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activities and are gaining importance as nutraceuticals that benefit numerous aspects of health and nutrition. Bioactive Food Proteins and Peptides: Applications in Human Health provides a human health perspective on food-derived proteins and peptides. It describes the potential

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A senior citizen's look at the ever-changing world of rollators, adult bikes, mobile scooters, recumbent trikes and electric bikes. Smart advice for seniors and the physically disabled who want to stay mobile and active.



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A unique exploration of the history of the bicycle in cinema, from Hollywood

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Examines a wide variety of films from around the world, ranging from Hollywood blockbusters and slapstick comedies to documentaries, realist dramas, and experimental films, to consider the complex, shifting cultural significance of the bicycle. The bicycle is an everyday technology, but in

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Examining the ways in which bicycles are used in films, Bennett reveals the rich social and cultural importance of this apparently unremarkable machine. The cinematic bicycles discussed in this book have various functions. They are the source of absurd comedy in silent films, and the vehicles that allow

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their owners to work in sports films and social realist cinema. They are a means of independence and escape for children in melodramas and kids' films, and the tools that offer political agency and freedom to women, as depicted in films from around the world. In recounting the cinematic

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History of the bicycle, Bennett reminds us that this machine is not just a practical means of transport or a child's toy, but the vehicle for a wide range of meanings concerning individual identity, social class, nationhood and belonging, family, gender, and sexuality and pleasure.

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Translating the theory into action steps, instantiated by case studies with critical interpretations and problem-solving tools, Creating a Lifestyle Medicine Center is the go-to resource for family and primary care

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The flagship title of the certification  
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