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Daily Planner Jason Soft 2018-02-13 This beautiful planner has been designed for people who love to stay organized and take charge of their life. 102 plus Days Daily Planner Notebook Beautifully Designed Pages 8 inches By 10 inches Includes Sections For Date Hourly Schedule from 6 am till Midnight Must Do Other To Dos Outfits People To Call Meals- B L D S Exercise Water Get Your Copy Today!

Setting New Directions for Stroke Care 1997

Violin Exam Pieces 2020-2023, ABRSM Grade 1, Score & Part ABRSM 2019-06-06

The 2009 Kenya Population and Housing Census 2010

The Evaluation of Research in Social Sciences and Humanities Andrea Bonaccorsi 2018-01-04 This book examines very important issues in research evaluation in the Social Sciences and Humanities. It is based on recent experiences carried out in Italy (2011-2015) in the fields of research assessment, peer review, journal classification, and construction of indicators, and presents a systematic review of theoretical issues influencing the evaluation of Social Sciences and Humanities. Several chapters analyse original data made available through research assessment exercises. Other chapters are the result of dedicated and independent research carried out in 2014-2015 aimed at addressing some of the debated and open issues, for example in the evaluation of books, the use of Library Catalog Analysis or Google Scholar, the definition of research quality criteria on internationalization, as well as opening the way to innovative indicators. The book is therefore a timely and important contribution to the international debate.

Things Fall Apart Chinua Achebe 1994-09 The contemporary African writer's classic novel depicting the destruction of traditional tribal life by the white man

Public Expenditure Analysis World Bank 2005 Focuses on the public sector in developing countries. Provides tools of analysis for discovering equity in tax burdens as well as in public spending and judging government performance in its role in safeguarding the interests of the poor and disadvantaged. Outlines a framework for

a rights-based approach to citizen empowerment - in other words, creating an institutional design with appropriate rules, restraints, and incentives to make the public sector responsive and accountable to an average voter.

The Idea of History R. G. Collingwood 2020-07-14 Robin George Collingwood, FBA (1889 – 1943) was an English historian, philosopher, and archaeologist most famous his philosophical works. Along with “The Principles of Art” (1938), Collingwood's “The Idea of History” was his best-known work, originally collated from numerous sources following his death by a student of his, T. M. Knox. It became a major inspiration for philosophy of history in the western world and is extensively cited to his day. This fascinating volume on history and its relationship to philosophy will appeal to students and collectors of vintage philosophical works alike. Contents include: “The Philosophy of History”, “History's Nature”, “Object”, “Method”, “Greco-Roman Hystography”, “The Influence of Christianity”, “The Threshold of Scientific History”, “Scientific History”, “England”, “Germany”, “France”, “Italy”, etc. Many vintage books such as this are increasingly scarce and expensive. It is with this in mind that we are republishing this volume today in an affordable, high-quality, modern edition complete with a specially-commissioned new biography of the author.

Laws Relating to Elections Michigan 1964

Lying, Cheating, and Stealing Stuart P. Green 2006-01 Where should the line between serious criminal fraud and lawful 'puffing' be drawn? What constitutes tax evasion beyond mere 'tax avoidance'? What separates obstruction of justice from 'zealous advocacy', or insider trading from 'savvy investing'? Can we meaningfully distinguish bribery from 'campaign contributions', or perjury from 'wiliness' on the witness stand? A look at some of the most high profile white collar crime cases in recent history will quickly reveal that there can sometimes be a fine line between serious fraudulent conduct and behaviour which, though it might be shrewd, crafty, or even devious, is not ultimately criminal. According to the traditional conception of the criminal law, penal sanctions should be used as a 'last resort', applicable only to conduct that is truly and unambiguously

blameworthy. White-collar crime poses a serious challenge to this traditional view. This is the first book to use the tools of moral and legal theory as a means to examine a range of specific white-collar offenses, aiming to develop and apply a methodology that will allow us to make meaningful distinctions between genuine white-collar criminality and merely aggressive business behavior. Particular attention is paid to the concept of moral wrongfulness, which is described in terms of violations of a range of familiar, but nevertheless powerful, moral norms that inform and shape the leading white-collar criminal offenses - norms against not only lying, cheating, and stealing, but also coercion, exploitation, disloyalty, promise-breaking, and defiance of law. It is through such analysis that the whole moral fabric of white-collar crime is brought into sharp relief.

Competency Based Education And Training John Burke 2005-10-18 First published in 1989. Routledge is an imprint of Taylor & Francis, an informa company.

Acute Ischemic Stroke R. Gilberto González 2010-10-05 This updated second edition of *Acute Ischemic Stroke: Imaging and Intervention* provides a comprehensive account of the state of the art in the diagnosis and treatment of acute ischemic stroke. The basic format of the first edition has been retained, with sections on fundamentals such as pathophysiology and causes, imaging techniques and interventions. However, each chapter has been revised to reflect the important recent progress in advanced neuroimaging and the use of interventional tools. In addition, a new chapter is included on the classification instruments for ischemic stroke and their use in predicting outcomes and therapeutic triage. All of the authors are internationally recognized experts and members of the interdisciplinary stroke team at the Massachusetts General Hospital and Harvard Medical School. The text is supported by numerous informative illustrations, and ease of reference is ensured through the inclusion of suitable tables. This book will serve as a unique source of up-to-date information for neurologists, emergency physicians, radiologists and other health care providers who care for the patient with acute ischemic stroke.

Inheritance David Mulwa 2004

Fundamentals of Guidance and Counselling Olu Makinde 1988

Financial Accounting for Public Schools National Advisory Committee on School Records and Reports (U.S.) 1942

Digital Kenya Bitange Ndemo 2016-11-18 This book is open access under a CC BY 4.0 license. Presenting rigorous and original research, this volume offers key insights into the historical, cultural, social, economic and political forces at play in the creation of world-class ICT innovations in Kenya. Following the arrival of fiber-optic cables in 2009, Digital Kenya examines why the initial entrepreneurial spirit and digital revolution has begun to falter despite support from motivated entrepreneurs, international investors, policy experts and

others. Written by engaged scholars and professionals in the field, the book offers 15 eye-opening chapters and 14 one-on-one conversations with entrepreneurs and investors to ask why establishing ICT start-ups on a continental and global scale remains a challenge on the "Silicon Savannah". The authors present evidence-based recommendations to help Kenya to continue producing globally impactful ICT innovations that improve the lives of those still waiting on the side-lines, and to inspire other nations to do the same.

The Ethics of Science David B. Resnik 2005-08-12 *Ethics of Science* is a comprehensive and student-friendly introduction to the study of ethics in science and scientific research. The book covers: * Science and Ethics * Ethical Theory and Applications * Science as a Profession * Standards of Ethical Conduct in Science * Objectivity in Research * Ethical Issues in the Laboratory * The Scientist in Society * Toward a More Ethical Science * Actual case studies include: Baltimore Affair * cold fusion * Milikan's oil drop experiments * human and animal cloning * Cold War experiments * Strategic Defence Initiative * the Challenger accident * Tobacco Research.

Integrity in Scientific Research National Research Council 2002-11-02 "Many people say that it is the intellect which makes a great scientist. They are wrong: it is character." -- Albert Einstein *Integrity in Scientific Research* attempts to define and describe those elements that encourage individuals involved with scientific research to act with integrity. Recognizing the inconsistency of human behavior, it stresses the important role that research institutions play in providing an integrity-rich environment, citing the need for institutions to provide staff with training and education, policies and procedures, and tools and support systems. It identifies practices that characterize integrity in such areas as peer review and research on human subjects and weighs the strengths and limitations of self-evaluation efforts by these institutions. In addition, it details an approach to promoting integrity during the education of researchers, including how to develop an effective curriculum. Providing a framework for research and educational institutions, this important book will be essential for anyone concerned about ethics in the scientific community.

Betrayal in the City F. D. Imbuga 1987 *Betrayal in the City*, first published in 1976 and 1977, was Kenya's national entry to the Second World Black and African Festival of Arts and Culture in Lagos, Nigeria. The play is an incisive, thought-provoking examination of the problems of independence and freedom in post-colonial African states, where a sizeable number of people feel that their future is either blank or bleak. In the words of Mosese, one of the characters: "It was better while we waited. Now we have nothing to look forward to. We have killed our past and are busy killing our future."--Page 4 of cover.

Facing Forward Sajitha Bashir 2018-09-17 While everybody recognizes the development challenges facing Sub-Saharan Africa, few have put together coherent plans that offer real hope for any feasible and general

improvement. Facing Forward combines an evidence-based plan that not only recognizes the deep problems but provides specific prescriptions for dealing with the problems. In the simplest version, focus on the skills of the people and do it in a rational and achievable manner. †“ Eric Hanushek, Paul and Jean Hanna Senior Fellow, Hoover Institute, Stanford University This book offers a clear perspective on how to improve learning in basic education in Sub-Saharan Africa, based on extremely rigorous and exhaustive analysis of a large volume of data. The authors shine a light on the low levels of learning and on the contributory factors. They have not hesitated to raise difficult issues, such as the need to implement a consistent policy on the language of instruction, which is essential to ensuring the foundations of learning for all children. Using the framework of “From Science to Service Delivery,†? the book urges policy makers to look at the entire chain from policy design, informed by knowledge adapted to the local context, to implementation. Facing Forward: Schooling for Learning in Africa is a unique addition to the literature that is relevant for African policy makers and stakeholders. †“ Professor Hassana Alidou, Ambassador of the Republic of Niger to the United States and Canada As the continent gears itself up to provide universal basic education to all its children by 2030, it has to squarely address the challenge of how to improve learning. Facing Forward helps countries to benchmark themselves against each other and to identify concrete lines of action. It forces policy makers to think “where do I go from here?†? “what do I do differently?†? and to examine the hierarchy of interventions that can boost learning. It rightly urges Ministries of Education to build capacity through learning by doing and continuous adaptation of new knowledge to the local context. Facing Forward will unleash frank conversations about the profound reforms that are required in education policy and service delivery to ensure learning for every child on the continent. †“ Dr. Fred Matiang’i, Cabinet Secretary for the Interior and Coordination of National Government, Government of Kenya (former Cabinet Secretary for Education) Facing Forward couldn’t have come at a more opportune time as countries in the region, including Mauritius, focus more on learning outcomes rather than simply on inputs and processes in education systems. The book underscores the important point that African countries need not exclusively model themselves on high-performing education systems in the world. Much can as well be learnt from other countries at the same level of development, or lower, by virtue of the challenges they have faced and successfully overcome. This presents opportunities for greater peer-sharing and networking with these countries. Indeed a number of key focus areas are highlighted in the book that demonstrate good practices worthy of being emulated. These cover domains as diverse as enabling factors leading to improved student progression, strengthened teacher capacity, increased budgetary allocation with a focus on quality, as well as improved technical capacity of implementing agencies in the region. †“ Hon. (Mrs.) Leela Devi Dookun-Luchoomun, Minister of Education

and Human Resources, Tertiary Education and Scientific Research, Republic of Mauritius

The Social Contract Jean-Jacques Rousseau 2018-05-01 The Social Contract, originally published as *On the Social Contract; or, Principles of Political Rights* by Jean-Jacques Rousseau, is a 1762 book in which Rousseau theorized about the best way to establish a political community in the face of the problems of commercial society, which he had already identified in his *Discourse on Inequality* (1754). The Social Contract helped inspire political reforms or revolutions in Europe, especially in France. The Social Contract argued against the idea that monarchs were divinely empowered to legislate. Rousseau asserts that only the people, who are sovereign, have that all-powerful right.

Performance Management at Universities Poul Erik Mouritzen 2019-07-01 "Mouritzen and Opstrup's book is a most welcome addition to the subject of the management of academic performance. It is certainly well-worth reading and considering."—Bruno S. Frey, Permanent Visiting Professor at the University of Basel and Research Director CREMA - Center for Research in Economics, Management and the Arts, Switzerland "Performance Management at Universities could not possibly be more timely. With universities and university faculty throughout the world being pressed to give more evidence and more precise indicators about their productivity, this thoughtful contribution provides a much needed and unusually thoughtful analysis of the possibilities and pitfalls found in current approaches to university performance evaluation. Given policy-makers' and politicians' calls for evidence-based management and evaluation, let us hope that policy-makers heed their own rhetoric and act on the evidence provided here. The authors show that performance measures, while sometimes beneficial, are subject to gaming and manipulation and that more precision does not necessarily equate with better performance, but rather altered performance. This superb book should be read by anyone interested higher education evaluation as well as by those who are subjected to it."—Barry Bozeman, Regents' Professor, Arizona Centennial Professor of Technology Policy and Public Management, School of Public Affairs, Arizona State University, USA "In Performance Management at Universities, Mouritzen and Opstrup definitively answer the question: What are the effects of national university performance-based funding schemes that use bibliometric indicators? As these schemes have proliferated, the question has become urgent. The authors marshal comprehensive data on the Danish university system to sift through the many predictions commonly made by academics newly subject to these systems to identify what actually happened to Danish research as the system took hold." —Diana Hicks, Professor, School of Public Policy, Georgia Institute of Technology, USA, and first author on the Leiden Manifesto on research metrics This book gives an account of what can happen when performance management is introduced at universities. How do scholars – for better or worse – respond to a system which counts the number of articles

and books? Many myths exist about scholar's reactions: They cheat, slice their production to the least publishable unit, become more risk averse and will go for the low-hanging fruits; in short, they develop a "taste for publication" at the cost of a "taste of science". Systematic knowledge about the consequences of such systems for the motivation, behavior and productivity of university scholars is in short supply. The book is a major contribution to remedy this situation.

Implementing Deeper Learning and 21st Century Education Reforms Fernando M. Reimers 2020-11-04 This open access book is a comparative analysis of recent large scale education reforms that broadened curriculum goals to better prepare students for the 21st century. The book examines what governments actually do when they broaden curriculum goals, with attention to the details of implementation. To this end, the book examines system level reforms in six countries at various levels of development. The study includes system level reforms in jurisdictions where students achieve high levels in international assessments of basic literacies, such as Singapore and Ontario, Canada, as well as in nations where students achieve much lower levels, such as Kenya, Mexico, Punjab-Pakistan and Zimbabwe. The chapters examine system-level reforms that focus on strengthening the capacity to teach the basics, as in Ontario and Pakistan, as well as reforms that aim at building the capacity to teach a much broader set of competencies and skills, such as Kenya, Mexico, Singapore and Zimbabwe. The volume includes systems at very different levels of spending per student and reforms at various points in the cycle of policy implementation, some just starting, some struggling to survive a governmental transition, and others that have been in place for an extended period of time. From the comparative study of these reforms, we aim to provide an understanding of how to build the capacity of education systems to teach 21st century skills at scale in diverse settings.

Responsible Conduct of Research Adil E. Shamo 2009-02-12 Recent scandals and controversies, such as data fabrication in federally funded science, data manipulation and distortion in private industry, and human embryonic stem cell research, illustrate the importance of ethics in science. *Responsible Conduct of Research*, now in a completely updated second edition, provides an introduction to the social, ethical, and legal issues facing scientists today.

National Legal Frameworks in Domesticating Education as a Human Right in Kenya Okwach Abagi 1998

Public Examinations Examined Thomas Kellaghan 2019-11-19 High-stakes public examinations exert a dominant influence in most education systems. They affect both teacher and student behavior, especially at the middle and upper levels of secondary education. The content of past examinations tends to dictate what is taught and how it is taught and, more important, what is learned and how it is learned. By changing aspects of these examinations, especially their content and format, education systems can have a strong positive

impact on teacher behavior and student learning, help raise student achievement levels, and better prepare students for tertiary-level education and for employment. Examination agencies, many of which have followed the same procedures over decades, can learn from the successes and failures of other systems. This book addresses current issues related to the development, administration, scoring, and usage of these high-stakes public examinations, identifying key issues and problems related to examinations in many emerging market economies as well as in advanced economies. The book's primary audience consists of public examination officials on national, regional, and state examination boards, but the book should also be of interest to senior education policy makers concerned with certification and learning achievement standards, to academics and researchers interested in educational assessment, to governmental and education agencies responsible for student selection, and to professionals at development organizations. "This extremely well-written and comprehensive book offers a timely review of the diversity of public examination practices worldwide; of the tensions between examinations and learning; and of the technical expertise involved in the creation of valid, reliable, and fair assessments. It reminds us that as "the diploma disease" takes hold with an ever-greater intensity at every stage of education worldwide, and the commercial business of testing flourishes, those concerned with educational quality and meaningful learning must be on guard to prevent the assessment tail wagging the educational dog." Angela W. Little, Professor Emerita, Institute of Education, University College London "This book is very well structured and written and draws on the authors' remarkable global knowledge across countries and histories. It will be a great asset both to administrators responsible for examinations and to academics and other professionals who seek to understand the nature and impact of examinations of different types and in different settings." Mark Bray, UNESCO Chair Professor of Comparative Education, University of Hong Kong; and former Director, UNESCO International Institute for Educational Planning "I am sure that *Public Examinations Examined*, which thoroughly analyzes the practice of public examinations in different countries and makes profound and well-grounded conclusions, will arouse very great interest and will serve to further improve public examinations." Victor Bolotov, Distinguished Professor, Higher School of Economics, National Research University, Moscow; member, Russian Academy of Education; and former Deputy Minister of Education, Russian Federation

Building Social Business Muhammad Yunus 2010-05-11 Muhammad Yunus, the practical visionary who pioneered microcredit and, with his Grameen Bank, won the 2006 Nobel Peace Prize, has developed a visionary new dimension for capitalism which he calls "social business." By harnessing the energy of profit-making to the objective of fulfilling human needs, social business creates self-supporting, viable commercial enterprises that generate economic growth even as they produce goods and services that make the world a

better place. In this book, Yunus shows how social business has gone from being a theory to an inspiring practice, adopted by leading corporations, entrepreneurs, and social activists across Asia, South America, Europe and the US. He demonstrates how social business transforms lives; offers practical guidance for those who want to create social businesses of their own; explains how public and corporate policies must adapt to make room for the social business model; and shows why social business holds the potential to redeem the failed promise of free-market enterprise.

Principles and Recommendations for a Vital Statistics System United Nations 2014 The publication is an international standard on the design and operation of an efficient and accurate vital statistics system at national level. It provides guidelines on collection, compiling and disseminating vital statistics. More specifically it contains (a) basic principles for a vital statistics system; (b) uses of vital statistics and civil registration records; (c) topics to be covered in a vital statistics system; (d) sources of vital statistics and how they function; (e) quality assurance in the vital statistics system and (f) strategies in improving civil registration and vital statistics systems in countries. It also informs policy makers and the general public on the importance of vital statistics and hence further improving the vital statistics system.

Reading Peer Review Martin Paul Eve 2020-12-31 This Element describes for the first time the database of peer review reports at PLOS ONE, the largest scientific journal in the world, to which the authors had unique access. Specifically, this Element presents the background contexts and histories of peer review, the data-handling sensitivities of this type of research, the typical properties of reports in the journal to which the authors had access, a taxonomy of the reports, and their sentiment arcs. This unique work thereby yields a compelling and unprecedented set of insights into the evolving state of peer review in the twenty-first century, at a crucial political moment for the transformation of science. It also, though, presents a study in radicalism and the ways in which PLOS's vision for science can be said to have effected change in the ultra-conservative contemporary university. This title is also available as Open Access on Cambridge Core.

Oxford Textbook of Global Public Health Roger Detels 2017 Sixth edition of the hugely successful, internationally recognised textbook on global public health and epidemiology comprehensively covering the scope, methods, and practice of the discipline.

The Atlas of Economic Complexity Ricardo Hausmann 2014-01-17 Maps capture data expressing the economic complexity of countries from Albania to Zimbabwe, offering current economic measures and as well as a guide to achieving prosperity Why do some countries grow and others do not? The authors of The Atlas of Economic Complexity offer readers an explanation based on "Economic Complexity," a measure of a society's productive knowledge. Prosperous societies are those that have the knowledge to make a larger

variety of more complex products. The Atlas of Economic Complexity attempts to measure the amount of productive knowledge countries hold and how they can move to accumulate more of it by making more complex products. Through the graphical representation of the "Product Space," the authors are able to identify each country's "adjacent possible," or potential new products, making it easier to find paths to economic diversification and growth. In addition, they argue that a country's economic complexity and its position in the product space are better predictors of economic growth than many other well-known development indicators, including measures of competitiveness, governance, finance, and schooling. Using innovative visualizations, the book locates each country in the product space, provides complexity and growth potential rankings for 128 countries, and offers individual country pages with detailed information about a country's current capabilities and its diversification options. The maps and visualizations included in the Atlas can be used to find more viable paths to greater productive knowledge and prosperity.

The Politics and Governance of Basic Education Brian Levy 2018-09-05 This is an open access title available under the terms of a CC BY-NC-ND 4.0 International licence. It is free to read at Oxford Scholarship Online and offered as a free PDF download from OUP and selected open access locations. All over the world, economic inclusion has risen to the top of the development discourse. A well-performing education system is central to achieving inclusive development - but the challenge of improving educational outcomes has proven to be unexpectedly difficult. Access to education has increased, but quality remains low, with weaknesses in governance comprising an important part of the explanation. The Politics and Governance of Basic Education explores the balance between hierarchical and horizontal institutional arrangements for the public provision of basic education. Using the vivid example of South Africa, a country that had ambitious goals at the outset of its transition from apartheid to democracy, it explores how the interaction of politics and institutions affects educational outcomes. By examining lessons learned from how South Africa failed to achieve many of its goals, it constructs an innovative alternative strategy for making process, combining practical steps to achieve incremental gains to re-orient the system towards learning.

State of University Education in Kenya Eusebius J. Mukhwana 2016

The Funding of School Education Collectif 2017-06-26 This report on the funding of school education constitutes the first in a series of thematic comparative reports bringing together findings from the OECD School Resources Review. School systems have limited financial resources with which to pursue their objectives and the design of school funding policies plays a key role in ensuring that resources are directed to where they can make the most difference. As OECD school systems have become more complex and characterised by multi-level governance, a growing set of actors are increasingly involved in financial decision-

making. This requires designing funding allocation models that are aligned to a school system's governance structures, linking budget planning procedures at different levels to shared educational goals and evaluating the use of school funding to hold decision makers accountable and ensure that resources are used effectively and equitably. This report was co-funded by the European Commission. .

The Effects of Massification on Higher Education in Africa G. T. G. Mohamedbhai 2008 Africa has experienced a dramatic escalation in the demand for higher education, beginning in the late 1960s and continuing today. This is partly in response to the relative success of the "Education for All" programmes implemented by many African countries, which resulted in very considerable expansions in primary and secondary enrollment and output. The pressure of this rising demand, in the face of inadequate resources, has posed major problems for policy makers as well as the leadership of higher education institutions. The purpose of this study is to make an initial assessment of the impact of these developments on the campuses of Africa, and to identify innovative approaches adopted to overcome the resource constraints. The study look first at the effects of the enrollment explosion on teaching, examination performance, physical facilities, institutional management, financing and the quality of student life. It then documents ways in which selected institutions are coping with the challenges.

Secrets of Self-made Millionaires Adam Khoo 2018

Benchmarking Higher Education System Performance ORGANISATION FOR ECONOMIC CO-OPERATION AND DEVELOPMENT. 2019-06-11 The scope of contemporary higher education is wide, and concerns about the performance of higher education systems are widespread. The number of young people with a higher education qualification is expected to surpass 300 million in OECD and G20 countries by 2030. Higher education systems are faced with challenges that include expanding access, containing costs, and ensuring the quality and relevance of provision. The project on benchmarking higher education system performance provides a comprehensive and empirically rich review of the higher education landscape across OECD countries, taking stock of how well they are performing in meeting their education, research and engagement responsibilities.

The Zona Nathan L. Yocum 2012-02 It started with the Storms.The world got too hot too fast. The weather wrecked Hell on man's shiny, pretty civilization. With the heat and wet came bugs, with bugs came new diseases, and man's numbers and sanity dwindled.The survivors reformed governments like petty shadows of the world's old empires. They sought answers and justifications, they sought redemption for what they perceived as man's holy smiting.Welcome to the Arizona Reformed Theocracy, otherwise called The Zona.Here the Church rules with power absolute. The laws are simple, all sin is punished swiftly. Preachers enforce the Church's words like old West lawmen.But what happens when a Preacher refuses to kill? What happens when men of honor take a stand against their rulers?

Violin Specimen Sight Reading Tests 1-5 ABRSM 2011-07-01 This volume contains valuable practice material for candidates preparing for ABRSM Violin exams, Grades 15. Includes many specimen tests for the revised sight-reading requirements from 2012, written in attractive and approachable styles and representative of the technical level expected in the exam.

Budget Bytes Beth Moncel 2014-02-04 The debut cookbook from the Saveur blog award-winning Internet expert on making eating cheap dependably delicious As a college grad during the recent great recession, Beth Moncel found herself, like so many others, broke. Unwilling to sacrifice eating healthy and well—and armed with a degree in nutritional science—Beth began tracking her costs with obsessive precision, and soon cut her grocery bill in half. Eager to share her tips and recipes, she launched her blog, Budget Bytes. Soon the blog received millions of readers clamoring for more. Beth's eagerly awaited cookbook proves cutting back on cost does not mean cutting back on taste. Budget Bytes has more than 100 simple, healthy, and delicious recipes, including Greek Steak Tacos, Coconut Chicken Curry, Chorizo Sweet Potato Enchilada, and Teriyaki Salmon with Sriracha Mayonnaise, to name a few. It also contains expert principles for saving in the kitchen—including how to combine inexpensive ingredients with expensive to ensure that you can still have that steak you're craving, and information to help anyone get acquainted with his or her kitchen and get maximum use out of the freezer. Whether you're urban or rural, vegan or paleo, Budget Bytes is guaranteed to delight both the palate and the pocketbook.