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Passione Per I Dolci Può Ucciderci (Salute E
Benessere)

Killer Sugar: L'amara Verità Perché La Passione Per I Dolci Può Ucciderci (Salute E Benessere)

'What follows, then, is the story of Jherek Carnelian, who did not know the meaning of morality, and Mrs Amelia Underwood, who knew everything about it.' In a decaying far, far future, where everything and anything is possible, the citizens of the End of Time while away their days in an exuberance of wild parties, outlandish competitions

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and emotionless affairs. At the world's end, all love is timeless and all age-old disputes irrelevant. However Jherek Carnelian, a bemused denizen of the End of Time, is in danger of taking reality too seriously, and grows tired of his pleasures. So when love mysteriously blooms between Mrs Amelia Underwood, transported unwillingly from the nineteenth century, and Carnelian, only one question matters. Is his love true, or is it just another attempt to stave off the boredom that ultimate power and the End of Time bring? Contains An Alien Heat, The Hollow Lands and The End of All Songs

This book is unique as no other novel can claim to be: one

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of 109,027,350,432,000 possible variations of the same work of fiction. Inspired by the legend of Tristan and Isolde, *Tristano* was first published in 1966 in Italian. But only recently has digital technology made it possible to realise the author's original vision. The novel comprises ten chapters, and the fifteen pairs of paragraphs in each of these are shuffled anew for each published copy. No two versions are the same. The random variations between copies enact the variegations of the human heart, as exemplified by the lovers at the centre of the story. The copies of the English translation of *Tristano* are individually numbered, starting from 10,000 (running

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sequentially from the Italian and German editions).

Included is a foreword by Umberto Eco explaining how Balestrini's experiment with the physical medium of the novel demonstrates 'that originality and creativity are nothing more than the chance handling of a combination'.

Do you eat when you're not hungry? Or when you're angry and upset? Do you eat to control your feelings?

Allen Carr's Easyway is the most successful self-help stop-smoking method of all time. It has helped millions of smokers all over the world to quit, and has since been used to treat other addictions such as drinking and gambling. Allen Carr's Easyway method works by

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unravelling the brainwashing that leads us to desire the very thing that is harming us, meaning that we are freed from the addiction rather than merely restricting our behavior. The Easyway method has now been applied to the problem of emotional eating. With Allen Carr's Easyway method, you can eat as much of your favorite foods as you want, whenever you want, as often as you want, and be the exact weight you want to be, without dieting, special exercise, using willpower or feeling deprived. Do you find that difficult to believe? Read this book. What people say about Allen Carr's Easyway method: "The Allen Carr program was nothing short of a

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miracle." Anjelica Huston "His skill is in removing the psychological dependence." The Sunday Times "I know so many people who turned their lives around after reading Allen Carr's books." Sir Richard Branson This book is a complete reworking and update of Marga Cottino-Jones' popular A Student's Guide to Italian Film (1983, 1993) . This guide retains earlier editions' interest in renowned films and directors but is also attentive to the popular films which achieved box office success among the public.

The Buddha and His Teachings

Three Florentine Sacre Rappresentazioni

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The Sexual History of the World War

The Case for Keto

A Choice of Emblems

Those Who from Afar Look Like Flies

CONTENTS: Introduction The Release of Sexual
Restraints War Wives and Immorality Eroticism of
Nurses Sensuality in the Trenches Venereal Diseases
Women Soldiers and Female Battalions Homosexuality
and Transvestitism Regulation of Army Brothels
Prostitution Behind the Lines Lust in the Conquered
Areas Civilian Debauchery Back Home Genital Injuries,
War Eunuchs, Etc. Sex Life of War Prisoners Amatory

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Adventures of Female Spies Eroticism Behind Military
Drill Propaganda and Sex Lies The Bestialization of Man
Sadism, Rape, and Other Atrocities Post-War Revolution
and Sexuality Appendix-U.S. Starts Cleanup of Camp
Followers

"This is the first bilingual edition of a selection of plays
from the fifteenth-century tradition of Florentine sacre
rappresentazioni. These were plays produced by youth
confraternities that elaborated biblical texts or saints'
lives in ways that achieve a concentration of
psychological realism that is frequently
astonishing."--P. [4] of cover.

Here are 62 case histories proving beyond any doubt

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that Laetrile (Vitamin B17) works in the control of cancer. These are not anecdotal stories or cases of people who never had cancer in the first place. Each history is authenticated by a firm diagnosis and meticulous medical documentation. This book also recounts the personal battle of Dr. John Richardson who incurred the wrath of orthodox medicine when he and his patients elected to use vitamin therapy instead of surgery, drugs and radiation as the treatment of choice.

This volume is addressed to researchers in the field of phraseology, and to teachers, translators and lexicographers. It is a collection of essays offering a

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comprehensive, modern analysis of phrasemes, embracing a wide range of subjects and themes, from linguistic, both applied and theoretical, to cultural aspects. The contrastive approach underlying this variety of themes allows the divergences and analogies between phraseological units in two or more languages to be outlined. The languages compared here are both major and minor, European and non-European, and the text includes contrastive analyses of the most commonly investigated languages (French-German, English-Spanish, Russian-German), as well as some less frequently investigated languages (like Ukrainian, Romanian, Georgian and Thai), which are not as well-

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represented in phraseological description, despite their scientific interest.

Writing Italian American Immigrant Autobiographies
Best Practices for Credit-Bearing Information Literacy
Courses

Laetrile Case Histories

The Dancers at the End of Time

The Easy Way to Quit Caffeine

The Value of Worthless Lives

This work is a collection of previously unpublished papers in which contributing authors describe and recommend best practices for creating, developing and teaching credit-bearing information literacy (IL) courses at the college and university

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level. Contributors include academic librarians from universities, four-year colleges and community colleges to demonstrate successful IL course endeavors at their respective institutions. It includes several case studies of both classroom and online IL courses; some are elective and some required, some are discipline-specific and others are integrated into academic programs or departments. Contributors discuss useful and effective methods for developing, teaching, assessing and marketing courses. Also included are chapters on theoretical approaches to credit bearing IL courses and their history in higher education. Organized around three themes, create, develop and teach, this book provides practitioners and administrators with a start-to-finish guide to best practices for

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credit-bearing IL courses.

A revelatory expose of the bad science behind conventional weight loss advice, arguing for low-carb high-fat diets, from the bestselling author of *The Case Against Sugar*.

Open wide! Dentists care for people's teeth. Give readers the inside scoop on what it's like to be a dentist. Readers will learn what dentists do, the tools they use, and how people get this exciting job.

85 authentic recipes and 100 stunning photographs that capture the cultural and cooking traditions of the Italian South, from the mountains to the coast. In most cultures, exploring food means exploring history—and the Italian south has plenty of both to offer. The pasta-heavy, tomato-forward “Italian food”

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the world knows and loves does not actually represent the entire country; rather, these beloved and widespread culinary traditions hail from the regional cuisines of the south.

Acclaimed author and food journalist Katie Parla takes you on a tour through these vibrant destinations so you can sink your teeth into the secrets of their rustic, romantic dishes. Parla shares rich recipes, both original and reimagined, along with historical and cultural insights that encapsulate the miles of rugged beaches, sheep-dotted mountains, meditatively quiet towns, and, most important, culinary traditions unique to this precious piece of Italy. With just a bite of the Involtoni alla Piazzetta from farm-rich Campania, a taste of Giurgiulena from the sugar-happy kitchens of Calabria, a forkful of 'U Pan'

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Cuott' from mountainous Basilicata, a morsel of Focaccia from coastal Puglia, or a mouthful of Pizz e Foje from quaint Molise, you'll discover what makes the food of the Italian south unique. Praise for Food of the Italian South "Parla clearly crafted every recipe with reverence and restraint, balancing authenticity with accessibility for the modern home cook."—Fine Cooking "Parla's knowledge and voice shine in this outstanding meditation on the food of South Italy from the Molise, Campania, Puglia, Basilicata, and Calabria regions. . . . This excellent volume proves that no matter how well-trodden the Italian cookbook path is, an expert with genuine curiosity and a well-developed voice can still find new material."—Publishers Weekly (starred review) "There's

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There's Italian food, and then there's there's Italian food. Not just pizza, pasta, and prosciutto, but obscure recipes that have been passed down through generations and are only found in Italy... . . . and in this book.”—Woman's Day (Best Cookbooks Coming Out in 2019) “[With] Food of the Italian South, Parla wanted to branch out from Rome and celebrate the lower half of the country.”—Punch “Acclaimed culinary journalist Katie Parla takes cookbook readers and home cooks on a culinary journey.”—The Parkersburg News and Sentinel

The Richardson Cancer Clinic Experience

Informed Power

Global Indios

The Illustrated Virago Book of Women Travellers

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Sagas from the Far East

Dentists

This cultural history of Mussolini's dictatorship discusses the meanings of modernity in interwar Italy. The work argues that fascism appealed to many Italian intellectuals as a new mode of modernity that would resolve the European and national crises.

Most of us who live in the North and the West consume far too much – too much meat, too much fat, too much sugar, too much salt. We are more likely to put on too much weight than to go hungry. We live in a society that is heading for a crash. We are aware of what is happening and yet we refuse to take it fully into account. Above all we refuse to address the issue

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lies at the heart of our problems – namely, the fact that our societies are based on an economy whose only goal is growth for growth's sake. Serge Latouche argues that we need to rethink from the very foundations the idea that our societies should be based on growth. He offers a radical alternative society of 'de-growth'. De-growth is not the same thing as negative growth. We should be talking about 'a-growth', in the sense in which we speak of 'a-theism'. And we do indeed have to abandon a faith or religion – that of the economy, progress and development—and reject the irrational and quasi-idolatrous cult of growth for growth's sake. While many realize that that the never-ending pursuit of growth is incompatible with a finite planet, we have yet to come to t

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with the implications of this – the need to produce less and consume less. But if we do not change course, we are heading for an ecological and human disaster. There is still time to imagine, quite calmly, a system based upon a different logic and to plan for a 'de-growth society'.

There are many good books on Italian immigration to the United States, including success biographies, field research and historical investigations. What is lacking however is an account of the immigrant experience from a "grassroots" point of view. This book tells the stories of a normal people, the great majority of the immigrant population, through their own, sometimes almost illiterate, words. With this book I aim to contribute to this country's story of immigration with these

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first-hand accounts of those who lived it, first-generation immigrants. It was said once, by Giuseppe Prezzolini, that Italian immigration left tears and sweat but not "words." The material of this book proves such arrogance wrong. I tried to be as thorough as possible in my field research looking for such "words" on both sides of the Ocean. I consulted Italian and American archives, I looked for books out of print, and scavenged for unpublished ones in private houses and forgotten drawers. What I found fills a silence and gives a wider spectrum of the immigrant experience, from the min the tailor, from the janitor to the professor. The book will interest scholars of Italian immigration because it adds information from within the protagonists' self. Their tales r

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be average, their memory may be inaccurate but their drive toward a new life and their immigrant "philosophy," made of grinding teeth and hope, is all there in its most fresh features. The book will also interest scholars of the autobiographical genre because it adds a new facet to the autobiographical voice. There are only a few studies on the life writing of the lower class (which come from France and England, not the US). I have tried to formulate new concepts that describe the autobiographical "I" of these works, conc

The greatly anticipated final book in the New York Times bestselling Hunger Games trilogy by Suzanne Collins.

Or, Kalmouk and Mongolian Traditionary Tales

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può ucciderci

Sugar Addiction Upsets Your Whole Body Chemistry
The Indigenous Struggle for Justice in Sixteenth-Century
Spain

Tristano

An Exposition of Their Similarities of Thought and Expression

“Gender systems pervade and regulate human lives—in law courts and operating rooms, ballparks and poker clubs, hair-dressing salons and kitchens, classrooms and playgroups. . . . Exactly how gender works varies from culture to culture, and from historical period to historical period, but gender is very rarely not at work. Nor does gender operate in isolation. It is linked to other social

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structures and sources of identity.” So write women’s studies pioneer Catharine R. Stimpson and anthropologist Gilbert Herdt in their introduction to Critical Terms for the Study of Gender, laying out the wide-ranging nature of this interdisciplinary and rapidly changing field. The sixth in the series of “Critical Terms” books, this volume provides an indispensable introduction to the study of gender through an exploration of key terms that are a part of everyday discourse in this vital subject. Following Stimpson and Herdt’s careful account of the evolution of gender studies and its relation to women’s and sexuality studies, the twenty-one essays here cast an appropriately broad net, spanning the study of gender and sexuality across the humanities and social sciences. Written by a distinguished

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group of scholars, each essay presents students with a history of a given term—from bodies to utopia—and explains the conceptual baggage it carries and the kinds of critical work it can be made to do. The contributors offer incisive discussions of topics ranging from desire, identity, justice, and kinship to love, race, and religion that suggest new directions for the understanding of gender studies. The result is an essential reference addressed to students studying gender in very different disciplinary contexts. Women move through the world differently from men. The constraints and perils, the perceptions and complex emotions women journey with are different. For many women, the inner landscape is as important as the outer. This does not mean that the woman traveller is not

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politically aware, historically astute or in touch with the customs and language of the place, but it does mean that a woman cannot travel and not be aware of her body and the limitations her sex presents. This illustrated edition of The Virago Book of Women Travellers captures 300 years of wanderlust. Some of the women are observers of the world in which they wander and others are more active. Often they are storytellers, weaving tales about the people they encounter. Whether it is curiosity about the world or escape from personal tragedy, these women approached their journeys with wit, intelligence, compassion and empathy for the lives of others.

An electrifying, internationally bestselling investigation of the global cocaine trade now a series on Prime Video

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starring Andrea Riseborough, Dane DeHaan, and Gabriel Byrne, from the author of the #1 international bestseller Gomorrah “Zero zero zero” flour is the finest, whitest available. It is also the nickname among narcotraffickers for the purest cocaine on the market. And it is the title of Roberto Saviano’s unforgettable exploration of the inner workings of the global cocaine trade—its rules and armies, and the true depth of its reach into the world economy. Saviano’s Gomorrah, his explosive account of the Neapolitan mob, the Camorra, was a worldwide sensation. It struck such a nerve with the Camorra that Saviano has lived with twenty-four-hour police protection for more than eight years. During this time he has come to know law enforcement agencies and officials around the world. With

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their cooperation, Savaiano has broadened his perspective to take in the entire global “corporate” entity that is the drug trade and the complex money-laundering operations that allow it to function, often with the help of the world’s biggest banks. The result is a harrowing and groundbreaking synthesis of literary narrative and geopolitical analysis exploring one of the most powerful dark forces in our economy. Saviano tracks the shift in the cocaine trade’s axis of power, from Colombia to Mexico, and relates how the Latin American cartels and gangs have forged alliances with crime syndicates across the globe. He charts the increasing sophistication of these criminal entities as they diversify into other products and markets. He also reveals the astonishing increase in the severity of

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violence as they have fought to protect and extend their power. Saviano is a writer and journalist of rare courage and a thinker of impressive intellectual depth, able to see connections between far-flung phenomena and bind them into a single epic story. Most drug-war narratives feel safely removed from our own lives; Saviano offers no such comfort. Both heart-racing and eye-opening, ZeroZeroZero is an investigative story like none other. Praise for ZerZeroZero: “[Saviano] has developed a literary style that switches from vivid descriptions of human depravity to a philosophical consideration of the meaning of violence in the modern world. . . . Most important of all is the hope Saviano gives to countless victims of criminal violence by standing up to its perpetrators.” —Financial Times

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Over 80 per cent of adults in the UK use caffeine every day. But at what point, did they consciously decide to consume it daily and begin to feel uneasy if they didn't? Caffeine is a bitter addictive drug which acts as a natural insecticide. It attacks the central nervous system and makes people jittery. It fools you into thinking you are more alert. Quite simply, it's bad for you with no actual benefits. In The Easy Way to Quit Caffeine, Allen Carr addresses the difficulties coffee-drinkers - and fizzy drink consumers - face in trying to quit caffeine. By explaining why you feel the need for caffeine and with simple step-by-step instructions to set you free from your addiction, Carr shows you how to lead a happier, healthier, more chilled life.

ZeroZeroZero

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*Intolleranza, sensibilità e celiachia: prevenirle e risolverle
Set yourself free from binge-eating and comfort-eating
Roots of the Baadasssss 'Tude (Rated X by an All-Whyte
Jury)*

*The Ballad of Songbirds and Snakes (A Hunger Games
Novel)*

An Anthology of Italian Poetry from Pasolini to the Present

Se digerite male, se avete problemi di stipsi, se la nausea vi impedisce di gustarvi una cena con gli amici, se alla fine di ogni pasto siete costretti a correre in bagno, potrebbe trattarsi di un'intolleranza al glutine. Attraverso l'esperienza personale, Philippe Barraqué illustra in dettaglio tutti gli aspetti di questa intolleranza e insegna ad

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adottare nuove abitudini alimentari che permetteranno di vivere una vita sana e felice senza disturbi e senza doverci preoccupare ogni volta che mettiamo in bocca qualcosa. L'intolleranza al glutine è il segnale di un cambiamento profondo nel nostro metabolismo, che manifesta il suo rifiuto di questa sostanza attraverso vari sintomi poco piacevoli, come stanchezza cronica, spasmi addominali, episodi di depressione apparentemente senza motivo, dermatiti, perdita di peso ecc. Tutti sintomi che, se trascurati, possono portare a problemi ben più gravi. E se fosse il glutine? affronta il problema dell'intolleranza al glutine durante l'infanzia, l'adolescenza e l'età adulta, fornendo informazioni utili sui regimi senza glutine e sulla

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celiachia. Amaranto, mais, patate, grano saraceno, riso, quinoa, manioca: mangiare senza glutine non vuol assolutamente dire dover rinunciare ai farinacei, componente fondamentale di un pasto! Un capitolo tutto dedicato alle ricette senza glutine permette di divertirsi a sperimentare con nuovi e interessanti sapori.

Are you a sugarholic? As Americans, we consume on average 150 pounds of sugar a year, and that's as bad for you as it sounds. Sugar upsets body chemistry and devastates the endocrine and immune systems, leading to a host of diseases and conditions including hypoglycemia, diabetes, osteoporosis, arthritis, cancer, heart disease, headaches, allergies, asthma, obesity, periodontal disease,

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tooth decay, and more. A sugarholic since childhood, Dr. Nancy Appleton cured herself of chronic illnesses by changing her diet. In Lick the Sugar Habit, she explains how it worked for her, and how it can help you too through a variety of simple techniques, and mouth-watering, healthful recipes. Are you a sugarholic? Answer the questionnaire to find out Test yourself for food allergies caused by sugar End sugar-related calcium loss, heartburn, and indigestion—without drugs! Follow one of three detailed food plans to east yourself into a low-sugar life Through a variety of simple techniques, learn how to banish sugar cravings Savor healthy, hearty dishes like Hot Asparagus Soup, Persian Lamb and Bean Stew, and

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Savory Pepper Pilaf. Choose from an entire chapter of easy-to-prepare recipes

Ambition will fuel him. Competition will drive him. But power has its price. It is the morning of the reaping that will kick off the tenth annual Hunger Games. In the Capitol, eighteen-year-old Coriolanus Snow is preparing for his one shot at glory as a mentor in the Games. The once-mighty house of Snow has fallen on hard times, its fate hanging on the slender chance that Coriolanus will be able to outcharm, outwit, and outmaneuver his fellow students to mentor the winning tribute. The odds are against him. He's been given the humiliating assignment of mentoring the female tribute from District 12, the lowest of

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the low. Their fates are now completely intertwined - every choice Coriolanus makes could lead to favor or failure, triumph or ruin. Inside the arena, it will be a fight to the death. Outside the arena, Coriolanus starts to feel for his doomed tribute . . . and must weigh his need to follow the rules against his desire to survive no matter what it takes. Those Who from Afar Look Like Flies is an anthology of poems and essays that aims to provide an organic profile of the evolution of Italian poetry after World War II. Beginning with the birth of Officina and Il Verri, and culminating with the crisis of the mid-seventies, this tome features works by such poets as Pasolini, Pagliarani, Rosselli, Sanguineti and Zanzotto, as well as such

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forerunners as Villa and Cacciatore. Each section of this anthology, organized chronologically, is preceded by an introductory note and documents every stylistic or substantial change in the poetics of a group or individual. For each poet, critic, and translator a short biography and bibliography is also provided.

Farewell to Growth

The Illustrated Guide

Dantean echoes

A New Guide to Italian Cinema

Food of the Italian South

Lick the Sugar Habit

Celebrated chef Paul Kahan's game plan and recipe

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repertoire of rustic, super-delicious, low-stress food to cook for gatherings. NAMED ONE OF THE BEST COOKBOOKS OF THE YEAR BY THE NEW YORK TIMES BOOK REVIEW Chicago chef Paul Kahan is legendary for cooking up amazing food at home while everyone--including him--is hanging out in the kitchen, talking, and having a great time. Cooking for Good Times shares Kahan's best secrets for low-stress cooking for friends and family, using his program of twelve basic actions to mix and match (such as "Roast Some Roots, "Make Some Grains," "Braise a Pork Shoulder," and "Make a Simple Dessert"). In every chapter, Kahan

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gives six to eight customizations for each core recipe for ways to make dishes seem new. Simple recommendations for wine and beer styles to pour remove the fuss over beverage options. With recipes ranging from Roasted Chicken with Smashed Potatoes and Green Sauce to Farro with Roasted Cauliflower and Oranges and Steak with Radicchio and Honey-Roasted Squash, plus more than 125 mouth-watering photographs, Kahan's playbook is guaranteed to make hosting more relaxing, fun, and delicious.

Alejandra Dubcovsky maps channels of information exchange in the American South, exploring how colonists

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came into possession of knowledge in a region that lacked a regular mail system or a printing press until the 1730s. She describes ingenious oral networks, and she uncovers important lessons about the nexus of information and power.

One of today's most controversial African-American authors presents his hilariously acidic interpretations of 1970's black films like Shaft and Superfly and the hip-hop culture, fashion, and music they inspired. Includes interviews with luminaries such as Melvin Van Peebles and Pam Grier, movie stills and a few filthy comics.

"I know so many people who have turned their lives

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around after reading Allen Carr's books." -Sir Richard Branson People are now so hooked on sugar that it's become the number one threat to health in the modern world. This book helps explain the truth about bad sugar and introduces a proven method to cut it out of your diet entirely. Once you free yourself from addiction, you'll feel happier and healthier, and you'll be able to choose the weight you want to be for the rest of your life. Allen Carr's Easyway is the most successful stop smoking method of all time. It works by unravelling the brainwashing that leads us to desire the very thing that is harming us, and it has now been applied to other areas.

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The Easy Way to Quit Sugar tackles the biggest dietary threat to the modern world: addiction to refined sugar and processed carbohydrates. With the brilliant additional writing skills and illustrations of Bev Aisbett, you'll free yourself of addiction and enjoy better health, higher levels of energy, dramatically improved body shape and a happier, healthier lifestyle.

Contrastive Phraseology

Mr Blue: Memoirs of a Renegade

Super Delicious, Super Simple [A Cookbook]

Italy, 1922-1945

Paediatric Obesity

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E se fosse il glutine?

**Many of the earliest books,
particularly those dating back to the
1900s and before, are now extremely
scarce and increasingly expensive. We
are republishing these classic works in
affordable, high quality, modern
editions, using the original text and
artwork.**

**Edward Bunker's life is beyond the
imaginings of most fiction writers. He
was born in Hollywood, California, the**

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son of a stagehand and Busby Berkeley chorus girl, whose early divorce propelled him into a series of boarding homes and military schools. From the age of five he repeatedly ran away, roaming the city streets at night. A proud character, combined with an IQ of 152, resulted in a series of altercations with the authorities. He became the youngest ever inmate of San Quentin at the age of seventeen, and there he learned survival skills and

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faced down the toughest prisoners in the system. He was befriended by Mrs Louise Wallis, a former star of the silent screen and wife of movie mogul, Hal Wallis, who produced films starring Bogart, Cagney, Edward G. Robinson and George Raft. She introduced Bunker to her circle of friends, including Jack Dempsey, Tennessee Williams, Aldous Huxley and William Randolph Hearst, whose guest he was at San Simeon. A parole violation resulted in a spell

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*crossing America as a fugitive on the
FBI's most wanted list. His eventual
capture led to Folsom prison.
Encouraged by the example of
Dostoevsky, Cervantes and Caryl
Chessman, and by the kindness of Mrs
Wallis, he determined to write his way
out of prison. Bunker's first published
novel, No Beast So Fierce, viewed by
many including Quentin Tarantino as the
finest crime novel ever written,
changed his fortunes. It was filmed as*

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Straight Time, starring Dustin Hoffman. He has written three other novels, The Animal Factory, Little Boy Blue and Dog Eat Dog, (all published by No Exit) admired by writers as diverse as William Styron and James Ellroy. He received an Oscar nomination for the screenplay of Runaway Train, and has appeared in a score of films, most notably his legendary role as Mr Blue in Reservoir Dogs. This blistering narrative is a memoir like no other.

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A new edition of this classic title. In the sixteenth century hundreds of thousands of indios—indigenous peoples from the territories of the Spanish empire—were enslaved and relocated throughout the Iberian world. Although various laws and decrees outlawed indio enslavement, several loopholes allowed the practice to continue. In Global Indios Nancy E. van Deusen documents the more than one hundred lawsuits between 1530 and 1585 that indio slaves

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living in Castile brought to the Spanish courts to secure their freedom. Because plaintiffs had to prove their indio-ness in a Spanish imperial context, these lawsuits reveal the difficulties of determining who was an indio and who was not—especially since it was an all-encompassing construct connoting subservience and political personhood and at times could refer to people from Mexico, Peru, or South or East Asia. Van Deusen demonstrates that

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the categories of free and slave were often not easily defined, and she forces a rethinking of the meaning of indio in ways that emphasize the need to situate colonial Spanish American indigenous subjects in a global context.

Mockingjay (Hunger Games, Book Three)

Cooking for Good Times

Civiltà Villanoviana ed Etrusca

Not Only a Weight Concern

Shakespeare and the Emblem Writers

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***Recipes for Classic, Disappearing, and
Lost Dishes: A Cookbook***