

Anne Lindsay S New Light Cooking Paperback

The Heart and Stroke Foundation takes great pleasure in offering the new, updated "Lighthearted everyday cooking" to Canadians. Since its original publication in 1991, even more evidence has been published linking the importance of a healthy diet to lifelong good health. In the revised introduction you will find interesting information about and updated delicious recipes throughout the book.

A timeless story rediscovered by each new generation, The Diary of a Young Girl stands without peer. For both young readers and adults it continues to capture the remarkable spirit of Anne Frank, who for a time survived the worst horror the modern world has seen—and who remained triumphantly and heartbreakingly human throughout and authorized by the Anne Frank Foundation in Basel, this is the first graphic edition of The Diary and includes extensive quotation directly from the definitive edition. It remains faithful to the original, while the stunning illustrations interpret and add layers of visual meaning and immediacy to this classic work of Holocaust literature.

A WHOLE NEW LIGHT, A WHOLE NEW WORLD OF FLAVOR New from Canada's favorite cookbook author, a stunning and sumptuous collection of more than 200 delicious and unique light recipes-packed with nutrients and low fat, but big on taste and easy to prepare. With over 1.5 million copies of her cookbook sold in Canada, Anne Lindsay operation with the Canadian Medical Association and Denise Beatty, RD, she has produced her most comprehensive work to date. -more than 200 new, fully tested recipes, each complete with nutrient analysis. Canadian Diabetes Association's Food Choice Values and Canada's food Guide serving analysis -tips throughout on healthy eating, substitutions -creative ideas for everyday and entertaining menus -information on healthy eating and health issues of concern to everyone -- fats, cholesterol, weight loss, feeding children, vitamin supplements, diabetes, and many other topics

The Everyday Low-Fat Cookbook

Anne Lindsay's New Light Cooking

Deceived

Quill & Quire

Guide to Owning a Rabbit

First published in 1991, this new edition of Anne Lindsay's Light Kitchen features fully revised introductory material that can help anyone with a health concern — be it excess weight or high levels of blood glucose, blood pressure or blood fats— make lifestyle changes that will enhance their wellbeing. Anne Lindsay's Light Kitchen also features: Glycemic Index (GI) rating for recipes with 10 grams of carbohydrate or more, for easier monitoring of blood glucose levels and weight management Canadian Diabetes Association Food Choice Values for each recipe Nutrient analysis for each recipe, showing calories, protein, fats, carbohydrate, fibre, sodium and potassium Over 200 creative, easy and delicious recipes Make Ahead instructions for most recipes

In the first-ever nationally published cookbook from the American Cancer Society, readers can learn how to eat smart by analyzing foods and modifying recipes. Contains over 200 high-fiber, low-fat, vitamin-rich recipes. 16 pages of color photos, line drawings.

Since the 1970s, Louis Bird, a distinguished Aboriginal storyteller and historian, has been recording the stories and memories of Omushkego (Swampy Cree) communities along western Hudson and James Bays. In nine chapters, he presents some of the most vivid legends and historical stories from his collection, casting new light on his people's history, culture, and values. Working with the editors and other contributors to provide background and context for the stories, he illuminates their many levels of meaning and brings forward the value system and world-view that underlie their teachings. Students of Aboriginal culture, history, and literature will find that this is no ordinary book of stories compiled from a remote, disconnected voice, but rather a project in which the teller, deeply engaged in preserving his people's history, language, and values, is committed to bringing his listeners and readers as far along the road to understanding as he possibly can.

The Cape Diaries of Lady Anne Barnard, 1799-1800

Chatterbox

Burden of Poof

Quick and Tasty Recipes for Healthy Living

The Lindsay's of America

The Tactical Crime Division, a specialized unit of the FBI, handles the toughest cases in the most remote locations. In these four books, the agents based in Traverse City will stop at nothing to keep people safe! Rookie Instincts by Carol Ericson New TCD team member Aria Calletti is determined to find out why women are turning up dead—especially since an infant was left at the most recent crime scene. Fortunately for the TCD ' s newest operative, the baby ' s uncle, Grayson Rhodes, has sacrificed everything to discover the truth following the disappearance of his half sister. But can a civilian-turned-undercover-dockworker and a brand-new agent take down a formidable drug kingpin? Toxin Alert by Tyler Anne Snell Following a deadly anthrax attack, TCD ' s biological weapons expert Carly Welsh springs into action. Problem is, the Amish trust no one—especially not an FBI special agent. That ' s where Noah Miller comes in. Even though the rancher left the fold decades ago, the community trusts him...and so does Dr. Welsh. But even their combined courage and smarts might not be enough against sinister forces that want them both to perish. Impact Zone by Julie Anne Lindsey Veteran TCD special agent Max McRay is the definition of unflappable. But when a serial bomber wreaks havoc in the town where his ex-wife, Allie, and infant son live, suddenly a high-profile case becomes personal. The bomber is ruthless...and now Max ' s family is in his sights. Can the TCD stop this killer ' s deadly rampage before Max and Allie pay with their lives? Hunting a Killer by Nicole Helm When K-9 handler Serena Lopez discovers her half brother ' s fugitive from justice, she must find him—and his dangerous crew. It ' s a good thing that her partner is infuriatingly efficient and handsome lead agent Axel Morrow. But as smart and cunning as the duo may be, it ' s a race against time to catch the armed and dangerous criminals before they kill again.

What you don't know can kill you . . . Ever since she could remember, Elle has had to hop from town to town to keep up with her dad's demanding career as a corporate insurance agent. Each time, a reoccurring nightmare followed her wherever she went - until the day that the frightening figures haunting her at night became all too real. When news of a serial killer spreads throughout her new school, Elle worries that the Reaper has been leaving her his calling card in the form of cigarette butts on her doormat and an unusual ribbon in her locker. With the help of Brian, a boy she meets at a flea market, she discovers that this isn't her first encounter with the murderer and that her father has been concealing her true identity for the past twelve years. But despite her father's desperate attempts to protect her, Elle still comes face to face with the darkness she has been running from her whole life. Trapped in the woods and with help hundreds of miles away, will Elle be able to confront the Reaper and reclaim the life she lost?

An amateur sleuth named Bonnie and her kitty companion Clyde, with names like those, what could possibly go wrong? Life hasn't sparkled too brightly for Bonnie Balfour over the past few years, but a heart-breaking divorce has brought her back to her small rural hometown of Bliss, Georgia, and things are starting to shape up. The proud new owner of Bless Her Heart—a second chance dress shop and boutique on the town square—Bonnie thinks thirty-eight might not be too late for a fresh start in life after all. Until a grouchy old widow turns up dead in a pile of donations meant for Bonnie ' s shop, and the town ' s new detective pins her to the top of his suspect list! To save her shop, dream and reputation, Bonnie must coordinate clues and stitch together the truth about her innocence, but the unreasonably handsome detective and prying eyes of the local gossip mill are fast fraying her nerves. When a series of anonymous attacks begin to hem her in, Bonnie fears the real killer is fixing to make her his next victim. Can this amateur sleuth measure up?

The Everyday Light-heated Cookbook

The Lighthearted Cookbook

Into the Mist

Recipes for a Healthy Heart

The Art and Wisdom of Healthy Living I

When Holly White's fiancée cancels their Christmas Eve wedding with less than two weeks to go, Holly heads home with a broken heart. Lucky for her, home in historic Mistletoe, Maine is magical during Christmastime—exactly what the doctor prescribed. Except her plan to drown her troubles in peppermints and snickerdoodles is upended when local greuch and president of the Mistletoe Historical Society Margaret Fenwick is bludgeoned and left in the sleigh display at Reindeer Games, Holly's family tree farm. When the murder weapon is revealed as one of the wooden stakes used to identify trees on the farm, Sheriff Evan Grey turns to Holly's father, Bud, and the Reindeer Games staff. And it doesn't help that Bud and the reindeer keeper were each seen arguing with Margaret just before her death. But Holly knows her father, and is determined to exonerate him.The jingle bells are ringing, the clock is ticking, and if Holly doesn't watch out, she'll end up on Santa's naughty list in Twelve Slays of Christmas, Jacqueline Frost's jolly series debut.

Outlines over 200 recipes that are designed to taste good, but be low in fat, rich in vitamins, and high in fiber

A collection of 200 recipes for a healthy heart, each with a nutritional analysis. Other work by the author includes The Light-Hearted Cookbook.

The Low Risk Cancer Cookbook

Readers' Guide to Periodical Literature

Canadian Books in Print. Author and Title Index

Haven

Into the Mist, When Someone You Love Has Alzheimers Disease answers the questions that come along with an Alzheimers diagnosis. As Alzheimers reaches epidemic proportion more and more families are searching for answers that will best equip them to meet their needs and those of the Alzheimers patient. What are the symptoms of the early stages of Alzheimers disease? When should someone stop driving? Why is my loved one becoming withdrawn and insecure? Are hallucinations an occurrence with Alzheimers disease? Does Medicare or Medicaid cover expenses? How do I cope with the stress of constant care giving? Is Alzheimers disease fatal? Many other topics are addressed by leading Aging experts, researchers and a Neuropsychologist. Along with factual information the reader will be told the stories of three families caring for a loved one from the earliest stages to the last stages. Their personal accounts put a human face on the challenges of Alzheimers care giving. Jack, Frank and Shirleys stories are told by their daughters and they illustrate the commonalities and the differences among Alzheimers patients and the way their families handle their most difficult challenges. The book began as a personal journal but grew into a comprehensive resource for Alzheimers caregivers as well as a compilation of information from researchers, psychologists, Aging experts and families coping with this devastating illness all over the world. As you walk into the mist of Alzheimers disease this book serves as a roadmap because of the life lessons of others who have traveled this road before you. Deborah Uetz www.intothemist.us

Based on The British Heart Foundation's dietary recommendations, this cookbook presents 200 low fat, low cholesterol recipes. All the recipes are accompanied by nutritional analysis listings, such as fat and calorie content.

More than two hundred healthy and hearty recipes provide for everything from appetizers to desserts; offer tips on low-fat, low-cholesterol, and low-sodium eating; and include such treats as crisp apple raspberry streusel.

American Cancer Society Cookbook

Low-Cholesterol Cuisine

Lighthearted Everyday Cooking

When Someone You Love Has Alzheimer's Disease

Tactical Crime Division: Traverse City Collection

CBIP is the complete reference and buying guide to English-language Canadian books currently in print: consequently, the Author and Title Index, Subject Index and microfiche editions are indispensable to the book profession. With submissions from both small and large publishers, CBIP provides access to titles not listed anywhere else.

Containing more than 48,000 titles, of which approximately 4,000 have a 2001 imprint, the Author and Title Index is extensively cross-referenced. The Subject Index lists the titles under 800 different subject categories. Both books offer the most complete directory of Canadian publishers available, listing the names and ISBN prefixes, as well as the street, e-mail and web addresses of more than 4,850 houses. The quarterly microfiche service provides updated information in April, July and October. CBIP is constantly referred to by order librarians, booksellers, researchers, and all those involved in book acquisition. In addition, CBIP is an invaluable record of the vast wealth of publishing and writing activity in the scientific, literary, academic and arts communities across Canada. A quarterly subscription service including the annual Author and Title Index (March 2001) plus quarterly microfiche updates (April, July, and October 2001) is also available. ISBN 0802049567 \$220.00 NET.

"We all hold a beast inside. The only difference is what form it takes when freed." Rain Ryland has never belonged anywhere. He's used to people judging him for his rough background, his intimidating size, and now, his orphan status. He's always been on the outside, looking in, and he's fine with that. Until he moves to New Wurzburg and meets Friederike Burkhart. Freddie isn't like normal teen girls, though. And someone wants her dead for it. Freddie warns he'd better stay far away if he wants to stay alive, but Rain's never been good at running from trouble. For the first time, Rain has something worth fighting for, worth living for. Worth dying for.

Fat consumption is an important issue for most adults at the moment, with 60 per cent of the population claiming that they are trying to cut down on fat intake. This volume is aimed at them and shows that healthy meals can be easy and quick to prepare, full of flavour as well as being inexpensive. This collection of low-fat recipes also includes a guide to healthy eating; exciting menu ideas for family eating and entertaining; fat and calorie content of every recipe; vegetarian suppers; and one dish meals.

Anne Lindsay's Smart Cooking

A Menu for Good Health

Twelve Slays of Christmas

The New Lighthearted Cookbook

Lighthearted at Home:The Very Best of Anne Lindsay

This book, published in co-operation with the Canadian Heart Foundation, contains 200 healthy and mouth-watering recipes from a Seafood Lettuce Roll appetiser to Strawberry Mousse. These quick and easy recipes, many with microwave instructions, are based on the Canadian Heart Foundation's dietary recommendations and are accompanied by a nutritional analysis listing useful information such as amount of fat, calories, cholesterol, carbohydrates and sodium. A practical lifestyle section offers helpful tips on feeding a family on the run, on teaching children healthy eating habits, on eating out, and on cooking for one. In addition, Canadian Diabetic Food Choice Values are given for all recipes. In short, The Lighthearted Cookbook contains everything you need to put your healthy heart plan into action. It's deliciously simple

It is estimated that 35per cent of all cancer deaths are related to diet. This book does not offer a cure for cancer, but based on the World Cancer Research Fund's dietary guidelines, it offers an approach to preventing cancer by changing the way we live and eat.

SALE BOOKS-ADULT

Anne Lindsay's Lighthearted Everyday Cooking

Hera Lindsay Bird

The Cape Diaries of Lady Anne Barnard, 1799-1800: 1800

The Light-hearted Cookbook

Journal of the Canadian Dietetic Association

What's the best way to stay healthy? Eat a diet that is low in saturated and trans fats, high in whole grains, fruit, and vegetables, and includes a variety of foods. But food also represents comfort, celebration, love, and sharing. And while we all want to have a healthy heart and a healthy life, most of all we still want to enjoy delicious food. The New Lighthearted Cookbook features over 150 delicious recipes that have been retested for today's taste, and includes comprehensive nutritional analysis and the Diabetes Association's Food Choice Values. The Introduction sets out the latest information on the basics of healthy eating—for children, teens, adults, and seniors—and is an indispensable guide for new parents. The Heart and Stroke Foundation's mission is to improve the health of North Americans by preventing and reducing disability and death, from heart disease and stroke, through research, health promotion, and advocacy. A portion of the proceeds from the sale of this book will go to support heart research.

Anne Lindsay has shared her love of food with Canadians for the past three decades, bringing flavour to healthy eating and inspiring a nation with her easy-to-make, delicious recipes. Lighthearted at Home is a collection of her very best. From international foods such as burritos, curries and stir-fries, to satisfying soups, stews and roasts, Anne offers you recipes for every occasion. Whether you're preparing a quick weeknight dinner, a relaxed Sunday supper or a vegetarian feast, this indispensable book has the healthful recipes your family will love. Lighthearted at Home contains More than 500 fully tested recipes, reviewed by the registered dieticians of the Heart and Stroke Foundation, complete with nutritional analysis Tips throughout on healthy eating, cooking techniques, make-ahead instructions and ingredient substitutions Complete menu plans for every day and entertaining Stunning colour photography A portion of the proceeds from the sale of this book will go to support the work of the Heart and Stroke Foundation. The Heart and Stroke Foundation, a volunteer-based health charity, leads in eliminating heart disease and stroke and reducing their impact through the advancement of research and its application, the promotion of healthy living, and advocacy. For further information, call toll free, 1-888-HSF-INFO (473-4636). You can also visit their website at heartandstroke.ca.

This impressive debut has established Hera Lindsay Bird as a good girl with many beneficial thoughts and feelings. With themes as varied as snow and tears, the poems in this collection shine with the fantastic cream of who she is, juxtaposing many classical and modern breezes. Bird turns her prescient eye on love and loss, and what emerges is like a helicopter in fog or a bejewelled Christmas sleigh, gliding triumphantly through the contemporary aesthetic desert. This is at once an intelligent and compelling fantasy of tenderness, heartbreaking and charged with trees without once sacrificing the forest.

Canadian Books in Print

A Genealogical Narrative, and Family Record Beginning with the Family of the Earliest Settler in the Mother State, Virginia, and Including in an Appendix All the Lindsay's of America

Recipes for Heart Healthy Cooking

Fabulous Food for a Healthy Heart

Anne Frank's Diary: The Graphic Adaptation

Anne Lindsay's New Light CookingRandom House Incorporated

First published in 1986, Anne Lindsay's Smart Cooking began Canada's healthy eating revolution. Anne Lindsay's Smart Cooking features: Over 200 recipes for appetizers, soups, salads, dinner entrées, baking and desserts An analysis for each recipes showing calories, fat, protein, carbohydrate, sodium and fiber The latest nutrition information on reducing you risk of cancer through diet Use these time-tested recipes and the menu suggestions to find out how easy and tasty healthy eating can be.

A collection of 200 quick, easy and healthy family recipes. The recipes are all low-fat.

Author and Title Index

Smart Cooking

Anne Lindsay Three Pocket Display

Telling Our Stories

Recipes for Healthy Heart Cooking

In this small guidebook, you will find all the information you need to get started in this hobby, either as a one-bunny owner, an exhibitor, or a potential breeder.

A Christmas Tree Farm Mystery

Anne Lindsay's Light Kitchen

Omushkego Legends and Histories from Hudson Bay