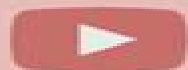




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more than a dash of humor and a suspenseful plot that ably keeps us guessing until the end No mean achievement Yet what places her sleuth Air Force wife Ellie Avery at the top of my list are the poignant descriptions of what military families face every day bringing an essential reminder of their sacrifices to us all especially at this time of year Katherine Hall Page Agatha Award winning author Praise for the Ellie Avery Mystery series An appealing young heroine Carolyn Hart New York Times bestselling author Crackles with intrigue keeps you turning pages Alesia Holliday New York Times bestselling author Mystery with a mommy lit flavor A fun read Armchair Interviews Michigan Living ,1993 **Rifles and Ammunition and Rifle Shooting** Harcourt Ommundsen,Ernest Herbert Robinson,1915 **Fitness and Lifestyle Management for Law Enforcement** Nancy Wagner Wisotzki,2003 Walking for Fitness & Health Klaus Bös,1997 Walking benefits the heart reduces stress and weight Try these proven methods for developing a routine you will stick with no matter how busy you get what the weather is like or how old you feel **Walking-- for Health, Fitness and Sport** Bob Carlson,1996 Walking for Health Fitness and Sport offers comprehensive advice on all aspects of walking guiding both beginners and active fitness walkers toward health and fitness improvement It includes many helpful appendices such as loosening and flexibility exercises and a daily training log Low-stress Fitness Millie Brown,1985 An exercise book for people of all ages and physical conditions Shows how to exercise safely and consistently the low stress way Back cover

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