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**How To Have Your
Cake And Your
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Stop Binge Eating**

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Overeating And
Dieting For Good
Get The Naturally
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Solution Book 1

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**Crave From The
Inside Out Binge
Eating Solution
Book 1**

More than 100 accessible, flavor-
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Solution Book 1

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*Too Stop Binge Eating
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Body You Crave From The*
packed recipes, using only common
ingredients and everyday household
kitchen tools, from YouTube celebrity
Gemma Stafford

*Inside Out Binge Eating
Solution Book 1*
In Jane Austen's *Pride and Prejudice*,
Mr. Bennet had this to say about Mr.
Darcy: "We all know him to be a
proud, unpleasant sort of man..." Miss

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Elizabeth Bennet, herself, spoke of Mr. Darcy's arrogance, his conceit, and his selfish disdain of the feelings of others—the last man in the world whom she could ever be prevailed on to marry. The gentleman's housekeeper, Mrs. Reynolds, described him as the best landlord and master who ever

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lived. Such varying accounts as these are exceedingly puzzling, indeed. This amorous, provocative, and at times tumultuous tale, illustrates Mr. Darcy as a wealthy young man of sense and education, as well as considerable worldly experience—not at all uncommon for Regency-era

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*Too Stop Binge Eating
Overeating And Dieting For
Good! Get The Naturally Thin
Body You Crave From The
Inside Out Binge Eating
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gentlemen of his social standing. He is his own master. He enjoys his lifestyle and has no particular desire to marry at all. That is until he renews his acquaintance with Miss Elizabeth Bennet—her own circumstances greatly diminished pursuant to the sudden and tragic death of her father. Follow Mr.

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Darcy's journey from a man who, indeed, is proud and haughty, to one who seeks to please a woman worthy of being pleased. To Have His Cake (and Eat It Too): Mr. Darcy's Tale ~ A Regency historical fiction adaptation of Jane Austen's timeless classic Pride and Prejudice. Other Books by Author

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*P O Dixon: By Reason, by Reflection,
by Everything Impertinent Strangers
Bewitched, Body and Soul: Miss
Elizabeth Bennet To Have His Cake
(and Eat it Too) A Lasting Love Affair:
Darcy and Elizabeth Still a Young
Man: Darcy is in Love He Taught Me
to Hope: Darcy and the Young*

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Knight's Quest KEYWORDS: historical
Regency romance, historical romance
books, *Pride and Prejudice* variation,
Mr Darcy and Elizabeth Bennet fan
fiction, *Jane Austen* fan fiction, *Jane
Austen* fanfiction, *Jane Austen*, 18th
century historical romance, *Jane
Austen* inspired books, *England*

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*Regency historical fiction Britain,
Longbourn, Netherfield, Meryton,
Coming of Age, Pride and Prejudice
sequel, Darcy and Elizabeth, Mr
Darcy, Elizabeth Bennet, Jane Austen
Fan Fiction, Jane Austen Fanfiction,
Jane Austen variation, Austenesque
Celebrity baker Mich Turner rises to*

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*the challenge with a smarter take on
sweet bakes - so you can have your
cake and eat it! Her yummy recipes,
which include cakes, cookies,
meringues, bars, muffins and
cupcakes, are made healthier and
more nutritious by including fresh and
dried fruits, nuts and seeds, and also*

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alternatives for gluten, fats, sugars and dairy to accommodate your personal diet and lifestyle. The secret to Mich's recipes is a fine balance between delicious and nutritious. Baking and eating healthier cakes doesn't have to mean bland and boring, and Mich shows you how in this wonderful book

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of sweet treats. Mich offers suggestions for substituting fats, flours and sugars so you can choose what to bake. In addition, there are smaller bakes so you can portion-control your servings, which helps steer you through the jungle of information. Each recipe is filled with tips and know-how

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*from Mich's incredible baking
expertize. Whether you are new to
baking or a cake expert, Mich's
inspirational recipes will give you a
reason to bake for family, bake for
friends, to celebrate or make amends!
Indulge in Peach Melba Muffins,
Pumpkin and Poppy Seed Loaf, Pierce*

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*Brosnan's Carrot Cake, All-natural
Red Velvet Cake, Hazelnut Meringue
with Mango and Passion Fruit among
many other delicious bakes.*

*People Magazine Book of the Week A
Best Book of the Year at Kirkus
Reviews, Book Riot, The Chicago
Review of Books, Minnesota Public*

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*Radio, and more An Indies Introduce
and Indie Next Pick Fans of Maria
Semple's Where'd You Go Bernadette
and and Kevin Wilson's The Family
Fang will delight in Annie Hartnett's
debut, a darkly comic novel about a
young girl named Elvis trying to figure
out her place in a world without her*

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mother. Elvis Babbitt has a head for the facts: she knows science proves yellow is the happiest color, she knows a healthy male giraffe weighs about 3,000 pounds, and she knows that the naked mole rat is the longest living rodent. She knows she should plan to grieve her mother, who has recently

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drowned while sleepwalking, for exactly eighteen months. But there are things Elvis doesn't yet know—like how to keep her sister Lizzie from poisoning herself while sleep-eating or why her father has started wearing her mother's silk bathrobe around the house. Elvis investigates the strange

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circumstances of her mother's death and finds comfort, if not answers, in the people (and animals) of Freedom, Alabama. As hilarious a storyteller as she is heartbreakingly honest, Elvis is a truly original voice in this exploration of grief, family, and the endurance of humor after loss.

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Too Stop Binge Eating

Zoë Bakes Cakes

The Power of Sprinkles

A Cakebook

Cook Yourself Thin Faster

Have Your Cake and Eat It Too

Solution Book 1

*Stop Binge Eating, Overeating and
Dieting for Good, Get the Naturally*

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Too Stop Binge Eating
*Thin Body You Grave from the Inside
Out*

Bestselling author Kristie
Sullivan teamed up with her
teenaged daughter Grace to
deliver the ultimate keto
family cookbook, Growing

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Up Keto. This inspiring new book stems from Kristie's personal struggles with growing up obese and then finally finding the right nutritional path for herself and, eventually, her family.

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The keto lifestyle proved to be the right fit for Kristie, who experienced dramatic weight loss and optimized health. Above and beyond being a success story, Kristie is a busy working

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mom who is devoted to the health of her two children. When she saw her own daughter begin to struggle with weight just as she had as a child, Kristie committed to supporting her by

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providing delicious low-carb options, focusing on health instead of weight, and setting an example. With her mother's guidance, Grace made the choice to adopt a keto lifestyle herself, and

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after six years of success,
this mother-and-daughter
duo bring to you a first-of-its-
kind cookbook dedicated to
young adults, teens, kids,
and—you guessed it—their
moms and dads! Growing Up

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Keto combines the Sullivans' heartwarming family narrative with a practical, safe, and kid-friendly approach to adopting a low-carb, ketogenic lifestyle. The recipes featured in the book

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were created with the health needs and tastes of kids and teens in mind. Some are so simple that youngsters can take over in the kitchen with little or no help from mom or dad. There are also recipes

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for celebrations with
extended family and friends
and meals that parents and
kids can cook together,
making even simple
weeknight dinners more fun.
Kristie also includes useful

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tools and information for
parents of kids who eat keto,
such as tips and tricks for
surviving sleepovers, camp,
and other social activities
that involve food as well as a
guide to helping kids make

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independent and informed
choices for a lifetime of
healthy eating. Growing Up
Keto is complete with
breakfasts, including quick
morning meals; lunches,
including handy tips on

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packing for school and
overnight trips; main dishes,
including celebratory meals;
and, of course, classic
desserts that kids love. With
plenty of options for a wide
range of palates, Kristie and

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Grace leave nothing out.
Kids and adults alike will
feel satisfied, happy, and
healthy! Sample Recipes
Include: Sheet Pan
Blueberry Pancakes Three
Amigos Dip Roasted

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Marinated Cheese Pizza
Soup Sheet Pan Fajitas
Marinated Beef Kabobs,
Cashew Chicken Double
Stuffed Chocolate Waffle
Pumpkin Spice Roll and
many more!

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From four-time New York Times bestselling author Bethenny Frankel, the book that started it all: Naturally Thin. Bethenny Frankel, talk show host, “Queen of Cocktails,” and “Mommy

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Mogul” has always had a
passion for preparing and
enjoying healthful, natural
foods and sharing that love.
The New York Times
bestseller Naturally Thin
shows how anyone can

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banish their Heavy Habits,
embrace Thin Thoughts, and
enjoy satisfying meals,
snacks, and drinks without
the guilt. Armed with
Bethenny's rules, you will
say: -I know when I am

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really hungry -When I'm
really hungry, I look for high-
volume, fiber-rich foods -I
can have any food I want -I
love the taste of real food
With more than thirty
simple, delicious recipes

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(including her famous
SkinnyGirl Margarita), a one-
week program to jump-start
readers on the Naturally
Thin lifestyle, and warm,
witty encouragement on
every page, Frankel serves

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up a book for a healthier and
thinner life.

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The expert baker and
bestselling author behind
the Magnolia Network
original series Zoë Bakes

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explores her favorite
dessert—cakes!—with more
than 85 recipes to create
flavorful and beautiful
layers, loafs, Bundts, and
more. “Zoë’s relentless
curiosity has made her an

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artist in the truest sense of
the word.” —Joanna Gaines,
co-founder of Magnolia

NAMED ONE OF THE BEST
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BY TIME OUT Cake is the
ultimate symbol of

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celebration, used to mark
birthdays, weddings, or even
just a Tuesday night. In *Zoë
Bakes Cakes*, bestselling
author and expert baker Zoë
François demystifies the
craft of cakes through more

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than eighty-five simple and straightforward recipes.

Discover treats such as
Coconut-Candy Bar Cake,
Apple Cake with Honey-
Bourbon Glaze, and
decadent Chocolate Devil's

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Food Cake. With step-by-
step photo guides that break
down baking
fundamentals—like
creaming butter and
sugar—and Zoë's expert
knowledge to guide you,

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anyone can make these
delightful creations.

Featuring everything from
Bundt cakes and loaves to a
beautifully layered wedding
confection, Zoë shows you
how to celebrate any

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occasion, big or small, with
delicious homemade cake.

The cake mix

doctor...doctors cake mixes
to create more than 200

luscious desserts with from-
scratch taste.

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A Celebration of Flour,
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Sugar, Butter, Eggs, Vanilla,
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Baking Powder, and a Pinch
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of Salt

Let Them Eat Cake

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Healthy Variations

Seasonally Inspired Desserts
that Let You Have Your Cake
and Your Paleo Lifestyle,
Too

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Yes! You Can Have Your
Cake and Eat It Too

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Solutions Diet
A nostalgic ode to the joy of
homemade cake, beautifully
photographed and with easy mix-and-
match recipes for a sweet lift any day
of the week. Everyone has a favorite

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style of cake, whether it's citrusy and fresh or chocolatey and indulgent. All of these recipes and more are within your reach in *Simple Cake*, a love letter from Brooklyn apron and bakeware designer Odette Williams to her favorite treat. With easy recipes and inventive decorating ideas,

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Williams gives you recipes for 10 base cakes, 15 toppings, and endless decorating ideas to yield a treat--such as Milk & Honey Cake, Coconut Cake, Summer Berry Pavlova, and Chocolatey Chocolate Cake--for any occasion. Williams also addresses the fundamentals for getting cakes just

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right, with foolproof recipes that can be cranked out whenever the urge strikes.

Gorgeous photography, along with Williams's warm and heartfelt writing, elevate this book into something truly special.

Amirah Kassem preaches the power of sprinkles in her wildly creative first

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book. A modern-day Willy Wonka, Kasseem reminds readers that joy can be found in creating something delightful and delicious, that baking a cake for someone is the best thing in the world, and that, when it comes to cake decorating, any mistake can be covered in sprinkles (and everyone will

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love it anyway!). With twenty-nine different cakes—from unicorn cakes and donut cakes to cakes that look like reindeer, popcorn, spaghetti, and avocado toast—and packed with photographs, illustrations, and infinite ideas, *The Power of Sprinkles* is a book for bakers and cake decorators

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at every age and level.

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Having Your Cake And Eating It Too is
an invitation to discover just how much
more is available to you! It will show
you how to create a world that works
for you. How many people live their life
from "Ground Hog Day" - doing the
same thing day after day - and wonder

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why they are depressed, unhappy and bored? This book shows you that there is a totally different way to function in this world that is about empowering you to be aware of everything and to get you out of the conflicts that are limiting you and your creations. Is what you have created so far in your world

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enough for you? Or would you like access to the tools and techniques that will facilitate you to know that there is so much more available? Are you looking to create a much larger life than what you currently have and know that there is so much more possible in the world? Are you ready

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for the "What else is possible?"® Are you willing to be the generative energy that creates the magic and miracles to change everything in this world that isn't working? Are you ready to have the adventure called living?

From Yolanda Gampp, host of the massively popular, award-winning

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YouTube sensation “How to Cake It,” comes an inspiring “cakebook” with irresistible new recipes and visual instructions for creating spectacular novelty cakes for all skill levels. On her entertaining YouTube Channel, “How to Cake It,” Yolanda Gampp creates mind-blowing cakes in every shape

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imaginable. From a watermelon to a human heart to food-shaped cakes such as burgers and pizzas—Yolanda's creations are fun and realistic. Now, Yolanda brings her friendly, offbeat charm and caking expertise to this colorful cakebook filled with imaginative cakes to make

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at home. How to Cake It: A Cakebook includes directions for making twenty-one jaw-dropping cakes that are gorgeous and delicious, including a few fan favorites with a fresh twist, and mind-blowing new creations. Yolanda shares her coveted recipes and pro tips, taking you step-by-step from

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easy, kid-friendly cakes (no carving necessary and simple fondant work) to more difficult designs (minimal carving and fondant detail) to aspirational cakes (carving, painting and gum-paste work). Whatever the celebration, Yolanda has the perfect creation, including her never before seen Candy

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Apple Cake, Party Hat, Rainbow
Grilled Cheese Cake, Toy Bulldozer
Cake and even a Golden Pyramid
Cake, which features a secret treasure
chamber! Written in her inspiring,
encouraging voice and filled with clear,
easy-to-follow instructions and vibrant
photos, How to Cake It: A Cakebook

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will turn beginners into confident cake
creators, and confident bakers into
caking superstars!

Having Your Cake and Eating It Too!

The Absolute Beginner's Guide -

Learn by Doing * Step-by-Step Basics
+ Projects

50 Dazzling and Delicious Cake

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Creations

Have Your Cake and Eat It

An Introduction to Service Design

Relationship Transformation

A Practical Guide for Kids and Parents

with Over 110 Recipes the Whole

Family Will Love

YOU ABSOLUTELY CAN STOP

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Thin
You are about to finally
uncover the single reason why you've
been experiencing such an uphill
battle with food and your weight.
And far more importantly... I am
going to teach you the skills you

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need to win the food fight once and for all--without dieting. If you're looking for a real, proven, step-by-step solution to stop overeating and binge eating for good--so you can finally get thin and get on with your amazing life--then this book is for you. Is food your best friend--and

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your worst enemy? Are you stuck in a
relentless tug-of-war between
wanting (desperately) to lose weight,
and the out-of-control urge to eat?
Does your firm morning resolve to
"be good" with food consistently
crumble into a night of takeout on
the couch, watching TV with Ben &

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Jerry? Do you love food, but at the same time, part of you hates it with a passion, and would be perfectly happy if you never ate again--if it just meant you could finally be thin? Let me come right out and say it. It's not you! There are clear-cut, solvable reasons why your eating currently

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feels frustrating and at times
painfully out of control. You've
simply been trying to solve the
problem (excess weight and
overeating) with a solution (dieting
and exercise) that does nothing to
resolve the real reasons you feel so
out of control with food. The problem

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is not your lack of nutritional knowledge. Knowing how many calories (or carbs!) are in a thick, fudgy brownie does absolutely nothing to equip you with the skills to stop binge eating it after a long, hard day at work. Are you going to scream if another weight loss book

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tells you to "take a bath" instead of binge eating? Overeating and binge eating are learned behavioral patterns that can be eradicated once you learn a few simple--actionable--psychological skills. And NOT the type of "fluff psychology" you find in most

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emotional eating books that advise you to "take a walk," "read a book," or "take a warm bath" when you feel the urge to overeat. Really? That advice is absolutely useless. (And maddening!) As if when you're in that pre-binge frenzy, parked outside the mini-mart tearing into a bag of

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chips and a box of donuts, you're going to hear that advice and say, "Wow, why didn't I think of that? I'll put down these salty, grease glistening chips and thick, chocolate frosted donuts and head home to read Pride and Prejudice." Not so much. The solution to binge eating

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and overeating is found in step-by-step, research based, learn-able skills that prevent and eliminate overeating on the spot. The skills (you'll be happy to know) do not include deprivation or willpower. Since willpower and deprivation don't actually work. I mean, if they

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did work to yield lasting weight loss we wouldn't be having this conversation right now. Right? Find out exactly why your best weight loss efforts have failed in the past--and more importantly, exactly what you can do to change it. Today. Learn how to eliminate the single behavior

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Too Stop Binge Eating
Overeating And Dieting For
Good Get The Naturally Thin
Body You Crave From The
Inside Out Binge Eating
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that 70 years of scientific research proves causes overeating, binge eating, and feeling out of control with food. Uncover the secret to being able to keep any food in your house--without it calling your name. Discover the two keys that make it a cinch to stop eating any food when

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you've had enough (even chocolate
cake or a cheeseburger!). How to
Have Your Cake and Your Skinny
Jeans Too is Josie at her best-sharing
her remarkable insights, her warm,
disarming signature wit, and her
research-based Hunger Directed
Eating techniques that result in

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quick and lasting change. This is the first book in a groundbreaking series. Join the women and men around the world who are finally enjoying peace and ease with food. STRATEGIES FOR A SUCCESSFUL LIFE Yes You Can Have Your Cake and Eat It Too dispels the popular

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notion that you cannot have your
cake and eat it. The book challenges
you to climb until your dream comes
true. It gives you a road map for
expecting great things in your life, to
plan for success by dreaming bigger,
and to work smarter. In this
compelling book Dr. Viv Ewing

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shares a series of strategies for achieving more success and fulfillment. You will be inspired to seek and understand your purpose in life and to live with passion. "This is an inspiring book that will challenge everyone to reach their dreams"

Kathleen Moore, CRC CEO Rainbow

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of Hope "Motivating, practical, and relevant for today's achievers" Bruce Norris Author, Speaker, Preacher "A must read for anyone who wants to get more satisfaction out of life" Jennifer Wilkins Speaker, Community Leader and Civic Leader Viv Ewing, Ph.D., is a native of Omaha,

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Nebraska, and is a successful business executive, community leader, motivational speaker, life coach, and consultant. She is dedicated to helping organizations and individuals make positive changes that will enhance their success, reach the bottom line, and

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impact the community. Dr. Ewing is the founder and president of Life Development International, which is a company based in Nebraska that provides consulting for corporations, universities, faith-based groups, and community organizations. Viv is sought after motivational presenter

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speaking on human resources, goal setting, managing change, effective communications, career planning, and leadership development. She hosts a radio program called The Best is Yet to Come and writes for Revive Magazine. Dr. Ewing serves in leadership roles on several

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community boards and organizations.
FAST, FUN FINGER FOODS. You
love your cake pop maker for baking
dessert on a stick, but it's also ideal
for creating bite-size versions of your
favorite dishes. In under five
minutes, you can cook palate-
pleasing pop-in-your-mouth morsels

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that are hot and spicy, crispy and
salty, or fresh and filling: • Eggs
Benedict Bites • Chocolate Croissant
Pops • Jalapeño Poppers • Spinach-
Artichoke Cheese Pops • Chicken
Cordon Bleu • Lobster-Shrimp
Risotto Bites • Shepherd's Pie •
Flank Steak Fajitas • Black Bean

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Quesadilla Pops • Monte Cristo Bites
Reinventing your favorite appliance
Overeating And Dieting For
to make treats that go way beyond
Good Get The Naturally Thin
sweets, Savory Bites from Your Cake
Body You Care From The
Pop Maker offers recipes for
Inside Out Binge Eating
whipping up mouthwatering
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appetizers, handheld sides and
creative entrees. The book's step-by-

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step directions and eye-popping photos show how easy it is to make any meal fun and festive. It offers one-of-a-kind recipes that are perfect for everything from impressing party guests and providing movie-time bites to delighting kids at lunch and livening up dinner.

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Thin FASTER Lose Weight without
Losing Your Mind! Discover what
everyone is talking about: the
easiest, most enjoyable way to
lasting weight loss. Following the
smash hit original comes this brand-

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new collection of over 75 even easier recipes, plus smart cooking tips and real-life success stories. Finally, a diet to savor . . . Cook Yourself Thin FASTER delivers more mouthwatering low-fat recipes, more skinny alternatives to your cravings, and more quick and easy meals in

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HALF the time! We know there's
hardly ever enough time to cook.
With Cook Yourself Thin FASTER you
can drop a dress size without
sacrificing the foods you love and
spend less time in the kitchen so you
can enjoy . . . life! Have your cake
and eat it too with these delectable

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recipes: Mini Blueberry Muffins
Seven-Layer Dip Pineapple Mojitos
Asian Chicken Salad Shrimp and
Grits Cheese "Fries" Carrot Soup
with a Kick Flank Steak with Indian
Salsa White Pizza with Roasted
Mushrooms What are you waiting
for? Cook Yourself Thin FASTER!

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All You Need to Keep Your Friends
and Family in Cake

How to Have Your Cake and Eat It
Too

175 Beautiful, Doable Cake Mix
Recipes for Bundts, Layers, Slabs,
Loaves, Cookies, and More! A Baking

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The 7 Key Ingredients of Business
Success

Gluten-Free Recipes for Everyone's
Favorite Cakes [A Baking Book]
How to Bake It

NEW YORK TIMES BESTSELLER •

In her first cookbook, Bon Appétit

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and YouTube star of the show
Gourmet Makes offers wisdom,
problem-solving strategies, and
more than 100 meticulously tested,
creative, and inspiring recipes.

IACP AWARD WINNER • NAMED
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OF THE YEAR BY The New York

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Times Book Review • Bon Appétit •
NPR • The Atlanta Journal-
Constitution • Salon • Epicurious
"There are no 'just cooks' out
there, only bakers who haven't yet
been converted. I am a dessert
person, and we are all dessert
people."—Claire Saffitz Claire Saffitz

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is a baking hero for a new generation. In *Dessert Person*, fans will find Claire's signature spin on sweet and savory recipes like Babkallah (a babka-Challah mashup), Apple and Concord Grape Crumble Pie, Strawberry-Cornmeal Layer Cake, Crispy Mushroom

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Galette, and Malted Forever Brownies. She outlines the problems and solutions for each recipe—like what to do if your pie dough for Sour Cherry Pie cracks (patch it with dough or a quiche flour paste!)—as well as practical do's and don'ts, skill level, prep

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and bake time, step-by-step photography, and foundational know-how. With her trademark warmth and superpower ability to explain anything baking related, Claire is ready to make everyone a dessert person.

How to Have Your Cake and Eat It

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An Introduction to Service
Design BIS Publishers
Presents low-fat, low-cholesterol
dessert recipes with nutritional
analyses and substitutions
Everyone likes cake. Here is a
cookbook of only cake recipes.
Some you will know, some not. All

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are delicious. There is a variety of
cheesecake, chocolate cake and a
lot in between. So..Let them eat
cake!

First Time Cake Decorating
To Have His Cake (And Eat It Too)
Simple Cake
Rabbit Cake

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Bake Your Cake and Eat It Too!
Have Your Cake and Sell it Too
The Cake Mix Doctor

*A delightful collection of gluten-free
takes on your favorite cake recipes,
from everyday coffee cakes, layered
cakes, and cupcakes to show-*

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*stopping special occasion
masterpieces. Celebrate your
favorite holidays and special
occasions from birthdays to bake
sales, Halloween to
Christmas—and even the
everyday—with delectable gluten-*

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free cakes. In this delightful collection, Catherine Ruehle, a pastry chef and cake artist turned wellness foods chef, shares sixty classic cake recipes that are every bit as indulgent as the gluten-heavy ones we adore, but gluten-free, all-

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*natural, and with alternatives given
for vegan, dairy-free, and nut-free
renditions. A few of the luscious
cakes that await: Pink Velvet*

*Strawberry Cake made electrifyingly
pink with strawberries instead of
food dye, Peanut Butter and Jelly*

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Cupcakes that children of all ages will be thrilled to find in their lunchboxes, and a dramatic White and Dark Chocolate Checkerboard Cake that's a cinch to prepare in advance. With positivity and careful guidance, Ruehle provides basic

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*and advanced decorating, piping,
and plating techniques to take your
cakes from pretty to breathtaking.*

*So go ahead: lick the frosting off the
beaters, cut yourself a nice big
slice, and let us all eat cake!*

Turn a cake mix into a cake

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Satisfy Your Diet*

*masterpiece! Discover 175
decadent and quick modern recipes
with from-scratch flavor from the
bestselling author of The Cake Mix
Doctor. Anne Byrn is known for her
cake mix magic, and A New Take
on Cake makes baking from a boxed*

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*mix as inspiring as it is
easy—everything from vegan tortes
to gluten-free cakes, doughnuts to
cake pops, and whoopie pies to a
wedding cake. All for snacking,
celebrating, and everything in
between! With 50 modernized*

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classics and 125 brand-new recipes, no one will believe your Ice Cream Cone Cake, Vegan Chocolate Cake with Creamy Nutella Frosting, or Blood Orange Loaf with Campari Glaze were made from boxed mixes. Whether

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*you are following a gluten-free,
sugar-free, or plant-based diet, or
are just a fan of a good old-
fashioned yellow layer cake with
chocolate fudge icing, you'll find
your calling—and won't have to
spend all day making it.*

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*Learning to make and decorate cakes that are as beautiful as they are delicious can be a challenge, but with the expert guidance of renowned confectionery artist Autumn Carpenter in *First Time Cake Decorating*, your goal is within*

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*reach. Like having your very own
cake decorating instructor at your
side, First Time Cake Decorating
guides you expertly through the
process, from baking and prepping
your first cake through a range of
decorating techniques, from*

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*essential piping techniques for
creating borders, writing, and
flowers to working with gum paste
and fondant to make stunning
daisies, roses, lilies, and more.
There's a first time for everything.
Enjoy the journey and achieve*

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Decorating!*

*Can you have it all: a profitable
business that's a dream to run (and
that doesn't rely on you)... a
valuable asset you can one day sell
for top dollar... and a life?*

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ABSOLUTELY. Some owners get a great financial return from their business, but are slaves to it.

Others have enviable lifestyles, but no money to enjoy their freedom.

Very few plan ahead to grow their business asset. Business growth

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expert Jason Cunningham believes you can have it all: enjoy the profit and lifestyle rewards you deserve now, and build an asset that will secure your family's future (even if you don't plan to sell it yet). By implementing key actions to build a

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valuable business asset for tomorrow, you'll by default build an awesome business today (that you'll probably want to hang on to). Have your cake and sell it too combines Jason's 20-year career as a successful business owner and

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consultant with insights from world-class experts. Jason reveals the 7 key ingredients you need to succeed, and gives you a proven, step-by-step success-ipe to get there. Armed with his insights and experience, you'll finally get to have

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*your cake and sell it too. Jason's
engaging style and world-class
content set him apart in the SME
space. Whenever I talk about
business owners who are true
Thought Leaders - speaker, media
authority, author, and also*

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*mentoring clients - I give two
examples: Richard Branson and
Jason Cunningham. - Peter Cook -
CEO, Thought Leaders Global
Nutritious, Delicious Recipes for
Healthier, Everyday Baking
You Can't Have Your Cake and Eat*

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it Too
The Cake Book
Have Your Cake and Vegan Too
Have Your Cake and Eat It Too with
Over 75 New Recipes You Can
Make in a Flash!
A Cake Book by the Founder of

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Flour Shop
A New Take on Cake
Ruth loves to bake cakes. When she is alone, she dreams up variations on recipes. When she meditates, she imagines herself in the warm, comforting center of a

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gigantic bundt cake. If there is a crisis, she bakes a cake; if there is a reason to celebrate, she bakes a cake. Ruth sees it as an outward manifestation of an inner need to nurture her family—which is a good thing, because all of a

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sudden that family is rapidly expanding. First, her mother moves in after robbers kick in her front door in broad daylight. Then Ruth's father, a lounge singer, who she's seen only occasionally throughout her life, shatters both

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wrists and, having nowhere else to go, moves in, too. Her mother and father just happen to hate each other with a deep and poisonous emotion reserved only for life-long enemies. Oh, yes indeed! Add to this mix two

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*teenagers, a gainfully employed
husband who is suddenly without
a job, and a physical therapist
with the instincts of a Cheryl
Richardson and you've got a
delightful and amusing concoction
that comes with its own delicious*

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Solution Book!*

icing. One of Jeanne Ray's specialties is giving us believable, totally likable characters, engaged in the large and small dramas and amusements of life. Eat Cake is whimsical, warm, and satisfying. Eat Cake is Jeanne Ray at her

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*best. Pull up a chair and eat cake!
Mich Turner, cake decorator to
the queen, shows us the nutritious
(yet always delicious) side of
sweets. Celebrity baker Mich
Turner cooks up a smarter take on
sweet treats so you can eat your*

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Solut Don't*

cake and enjoy it, too! Her yummy recipes, which include cakes, cookies, and cupcakes, offer healthier choices with substitutions for refined sugar and the addition of superfoods. Savor (guilt-free!) Date, Banana &

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*Peanut Butter Muffins, Lemon
Polenta Cake with Strawberry
Compote, Carrot Cake with
Orange Cream Cheese Frosting &
Walnut Praline, and other
delicious desserts."*

Sammi's delicious dream comes to

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life, filling her world with color and creativity, so she creates a special cake with her friends to celebrate.

Jemma Wilson from Crumbs & Doilies is the cupcake queen of Food Tube. Featuring four

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chapters of beautiful seasonal recipes, plus the need-to-know basics, this book has all the essentials for amazing baking all year round. To watch Cupcake Jemma in action, check out her videos as well as loads more

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*recipes, tips and techniques from
the Food Tube family at:
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How to Have Your Cake and Your
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Everything You Need to Know to
Make Your Favorite Layers,*

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*Bundts, Loaves, and More [A
Baking Book]*

Growing Up Keto

*The Hedonist's Guide to Opulent,
Decadent and Orgasmic Living*

Have Your Cake and Kill Him Too

Let Us All Eat Cake

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Every Cake Has a Story

Presents recipes for cakes that do not include any animal products, along with tips about which ingredients to use and recipes for toppings and fillings. A short introduction to service

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design in the spirit of the eighty
minute MBA.

You can indulge without guilt!
Enjoy delicious desserts,
perfect pastries, cookies and
cakes, breads and bakes as part
of a healthy lifestyle. Who says

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you can't have it all? The third
title from Sally Bee.

You can have your cake and eat
it too with celebrity baker
Gesine Bullock-Prado's latest
cookbook. Featuring more than
eighty delicious, indulgent

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cookies, pies, cakes, and more
with proven swap-outs that give
the option of making each
dessert healthy, gluten-free,
and vegan. In today's allergy-
prone and health-obsessed
world, there are times when the

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refined sugar, eggs, wheat, or
butter in our favorite treats just
won't cut it. Let Them Eat Cake
includes classic recipes in all
their extravagant glory, as well
as the secrets to making three
alternative versions of each

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one. From a Fudgy Chocolate
Bundt and Maple Madeleines to
Meyer Lemon Mile High Pie and
Banana Split Ice Cream, this
collection of cookies, muffins,
brownies, pies, and cakes
proves that, no matter your

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75 Fun Snacks, Adorable
Appetizers and Delicious
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Dessert Person
Learn how to make the treats
your sweet tooth will love while

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Survivor Diet 4

staying on the healthy Paleo
path with 85 easy-to-follow
recipes including the most
delicious, fresh, and plentiful
ingredients from every season!
You've embraced the Paleo
diet and have vowed to eat the

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hunter-gatherer way. As a modern dessert lover, what do you do now that traditional baking ingredients such as flours, grains, dairy, and sugar are off the table? Never fear—you can have your cake

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and your Paleo lifestyle, too!
Written by passionate home
chef Heather Connell, Paleo
Sweets and Treats teaches you
how to bake delicious treats
using fresh, seasonal produce,
natural sweeteners, and

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nutritionally dense, grain-free
flours. With recipes like Lemon-
Coconut Tarts and Strawberry
Shortcake Cupcakes during the
spring season, and Pumpkin
Pecan Pie Bars and Apple
Spiced Cupcakes with

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Symptoms 4

“Caramel” Frosting during
autumn’s harvest, you’ll fall in
love with recipes you can make
again and again. Also delight
in: Dark Chocolate Pot de
Crème with Roasted Cherries
Sweet Potato Tarts Orange

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Pomegranate Cupcakes Mango-
Coconut Sherbet Carrot-Apple
Whoopie Pies Including a
section on how to stock your
pantry to get the most out of
your ingredients, Connell
thoughtfully guides you in this

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leap from traditional baking to paleo baking—all with the goal of a healthy, delicious life for you and your loved ones. This collection of easy-to-make, seasonally-focused recipes gives you the best paleo-

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friendly options for any dessert
craving.

Find sweet satisfaction with 50
easy, everyday cake recipes
made with simple ingredients,
one bowl, and no fuss. NAMED
ONE OF THE BEST COOKBOOKS

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WINE "[Snacking Cakes] hits
the sweet spot. . . . Cake for
breakfast? Yes,

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please!"--Martha Stewart Living
Overeating And Dieting For
In Snacking Cakes, the
Good Get The Naturally Thin
indulgent, treat-yourself
Body You Crave From The
concept of cake becomes an
In It Out Binge Eating
anytime, easy-to-make treat.
Solution For
Expert baker Yossy Arefi's
collection of no-fuss recipes is

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perfect for anyone who craves
near-instant cake satisfaction.
With little time and effort,
these single-layered cakes are
made using only one bowl (no
electric mixers needed) and
utilize ingredients likely sitting

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in your cupboard. They're
baked in the basic pans you
already own and shine with
only the most modest
adornments: a dusting of
powdered sugar, a drizzle of
glaze, a dollop of whipped

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cream. From Nectarine and
Cornmeal Upside-Down Cake
and Gingery Sweet Potato Cake
to Salty Caramel Peanut Butter
Cake and Milk Chocolate Chip
Hazelnut Cake, these humble,
comforting treats couldn't be

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simpler to create. Yossy's rustic, elegant style combines accessible, diverse flavors in intriguing ways that make them easy for kids to join in on the baking, but special enough to serve company or bring to

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potlucks. Whether enjoyed in a quiet moment alone with a cup of morning coffee or with friends hungrily gathered around the pan, these ever-pleasing, undemanding cakes will become part of your daily

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ritual.

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Superb photographs will have
you dreaming of cakes with the
flavour of the world. Imagine
serving a Sicilian Apple Cake or
a Turkish Honey Cake for
afternoon tea. How about

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ending your Indian meal with a slice of Indian Yoghurt Cake or stunning Orange Cardamom Cakes. The Chinese Ginger Syrup Cake will become a star at any Asian meal. Thumb through the superb recipes

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Book Features:

within and treat the children,
treat your friends, treat
yourself - Bake your cake and
eat it too!

• 24 pages, 8
inches x 8 inches • Ages 5-9,
Grades K-3 leveled readers •

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Survival Deck

Simple, easy-to-read pages
with illustrations • Work
together to bake a cake from
scratch with your child •
Reading activities, tips, and
instructions included The Magic
of Reading: Use the magic of

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reading to take your child on a
new learning adventure with
How to Bake a Cake! The
24-page how-to cookbook
features full-color illustrations
and simple, easy-to-read
instructions to make the

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perfect dessert! Hands-On
Reading: Everyone loves cake,
and with this book, now you
and your child can make the
perfect one together! Follow
along with simple instructions,
tips, and tools needed to make

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a yummy treat that everyone can enjoy. Features: More than just a how-to guide, this kids book also includes before and after reading activities, as well as age-appropriate cooking vocabulary to enhance your

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child's reading comprehension
skills, too! Leveled Books:

Vibrant illustrations and
leveled text work together to
engage children and promote
reading comprehension skills.
This cake book engages

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kindergarten-3rd grade readers
with new vocabulary and
engaging, interactive topics
like baking. Why Rourke
Educational Media: Since 1980,
Rourke Publishing Company
has specialized in publishing

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Cravings: a Baking Book
Heiress Nora Blackbird and her
two sisters, Libby and Emma,
investigate a case of murder
among the aristocracy that is tied

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Reprint.

Few creations are more
associated with joy or more
symbolic of the sweet life than

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cake. After all, it is so much more than dessert. As a book about cake would demand, this one is a multilayered, amply frosted, delicious concoction with a slice (or more) for everyone. Let Me Eat Cake is not a book about

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baking cake, but about eating it. Author Leslie F. Miller embarks on a journey (not a journey cake, although it's in there) into the moist white underbelly of the cake world. She visits factories and local bakeries and wedding

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cake boutiques. She interviews famous chefs like Duff Goldman of Food Network's Ace of Cakes and less famous ones like Roland Winbeckler, who sculpts life-size human figures out of hundreds of pounds of pound

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cake and buttercream frosting. She takes decorating classes, shares recipes, and samples the best cakes and the worst. The book is held together by the hero on a quest, one that traces cake history and tradition. If we were

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to bake a cake to celebrate the birth of cake (cake is an Old Norse word, first used around 1230), it is hard to say how many candles would go on top. Though the meaning of the word (originally "lump of something"),

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not to mention our expectations of its ingredients, has changed over time, we now celebrate cake as the coming together of flour, sugar, butter, eggs, vanilla, baking powder, and a pinch of salt. And what a celebration.

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Baking a cake is hard work, but tasting it is pure pleasure. So put on some elastic-waist pants and grab a fork.

Mining the gold from Dr.
Duberstein's 40 years as a
therapist, the authors show how

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to honor one's separate self
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