

Life Without Bread How A Low Carbohydrate Diet Can Save Your Life

Finalist, Lambda Literary Award, Governor General's Literary Award, and Amazon Canada First Novel Award; Longlisted for the Scotiabank Giller Prize
Spanning three continents, **Butter Honey Pig Bread** tells the interconnected stories of three Nigerian women: Kambirinachi and her twin daughters, Kehinde and Taiye. Kambirinachi believes that she is an Ogbanje, or an Abiku, a non-human spirit that plagues a family with misfortune by being born and then dying in childhood to cause a human mother misery. She has made the unnatural choice of staying alive to love her human family but lives in fear of the consequences of her decision. Kambirinachi and her two daughters become estranged from one another because of a trauma that Kehinde experiences in childhood, which leads her to move away and cut off all contact. She ultimately finds her path as an artist and seeks to raise a family of her own, despite her fear that she won't be a good mother. Meanwhile, Taiye is plagued by guilt for what her sister suffered and also runs away, attempting to fill the void of that lost relationship with casual flings with women. She eventually discovers a way out of her stifling loneliness through a passion for food and cooking. But now, after more than a decade of living apart, Taiye and Kehinde have returned home to Lagos. It is here that the three women must face each other and address the wounds of the past if they are to reconcile and move forward. For readers of African diasporic authors such as Teju Cole and Chimamanda Ngozi Adichie, **Butter Honey Pig Bread** is a story of choices and their consequences, of motherhood, of the malleable line between the spirit and the mind, of finding new homes and mending old ones, of voracious appetites, of queer love, of friendship, faith, and above all, family.

Over 16 million copies sold worldwide 'Every human being should read this book' Simon Sinek One of the outstanding classics to emerge from the Holocaust, Man’s Search for Meaning is Viktor Frankl’s story of his struggle for survival in Auschwitz and other Nazi concentration camps. Today, this remarkable tribute to hope offers us an avenue to finding greater meaning and purpose in our own lives.

Written by a Russian prince who renounced his title, this work promotes an anarchist market economy — a system of autonomous cooperative collectives. A century after its initial publication, it remains fresh and relevant.

No calorie counting. No gram counting. Cheating is allowed! It's uncomplicated. Inexpensive. A cinch to maintain. And most of all, a sensible guide to healthy eating that will help you lose weight fast and keep it off for the rest of your life. During his forty years of medical practice and in his nationally syndicated medical column, Dr. Peter Gott has been asked constantly by patients and readers for a simple, foolproof way to lose weight. In response, he developed the No Flour, No Sugar Diet, which has prompted countless success stories from his patients, thousands of letters from his readers raving about their phenomenal weight loss, and this New York Times bestselling book. While Dr. Gott's program teaches you how to eliminate flour and sugar from your diet, you won't go hungry. The diet includes selections from all the food groups, with a stong emphasis on nutrient-dense foods that leave you feeling satisfied. You'll still enjoy lean meats, brown rice, low-fat dairy products, vegetables, fruits, and other goodies?and discover how to satisfy your sweet tooth and carb cravings without sugar or flour. In addition, DR. GOTT'S NO FLOUR, NO SUGAR DIET? features: · Easy-to-follow meal plans you customize to your needs · More than 50 mouthwatering recipes for soups, entrees, desserts, and more--from Omelet Muffins to Pork Tenderloin Roasted with Fennel, Apples, Potatoes, and Onions to Strawberry Crepes with Dark Chocolate Sauce · Pantry and food lists · Guidelines for finding the hidden flour and sugar in many foods · Important nutritional and exercise tips · Inspirational stories from Dr. Gott's patients and letters from readers ...and much more. Get ready to let four powerful words "No Flour, No Sugar"make you healthier than you've ever been before!

The Bread for Life Diet

Reclaiming Our Health

The Art and Science of Low Carbohydrate Living

The TB12 Method

Still Life with Bread Crumbs

Bread of Life in Broken Britain

A Novel About the History of Philosophy

Let these enticing photos and simple instructions persuade you to better your daily eating habits. Healthy, filling, and delicious, they are budget-friendly and adjustable to any diet. Whether you follow a Paleo, non-gluten, low-carbohydrate, or just an all-around healthy lifestyle, Sandwiches Without Bread is for you. Featuring one hundred creative recipes along with mouthwatering photographs, this book will appeal to both your appetite and your waistline. Instead of bread, sandwiches can be made as lettuce wraps, between scooped cucumber, apple slices, grilled eggplant or pineapple, and dozens of other substitutes?the options are endless. Recipes include: Smoked tofu banh mi Crispy one-bite cracker sandwiches Easy nori sandwich with butterfish Crab cucumber roll-ups Zucchini panini Pesto chicken halloumi sandwich Lentil pancake sandwich with herbed mushrooms Cauliflower breakfast cups So many more!

The healthy diet plan that’s become a million-copy word-of-mouth bestseller -- now completely revised and updated. Hailed a "medical breakthrough" by Dr. Mehmet Oz, Eat to Live offers a highly effective, scientifically proven way to lose weight quickly. The key to Dr. Joel Fuhrman’s revolutionary six-week plan is simple: health = nutrients / calories. When the ratio of nutrients to calories in the food you eat is high, you lose weight. The more nutrient-dense food you eat, the less you crave fat, sweets, and high-calorie foods. Eat to Live has been revised to include inspiring success stories from people who have used the program to lose shocking amounts of weight and recover from life-threatening illnesses; Dr. Fuhrman’s nutrient density index; up-to-date scientific research supporting the principles behind Dr. Fuhrman’s plan; new recipes and meal ideas; and much more. This easy-to-follow, nutritionally sound diet can help anyone shed pounds quickly-and keep them off.

The conventional story of the end of the cold war focuses on the geopolitical power struggle between the United States and the USSR: Ronald Reagan waged an aggressive campaign against communism, ousted the USSR, and forced Mikhail Gorbachev to "tear down this wall." In *There Is No Freedom Without Bread!*, a daring revisionist account of that seminal year, the Russian-born historian Constantine Pleshakov proposes a very different interpretation. The revolutions that took place during this momentous year were infinitely more complex than the archetypal image of the "good" masses overthrowing the "bad" puppet regimes of the Soviet empire. Politicking, tensions between Moscow and local communist governments, compromise between the revolutionary leaders and the communist old-timers, and the will and anger of the people—all had a profound influence in shaping the revolutions as multifaceted movements that brought about one of the greatest transformations in history. In a dramatic narrative culminating in a close examination of the whirlwind year, Pleshakov challenges the received wisdom and argues that 1989 was as much about national civil wars and internal struggles for power as it was about the Eastern Europeans throwing off the yoke of Moscow.

THE US EDITION OF THE INTERNATIONAL BESTSELLER A momentous medical breakthrough —a scientifically proven program for managing and reversing Type 2 Diabetes at any stage of health. The fastest growing disease in the world, Type 2 diabetes has long been regarded as an incurable, lifelong condition that becomes progressively worse over time, resulting in pain, loss of vision, amputation, and even premature death. But there is hope. For more than four decades, Dr. Roy Taylor has been studying the causes of diabetes. In 2017, he had a breakthrough: he found scientific proof that Type 2 diabetes is not only reversible, but that anyone following a simple regimen can prevent and cure it. Dr. Taylor’s research shows that Type 2 diabetes is caused by too much fat in the liver and pancreas, which interferes with both organs’ normal functioning. By losing less than 1 gram of fat, the liver and organ can begin to perform as they were designed to once again—thus beginning the reversal process. The most efficient way to shed fat from the liver and pancreas is to lose weight as quickly as possible. Life Without Diabetes makes it easy for people to cut back on their daily calorie intake and avoid the two big problems of dieting—hunger and choice—and lose up to 35 pounds in just eight weeks. Thanks to Dr. Taylor, we can now fundamentally change how we treat and prevent this debilitating and all-too-common disease forever.

The Definitive Guide to Understanding and Reversing Type 2 Diabetes

Get Off Gluten and Reclaim Your Health

A Novel

My Life Without Bread

Butter Honey Pig Bread

Bread Givers

A Love Letter to Life Around the Table with Recipes

Life Without BreadHow a Low-Carbohydrate Diet Can Save Your LifeMcGraw Hill Professional

Mention the name Bill Phillips to any of the people he’s helped transform and you will see their faces light up with appreciation and respect. These people include: Hundreds of thousands of men and women who read his magazine for guidance and straightforward information about exercise, nutrition, and living with strength. Elite professional athletes, among them John Elway, Karl Malone, Mike Piazza, and Terrell Davis ?ho have turned to Phillips for clear–cut information to enhance their energy and performance. People once plagued by obesity, alcoholism, and life–threatening ailments who accepted a personal challenge from Bill Phillips and, with his help, have regained control of their bodies and their lives. When you begin to apply the information in this book, you will be proving to yourself that astounding changes are within your grasp too. And, you will discover Body–for–LIFE is much more than a book about physical fitness ?t’s a gateway to a new and better life, a life of rewarding and fulfilling moments, perhaps more spectacular than you’ve ever dared to dream before. Within 12 weeks, you too are going to know ?ot believe, but know : that the transformation you’ve created with your body is merely an example of the power you have to transform everything else in your world. In language that is vivid and down–to–earth, Bill Phillips guides you, step by step, through the integrated Body–for–LIFE Program, which reveals: How to lose fat and increase your strength by exercising less, not more; How to tap into an endless source of energy by living with the Power MindsetTM; How to create more time for everything meaningful in your life; How to trade hours of aerobics for minutes of weight training ?ith dramatic results; How to make continual progress by using the High–Point TechniqueTM; How to feed your muscles while starving fat with the Nutrition–for–LIFE MethodTM; How thousands of ordinary people have now become extraordinary and how you can, too; How to gain control of your body and life, once and for all. The principles of the Body–for–LIFE Program are surprisingly simple but remarkably powerful. So allow yourself to experience the force of the information in this book, allow yourself to take your mind, your body, your life to a higher point than you may have ever dreamed you could. All in as little as 12 weeks.

New York Times Bestseller Stop—and even reverse!—age-related weight gain and muscle loss with the first-ever weight-loss plan specifically designed to shrink your belly, extend your life, and create your healthiest self at mid-life and beyond. You don’t have to gain weight as you age. That’s the simple yet revolutionary promise of The Whole Body Reset, which uncovers why standard diet and exercise advice stops working for us as we approach midlife—and reveals how simple changes to the way we eat can halt, and even reverse, age-related weight gain and muscle loss. The Whole Body Reset presents stunning new evidence about the power of “protein timing” for people at midlife—research that blows away current government guidelines, refutes the myth of slowing metabolisms and “inevitable” weight gain, and changes the way people in their mid-forties and older should think about food. The Whole Body Reset explains in simple, inspiring terms exactly how our bodies change with age, and how eating to accommodate those changes can make us respond to exercise as if we were twenty to thirty years younger. Developed by AARP, tested by a panel of more than 100 AARP employees, and approved by an international board of doctors, nutritionists, and fitness experts, The Whole Body Reset doesn’t use diet phases, eating windows, calorie restriction, or other trendy gimmicks. Its six simple secrets and scores of recipes are easy to follow, designed for real people living in the real world. A dining guide even shows how to follow this program in popular restaurants from McDonald’s to Starbucks to Olive Garden. And best of all: It works!

Move from carb confusion to carb confidence! Overwhelmed by the avalanche of information out there about diets and health? Tired of spending time and money following complicated and expensive plans and protocols that don’t deliver the results you want? Would a strict ketogenic diet be best for you? But what if you can’t imagine life without fruit or bread? Why won’t someone just make all this diet stuff simple? They have! Eric Westman, MD, has over twenty years of experience as an internal medicine doctor and obesity medicine specialist. He’s helped patients at his Keto Medicine Clinic at Duke University lose over 26,000 pounds and reverse conditions like type 2 diabetes, PCOS, high blood pressure, and more. In End Your Carb Confusion, he shares his time-tested and science-backed strategy with YOU! If you’ve spent years doing “all the right things” but you’re still dealing with excess weight, diabetes, heartburn, joint pain, fatigue, skin problems, or other issues, End Your Carb Confusion is the GPS you need to help you navigate your way from frustrated and disappointed to empowered and successful. Find the level of carbohydrate intake that’s right for you now, and then learn how to switch gears to a higher- or lower-carb diet when the time is right. Dr. Westman gives you the information you need to start reclaiming your health today—no complicated and confusing scientific gobbledeyook, only exactly what you need to understand how you got to where you are (hint—it’s not your fault!) and, more important, how to get to where you want to be. You shouldn’t need a PhD, a private chef, and a million dollars to lose weight and get healthy. The simple, straightforward plan laid out in End Your Carb Confusion fits into any lifestyle, whether you shop at an organic co-op or a discount chain and will help you reach your goals whether you prefer gourmet meals or fast food. No matter where you’re starting from, End Your Carb Confusion can lead you to your destination—a renewed body, mind, and spirit.

End Your Carb Confusion

Friendship Bread

The Rise of Yeast

Holding What Gives You Life

There Is No Freedom Without Bread!

Man's Search For Meaning

The South Beach Diet Cookbook

The #1 New York Times bestseller by Tom Brady, six-time Super Bowl champion and one of the NFL’s 100 Greatest Players of All Time. Revised, expanded, and updated, the first book by Tampa Bay Buccaneers and former New England Patriots quarterback Tom Brady—who continues to play at an elite level into his forties—a gorgeously illustrated and deeply practical “athlete’s bible” that reveals Brady’s revolutionary approach to enhanced quality of life and performance through recovery for athletes of all abilities and ages. In this new edition of The TB12 Method, Tom Brady further explains and details the revolutionary training, conditioning, and wellness system that has kept him atop the NFL at an age when most players are deep into retirement. Brady—along with the expert Body Coaches at TB12, the performance lifestyle brand he cofounded in 2013—explain the principles and philosophies of pliability, a paradigm-shifting fitness concept that focuses on a more natural, healthier way of exercising, training, and living. Filled with lessons from Brady’s own training regimen, The TB12 Method provides step-by-step guidance on how develop and maintain one’s own peak performance while dramatically decreasing injury risks. This illustrated, highly visual manual also offers more effective approaches to functional strength & conditioning, proper hydration, supplementation, cognitive fitness, restorative sleep, and nutritious, easy-to-execute recipes to help readers fuel-up and recover. Brady steadfastly believes that the TB12 approach has kept him competitive while extending his career, and that it can make any athlete, male or female, in any sport and at any level achieve his or her own peak performance. With instructions, drills, photos, in-depth case studies that Brady himself has used, along with personal anecdotes and experiences from his legendary career, The TB12 Method gives you a better way to train and get results with Tom Brady himself as living proof.

A wonderful way to learn the why and how of a 'low carb' diet! This provocative and hugely challenging story is set in Austria and the North of England. It is based on the teaching of Dr Wolfgang Lutz who spent half his life using low carbohydrate nutrition for healing purposes; it became the cornerstone of much of the treatment he used with a wide range of ailments. Uncle Wolf's Secret is written as fiction to allow more fun to be added to this serious and controversial topic. Yet the journey of discovery that his 'niece,' Sparrow (a term of affection in German) makes is as real as can be. For she attempts to uncover the secret of how her 'uncle' got so many people well again. The more she learns, the more questions arise. Just think of the trepidation she feels as she puts to herself "the most daunting question of all: what if Uncle Wolfi was right? Right in his view of evolutionary history, right about our ancient diet being mainly of animal food, right about being tuned to frugality and periods of want, right about the link between what we ate and the inner workings of our bodies, right about us not exactly being designed for stacks of cake and biscuits - oh, Heaven forbid!" Uncle Wolfi's Secret hits the current antipathy to meat and fat head on. When Sparrow admits she is worried by the fact that "it is precisely those things which have been central to our original diet as humans that our teachers say are bad for us. They are going to be given red traffic lights!" her Uncle Wolfi counsels her to "Store inwardly the question: how could foodstuffs which had been an integral part of the human diet for more than a 100,000 years suddenly become bad for us?" "Always remember we come out of what has gone before." Yes, this story offers a broad vision against which to set modern confusion about what to eat, but it does much more than that. It also fills in some of the relevant biology, Sparrow learns how to overcome her own health problems and the story suggests that there exists a practical and not unappetising way forward - a way in which suet pudding, pork pie and thin crust pizza do not feature on any no-no list. A most enjoyable and thought-provoking read!

Join New York Times bestselling author Shauna Niequist as she offers an enchanting mix of funny and vulnerable storytelling in this collection of recipes and essays about the surprising and sacred things that happen when people gather around the table. Bread & Wine is a literary feast about the moments and meals that bring us together. With beautiful and evocative writing, Shauna celebrates the sweet and savory moments that happen when family and friends sit down together. She invites us to see how God teaches and feeds us even as we nourish the people around us, and she explores the ways that hunger, loneliness, and restlessness lead us back to the table again. Part cookbook and part spiritual memoir, Bread & Wine sheds light on: How sharing food together mirrors the way we share our hearts with each other—and with God What it means to follow a God who reveals His presence in breaking bread and passing a cup What happens when we come together, slow down, open our homes, look into one another’s faces, and listen to one another’s stories A satisfying read for heart and body, you’ll want to keep Bread & Wine close at hand all year round. Recreate the meals that come to life in each essay with recipes for any occasion, from Goat Cheese Biscuits and Bacon-Wrapped Dates to Mango Chicken Curry and Dark Chocolate Sea Salt Toffee. For anyone who has found themselves swapping stories over plates of pasta, sharing takeout on the couch, laughing over a burnt recipe, and lingering a little longer for one more bite, this book is for you.

A study of classic documentary film.

100 Low-Carb, Gluten-Free Options!

The All-Meat Diet Classic

Bread, Wine, Chocolate

Eat to Live

What the Heck Should I Eat?

How to Do What You Love, Better and for Longer

How a Low-Carbohydrate Diet Can Save Your Life

#1 NEW YORK TIMES BESTSELLER • ONE OF TIME MAGAZINE’S 100 BEST YA BOOKS OF ALL TIME The extraordinary, beloved novel about the ability of books to feed the soul even in the darkest of times. When Death has a story to tell, you listen. It is 1939. Nazi Germany. The country is holding its breath. Death has never been busier, and will become busier still. Liesel Meminger is a foster girl living outside of Munich, who scratches out a meager existence for herself by stealing when she encounters something she can’t resist–books. With the help of her accordion-playing foster father, she learns to read and shares her stolen books with her neighbors during bombing raids as well as with the Jewish man hidden in her basement. In superbly crafted writing that burns with intensity, award-winning author Markus Zusak, author of *I Am the Messenger*, has given us one of the most enduring stories of our time. “The kind of book that can be life-changing.” —The New York Times “Deserves a place on the same shelf with *The Diary of a Young Girl* by Anne Frank.” —USA Today **DON’T MISS BRIDGE OF CLAY, MARKUS ZUSAK’S FIRST NOVEL SINCE THE BOOK THIEF.**

WIN THE FIGHT AGAINST FAT-THE SUGAR BUSTERS!® WAY When **SUGAR BUSTERS!** hit the shelves almost five years ago, it quickly became a diet and lifestyle phenomenon. The millions of people across the country on the **SUGAR BUSTERS!** plan discovered that by simply choosing the correct carbohydrates and lowering their sugar intake, they could shed the pounds they failed to lose with other diets. Now the weight-loss program that swept the nation has been completely revised and updated–incorporating all the newest nutritional findings, health statistics, and scientific studies, and featuring all-new, easy-to-follow recipes and meal plans. Among the wealth of new material in this edition, you’ll find amazing testimonials from men and women who are losing weight and feeling fit the **SUGAR BUSTERS!** way; frequently asked questions and helpful answers; the latest on diabetes–and how **SUGAR BUSTERS!** can help prevent it; essential facts on women, weight loss, and nutrition; and new tips, updated charts, and practical exercise suggestions. So arm yourself with the facts and get the figure you’ve always wanted. When it comes to

optimal wellness on the SUGAR BUSTERS! program, it’s survival of the fittest—a way of life in which everybody wins!

Presents a weight-loss and maintenance program that incorporates the use of complex carbohydrates to raise serotonin levels and prevent cravings, and includes recipes for nutritious main dishes, soups, salads, and dressings.

A companion to "The South Beach Diet" presents more than two hundred recipes that demonstrate how to eat healthfully without compromising taste, outlining the diet's basic philosophies and sharing personal success stories.

Food

Cut Sugar to Trim Fat

12 Weeks to Mental and Physical Strength

A Guide to African American Wellness

Bread and Wine

Do Sourdough

Thou Shalt Not Be a Jerk

Sitting at his desk, Bernardo Soares imagined himself free forever of Rua dos Douradores, of his boss Vasques, of Moreira the book-keeper, of all the other employees, the errand boy, the post boy, even the cat. But if he left them all tomorrow and discarded the suit of clothes he wears, what else would he do? Because he would have to do something. And what suit would he wear? Because he would have to wear another suit. A self-deprecating reflection on the sheer distance between the loftiness of his feelings and the humdrum reality of his life, The Book of Disquiet is a classic of existentialist literature.

"Contented patients - patients whose symptoms abate and the many who go on to achieve lasting health - are reward enough for a physician," so said a remarkable yet modest Austrian doctor who courageously championed an unorthodox treatment over half a lifetime. Who was this doctor with such grit and determination? What inspired him to develop a successful healing program with little recourse to drugs or surgery? And what was this intriguing treatment, so simple and effective, so eminently suited to the workings of our body and that stood the test of time? From being a medical scientist and inventor, the late Dr Wolfgang Lutz became a consultant in internal medicine in Ried and then in Salzburg. Turning his inventive brain to everyday medicine and concerned about the mushrooming of modern diseases that he witnessed even by the middle of the 20th century, Wolfgang Lutz explored the idea of a 'carbohydrate effect', namely the detrimental effect of an overload of sugars and starches on our health. From the late 1950s, Dr Lutz pioneered the use of low carbohydrate nutrition in the treatment of a wide range of ailments - conditions such as Crohn's disease, multiple sclerosis, diabetes, obesity, glandular disorders, gastrointestinal problems, osteoarthritis, cardiac insufficiency, high and low levels of iron and calcium in the blood, and more - with astonishing results. The diet adopted by Dr Lutz was not as drastic as some of the recent 'Paleo diets' either in the amount of carbohydrate allowed or as to the choice of food. It was simple, moderate and, except for carbohydrates, non-restrictive. Dr Lutz felt that there should be as few 'don'ts' as possible but was very strict about anything he knew would make a fundamental difference to a patient's condition. As sudden change could be stressful, he recommended that the diet was not to be rushed into but started slowly; once satisfactorily established, it was suitable for the long term.My Life without Bread offers a treasure trove of observation, information and advice borne of long clinical experience. At 90, Wolfgang Lutz looks back over his life as a clinical physician: we follow him step by step as he describes what inspired him in the first place and as he details the lessons he learned during his many years of restricting the sugar and starch intake of his patients. We learn of the benefits but also of the occasional drawbacks of this way of eating which he encountered during this time. There is a chapter on prudent implementation and in the final chapter we hear how he might answer questions often put to him by his many patients. A fascinating and important book, which challenges many current practices and debunks a few myths, My Life without Bread is an easy to read page-turner, written for the layman. An essential guide for those wishing to understand more about this controversial topic!

In the tradition of Kate Jacobs and Lolly Winston comes a deeply felt, utterly charming novel of three newfound friends and the unexpected gift that will change their lives. In the quiet community of Avalon, Illinois, Julia Evarts wonders how to move on with her life. Though her husband and five-year-old daughter give her an abundance of love, Julia still reels from a tragedy that has left her estranged from the sister who was once her best friend. Meanwhile, across town, widow Madeleine Davis takes great pleasure in serving up delectable treats and cozy comforts at her tea salon—now, if only she had some customers to enjoy them. And famed concert cellist and recent Avalon transplant Hannah de Brisay finds herself at a crossroads when her career and marriage come to abrupt ends. The three strangers forge a friendship at Madeleine’s Tea Shop, and soon their camaraderie extends to everyone in Avalon in the guise of a unique and wonderful gift. But even as Julia becomes ever closer to her new friends, she realizes the profound necessity of confronting the painful past she shares with her sister. Life and loss, friendship and community, food and family: Friendship Bread tells a spirited, remarkably moving tale about the triumph of hope. Praise for Friendship Bread “The novel traces the effect of the friendship bread on a small town, jumping from neighbor to neighbor, but focuses on a small group of women whose lives need mending...Gee admirably weaves the various lives together...and demonstrates that simple companionship is a powerful balm...A satisfying first novel by Gee; perfect for the book-club circuit and beyond.”—Kirkus Reviews “This entertaining series debut by Gee (who also writes as Mia King) will appeal to fans of tearjerkers like Kristin Hannah’s Winter Garden or novels dealing with the loss of a family member, such as Lolly Winston’s Good Grief. It’s also ideal for book clubs and readers who like stories about small-town life; it expertly weaves together numerous characters and narratives and even includes recipes and directions for making friendship bread.”—Library Journal “Deliciously entertaining! You’ll root all the way as these characters stumble toward forgiveness, understanding, and, ultimately, celebration. A perfect book club selection, Friendship Bread is a treat worth sharing with all the women in your life.”—Kate Jacobs, New York Times bestselling author of The Friday Night Knitting Club

The Linns' simplification of the Ignatian examination of conscience is a way to find daily direction, experience emotional and spiritual growth and grow closer to both God and one's inner self.

The Amazing Nutrient-Rich Program for Fast and Sustained Weight Loss

Life Without Diabetes

The High-on-Carbs Weight-Loss Plan

Uncle Wolfi's Secret

Dr Lutz at 90

The classic tribute to hope from the Holocaust

1989 and the Civil War That Brought Down Communism

#1 New York Times bestselling author Dr. Mark Hyman sorts through the conflicting research on food to give us the skinny on what to eat. Did you know that eating oatmeal actually isn't a healthy way to start the day? That milk doesn't build bones, and eggs aren't the devil? Even the most health conscious among us have a hard time figuring out what to eat in order to lose weight, stay fit, and improve our health. And who can blame us? When it comes to diet, there's so much changing and conflicting information flying around that it's impossible to know where to look for sound advice. And decades of misguided "common sense," food-industry lobbying, bad science, and corrupt food polices and guidelines have only deepened our crisis of nutritional confusion, leaving us overwhelmed and anxious when we head to the grocery store. Thankfully, bestselling author Dr. Mark Hyman is here to set the record straight. In Food: What the Heck Should I Eat? -- his most comprehensive book yet -- he takes a close look at every food group and explains what we've gotten wrong, revealing which foods nurture our health and which pose a threat. From grains to legumes, meat to dairy, fats to artificial sweeteners, and beyond, Dr. Hyman debunks misconceptions and breaks down the fascinating science in his signature accessible style. He also explains food's role as powerful medicine capable of reversing chronic disease and shows how our food system and policies impact the environment, the economy, social justice, and personal health, painting a holistic picture of growing, cooking, and eating food in ways that nourish our bodies and the earth while creating a healthy society. With myth-busting insights, easy-to-understand science, and delicious, wholesome recipes, Food: What the Heck Should I Eat? is a no-nonsense guide to achieving optimal weight and lifelong health.

The great Victorian biologist Thomas Huxley once wrote, "I know of no familiar substance forming part of our every-day knowledge and experience, the examination of which, with a little care, tends to open up such very considerable issues as does yeast." Huxley was right.

Beneath the very foundations of human civilization lies yeast--also known as the sugar fungus. Yeast is responsible for fermenting our alcohol and providing us with bread--the very staples of life. Moreover, it has proven instrumental in helping cell biologists and geneticists understand how living things work, manufacturing life-saving drugs, and producing biofuels that could help save the planet from global warming. In The Rise of Yeast, Nicholas P. Money--author of Mushroom and The Amoeba in the Room--argues that we cannot ascribe too much importance to yeast, and that its discovery and controlled use profoundly altered human history. Humans knew what yeast did long before they knew what it was. It was not until Louis Pasteur's experiments in the 1860s that scientists even acknowledged its classification as a fungus. A compelling blend of science, history, and sociology The Rise of Yeast explores the rich, strange, and utterly symbiotic relationship between people and yeast, a stunning and immensely readable account that takes us back to the roots of human history.

A definitive resource for low carbohydrate living. Trading up from sugars and starches to a cornucopia of nutrient-rich, satisfying, and healthy foods.

Based on more than 40 years of clinical research, this illuminating book unravels the mysteries of nutrition and shows how a low-carbohydrate/high protein diet can help prevent cancer, diabetes, heart disease, and obesity, as well as increase strength, endurance, and muscle mass.

The Whole Body Reset

Not by Bread Alone

More Than 200 Delicious Recipes That Fit the Nation's Top Diet

A Novel : a Struggle Between a Father of the Old World and a Daughter of the New

The New Sugar Busters!

Life After Bread

How to Live on Bread and Music

Award-winning journalist Simran Sethi explores the history and cultural importance of our most beloved tastes, paying homage to the ingredients that give us daily pleasure, while providing a thoughtful wake-up call to the homogenization that is threatening the diversity of our food supply. Food is one of the greatest pleasures of human life. Our response to sweet, salty, bitter, or sour is deeply personal, combining our individual biological characteristics, personal preferences, and emotional connections. Bread, Wine, Chocolate illuminates not only what it means to recognize the importance of the foods we love, but also what it means to lose them. Award-winning journalist Simran Sethi reveals how the foods we enjoy are endangered by genetic erosion—a slow and steady loss of diversity in what we grow and eat. In America today, food often looks and tastes the same, whether at a San Francisco farmers market or at a Midwestern potluck. Shockingly, 95% of the world's calories now come from only thirty species. Though supermarkets seem to be stocked with endless options, the differences between products are superficial, primarily in flavor and brand. Sethi draws on interviews with scientists, farmers, chefs, vintners, beer brewers, coffee roasters and others with firsthand knowledge of our food to reveal the multiple and interconnected reasons for this loss, and its consequences for our health, traditions, and culture. She travels to Ethiopian coffee forests, British yeast culture labs, and Ecuadoran cocoa plantations collecting fascinating stories that will inspire readers to eat more consciously and purposefully, better understand familiar and new foods, and learn what it takes to save the tastes that connect us with the world around us.

Spicy Italian meets plain WASP in a romance that starts, rather than ends, with the happy-ever-after moment.

According to Eugene Cho, Christians should never profess blind loyalty to a party. Any party. But they should engage with politics, because politics inform policies which impact people. In Thou Shalt Not Be a Jerk: A Christian’s Guide to Engaging Politics, Cho encourages readers to remember that hope arrived—not in a politician, system, or great nation—but in the person of Jesus Christ. With determination and heart, Cho urges readers to stop vilifying those they disagree with—especially the vulnerable—and asks Christians to follow Jesus and reflect His teachings. In this book that integrates the pastoral, prophetic, practical, and personal, readers will be inspired to stay engaged, have integrity, listen to the hurting, and vote their convictions. “When we stay in the Scriptures, pray for wisdom, and advocate for the vulnerable, our love for politics, ideology, philosophy, or even theology, stop superseding our love for God and neighbor.”

“An interactive and empowering book” to help African American men and women create a new vision of better health and navigate the health care system (BET.com). According to the federal Office of Minority Health, African Americans “are affected by serious diseases and health conditions at far greater rates than other Americans.” In fact, African Americans suffer an estimated 85,000 excess deaths every year from diseases we know how to prevent: heart disease, stroke, cancer, high blood pressure, and diabetes. In this important and accessible book, Dr. Michelle Gourdine provides African Americans with the knowledge and guidance they need to take charge of their wellbeing. Reclaiming Our Health begins with an overview of the primary health concerns facing African Americans and explains who is at greatest risk of illness. Expanding on her career and life experiences as an African American physician, Dr. Gourdine presents key insights into the ways African American culture shapes health choices—how beliefs, traditions, and values can influence eating choices, exercise habits, and even the decision to seek medical attention. She translates extensive research into practical information and presents readers with concrete steps for achieving a healthier lifestyle, as well as strategies for navigating the health-care system. This interactive guide with illustrations is a vital resource for every African American on how to live a healthier and more empowered life, and an indispensable handbook for health-care providers, policy makers, and others working to close the health gap among people of color. Says Gourdine, “I wrote this book to empower our community to solve our own health problems and save our own lives.”

The Slow Loss of Foods We Love

An Expert Guide to Making the Life-saving Benefits of Carbohydrate Restriction Sustainable and Enjoyable

Sleeping with Bread

Foodbanks, Faith and Neoliberalism

Body For Life

Slow Bread for Busy Lives

The Book Thief

NEW YORK TIMES BESTSELLER A superb love story from Anna Quindlen, the #1 New York Times bestselling author of Rise and Shine, Blessings, and A Short Guide to a Happy Life Still Life with Bread Crumbs begins with an imagined gunshot and ends with a new tin roof. Between the two is a wry and knowing portrait of Rebecca Winter, a photographer whose work made her an unlikely heroine for many women. Her career is now descendent, her bank balance shaky, and she has fled the city for the middle of nowhere. There she discovers, in a tree stand with a roofer named Jim Bates, that what she sees through a camera lens is not all there is to life. Brilliantly written, powerfully observed, Still Life with Bread Crumbs is a deeply moving and often very funny story of unexpected love, and a stunningly crafted journey into the life of a woman, her heart, her mind, her days, as she discovers that life is a story with many levels, a story that is longer and more exciting than she ever imagined. Look for special features inside. Join the Random House Reader’s Circle for author chats and more. “There comes a moment in every novelist’s career when she . . . ventures into new territory, breaking free into a marriage of tone and style, of plot and characterization, that’s utterly her own. Anna Quindlen’s marvelous romantic comedy of manners is just such a book. . . . Taken as a whole, Quindlen’s writings represent a generous and moving interrogation of women’s experience across the lines of class and race. [Still Life with Bread Crumbs] proves all the more moving because of its light,

sophisticated humor. Quindlen's least overtly political novel, it packs perhaps the most serious punch. . . . Quindlen has delivered a novel that will have staying power all its own."—The New York Times Book Review "[A] wise tale about second chances, starting over, and going after what is most important in life."—Minneapolis Star Tribune "Quindlen's astute observations . . . are the sorts of details every writer and reader lives for."—Chicago Tribune "[Anna] Quindlen's seventh novel offers the literary equivalent of comfort food. . . . She still has her finger firmly planted on the pulse of her generation."—NPR "Enchanting . . . [The protagonist's] photographs are celebrated for turning the 'minutiae of women's lives into unforgettable images,' and Quindlen does the same here with her enveloping, sure-handed storytelling."—People "Charming . . . a hot cup of tea of a story, smooth and comforting about the vulnerabilities of growing older . . . a pleasure."—USA Today "With spare, elegant prose, [Quindlen] crafts a poignant glimpse into the inner life of an aging woman who discovers that reality contains much more color than her own celebrated black-and-white images."—Library Journal "Quindlen has always excelled at capturing telling details in a story, and she does so again in this quiet, powerful novel, showing the charged emotions that teem beneath the surface of daily life."—Publishers Weekly "Quindlen presents instantly recognizable characters who may be appealingly warm and nonthreatening, but that only serves to drive home her potent message that it's never too late to embrace life's second chances."—Booklist "Profound . . . engaging."—Kirkus Reviews

One day Sophie comes home from school to find two questions in her mail: "Who are you?" and "Where does the world come from?" Before she knows it she is enrolled in a correspondence course with a mysterious philosopher. Thus begins Jostein Gaarder's unique novel, which is not only a mystery, but also a complete and entertaining history of philosophy.

Arctic explorer and anthropologist Vilhjalmur Stefansson promotes the health benefits of a diet high in fat and low in carbohydrates. Inspired by his observations of Eskimos and other indigenous cultures, and supported by evidence from a year-long experiment in which he only ate meat, Stefansson makes a strong case for an all-meat diet.

One in a hundred people has celiac disease, and one out of three is gluten intolerant. Millions of Americans are affected by gluten-related illnesses that are misdiagnosed. The good news is: there's Life After Bread, and this groundbreaking book will help you determine whether you're one of the millions whose health is being compromised by wheat products. You can put an end to feeling sick and tired. Just remove gluten from your diet and you'll: Reduce pain and inflammation; Relieve depression, anxiety, and mental problems; Improve digestion and bowel issues; Increase your strength and revitalize your energy; Restore balance to your biochemistry.

Your Weight-Loss Plan for a Flat Belly, Optimum Health & a Body You'll Love at Midlife and Beyond

How the Sugar Fungus Shaped Civilization

Sandwiches Without Bread

Dr. Gott's No Flour, No Sugar(TM) Diet

The Conquest of Bread

Breaking the Vicious Cycle

Charles Pemberton draws on interviews with foodbank users and volunteers to defend and advance a Christian vision of welfare beyond emergency food provision. He suggests that behind the day-to-day struggles of those using foodbanks there are wider much concerns about loneliness, marginalisation and the wholesale fragmentation of society.

Do Sourdough is a guide to making your own sourdough bread written by the UK's leading authority on real bread. One of the oldest yet perhaps the simplest and tastiest breads you can make, Sourdough needs only flour, water, salt -- and a little time. In Do Sourdough, Andrew Whitley -- a baker for over 30 years who has 'changed the way we think about bread' -- shares his simple method for making this deliciously nutritious bread at home. Having taught countless bread-making workshops, Andrew knows that we don't all have the time and patience to bake our own. Now, with his tried-and-tested method and time-saving tips -- such as slotting the vital fermentation stage into periods when we're asleep or at work, this is bread baking for Doers. Find out: * the basic tools and ingredients you'll need * how to make your own sourdough starter * a simple method for producing wonderful loaves time and again * ideas and recipe suggestions for fresh and days-old bread The result isn't just fresh bread made with your own hands, it's the chance to learn new skills, make something to share with family and friends, and to change the world -- one loaf at a time.

Olive Oil and White Bread

Intestinal Health Through Diet

A Christian's Guide to Engaging Politics

Sophie's World

Documentary Film Classics

Life Without Bread

The Book of Disquiet