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Parameters	Levels of Camel Meat					SE
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PH	4.78 ^c	4.82 ^{bc}	4.94 ^{ab}	4.93 ^{ab}	5.07 ^a	0.07
WHC	1.11 ^b	0.96 ^c	0.95 ^c	1.15 ^{ab}	1.28 ^a	0.06
Cooking loss	31.34 ^a	31.16 ^a	30.92 ^{ab}	29.45 ^{bc}	28.97 ^c	0.83
Shrinkage	19.61 ^a	18.38 ^a	17.68 ^{ab}	17.54 ^b	17.42 ^b	0.84
Rancidity	0.11 ^a	0.10 ^{ab}	0.09 ^{bc}	0.08 ^c	0.08 ^c	0.1

^{bc} Means within the same row different superscripts were significantly different (P<0.05)



Goggins calls this The 40% Rule, and his story illuminates a path that anyone can follow to push past pain, demolish fear, and reach their full potential. #1 New York Times Bestseller Over 10 million copies sold in this generation-defining self-help guide, a superstar blogger cuts through the crap to show us how to stop trying to be "positive" all the time so that we can truly become better, happier people. For decades, we've been told that positive thinking is the key to a happy, rich life. She would be hired, that is, if her mentor hadn't thrown her out before she could earn her license. He and a crew of likeminded allies utilized vengeance, gangster tactics, and political leverage to become the most powerful and feared figures in their suburban empire. Until a pilfered bag of sex toys brought it all crashing down, Jimmy the King is the story of the rise, reign, and paranoiac fall of a corrupt cop and his regime—a crime family with badges and guaranteed pensions. With this seminal text as a guide, readers will learn how to unlock the passion within and become masters. The Four Agreements: A Practical Guide to Personal Freedom In The Four Agreements, bestselling author Don Miguel Ruiz reveals the source of self-limiting beliefs that rob us of joy and create needless suffering. But when her efforts put her in the crosshairs of Atlanta's most notorious criminal, Jo must decide whether she, a girl used to living in the shadows, is ready to step into the light. A moving, beautifully written, and delicately constructed story of love, division, transcendence, history, and eco-consciousness. The Island of Missing Trees is Elif Shafak's best work yet. Within These Wicked Walls: A Novel An intricate magic system, a grimly humorous Black heroine, and a heart-thumping romance? But on the last night of the trip, Emily enters their hotel suite to find blood and broken glass on the floor. Lucky Armstrong is a tough, talented grifter who has just pulled off a million-dollar heist with her boyfriend, Cary. It exposes the coordinated censorship operation by Big Tech, the media establishment, and former intelligence operatives to stifle the New York Post's coverage, in a chilling exercise of raw political power three weeks before the 2020 election. You're Reading a Free Preview Pages 23 to 33 are not shown in this preview. Rachel can't imagine shining any brighter. But offstage, she has battled incredible adversity. With piercing honesty, Vance shows how he himself still carries around the demons of his chaotic family history. A deeply moving memoir, with its share of humor and vividly colorful figures, Hillbilly Elegy is the story of how upward mobility really feels. He believes in Rachel's future—both in music and in fashion, a testimony of irrepressible spirit and an unforgettable family chronicle. It's all in a night's work. In a bold and arresting two-color package, The 48 Laws of Power is ideal whether your aim is conquest, self-defense, or simply to understand the rules of the game. 12 Rules for Life: An Antidote to Chaos #1 NATIONAL BESTSELLER #1 INTERNATIONAL BESTSELLER What does everyone in the modern world need to know? You're Reading a Free Preview Pages 42 to 46 are not shown in this preview. You're Reading a Free Preview Pages 498 to 540 are not shown in this preview. Learn the secrets of the field you have chosen, submit to a rigorous apprenticeship, absorb the hidden knowledge possessed by those with years of experience, surge past competitors to surpass them in brilliance, and explode established patterns from within. Here, you'll get a proven system that can take you to new heights. Clear is known for his ability to distill complex topics into simple behaviors that can be easily applied to daily life and work. At least, he's not a beast all the time. Amusing Ourselves to Death is a prophetic look at what happens when politics, journalism, education, and even religion become subject to the demands of entertainment. In this straightforward handbook, he gives you the tools and advice you need to demolish the slag weighing you down and become the truly unfu*ked version of yourself. You fall to the level of your systems. And when a shocking act of betrayal shatters her world, Rachel must finally listen to her heart. The Christie Affair: A Novel Why would the world's most famous mystery writer disappear for eleven days? The dirty secrets contained in Hunter's laptop almost derailed his presidential campaign and ignited one of the greatest media coverups in American history. You're Reading a Free Preview Pages 216 to 228 are not shown in this preview. When she discovers that a lottery ticket she bought on a whim is worth millions, her elation is tempered by one big problem: cashing in the winning ticket means she'll be arrested for her crimes. But the dual love stories of Honor are as different as the cultures of Meena and Smita themselves. Smita realizes she has the freedom to enter into a casual affair, knowing she can decide later how much it means to her. On Yom Kippur, 1944, fighting to stay alive as a prisoner in Auschwitz, Lily Ebert made a promise to herself. You're Reading a Free Preview Pages 124 to 151 are not shown in this preview. She doesn't miss a beat in either the characterization or action, scattering clues with a delicate, precise hand. He can't even remember his own name, let alone the nature of his assignment or how to complete it. All he knows is that he's been asleep for a very, very long time. He and Lily bridge the generation gap to share her experience, reminding us of the joy that accompanies the solemn responsibility of keeping the past—and our stories—alive. "Vaclav Smil is my favorite author." —Bill Gates "How the World Really Works represents the highly readable distillation of this lifetime of scholarship... Mr. Smil looks over the horizon of the future with humility and calmness, foreseeing a mixture of progress and setbacks, of seemingly insurmountable difficulties and near-miraculous advances." —Wall Street Journal An essential analysis of the modern science and technology that makes our twenty-first century lives possible—a scientist's investigation into what science really does, and does not, accomplish. We have never had so much information at our fingertips and yet most of us don't know how the world really works. Some laws teach the need for prudence ("Law 1: Never Outshine the Master"), others teach the value of confidence ("Law 28: Enter Action with Boldness"), and many recommend absolute self-preservation ("Law 15: Crush Your Enemy Totally"). If you are, Gary John Bishop has the answer. The teachings of Ruiz are best known for transforming complex human issues into simple common sense—a talent that has earned him millions of fans and international acclaim. Janet Mills is the founder and president of Amber-Allen publishing. But as the family saga of Hillbilly Elegy plays out, we learn that J.D.'s grandparents, aunt, uncle, sister, and, most of all, his mother struggled profoundly with the demands of their new middle-class life, never fully escaping the legacy of abuse, alcoholism, poverty, and trauma so characteristic of their part of America. You're Reading a Free Preview Pages 106 to 175 are not shown in this preview. But one story stands apart from the rest... She is a woman as fabulous, unbowed, and irresistible as the city she lives in. His wife, Keila, desperate for a life with a little more intimacy and a little less Weather Channel, feels she has no choice but to end their marriage. If Andromeda wants to earn a living, she has no choice. What was, what will be, and what is, may yet fall under the Shadow. When a vicious band of half-men, half beasts invade the Two Rivers seeking their master's enemy, Moiraine persuades Rand al'Thor and his friends to leave their home and enter a larger unimaginable world filled with dangers waiting in the shadows and in the light. Since its debut in 1990, The Wheel of Time® has captivated millions of readers around the globe with its scope, originality, and compelling characters. You're Reading a Free Preview Pages 1189 to 1206 are not shown in this preview. You're Reading a Free Preview Pages 434 to 482 are not shown in this preview. D'Souza makes a powerful argument that 2020 was a stolen election. "Wake up to the miracle you are," he directs. Because Hazel has made a deal with Dr. Beecham: if she can pass the medical examination on her own, Beecham will allow her to continue her medical career. D.'s grandparents were "dirt poor and in love," and moved north from Kentucky's Appalachia region to Ohio in the hopes of escaping the dreadful poverty around them. In the taverna, hidden beneath garlands of garlic, chili peppers and creeping honeysuckle, Kostas and Defne grow in their forbidden love for each other. He is a botanist looking for lost love. A criminal deliveryman. For his cooperation, Jimmy Burke was rewarded with a job as a cop. This 2020 began Burke's unlikely ascent to the top of one of the country's largest law enforcement jurisdictions. From energy and food production, through our material world and its globalization, to risks, our environment and its future, How the World Really Works offers a much-needed reality check—because before we can tackle problems effectively, we must understand the facts. In this ambitious and thought-provoking book we see, for example, that globalization isn't inevitable—the foolishness of allowing 70 per cent of the world's rubber gloves to be made in just one factory became glaringly obvious in 2020—and that our societies have been steadily increasing their dependence on fossil fuels, such that any promises of decarbonization by 2050 are a fairy tale. For example, each greenhouse-grown supermarket-bought tomato has the equivalent of five tablespoons of diesel embedded in its production, and we have no way of producing steel, cement or plastics at reduced scales without huge carbon emissions. Ultimately, Smil answers the most profound question of our age: are we irrevocably doomed or is a brighter utopia ahead? Sarah's husband, Eli, who's been inexplicably distant during the pandemic, confronts the consequences of a long ago lapse from his typical good-guy behavior. You're Reading a Free Preview Pages 364 to 390 are not shown in this preview. 0 ratings% found this document useful (0 votes) 272K views 13,675 pages Your browser sent an invalid request. Enthralling, witty, big-hearted, and sharply observed, this is Jennifer Weiner's love letter to the Outer Cape and the power of home, the way our lives are enriched by the people we call family, and the endless ways love can surprise us. The sequel to the instant New York Times bestseller Shine! Crazy Rich Asians meets Gossip Girl in this knockout series from Jessica Jung, K-pop legend, fashion icon, and founder of the international luxury brand, Blanc & Eclare. The book asks the vitally important (and disturbing) question: can American democracy, as we know it, ever work again? "Vaclav Smil is my favorite author." —Bill Gates "How the World Really Works represents the highly readable distillation of this lifetime of scholarship... Mr. Smil looks over the horizon of the future with humility and calmness, foreseeing a mixture of progress and setbacks, of seemingly insurmountable difficulties and near-miraculous advances." —Wall Street Journal An essential analysis of the modern science and technology that makes our twenty-first century lives possible—a scientist's investigation into what science really does, and does not, accomplish. We have never had so much information at our fingertips and yet most of us don't know how the world really works. She instantly captured the attention of millions. Maas comes a seductive, breathtaking book that blends romance, adventure, and faerie lore into an unforgettable read. Can't Hurt Me: Master Your Mind and Defy the Odds New York Times Bestseller Over 2.5 million copies sold For David Goggins, childhood was a nightmare—poverty, prejudice, and physical abuse colored his days and haunted his nights. Coiture gowns, press parties, international travel. Martin and Burke break news on most every page, drawing on hundreds of interviews and never-before-seen documents and recordings from the highest levels of government. He's harboring a costly secret that distracts him from everything else. More important, D'Souza proves it. Jimmy the King. Murder. Vice, and the Reign of a Dirty Cop An incredible four-decade account of murder, power, and corruption in one of the country's largest police departments in 1979, the gruesome slaying of a thirteen-year-old boy riveted the suburbs of Suffolk County, New York. Inhold og annonser som er personlig tilpasset, kan også være basert på disse tingene samt aktiviteten din, for eksempel Google-søk og videoer du ser på YouTube. But by night, Jo moonlights as the pseudonymous author of a newspaper advice column for the genteel Southern lady, "Dear Miss Sweetie." When her column becomes wildly popular, she uses the power of the pen to address some of society's ills, but she's not prepared for the backlash that follows when her column challenges fixed ideas about race and gender. Here you will find the receipts—the transcripts and confirmatory details—for the facts establishing 2020 election fraud presented in D'Souza's major motion picture documentary, 2,000 Mules. This is an indictment that Postman has laid down and, so far as I can see, an irrefutable one." —Jonathan Yardley, The Washington Post Book World He takes readers through three dramatic stories of how the vote was won: first by white men, through violence and insurrection; then by white women, through protests and mass imprisonments; and finally by African Americans, in the face of lynchings and terrorism. You're Reading a Free Preview Pages 566 to 608 are not shown in this preview. Coveted across the known universe, melange is a prize worth killing for... When House Atreides is betrayed, the destruction of Paul's family will set the boy on a journey toward a destiny greater than he could ever have imagined. Weymouth, author of The Light Between Worlds A REESE'S BOOK CLUB PICK | AN AMAZON BEST BOOK OF THE YEAR A beautiful exploration of the often complex parameters of freedom, prejudice, and individual sense of self. Enter Alex. The Subtle Art of Not Giving a F**k is his antidote to the coddling, the all-feel-good mindset that has infected American society and spoiled a generation, rewarding them with gold medals just for showing up. Manson makes the argument, backed both by academic research and well-timed poop jokes, that improving our lives hinges not on our ability to turn lemons into lemonade, but on learning to stomach lemons better. He ends with visionary chapters on how we can reverse this tide of voter suppression and become a true democracy where every voice is heard and every vote is counted. Full of surprising history, intensive analysis, and actionable plans for the future, this is a powerful primer on our most urgent political struggle from one of the country's leading advocates. As seen on Tucker Carlson Tonight! USA Today and Wall Street Journal Bestseller! The inside story of the laptop that exposed the president's dirty secret. When a drug-addled Hunter Biden abandoned his waterlogged computer at a Mac repair shop in Delaware in the spring of 2019, just six days before his father announced his candidacy for the United States presidency, it became the ticking time bomb in the shadows of Joe Biden's campaign. Headstrong Ruby has already set a date (just three months away!) and spoken to her beloved safta, Sarah's mother Veronica, about having the wedding at the family's beach house in Cape Cod. Inhold og annonser som er personlig tilpasset, inkluderer blant annet mer relevante søk og anbefalinger, en tilpasset YouTube-startside og annonser som er skreddersydd til interessene dine. Klikk på «Tilpass» for å gjennomgå alternativene, inkludert kontrollør for å avvisse bruken av informasjonskapsler for personlig tilpassing og informasjon om kontrollør på netlesernivå for å avvisse noen eller alle informasjonskapsler for andre brukersområder. You're Reading a Free Preview Pages 190 to 207 are not shown in this preview. While money is nice, caring about what you do with your life is better, because true wealth is about experience. In her world, falling in love can cost you everything. Compelling, data-rich and revisionist, this wonderfully broad, interdisciplinary guide finds faults with both extremes. So I wrote this for anyone running through life unthwarted, desperate and fleeing their way through murky memories, trying to get to some form of self-love. Bad habits repeat themselves again and again not because you don't want to change, but because you have the wrong system for change. A novel with crazy twists and turns that will have you ditching your Friday night plans for more chapters. —Reese Witherspoon's backpacking trip has deadly consequences in this "ecore psychological thriller." This book explains seven of the most fundamental realities governing our survival and prosperity. The problem is your system. A paid cut-out. Veronica ends up facing unexpected news, thanks to her meddling sister, and must choose the choices she made long ago, when she was a bestselling novelist with a different life. They must stand together as brothers. Heartbreaking, inspirational, and uplifting, this is an engaging story of one remarkable woman's will to survive." —The Library Journal "Utterly compelling, heartbreakingly truthful and yet redemptive." Sarah might be worried, but Veronica is thrilled to be bringing the family together one last time before putting the big house on the market. The more Kristen tries to keep Emily close, the more Emily questions her motives. Novelistic in detail and piercing in its political insight, this book will leave you questioning who modern policing serves, who it protects, and who it keeps up and abandons. Amusing Ourselves to Death: Public Discourse in the Age of Show Business What happens when media and politics become forms of entertainment? Girls Forever is now the number-one K-pop group in the world, and her fame skyrockets after her viral airport styling attracts the attention of fashion's biggest names. And he is still alive... It began decades before, in Ireland, when Nan was a young girl. Her leap of faith paid off, and Naomi and her daughter Wynonna became The Judds, soon ranking with country music's biggest stars, selling more than 20 million records and winning six Grammys. Like the metaphorical bird that gives the novel its name, Sankofa expresses the importance of reaching back to knowledge gained in the past and bringing it into the present to address universal questions of race and belonging, the overseas experience for the African diaspora, and the search for a family's hidden roots. Examining freedom, prejudice, and personal and public inheritance, Sankofa is a story for anyone who has ever gone looking for a clear identity or home, and found something more complex in its place. NEW YORK TIMES BESTSELLER * REESE'S BOOK CLUB PICK "There's a 100% chance you'll be paging through this book to uncover the secrets and deception that could potentially burn everything down!" —Reese Witherspoon "This is by far one of the most enduring L.A. novels in recent memory." —Publishers Weekly (Starred Review) "A capacious book, chock-full of human drama... Escandón's narrative voice is often witty and warm, and her meditations on Los Angeles are lush and lyrical... A lively and ambitious family novel." —New York Times Book Review Storm clouds are on the horizon in L.A. Weather, a fun, fast-paced novel of a Mexican-American family from the author of the #1 Los Angeles Times bestseller Esperanza's Box of Saints. L.A. is parched, dry as a bone, and all Oscar, the weather-obsessed patriarch of the Alvarado family, desperately wants is a little rain. Do enough of this, and you have planted voter fraud across a nation. When the wedding day arrives, lovers are revealed as their true selves, misunderstandings stand on a life of their own, and secrets come to light. But along the way, Booth has made some dangerous associations, including the ruthless Carter LaPorte, who sees Booth as a tool he controls for his own profit. Peterson's answer to this most difficult of questions uniquely combines the hard-won truths of ancient tradition with the stunning revelations of cutting-edge scientific research. Humorous, surprising and informative, Dr. Peterson tells us why skateboarding boys and girls must be left alone, what terrible fate awaits those who criticize too easily, and why you should always pet a cat when you meet one on the street. What does the nervous system of the lowly lobster have to tell us about standing up straight (with our shoulders back) and about success in life? And as he evolves into the mysterious man known as Muad'Dib, he will bring to fruition humankind's most ancient and unattainable dream. A stunning blend of adventure and mysticism, environmentalism and politics, Dune won the first Nebula Award, shared the Hugo Award, and formed the basis of what is undoubtedly the grandest epic in science fiction. The Eye of the World: Book One of The Wheel of Time The Wheel of Time is now an original series on Prime Video, starring Rosamund Pike as Moiraine! The Eye of the World, the first novel in Robert Jordan's #1 New York Times bestselling epic fantasy series, The Wheel of Time®, follows Moiraine Damodred as she arrives in Emond's Field on a quest to find the one prophesied to stand against The Dark One. The Wheel of Time turns and Ages come and pass, leaving memories that become legend. You're Reading a Free Preview Pages 51 to 54 are not shown in this preview. She describes the inhumanity of the camp and the small acts of defiance that gave her strength. The stooge found at the intersection where election cheating and double-dealing hit the road. With eyewitness testimony and the pinpoint precision and analytic sophistication of the forensic technique of geotracking, D'Souza demonstrates how an already corrupt system put in place by Democratic Party hacks and "community organizers" was taken over and supercharged by national-level operatives to produce massive voter fraud. In every way, she became a part of their life—first, both Christies. [A] beautiful book about a woman brave enough to discover her true identity." —Reese Witherspoon "Onuzo's sleekly breezy, highly entertaining novel leaves the reader rethinking familiar narratives of colonization, inheritance and liberation." —The New York Times Book Review Named a Best Book of the Month by Entertainment Weekly, Harper's Bazaar, and Time • Named a Most Anticipated Book of the Month by Goodreads, PopSugar, PureWow, LitHub, Minneapolis Star-Tribune, and BuzzFeed A woman wondering who she really is goes in search of a father she never knew—only to find something far more complicated than she ever expected—in this "stirring narrative about family, our capacity to change and the need to belong" (Time). Anna is at a stage of her life when she's beginning to wonder who she really is. Also, a major motion picture documentary. Her name is Stephanie Johnson, but she's better known to HONY followers as "Tanqueray," a born performer who was once one of the best-known burlesque dancers in New York City. The shocking, definitive account of the 2020 election and the first year of the Biden presidency by two New York Times reporters, exposing the deep fissures within both parties as the country approaches a political breaking point. This is the authoritative account of an eighteen-month crisis in American democracy that will be seared into the country's political memory for decades to come. But something is not right in the faerie lands. What drives someone to murder? In this tender and evocative novel about love, hope, familial devotion, betrayal, and sacrifice, Thirty Unrivar shows us two courageous women trying to navigate how to be true to their homelands and themselves at the same time. *INSTANT #1 NEW YORK TIMES BESTSELLER * INSTANT #1 INDIE BESTSELLER * INSTANT USA TODAY BESTSELLER * A REESE'S YA BOOK CLUB PICK * Schwartz's magical world is at once gripping and tender, and the intricate plot is engrossing as the reader tries to solve the mystery. A fig tree stretches through a cavity in the roof, and this tree bears witness to their hushed, happy meetings and eventually, to their silent, surreptitious departures. Ruby has always known exactly what she wants, but as the wedding date approaches, she finds herself grappling with the wounds left by the mother who walked out when she was a baby. You're Reading a Free Preview Page 89 is not shown in this preview. James Clear, one of the world's leading experts on habit formation, reveals practical strategies that will teach you exactly how to form good habits, break bad ones, and master the tiny behaviors that lead to remarkable results. If you're having trouble changing your habits, the problem isn't you. Desire. It introduces a singularly gifted, multilayered character who must learn what it means to be independent and honest... before her luck runs out. The Island of Missing Trees: A Novel A REESE'S BOOK CLUB PICK Shortlisted for the Women's Prize for Fiction "A wise novel of love and grief, roots and branches, displacement and home, faith and belief. You're Reading a Free Preview Pages 782 to 783 are not

