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# Download Free Eat The Beach A Guide To The Edible Seashore Coastal Survival Handbooks

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## KEY=THE - KYLAN EMELY

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**Eat the Beach A Guide to the Edible Seashore** *A uniquely informative, practical guide to coastal foraging, essential for anyone interested in survival skills or just wanting to get more out of messing about in rock pools.* **Official Guide to Downtown Rehoboth Beach Places to Eat, Stay, Shop, Play** *Promotional guide to downtown Rehoboth Beach, Delaware.* **Foghorn Outdoors: California Beaches The Only Guide to the Best Places to Swim, Play, Eat and Stay on Every Beach in the Golden State** *A thorough, witty, and irreverent guide to both the legendary and the little-known beaches of California. Self-confessed beach bums Bisbort and Puterbaugh have combed every beach from San Diego to Crescent City in search of the perfect spots to surf, swim, play, eat, and hang out. 16 maps.* **The South Beach Diet Good Fats, Good Carbs Guide The Complete and Easy Reference for All Your Favorite Foods** *Rodale A quick-reference guide to food selections for those following the South Beach diet plan, with tips on handling difficult eating situations.* **Miami and Miami Beach The Guide for All Budgets, Where to Stay, Eat, and Explore on and Off the Beaten Path** *Fodor's No matter what your budget or whether it's your first trip or fifteenth, Fodor's Gold Guides get you where you want to go. In this completely up-to-date guide our experts who live in Miami and Miami Beach give you the inside track,*

showing you all the things to see and do -- from must-see sights to off-the-beaten-path adventures, from shopping to outdoor fun. Fodor's Miami & Miami Beach shows you hundreds of hotel and restaurant choices in all price ranges -- from budget-friendly B&Bs to luxury hotels, from casual eateries to the hottest new restaurants, complete with thorough reviews showing what makes each place special. The Smart Travel Tips A to Z section helps you take care of the nitty gritty with essential local contacts and great advice -- from how to take your mountain bike with you to what to do in an emergency. Plus, web links and mix-and-match itineraries make planning a snap. "The king of guidebooks." - Newsweek

**South Beach Diet The Complete Cookbook Guide on South Beach**  
[Independently Published](#) You don't have to give up fats or carbs--you just need to choose the right ones. All fats and carbohydrates aren't created equal. The good kinds nourish your body as they help you lose weight. The bad kinds--found in sugary, fatty foods like doughnuts, snack foods, and fast-food meals--damage your body's ability to burn off what you eat. Worse, eating them actually triggers cravings and makes you even hungrier! South Beach Diet is your key to lifelong health and weight loss.

**The Rough Guide to Florida**  
[Penguin](#) The Rough Guide to Florida is the ultimate travel guide with clear maps and detailed coverage of all the best attractions Florida has to offer. Discover the dynamic regions of Florida from the countless theme parks of Disney World, EPCOT, Universal Studios and SeaWorld, to the canals and beaches of Fort Lauderdale, Art deco sites of South Beach and Florida's expanding Downtown region. Packed with practical advice on what to see and do in Florida this guide provides reliable, up-to-date descriptions of the best hotels in Florida, recommended restaurants and bars in Florida with detailed coverage on a full range of attractions; from day trips to Dry Tortugas Islands to discovering the historic Stranahan House. You'll find expert tips on exploring Florida's amazing fishing and boating activities, golf and adventure sports, Florida's sensational art galleries and museums, all within walking distance of each other, including the Kennedy Space Centre, as well as cultural attractions, shopping and entertainment for all budgets. Navigate all corners of Florida with the clearest maps of any guide. Make the most of your holiday with The Rough Guide to Florida.

**The Ultimate Guide to the Jersey Shore Where to Eat, What to Do, and So Much More**  
 The Ultimate Guide to the Jersey Shore delivers just what it promises--the best and most complete guide to New Jersey's most treasured asset. There have been dozens of books published about the Shore--on its history, culture, landmarks, etc.--but none until now have covered the Shore in its entirety--where to eat; where to stay; landmarks and attractions; special events and festivals; beaches and boardwalks; what to do with the kids; scenic drives, etc. The reporter/writer who knows New Jersey best captures the Shore in all its wonder, charm and diversity.

**The Rough Guide to the Caribbean**  
[Rough Guides](#)

**National Geographic Field Guide to the Water's Edge**  
[National Geographic Books](#) Provides a guide for all the flora, fauna, and natural phenomena found along the coast of North America.

**Eat Surf Live The Cornwall Travel Book**  
[Summersdale Publishers LTD](#) Eat Surf Live is a whole new approach to travel guides with its beautiful photography and wonderful design, which showcases the best of Cornwall. Travel with the authors as they visit secret spots, encounter local personalities and taste their way through this foodie Mecca. Part travel guide, part photo journal, part recipe book, Eat Surf Live is

*brimming with tips for a successful stay in this surfer's paradise. **Eat, Drink, and Be Healthy The Harvard Medical School Guide to Healthy Eating** [Simon and Schuster](#) In this national bestseller based on Harvard Medical School and Harvard School of Public Health research, Dr. Willett explains why the USDA guidelines--the famous food pyramid--are not only wrong but also dangerous. **The Rough Guide to the Maya World** [Rough Guides](#) Incisive historical and cultural essays illuminate lost Mayan civilizations and their modern descendants while lively reviews point out the best places to eat, drink, and stay in northern Mexico and the Yucatán Peninsula, Guatemala, Belize, Honduras, and El Salvador. 57 maps. of color photos. **The Ultimate San Francisco Chinatown and North Beach Travel Guide!** A must have San Francisco travel guide for Chinatown and North Beach Includes: Where to sleep! Where to eat! Where to drink! What to see! What to do! and so much more! All in an easy to read and plan layout! **Myrtle Beach - The Delaplaine 2022 Long Weekend Guide** [Gramercy Park Press](#) A complete guide for everything you need to experience a great Long Weekend in Myrtle Beach and South Carolina's famous Grand Strand, from Murrells Inlet in the south to Calabash in the north. "I'd never been to Myrtle Beach before, but this book was the perfect introduction." --- Winnie S., Nashville "Glad to read about the Pawleys Island hammock place in this book. We drove down there and loved the pristine little island." --- Carol M., Louisville You'll save a lot of time using this concise guide. =Lodgings variously priced =Fine & budget restaurants, more than enough listings to give you a sense of the variety to be found. =Principal attractions -- don't waste your precious time on the lesser ones. We've done all the work for you. =A handful of interesting shopping ideas. **Myrtle Beach - The Delaplaine 2021 Long Weekend Guide** [Gramercy Park Press](#) A complete guide for everything you need to experience a great Long Weekend in Myrtle Beach and South Carolina's famous Grand Strand, from Murrells Inlet in the south to Calabash in the north. "I'd never been to Myrtle Beach before, but this book was the perfect introduction." --- Winnie S., Nashville "Glad to read about the Pawleys Island hammock place in this book. We drove down there and loved the pristine little island." --- Carol M., Louisville You'll save a lot of time using this concise guide. =Lodgings variously priced =Fine & budget restaurants, more than enough listings to give you a sense of the variety to be found. =Principal attractions -- don't waste your precious time on the lesser ones. We've done all the work for you. =A handful of interesting shopping ideas. **A Guy's Gotta Eat The Regular Guy's Guide to Eating Smart** [Da Capo Lifelong Books](#) Millions of modern American men want to eat better but don't have the time to count calories. They are turned off by the prospect of forever giving up burgers and fries and confused by the media's conflicting health-related messages. A Guy's Gotta Eat proves that healthy eating is a surprisingly easy option. Self-taught nutritionist and weekend warrior triathlete Russ Klettke, along with sports nutritionist Deanna Conte, provide all the tips and tools men need to start eating better, from nutrition facts to advice about cooking for a hot date. Included are shopping lists of the 60 grocery items every man should have in his kitchen—and "combinations" (rather than traditional recipes) which make whipping up good, healthy food easier than ever. The authors make smart eating automatic and simple, whether one is cooking at home or dining out. Loosely based on the immensely popular Zone diet and focusing on fruits, vegetables, proteins, and "good" carbs, A Guy's Gotta Eat is a*

whole-life guide for men who say, "I should eat better but don't know how." **The South Beach Diet Cookbook More Than 200 Delicious Recipes That Fit the Nation's Top Diet** [Rodale](#) A companion to "The South Beach Diet" presents more than two hundred recipes that demonstrate how to eat healthfully without compromising taste, outlining the diet's basic philosophies and sharing personal success stories. **Fodor's San Diego The Guide for All Budgets, Where to Stay, Eat, and Explore on and Off the Beaten Path** [Fodors Travel Publications](#) Describes points of interest in each section of the city, offers information on tours, gardens, beaches, outdoor activities, and shopping, and recommends hotels and restaurants **The Rough Guide to New Zealand** [Rough Guides UK](#) The new Rough Guide to New Zealand is the definitive guide to the world's adventure capital. Now in full-colour throughout, it contains dozens of tempting colour photos illustrating the country's iconic landmarks and its stupendously diverse scenery. Detailed accounts of every attraction along with crystal-clear maps and plans will show you the very best New Zealand has to offer- from white-sand beaches and vast kauri trees in the north to the hairline fiords and penguin colonies in the south. With expert guidance you won't put a foot wrong when experiencing Maori culture or simply striking out on multi-day hikes. At every point this guide steers you to little-known sights such as secluded hot pools or Wellington's best cafés. Insider tips, planning itineraries and author picks give you the inside scoop on the best accommodation across every price range, how to track down Marlborough's tastiest Sauvignon blancs and where the most delectable Maori hangi can be found. Make the most of your time with The Rough Guide to New Zealand. **South Florida The Guide for All Budgets, Where to Stay, Eat, and Explore on and Off the Beaten Path** [Fodor's](#) Provides information on accommodations, restaurants, beaches, shopping, and attractions in South Florida. **The Rough Guide to Central America On a Budget** [Penguin](#) The Rough Guide to Central America on a Budget in a new ePub format is the definitive guide to making the most of this exotic region without breaking the bank. Backpackers, career-breakers, gap year travellers and those who want more bang for their buck, will find in depth budget information for all seven Central American countries and every aspect of travel. From accommodation and restaurants to special events, festivals and adrenalin-pumping outdoor activities, this guide is packed with the best budget information. This guide is packed with the best budget information for night-life, shopping, markets and entertainment, as well as "Treat Yourself" boxes that highlight great places and things worth splashing out on. There is a full introduction with highlights for every country. You'll also find useful words and phrases in every language and detailed maps for hundreds of locations. Make the most of your time with The Rough Guide to Central America on a Budget. **The Rough Guide to Turkey** [Rough Guides UK](#) This fully revised and thoroughly updated sixth edition of the Rough Guide to Turkey is your ultimate handbook to this fascinating country. A full section introduces Turkey's highlights, from the markets of Istanbul to the rock churches of Cappadocia. There are informed accounts of the country's wide-ranging sights and incisive reviews of the best places to eat, sleep and drink in every price range. Throughout the guide there is practical advice on everything from bazaar shopping to chartering a yacht. The authors also provide expert background on Turkish history, literature, music and film and the guide comes complete with easy-to-

read maps for every region. *The Rough Guide to Turkey is your ultimate handbook to this fascinating country.* **The Rough Guide to Sydney** [Rough Guides](#) *The Rough Guide to Sydney is the ultimate handbook to this vibrant city. Features include: - Full-colour section introducing Sydney's highlights. - Lively coverage of every attraction, from catching a wave at Bondi Beach or scaling the Harbour Bridge to watching a film under the stars. - Critical reviews of restaurants and accommodation for every price range, plus the lowdown on the best places to drink, dance, swim and shop. - Detailed accounts of city escapes including wine tasting in the Hunter Valley, bushwalking in the Blue Mountains and cruising on the Hawkesbury River. - Maps and plans covering the city and day-trips.* **The Rough Guide to the Philippines** [Rough Guides UK](#) *The Rough Guide to the Philippines is the ultimate companion for exploring this stunning Southeast Asian archipelago. Discover the Philippines highlights in full-colour with information on everything from the sun-kissed islands of the Visayas to the lagoons of Palawan and the tribal villages of the northern Cordilleras. This revised 3rd edition includes detailed listings and essential information on where to stay -regardless of budget-, where to eat the best Filipino food, where to see the most exuberant festivals and the best places to drink, dance, surf, trek kayak and sail. You'll find updated in-depth coverage of major destinations and new details on emerging destinations in Mindanao. The Rough Guide to the Philippines offers an informative background on Filipino history, culture, society, music and politics, and comes with new maps and plans for every area, to make sure you don't miss the unmissable. Originally published in print in 2011. Make the most of your holiday with The Rough Guide to the Philippines. Now available in Kindle format.* **BARBADOS Travel Guide Historical Cultural Sights, TOP 15 Beaches, Extreme Activity, Shopping, Eat & Drink, Hotels, Map (100 Travel Tips)** [Independently Published](#) *Barbados Travel Guide This book was written by the author who traveled to Barbados and by the local experts. This book is not a tourist guide in the usual sense - it is a set of useful information for independent travel. This information will help you to save your money and time during the Barbados trip (and even before it starts)! The book contains information about the main sights of Barbados: opening hours, ticket prices and locations, tourist routes and transport tips. The book contains the most popular Secrets and Advice from the Locals Experts: Historical and Cultural SIGHTs TOP 15 Beaches EXTREME Activity FESTIVALS! CAR Rental Where to STAY and SHOPPING The Most Delicious Things to EAT & DRINK SAFETY tips BUDGET TRAVEL TIPS 3 Reasons to Buy This Book Simple Guide to Independent Travel Best Sights information Budget Tips Start Barbados Travel Today!* **The Rough Guide to Southeast Asia On A Budget** [Penguin](#) *The Rough Guide to Southeast Asia on a Budget is the ultimate guide to exploring this fascinating region on a shoestring, with coverage of all the top sights, the clearest mapping of any guide and handy hints on how to save money. Discover all of the most popular Southeast Asian destinations, alongside lesser-known places, with information on getting off the beaten track - whether you want to hike through the rainforest, visit remote hill tribes or just find a quiet stretch of white sand. The Rough Guide to Southeast Asia on a Budget has detailed practical information that will help you make the most of your time and money, whether taking a slow boat down the Mekong or catching the 'Jungle Railway' through Malaysia's interior. And you'll discover the things to see and do in each country, plus*

all the best hostels and budget hotels, bars, cafés and cheap restaurants. This guide is the budget-conscious traveller's must have item for Southeast Asian trips. Make the most of your time on earth with *The Rough Guide to Southeast Asia on a Budget*. **The South Beach Diet Good Fats, Good Carbs Guide The Complete and Easy Reference for All Your Favorite Foods** [Rodale](#) A quick-reference guide to food selections for those following the South Beach diet plan, with tips on handling difficult eating situations. **The Rough Guide to Sri Lanka** [Penguin](#) *The Rough Guide to Sri Lanka* is the most comprehensive and user-friendly guide to exploring this fascinating island country. Each chapter includes thoroughly researched travel information, hotel and restaurant listings, and thoughtful background on the environment, politics, culture, music and history, and a practical language guide ensures you can interact with locals. The full-color design combines glorious images to whet your appetite with a practical layout and dozens of accessible and accurate maps to guide you from the urban centers to the jungle, beaches and mountains. Make the most of your time with *The Rough Guide to Sri Lanka*. **The Rough Guide to Florida** [Rough Guides](#) Discover this exquisite region of the United States with the most incisive and entertaining guidebook on the market. Whether you plan to soak up the sun on Miami Beach, track down alligators in the Everglades or dive amid vibrant coral reefs in the Florida Keys, *The Rough Guide to Florida* will show you the ideal places to sleep, eat, drink, shop and visit along the way. **The Rough Guide to Bali & Lombok (Travel Guide eBook)** [Apa Publications \(UK\) Limited](#) Practical travel guide to Bali & Lombok featuring points-of-interest structured lists of all sights and off-the-beaten-track treasures, with detailed colour-coded maps, practical details about what to see and to do in Bali & Lombok, how to get there and around, pre-departure information, as well as top time-saving tips, like a visual list of things not to miss in Bali & Lombok, expert author picks and itineraries to help you plan your trip. *The Rough Guide to Bali & Lombok* covers: South Bali, Ubud and central Bali, east Bali, north Bali and the central volcanoes, west Bali, Lombok and the Gili Islands. Inside this travel guide you'll find: **RECOMMENDATIONS FOR EVERY TYPE OF TRAVELLER** Experiences selected for every kind of trip to Bali & Lombok, from off-the-beaten-track adventures in Bali Barat National Park to family activities in child-friendly places, like The Amed Coast or chilled-out breaks in popular tourist areas, like Gunung Batur. **PRACTICAL TRAVEL TIPS** Essential pre-departure information including Bali & Lombok entry requirements, getting around, health information, travelling with children, sports and outdoor activities, food and drink, festivals, culture and etiquette, shopping, tips for travellers with disabilities and more. **TIME-SAVING ITINERARIES** Carefully planned routes covering the best of Bali & Lombok give a taste of the richness and diversity of the destination, and have been created for different time frames or types of trip. **DETAILED REGIONAL COVERAGE** Clear structure within each sightseeing chapter includes regional highlights, brief history, detailed sights and places ordered geographically, recommended restaurants, hotels, bars, clubs and major shops or entertainment options. **INSIGHTS INTO GETTING AROUND LIKE A LOCAL** Tips on how to beat the crowds, save time and money and find the best local spots for diving and snorkelling or climbing volcanoes. **HIGHLIGHTS OF THINGS NOT TO MISS** *Rough Guides'* rundown of Danau Bratan, Denpasar, Semarapura, Lovina's best sights and top experiences helps to make the most of each

trip to Bali & Lombok, even in a short time. **HONEST AND INDEPENDENT REVIEWS** Written by Rough Guides' expert authors with a trademark blend of humour, honesty and expertise, to help to find the best places in Bali & Lombok, matching different needs. **BACKGROUND INFORMATION** Comprehensive 'Contexts' chapter features fascinating insights into Bali & Lombok, with coverage of history, religion, ethnic groups, environment, wildlife and books, plus a handy language section and glossary. **FABULOUS FULL COLOUR PHOTOGRAPHY** Features inspirational colour photography, including the stunning Pura Tanah Lot and the spectacular Pura Ulun Danu Batur. **COLOUR-CODED MAPPING** Practical full-colour maps, with clearly numbered, colour-coded keys for quick orientation in Kuta, The Gili Islands and many more locations in Bali & Lombok, reduce need to go online. **USER-FRIENDLY LAYOUT** With helpful icons, and organised by neighbourhood to help you pick the best spots to spend your time. **The South Beach Diet Dining Guide** **Your Reference Guide to Restaurants Across America** Rodale Books Americans spend \$440 billion eating out at restaurants each year, and as the American culture is increasingly on the go, we let diets fall by the wayside as we fuel up on fast food and convenience foods. Now, with *The South Beach Diet Dining Guide*, Dr. Arthur Agatston will give dieters a trusted resource to keep them on track wherever they go. The first part of the book features listings of over 75 of the most popular chain and family restaurants in America, including mall and airport listings. For each entry, the book provides an editorial overview and specific menu recommendations and nutritional information. *The South Beach Diet Dining Guide* focuses on what you can eat, not what you should avoid! The second part of the book covers suggestions on what to eat from different ethnic food categories, such as French, Italian, Mexican, Spanish, Indian, and Japanese. A bonus section for travelers includes an editorial overview and menu suggestions from South Beach-friendly restaurants in 15 of the most well-traveled cities: New York; Los Angeles; San Francisco; Boston; Chicago; Atlanta; Dallas; Cleveland; New Orleans; Kansas City; Minneapolis; Miami; Washington, DC; St. Louis; and Las Vegas. **Foghorn Outdoors: Florida Beaches The Only Guide to the Best Places to Eat, Stay, Swim and Play on Every Beach in the Sunshine State** *Foghorn* guidebooks are essential companions for campers, hikers, boaters, anglers, bikers, and golfers who are always looking for new ways to enjoy the outdoors. Each authoritative volume is an excursion guide packed with the latest information on a variety of adventures. -- The authors are local recreation experts with a thorough knowledge of each location and activity -- Site descriptions and ratings, and details on facilities and fees -- Easy-to-read maps and driving directions -- Online references for easy planning and booking -- Covers every publicly accessible beach -- Features witty, opinionated narrative on subjects such as beach life, top spots for key lime pie, and where to observe manatees -- Lists a range of overnight options **The Rough Guide to England** Rough Guides UK *The Rough Guide to England* is the definitive guide to this fascinating country with clear maps and detailed coverage of all the best attractions in England. Discover England's highlights with stunning photography and information on everything from how best to explore England's beautiful countryside to the country's rich collection of castles, cathedrals and prehistoric remains, with plenty of offbeat attractions along the way. Find detailed practical advice on what to see and do in England, relying on up-to-date reviews of the

best hotels and restaurants, the most authentic pubs and clubs, and the most exciting activities and experiences. Accurate maps and comprehensive practical information help you to explore every corner of this superb country, whilst stunning photography makes *The Rough Guide to England* your ultimate travelling companion. Make the most of your trip with *The Rough Guide to England*. **The Rough Guide to Thailand's Beaches and Islands** [Rough Guides UK](#) With over three thousand kilometres of tropical coastline, Thailand boasts an abundance of perfect white-sand beaches. *The Rough Guide to Thailand's Beaches and Islands* is the ultimate travel guide to Thailand's greatest natural attractions, and will help you uncover the very best that's on offer - whether you want to party under a full moon or find your own desert-island idyll. Rough Guides' knowledgeable authors have carried out extensive research to provide you with insider reviews of the very best places to stay, eat and drink - no matter what your budget - with expert information on venturing beyond the beaches and getting around Thailand. Boasting full coverage of Bangkok and an indispensable guide to underwater Thailand, *The Rough Guide to Thailand's Beaches and Islands* will help you get the most out of your visit to this fascinating country. **The Rough Guide to Thailand's Beaches and Islands (Travel Guide eBook)** [Apa Publications \(UK\) Limited](#) Discover Thailand's tropical coastline with the most incisive and entertaining guidebook on the market. Whether you plan to snorkel the Similan islands, feast on fresh seafood in Krabi, island-hop from Phuket to Ko Tarutao, or discover the untamed beauty of Ko Kood, *The Rough Guide to Thailand's Beaches & Islands* will show you the ideal places to sleep, eat, drink, shop and visit along the way. Independent, trusted reviews written with Rough Guides' trademark blend of humour, honesty and insight, to help you get the most out of your visit, with options to suit every budget. Full-colour maps throughout - navigate Bangkok's sprawling streets or Phetchaburi's temple-filled town without needing to get online. Stunning images - a rich collection of inspiring colour photography. Things not to miss - Rough Guides' rundown of the best sights and experiences along Thailand's coastline and on its many islands. Itineraries - carefully planned routes to help you organize your trip. Detailed regional coverage - whether off the beaten track or in more mainstream tourist destinations, this travel guide has in-depth practical advice for every step of the way. Areas covered include : Bangkok; Ko Kood; Phetchaburi; Ko Samui; Ko Pha Ngan; Ko Tao; Ko Similan; Ko Phi Phi; Krabi's Railay peninsula; Phuket; Ko Lanta; Ko Jum; Ko Yao Noi; Ko Chang; Ko Tarutao. Attractions include : Wat Pho, Ang Thong National Marine Park, AoPhang Nga National Park, The Grand Palace, Ko Tarutao National Marine Park, Chatuchak Weekend Market, Khao Sok National Park, Emerald Cave. Basics - essential pre-departure practical information including getting there, local transport, accommodation, food and drink, the media, festivals, outdoor activities, culture and etiquette, and more. Background information - a Contexts chapter devoted to history, religion, recommended books, language and glossary. Make the Most of Your Time on Earth with *The Rough Guide to Thailand's Beaches & Islands* About Rough Guides: Escape the everyday with Rough Guides. We are a leading travel publisher known for our "tell it like it is" attitude, up-to-date content and great writing. Since 1982, we've published books covering more than 120 destinations around the globe, with an ever-growing series of ebooks, a range of beautiful, inspirational reference titles, and an award-winning website. We pride ourselves on our

accurate, honest and informed travel guides. **The Rough Guide to Thailand's Beaches and Islands** Rough Guides A guide to the islands and beaches of Thailand, from the popular resorts of Phuket, Samai and Pattaya, to the tranquil coves on Ko Tarutao, Ko Lanta and Ko Chang. The guide includes detailed recommendations of the best beaches for both families and partying, as well as expert advice on diving, snorkelling, kayaking and other water sports. **2022 Miami & South Beach - The Restaurant Enthusiast's Discriminating Guide** Gramercy Park Press Andrew Delaplaine is the ultimate Restaurant Enthusiast. With decades in the food writing business, he has been everywhere and eaten (almost) everything. "Unlike the 'honest' reviews on sites like Yelp, this writer knows what he's talking about. He's a professional, with decades in the business, not a well-intentioned but clueless amateur." = Holly Titler, Los Angeles "This concise guidebook was exactly what I needed to make the most of my limited time in town." = Tanner Davis, Milwaukee This is another of his books with spot-on reviews of the most exciting restaurants in town. Some will merit only a line or two, just to bring them to your attention. Others deserve a half page or more. "The fact that he doesn't accept free meals in exchange for a good review makes all the difference in his sometimes brutally accurate reviews." = Jerry Adams, El Paso "Exciting" does not necessarily mean expensive. The area's top spots get the recognition they so richly deserve (and that they so loudly demand), but there are plenty of "sensible alternatives" for those looking for good food handsomely prepared by cooks and chefs who really care what they "plate up" in the kitchen. For those with a touch of Guy Fieri, Delaplaine ferrets out the best food for those on a budget. That dingy looking dive bar around the corner may serve up one of the juiciest burgers in town, perfect to wash down with a locally brewed craft beer. Whatever your predilection or taste, cuisine of choice or your budget, you may rely on Andrew Delaplaine not to disappoint. Delaplaine dines anonymously at the Publisher's expense. No restaurant listed in this series has paid a penny or given so much as a free meal to be included. Bon Appétit! **Reader and Guide for New Americans Book One[-two]** **The Rough Guide to Egypt** Rough Guides UK The Rough Guide to Egypt is your essential travel guide to this ancient land. Fully revised and updated, the guide provides unparalleled coverage of everything from Egypt's tombs, temples and pyramids to diving in the Red Sea, desert safaris and cruising the Nile in style. With accurate maps, plans, colour spreads and beautiful colour photography throughout; you'll find informed practical advice on what to see and do in Egypt, plus honest reviews of the best hotels, bars, clubs, shops and restaurants for all budgets. Adventurous, informative and opinionated, The Rough Guide to Egypt puts the facts at your fingertips, introducing you to the country's best reefs and beaches, the latest discoveries from antiquity, the remotest oases, nightlife only locals know and much, much more. Make the most of your time with The Rough Guide to Egypt