

Color Splash Connie Haley 2018 Pocket Planner Pen

The first collection of writings from one of the foremost contemporary critical thinkers on racism, geography and incarceration Gathering together Ruth Wilson Gilmore’s work from over three decades, Abolition Geography presents her singular contribution to the politics of abolition as theorist, researcher, and organizer, offering scholars and activists ways of seeing and doing to help navigate our turbulent present. Abolition Geography moves us away from explanations of mass incarceration and racist violence focused on the individual. Instead, Gilmore offers a geographical grasp of how contemporary racial capitalism operates through an “anti-state state” that answers crises with the organized abandonment of people and environments deemed surplus to requirement. Gilmore escapes one-dimensional conceptions of what liberation demands, who demands liberation, or what indeed is to be abolished. Drawing on the lessons of grassroots organizing and internationalist imaginaries, Abolition Geography undoes the identification of abolition with mere protest and with an introduction by Brenna Bhandar and Alberto Toscano.

A fascinating overview of the Philadelphia Museum of Art’s unparalleled and diverse collection of works by the Peale family, America’s first artistic dynasty Active from the late 18th through the early 20th century, the Peale family was America’s first artistic dynasty. This overview of the art of the Peales documents and interprets more than 160 works in a variety of media from the renowned collection of the Philadelphia Museum of Art. With discussions of both internationally famous masterworks such as Charles V. Peale’s *Magpie* (ating in 1794) and *Carlisle Peabody*, it traces the family’s history and reveals how the Peales’ energy, innovation, and entrepreneurship paved the way for generations of American artists. Rigorously researched and generously illustrated, *The Art of the Peales* is an essential and wide-ranging study that considers the family’s substantial output and contextualizes their historical legacy. Examining the different ways that the Peales instructed, influenced, supported, and competed with one another, this book offers a new perspective on the cultural life of more than a century.

Learn how to buy, style, and present seasonal *flower* arrangements for every occasion. With sections on tools, flower care, and design techniques, Floret Farm’s A Year in Flowers presents all the secrets to arranging garden-fresh bouquets. Featuring expert advice from Erin Benzakein, world-renowned flower farmer, floral designer, and bestselling author of *Floret Farm: Cut Flower Garden*, this book is a gorgeous and comprehensive guide to everything you need to make your own incredible arrangements all year long. Includes an A-Z flower guide with photos and care tips for more than 200 varieties. • Simple-to-follow advice on flower care, material selection, and essential design techniques • More than 25 how-to projects, including magnificent centerpiece, infinitely giftable posies, festive wreaths, and breathtaking bridal bouquets Floret Farm’s A Year in Flowers offers advice on every phase of working with cut flowers—including gardening, buying, caring for, and arranging fresh flowers. Brimming with indispensable tips and hundreds of beautiful photographs, this book is perfect for anyone who loves flowers. • The definitive guide to flower arranging from the biggest star in the farm-to-centerpiece movement • Perfect for flower lovers, avid and novice gardeners, floral designers, wedding planners, florists, small farmers, stylists, designers, crafters, and those passionate about the local floral movement • For those who loved Floret Farm’s Cut Flower Garden by Erin Benzakein, *The Flower Recipe Book* by Alethea Harampolis, *Seasonal Flower Arranging* by Ariella Chezar, and *The Flower Church* by Erin Benzakein

A comprehensive reference provides historical overviews of all 335 Division 1 teams, season-by-season summaries, ESPN/Sagarin rankings of top-selected college basketball programs, and more.

Once Upon a Cabin
Wrap Up in 14 Ageless Quilts for Reproduction Fabrics
Dancing with My Father
Trip Around the World Quilt

Anti-Diet

Nine White Women in the Freedom Movement

In the dark streets of Corma exists a book that writes itself, a book that some would kill for... Black market courier Rowena Downshire is just trying to pay her mother's freedom from debtor's prison when an urgent and unexpected delivery leads her face to face with a creature out of nightmares. Rowena escapes with her life, but the strange book she was ordered to deliver is stolen. The Alchemist knows things few men have lived to tell about, and when Rowena shows up on his doorstep, frightened and empty-handed, he knows better than to turn her away. What he discovers leads him to ask for help from the last man he wants to see—the former mercenary, Anselm Meteron. Across town, Reverend Phillip Chalmers awakes in a cell, bloodied and bruised, facing a creature twice his size. Translating the stolen book may be his only hope for survival; however, he soon realizes the book may be a fabled text written by the Creator Himself, tracking the nine human subjects of His Grand Experiment. In the wrong hands, it could mean the end of humanity. Rowena and her companions become the target of conspirators who seek to use the book for their own ends. But how can this unlikely team be sure who the enemy is when they can barely trust each other? And what will happen when the book reveals a secret no human was meant to know?

Two sisters from Texas find themselves exiled to Alaska . . . and thrown into the arms of two very different men. Tori and McKenna St. James have been living comfortably on their trust funds in Dallas. But their uncle Mont, keeper of the purse strings, decides to push them out of their comfort zones by requiring them to spend one year in Alaska or lose their inheritance. Initially the sisters are stunned, but they aren't willing to back down from the challenge. Tori is sent to a primitive homestead outside the tiny town of Sweet Home. She had been prepared to forego fashion magazines and lattes, but not electricity and running water! Will her rugged wilderness guide, Jesse Montana, teach her to survive, or send her fleeing back to civilization? Meanwhile, outdoorsy McKenna is stuck within the concrete walls of an Anchorage bank. Her sexy boss Luke McAvoy is tasked with teaching her the business but what he's really doing is tempting her. Not that she's the type to fall for a stuffed suit like him. Tori and McKenna find much needed solace with Sweet Home's Sisterhood of the Quilt. Will this crafty group of women be up to the challenge of teaching two outsiders how to sew—and perhaps how to love?

Designed for pastors, church leaders, and volunteers, Church Communications guides the reader through practical steps a church can take to strengthen their digital footprint.

2019 First Novelist Award from the Black Caucus of the American Library Association An "urgent and heartrending novel about an America on the brink" (Matt Gallagher, author of Youngblood), They Come In All Colors follows a biracial teenage boy who finds his new life in the big city disrupted by childhood memories of the summer when racial tensions in his hometown reached a tipping point. It's 1968 when fourteen-year-old Huey Fairchild begins high school at Claremont Prep, one of New York's most prestigious private schools. His mother had uprooted her family from their small hometown of Akersburg, Georgia, leaving behind Huey's white father and the racial unrest that ran deeper than the Chattahoochee River. But for our sharp-tongued protagonist, forgetting the past is easier said than done. At Claremont, where the only other nonwhite person is the janitor, Huey quickly realizes that racism can lurk beneath even the nicest school uniform. After a momentary slip of his temper, Huey finds himself on academic probation and facing legal charges. With his promising school career in limbo, he begins to reflect on his memories of growing up in Akersburg during the Civil Rights Movement—and the chilling moments leading up to his and his mother's flight north. With Huey's head-shaking antics fueling this coming-of-age narrative, the novel triumphs as a tender and honest exploration of race, identity, family, and homeland, and a work that is "emotionally acute...eye-opening and rewarding for a wide range of readers" (Library Journal, starred review).

Futures of Black Radicalism

PARKING LOTS I'VE EATEN IN

The Nine

101 Entirely Plant-based, Mostly Gluten-Free, Easy and Delicious Recipes

Abolition Geography

The Benjamin Franklin Parkway and the Philadelphia Museum of Art

NEW YORK TIMES BEST SELLER • Celebrated food blogger and best-selling cookbook author Deb Perelman knows just the thing for a Tuesday night, or your most special occasion—from salads and slaws that make perfect side dishes (or a full meal) to savory tarts and galettes: from Mushroom Bourguignon to Chocolate Hazelnut Crepe. “Innovative, creative, and effortlessly funny.” —Cooking Light Deb Perelman loves to cook. She isn’t a chef or a restaurant owner—she’s never even worked in a restaurant. At least at first, for special occasions—and, too often, an unnecessarily daunting venture. Deb found herself overwhelmed by the number of recipes available to her. Have you ever searched for the perfect birthday cake on Google? You’ll get more than three million results. Where do you start? What if you pick a recipe that’s downright bad? With the same warmth, candor, and can-do spirit her award-winning blog, Smitten Kitchen, is known for, here Deb presents more than 100 recipes that guarantee delicious results every time. Gorgeously illustrated with hundreds of her beautiful color photographs, *The Smitten Kitchen Cookbook* is all about approachable, uncompromised home cooking. Here you’ll find better uses for your favorite vegetables: asparagus blanketing a pizza; ratatouille dressing up a sandwich; cauliflower masquerading as pesto. These are recipes you’ll bookmark and use so often they become your own, recipes you’ll slip to a friend who wants to impress. Each recipe includes a little trivia: Did you know that eggplant was once a delicacy in Rome? Would ancient Romans fry their vegetables? This book tells you, plus many more fun facts, and it also provides the most useful tips you’ll find anywhere for making the most of your ingredients. With 120 recipes and 140 beautiful photographs, *The Smitten Kitchen Cookbook* will help you get the most out of your kitchen. From salads and slaws that make perfect side dishes (or a full meal) to savory tarts and galettes; from Mushroom Bourguignon to Chocolate Hazelnut Crepe Cake, Deb knows just the thing for a Tuesday night, or your most special occasion.

Deep in Our Hearts is an eloquent and powerful book that takes us into the lives of nine young women who came of age in the 1960s while committing themselves actively and passionately to the struggle for racial equality and justice. These compelling first-person accounts take us back to one of the most tumultuous periods in our nation’s history--to the early days of the Student Nonviolent Coordinating Committee (SNCC) and Students for a Democratic Society (SDS), the Albany Movement, the 1964 Democratic Convention, and the rise of Black Power and the women’s movement. The book delves into the hearts of the women to ask searching questions. Why did they, of all the white women growing up in their hometowns, cross the color line in the days of segregation and join the Southern Freedom Movement? What did they see, do, think, and feel in those uncertain but hopeful days? And how did their experiences shape the rest of their lives? With racial justice struggles on the rise, a probing collection considers the past and future of Black radicalism Black rebellion has returned. Dramatic protests have risen up in scores of cities and campuses; there is renewed engagement with the history of Black radical movements and thought. Here, key intellectuals—inspired by the new movements and by the seminal work of the scholar Cedric J. Robinson—recall the powerful tradition of Black radicalism while defining new directions in Ferguson, Palestine, Baltimore, and Hong Kong immediately connect across vast distances, this book makes clear that new Black radical politics is thoroughly internationalist and redraws the links between Black resistance and anti-capitalism. Featuring the key voices in this new intellectual wave, this collection outlines one of the most vibrant areas of thought today. With contributions from Greg Burris, Jordan T. Camp, Angela Davis, Ruth Wilson Gilmore, Avery F. Gordon, George Lipsitz, Fred Moten, Paul Ortiz, Steven Osuna, Kwame M. Phillips, Shana L. Redmond, Cedric J. Robinson, Elizabeth P. Robinson, Nikhil Pal Singh, Damien M. Sojoyner, Darryl C. Thomas, and Françoise Vergès.

We’ve all been there-angry with ourselves for overeating, for our lack of willpower, for failing at yet another diet that was supposed to be the last one. But the problem is not you, it’s that dieting, with its emphasis on rules and regulations, has stopped you from listening to your body. Written by two prominent nutritionists, Intuitive Eating focuses on nurturing your body rather than starving it, encourages natural weight loss, and helps you find the weight you were meant to be. Personalities define our eating difficulties *How to feel your feelings without using food *How to honor hunger and feel fullness *How to follow the ten principles of Intuitive Eating, step-by-step *How to achieve a new and safe relationship with food and, ultimately, your body With much more compassionate, thoughtful advice on satisfying, healthy living, this newly revised edition also includes a chapter on how the Intuitive Eating philosophy can be a safe and effective model on how to eat.

Embracing the Contemporary

They Come in All Colors

Reclaim Your Time, Money, Well-Being, and Happiness Through Intuitive Eating

Contrapposto Studies

The Lady in Residence

Goldeline

A supposed hunting accident becomes a dangerously complicated murder investigation in *Stay Hidden*, the intricately-plotted new thriller from Paul Doiron featuring Maine Game Warden Mike Bowditch. A woman has been shot to death by a deer hunter on an island off the coast of Maine. To newly promoted Warden Investigator Mike Bowditch, the case seems open and shut. But as soon as he arrives on remote Maquoit Island he discovers mysteries piling up one on top of the other. The hunter now claims he didn't fire the fatal shot and the evidence proves he's telling the truth. Bowditch begins to suspect the secretive community might be covering up the identity of whoever killed the woman, known as Ariel Evans. The controversial author was supposedly writing a book about the island's notorious hermit. So why are there no notes in her rented cottage? The biggest blow comes the next day when the weekly ferry arrives and off steps the dead woman herself. Ariel Evans is alive, well, and determined to solve her own "murder" even if it upsets Mike Bowditch's investigation and makes them both targets of an elusive killer who will do anything to conceal his crimes.

"We all long for what could have been." Things in Delilah Hannaford's life have a tendency to fall apart. She used to be a good student, but she can't seem to keep it together anymore. Her "boyfriend" isn't much of a boyfriend. And her mother refuses to discuss the fight that divided their family eight years ago. Falling apart, it seems, is a Hannaford tradition. Over a summer of new friendships, unexpected romance, and moments that test the complex bonds between mothers and daughters, Delilah must face her family's painful past. Can even her most shattered relationships be pieced back together again?

The New York Times Best Seller Experience the Star Wars saga reimagined as an Elizabethan drama penned by William Shakespeare himself, complete with authentic meter and verse, and theatrical monologues and dialogue by everyone from Darth Vader to R2D2. Return once more to a galaxy far, far away with this sublime retelling of George Lucas's epic Star Wars in the style of the immortal Bard of Avon. The saga of a wise (Jedi) knight and an evil (Sith) lord, of a beautiful princess held captive and a young hero coming of age, Star Wars abounds with all the valor and villainy of Shakespeare's greatest plays. Authentic meter, stage directions, reimagined movie scenes and dialogue, and hidden Easter eggs throughout will entertain and impress fans of Star Wars and Shakespeare alike. Every scene and character from the film appears in the play, along with twenty woodcut-style illustrations that depict an Elizabethan version of the Star Wars galaxy. Zounds! This is the book you're looking for.

Come together this Christmas with Peter Rabbit. A perfect gift for all the family, this heart-warming book has a story and an activity to share, every day throughout December. Peter Rabbit is very excited - it's nearly time for Christmas! He can't wait to eat mince pies, decorate a tree and open all his presents. Join Peter and all his friends every day in December as they count down to Christmas and have lots of fun adventures along the way. Featuring 24 brand new stories, inspired by Beatrix Potter's original tales, and an activity to enjoy every day of Advent, this beautiful book makes the perfect Christmas gift and will become a festive tradition for Peter Rabbit fans young and old.

Intuitive Eating, 2nd Edition

Women in Landscape Architecture

Fixing Delilah

A Novel

The Keith L. and Katherine Sachs Collection

Methods and Marketing

Discusses the city beautiful movement and its implementation in Philadelphia

"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

Carol Hopkins, author of the best-selling Civil War Legacies series, is back with her sixth book, revealing a big twist--big quilts! You'll love learning how Carol uses her signature Civil War color palette in larger quilts, each more stunning than the next. Fourteen patterns ranging from lap-size to twin pay tribute to Southern belles, men's work shirts from the Civil War era, First Lady of the United States Mary Todd Lincoln, and more. Interesting tidbits about nineteenth-century life round out this gorgeous collection that will inspire you to think big!

Perfect for fans of *Delilah*, *Stay Hidden*, and *The Thicket*, this spellbinding story follows a young girl named Goldeline on an adventure through a fairy tale forest filled with dark and wondrous magic. A Booklist Top 10 First Novel for Youth Pick of 2017 * A 2018 Southern Book Prize Finalist In the wild, free woods of the Hinterlands, where magic is as real as stories are, Goldeline travels from camp to camp with Gruff and his bandits, getting by on the things they steal from carriages that pass through the woods. But someone is after Goldeline. The same man who wants to cleanse the Hinterlands of anyone who's different—and who convinced the overzealous Townies that her mother was a witch—suspects that Goldeline might be a witch, too. Now Goldeline must summon all the courage and magic she got from her momma to escape her pursuers, save her friends, and maybe even find a place to call home.

Verily, A New Hope

Essays on History and Practice

The Smitten Kitchen Cookbook

Pisim Finds Her Miskanaw

Bruce Nauman

Floret Farm's A Year in Flowers

Shows how to make a quilt using the trip around the world pattern.

Kristine Albrecht is an influential dahlia breeder who has introduced award-winning dahlia varieties that are a must-have for the show circuit and the floral trade. In this step by step book she explores pollinating strategies for producing unique dahlia seeds, breeding goals, seed germination, seedling care, marketing your new varieties, and more. Kristine has 14 years of breeding experience that she shares with the reader in an informal and intimate style. She also shares beautiful pictures of some of her most popular dahlia hybrids from her urban farm."Bravo! Thank you so much for sharing your hard-won knowledge with us all. This fantastic book is a gift to the world." -Erin Benzakein, Floret Farm"As an experienced dahlia grower and amateur hybridizer I found this book easy to read, informative, and practical with nuggets of information throughout." - Brad Freeman, Senior Judge, American Dahlia Society"Lively and clearly written guide to hybridizing dahlias to generate new varieties. Suitable for the novice and with tips experienced hands will appreciate." -Dr. Virginia Walbot, Stanford University "A pleasure to read a book from the first hand experience of a hybridist who knows what she is talking about." -Dr. Keith Hammett - QSM Plant Breeder

NEW REVISION! This edition features updated Rocky Cree translations and an expanded glossary, augmented with new maps to give a more detailed look at Pʔsim's journey. These enhancements make this book a great tool for teachers and a great addition to any library. Out of an important archaeological discovery came this unique story about a week in the life of Pʔsim, a young Cree woman, who lived in the mid 1600s. In the story, created by renowned storyteller William Dumas, Pʔsim begins to recognize her miskanaw – the path for her life – and to develop her gifts for fulfilling that path. The story is brought to life by the rich imagery of Miłkmaw artist Leonard Paul, and is accompanied by sidebars on Cree language and culture, archaeology and history, maps, songs, and more. Great ideas for using this book in your classroom can be found in the Teacher's Guide for Pʔsim Finds her Miskanaw. A printable eBook of the guide is available for downloading. Pʔsim Finds Her Miskanaw is book one in the Six Seasons of the Asiniskow ʔhiniwaki series about the Asiniskow ʔhiniwaki (Rocky Cree) of Northern Manitoba. Corresponding to the six seasons of sʔkwan (spring), nʔpin (summer), takwakin (fall), mikiskow (freeze-up), pipon (winter), and mithoskamin (break-up), the books explore the language, culture, knowledge, territory, and history of the 17th century Rocky Cree people through story and images. The groundbreaking series centres Indigenous ways of knowing and includes insights from a wide range of disciplines – cross-cultural education, history, archaeology, anthropology, linguistics, literature, oral culture and storytelling, and community-based learning, and art. To find more information about The Six Seasons project and the Picture Book App:Pisim Finds Her Miskanaw visit sixseasonsproject.ca.

The highly anticipated cookbook from the immensely popular food blog Minimalist Baker, featuring 101 all-new simple, vegan recipes that all require 10 ingredients or less, 1 bowl or 1 pot, or 30 minutes or less to prepare Dana Shultz founded the Minimalist Baker blog in 2012 to share her passion for simple cooking and quickly gained a devoted worldwide following. Now, in this long-awaited debut cookbook, Dana shares 101 vibrant, simple recipes that are mostly plant-based, and 100% delicious. Packed with gorgeous photography, this practical but inspiring cookbook includes:
• Recipes that each require 10 ingredients or less, can be made in one bowl or require 30 minutes or less to prepare.
• Delicious options for hearty entrees, easy sides, nourishing breakfasts, and decadent desserts—all on the table in a snap
• Essential plant-based pantry and equipment tips
• Easy-to-follow, step-by-step recipes with standard and metric ingredient measurements Minimalist Baker's Everyday Cooking is a totally no-fuss approach to cooking for anyone who loves delicious food that happens to be healthy too.

Technical Manual

Color Fusion

Minimalist Baker's Everyday Cooking

The Art of Watching Films

Deep in Our Hearts

A Revolutionary Program That Works

This beautiful volume documents a historic gift of contemporary art from the Keith L. and Katherine Sachs Collection to the Philadelphia Museum of Art. The gift, comprising nearly 100 works, includes masterpieces by luminaries such as Ellsworth Kelly and Jasper Johns, exceptional pieces by major British and German artists, and important works of outdoor sculpture, large-scale photography, and video art. All of these works, plus some 70 more from Keith and Katherine Sachs's personal collection, are discussed in detail and beautifully illustrated. In addition to catalogue entries on the objects, the book includes essays on artists represented in depth Robert Gober, Richard Hamilton, Howard Hodgkin, Johns, Kelly, Brice Marden, Charles Ray, Richard Serra, and Joel Shapiro written by distinguished scholars. Other texts, including an interview with Keith and Katherine Sachsand a statement authored by them, offer insight into their background as collectors and provide an intimate account of their extraordinary collecting endeavors marked by their lasting association with the Philadelphia Museum of Art."

Leif Anderson's Dancing with My Father is both a loving tribute to her unusual and famous father, Mississippi artist Walter Anderson, and an honest look at the effects he has had upon her personal life and her artistry. Due to Walter Anderson's erratic behavior and recurring absences, Leif Anderson experienced a difficult childhood. Never comfortable with home and fatherhood, Walter Anderson often affected family life as an alien and fearsome force. Through her lyrical vignettes, Leif Anderson gradually comes to accept and, in the end, to cherish the artist's intense presence and his influence on her dance and her performance art. Many previously unrevealed glimpses of Walter Anderson as artist, naturalist, husband, and father are offered throughout the book. Brush and ink drawings by both Walter Anderson and Leif Anderson further the author's vision of making peace with a paternal legacy of brilliance and pain. Dancing with My Father grapples firmly with two artists' lives and portrays forgiveness, acceptance, and reconciliation.

Owen Marsh spent his childhood on movie sets of his cinematographer father Oliver T. Marsh, ASC and his violinist mother who played mood music just off camera during the silent movie era. Small acting roles as a child, military service in Korea, followed by work at the film labs in Hollywood later led to production work as a Visual Effects artist, Camera Assistant, Director of Photography ? and then a long career as an award winning Camera Operator. Owen's career spans some of the most iconic movie productions in the world, from ""How The West Was Won"" and ""The Greatest Story Ever Told"" to the ever-popular TV series ""The Brady Bunch"" and ""Beauty and The Beast." "Within these covers Owen describes the people, places and situations he had experienced firsthand ? and with a sense of humor, wit and truth that is undeniable. One our industry's premiere storytellers, Owen Marsh, SOC.

Luskall's parents are wizards, but she has no power. She's stuck spending a summer in the small town of Deep River. There, the dead start to visit her dreams with a dire warning. If these dreams can be trusted, Luskall has a lot more magic than she thinks. ...and she's going to need it to save the country ...and her parents' lives.

The Complete History of the Men's Game

Church Communications

Dahlia Breeding for the Farmer-Florist and the Home Gardener

Vintage Legacies

Standards for Blood Banks and Transfusion Services

The Art of the Peales in the Philadelphia Museum of Art

Visit the Menger Hotel of San Antonio where Hedda Krause checks in but never checks out, and one hundred years later her presence is still felt.

Get the recipes everyone is talking about in the debut cookbook from the wildly popular blog, Skinnytaste. Gina Homolka is America's most trusted home cook when it comes to easy, flavorful recipes that are miraculously low-calorie and made from all-natural, easy-to-find ingredients. Her blog, Skinnytaste is the number one go-to site for slimmed down recipes that you'd swear are anything but. It only takes one look to see why people go crazy for Gina's food: cheesy, creamy Fettuccini Alfredo with Chicken and Broccoli with only 420 calories per serving, breakfast dishes like Make-Ahead Western Omelet "Muffins" that truly fill you up until lunchtime, and sweets such as Double Chocolate Chip Walnut Cookies that are low in sugar and butter-free but still totally indulgent. The Skinnytaste Cookbook features 150 amazing recipes: 123 all-new dishes and 25 must-have favorites. As a busy mother of two, Gina started Skinnytaste when she wanted to lose a few pounds herself. She turned to Weight Watchers for help and liked the program but struggled to find enough tempting recipes to help her stay on track. Instead, she started "skinny-fying" her favorite meals so that she could eat happily while losing weight. With 100 stunning photographs and detailed nutritional information for every recipe, The Skinnytaste Cookbook is an incredible resource of fulfilling, joy-inducing meals that every home cook will love.

Introduction / Carlos Basualdo -- Interview with Bruce Nauman / Carlos Basualdo -- Body at work / Erica F. Battle -- Walks in walks out : an appreciation / Caroline Bourgeois

Reclaim your time, money, health, and happiness from our toxic diet culture with groundbreaking strategies from a registered dietitian, journalist, and host of the Food Psych podcast. 68 percent of Americans have dieted at some point in their lives. But upwards of 90% of people who intentionally lose weight gain it back within five years. And as many as 66% of people who embark on weight-loss efforts end up gaining more weight than they lost. If dieting is so clearly ineffective, why are we so obsessed with it? The culprit is diet culture, a system of beliefs that equates thinness to health and moral virtue, promotes weight loss as a means of attaining higher status, and demonizes certain ways of eating while elevating others. It's sexist, racist, and classist, yet this way of thinking about food and bodies is so embedded in the fabric of our society that it can be hard to recognize. It masquerades as health, wellness, and fitness, and for some, it is all-consuming. In Anti-Diet, Christy Harrison takes on diet culture and the multi-billion-dollar industries that profit from it, exposing all the ways it robs people of their time, money, health, and happiness. It will turn what you think you know about health and wellness upside down, as Harrison explores the history of diet culture, how it's infiltrated the health and wellness world, how to recognize it in all its sneaky forms, and how letting go of efforts to lose weight or eat "perfectly" actually helps to improve people's health—no matter their size. Drawing on scientific research, personal experience, and stories from patients and colleagues, Anti-Diet provides a radical alternative to diet culture, and helps readers reclaim their bodies, minds, and lives so they can focus on the things that truly matter.

A Christmas Countdown Book

ESPN College Basketball Encyclopedia

Adaptations and Innovations

Light on Calories, Big on Flavor

William Shakespeare's Star Wars

Building the City Beautiful

While many fields struggle to specify feminine contributions, the work of women has always played a fundamental role in American landscape architecture. Women claim responsibility for many landscape types now taken for granted, including community gardens, playgrounds, and streetscapes. This collection of essays by leaders in the discipline addresses the ways that gender has influenced the history, design practice and perception of landscapes. It highlights women's relation to landscape architecture, presents the professional efforts of women in the landscape realm, examines both the perception and experience of landscapes by women, and speculates on ways to re-imagine gender and the landscape.

The Skinnytaste Cookbook

Designing Gorgeous Arrangements for Every Season

Stay Hidden

Warning Miracle

Daughter of Magic

Horsemanship and Horse Care