enigma of a Violent Woman Jennifer Kilty,Sylvie Frigon,2016-04-14 Karla Homolka has proven to be a figure of enduring interest to the public and media for the last 20 years However despite the widespread Canadian and international public commentary and media frenzy that has encircled this case Homolka herself remains an enigma to most who write about her In contrast to much of the contemporary discussion on this case this book offers a comprehensive and detailed examination of the legal public and media understandings and explanations of Homolka s criminality Drawing from multiple fields of study and varied bodies of critical literature the book uses Homolka as an object lesson to interrogate some of the narratives and conceptualizations of violent women the problematic normative constructions of womanhood and acceptable femininity leniency in sentencing taboo and disgust and questions of remorse The authors address broad questions about how women convicted of violence are typically constructed across four sites the courts the academy the mainstream media and public discourse This unique text is extremely important for feminist criminology and socio legal studies offering the first comprehensive academic effort to engage in dialogue about this important and fascinating case

[Words Onscreen](#) Naomi S. Baron,2015 In Words Onscreen Naomi Baron offers a fascinating and timely look at how technology affects the way we read

[Pocket Rough Guide Istanbul \(Travel Guide eBook\)](#) Rough Guides,2019-07-01 The most entertaining and informative pocket guides for short trip travellers Discover the best of Istanbul with this compact practical entertaining Pocket Rough Guide This slim trim treasure trove of trustworthy travel information is ideal for short trip travellers and covers all the key sights the Blue Mosque Istanbul Modern Church of the Pammakaristos and Galata Tower restaurants shops caf s and bars plus inspired ideas for day trips with honest and independent recommendations from expert authors Features of Pocket Rough Guide Istanbul Practical travel tips what to

see and where to sleep eat drink and shop Pocket Rough Guide Istanbul features specially selected recommendations to suit all tastes and budgets Honest independent reviews written with Rough Guides trademark blend of humour honesty and expertise our expert writers will help you make the most of your trip to Istanbul Incisive area by area overviews covering the Grand Bazaar District Sultanahmet and Asian Istanbul and more the practical Places section provides all you need to know about must see sights and the best places to eat drink sleep and shop Time saving itineraries the routes suggested by Rough Guides expert writers cover top attractions like the Blue Mosque and The Grand Mall and hidden gems like Cihangir and Basilica Cistern Day trips venture further afield to the Princes Islands or the Bosphorus This tells you why to go how to get there and what to see when you arrive Compact format packed with pertinent practical information this guide is the perfect companion when you re out and about exploring Istanbul Attractive user friendly design features fresh magazine style layout inspirational colour photography and colour coded maps throughout Essentials includes invaluable background information on how to get to Istanbul getting around health tourist information festivals and events plus an A Z directory and handy language section and glossary Covers Sultanahmet Topkapi Palace to the Golden Horn Grand Bazaar District Northwest quarter and the land walls Galata and the waterfront districts Beyoglu and Taksim Besiktas and Ortak y Asian Istanbul the Bosphorus and Princes Island About Rough Guides Rough Guides have been inspiring travellers for over 35 years with over 30 million copies sold Synonymous with practical travel tips quality writing and a trustworthy tell it like it is ethos the Rough Guides list includes more than 260 travel guides to 120 destinations gift books and phrasebooks

Bibliografia națională a Moldovei ,2018 *The Pleasures of Reading* Catherine Sheldrick Ross,2014-06-27 Based on years of ground breaking research this book supplies a look at the unique relationship between each text and the individual reader that results in a satisfying pleasurable and even life changing reading experience Following up on her critically acclaimed Reading Matters What the Research Reveals about Reading Libraries and Community Catherine Sheldrick Ross takes a new look at pleasure reading through 30 thought provoking essays based on themes arranged from A to Z In short lively chapters she discusses topics ranging from Alexia Bad Reading and Changing Lives to Romance Fiction Self help Titles Vampires and Year of Reading Drawing on her own research as well as other published sources Ross comments on the significance of each theme provides examples of the phenomenon and develops the topic chronologically through further examples or through reversals The essays are unified by an underlying theory of reading that views readers as sense makers actively engaged in reading themselves into the text and reading the texts back into their own lives It gives educators and librarians insights into their roles with readers and offers a message about the importance of pleasure reading A short list of resources for further reading is supplied with each topic

Dining Room Detectives Silvia Baucekova,2015-09-04 In the structuralist understanding as proposed by John G Cawelti a classical detective novel is defined as a formula which contains prescribed elements and develops in a predefined ritualistic manner When described in this way the crime fiction formula very closely resembles a

recipe when one cooks they also add prescribed ingredients in a predefined way in order to produce the final dish This surprising parallel serves as the starting point for this book s analysis of classical detective novels by Agatha Christie Here a structuralist approach to Golden Age crime fiction is complemented by methodology developed in the field of food studies in order to demonstrate the twofold role that food plays in Christie s novels namely its function as an element of the formula a literary device but also as a cultural sign Christie employed food on various different levels of her stories in order to portray characters construct plots and depict settings What is more incorporating domesticity and food in her novels helped her fundamentally alter the rigid conventions of the crime fiction genre as it developed in the nineteenth century and enabled her to successfully introduce the character of the female detective and to feminise the detective novel as such

Computer Idee Windows Workshopgids 2015, 2015-09-01 Windows 10 is een mijlpaal voor elke pc gebruiker Eindelijk weer een nieuw besturingssysteem Gratis nog wel Je hebt de eenvoudige upgrade al gedaan en dus ben je klaar Zeker niet Nu begint de pret pas echt Computer Idee neemt je mee op ontdekkingsreis met de workshopgids Windows Leer over alle vernieuwingen de beste instellingen en de leukste tweaks En als je Windows 10 nog niet hebt dan helpen we je bij de installatie Deze workshopgids gaat natuurlijk veel verder dan alleen de laatste versie van Windows Laat je inspireren door de 50 workshops en ga direct aan de slag

Inside Book Publishing Angus Phillips,Giles Clark,2019-08-09 Now fully revised and updated for its sixth edition Inside Book Publishing is the classic introduction to the book publishing industry Giles Clark and Angus Phillips offer authoritative coverage of all sectors of the industry from commercial fiction and non fiction to educational publishing and academic journals They reveal how publishers continue to adapt to a fast changing and highly interconnected world in which printed books have proved resilient alongside ebooks and the growth of audio Major themes are explored including the development of digital products and the use of social media in book marketing as well as those that affect publishers businesses such as the rise of internet retailing rental models for student textbooks and open access where academic content is free to the user Case studies from industry experts give fascinating perspectives on topics such as crowdfunding self publishing and how authors can market themselves The book provides excellent overviews of the main aspects of the publishing process commissioning authors product development design and production marketing sales and distribution As a manual for those in the profession and a guide for the potential publishers of the future Inside Book Publishing remains a seminal work for anyone with an interest in the industry It will also be of interest to authors seeking an insider s view of this exciting industry

Progress in Reading: Book 2 (Aiming for) Caroline Bentley-Davies,Gareth Calway,Nicola Copitch,Steve Eddy,Najoud Ensaff,Mike Gould,Matthew Tett,2022-02-11 Help your students make good progress in Key Stage 3 English with our popular series now updated for the new curriculum The Aiming for series provides targeted support for all ability levels to help every student move forward from their achievement at Key Stage 2 towards GCSE success

Reading Habits in the COVID-19 Pandemic Abigail Boucher,Marcello Giovanelli,Chloe Harrison,Robbie

Love, Caroline Godfrey, 2024-03-20 This book presents and analyses the results of the Lockdown Library Project survey using a range of quantitative and qualitative approaches to provide a unique insight into the ways in which the first UK COVID 19 lockdown affected public reading habits The authors begin by outlining the background to the study the research methodology and design and an overview of the headlines of the data before going on to survey the literature on the relationship between pandemics literature especially the role played by genre and popular fiction and reading habits They then examine how participants reported that the lockdown period had affected the amount that they read how they accessed books and discussed their reading with others the use of reading as a coping strategy and returning to re read books that offered familiarity reliability and nostalgia Finally the concluding chapter brings together the overall findings of the project and briefly outlines future work in the field This book will be of interest to academics in fields such as literary and genre studies applied linguistics corpus linguistics stylistics health humanities and sociology as well as practitioners working in education in bibliotherapy and in libraries

Crash Course in Readers' Advisory Cynthia Orr, 2014-12-05 One of the key services librarians provide is helping readers find books they ll enjoy This crash course will furnish you with the basic practical information you need to excel at readers advisory RA for adults and teens The question can you recommend a good book can be one of the most daunting you face notwithstanding the fact that recommender tools are ubiquitous Often uncertainty arises because although librarians are called on to perform such services daily readers advisory is a skill set in which most have no formal training This guide will remedy that It is built around understanding books reading and readers and will quickly show you how to identify reading preferences and advise patrons effectively You ll learn about multiple RA approaches such as genre appeal features and reading interests and about essential tools that can help with RA Plus you ll discover tips to help you keep up with this ever changing field There is no other professional book that covers the full spectrum of skills needed to perform the RA service that is in such great demand in libraries of all kinds Helping readers find what they want is a sure way to serve patrons and build your library s brand You will come away from this easy to understand crash course with the solid background you need to do both

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