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**KEY=SCHELLE - GIOVANNA ANDREWS**

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## Gewichtsverlust: Weight Watchers, Gewichtsabnahmendiätbuch (Weight Loss Rezepte Auf Deutsch)

*Babelcube Inc. Gewichtsverlust: Weight Watchers, Gewichtsabnahmendiätbuch von Bill Thawne Köstliche Gewichtsverlust Rezepte In diesem buch finden Sie benutzerfreundliche Rezepte für leckere und gesunde Frühstück, Mittagessen und Abendessen Aperitifen, Beilagen, Salate und Desserts. Die Rezepte sind hauptsächlich aus kohlenhydratarm, gesunde Fette, magere proteinreich und ballaststoffreich Zutaten gemacht die euren Körper nähren und länger satt machen. Ein schnell, leicht und nachhaltig Weg um abzunehmen und die Pfunde fern zu halten. Leute ringen häufig um Gewicht zu verlieren vor allem weil sie kein Plan haben. Dieses*

*Buch enthält Rezepte die nicht nur sich als erfolgreich herausstellen, sondern auch die der Stoffwechsel verbessern, Energy gewinnen und die Gesamtgesundheit verbessern! Es gibt kein Geheimnis, um alle Pfunde in einer Woche zu verlieren aber wenn Sie die Rezepte im Buch folgen und Bewegung zum Tagesablauf hinzufügen, werden Sie überrascht sein um die Pfunde schmelzen zu sehen! Wenn Sie bereit sind zu sehen die Pfunde schmelzen, dann klicken Sie auf die SOFORT-KAUF Option und beginnen Heute eure Gewichtsverlust Ziele zu erreichen!*

## Layered

# Baking, Building, and Styling Spectacular Cakes

*Abrams "Tessa elevates the art of layer cakes to new heights . . . [She] will have you whipping up drool-worthy, gourmet cakes at home." —Carrie Selman of The Cake Blog It's time to venture beyond vanilla and chocolate and take your baking skills up a notch. We're talking layers—two, three, four, or more! Create sky-high, bakery-quality treats at home with 150 innovative recipes from Tessa Huff, the founder of Style Sweet. They combine new and exciting flavors of cake, fillings, and frostings—everything from pink peppercorn cherry to bourbon butterscotch, and pumpkin vanilla chai to riesling rhubarb and raspberry chocolate stout. Including contemporary baking methods and industry tips and tricks, Layered covers every decorating technique you'll ever need with simple instructions and gorgeous step-by-step photos that speak to bakers of every skill level—and to anyone who wants to transform dessert into layer upon layer of edible art. "Tessa Huff is a cake whisperer. Every cake you will immediately want to bake . . . everyone will be gobsmacked by a multi-tiered, multi-component offering." —The Cookbook Junkies "Ms. Huff has created a beautiful book, loaded with equal measure classic technique and modern flavor sensibility. Anyone who considers themselves a baker will feel their pulse subtly accelerate simply by thumbing through these pages." —Leslie Bilderback, author of Mug Meals "Layered is a book that will have a permanent spot in my kitchen. From the stunning imagery to the decadent recipes, Tessa has created a must-have book for all bakers and cake lovers. She's an amazing stylist and her recipes are flawless!" —Courtney Whitmore, author of The Southern Entertainer's Cookbook*

# Weight Watchers In 20 Minutes

*John Wiley & Sons Even if your lifestyle is crazy-busy, a great meal is only a short time away with this tasty collection of the newest Weight Watchers recipes. You'll find recipes that you can make in a snap in the microwave, a chapter of favorites that go from kitchen to table in a mere 15 minutes, fast dinners that you can prepare with just 5 ingredients, and more, illustrated throughout with beautiful color photos. With the 250 fast, irresistible recipes you'll find here, it's easy to stay on target while enjoying all the dishes you love.*

## (UK Edition) Rebalance your metabolism in 21 days - the Original

*Schikowsky GbR This book is a comprehensive guide that will help you to undertake the 21 Day Metabolic Diet properly and successfully. To date, hundreds of thousands of People have done it with unprecedented success. The authors have made a conscious effort to keep their explanations simple and clear as to the method and Background behind it. They explain in an easily understandable way why so many people have had quick and lasting results without the dreaded "yo-yo" effect afterwards. Are high quality nutritional Supplements useful and how should they be used? How do metabolic activators work and why are they so important, especially with this diet? Why do you not get those unpleasant hunger pains? These are just three of the main - legitimate - questions answered in this book. They have also detailed how you can best nourish your Body. The expertise of the authors is based on a wealth of professional in-depth knowledge, years of experience, together with the observations of numerous participants over the course of the diet.*

## Signs of the future

# divination in East Asia and Europe

## Baby-Led Weaning

### The Essential Guide to Introducing Solid Foods—and Helping Your Baby to Grow Up a Happy and Confident Eater

*The Experiment The Natural, No-Fuss, No-Purée Method for Starting Your Baby on Solid Foods “[Baby-Led Weaning] makes life so much easier.” —The Times, London Baby-Led Weaning explodes the myth that babies need to be spoon-fed and shows why self-feeding from the start of the weaning process is the healthiest way for your child to develop. With baby-led weaning (BLW, for short), you can skip purées and make the transition to solid food by following your baby’s cues. At about six months, most babies are ready to join the family at the kitchen table and discover food for themselves. Baby-Led Weaning is the definitive guide to this crucial period in your child’s development, and shows you how to help your baby: Participate in family meals right from the start Experiment with food at his or her own pace Develop new abilities, including hand-eye coordination and chewing Learn to love a variety of foods and to enjoy mealtimes Baby-led weaning became a parenting phenomenon in the UK practically overnight, inspiring a fast-growing and now international online community of parents who practice baby-led weaning—with blogs and pictures to prove it! In Baby-Led Weaning, world-leading BLW authority Gill Rapley and early BLW practitioner and coauthor Tracey Murkett deliver everything you need to know about raising healthy, confident eaters.*

## Simplissime

# The Easiest French Cookbook in the World

*Hamlyn Learn to cook classic French cuisine the easy way with this French bestseller from professionally trained chef Jean-Francois Mallet. Taking cooking back to basics, Simplissime is bursting with easy-to-follow and quick recipes for delicious French food. Each of the 160 recipes in this book is made up of only 2-6 ingredients, and can be made in a short amount of time. Recipe steps are precise and simple, accompanied by clear photographs of each ingredient and finished dish. Cooking has never been so easy!*

# WeightWatchers New Complete Cookbook

## Over 500 Delicious Recipes for the Healthy Cook's Kitchen

*Houghton Mifflin Harcourt The newest and fully revised edition of one of America's bestselling cookbooks for people who love to eat while embracing a healthier lifestyle. WeightWatchers knows the secrets for pairing good nutrition with great taste. From hearty breakfasts to flavorful dinners, you'll discover new recipes that rely on lean meats, whole grains, and fresh produce. Try new favorites like Cremini Mushrooms with Quinoa and Thyme or Swiss Chard au Gratin, or family standbys like Buttermilk-Blueberry Corn Muffins and Sicilian Sausage-Stuffed Pizza. Reflecting the current trends in food, this edition boasts new chapters on appetizers and beverages, featuring a no-cook cocktail party; small plates for creating tapas for light meals; recipes for the grill; 20-minute main dishes, including advice on shopping and streamlining; plus numerous tips and techniques. With more than 60 color photos, this book will make everyone healthier and happier.*

# The Music of What Happens

*Scholastic Inc. From the award-winning author of Openly Straight, a story about two teens falling in love over a summer that throws everything possible to keep them apart.*

## Vegan Keto

*Victory Belt Publishing Liz MacDowell flawlessly delivers the best of two nutritional worlds in her new book, Vegan Keto. Her unique approach harnesses the health and weight loss benefits of the ketogenic diet and unites it with the vegan lifestyle. Liz dispels the myth that veganism contradicts the keto diet and offers a template to achieve optimal health and weight loss by eating a ratio of healthy fats and plant-based proteins. MacDowell offers more than 60 recipes that are all free of meat, eggs, and dairy and are keto compliant. MacDowell's revolutionary new approach emphasizes a nutrient-dense nutrition plan sourced from whole, natural foods that are rooted in healthy fats with plant-based proteins that are lower in carbohydrates. She has created a sustainable model that will enable those living a vegan lifestyle to achieve optimal health, lose weight, and eliminate cravings for inflammatory foods. Vegan Keto is complete with full-color photos, four easy-to-follow weekly meal plans, shopping lists, and tips and tricks for getting started and staying on track. Above all, Liz brings a wealth of expertise and invaluable advice derived from real-world experience in her role as a nutrition counselor. Recipes Include: Coconut Flour Waffles Lemon Poppy Seed Muffins Spinach & Olive Mini Quiche Cups Green Keto Balance Bowl Mediterranean Zucchini Salad Kelp Noodle Pad Thai Buffalo Jackfruit Tacos Lupini Hummus No-Bake Falafel Chocolate Almond Butter Cupcakes Snickerdoodles Whether your eating plan of choice is vegan/vegetarian, keto-tarian, or keto or you are just someone who loves good food and having a bit of fun in the kitchen, this book has something for you!*

## The New Atkins for a New You

## The Ultimate Diet for Shedding Weight and Feeling Great

*Simon and Schuster The all-new international bestseller! Think you know the Atkins Diet? Think again. This completely updated, easier-than-ever version of the scientifically-proven Atkins diet has helped millions of people around the world lose weight—and maintain that weight loss for life. The New Atkins is... Powerful: Learn how to eat the wholesome foods that will turn your body into an amazing fat-burning machine. Easy: The updated and simplified program was created with you and your goals in mind. Healthy: Atkins is about eating delicious and healthy food—a variety of protein, leafy greens, and other vegetables, nuts, fruits, and whole grains. Flexible: Perfect for busy lifestyles: you can stick with Atkins at work, at home, on vacation, when you're eating out—wherever you are. Backed by Science: More than 50 studies support the low-carb science behind Atkins. But Atkins is more than just a diet. This*

*healthy lifestyle focuses on maintenance from Day 1, ensuring that you'll not only take the weight off—you'll keep it off for good. Featuring inspiring success stories, all-new recipes, and 24 weeks' worth of meal plans, The New Atkins for a New You offers the proven low-carb plan that has worked for millions, now totally updated and even easier than ever.*

## Vegan: The Cookbook

*Phaidon Press The definitive and most comprehensive cookbook of traditional and authentic home cooking vegan dishes from 150 countries around the world."—Vegan Magazine With nearly 500 vegetable-driven recipes, Vegan: The Cookbook, inspired by cuisines around the world, brings vegan home cooking to new levels of deliciousness. Featuring dishes from countries ranging from Albania to Zambia, it showcases the culinary diversity of vegan cuisine, highlighting regional fruits and vegetables, traditional cooking techniques, and universally delectable flavours. Home cooks will discover sweet and savoury starters, soups, salads, mains, and desserts for all to enjoy, accompanied by straightforward instructions and gorgeous colour photography.*

## Weight Watchers All-Time Favorites

## Over 200 Best-Ever Recipes from the Weight Watchers Test Kitchens

*Wiley Showcasing its most popular dishes, the weight-loss gurus present more than two hundred delicious and healthy recipes for both classic comfort foods and zesty international specialties, along with complete nutritional information for each recipe, including listings for trans fats, and highlighting those recipes from Weight Watchers' CORE program.*

## Diabetes for Dummies

*John Wiley & Sons Bestseller! Features new information on metabolic syndrome Take control of your diabetes and live well Don't just survive - thrive! That's the message of this state-of-the-art guide to diabetes management, now updated to include the latest advances in therapy for diabetes and its complications. From causes, symptoms, and side effects to treatments and diet, this book*

*delivers sound advice on staying fit and feeling great. Understand and manage diabetes Choose a diet plan that suits you Prevent long-term complications Care for someone who has diabetes Manage high blood pressure, cholesterol, and kidney problems ". . . diabetic patients . . . should arm themselves with sugar cubes, glucose tablets, boiled sweets . . . but also with a copy of Diabetes For Dummies . . ." —Dr Thomas Stuttaford, The Times ". . . combines clarity with depth and detail . . ." —Yoga and Health magazine*

## Chris Powell's Choose More, Lose More for Life

*Hachette Books Transform Your Body, Transform Your Life! Each season, millions of viewers tune in to see Chris Powell lead extraordinary transformations on ABC's breakout hit reality-transformation show, Extreme Weight Loss. Now, building on the basic weight-loss philosophy introduced in his bestselling book Choose to Lose, Chris has created a transformation plan anyone can follow--one that recognizes that no weight-loss journey is the same, and that more options mean longer-lasting results. At the center of Chris Powell's Choose More, Lose More for Life is Chris's carb-cycling plan, which kicks your metabolism into full gear by alternating between low- and high-carb days. Never carb-cycled before? No problem. Powell provides all the information you need to get started and see immediate results. Been carb-cycling but need to shake things up? This book provides four different cycles--Easy, Classic, Turbo, and Fit--to help you find a plan that fits you. Chris also understands that weight loss plateaus when we get bored. So in this book, he focuses on choices--including more than twenty new workouts called Nine-Minute Missions--that pack maximum results into minimal time. He also offers more delicious and easy recipes to keep you eating well, more tracking logs to keep you motivated, and more success stories to inspire you as you write your own--one that lasts for the rest of your life! "If you want results--if you want to lose that weight and transform your life~you need to stop thinking about it and get going! You hold in your hand the map to an incredible path to success, and I'll be right beside you 100 percent, cheering you all the way to your finish line. You're choosing to make a healthy change, and I'm choosing you. It's going to be a wonderful journey for both of us!" - Shape Your Body in Just Nine Minutes Each Day - Find a Carb Cycle That's Made for You - Build in Cheat Days to Enjoy Foods You Love - Eat Carbs to Lose Weight - Transform Your Body, One Success at a Time*

## Vegan for Fit



# Atilla Hildemann's 30-day Challenge : Vegetarian and Cholesterol Free for a New, Healthy Body

*Becker Josest Volk Verlag You won't find another diet that is as rich in vital substances as Vegan for Fit. Attila Hildemann, an aspiring physicist and nutrition specialist, has created a plan based on modern scientific findings which all agree that a balanced, plant-based diet is the best way to effectively protect yourself against heart attacks, cancer, strokes, and other diet-related diseases. With "Vegan for Fit", everyone has the possibility to achieve a total reset of their body and spirit in 30 days and to profit from the unique advantages that this type of diet offers.*

## The Circadian Code

# Lose Weight, Supercharge Your Energy, and Transform Your Health from Morning to Midnight

*Rodale Books When we eat may be as important as what we eat. Like most people, you probably wake up, get hungry for meals and doze off in bed around the same time every day. If you've ever experienced jet lag or pulled an all-nighter, you know that this schedule can easily be thrown off kilter. But for some people, that imbalance--difficulty sleeping at night, hunger at odd times, or sudden fatigue at noon--is a constant. If you're one of those people, Dr. Satchin Panda, one of the leading researchers on circadian rhythms, has a plan to reset your body clock. Beginning with an in-depth explanation of the circadian clock--why it's important, how it works, and how to know it isn't working--The Circadian Code outlines lifestyle changes to make to get back on track. It's a concrete plan to enhance weight loss, improve sleep, optimize exercise, and manage technology so that it doesn't interfere with your body's natural rhythm. Dr. Panda's life changing methods show you how to prevent and reverse ailments like diabetes, cancer, and dementia, as well as microbiome conditions like acid reflux, heartburn, and irritable bowel disease.*

# Ottolenghi Flavor

## A Cookbook

*Ten Speed Press NEW YORK TIMES BESTSELLER • The author of Plenty teams up with Ottolenghi Test Kitchen's Ixta Belfrage to reveal how flavor is created and amplified through 100+ super-delicious, plant-based recipes. IACP AWARD FINALIST • NAMED ONE OF THE BEST COOKBOOKS OF THE YEAR BY The New York Times Book Review • NPR • The Washington Post • The Guardian • The Atlanta Journal-Constitution • National Geographic • Town & Country • Epicurious "Bold, innovative recipes . . . make this book truly thrilling."—The New York Times Level up your vegetables. In this groundbreaking cookbook, Yotam Ottolenghi and Ixta Belfrage offer a next-level approach to vegetables that breaks down the fundamentals of cooking into three key elements: process, pairing, and produce. For process, Yotam and Ixta show how easy techniques such as charring and infusing can change the way you think about cooking. Discover how to unlock new depths of flavor by pairing vegetables with sweetness, fat, acidity, or chile heat, and learn to identify the produce that has the innate ability to make dishes shine. With main courses, sides, desserts, and a whole pantry of "flavor bombs" (homemade condiments), there's something for any meal, any night of the week, including surefire hits such as Stuffed Eggplant in Curry and Coconut Dal, Spicy Mushroom Lasagne, and Romano Pepper Schnitzels. Chock-full of low-effort, high-impact dishes that pack a punch and standout meals for the relaxed cook, Ottolenghi Flavor is a revolutionary approach to vegetable cooking.*

## Gennaro's Pasta Perfecto!

### The essential collection of fresh and dried pasta dishes

*Pavilion "There's nothing Gennaro doesn't know about pasta. He's an absolute legend!" Jamie Oliver One of the most popular of all Italian dishes, bestselling author and much-loved personality Gennaro reveals all of his tips and tricks for making the best of the most versatile of dishes. Split into chapters for Dried, Fresh, Filled, Baked pasta and Sauces, Gennaro's Pasta Perfecto! includes recipes for lasagne four ways, pasta salads, classic minestrone soup, homemade ravioli and perfect pesto, these are dishes that can be quickly whipped up for the whole family to enjoy. An inexpensive staple that can be easily transformed into a luxurious meal, the possibilities of pasta are endless – perfect for busy families and for easy entertaining. Join Gennaro on an exciting Italian adventure, and discover*

*both new and traditional recipes that will quickly become household favourites.*

## 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*

## Tasty Latest and Greatest

## Everything You Want to Cook Right Now (An Official Tasty Cookbook)

*Clarkson Potter Tasty, BuzzFeed's popular cooking brand, delivers both comforting and healthy weeknight dinners for meat-lovers, vegetarians, and vegans alike, plus treats like ice cream, chocolate desserts, and rainbow recipes galore. You've been mesmerized by their top down recipe videos, but there's still something about having a tangible album of edible deliciousness at your fingertips. Enter: Tasty Latest & Greatest. This cookbook is just that: 80+ winning recipes, anointed by fans like you, that have risen to the top of the heap, powered by likes and comments and shares and smiles and full bellies. They represent how you're cooking today. Whether it's a trend-driven dish like a pastel glitter-bombed unicorn cake or a classic like lasagna, every recipe has staying power. Now you can deliver on the promise of a great dish whenever the urge strikes. Get ready—your cooking is about to go viral.*

## Jerusalem (EL)

*Appetite by Random House A collection of 120 recipes exploring the flavors of Jerusalem from the New York Times bestselling author of Plenty, one of the most lauded cookbooks of 2011. In Jerusalem, Yotam Ottolenghi and Sami Tamimi explore the vibrant cuisine of their home city—with its diverse Muslim, Jewish, and Christian communities. Both men were born in Jerusalem in the same*

year—Tamimi on the Arab east side and Ottolenghi in the Jewish west. This stunning cookbook offers 120 recipes from their unique cross-cultural perspective, from inventive vegetable dishes to sweet, rich desserts. With five bustling restaurants in London and two stellar cookbooks, Ottolenghi is one of the most respected chefs in the world; in Jerusalem, he and Tamimi have collaborated to produce their most personal cookbook yet.

## The Dukan Diet Cookbook

## The Essential Companion to the Dukan Diet

*Random House Canada* The long-awaited companion cookbook to the phenomenal bestseller *The Dukan Diet*. This is the book that hundreds of thousands of North American readers of *The Dukan Diet* have been clamouring for. Already a smash hit internationally, *The Dukan Diet Cookbook* is a must-have for making the most of the 4-step Dukan plan. With over 350 simple, easy-to-follow recipes for the 2 most important phases of the diet--Attack and Cruise--and 16 pages of beautiful colour photographs, *The Dukan Diet Cookbook* empowers readers to achieve their weight-loss goals while still enjoying delicious food.

## Veggie Fast Food

*Grub Street Cookery* Are you under the impression that vegetarians can't have fast food? On the contrary! This exciting new cookbook offers more than 80 quick and easy veggie recipes - from Manchego quesadillas and TexMex burgers to tomato-cinnamon fries and No Tuna Sandwich. This is the book of vegetarian food for those in a hurry, and the handy 'vegan traffic light' indicators - red for vegetarian; yellow for vegan adaptation and green for vegan make it easy to find vegan options just as quickly. The authors Clarissa and Florian Sehn, discovered their love of vegetarian and vegan cuisine together. Soon, however, they ran out of creative ideas - they needed a new recipe book. So they decided to develop recipes themselves and this is the result. Their first cookbook is dedicated to vegetarian fast food, which they consider has always received short shrift - until now.

## Regional Italian Cuisine

# Typical Recipes and Culinary Impressions from All Regions

*Barrons Educational Series Incorporated Presents over two hundred authentic recipes from every region in Italy*

## Spiralize Now

# 80 Delicious, Healthy Recipes for Your Spiralizer

*Hamlyn The must-have gadget for 2015, in minutes the spiralizer creates spaghetti, ribbons and spirals from your favourite vegetables. From courgetti (courgette spaghetti) to cunoodles (cucumber noodles), it is now easier than ever to create healthy twists to your favourite meals. Perfect for the health-conscious, these vegetables can become the star of your dish, replacing heavier ingredients such as pasta and rice, so that you can enjoy your meal while eating less calories and cutting back on refined carbohydrates. With recipes ranging from Thai beef salad and Crispy spiralized potato fries to Courgette and lemon drizzle cake and Apple tarte tatin, SPIRALIZE NOW will open your eyes to the true versatility of the spiralizer.*

## Green Box

# Tim Malzer's Green Cuisine

*One of Europe's top chefs brings his popular and easy to prepare recipes to America, featuring delicious vegetarian dishes for all tastes. Cooking with fresh vegetables has never been more fun. With this new cookbook, Tim Malzer shows the surprising wealth of vegetarian cuisine. His book Green Box features simple and tasty recipes that will inspire every cook. Vegetables and spices are the*

stars here--basic ingredients which make up Tim Malzer's fresh cuisine. The book includes a wide variety of vegetarian cooking; a practical seasonal calendar and detailed commentary on ingredients; American scale units for all recipes; and hundreds of full-color illustrations.

## Happy Food

### How eating well can lift your mood and bring you joy

*Bloomsbury Publishing 'Writing this book has changed our lives. And it could soon change yours too. Although both Niklas and I have devoted a great deal of our adult lives to food and how it affects us, the work we've done on HAPPY FOOD has forced us to re-evaluate everything that we have learned.' - Henrik Ennart* The conversation around gut health and the food we eat has been ongoing for a while, but in this book Niklas Ekstedt and Henrik Ennart go one step further to look at how the food we eat affects our brains and mental health, too. You won't find a more interesting and hands-on book about this subject that delves deep enough into the science without being dry. The unbeatable combination of Ekstedt's recipes and kitchen know-how with Ennart's research and flowing narrative, along with beautiful pictures and impeccable Nordic cooking, makes this book a must-have. HAPPY FOOD takes Hygge into your kitchen allowing everyone the chance to live and eat like the Scandinavians. With its practical and inspiring advice, HAPPY FOOD will be your companion in everyday life, both in and out of the kitchen. Ennart and Ekstedt elegantly navigate between the "Early Bird" health-shot and the anti-inflammatory burger all the way to super-beetroot juice. It's all about good food, and how the right meal can change your life.

## BEST BRITISH SHORT STORIES 2020

## World Food Cafe

# Global Vegetarian Cooking

*Soma Books Based on ten years of world travel and experiences in the authors' restaurant, a collection of international vegetarian dishes cites each dish's regional origins and offers suggestions on variations and combinations. Reprint.*

## One Pot Keto

*Publications International, Limited*

## The Beauty Mix

# Nourishing Skincare Recipes You Can Make Easily Using Your Thermomix

*Beauty Dispensary With this book and your Thermomix, you can create quality skincare products from scratch. Nourish and pamper your skin with effective skincare items made in minutes with natural, healthful ingredients. In no time, you will be making your own skincare products that will rival any of the big brands and at a fraction of the cost.*

## The Boy Who Granted Dreams

*BASTEI LÜBBE New York, 1909: Fifteen-year-old Cetta arrives on a freighter with nothing but her infant son Natale: strikingly blond, dark-eyed, and precocious. They've fled the furthest reaches of southern Italy with the dream of a better life in America. But even in the "Land of the Free," the merciless laws of gangs rule the miserable, poverty-stricken, and crime-filled Lower East Side. Only those with enough strength and conviction survive. As young Natale grows up in the Roaring Twenties, he takes a page from his crippled mother's book and finds he possesses a certain charisma that enables him to charm the dangerous people around him ... Weaving Natale's unusual life and quest for his one true love against the gritty backdrop of New York's underbelly, Di Fulvio proves yet again that he is a master storyteller as he constructs enticing characters ravaged by circumstance, driven by dreams, and awakened by*

*destiny. Haunting and luminous, this masterfully written blend of romance, crime, and historical fiction will thrill lovers of turn-of-the-century dramas like "Once Upon a Time in America" and "Gangs of New York." About the Author: Luca Di Fulvio as born in 1957 in Rome where he now works as an independent author. His versatile talent allows him to write riveting adult thrillers and cheerful children's stories (published under a pseudonym) with equal ease. One of his previous thrillers, "L'Impagliatore," was filmed in Italian under the title "Occhi di cristallo." Di Fulvio studied dramaturgy in Rome where he was mentored by Andrea Camilleri.*

## Deliciously Ella with Friends

## Healthy Recipes to Love, Share and Enjoy Together

*Hachette UK The much-anticipated newest cookbook from Deliciously Ella, the inspirational bestselling food writer who has taken the cookery world by storm. In the follow-up to her amazing chart-topper Deliciously Ella Every Day, Ella makes it easy to prepare delicious food for you, your friends and family, whatever the occasion. No more wondering whether certain dishes go together, Ella makes life simple with her menus - whether you are planning a laid-back brunch, a last-minute lunch or a fancy supper, she has it covered with hearty and filling recipes that celebrate her natural eating philosophy. With ideas and inspiration for every foodie occasion, including cosy nights in for one, easy kitchen suppers, flavoursome feasts, birthday parties, picnics and mocktails and cocktails, this is the go-to book for anyone who wants to make simpler, healthier food choices - that they can enjoy with friends and family.*

## Bigger Leaner Stronger

## The Simple Science of Building the Ultimate Male Body

*Oculus Publishers If you want to be muscular, lean, and strong as quickly as possible without steroids, good genetics, or wasting ridiculous amounts of time in the gym and money on supplements...then you want to read this book. Here's the deal: Getting into awesome shape isn't nearly as complicated as the fitness industry wants you to believe. You don't need to spend hundreds of dollars per month on the worthless supplements that steroid freaks shill in advertisements. You don't need to constantly change up your exercise routines to "confuse" your muscles. I'm pretty sure muscles lack cognitive abilities, but this approach is a good way to just*



*confuse you instead. You don't need to burn through buckets of protein powder every month, stuffing down enough protein each day to feed a third world village. You don't need to toil away in the gym for a couple of hours per day, doing tons of sets, supersets, drop sets, giant sets, etc. (As a matter of fact, this is a great way to stunt gains and get nowhere.) You don't need to grind out hours and hours of boring cardio to shed ugly belly fat and love handles and get a shredded six-pack. (How many flabby treadmillers have you come across over the years?) You don't need to completely abstain from "cheat" foods while getting down to single-digit body fat percentages. If you plan cheat meals correctly, you can actually speed your metabolism up and accelerate fat loss. In this book you're going to learn something most guys will never know: The exact formula of exercise and eating that makes putting on 10 to 15 pounds of quality lean mass a breeze...and it only takes 8-12 weeks. This book reveals secrets like... The 6 biggest myths and mistakes of building muscle that stunt 99% of guys' muscle gains. (These BS lies are pushed by all the big magazines and even by many trainers.) How to get a lean, cut physique that you love (and that girls drool over) by spending no more than 5 percent of your time each day. The 4 laws of muscle growth that, when applied, turn your body into an anabolic, muscle-building machine. You'll be shocked at how easy it really is to get big once you know what you're doing... How to develop a lightning-fast metabolism that burns up fat quickly and leaves you feeling full of energy all day long. The carefully-selected exercises that deliver MAXIMUM results for your efforts, helping you build a big, full chest, a wide, tapered back, and bulging biceps. A no-BS guide to supplements that will save you hundreds if not THOUSANDS of dollars each year that you would've wasted on products that are nothing more than bunk science and marketing hype. How to get shredded while still indulging in the "cheat" foods that you love every week like pasta, pizza, and ice cream. And a whole lot more! The bottom line is you CAN achieve that "Hollywood hunk" body without having your life revolve around it--no long hours in the gym, no starving yourself, no grueling cardio that turns your stomach. Imagine, just 12 weeks from now, being constantly complimented on how you look and asked what the heck you're doing to make such startling gains. Imagine enjoying the added benefits of high energy levels, no aches and pains, better spirits, and knowing that you're getting healthier every day. SPECIAL BONUS FOR READERS! With this book you'll also get a free 75-page bonus report from the author called "The Year One Challenge." In this bonus report, you'll learn exactly how to train, eat, and supplement to make maximum gains in your first year of training. By applying what you learn in the book and in this report, you can make more progress in one year than most guys make in three, four, or even five (seriously!). Scroll up, click the "Buy" button now, and begin your journey to a bigger, leaner, and stronger you!*

## The Adventure of the Blue Carbuncle

*Andrews UK Limited Sherlock Holmes, the world's "only unofficial consulting detective", was first introduced to readers in A Study in Scarlet published by Sir Arthur Conan Doyle in 1887. It was with the publication of The Adventures of Sherlock Holmes, however, that*

*the master sleuth grew tremendously in popularity, later to become one of the most beloved literary characters of all time. In this book series, the short stories comprising The Adventures of Sherlock Holmes have been amusingly illustrated using only Lego® brand minifigures and bricks. The illustrations recreate, through custom designed Lego models, the composition of the black and white drawings by Sidney Paget that accompanied the original publication of these adventures appearing in The Strand Magazine from July 1891 to June 1892. Paget's iconic illustrations are largely responsible for the popular image of Sherlock Holmes, including his deerstalker cap and Inverness cape, details never mentioned in the writings of Conan Doyle. This uniquely illustrated collection, which features some of the most famous and enjoyable cases investigated by Sherlock Holmes and his devoted friend and biographer Dr. John H. Watson, including A Sandal in Bohemia and The Red-Headed League, is sure to delight Lego enthusiasts, as well as fans of the Great Detective, both old and new. In this story Sherlock Holmes and Dr. Watson investigate the curious discovery of a blue carbuncle in the crop of a Christmas goose abandoned by a man during a scuffle with some street ruffians. Holmes makes a series of deductions concerning the owner of a tattered old hat recovered along with the goose and thus sets out on the trail of the audacious thief who stole the precious stone five days previously.*

## New York Christmas

### Recipes and stories

*Allen & Unwin A magical culinary getaway: New York Christmas: Recipes and Stories takes you on a getaway to the magical New York of the pre-Christmas period when coloured lights decorate the buildings, Jingle Bells rings out everywhere and culinary delicacies tempt you to indulge. Who doesn't dream of strolling down a snowy 5th Avenue, ice-skating around the imposing Christmas tree outside the Rockefeller Center and to cap it off, enjoying a delicious slice of pumpkin pie in an inviting cafe? Live the dream of a White Christmas in New York: Authors Lisa Nieschlag, Lars Wentrup and photographer Julia Cawley have created a cookbook of recipes and Christmas stories from the Big Apple that takes readers on a winter trip to New York. Christmas recipes and stories: Included among the fifty mouth watering recipes in New York Christmas are Blueberry Brownies, Maple Glazed Ham and an unforgettable cheesecake. Also included in the book are three beautiful Christmas-themed stories, so you can read yourself into the spirit of Christmas. Each of the three stories has, in its own way, become part of popular Christmas folklore in the United States: - Paul Auster's Auggie Wren's Christmas Story - The Gift of the Magi by O. Henry - And, Virginia O'Hanlon's Is There a Santa Claus? If you are a fan of Nigella Lawson's Nigella Christmas, Donna Hay's Simple Essentials Christmas, or Jamie Oliver's Christmas Cookbook; you will want to*

*own New York Christmas: Recipes and Stories.*

## The Mayo Clinic Diet Diabetes Diet Journal

### A handy companion journal

*Good Books Losing weight with The Mayo Clinic Diabetes Diet just got a little bit easier with help from this outstanding journal. Full of weight-loss tips, this journal is the perfect place to track what you've eaten, how you've exercised, your weight loss, and your daily blood sugar (glucose) reading. The Mayo Clinic Diabetes Diet Journal is the essential companion to The Mayo Clinic Diabetes Diet. The Mayo Clinic Diabetes Diet Journal includes: The Lose It! quick-start section that helps you keep track as you add 5 habits, break 5 habits, and adopt 5 bonus habits. The Live It! section of the Journal makes losing weight easier as you use this section to follow the Mayo Clinic Healthy Weight Pyramid, record your activity each day, and keep track of your goals. The Journal also includes forms to create a weekly shopping list, menus, and places for notes to yourself. Each section includes space for you record your daily blood sugar (glucose) reading, as well as to record your weight loss. Losing weight with The Mayo Clinic Diabetes Diet just got a little bit easier with help from The Mayo Clinic Diabetes Diet Journal.*

## Keto Cycling

## How to Optimize the Ketogenic Diet and Avoid Common Mistakes

*Piccadilly Books, Ltd. Keto cycling is the most powerful, most effective, and most efficient tool for overcoming chronic disease and restoring health. Keto cycling is a method of going in and out of ketosis—a metabolic state in which the body runs on fat. It is absolutely the easiest and most efficient method of losing excess body fat and achieving your optimal weight. Low-fat, calorie-restricted diets are gruelingly difficult because you feel continually hungry and deprived; the keto approach is comparatively easy. The food is delicious and your hunger is depressed, so you can eat to your satisfaction and still lose the weight without the pain. All of*

*the common health markers that doctors measure when evaluating a patient's health, such as blood pressure, blood sugar, triglycerides, HDL, and systemic inflammation, are improved when a person goes keto. It is like hitting the reset button on your computer—all of the garbage is deleted and you are returned to the original properly working starting position before the errors began to creep in. Health problems are wiped away and you get a fresh start. Hormones are rebalanced, proper digestion is restored, energy levels improve, and blood chemistry improves; you sleep better, think better, and function better. It is literally an anti-aging diet. All of these results have been documented in published medical and nutritional studies. Unfortunately, information about how to do the ketogenic diet is awash in myths, misinformation, and misconceptions that are perpetuated on the internet, in books, and in the news media. Many people are confused, and consequently, do not follow the diet properly, leading to unsatisfactory results. This book exposes common errors that can sabotage the ketogenic diet and reveals how you can greatly enhance the health-promoting effects of the diet through keto cycling.*

## Disciple IV

*DISCIPLE IV UNDER THE TREE OF LIFE is the final study in the four-phase DISCIPLE program and is prepared for those who have completed BECOMING DISCIPLES THROUGH BIBLE STUDY. The study concentrates on the Writings (Old Testament books not in the Torah or the Prophets), the Gospel of John, and Revelation. Emphasis on the Psalms as Israel's hymnbook and prayer book leads natural to an emphasis on worship in the study. Present through the entire study is the sense of living toward completion - toward the climax of the message and the promise, extravagantly pictured in Revelation. The image of the tree and the color gold emphasize the prod and promise in the Scriptures for DISCIPLE IV: UNDER THE TREE OF LIFE. The word under in the title is meant to convey invitation, welcome, sheltering, security, and rest - home at last. Commitment and Time Involved 32 week study Three and one-half to four hours of independent study each week (40 minutes daily for leaders and 30 minutes daily for group members) in preparation for weekly group meetings. Attendance at weekly 2.5 hour meetings. DVD Set Four of the five videos in this set contain video segments of approximately ten minutes each that serve as the starting point for discussion in weekly study sessions. The fifth video is the unique component that guides an interactive worship experience of the book of Revelation. Under the Tree of Life Scriptures lend themselves to videos with spoken word, art, dance, music, and drama. Set decorations differs from segment to segment depending on the related Scripture and its time period. Set decoration for video segments related to the Writings generally has a Persian theme. Set decoration for the New Testament video segments emphasizes the simpler life of New Testament times.*