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A Smart Girl's Guide:
Cooking: How To
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Offers advice on a variety of topics relating to starting middle school, including

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setting up a morning routine,
equipping a locker, and
tackling extra homework.

Original.

Contains quizzes, tips, and
advice on confusing social
situations.

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Girls have the power to make a difference, whether that's in their own lives, their community, or even the world! But it can be confusing to know where to start. From protecting our

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planet to helping animals to saying hello to someone who seems lonely, this book offers young readers lots of ideas -- big and small -- on how to spark change. The quizzes, tips, and inspiration

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from other girls will help her identify her talents, skills, and the causes she cares about most. Then she can find ways to take action and become a change-maker!
Delicious Southern Cooking

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Get your copy of the best
and most unique Southern
recipes from BookSumo
Press! Come take a journey
with us into the delights of
easy cooking. The point of
this cookbook and all our

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cookbooks is to exemplify the effortless nature of cooking simply. In this book we focus on Southern cooking. The Southern Cookbook is a complete set of simple but very unique

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Southern recipes. You will find that even though the recipes are simple, the tastes are quite amazing. So will you join us in an adventure of simple cooking? Here is a Preview of

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the Southern Recipes You
Will Learn: South Carolina
Pie Annie's Grits Handmade
Carolina Hot Sauce Hot
Dinner Bread Peanut Butter
Bacon Sandwich Banana
Mayo Sandwich Sweet

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Onions and Okra Black Bean
Shoe Peg Salad Fresh
Blueberry Iced Tea Chicken
Tenders Tennessee Style
Creole Meatloaf Lemon
Tenderloins Authentic Texas
Chili San Antonio Jambalaya

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Maggie's Easy Sheet Cake
Southern Beef and Bean
Salad Red White and Blue
Patty Tex Mex Shrimp Dallas
Style Salsa Panhandle Rice
Sunshine Steaks Floridian
Lime Pie Panhandle Fruit

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Bread Tallahassee Muffins
Summertime Soup Florida
Keys Penne Miami Style
Cookies Florida Sunset Salad
Much, much more! Again
remember these recipes are
unique so be ready to try

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some new things. Also remember that the style of cooking used in this cookbook is effortless. So even though the recipes will be unique and great tasting, creating them will take

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minimal effort! Related
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Recipes from the Vegan Soul
That Won't Make You Go
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Taking a Simple Ingredient
and Turning It Into
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How to Use Your Body and
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a Happy Hostess, and Have
Fun at Any Kind of Party
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The Care and Keeping of
Kids

*"Good for you! You've taken
the first step in a lifelong
journey to learn what you*

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*can do to help end racism.
Maybe you've seen someone
treated unfairly just because
of the color of their skin.
Maybe you were treated
unfairly because of the color
of yours. Maybe you've seen*

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protests in the news and wondered what they're really all about. Whatever reason you picked up this book, you're here because you want to make a difference and change things for the

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*better, and that's awesome!
There's a lot to learn about
race and racism. But don't
be overwhelmed-we'll take it
step by step. First learn the
language and concepts of
race and racism. Then we*

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can start to think about what changes we can make in ourselves, in our communities, and in the world that can help stop racism. There are lots of ideas in this book for

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*thinking bigger and learning
new skills as we work to end
racism all around us.*

*Imagine a world where
everyone is treated fairly
and no one is hurt or looked
down on because of the*

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color of their skin. Think about all the good that will come when everyone feels valued, respected, and cared for-no matter who they are. That's a world that's worth fighting for, so let's go!"--

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Giving new meaning to the term "fast food" Rest-stop grade F meat patty? Nah. Nuggets of reconstituted poultry bits? Pass. Deep-fried fish discus? No, really, thanks all the same. It's time

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to bid farewell to the roadside meal as you know it. Nearly twenty years ago, Chris Maynard and Bill Scheller opened the world's eyes to the beautym of car-engine gastronomy in the

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*original Manifold Destiny.
And now that another
generation of both drivers
and eaters has emerged, the
cult classic is due for an
overhaul. In this shiny,
spanking-new edition, learn*

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*how to make s'mores in your
Scion, poach fish in your
Pontiac, even bust out a
gourmet snack from under
the hood of your Escalade.
With step-by-step diagrams,
crowd-pleasing recipes, and*

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*thorough instructions, now
you can turn your car into a
kitchen without ever
crossing any golden arches.
Hilarious, bizarre, and
ultimately (seriously!) useful,
Manifold Destiny is and*

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always will be an unparalleled original. So, slap a ham steak under the hood of your car, hit the gas, and drive until you reach delicious -- which is in approximately fifty miles,

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depending on traffic.

Travel is all about adventure.

*It's about trying new things
and meeting new people.*

*This book shows you how to
be a confident and happy
traveler, whether you are*

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going to your grandma's house just a few hours away or you're making a trek across the world. Filled with fun quizzes, smart safety tips, and cool trivia, this book will help you get ready

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memorable recipes in this
easy-to-fill recipe journal.
Keep all your favorite recipes*

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*in this stylish blank cookbook
organizer which include: A
recipe index to easily find
your recipe page and each
recipe's category such as
appetizers, breakfast, lunch,
main entrees, soups, and*

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condiments, desserts, and
drinks. 120 recipe pages to
write your favorite with an
easy to use format that
include lots of space to jot
down the ingredients, the*

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*directions, the serving size,
the preparation time, the
cooking time and the oven
temperature. You can even
rate your recipe to know how
good it was. Space to write
down where you got the*

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*recipe from and space to jot
down some notes at the end
of each recipe. You'll also
find at the end of the journal
an appendix with
measurement equivalents,
practical ingredient*

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*substitution suggestions, and
more. Measures 8 inches
wide by 10 inches high. This
blank recipe journal is ideal
to conceive and share your
best family recipes and
makes a wonderful gift for*

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*friends and family for any
occasion. Start your own
custom cookbook today!
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Blank Recipe Book

The Get 'Em Girls' Guide to

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the Power of Cuisine
Standing Up to Racism and
Building a Better World
A Quiz Book for a Smart
Girl's Guide: Friendship
Troubles
Women's Places

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You

*Simplicity, Originality, and
Creatively Are Synonyms of
This BBQ Cookbook. a
Fantastic Barbecue Bible.*

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*Dealing with Fights, Being
Left Out & the Whole
Popularity Thing*

**A variety of print, audio and visual
media, including comics, trade
publications, music and newspapers,
are considered to explore the**

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**portrayal of gender and gender-
related issues. With a focus on girls
and women, the chapters ponder
how media formats both shape, and
are shaped by, the social order.
Offers practical advice for
babysitters, covering such basic**

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**topics as feeding, crying, keeping
children amused, first aid, bedtime,
and more.**

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strategies for earning money, saving**

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**funds and making smart shopping
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of online safety.**

Kitchen Chemistry

Sports & Fitness

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A City Girl's Guide to the Kitchen

The Hip Girl's Guide to the Kitchen

A Smart Girl's Guide to Staying

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Home Alone

A James Beard Award-winning writer captures life under the Red socialist banner in this wildly inventive, tragicomic memoir of feasts, famines, and three generations Born in 1963, in an

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era of bread shortages, Anya grew up in a communal Moscow apartment where eighteen families shared one kitchen. She sang odes to Lenin, black-marketeered Juicy Fruit gum at school, watched her father brew moonshine, and, like

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most Soviet citizens, longed for a taste of the mythical West. It was a life by turns absurd, naively joyous, and melancholy—and ultimately intolerable to her anti-Soviet mother, Larisa. When Anya was ten, she and Larisa fled the political

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repression of Brezhnev-era Russia, arriving in Philadelphia with no winter coats and no right of return. Now Anya occupies two parallel food universes: one where she writes about four-star restaurants, the other where a taste of humble

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kolbasa transports her back to her scarlet-blazed socialist past. To bring that past to life, Anya and her mother decide to eat and cook their way through every decade of the Soviet experience. Through these meals, and through the tales

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of three generations of her family, Anya tells the intimate yet epic story of life in the USSR. Wildly inventive and slyly witty, *Mastering the Art of Soviet Cooking* is that rare book that stirs our souls and our senses.

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"Many people struggle with loving their bodies, but it's especially difficult for girls as they grow up. Girls face a lot of pressure to look a certain way, and the pursuit of a "perfect" body can lead to low self-esteem, feeling ashamed,

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depression, or even eating disorders. This book will help you understand how internal and external factors such as puberty, media images, social media, and peer pressure contribute to how you sees yourself, and it will give

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you ways to combat the negative feelings and behaviors that come along with negative body image. This book will also help you understand and value all body types, and learn how to be less judgmental and more

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compassionate toward every
body"--

We dream of barbecue throughout
cold winter days the whole year.
Finally spring is here and the first
sunshine brings such a pleasure.
The terrace is ready; we can finally

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bring out the barbecue from the garage! Charcoal or electric barbecue and the tongs in hand, you are ready to face the flames to cook some delicious barbecue with a unique recipe! There is nothing nicer than to enjoy the sun and

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breathe in the scents of grilled meats. It is both a moment of pleasure and indulgence; you will find that I have selected for you the best recipes of grilled meat, fish, fruit, and vegetables - all colorful and amazing. Easy and simple this

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cookbook is for everyone. It doesn't miss some delicious alternatives for vegetarians and doesn't let us forget kids as well. With this recipes success is guaranteed! So put some barbecue on the menu, you have all the summer which

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invites you and your family to the table. Open the door, turn on the grill, and treat yourself by turning some of our fantastic barbecue recipes into the reality.

To help girls decide whether to participate in a team sport or

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engage in a solo activity, this guide provides exercises to make their bodies stronger and last longer, confidence-building tips and brainpower drills, team and spirit-building activities, and tons of ideas from other girls. Illustrations.

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belongings, your schedule, and
your responsibilities#8212at
home and at school. Major help*

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with de-cluttering, starting small with a girl's backpack and locker, and then moving on to "5 zones" of her room: study, entertainment, clothing, get-ready, and sleep. Focus on emotional well-being#8212less frustration, less

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*stress, more calm and confident,
better relationships, better
performance, increased happiness
with life#8212when not late or
losing or forgetting things.
Includes "One Small Step"
sidebars throughout, to help a girl*

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*get started with each area of
organization and not feel
overwhelmed.*

*In this book, you will find easy,
healthful, tantalizing recipes for
every occasion that will hit the
spot AND impress. Intertwined*

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with funny anecdotes and real stories, A City Girl's Guide to the Kitchen offers not only step-by-step culinary lessons, tips, and wine pairings, but a recipe for young women making it on their own through all of life's trials and

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tribulations. Complete with an easy to understand wine guide as well as an index of cooking tips and pantry essentials, A City Girl's Guide to the Kitchen turns even the most complex cooking into an everyday affair.

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to exemplify the effortless nature of cooking simply. In this book we focus on cooking with Olives. The Easy Olive Cookbook is a complete set of simple but very unique olive recipes. You will find that even though the recipes are

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*simple, the tastes are quite
amazing. So will you join us in an
adventure of simple cooking?
Here is a Preview of the olive
Recipes You Will Learn:
Mediterranean Olive Hummus
Italian Mousse Easy Fried Olives*

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Manhattan Party Appetizer

4-Ingredient Pot Roast Dump

Dinner Sophia's Dream

6-Ingredient Olives Green Olive

Lemon Chicken Breasts Potluck

Appetizer Greek Veggie Pizza

Vegetarian Orzo Pesto Indian All-

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*Ingredient Crepes How to Make
Deviled Eggs Sun Dried*

Mediterranean Ziti Kalamata

Fettuccini A Moroccan Dinner

Stuffed Olives African Green Stew

Much, much more! Again

remember these recipes are

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unique so be ready to try some new things. Also remember that the style of cooking used in this cookbook is effortless. So even though the recipes will be unique and great tasting, creating them will take minimal effort! Related

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recipes, Olives book, Olives,
mediterranean cookbook,
vegetable recipes, vegetable
cookbook*

*Provides everything you need to
know about going to parties, and*

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*throwing them. You'll find fun
ideas for party games, ways to
beat boredom at formal parties,
and easy-to-make-gifts you can
create yourself.*

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Inspired by Maria's
Mediterranean heritage,
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simple, easy, fast, and
delicious recipes for
the busy EveryGirl who

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wants to eat well every
day of the week.

In Life, Get 'Em Girls
Always Go After What
They Want... You know a
Get 'Em Girl when you
see one. She's got it

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together: great job,
nice friends, and plenty
of style. But when it
comes to love, not all
Get 'Em Girls have it
figured out. While some
may think it's a cliché,

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maybe the way to a
lover's heart is still
through his stomach. But
who has time to be
chained to a stove? Just
like having an extra job
skill can help you get

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hired, someone willing
to invest a little time
and energy into a
relationship definitely
stands out in a crowded
dating field. The Get
'Em Girls' Guide to the

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and delicious recipes
that reflect the
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upbringings and will

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complement every stage
of a growing
relationship: "Grown 'n'
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sharing The first
"Morning After"
Breakfast The "Bring Him

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Back" Chicken Soup when
he's sick "Meet the
Parents" Carrot Cake and
much more! Whether
planning an intimate
dinner for two or a down-
home feast reminiscent

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of Mama's Sunday dinner,
The Get 'Em Girls' Guide
to the Power of Cuisine
is filled with helpful
tips, from stocking the
pantry, to selecting
wine, and even dating

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lover can be more
meaningful (and cheaper)
than dining out. But
this is about more than
just the food: it's
about women investing in

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themselves and in their
relationships. For all
the women who aren't
afraid to go after what
they want, The Get 'Em
Girls' Guide to the
Power of Cuisine is a

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must-have in their
kitchens!

This book is packed with
everything girls need to
know about being a
perfect party host and
gracious guest. From

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slumber parties to
holiday parties to just-
for-fun parties, she'll
get step-by-step
instructions for unique
invitations and
decorations, clever

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games, fun DIY projects,
and delicious recipes
for more than ten party
themes!

Do you dream of being an
artist, chef, or
scientist? Did you know

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that in the kitchen, you
can be all three at
once? The kitchen is a
place where art meets
science. Most food
science uses chemistry
-- so once you

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understand a little
chemistry, you'll be a
better cook! This book
features more than 30
delicious recipes; a
fill-in-the-blank
logbook to rate and

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review the recipes; and
stories about chefs,
inventors, and more.

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A Smart Girl's Guide:
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How to Feel Less

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Stressed and Have More
Fun

Healthy Recipes From
Nose to Tail

*Eggs are a great source
of protein and
incredibly versatile.*

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*You can boil the, fry
them, scramble them—the
list goes on and on. It
can be tough to be
creative with eggs, but
there really are so many
different ways to make*

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*them. When it's coming
to the end of the week
and you still have a
bunch of eggs left over
from a grocery store
trip, look in this book
and we guarantee you'll*

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*be able to put them to
good use.*

*Sometimes when we worry
about something, it
feels like we're the
only ones - and that
makes us even more*

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*worried! But really,
everyone worries about
something from time to
time. Sometimes the
worries are about big
things, like an argument
with a friend, taking an*

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*important test, or
having to perform in
front of a crowd; and
sometimes the worry is
about smaller things
like having a bad hair
day or saying something*

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*embarrassing. But
regardless of what the
worry is about, it never
feels fun to worry! This
book will help you put a
stop to worrying as soon
as it starts. Take*

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*interesting quizzes to
discover more about
yourself and the things
that concern you, and
get great tips and
tricks for creating a
sense of calm. Plus,*

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*read some really helpful
advice from girls just
like you who found a way
to relax their worries.
The whole book is packed
with techniques for
handling worry, creating*

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*confidence, and
inspiring you to be the
girl you're meant to be.
Growing up is hard for
everyone. For girls
today, in a world of
24-hour connectivity, it*

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can be harder than ever.

A Girl's Guide to

*Kicking Goals is about
growing confidence in
yourself even while your
body changes. It's a
guide to smashing your*

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*goals and, when you
don't, bouncing back and
trying again. Learn to
be kind to yourself;
stop comparing and
judging others. Feel OK
with the skin you're in*

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and shake off the bullies. Get stress- and time-management hacks to keep you calm in a super-busy world. Plus killer workouts and delicious healthy recipes for a

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*girl on the go. Steph
Claire Smith and Laura
Henshaw are two models
turned young
entrepreneurs. They are
extremely passionate
about healthy living,*

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*body confidence in young
women, and making social
media a positive space.*

*A requisite countertop
companion for all home
chefs, Keys to Good
Cooking distils the*

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*modern scientific
understanding of cooking
and translates it into
immediately useful
information. The book
provides simple
statements of fact and*

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*advice, along with brief
explanations that help
cooks understand why,
and apply that
understanding to other
situations. Not a
cookbook, Keys to Good*

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*Cooking is, simply put,
a book about how to cook
well. A work of
astounding scholarship
and originality, this is
a concise and
authoritative guide*

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Yourself (Smart Girl's Guides)**

*designed to help home
cooks navigate the ever-
expanding universe of
recipes and ingredients
and appliances, and
arrive at the promised
land of a satisfying*

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dish.

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A Food Science Cookbook

First Death

Manifold Destiny

A Smart Girl's Guide:

Making a Difference

The One! The Only! Guide

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*to Cooking on Your Car
Yourself (Smart Girl's Guides)
Engine!*

*What Every City Girl
Needs to Find Her Way
Through the Kitchen
Cobwebs and Life
An Olives Cookbook*

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Olive Recipes (2nd
Edition)*

*The Gentleman's Guide to
Cooking*

Cooking for teens, like finding the
perfect gift for teen boys and girls, is

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almost impossible. Teenagers like what they like, and they will only eat what they like. But instead of causing mealtime strife, now they can learn to cook those foods themselves. With over 75 delicious recipes for meals at all times of the day—breakfast, snacks,

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sides, dinners, and dessert, too! Teens Cook is a guide to everything teenagers (and tweens) need to learn about conquering the kitchen without accidentally setting the house on fire. Written by teens and for teens in easy-to-follow instructions, authors Megan

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and Jill Carle give young readers advice on how to maneuver their kitchen in a language they'll understand (and actually listen to). The Carle sisters pass on their knowledge of how to decipher culinary vocabulary, understand kitchen

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chemistry (why stuff goes right and wrong when cooking), adapt recipes to certain dietary restrictions (like vegetarianism), and avoid all sorts of possible kitchen disasters. Teens Cook is not only a fantastic teen gift—it's the perfect cookbook to inspire young

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adults to take interest in their diets, and empower them to try a new and tasty hobby.

What would you love. Love what you eat. No labels. No fuss. It's not about what you call yourself--it's about how you feel. Whether you're going vegan,

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vegetarian, fish-only, chicken-only, or all veggies except grandma's famous pigs-in-a-blanket, this book is your new best friend. Eating less meat can boost your energy, help you lose weight, and it's better for the environment. If you're looking to cut

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down on meat or cut it out completely, here you'll find awesome advice and the answers you need to make it work for you. Get the Scoop On: □Daily meal ideas and easy recipes even your non-veggie friends will want to try □How to convince your family this isn't just a

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fad or a phase □ Finding good food when you're away from home: veggie-friendly restaurants, colleges, and travel spots □ Getting enough iron, protein, and other vital nutrients to be healthy (because being vegetarian does NOT mean a diet of ice cream and

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pasta) ¶ Sneaky meaty things that can end up in food that seems perfectly safe for vegetarians

The author of The Hip Girl's Guide to Homemaking shows you how to love your kitchen and learn to make creative, delicious food without

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breaking your budget. You can become a confident cook—even if the drawer with the take-out menus is the only part of your kitchen you currently use! Kate Payne shows you how to master basic cooking techniques—boiling, baking, and sautéing—and simplifies the process

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of fancy ones, like jamming and preserving, dehydrating, braising, roasting, infusing, and pickling. With this straightforward and fun guide, you can stock up your kitchen with the ingredients, tools, and appliances you'll actually use. You'll also learn how to

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decode recipes and alter them to make them gluten-free, dairy-free, or vegan. The Hip Girl's Guide to the Kitchen includes advice and instructions on how to make both classic meals and foods that are typically bought, such as yogurt; ice cream; flavored salt; oil and

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vinegar infusions; kimchi; aioli; jam; granola; bread; and fruit leather—even liqueurs, iced teas, and vegetable juices. With fun line drawings, sidebars full of tips and tricks, and lists of resources, Kate Payne sets you up for success and shows you how to unlock

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your inner kitchen prowess.

Discover how to put Southern soul into
plant-based cooking! A Southern Girl's
Guide to Plant-Based Eating: Recipes
from The Vegan Soul That Won't
Make You Go Broke will help guide
your transition to plant based eating

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and vegan living through dozens of Southern infused recipes to satisfy your soul. You'll find cooking tips, the low down on food alternatives, a jumpstart week of meals for those new to plant-based eating, recipes for kitchen aces, tips for eating out, and much, much

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more. If you want to learn how to cook like grandma & nem vegan style, then Cametria's got your back!

Body Image : how to Love Yourself,
Live Life to the Fullest, and Celebrate
All Kinds of Bodies
Friends Till the End?

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The Barbecue Cook Book
Cooking Grassfed Beef

A Smart Girl's Guide to Parties

The Babysitter's Handbook

Everything You Need to Know about
Adventuring Near and Far

A Smart Girl's Guide, Travel

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This companion to A Smart Girl's Guide: Friendship Troubles uses quizzes to deepen your understanding of relationships and guide you in ways to nurture them. From America's leading authority on cooking sustainably raised meats comes this concise nose-to-tail guide

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for home cooks to prepare grassfed beef. Shannon Hayes has selected the best recipes from each of her three prior grassfed cookbooks, combined them with her signature easy instructions and explanations, and served up a simple, easy-to-use cookbook for the newcomer to the

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world of grassfed beef. This book offers a wide array of time-tested familyfriendly recipes, with chapters dedicated to pan-frying and oven roasting; braises, stews and soups; ground beef; grilling and barbecuing, as well as a complete section on using the bones and fat. Free Range Farm

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Girl Cooking Grassfed Beef offers clear information on making cut selections, candid explanations about navigating the world of farm-direct purchasing, and up-to-date information about ecologically friendly and humane livestock farming. As with all Hayes's cookbooks, the culinary concepts are

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easily learned, and the extensive section covering spice rubs, marinades and sauces will liberate home chefs who long to improvise and invent their own grassfed beef dishes. This little volume is the perfect introduction to Shannon Hayes's vast writings on the subject of

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sustainable meat.

The Smart Girl's Guide to Going

VegetarianHow to Look Great, Feel

Fabulous, and Be a Better

YouSourcebooks, Inc.

Offers girls help dealing with

backstabbing, bullying, betrayal and

other tough friendship problems

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through advice, quizzes, tips, and accounts of girls who have overcome their differences and strengthened their friendship.

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A Smart Girl's Guide to Friendship
Troubles

A Hit-the-Ground Running Approach
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Delicious, Nutritious, and Affordable
Meals

Easy Olive Cookbook

A Girl's Guide to Feeling Safe and

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Having Fun

Using Your Talents and Passions to

Change the World

My Favorite Recipes

Whether parents like it or not, romance is a part of girls' everyday lives. They see it in the media and hear about it from

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their friends and older family members. They may be having feelings they're not even sure how to define. It's all very exciting, but also very confusing for girls. This book helps answer all the questions popping up in her head: How can you tell if a person likes you? How do you tell

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someone you like them? What if you haven't had a crush yet? And, ugh, what about rejection? It includes tips and quizzes, plus age-appropriate and honest advice on navigating social situations and, most importantly, staying true to herself through any relationship.

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Explains what to expect when one is left home alone and how to respond when the unexpected happens, with activities to help learn about one's home, neighborhood, and capabilities.

Matt Johnson had a life he was happy enough with. Could he learn to be happy

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with his death as well? This zombie story is written from his point of view-- from normal, every-day security guard, to brain-eating, mindless zombie.

Simple, Delicious, Healthy... with a Few Splurges!: a Cookbook

How to Cook What You Want to Eat [A

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Cookbook]