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KEY=E - LI CARINA

BIMBO SANO VEGANO. GUIDA FACILE PER MAMMA E BAMBINO

BIMBO SANO VEGANO

Jumpstart request for Mondadori Libri Electa Trade *Tante ricette salutarì e saporite, ben catalogate per fasce di età, suggeriscono cosa dare da mangiare ai nostri bimbi, per farli crescere sani, consapevoli e sensibili alle esigenze del pianeta.*

FIDES

Youcanprint *Un evento tanto atteso... il dolore, la fatica, la gioia e l'amore. Un amore incommensurabile per la mia famiglia, per l'altro, per il mondo, ma in particolar modo per me stessa. Questo libro s'intitola FEDE. Fede in noi, fede affinché tutto vada bene, fede in Dio, fede nel prossimo, fede per rendere possibile ciò che credevamo fosse impossibile. In una parola, Fides.*

RICETTE E DIETA IN GRAVIDANZA

LA GUIDA COMPLETA PER LA NEO MAMMA PER UN'ALIMENTAZIONE SANA E NATURALE. SCOPRI DIETA E RICETTE PER RIMANERE IN FORMA E SENZA CHILI IN ECCESSO.

VEGGIE MAMA

Hay House, Inc *Veggie Mama is a manual for elevating your family's diet to incorporate more whole, plant-based foods. The book features over 100 vegan recipes —including many raw options, using whole grains, legumes, nuts, seeds, fruits, and vegetables, along with superfoods —for growing kids of all ages. Veggie Mamas Doreen Virtue and Chef Jenny Ross discuss food allergies and present a program free of inflammatory agents that can that can create anxiety in sensitive kids, as well as worsen allergy symptoms. With menu-planning guides, brown-bag school lunches, and snack and dessert favorites, you'll have everything you need to feed your entire family wholesome and delicious meals. Using these tasty, 100 percent plant-ingredient recipes —such as the Avocado Citrus Parfait, Pumpkin Seed Cheese Wraps, Veggi-wiches, and Nut Butter Bites —you will be pleasing your children's palates and doing their bodies good . . . setting them up for a lifetime of wellness!*

ANIMALOPOLI

UOMO ED ANIMALE: CHI È LA BESTIA?

Antonio Giangrande *E' comodo definirsi scrittori da parte di chi non ha arte né parte. I letterati, che non siano poeti, cioè scrittori stringati, si dividono in narratori e saggisti. E' facile scrivere "C'era una volta...." e parlare di cazzate con nomi di fantasia. In questo modo il successo è assicurato e non hai rompiballe che si sentono diffamati e che ti querelano e che, spesso, sono gli stessi che ti condannano. Meno facile è essere saggisti e scrivere "C'è adesso...." e parlare di cose reali con nomi e cognomi. Impossibile poi è essere saggisti e scrivere delle malefatte dei magistrati e del Potere in generale, che per logica ti perseguitano per farti cessare di scrivere. Devastante è farlo senza essere di sinistra. Quando si parla di veri scrittori ci si ricordi di Dante Alighieri e della fine che fece il primo saggista mondiale. Le vittime, vere o presunte, di soprusi, parlano solo di loro, inascoltati, pretendendo aiuto. Io da vittima non racconto di me e delle mie traversie. Ascoltato e seguito, parlo degli altri, vittime o carnefici, che l'aiuto cercato non lo concederanno mai. "Chi non conosce la verità è uno sciocco, ma chi, conoscendola, la chiama bugia, è un delinquente". Aforisma di Bertolt Brecht. Bene. Tante verità soggettive e tante omertà son tasselli che la mente corrompono. Io le cerco, le filtro e nei miei libri compongo il puzzle, svelando l'immagine che dimostra la verità oggettiva censurata da interessi economici ed ideologie vetuste e criminali. Rappresentare con verità storica, anche scomoda ai potenti di turno, la realtà contemporanea, rapportandola al passato e proiettandola al futuro. Per non reiterare vecchi errori. Perché la massa dimentica o non conosce. Denuncio i difetti e caldeggio i pregi italiani. Perché non abbiamo orgoglio e dignità per migliorarci e perché non sappiamo apprezzare, tutelare e promuovere quello che abbiamo ereditato dai nostri avi. Insomma, siamo bravi a farci del male e qualcuno deve pur essere diverso!*

CUCINA VEGANA PER PRINCIPIANTI

Edizioni Lindau *Da un po' di tempo si parla spesso di alimentazione sana, prodotti a chilometri zero, di stagionalità, di impatto ambientale di coltivazioni e allevamenti. Ciò accade perché siamo tutti sempre più consapevoli di quanto sia importante ciò che mangiamo e il modo in cui è stato prodotto. D'altra parte un numero crescente di persone sente l'esigenza di eliminare dalla propria tavola la carne e tutti gli alimenti di origine animale, sia per fronteggiare allergie e intolleranze, sia per rispettare la vita degli altri esseri viventi. Ma come si può preparare un ragù, se non si vuole più utilizzare la carne? E bisognerà rinunciare per sempre a gustare una crostata, se il burro è off-limits? In realtà è possibile sostituire carni e latticini senza essere penalizzati nel gusto e nella gola. È quello che Samantha Barbero e Simona Volo spiegano in questo manuale a tutti quelli che vogliono compiere questa scelta o sono alle prime armi. Ma anche a chi ama cucinare e mangiare in modo sano e saporito ed è curioso di conoscere tutti i segreti dell'universo vegano.*

THE DIETITIAN'S GUIDE TO VEGETARIAN DIETS

Jones & Bartlett Learning *The Dietitian's Guide to Vegetarian Diets, Third Edition highlights trends and research on vegetarian diets and translates the information into practical ideas to assist dietitians and other healthcare professionals in aiding their clients. Evidence-based and thoroughly referenced, this text addresses diets throughout the life cycle with chapters devoted to pregnancy and lactation, infants, children, adolescents, and the elderly, and highlights the benefits of using vegetarian diets in the treatment of hyperlipidemia, hypertension, type 2 diabetes, and obesity. Full of vital information on vegetarian nutritional needs and healthier, more satisfying diets, the Third Edition can be used as an aid for counseling vegetarian clients and those interested in becoming vegetarians, or serve as a textbook for students who have completed introductory coursework in nutrition.*

AGENT OF CHAOS

Gateway *The Great Tyrant rules the solar system with absolute terror. Only one man dares to fight back. The time is the 24th century. Humankind populates the entire solar system from icy Pluto to boiling Mercury. Great domed cities, humming factories, hordes of workers, all feed the power of the dictatorship that controls all life. Only a small group among the cowed population dares rebel in a struggle that pits democracy against tyranny. But there is a third force at work as well. A mysterious band of assassins whose final solution to the problem of humanity's fate is as terrifying as it is irresistible - one of them is known as the AGENT OF CHAOS.*

THE FLAVOR THESAURUS

A COMPENDIUM OF PAIRINGS, RECIPES AND IDEAS FOR THE CREATIVE COOK

Bloomsbury Publishing USA *A career flavor scientist who has worked with such companies as Lindt, Coca-Cola and Cadbury organizes food flavors into 160 basic ingredients, explaining how to combine flavors for countless results, in a reference that also shares practical tips and whimsical observations.*

FOOD AND HEALING

HOW WHAT YOU EAT DETERMINES YOUR HEALTH, YOUR WELL-BEING, AND THE QUALITY OF YOUR LIFE

Ballantine Books *Yes, you are what you eat. For everyone who wonders why, in this era of advanced medicine, we still suffer so much serious illness, Food and Healing is essential reading. "An eminently practical, authoritative, and supportive guide to making everyday decisions about eating that can transform our lives. Food and Healing is a remarkable achievement."—Richard Grossman, Director, The Health in Medicine Project, Montefiore Medical Center Annemarie Colbin, founder of New York's renowned Natural Gourmet Cookery School and author of The Book of Whole Meals, argues passionately that we must take responsibility for our own health and rely less on modern medicine, which still seems to focus on trying to cure rather than prevent illness. Eating well, she shows, is the first step toward better health. Drawing on an impressive range of thinking—from Eastern philosophy to current medical journals—Colbin shatters many myths not only about the "Standard American Diet" but also about some of the quirky and unhealthy food fads of recent years. What emerges is one of the first complete works on: • How food affects our moods • The healing qualities of specific foods • The role of diet in preventing illness • How to tailor a diet approach that is right for you "I recommend it to my patients. . . . It's an excellent book to help people understand the relationship between what they eat and how they feel."—Stephen Rechtstaffen, M.D. Director, Omega Institute for Holistic Studies "Have a look at this important, well-thought-out book."—Bon Appetit*

KISS ME

HOW TO RAISE YOUR CHILDREN WITH LOVE

Pinter & Martin *How we parent our children is at the heart of our relationships with them - and Dr Carlos Gonzalez, a renowned Spanish paediatrician and father, believes that our children deserve all the love we can give them. If we reject the routines and excessive discipline promoted by self-styled childcare experts, and instead parent with love, respect and freedom, we can allow our children to grow*

and thrive both physically and emotionally. A bestseller in Spain, *Kiss Me* encourages parents to see the good in their children and nurture it carefully, forging warm and rewarding family relationships. With discussions of how to handle common parenting issues including sleep, rewards and punishment and carving out quality time with our children, this warm and reassuring book is hugely valuable for parents in today's world.

PETRA COLLINS

COMING OF AGE

Rizzoli Publications *The first monograph by photographer Petra Collins presents the world of a thoroughly modern creative. Since bursting into the zeitgeist, the precocious Petra Collins has captured the hearts of the art and fashion worlds alike. Collins champions an inclusive mode of representation that inspires young women to celebrate how they live now and their agency in creating their image. When Collins shoots—in series ranging from controversial self-portraits to emotionally charged and intensely colored works—she operates on the joys, excitement, tedium, and madness of growing up in today's interconnected kingdom of images. Revealing personal essays, Polaroids, and contributions by the women who inspire her unveil the unassuming grace at the center of campaigns for Gucci and Adidas, films for the Tate, and countless editorials as photographer and subject. Collins embodies the best qualities of the emerging creative community she fosters in curatorial projects like The Ardorous: generous, collaborative, and open.*

BEYOND BEEF

THE RISE AND FALL OF THE CATTLE CULTURE

HarperThorsons *In the first three parts of this book an exploration of the historical role of cattle in Western civilization is given. Part four examines the human impact of the modern cattle complex and the world beef culture. The range of environmental threats that have been created, in part, by the modern cattle complex is described in part five. Part six examines the psychology of cattle complexes and the politics of beef eating in Western society. The author hopes that this book will contribute to moving our society beyond beef*

RAW

RECIPES FOR A MODERN VEGETARIAN LIFESTYLE

Phaidon Press *A modern and fresh take on vegetarian, vegan, and raw food – now available in paperback for the first time Raw, by acclaimed Icelandic cook Solla Eiríksdóttir, was first published in 2016, when the concept of raw food was relatively new. Now a widely accepted route to healthy eating, her book features 75 healthy and delicious mainly raw recipes, introducing readers to an approach to ethical and sustainable eating that has found its way into the everyday diets of people around the world. Divided into five chapters – breakfast, snacks, light lunches, main dishes, and sweet treats – the book abounds with bright, fresh tastes such as turmeric tostadas, quinoa pizza, kelp noodles with tofu, and vegan vanilla ice cream.*

ORIGINS OF ATTITUDES TOWARDS ANIMALS

Jenia Meng *Origins of Attitudes towards Animals is a truth-seeking journey that takes the study of attitudes towards animals to the global scale. The book relies on rigorous mathematical analysis of large amounts of data to make unprecedented discoveries about animal protection. Origins of Attitudes towards Animals steps off the path of focusing on animal welfare, which is only one aspect of animal protection, and reveals the science, philosophy, and cultural factors behind different groups of peoples' attitudes towards animals, worldwide. The book is based on the results of the ground-breaking survey research project, Global Attitudes to Animals Survey, which was initiated and managed by the author. Thousands of people around world were involved in the project, including many renowned academics, who worked as collaborators. The book also includes comprehensive and critical reviews of a large amount of existing literature. The quality of the study, in consideration of the issues it covers, the number of survey participants and the complexity of the mathematical methods applied, has no peers in academia. The book is a must-read for animal activists and people who are interested in the academic study of animal protection, and it contains a treasure-trove of data for researchers. To gain a full understanding of the study, knowledge of key mathematical techniques, such as factor analysis is required. Areas covered by the book include: Animal behaviour, anthropology, biology, chemistry, cosmology, cultural study, ethics, finance, history, mathematics, philosophy, physics, psychology, religion, and veterinary science. It is also available as an E-Book.*

RANCH ROPING

THE COMPLETE GUIDE TO A CLASSIC COWBOY SKILL

Rowman & Littlefield *Ranch roping is at the heart of all ranch work, and unlike the rodeo variation of calf roping, the “vacquero” tradition calls for techniques that result in a skillful and graceful throw and catch. Buck Brannaman, a world-renowned master of the art, describes the essential tools, the partnership between horse and rider (incorporating the Natural Horsemanship approach for which the author is famous), and the mechanics needed to become a successful ranch roper, whether in competition or in actual cattle work. One-hundred full-color photographs of Buck in action enhance the step-by-step methodology that leads to mastering this essential Western skill. Whether you ride or rope or just wish you could, here's a book for everyone who is captivated by Western traditions and contemporary life.*

OPTICAL INSPECTION OF MICROSYSTEMS

CRC Press *Where conventional testing and inspection techniques fail at the micro-scale, optical techniques provide a fast, robust, and relatively inexpensive alternative for investigating the properties and quality of microsystems. Speed, reliability, and cost are critical factors in the continued scale-up of microsystems technology across many industries, and optical techniques are in a unique position to satisfy modern commercial and industrial demands. Optical Inspection of Microsystems is the first comprehensive, up-to-date survey of the most important and widely used full-field optical metrology and inspection technologies. Under the guidance of accomplished researcher Wolfgang Osten, expert contributors from industrial and academic institutions around the world share their expertise and experience with techniques such as image correlation, light scattering, scanning probe microscopy, confocal microscopy, fringe projection, grid and moiré techniques, interference microscopy, laser Doppler vibrometry, holography, speckle metrology, and spectroscopy. They also examine modern approaches to data acquisition and processing. The book emphasizes the evaluation of various properties to increase reliability and promote a consistent approach to optical testing. Numerous practical examples and illustrations reinforce the concepts. Supplying advanced tools for microsystem manufacturing and characterization, Optical Inspection of Microsystems enables you to reach toward a higher level of quality and reliability in modern micro-scale applications.*

V IS FOR VEGAN

THE ABCS OF BEING KIND

North Atlantic Books *Introducing three- to seven-year-olds to the "ABCs" of a compassionate lifestyle, V Is for Vegan is a must-have for vegan and vegetarian parents, teachers, and activists! Acclaimed author and artist Ruby Roth brings her characteristic insight and good humor to a controversial and challenging subject, presenting the basics of animal rights and the vegan diet in an easy-to-understand, teachable format. Through memorable rhymes and charming illustrations, Roth introduces readers to the major vegan food groups (grains, beans, seeds, nuts, vegetables, and fruits) as well as broader concepts such as animal protection and the environment. Sure to bring about laughter and learning, V Is for Vegan will boost the confidence of vegan kids about to enter school and help adults explain their ethical worldview in a way that young children will understand.*

LE MIE RICETTE PREFERITE

Open University of Israel *Il miglior ricettario dove puoi scrivere le tue ricette preferite Vuoi conservare e organizzare tutte le tue ricette di famiglia? Il nostro ricettario è fatto per tutto ciò di cui hai bisogno. È il modo perfetto per organizzare tutte le tue ricette preferite in un unico posto. Lo amerai. È semplice, ben progettato, facile da usare, chiaro e ben organizzato. Riguardo questo ricettario: - Registra nelle 130 pagine le tue ricette preferite - Dimensione perfetta: 17.78 x 25.4 cm (7" x 10" in) - Copertina PREMIUM morbida e lucida - Stampato su carta bianca - Spazio extra per note aggiuntive Un grande regalo per i tuoi amici e familiari che amano cucinare e hanno bisogno di registrare e catalogare le loro deliziose creazioni culinarie*

THE VEGETARIAN FLAVOR BIBLE

THE ESSENTIAL GUIDE TO CULINARY CREATIVITY WITH VEGETABLES, FRUITS, GRAINS, LEGUMES, NUTS, SEEDS, AND MORE, BASED ON THE WISDOM OF LEADING AMERICAN CHEFS

Little, Brown *Throughout time, people have chosen to adopt a vegetarian or vegan diet for a variety of reasons, from ethics to economy to personal and planetary well-being. Experts now suggest a new reason for doing so: maximizing flavor -- which is too often masked by meat-based stocks or butter and cream. The Vegetarian Flavor Bible is an essential guide to culinary creativity, based on insights from dozens of leading American chefs, representing such acclaimed restaurants as Crossroads and M.A.K.E. in Los Angeles; Candle 79, Dirt Candy, and Kajitsu in New York City, Green Zebra in Chicago, Greens and Millennium in San Francisco, Natural Selection and Portobello in Portland, Plum Bistro in Seattle, and Vedge in Philadelphia. Emphasizing plant-based whole foods including vegetables, fruits, grains, legumes, nuts, and seeds, the book provides an A-to-Z listing of hundreds of ingredients, from avβav? to zucchini blossoms, cross-referenced with the herbs, spices, and other seasonings that best enhance their flavor, resulting in thousands of recommended pairings. The Vegetarian Flavor Bible is the ideal reference for the way millions of people cook and eat today -- vegetarians, vegans, and omnivores alike. This groundbreaking book will empower both home cooks and professional chefs to create more compassionate, healthful, and flavorful cuisine.*

INSIDE THE WHALE

AND OTHER ESSAYS

EVERY NIGHT IS PIZZA NIGHT

WW Norton *Best-selling author J. Kenji López-Alt introduces Pipo, a girl on a quest to prove that pizza is the best food in the world. Pipo thinks that pizza is the best. No, Pipo knows that pizza is the best. It*

is scientific fact. But when she sets out on a neighborhood-spanning quest to prove it, she discovers that "best" might not mean what she thought it means. Join Pipo as she cooks new foods with her friends Eugene, Farah, Dakota, and Ronnie and Donnie. Each eating experiment delights and stuns her taste buds. Is a family recipe for bibimbap better than pizza? What about a Moroccan tagine that reminds you of home? Or is the best food in the world the kind of food you share with the people you love? Warm and funny, with bright, whimsical illustrations by Gianna Ruggiero, *Every Night Is Pizza* is a story about open-mindedness, community, and family. With a bonus pizza recipe for young readers to cook with their parents, *Every Night Is Pizza* will make even the pickiest eaters hungry for something new.

250 LAWS OF LOVE

THE UNDERLYING SECRETS OF HAVING A HAPPY AND FULFILLED RELATIONSHIP

The runaway success in love & relationship advice from bestselling author Petr Casanova - More than 100,000 copies sold in Czech Republic - Now available internationally 250 Laws of Love explains the laws of maintaining a happy relationship, where the couple is more than just the sum of two persons. In 250 Laws of Love you'll discover how to improve your current relationship into the transformational experience you're looking for - and which you deserve. Together, you can achieve far more than you would alone. Why 250 Laws of Love Every one of us is unique. We all have different backgrounds and varying desires, experiences, and emotions. With that in mind, how is it possible for two people to agree on a common direction that is mutually beneficial? How can couples overcome their differences without sacrificing their individuality? Do you know the secrets of compromising so that both sides of a partnership can win? In 250 Laws of Love you'll discover the answers: the keys for thriving in a happy and fulfilling relationship. Are you curious to find out: -> What are the underlying secrets behind happy relationships? -> Why a relationship is like a tandem bike - and how to ride it in harmony? -> How many words are spoken per day by men vs. women, and what that means for your relationship? -> How to make compromises that are not bilateral concessions but bilateral steps towards the other? -> How to determine in time what is right and what is over the line so that neither of you feel ripped off? -> How to communicate when your partner gets stuck? If you are curious about having the best relationship you can, then this book is for you! In 250 Laws of Love you will learn how to maintain a happy relationship that lasts. In 250 Laws of Love you'll discover: -> The 10 core values that build the foundation of healthy relationships -> What the most common relationship problems are and how to overcome them -> What kind of partners and relationship patterns to be aware of and how to deal with them effectively -> How to explain what hurts you, without humiliating yourself or stumbling like an elephant in a china shop -> How to maintain and save your relationship quickly by changing your communication -> How to deal with jealousy effectively and how to reduce it in your relationships -> The secrets behind a relationship, in which you and your partner achieve more in your working lives than alone -> The skills you need for having extraordinary relationships and not losing the ones that are most important to you -> The challenges that raising children can bring and how to overcome them -> How to set aside time just for being together and connecting on a deeper level with your partner -> How to overcome male ego and female assumptions -> How to provide support and encouragement to your partner the right way -> How to build a long-term and happy relationship, in which a couple is more than the sum of its parts and in which you gain energy, not waste it -> And much, much more... 250 Laws of Love has already helped to transform the relationships of more than 100,000 readers to date. It is one of the most priceless, deep, profound, comprehensive, and wise guides on how to get, maintain, and rekindle relationships that enable us to truly thrive. Read 250 Laws of Love and start transforming your relationship today.

THE OFFICIAL HARRY POTTER BAKING BOOK

40+ RECIPES INSPIRED BY THE FILMS

Scholastic Inc. #1 NEW YORK TIMES BESTSELLER! Bake your way through Hogwarts School of Witchcraft and Wizardry! Inspired by the films, this is the ONE and ONLY official Harry Potter cookbook! Packed with over 40 recipes and gorgeous, eye-catching photography, this baking cookbook is a must-have for every Harry Potter fan. Delight in 43 tasty recipes inspired by the Harry Potter films! From Pumpkin Patch Pies to Owl Muffins, Luna's Spectrespecs Cookies to Hogwarts Gingerbread, *The Official Harry Potter Baking Cookbook* is packed with mouthwatering recipes that will, dare we say, ... ensnare the senses. Host a Great Hall-inspired feast for your friends or delight in a portion for one. Includes recipes for all kinds of delicious baked goods, as well as nutritional and dietary information. This baking cookbook is great for everyone and includes gluten-free, vegetarian, and vegan recipes as well!

RELENTLESS FORWARD PROGRESS

A GUIDE TO RUNNING ULTRAMARATHONS

Breakaway Books Ready to Run an Ultramarathon? When you consider marathons, do you think, "been there, done that"? Like so many others, do you believe that humans were born to run? Do you seek a new challenge that tests your mental and physical limits? If you answered yes to any of these questions, then it's time to read "Relentless Forward Progress" and give ultramarathons a try! Veteran ultramarathoner and coach Bryon Powell shares insider know-ledge about training, racing, fueling, hydration, and much more. In this guide, you'll find: --Daily training plans for races from 50k to 100 miles --A crash course in how to trail run --Advice from some of the world's top ultrarunners --Proven strategies for race day success --Useful approaches for running uphill and downhill --What to look for in ultramarathon gear --Practical wisdom on speed work --Cross training ideas for running fitness and recovery --Tips on running barefoot --Inspiration to go farther than you've ever gone before

EVIDENCE-BASED PUBLIC HEALTH

OUP USA The authors deal not only with finding and using scientific evidence, but also with implementation and evaluation of interventions that generate new evidence on effectiveness. Each chapter covers the basic issues and provides multiple examples to illustrate important concepts.

CURLY GIRL

THE HANDBOOK

Workman Publishing Celebrate the beauty of curls in a buoyant how-to, manifesto, and curly girl support group all in one. Say no to shampoo, unplug the dryer, and kiss frizz and bad hair days good-bye. *Curly Girl* is the surprising bible for those with naturally curly or wavy hair and a desire to celebrate it, from Lorraine Massey, owner of the Devachan salons and products. It's all here: Daily routines for corkscrew, Botticelli, fractal, and wavy curls. Homemade lotions and potions for locking in moisture. Expert tips on caring for African American hair. Fabulous dos for weddings and special occasions. How to trim your hair yourself, step-by-step. (Remember: It's not what you take off; it's what you leave on.) Recommendations for chemical-free products. And so much more: the care, the styling, the products, the remedies, the empowering, pro-curl attitude. Includes: Ten things to do before you dye You are what you eat—and so are your curls Getting kids to love their curls Curly guys Lorraine's 12-step recovery program And check out Lorraine's video tutorials on YouTube.

THE WARRIOR DIET

SWITCH ON YOUR BIOLOGICAL POWERHOUSE FOR HIGH ENERGY, EXPLOSIVE STRENGTH, AND A LEANER, HARDER BODY

North Atlantic Books Along with the many benefits of leisure-class living comes obesity and its attendant ailments. In *The Warrior Diet*, Ori Hofmekler looks not forward but backward for a solution—to the primal habits of early cultures such as nomads and hunter-gatherers, the Greeks, and the Romans. Based on survival science, this book proposes not ordinary dietary changes but rather a radical yet surprisingly simple lifestyle overhaul. Drawing on both scientific studies and historical data, Hofmekler argues that robust health and a lean, strong body can best be achieved by mimicking the classical warrior mode of cycling—working and eating sparingly (undereating) during the day and filling up at night. Specific elements from the Warrior Diet Nutritional Program (finding ideal fuel foods and food combinations to reduce body fat) to the Controlled Fatigue Training Program (promoting strength, speed, and resilience to fatigue through special drills), literally reshape body and mind. Individual chapters cover warrior meals and recipes; sex drive, potency, and animal magnetism; as well as personalizing the diet for women. Featuring forewords by Fit for Life author Harvey Diamond and *Fat That Kills* author Dr. Udo Erasmus, *The Warrior Diet* shows readers weary of fad diets how to attain enduring vigor, explosive strength, a better appearance, and increased vitality and health.

PRISONED CHICKENS, POISONED EGGS

AN INSIDE LOOK AT THE MODERN POULTRY INDUSTRY

Book Publishing Company (TN) The original edition of *Prisoned Chickens, Poisoned Eggs* became a blueprint for people seeking a coherent picture of the U.S. poultry industry, as well as a handbook for animal rights activists seeking to develop effective strategies to expose and relieve the plight of chickens. This new edition tells where things stand in a new century in which avian influenza, food poisoning, global warming, genetic engineering, and the expansion of poultry and egg production and consumption are growing concerns in the mainstream population.

HERMAN AND ROSIE

Roaring Brook Press Once upon a time in a very busy city, on a very busy street, in two very small apartments, lived... Herman and Rosie. Herman liked playing the oboe, the smell of hot dogs in the winter, and watching films about the ocean. Rosie liked pancakes, listening to old jazz records, and watching films about the ocean. They both loved the groovy rhythm of the city, but sometimes the bustling crowds and constant motion left them lonely, until one night ... A Neal Porter Book

AN INTRODUCTION TO NATURAL HYGIENE

Health Research Books 1922-1944 the author claims that all disease is one entity and is caused by wrong living - The breaking of the laws of health. the hygienic system is not a system of medicine - it does not pretend to cure, but it permits nature to cure. Remove the cau.

MOUTHWATERING VEGAN

OVER 130 IRRESISTIBLE RECIPES FOR EVERYONE

Appetite by Random House From the author of the successful blog, *mouthwateringvegan.com*, comes over 130 incredible recipes to showcase how accessible, varied, delicious and nutritious vegan eating can be. In this book you'll find recipes for your favourite comfort foods in all their vegan glory. Here are meat-free, egg-free and dairy-free recipes that combine the idea of eating healthily, with food that is immediately satisfying, tastes great and is easy to prepare. From delicious dips, appetizers and soups; to main courses including curries, pastas, stews, burgers and salads. There are a whole host of

recommended juices and smoothies and--at the sweeter end of scale--cookies, cakes and desserts. Mouthwatering Vegan transforms home cooking classics into vegan-accessible, delicious dishes. Miriam challenges herself to replicate dishes that are usually impossible to include in a vegan diet and opens up the scope for what vegan eating can be. Included in the book are recipes for vegan cheese, cream and mayonnaise; Chilli Con 'Carne', Shepherd's Pie, Mince & Ale Pie, Stroganoff Supreme and the Perfect Roast. As well as delicious dishes that celebrate pulses and vegetables, such as Aubergine, Chickpea and Potato Curry; Stuffed Tomatoes and Zucchini Casserole; Red Bean Nut Burgers; Spicy Rice & Quinoa Eggplant Bake; and Super Mushroom & Walnut Loaf. Many of Miriam's recipes are inspired by the Mediterranean and the Far East, and all of them have the health benefits of vegan cooking without sacrificing the taste. Mouthwatering Vegan opens up new possibilities for vegan eating that will make you rethink vegan cuisine.

LUNCH AT 10 POMEGRANATE STREET

A COLLECTION OF RECIPES TO SHARE

Something smells good at 10 Pomegranate Street! Delicious, actually! In each apartment, someone is preparing a special dish to share with their neighbours. Mr Singh is making coconut dahl with his daughter while Maria mashes some avocados for her guacamole. Will everything be ready on time? Written and magnificently illustrated by Felicita Sala, this glorious celebration of community is filled with recipes from all over the world and simple instructions perfect for young chefs. Lunch at 10 Pomegranate Street is a visual feast to share and delight in.

FASTING CAN SAVE YOUR LIFE

National Health Assoc

COOKING COUTURE

FASHION BITES, CREATIVE RECIPES, ORIGINAL PHOTOS

Marsilio Editori Spa What happens when cuisine blends with haute couture. Can you describe an item of clothing in terms of its flavor, its odor? Or the taste of a fabric, that desire which makes your mouth water? Sampling a dish of the latest creative cuisine, can you be surprised by its fanciful texture, enchanted by its masterly form? In short, can the language of the contemporary world, so accustomed to collusions, mixtures, contrasts and allusions, come up with new recipes that bring together two such apparently incompatible worlds as designer clothing and signature cuisine? Let's try to combine, for once, fashion and food in their most up-to-date interpretations. The collection of haute couture dishes invented by Matias Perdomo, one of the most inventive of the latest generation of chefs, holds a dialogue with the creations of a dozen contemporary designers. Ennio Capasa, Angela Missoni, Agatha Ruiz de la Prada, Dean and Dan Caten, Prada, Giorgio Armani, Anna Molinari, Donatella Versace, Marni, Dolce and Gabbana, and Antonio Marras have given Matias the cues for his unexpected creations.

MARTHA STEWART'S COOKING SCHOOL (ENHANCED EDITION)

LESSONS AND RECIPES FOR THE HOME COOK: A COOKBOOK

Potter/TenSpeed/Harmony This enhanced edition of Martha Stewart's Cooking School includes 31 instructional step-by-step videos and hundreds of color photographs that demonstrate the fundamental cooking techniques that every home cook should know. Imagine having Martha Stewart at your side in the kitchen, teaching you how to hold a chef's knife, select the very best ingredients, truss a chicken, make a perfect pot roast, prepare every vegetable, bake a flawless pie crust, and much more. In Martha Stewart's Cooking School, you get just that: a culinary master class from Martha herself, with lessons for home cooks of all levels. Never before has Martha written a book quite like this one. Arranged by cooking technique, it's aimed at teaching you how to cook, not simply what to cook. Delve in and soon you'll be roasting, broiling, braising, stewing, sautéing, steaming, and poaching with confidence and competence. In addition to the techniques, you'll find more than 200 sumptuous, all-new recipes that put the lessons to work, along with invaluable step-by-step photographs to take the guesswork out of cooking. You'll also gain valuable insight into equipment, ingredients, and every other aspect of the kitchen to round out your culinary education. Featuring more than 500 gorgeous color photographs, Martha Stewart's Cooking School is the new gold standard for everyone who truly wants to know his or her way around the kitchen.

TWELVE YEARS A SLAVE

Prabhat Prakashan "Having been born a freeman, and for more than thirty years enjoyed the blessings of liberty in a free State—and having at the end of that time been kidnapped and sold into Slavery, where I remained, until happily rescued in the month of January, 1853, after a bondage of twelve years—it has been suggested that an account of my life and fortunes would not be uninteresting to the public." -an excerpt

PERFECT HEALTH DIET

REGAIN HEALTH AND LOSE WEIGHT BY EATING THE WAY YOU WERE MEANT TO EAT

Simon and Schuster Suffering from chronic illness and unable to get satisfactory results from doctors, husband and wife scientists Paul and Shou-Ching Jaminet took an intensely personal interest in health and nutrition. They embarked on five years of rigorous research. What they found changed their lives—and the lives of thousands of their readers. In Perfect Health Diet, the Jaminets explain in layman's terms how anyone can regain health and lose weight by optimizing nutrition, detoxifying the diet, and supporting healthy immune function. They show how toxic, nutrient-poor diets sabotage health, and how on a healthy diet, diseases often spontaneously resolve. Perfect Health Diet tells you exactly how to optimize health and make weight loss effortless with a clear, balanced, and scientifically proven plan to change the way you eat—and feel—forever!

SLAUGHTERHOUSE

THE SHOCKING STORY OF GREED, NEGLECT, AND INHUMANE TREATMENT INSIDE THE U.S. MEAT INDUSTRY

Prometheus Books Slaughterhouse is the first book of its kind to explore the impact that unprecedented changes in the meatpacking industry over the last twenty-five years — particularly industry consolidation, increased line speeds, and deregulation — have had on workers, animals, and consumers. It is also the first time ever that workers have spoken publicly about what's really taking place behind the closed doors of America's slaughterhouses. In this new paperback edition, author Gail A. Eisnitz brings the story up to date since the book's original publication. She describes the ongoing efforts by the Humane Farming Association to improve conditions in the meatpacking industry, media exposés that have prompted reforms resulting in multimillion dollar appropriations by Congress to try to enforce federal inspection laws, and a favorable decision by the Supreme Court to block construction of what was slated to be one of the largest hog factory farms in the country. Nonetheless, Eisnitz makes it clear that abuses continue and much work still needs to be done.