

Seven Steps to Heart and Lung Fitness

Blide

Note: This is not the actual book cover

Seven Steps To Heart And Lung Fitness

Roman Wölfel



Seven Steps To Heart And Lung Fitness:

7 Steps to Heart and Lung Fitness Richard Rylander Blide, 1978 **African Traditional Medicine** Philemon Omerenma Amanze, 2011-11-17 AFRICAN TRADITIONAL MEDICINE AMONG SEVENTH DAY ADVENTISTS Revealed that African traditional medicine could be used in the explicable or inexplicable form Examined the veracity of the claim that the practice and use of African traditional medicine amounted to idolatry Identified the patterns and extent of the practice and use of traditional medicine among the Seventh day Adventists in particular and Christians in general Analyzed the social economic and spiritual impacts of the practice and use of traditional medicine on Seventh day Adventists and other Christians Discussed the interplay between African traditional medical practices and Western medical practices in the health care delivery system of the Seventh day Adventists Discovered that Seventh day Adventists use the explicable form of African traditional medicine to meet their health needs because it was affordable available and effective to meet their health needs Demonstrated that using the explicable form of African traditional medicine to meet the health needs of Seventh day Adventists is supported by the Bible and Ellen G White who said among other things that God has caused to grow out of the ground herbs for the use of man and if we understand the nature of these roots and herbs and make a right use of them there would not be a necessity of running to the doctor so frequently and people would be in much better health than they are today Selected Messages bk 2 pp 297 298 **4 Stages of Heart Failure, The** Brian E. Jaski, MD, FACC, 2015-03-02 If you understand heart failure you understand cardiology This book applies practical clinical concepts to the latest four stage model of heart failure from preclinical risk and early asymptomatic disease to classic symptomatic heart failure and finally advanced heart failure This framework emphasizes a tailored approach to ongoing heart failure assessment to guide therapy and improve outcomes Features Illustrated with over 250 full color figures Specific recommendations backed by clinical trial data Practical algorithms for diagnosis and therapy Topics include Prevention of heart failure Identification and treatment of structural heart disease prior to heart failure How to combine lifestyle changes medications and devices to improve outcomes Reversing decompensated heart failure Key indicators of advanced heart failure and appropriate treatment options Emerging new therapies This book will be valuable to all training and practicing clinicians He writes as if you and he are both completing patient rounds together Brian E Jaski is to be commended for capturing the essence of treating this formidable clinical challenge and demystifying the stages of heart failure From the foreword by Sidney C Smith Jr MD FACC FAHA FESC FACP Professor of Medicine University of North Carolina at Chapel Hill Past President American Heart Association Past President World Heart Federation The culmination of Dr Jaski's 25 years of teaching experience and clinical acumen is now available in one highly readable text designed to highlight key information and stimulate the learning process Dylan E Wessman MD FACC FACP Program Director Cardiovascular Disease Fellowship Naval Medical Center San Diego San Diego California **Athletic Journal**, 1984 Vols 9 12 include proceedings of the 8th 11th annual meeting of the

American Football Coaches Association and of the National Association of Basketball Coaches of the United States 3d 6th annual meeting **Paperbound Books in Print** ,1984 **Consumer Sourcebook** ,1974 Consumer Sourcebook s subject chapters cover the full range of consumer interests from automotive matters to food and drugss credit and personal finance to environmental concerns insurance to government performance Subject indexing allows the user to access information for special categories of consumers such as aging children the disabled and veterans and offers hundreds of terms relevant to all consumers *Beat Your Irritable Bowel Syndrome (IBS) in 7 Simple Steps* Paul Jenner,2018-03-15 This reassuring practical and transformative guide is essential reading If you suffer from or think you might be suffering from IBS an uncomfortable condition which can feel like it s running your life This book will help you regain control Beat Your Irritable Bowel Syndrome explains all the worthwhile therapies helps you identify which one to try and shows how to work with your doctor on defeating this distressing condition It works through all the areas of your lifestyle which might be contributing including diet and stress management as well as making sure you have the right clinical support It will give you strategies for immediate relief along with showing how the latest research findings can offer long term solutions and explains the benefits of both well known and less well known therapies including Exercise Relaxation and hypnotherapy Understanding the importance of balance in the gut Change your life by picking up this book and making a plan to beat IBS *Physical Fitness/sports Medicine* ,1980 Consists of citations selected from those contained in the National Library of Medicine s Medical Literature Analysis and Retrieval System *The Young Athlete's Manual* Robert Gardner,1985 Discusses the exercises diet and mental attitude needed to acquire strength and fitness and to train for such sports as basketball baseball hockey and others

Cardiovascular Therapeutics Elliott M. Antman,2007-01-01 Manage cardiovascular problems more effectively with the most comprehensive resource available A trusted companion to Braunwald s Heart Disease Cardiovascular Therapeutics 4th Edition addresses pharmacological interventional and surgical management approaches for each type of cardiovascular disease This practical and clinically focused cardiology reference offers a balanced complete approach to all of the usual and unusual areas of cardiovascular disease and specific therapies in one concise volume equipping you to make the best choices for every patient Understand current approaches to treating and managing cardiovascular patients for long term health for complex problems and for unusual cardiac events Benefit from the substantial experience of Elliott M Antman MD Marc S Sabatine MD and a host of other respected authorities who provide practical evidence based rationales for all of today s clinical therapies Expand your knowledge beyond pharmacologic interventions with complete coverage of the most effective interventional and device therapies being used today Easily reference Braunwald s Heart Disease 9th Edition for further information on topics of interest Make the best use of the latest genetic and molecular therapies as well as advanced therapies for heart failure Cut right to the answers you need with an enhanced focus on clinically relevant information and a decreased emphasis on pathophysiology Stay current with ACC AHA ESC guidelines and the best ways to implement them in

clinical practice Get an enhanced visual perspective with an all new full color design throughout Access the complete contents online and download images at www.expertconsult.com Cumulated Index Medicus ,1996 Mechanical Circulatory Support for Advanced Heart Failure Jeffrey A. Morgan,Andrew B. Civitello,O.H. Frazier,2017-12-06 This book provides the most up to date information on every aspect of clinical care relating to patients with advanced heart failure who require mechanical circulatory support as a treatment strategy The book begins with an extensive description of the preoperative patient selection process as well as preoperative medical optimization including bridge to bridge strategies with short term devices The book then transitions into a description of a variety of surgical implantation techniques with special considerations for reoperative surgery A chapter on intraoperative anesthesia management is specifically focused on intraoperative issues relating to MCS patients Subsequent chapters focus on perioperative management as well as long term management of patients on MCS including optimization of a patient s LVAD speed A dedicated chapter on the diagnosis of device thrombosis as well as surgical techniques and outcomes associated with device exchanges is also included The book also summarizes the national and international outcomes data for using MCS as a bridge to transplant and destination therapy There is also a chapter on the utility of stem cells as an adjunct technique for inducing myocardial recovery Finally the book has chapters on complications of MCS management of right ventricular failure and the future of MCS

Mechanical Circulatory Support in End-Stage Heart Failure Andrea Montalto,Antonio Loforte,Francesco Musumeci,Thomas Krabatsch,Mark S. Slaughter,2017-07-14 This book is a detailed practical guide to the use of ventricular assist devices and total artificial hearts to provide mechanical circulatory support MCS in patients with end stage heart failure It explains why MCS may be indicated which patients require MCS when and how to implant ventricular assist devices or a total artificial heart and how to avoid potential complications of MCS Management throughout the period of care is described from preimplantation to follow up and both typical and atypical cases are discussed The text features numerous helpful tips and tricks relating to surgical and nonsurgical management and is supported by a wealth of high quality illustrations that document the preoperative evaluation and implantation techniques Heart transplantation remains the gold standard for the treatment of patients suffering from end stage heart failure but the shortage of donors has led to an increase in the use of MCS This book will assist all physicians and especially cardiologists and anesthesiologists who are involved in the care of these patients **Books in Print** ,1982 **Advances & Innovations in Heart Failure (AIHF)** HK Chopra,Navin C Nanda,Jagat Narula,2020-02-28 Heart failure is a serious condition caused by the heart failing to pump enough blood around the body at the right pressure It usually occurs because the heart muscle has become too weak or stiff to work properly most commonly caused by heart attack high blood pressure or cardiomyopathy heart disease This textbook is a comprehensive guide to the latest advances in the diagnosis and management of heart failure Comprising nearly 1000 pages the book features 15 sections beginning with discussion on clinical issues of heart failure followed by imaging

techniques Each of the following sections covers a different disorder or disease that subsequently may lead to heart failure Topics include coronary artery disease stroke arrhythmia hypertension nutritional aspects cardio oncology and much more The book concludes with rehabilitation legal aspects and future directions Authored by internationally recognised experts in the field the text is further enhanced by clinical photographs diagrams and tables Key points Comprehensive guide to latest advances in diagnosis and management of heart failure Extensive text comprising nearly 1000 pages covering numerous associated disorders and diseases Internationally recognised editor and author team Highly illustrated with clinical photographs diagrams and tables Textbook of Sports and Exercise Cardiology Axel Pressler,Josef Niebauer,2020-04-08 This textbook provides a comprehensive yet practically orientated overview of classic and novel sports cardiology topics based on current evidence guidelines recommendations and expert experience Numerous publications have provided guidance to these issues but it has become increasingly difficult for both students and doctors to obtain a thorough but practicable overview for optimal clinical care of athletes and patients This book is intended as an educational work filling the large gaps that are still present in the current educational guidelines for medical students and cardiology trainees Textbook of Sports and Exercise Cardiology differs from other sports cardiology books by focusing on clear practical recommendations based on the latest evidence primarily targeting those who seek professional background information and education that can easily be transferred into everyday care **Medecine Et Science** Coaching Association of Canada. Sport Information Resource Centre,1982 Essentials of Cardiopulmonary Physical Therapy - E-Book Ellen Hillegass,2010-12-10 NEW chapters cover the lymphatic system and pediatrics Revised chapters on cardiopulmonary anatomy and physiology differentiate between information that is need to know and that is nice to know An Evolve companion website includes medical animations to illustrate concepts along with a glossary glossary exercises and reference lists from the book linked to MEDLINE abstracts Index Medicus ,2004 Vols for 1963 include as pt 2 of the Jan issue Medical subject headings Kaplan's Cardiac Anesthesia - E-Book Joel A. Kaplan,2023-06-09 Current comprehensive and evidence based Kaplan s Cardiac Anesthesia Perioperative and Critical Care Management 8th Edition offers practical guidance from today s international leaders in cardiac anesthesiology helping you to optimize perioperative outcomes avoid complications and ensure maximum patient safety Dr Joel A Kaplan along with an expert team of associate editors guides you through today s clinical challenges including expanded coverage of critical care the newest approaches to perioperative assessment and management state of the art diagnostic techniques and cardiovascular and coronary physiology Covers the full spectrum of contemporary cardiothoracic anesthesia practice including preoperative assessment physiology pharmacology monitoring transesophageal echocardiography coagulation specific cardiac procedures extracorporeal circulation postoperative pain treatment and management of the complex patient with cardiac disease Includes expanded coverage of critical care topics reflecting the increased perioperative care now provided by anesthesiologists in the ICU Contains new chapters on

Structural Heart Disease Procedures Cardiorespiratory Effects of COVID 19 Critical Care Ultrasound Intensive Unit Management of Patients on Mechanical Circulatory Support and Postoperative Care of the Heart and Lung Transplant Patient Features more than 900 full color illustrations decision trees charts and graphs over one third are new that aid in visual understanding of complex topics Provides access to over 120 videos including a range of echocardiography clips Contains balanced dependable and updated content on all aspects of the anesthetic management of cardiac surgical procedures as well as cardiology procedures performed in catheterization and electrophysiologic laboratories Places new emphasis on cardiac devices requiring perioperative care including cardiac implanted electrical devices and ventricular assist devices An eBook version is included with purchase The eBook allows you to access all of the text figures and references with the ability to search customize your content make notes and highlights and have content read aloud

Discover tales of courage and bravery in Crafted by is empowering ebook, Unleash Courage in **Seven Steps To Heart And Lung Fitness** . In a downloadable PDF format (PDF Size: *), this collection inspires and motivates. Download now to witness the indomitable spirit of those who dared to be brave.

https://pinsupreme.com/public/browse/Documents/Shadows_In_Bronze.pdf

Table of Contents Seven Steps To Heart And Lung Fitness

1. Understanding the eBook Seven Steps To Heart And Lung Fitness
 - The Rise of Digital Reading Seven Steps To Heart And Lung Fitness
 - Advantages of eBooks Over Traditional Books
2. Identifying Seven Steps To Heart And Lung Fitness
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Seven Steps To Heart And Lung Fitness
 - User-Friendly Interface
4. Exploring eBook Recommendations from Seven Steps To Heart And Lung Fitness
 - Personalized Recommendations
 - Seven Steps To Heart And Lung Fitness User Reviews and Ratings
 - Seven Steps To Heart And Lung Fitness and Bestseller Lists
5. Accessing Seven Steps To Heart And Lung Fitness Free and Paid eBooks
 - Seven Steps To Heart And Lung Fitness Public Domain eBooks
 - Seven Steps To Heart And Lung Fitness eBook Subscription Services
 - Seven Steps To Heart And Lung Fitness Budget-Friendly Options
6. Navigating Seven Steps To Heart And Lung Fitness eBook Formats

- ePub, PDF, MOBI, and More
- Seven Steps To Heart And Lung Fitness Compatibility with Devices
- Seven Steps To Heart And Lung Fitness Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Seven Steps To Heart And Lung Fitness
 - Highlighting and Note-Taking Seven Steps To Heart And Lung Fitness
 - Interactive Elements Seven Steps To Heart And Lung Fitness
- 8. Staying Engaged with Seven Steps To Heart And Lung Fitness
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Seven Steps To Heart And Lung Fitness
- 9. Balancing eBooks and Physical Books Seven Steps To Heart And Lung Fitness
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Seven Steps To Heart And Lung Fitness
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Seven Steps To Heart And Lung Fitness
 - Setting Reading Goals Seven Steps To Heart And Lung Fitness
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Seven Steps To Heart And Lung Fitness
 - Fact-Checking eBook Content of Seven Steps To Heart And Lung Fitness
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

Seven Steps To Heart And Lung Fitness Introduction

In the digital age, access to information has become easier than ever before. The ability to download Seven Steps To Heart And Lung Fitness has revolutionized the way we consume written content. Whether you are a student looking for course material, an avid reader searching for your next favorite book, or a professional seeking research papers, the option to download Seven Steps To Heart And Lung Fitness has opened up a world of possibilities. Downloading Seven Steps To Heart And Lung Fitness provides numerous advantages over physical copies of books and documents. Firstly, it is incredibly convenient. Gone are the days of carrying around heavy textbooks or bulky folders filled with papers. With the click of a button, you can gain immediate access to valuable resources on any device. This convenience allows for efficient studying, researching, and reading on the go. Moreover, the cost-effective nature of downloading Seven Steps To Heart And Lung Fitness has democratized knowledge. Traditional books and academic journals can be expensive, making it difficult for individuals with limited financial resources to access information. By offering free PDF downloads, publishers and authors are enabling a wider audience to benefit from their work. This inclusivity promotes equal opportunities for learning and personal growth. There are numerous websites and platforms where individuals can download Seven Steps To Heart And Lung Fitness. These websites range from academic databases offering research papers and journals to online libraries with an expansive collection of books from various genres. Many authors and publishers also upload their work to specific websites, granting readers access to their content without any charge. These platforms not only provide access to existing literature but also serve as an excellent platform for undiscovered authors to share their work with the world. However, it is essential to be cautious while downloading Seven Steps To Heart And Lung Fitness. Some websites may offer pirated or illegally obtained copies of copyrighted material. Engaging in such activities not only violates copyright laws but also undermines the efforts of authors, publishers, and researchers. To ensure ethical downloading, it is advisable to utilize reputable websites that prioritize the legal distribution of content. When downloading Seven Steps To Heart And Lung Fitness, users should also consider the potential security risks associated with online platforms. Malicious actors may exploit vulnerabilities in unprotected websites to distribute malware or steal personal information. To protect themselves, individuals should ensure their devices have reliable antivirus software installed and validate the legitimacy of the websites they are downloading from. In conclusion, the ability to download Seven Steps To Heart And Lung Fitness has transformed the way we access information. With the convenience, cost-effectiveness, and accessibility it offers, free PDF downloads have become a popular choice for students, researchers, and book lovers worldwide. However, it is crucial to engage in ethical downloading practices and prioritize personal security when utilizing online platforms. By doing so, individuals can make the most of the vast array of free PDF resources available and embark on a journey of continuous learning and intellectual growth.

FAQs About Seven Steps To Heart And Lung Fitness Books

How do I know which eBook platform is the best for me? Finding the best eBook platform depends on your reading preferences and device compatibility. Research different platforms, read user reviews, and explore their features before making a choice. Are free eBooks of good quality? Yes, many reputable platforms offer high-quality free eBooks, including classics and public domain works. However, make sure to verify the source to ensure the eBook credibility. Can I read eBooks without an eReader? Absolutely! Most eBook platforms offer web-based readers or mobile apps that allow you to read eBooks on your computer, tablet, or smartphone. How do I avoid digital eye strain while reading eBooks? To prevent digital eye strain, take regular breaks, adjust the font size and background color, and ensure proper lighting while reading eBooks. What the advantage of interactive eBooks? Interactive eBooks incorporate multimedia elements, quizzes, and activities, enhancing the reader engagement and providing a more immersive learning experience. Seven Steps To Heart And Lung Fitness is one of the best book in our library for free trial. We provide copy of Seven Steps To Heart And Lung Fitness in digital format, so the resources that you find are reliable. There are also many Ebooks of related with Seven Steps To Heart And Lung Fitness. Where to download Seven Steps To Heart And Lung Fitness online for free? Are you looking for Seven Steps To Heart And Lung Fitness PDF? This is definitely going to save you time and cash in something you should think about.

Find Seven Steps To Heart And Lung Fitness :

shadows in bronze

[sex steroids and bone ernst schering research foundation workshop](#)

[sexual mysteries tales of psychotherapy](#)

[shahnamah of fardusi translated from the original persian](#)

[sexuality curiosity fear and the arts biology of aesthetics new studies in aesthetics vol 33](#)

[sg/act wb-methods toward a science of behavior and experience](#)

[sexuality magic and perversion japanese translation](#)

sexualit f minine

[sexual disorders and allied conditions the psychopathology of scatism](#)

[shadow girl](#)

[shakers their homes](#)

[shadow of childhood](#)

sg computing practice papers

~~shadow-guests~~

sex violence and power in sports rethinking masculinity

Seven Steps To Heart And Lung Fitness :

The Daily Bible by Smith, F. LaGard The Daily Bible® makes it simple by organizing the whole of Scripture in chronological order, as well as presenting Proverbs topically and the Psalms by themes. The Daily Bible® - In Chronological Order (NIV®) As this unique, chronological presentation of God's story daily unfolds before you, you will begin to appreciate God's plan for your life as never before. The Daily Bible (NIV) As this unique, chronological presentation of God's story daily unfolds before you, you will begin to appreciate God's plan for your life as never before. The Daily Bible - In Chronological Order (NIV) - eBook ... - enable you to focus on specific aspects of God's wisdom. The Daily Bible - In Chronological Order (NIV) - eBook (9780736983211) by F. LaGard Smith. The Daily Bible - F. LaGard Smith The Daily Bible® in chronological order with 365 daily readings with devotional insights by F. LaGard Smith to guide you through God's Word (NIV). Check It Out ... The Daily Bible (NIV) by F. LaGard Smith, Paperback As this unique, chronological presentation of God's story daily unfolds before you, you will begin to appreciate God's plan for your life as never before. The Daily Bible® - In Chronological Order (NIV®) As this unique, chronological presentation of God's story daily unfolds before you, you will begin to appreciate God's plan for your life as never before. 365 Daily Readings In Chronological Order, Paperback New International Version Bible (NIV) arranged chronologically for 365 daily readings ... LaGard Smith is the author of more than 30 books and is the compiler and ... The Daily Bible: In Chronological Order 365 Daily Readings In the hardcover edition of the bestselling and much-loved chronological presentation of the Bible, God's story unfolds before readers each new day, ... The Daily Bible (niv) - By F Lagard Smith (hardcover) As this unique, chronological presentation of God's story daily unfolds ... It's also in chronological order so it's more interesting how it all went in order. AGFA CR 35-X Service Manual | PDF Computed Radiography · AGFA - CR 35-X · Documents; Service Manual. AGFA CR 35-X Service Manual. Loading Document... AGFA - CR 35-X by AGFA. AGFA - CR 35-X. Manual Servicio CR 35 X PDF IMPORTANT: Preferably print this manual double-sided: This PDF manual contains empty pages at the end of several chapters, to have the next chapter starting ... Agfa CR35X-CR25X Service Manual PDF Agfa CR35X-CR25X Service Manual PDF. Uploaded by. aleseb.service. 100%(3)100% found this document useful (3 votes). 2K views. 555 pages. AI-enhanced title ... Agfa CR35 CR25 Service Manual PDF Purpose of this document This document explains the functional principle including the functions of the individual assemblies always under normal conditions ... service manual for agfa digitizer CR-35x Aug 23, 2023 — Dear Sir, Good afternoon I have a lot of problem with CR-35x and I do not have the CR-35x service manual, please. Could you please send us this service ... CR 35 NDT Plus HD-CR 35 NDT Plus

The Installation and Operating Instructions must be accessible to all operators of the unit at all times. ... CR 35 NDT Plus / HD-CR 35 NDT Plus. Image Plate ... Installation, Operation & Maintenance Manual CR Series Roasters Installation, Operation and Maintenance Manual. Table of ... CR-35, CR-140, and CR-280: Position the roast air cyclone so the outlet ... FISHER CR-35 SM Service Manual download ... Download FISHER CR-35 SM service manual & repair info for electronics experts. CR35 ROASTER GUIDE See section 1 of this document and the Installation, Operation, & Maintenance Manual for additional information. Additional considerations for the gas supply ... AGFA CR Series Service Manual View and Download AGFA CR Series service manual online. Digitizer. CR Series medical equipment pdf manual download. Also for: Cr 10-x, Cr reader, Cr 12-x, ... The American Way of Poverty - Books Sasha Abramsky brings the effects of economic inequality out of the shadows and, ultimately, suggests ways for moving toward a fairer and more equitable social ... The American Way of Poverty: How the Other Half Still Lives It is made up of both the long-term chronically poor and new working poor—the tens of millions of victims of a broken economy and an ever more dysfunctional ... The American Way of Poverty: How the Other Half Still Lives It is made up of both the long-term chronically poor and new working poor—the tens of millions of victims of a broken economy and an ever more dysfunctional ... The American Way of Poverty The American Way of Poverty: How the Other Half Still Lives shines a light on this travesty. Sasha Abramsky brings the effects of economic inequality out of the ... A Discussion of Sasha Abramsky's 'The American Way ... In his new book, The American Way of Poverty: How the Other Half Still Lives, Sasha Abramsky brings the effects of economic inequality out of the shadows and, ... The American Way of Poverty by Sasha Abramsky Exploring everything from housing policy to wage protections and affordable higher education, Abramsky lays out a panoramic blueprint for a reinvigorated ... Sasha Abramsky's 'American Way of Poverty' Sep 20, 2013 — Virtually everything worthwhile written about American poverty is essentially about moral failure. It is the failure of the society ... The American Way of Poverty: How the Other Half Still Lives It is made up of both the long-term chronically poor and new working poor -- the tens of millions of victims of a broken economy and an ever more dysfunctional ... Table of Contents: The American way of poverty - Falvey Library The American way of poverty : how the other half still lives / ... "Fifty years after Michael Harrington published his groundbreaking book The Other America, in ... The American Way of Poverty: How the Other Half Still ... Aug 26, 2014 — The American Way of Poverty: How the Other Half Still Lives (Paperback). By Sasha Abramsky. \$17.99. Ships to Our Store in 1-5 Days. Add to Wish ...