

## The Dirty Diet Ditch The Guilt Love Your Food

*Packed with practical advice, guidance and inspiration about all aspects of the writing process, this Yearbook is the essential resource on how to get published. It will guide authors and illustrators across all genres and markets: those looking for a traditional, hybrid or self-publishing route to publication; writers of fiction and non-fiction, poets and playwrights, writers for TV and radio, newspapers and magazines. New articles for the 2020 edition include: - Raffaella Barker Writing romantic fiction - Chris Bateman Writing for video games: a guide for the curious - Dean Crawford Going solo: self-publishing in the digital age - Jill Dawson On mentoring - Melissa Harrison So you want to write about nature ... - Kerry Hudson Writing character-led novels - Mark Illis Changing lanes: writing across genres and forms - Maxim Jakubowski Defining genre fiction - Antony Johnston Breaking into comics - Suzanne O'Sullivan Writing about science for the general reader - Tim Pears Writing historical fiction: lessons learned - Di Redmond Ever wanted to write a saga? - Anna Symon Successful screenwriting - Nell Stevens Blurring facts with fiction: memoir and biography - Ed Wilson Are you ready to submit?*

*Can you eat barbecue and still lose weight and be healthy? Yes, you can. New York Times bestselling author Myron Mixon will show you how. After more than thirty years of winning contests for his smoked hogs, briskets, ribs, and chickens, Myron Mixon knows a whole lot about barbecue. So what does the “winningest man in barbecue” know about living a healthy lifestyle? As someone who was overweight and unhealthy before losing more than 100 pounds, he’s figured out how to cook and eat the foods he loves and still live healthfully. Having kept those pounds off for more than two years, Mixon is living proof that you can eat barbecue and be healthy, if you know how to do it right. This is Keto done the way we all want to live; the recipes in Keto BBQ are the ones Mixon uses to enjoy the barbecue lifestyle without gaining weight. Like Mixon, you get to eat the foods you love—including bacon-wrapped chicken breasts, smoked pork shoulder, baby back ribs, and even barbecue sauce—if you follow the recipes in this book. In Keto BBQ, Mixon shares a series of real—and real simple—changes you can make to your diet while still enjoying barbecue and other Southern foods in a healthier way.*

*More than one hundred delicious, nutritious recipes to free you from the diet cycle and help you lose weight for good from Michael Greger, MD, the author of the New York Times bestseller How Not to Die. Michael Greger brings you truly delicious, nutritious, healthy dishes that will free you from 'dieting' forever. With over one hundred recipes, this gorgeous full-colour cookbook puts into practice the twenty-one weight-loss accelerators identified in the bestselling How Not to Diet. From Grain-Stuffed Peppers with Cheesy Tomato Sauce to Crust-Free Pumpkin Pie and Black Forest Chia Pudding, this is the smart way to put an end to counting calories, gimmicky quick-fix diets and expensive diet programmes. The How Not to Diet Cookbook is for anyone looking to improve their quality of life – whether you want to lose weight or not. The plant-based recipes all incorporate everyday ingredients and easily available herbs and spices that have been scientifically proven to have a positive effect on health. All recipes in this cookbook have been fully anglicized.*

*The benefits of an anti inflammatory diet meet the simplicity of a single pot An anti inflammatory diet is a huge step towards healthy eating--but the stress of suffering from pain may leave you feeling exhausted before you even enter the kitchen. With this guide, you can enjoy the benefits of anti inflammatory foods with the convenience of one-pot cooking. Complete with labor-saving tips to keep your kitchen time short, these anti inflammatory diet recipes can be made in one bowl so you can enjoy fast, flavorful meals without the fuss. Fight inflammation and feel great with these one-of-a-kind, one-pot recipes. This anti inflammatory diet book includes: Path to wellness--Discover the health benefits of an anti inflammatory diet, complete with easy-to-read charts of foods to love, limit, or lose. Taste relief--Whip up fatigue-free dinners with 100 delicious recipes using everyday ingredients. No pain, no strain--Keep your energy up and cook times down with tips on everything from pre-cut vegetables to packing leftovers. Cook your way to healthier living with this anti inflammatory diet guide--all you need is one pot.*

*Joint pain, chronic fatigue, hair loss, eczema, and plain old smelly gas. At first, you blamed it on getting older, even if you are in your twenties. Now? There are just too many issues to ignore. More importantly, you're tired of waiting to feel better-you won't ignore these symptoms anymore. No matter your age, gender, or background, if this sounds like you, it's time for a change. It's time to ditch the toxins and finally come clean. ? In Dirty Girl, physicians and functional medicine experts Wendie Trubow and Ed Levitan let you in on the answers you've been looking for to feel your best, age gracefully, and finally understand what your body has been trying to tell you. Along with stories from Wendie's own detoxification journey, you'll learn what other patients have done to identify the toxins causing chaos and illness and eliminate them from their lives. This how-to book shows you what to focus on, why a personal evaluation is a must, and how to take the first step--and the next--toward the healthiest, happiest you.*

*The 28-Day Fasting Plan to Lose Weight and Boost Immunity*

*The Lean*

*The Myth of Nutrition and the Pleasures of Eating*

*Skinny Bitch*

*A Fat Lot of Good*

*The Anti-Inflammatory Diet One-Pot Cookbook*

*Navigate the Grocery Store, Ditch Artificial and Unsafe Ingredients, Bust Nutritional Myths, and Select the Healthiest Foods Possible*

*The Science of Living Happy, Thin and Free*

**The 5:2 Diet will transform your body, your mind and your health. It's the revolutionary part-time weight loss diet with lifelong health and anti-ageing results. This is the simplest,**

**most flexible and most health enhancing weight loss programme you'll ever follow - and with this book to guide you, you can start today. You'll still get to eat all the foods you love but enjoy incredible health benefits, with positive effects on cancer, heart disease, Alzheimer's and more. Intermittent fasting is revolutionising the weight loss world. Simply by eating significantly less for one or two days a week you can trigger incredible physical and mental changes that protect your body and brain from damage and help it repair itself. And THE 5:2 DIET BOOK - packed with tips, science, recipes, inspiration and case studies from over thirty dieters - will help you join the revolution to lose weight, boost your brain and transform your body. And it'll even save you money, with no specialist diet foods or supplements required. No wonder it's as popular with men as it is with women - and with first-time dieters as with weight loss veterans. Journalist and former yo-yo dieter Kate Harrison has finally won the battle with her weight - now she shares the secrets that are helping thousands of men and women transform their bodies. THE 5:2 DIET BOOK is your comprehensive guide to the wonderful world of intermittent fasting. It includes: ? All you need to trigger the 'healing' mode that happens when you restrict your diet for as little as one day a week ? The incredible effects on your brain cells ? The transformation in the way you view hunger and food ? The cost savings you can make - saving pounds from your food bill as you lose them from your body! ? 5:2 your way - how to personalise the diet to your exact requirements and preferences ? Detailed meal plans, and simple but healthy recipes... ? Or ready-made suggestions for when you don't feel like cooking ? Hundreds of real-life tips and success stories from men and women like you This is more than another diet craze - it's anything but crazy and it's a lifestyle you'll want to adopt for the rest of your life.**

**You are an entrepreneur, a professional, a girlfriend, a fiancée, a wife, a mother--a woman. You always put the needs of others before your own, leaving you feeling stressed and overwhelmed, and causing you to neglect your health. You are convinced that relying on drive-thrus, frozen-food sections, and take out is better for your lifestyle because it saves you time. Wrong! The Busy Woman's 21-Day Guide to Clean Eating is a dream come true for the woman who is too busy to eat clean. In this guidebook, Dr. Jamie Hardy offers help and hope for breaking the cycle of unhealthy eating that so many women face every day. With practical and accessible facts and recipes, you will take the clean-eating leap and ditch your dirty eating habits for good. This is not a diet. This is a lifestyle change. For 21 days--one meal at a time--transform the way you eat to transform your life! NEW YORK TIMES BESTSELLER • “Dr. Will Cole clearly cares about his patients’ health, and he addresses the widespread misconceptions about intermittent fasting while giving readers a tailored week-by-week plan to get back in touch with what their body truly needs.”—Mark Hyman, MD, director, the Cleveland Clinic Center for Functional Medicine and author of Food “Intuitive Fasting makes both the science and user-friendly application of this exciting approach to human nutrition available for everyone.”—David Perlmutter, MD, FACN, author of Grain Brain and Brain Wash The most effective and achievable guide to intermittent fasting, outlining a unique plan that merges the science behind fasting with a holistic approach to eating, from the bestselling author of Ketotarian and The Inflammation Spectrum For some, the idea of fasting by eating only one or two meals a day sounds like an extreme and overly restrictive dieting tactic. But the truth is, our daily eating schedule—three meals a day, plus snacks—does not necessarily reflect our bodies’ natural cycles. In fact, eating three meals every day can cause metabolic inflexibility, which can lead to inflammation, fatigue, and chronic health problems. For millions of years, our bodies have actually functioned best with periodic times of fasting. With his fresh new approach to fasting, bestselling author and functional medicine expert Dr. Will Cole gives you the ability to take control of your hunger and make intermittent fasting intuitive. You’ll get in touch with your instinctive eating patterns and become healthier and more mindful about how and when you eat. Intuitive Fasting will show you how to find metabolic flexibility—and once you’ve reached it, you can trust your body to function at optimal capacity, whether you’ve eaten six minutes ago or six hours ago. During his 4-Week Flexible Fasting Plan, Dr. Cole will guide you through varying intermittent fasting windows, with each week of the plan tailored to focus on a different aspect of your health. He illustrates the most effective ways to fast and eat to amplify the health benefits of intermittent fasting, balancing rest and repair with clean, nutrient-dense, delicious foods. By the end of the four weeks, you will have all the tools necessary to: • Reset your body • Recharge your metabolism • Renew your cells • Rebalance your hormones Along with more than 65 recipes, you’ll also find a maintenance plan, so you can adapt fasting and feeding windows to work sustainably with your lifestyle.**

**NEW YORK TIMES BESTSELLER • Mark Sisson unveils his groundbreaking ketogenic diet plan that resets your metabolism in 21 days so you can burn fat forever. “Sisson masterfully delivers a comprehensive guide . . . to finally achieve success as it relates to health and weight loss.”—David Perlmutter, M.D., author of Grain Brain Mounting scientific research is confirming that eating a ketogenic diet could represent one of the greatest nutritional breakthroughs of our time—and that it might be the healthiest and most effective weight loss strategy ever. Going “keto” by eating high fat, low-to-moderate protein and low-carb foods enables you to break free from the disastrous effects of carbohydrate dependency by resetting your metabolism and promoting metabolic flexibility—where your body learns to burn fat instead of sugar for energy, even when you go off plan. Unlike many other ketogenic programs that require challenging restrictions and deprivation or offer misinformation, Mark Sisson, bestselling author of The Primal Blueprint and publisher of the #1 paleo blog MarksDailyApple, presents a unique two-step, scientifically validated approach for going keto the right way. He first reveals the real secret to rapid and sustained weight loss, which is in becoming “fat-adapted” before entering full nutritional ketosis. It takes as little as 21-days to reprogram your metabolism to burn fat for fuel, by ditching processed grains, sugars, and refined vegetable oils in favor of nutrient-dense, high fat, primal/paleo foods—and you'll see immediate results. Next, you'll fine-tune with Intermittent Fasting and then foray into full ketogenic eating for a further weight loss boost and improved health. With The Keto Reset Diet, you can eat to total satisfaction by enjoying rich, high-satiety foods, and even weather occasional slip-ups, using: • Step-by-step guidance • A helpful list of toxic foods to avoid and nutrient-dense food to replace them • Daily meal plans, including a recipe section with over 100 keto friendly recipes You’ll use keto as a lifelong tool to stay trim, healthy, energetic, and free from the disastrous health conditions caused by the typical American diet. The Keto Reset Diet is the definitive guide to help the keto-beginner or the experienced health enthusiast understand the what, why, and how to succeed with ketogenic eating.**

**The best-selling authors of *It Starts With Food* outline a scientifically based, step-by-step guide to weight loss that explains how to change one's relationship with food for better habits, improved digestion and a stronger immune system. 150,000 first printing.**

**The DIRTY, LAZY, KETO 5-Ingredient Cookbook**

**From Bacon and Cheese Quiche to Chicken Cordon Bleu, 175 Quick and Easy Keto Recipes**

**Myron Mixon: Keto BBQ**

**How the Experts Got Food and Diet So Wrong and What You Can Do to Take Back Control of Your Health**

**Go Beyond Paleo to Burn Fat, Beat Cravings, and Drop 20 Pounds in 40 days**

**Over 100 Recipes for Healthy, Permanent Weight Loss**

**100 Easy Recipes Ready in under 30 Minutes**

**Good Food, Bad Diet**

*Incredibly easy Instant Pot and air fryer recipes from the best-selling author of Instant Loss*

*YOUR BEST BODY BEGINS HERE AND NOW! Ditch the gym membership and say goodbye to weights and machines! Take control of your shape and your weight at home with celebrity fitness trainer Adam Rosante's three-tiered, simple-to-follow plan: • Eat Clean: Feed your body right with simple meals designed to help you feel your best inside and out.*

*No weird and wacky "diet" gimmicks; just an easy embrace of healthy whole foods. • Train Dirty: Using compound movements, progress overload, and high-intensity 30-second interval training, Rosante's exercises will skyrocket your metabolism, torch fat, and build lean muscle without requiring the use of a single piece of equipment. • Live Hard:*

*Strengthen the single most important muscle in your body: your mind. You'll learn how "Lottery Mindset Marketing" has conditioned you to fail in your weight-loss goals—and how to overcome it. Featuring inspiring testimonials, motivational advice, instructive photos, and a complete workout calendar, *The 30-Second Body* is a comprehensive one-stop solution, your road map to losing weight fast and taking charge of your life! Praise for *The 30-Second Body* "Easy, effective, and efficient . . . [*The 30-Second Body*] is more like an easy-to-read playbook than an intimidating diet or fitness guide. It's filled with illuminating fitness quickies on how to build a better smoothie and high-intensity workout moves you can do anywhere."—Well+Good*

**The Dirty Diet The 28-Day Fasting Plan to Lose Weight and Boost Immunity Seven Dials**

*With a perfect combination of more than 150 sweet and savory recipes, this book breaks the mold (and all the rules), its core principle being that just because your food is nutritious doesn't mean it has to taste that way! Recipes like Pizza Soup, Sour Cherry Crumble Bars, Death by Chocolate Cake, and Salted Caramel Ice Cream are sure to satisfy even the most demanding sweet tooth—and they are all gluten-free, grain-free, guilt-free, and Paleo-friendly. Whether you're gluten-free or Paleo, you want to "bake the world a better place," or you simply love eating amazing food, *Clean Eating with a Dirty Mind* will cater to your every indulgence, leaving you with a whole lot less to confess and a whole lot more to enjoy*

*"As the founder of Rich20something.com, Daniel DiPiazza has helped thousands break out of their daily grinds, build businesses they care about, and achieve more success than they ever imagined" --Back cover.*

**Clean Eating With A Dirty Mind**

**The 5:2 Diet Book**

**Women's Health Healthy Meals for One (or Two) Cookbook**

**The DIRTY, LAZY, KETO No Time to Cook Cookbook**

**Instant Loss Fast and Easy**

**How I Learned to Love My Body, Ditch Dieting, and Live Large**

**The "I Love My Air Fryer" Keto Diet 5-Ingredient Recipe Book**

**The Dude Diet Dinnertime**

*A Dirty Old Man Goes Bad, by John Cowart, records the humor and happiness of a frustrated writer. John's daily blog, Rabid Fun, bears the caption, A befuddled ordinary Christian looks for spiritual realities in day to day living. Sounds like a downer. Yet, over 104,000 readers from 102 countries visited his website in 2005. A Dirty Old Man Goes Bad reveals John's happy joys as well as his struggles with temptation over bitterness, resentment, pornography, Microsoft, depression, laziness, Google, Blogger, pettiness, sloth, Krispy Kreme Donuts, and anger. All in all, this is a real-time love story told day by day by a man who loves reality.*

*Understand food labels and cut through the myths, hype, and misleading information on "healthy" food choices. Make the best choices with *The Real Food Grocery Guide*. *The Real Food Grocery Guide* helps you navigate every aisle of the grocery store by clearly outlining what foods are truly the healthiest, the freshest, and the most economical—and which ones belong in the garbage rather than your grocery cart! Now you will finally know for certain whether fat-free and gluten-free are actually healthier, what hidden meanings you're missing in food labels, and if organic vegetables and grass-fed meat are worth the extra cost. *The Real Food Grocery Guide* is the most comprehensive and actionable guide to grocery shopping and healthy eating available, with advice on: What to eat for health, balanced*

*weight, and longevity How to shop to save a significant amount of time and money How to decipher food "buzz words" (like natural, grass-fed, wild, organic, gluten-free, etc.): know which to buy and which to leave on the shelf How to select the most nutritious and delicious produce, every time (no more getting home with brown avocados or tasteless melon) Why the quality of animal products such as meat, fish, eggs, and dairy is crucial—and how to choose the healthiest kinds How to store fresh food properly so it will stay fresh longer Why calorie counting is futile—and what you should look for instead to determine the healthiness of any food How to decipher what a food label is really saying How to avoid being duped by sneaky food industry claims and choose the best packaged products every time Stop guessing when you're in the grocery store. Grab **The Real Food Grocery Guide** and get the real facts on what labels are telling you. No spin.*

*Do you want to feel good, look good and bring your health and energy up? Do you want to find easy, one-pot recipes to naturally tackle health issues like diabetes and digestive disorders? Then read on... If you want to provide your family with uncomplicated and healthy meals that are made with the best ingredients, clean eating is for you. Whether you want to lose weight, or you just don't feel as robust and energetic as you used to, clean eating lets you take control of your diet and your health. And with these easy Dutch oven recipes, you can easily cook clean using only one cooking pot! This book will teach you everything you need to know about using a Dutch Oven to cook delicious clean recipes so that you can transform your eating habits and improve your overall well being without getting all your pots and pans dirty. You will learn recipes that will support balanced nutrition so that you can avoid eating the foods that make you gain weight, feel tired, and negatively affect your health. Everyone wants to be healthier, and clean eating is the clearest path to get there! Using a Dutch Oven only makes the process even simpler. What you'll learn from this book: [How to choose clean ingredients that will improve your health](#) [A simple trick to easily turn your Dutch Oven cooking into fun](#) [How to substitute clean foods for traditional, unhealthy favorites](#) [The definition of clean eating and positive impacts on your health](#) [The best ways to cook anything clean with your Dutch Oven](#) You will also get: [101 delicious recipes that will have you loving your clean diet](#) [Easy to follow golden rules for easier Dutch Oven cooking](#) [Recipes that are simple and are cooked quickly in your Dutch Oven](#) [An International array of flavors and meals from start to finish](#) [Healthy versions of standards like Mac 'N' Cheese](#) If you want to transform your cooking using clean ingredients to make quick and healthy meals using only one pot, then this book is for you! It also makes a great gift for the health-conscious people in your family! From in-depth instructions and easy to follow recipes, this easy-to-use guide is a great way to take control of your diet so that you can start looking better and feeling better right now! Scroll up and click **ADD TO CART** now.*

*The New York Times bestselling author of **Tomatoland** test drives the most popular diets of our time, investigating the diet gurus, contradictory advice, and science behind the programs to reveal how we should—and shouldn't—be dieting. "Essential reading . . . This will completely change your ideas about what you should be eating."—Ruth Reichl, author of **Save Me the Plums** Investigative journalist Barry Estabrook was often on the receiving end of his doctor's scowl. Realizing he had two options—take more medication or lose weight—Estabrook chose the latter, but was paralyzed by the options. Which diet would keep the weight off? What program could he maintain over time? What diet works best—or even at all? Over the course of three years, Estabrook tried the regimens behind the most popular diets of the past forty years—from paleo, keto, gluten-free, and veganism to the Master Cleanse, Whole30, Atkins, Weight Watchers—examining the people, claims, and science behind the fads, all while recording his mental and physical experience of following each one. Along the way, he discovered that all the branded programs are derived from just three diets. There are effective, scientifically valid takeaways to be cherry-picked . . . and the rest is just marketing. Perhaps most alarming, Estabrook uncovered how short-term weight loss can do long-term health damage that may go undetected for years. Estabrook contextualizes his reporting with an analysis of our culture's bizarre dieting history, dating back to the late 1800s, to create a thorough—and thoroughly entertaining—look at what specific diets do to our bodies, why some are more effective than others, and why our relationship with food is so fraught. Estabrook's account is a relatable, pragmatic look into the ways we try to improve our health through dieting, revealing the answer may be to just eat.*

*Kim Brittingham struggled for years with her weight and body image before she learned how to love her self unconditionally, find her confidence, and fully enjoy her life. In this unflinching, humorous, and uplifting memoir, she openly explores her complex relationships with food and dieting, sex and dating, and exercise and health, ultimately inspiring every woman to live life to the absolute fullest, no matter what your jean size.*

*125 Clean(ish) Recipes for Weeknight Winners and Fancypants Dinners*

*Dirty Gourmet*

*A Revolutionary (and Simple!) 30-Day Plan for Healthy, Lasting Weight Loss*

*A Guide to African American Wellness*

*A Complete Guide to 16:8, OMAD, 5:2, Alternate-Day, and More*

*The Lazy Keto Gourmet*

*Rich20something*

*A Simple Guide to Shopping, Prepping, and Cooking for Yourself with 175 Nutritious Recipes*

*#1 New York Times Bestseller In this pathbreaking guide, two of the world's most popular and trusted pet care advocates reveal new science to teach us how to delay aging and provide a long, happy, healthy life for our canine companions. Like their human counterparts, dogs have been getting sicker and dying prematurely over the past few decades. Why? Scientists are beginning to understand that the chronic diseases afflicting humans—cancer, obesity, diabetes, organ degeneration, and autoimmune disorders—also beset canines. As a result, our beloved companions are vexed with preventable health problems throughout much of their lives and suffer shorter life spans. Because our pets can't make health and lifestyle decisions for themselves, it's up to pet parents to make smart, science-backed choices for lasting vitality and health. The Forever Dog gives us the practical, proven tools to protect our loyal four-legged companions. Rodney Habib and Karen Becker, DVM, globetrotted (pre-pandemic) to galvanize the best wisdom from top geneticists, microbiologists, and longevity researchers; they also interviewed people whose dogs have lived into their 20s and even 30s. The result is this unprecedented and comprehensive guide, filled with surprising information, invaluable advice, and inspiring stories about dogs and the people who love them. The Forever Dog prescriptive plan focuses on diet and nutrition, movement, environmental exposures, and stress reduction, and can be tailored to the genetic predisposition of particular breeds or mixes. The authors discuss various types of food—including what the commercial*

manufacturers don't want us to know—and offer recipes, easy solutions, and tips for making sure our dogs obtain the nutrients they need. Habib and Dr. Becker also explore how external factors we often don't think about can greatly affect a dog's overall health and wellbeing, from everyday insults to the body and its physiology, to the role our own lifestyles and our vets' choices play. Indeed, the health equation works both ways and can travel up the leash. Medical breakthroughs have expanded our choices for canine health—if you know what they are. This definitive dog-care guide empowers us with the knowledge we need to make wise choices, and to keep our dogs healthy and happy for years to come.

**A NEW YORK TIMES BESTSELLER** Foreword by John Robbins, author of the international bestseller *Diet for A New America* In this book, Susan Peirce Thompson, Ph.D. shares the groundbreaking weight-loss solution based on her highly acclaimed *Bright Line Eating Boot Camps*. Rooted in cutting-edge neuroscience, psychology, and biology, *Bright Line Eating* explains why people who are desperate to lose weight fail again and again: it's because the brain blocks weight loss. *Bright Line Eating (BLE)* is a simple approach designed to reverse that process. By working with four "Bright Lines"—clear, unambiguous, boundaries—Susan Peirce Thompson shows us how to heal our brain and shift it into a mode where it is ready to shed pounds, release cravings, and stop sabotaging our weight loss goals. Best of all, it is a program that understands that willpower cannot be relied on, and sets us up to be successful anyway. Through the lens of Susan's own moving story, and those of her Bright Lifers, you'll discover firsthand why traditional diet and exercise plans have failed in the past. You'll also learn about the role addictive susceptibility plays in your personal weight-loss journey, where cravings come from, how to rewire your brain so they disappear, and more. Susan guides you through the phases of *Bright Line Eating*—from weight loss to maintenance and beyond—and offers a dynamic food plan that will work for anyone, whether you're vegan, gluten-free, paleo, or none of the above. *Bright Line Eating* frees us from the obesity cycle and introduces a radical plan for sustainable weight loss. It's a game changer in a game that desperately needs changing.

Enjoy your favorite keto dishes faster and easier than ever with these 175 delicious, fat burning, air fryer recipes using only five ingredients or less! The keto diet is more convenient (and affordable) than ever! Now you can make fast, delicious whole-food meals that will keep you in ketosis using your favorite kitchen appliance—the air fryer. Now you can easily learn how to cook 175 mouth-watering, keto-friendly dishes using only five—or fewer—key ingredients. These recipes are fast, inexpensive, and don't require a lot of prepping or shopping, making them a satisfying, flavorful fit to your busy schedule. You'll be amazed at the wide variety of keto-friendly dishes you can cook in your air fryer. And rather than adding extra, unhealthy fat, the air fryer uses the beneficial fats already in your food for frying—making it a quick and healthy cooking option for busy people on the keto diet. In *The "I Love My Air Fryer" Keto Diet 5-Ingredient Recipe Book* discover how easy it is to stick to your keto goals and still enjoy every meal of the day.

Crunk is a Southern slang term that means "to get excited." Keepin' it real and makin' it fun, vegan blogger Bianca Phillips adopted the Southern slang term to convey passion and pride for her heritage and the down-home food she was raised on. By incorporating country staples (beans, corn, and fresh produce) that have been the basis of Southern cooking for generations, Bianca offers no-frills, no-nonsense soul food dishes with a wholesome twist. These family classics, minus the meat, eggs, and dairy products, help keep traditional Southern foodways alive while allowing vegans, vegetarians, and anyone who cares about healthful eating to enjoy this satisfying down-home fare. From cheese-free Ro\*Tel dip and country-fried tempeh steak to eggplant jambalaya and smoky stewed okra and tomatoes, *Cookin' Crunk* offers plenty in the way of classic Southern comfort food. There's also a bounty of sweet treats that includes cobblers, bread pudding, dark chocolate bourbon pecan pie, and peanut butter and banana "Elvis" cupcakes.

You don't need to obsess over calorie tracking or endure constant hunger to lose weight—fasting is a more effective and more sustainable diet, and it's easier than you think! Intermittent fasting is the solution to dropping pounds and boosting your overall health, and it won't leave you feeling hungry. By shortening the window of time in which you eat food, for example only eating two meals per day within an 8-hour time period, you are well on your way to a more healthy, adaptable body. Intermittent fasting aids weight loss, and is a key therapeutic tool for a variety of hormone- and health-related concerns. (1) Decrease insulin resistance (2) Reduce inflammation (3) Improve cardiovascular health (4) Prevent cancer (5) Protect the brain from disease (6) Extend lifespan You've heard of the concept, but you're not sure where to start. In Part 1, this visual beginner's guide will help you to identify your goals and select one of various fasting programs. Choose from several eating patterns: the 16/8 method; the One-Meal-A-Day (OMAD) plan; the 5:2 diet; and alternate day fasts. Learn the answers to all of your questions, like "Can I drink water and coffee while fasting?" In Part 2, meal plans and recipes will aid your fasting diet. Meal plans are developed so that food leaves you satisfied for hours. With lower carb, higher fat, and moderate protein, recipes offer you the key nutrition you need to make your fasts productive and sustainable.

100 Easy All-in-One Meals

The 30-Second Body

125 Easy Recipes for Your Instant Pot, Air Fryer, and More

One Reporter's Quest for a Weight-Loss Regimen that Works

In Defence of Food

The Flexible Four-Week Intermittent Fasting Plan to Recharge Your Metabolism and Renew Your Health

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

Eat Clean. Train Dirty. Live Hard.

*Not your typical boring diet book, this is a tart-tongued, no-holds-barred wakeup call to all women who want to be thin. With such blunt advice as, Soda is liquid Satan and You are a total moron if you think the Atkins Diet will make you thin, it's a rallying cry for all savvy women to start eating healthy and looking radiant. Unlike standard diet books, it actually makes the reader laugh out loud with its truthful, smart-mouthed revelations. Behind all the attitude, however, there's solid guidance. Skinny Bitch espouses a healthful lifestyle that promotes whole grains, fruits, and vegetables, and encourages women to get excited about feeling clean and pure and energized.*

*In this science-based book, registered dietitian Abby Langer tackles head-on the negative effects of diet culture and offers advice to help you enjoy food and lose weight without guilt or shame. There are so many diets out there, but what if you want to eat well and lose weight*

without dieting, counting, or restricting? What if you want to love your body, not punish it? Registered dietitian Abby Langer is here to help. In her first-ever book, Abby takes on our obsession with being thin and the diets that are sucking the life, sometimes literally, out of us. For the past twenty years, she has worked with clients from all walks of life to free them from restrictive diets and help them heal their relationship with food. Because all food is good for us—yes, even carbs and fats. All diets are bad. Diets are like Band-Aids for what's really bothering us: Although we might lose weight, they prey on our insecurities, rob us of time and money, and often leave us with the same negative views of food and our bodies that we've always had. When the weight comes back, we still haven't solved the real issues behind our eating habits—our “why.” This book is different. Chapter by chapter, Abby helps readers uncover the “why” behind their desire to lose weight and their relationship with food, and make lasting, meaningful change to the way they see food, nutrition, themselves, and the world around them. In this book, you'll learn how guilt and shame affect your food choices, how fullness and satisfaction aren't the same feeling, why it's important to quiet your “diet voice” and enjoy food, and what the best way to eat is according to science. Empowering, inclusive, smart, and a must-have, *Good Food, Bad Diet* will give you the tools to reject diets, repair your relationship with food, and lose weight so you can move on with your life.

This bestselling guide to all areas of publishing and the media is completely revised and updated every year. The Yearbook is packed with advice, inspiration and practical guidance on who to contact and how to get published. Foreword by Joanne Harris, bestselling author of 18 novels, including *Chocolat* New articles in the 2019 edition include: Ruby Tandoh Writing a cookbook Andrew McMillan How to become a poet Claire North Writing speculative fiction Frances Jessop Writing about sport Jane Robinson Writing non-fiction Tony Bradman A successful writing career James Peak Should I make an audio book? Wyl Menmuir Debut success Alice Jolly Crowdfunding your novel Andrew Lownie Submitting non-fiction Lynette Owen UK copyright law All articles are reviewed and updated every year. Key articles on Copyright Law, Tax, Publishing Agreements, E-publishing, Publishing news and trends are fully updated. Plus over 4,000 listings entries on who to contact and how across the media and publishing worlds In short it is 'Full of useful stuff' - J.K. Rowling

'A must-read ... satisfying, rich ... loaded with flavour' Sunday Telegraph This book is a celebration of food. By food, Michael Pollan means real, proper, simple food - not the kind that comes in a packet, or has lists of unpronounceable ingredients, or that makes nutritional claims about how healthy it is. More like the kind of food your great-grandmother would recognize. In *Defence of Food* is a simple invitation to junk the science, ditch the diet and instead rediscover the joys of eating well. By following a few pieces of advice (*Eat at a table - a desk doesn't count. Don't buy food where you'd buy your petrol!*), you will enrich your life and your palate, and enlarge your sense of what it means to be healthy and happy. It's time to fall in love with food again. For the past twenty years, Michael Pollan has been writing about the places where the human and natural worlds intersect: food, agriculture, gardens, drugs, and architecture. His most recent book, about the ethics and ecology of eating, is *The Omnivore's Dilemma*, named one of the ten best books of 2006 by the New York Times and the Washington Post. He is also the author of *The Botany of Desire*, *A Place of My Own* and *Second Nature*.

Like most doctors, Peter Brukner was trained to believe that drugs and surgery are the answers to all medical problems - including the epidemics of obesity, diabetes and other ‘modern illnesses’ that are threatening our healthcare system and the life expectancy of future generations. For years he was dismissive of any ‘alternative’ diets or lifestyle changes. But that all changed when, facing the double threat of obesity and diabetes himself, his research led to a shocking realisation that overturned a lot of the medical ‘truth’ he'd taken for granted: our dietary guidelines and food pyramid have no scientific basis. So he switched to a low-carb, healthy fat lifestyle - and dropped 13 kilos, lowered his insulin levels and drastically improved his liver function in just three months. In *A Fat Lot of Good* Dr Brukner busts the dietary myths we've been living by for decades and gives you all the information you need, in as simple a way as possible, to live a longer, healthier and - most importantly - more enjoyable life. *A Fat Lot of Good* features: · The real reasons why we're all getting fatter and less healthy · The lowdown on carbs, fats and proteins: what they do, which we actually need and how much · What you need to know about insulin, inflammation and the gut microbiome · Dr Brukner's Five Golden Rules for a healthy lifestyle · Tips on reading food labels, making smart choices when eating out and buying real food on a budget · Advice on how to get the right levels of exercise, sleep and sun to boost your health · A selection of simple low-carb, healthy fat recipes to get you started Packed full of the latest research and countless practical tips, *A Fat Lot of Good* is the complete toolkit for building the healthy lifestyle that's right for you. All author proceeds donated to SugarByHalf.

Writers' & Artists' Yearbook 2019

Recipes I Used to Lose 100 Pounds!

*The How Not to Diet Cookbook*

*101 Delicious One-Pot Recipes Your Family Will Love*

*Cookin' Crunk*

*Ditch Your Average Job, Start an Epic Business, and Score the Life You Want*

*Real Barbecue for a Healthy Lifestyle*

Kathy Freston, the New York Times bestselling author of *Veganist*, urges “leaning in” for a leaner body—small changes that yield big results—in this simple but effective weight-loss plan.

The author of *The Dude Diet* is back with 125 crowd-pleasing recipes to hack the daily dinner dilemma. In her cult-classic *The Dude Diet*, chef and recipe developer Serena Wolf dared go where no healthy living cookbook had gone before: into the realm of dude food. From wings and nachos to burgers and pizza, Serena offered clean(ish) junk food makeovers that inspired dudes everywhere to put down the takeout menu and pick up a spatula. Now, *The Dude Diet Dinnertime* gives those same hungry dudes—and their families—dozens of drool-worthy main course dishes. In *The Dude Diet Dinnertime*, Serena gives you 125 foolproof recipes to satisfy every craving and please every member of the family. With soon-to-be classics like Super Sloppy Jos é s, Turkey Reuben Patty Melts, Chicago Dog Baked Potatoes and Chicken Parm Quinoa Bake, Serena shows comfort food fanatics and picky eaters alike how to get a delicious, nutritious, and filling dinner on the table without a fuss—and sometimes in 30 minutes flat. With easy-to-follow, step-by-step instructions, gorgeous food photography, and Serena’s one-of-a-kind voice and humor, *The Dude Diet Dinnertime* offers a fun and utterly satisfying answer to the eternal question: What’s for dinner?

DOWNLOAD THREE FREE SAMPLE RECIPES FROM DIRTY GOURMET More than 120 deliciously modern recipes for day trips, car camping, and backcountry adventures Offers a fun and easy approach to planning and prepping camp food The Dirty Gourmet authors were recently featured in *Sunset* magazine and other national media “Dirty Gourmet” is really a lifestyle, one that celebrates delicious food, warm company, and outdoor fun. It emerged as a website and blog when friends Aimee Trudeau, Emily Nielson, and Mai-Yan Kwan joined forces to share their love of wilderness, outdoor education experiences, and knowledge of backcountry cooking through classes, workshops, catering events, and easy yet exciting recipes. Now, their new book, *Dirty Gourmet: Food for Your Outdoor Adventures*, extends their mission to get more people to eat well outdoors and have fun doing it! It emphasizes healthy eating with fresh ingredients, efficient techniques, and global flavors. Breakfast, trail meals, sweet and savory snacks, dinners, appetizers, side dishes, desserts, even refreshing camp drinks—it’s all here! Camp cooks can choose recipes based on the type of activity they are pursuing—from picnics, day hikes, and car camping to backcountry adventures by foot, bike, or paddle—as well as find recipes perfect for large groups. Recipes are organized by activity: Car campers can relax around the fire with Ember Roasted Baba Ghanoush and Mason Jar Sangria before diving into One Pot Pasta Puttanesca and Grilled Green Bean Salad, with Maple Syrup Dumplings for dessert. Day hikers will want to take a break on the trail with Spicy Tofu Jerky and Curried Chickpea Salad or maybe a Pressed Sandwich with Sundried Tomato Pesto. Backpackers can start their day with Fried Grits Scramble with Greens, Leeks, and Bacon and recharge in the evening with Soba Noodles with Sweet Chili Chicken and a Hibiscus Chia Cooler. To simplify packing and planning, each section offers a base kit checklist of needed supplies along with tips on getting organized, preparing ingredients, and cooking with different methods. Complemented by full-color photos, each recipe features insights from the authors, any additional tools needed, quick-reference icons, step-by-step instructions for what to prepare at home and in camp, plus creative variations.

Save time and money all while losing weight with bestselling author Stephanie Laska’s most convenient, easy, and flavorful keto recipes that only require 5 (or fewer) main ingredients. After losing 140 pounds on the keto diet, bestselling author Stephanie Laska makes the keto diet more accessible and foolproof than ever before with these 100 delicious recipes made with only 5 (or fewer) main ingredients! The easy-going approach of *The DIRTY, LAZY KETO 5-Ingredient Cookbook* makes weight loss manageable, sustainable, and even fun. Packed with her trademark sass and practical advice, Stephanie teaches the proven fundamentals of dirty keto cooking in a way that gets you excited and motivated. You’ll find 100 easy, great-tasting classic recipes that the entire family will enjoy—even the pickiest eaters. Making the keto diet more convenient than ever, this is a flexible, honest, real-world approach to losing weight that anyone can accomplish. In this cookbook, you’ll find no judgment—just plenty of support to help you pursue your own unique path to sustainable healthy weight loss—not perfection. This is lazy keto at its finest!

Abel James, the ABC star and creator of the #1 *Fat-Burning Man Show*, shares his revolutionary weight-loss program in *The Wild Diet* - now a New York Times Bestseller! Can you really lose 20 pounds in 40 days while enjoying real butter, juicy burgers, chicken parmesan, chocolate, and even cheesecake? The answer might surprise you. By focusing on simple, fresh ingredients and nutrient-dense meals, *The Wild Diet* programs your body to burn fat as its main fuel source. Eating Wild, thousands of people across the world have dropped 20, 60, or even more than 100+ pounds without hunger... and often with minimal exercise. In *The Wild Diet*, you’ll find that we are not meant to starve ourselves, count calories, or avoid delicious food. We’re wired to eat luxuriously and live well without getting fat. If you think that you’re stuck with the genes you inherited and there’s nothing you can do about it, read closely. *The Wild Diet* paints a different picture, one in which we have the power to influence our genetic expression by taking control of the quality of food we eat, the way we move, and the environment around us. We once had access to an immense variety of fresh seasonal foods from small, local sources. Now we have access to few varieties of processed foods from a massive industrial system often thousands of miles from where we live. The secret to great health simply getting back to our wild roots and enjoying real, Wild foods grown on a farm and not in a factory. By prioritizing foods found in the natural world, rich in fiber and nutrients, your body will burn fat instead of sugar for energy. When you reduce your consumption of processed grains, sugars and other simple carbohydrates in favor of healthy plants and animals, you will be shocked by how quickly you can reverse the damage of decades of poor eating. *The Wild Diet* proves that it’s possible to get in best shape of your life while eating delicious foods like chicken parmesan, bacon cheeseburgers, and even chocolate pudding. If you want to know how to burn more fat by indulging in incredible meals and exercising less, it’s time to treat yourself to *The Wild Diet*.

*The Whole30*

*The 30-day Guide to Total Health and Food Freedom*

*Reboot Your Metabolism in 21 Days and Burn Fat Forever*

*Surprising New Science to Help Your Canine Companion Live Younger, Healthier, and Longer*

*A No-Nonsense, Tough-Love Guide for Savvy Girls Who Want to Stop Eating Crap and Start Looking Fabulous!*

*Intuitive Fasting*

*Clean Eating Dutch Oven Cookbook*

*Feast for 5 Days a Week and Fast for 2 to Lose Weight, Boost Your Brain and Transform Your Health*

***From Kate Harrison, the bestselling author behind the 5:2 Diet Book series, comes the brand new four-week plan that will have you losing weight for good - without cutting out the foods you love. The Dirty Diet combines the revolutionary successes of fasting with the latest scientific findings about gut health. What does this mean? Results! Eat 600-700 calories two or three days a week and 1800 calories for the rest - using Kate's delicious recipes and meal plans - and you'll not only be losing weight but be feeling rejuvenated and healthier too. Discover how certain foods help you absorb nutrients without the calories; how to look***

**after your gut health so your digestion is improved; how to harness the secrets of cultures where people live to ripe old ages; and how you can drink wine and eat cheese without ruining your weight-loss plan. In short, discover a plan that is not only sustainable and achievable but celebrates food in all its glory. So whether you're sick of the limiting 'clean-eating' diets, or you just love food, if you're after a sustainable plan that will deliver the results you need - the Dirty Diet is for you.**

**With many experts attributing 80-90 percent of your weight loss efforts to what you eat, finding delicious recipes is important. I lost more than 100 pounds with the low-carb, high-fat recipes found in this book. Not only are the recipes easy for the novice, but they are on par with many five star restaurant meals. Most of the recipes found in this book can be prepped and cooked in less than 30 minutes. There are no exotic or hard to find ingredients used and I steer clear of adding artificial sweeteners. This makes The Lazy Keto Gourmet meals easy, go-to meals for a sustainable low-carb, high-fat lifestyle! If I just gave you recipes and let you out into a high-fat world all on your own, you might drown in the excess coconut oil and butter, so I take time to teach you how I use these recipes for optimal health and exceptional weight loss. I also include a full seven days of my daily menus to show you how I put all of these delicious recipes together for a ketogenic diet that achieves maximum fat burning and excellent health.**

**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.**

**The keto diet is faster and more accessible than ever before with these 100 easy, delicious, low-carb meals you can make in 30 minutes or less from USA TODAY bestselling author Stephanie Laska. Want to try the keto diet but don't have enough time to cook elaborate meals from scratch? No problem! USA TODAY bestselling author and creator of DIRTY, LAZY, KETO offers the perfect solution with these quick and easy recipes that you can make in no time. After losing 140 pounds following the keto diet, Stephanie understands how hard it can be to find the time to cook, especially while managing a hectic household. At the end of a busy day, she had to get food on the table—fast. She didn't have a second to waste preparing meals that her family might not like. Instead, Stephanie made her own recipes that she knew her family would love while still keeping them healthy. In DIRTY, LAZY KETO No Time to Cook Cookbook, you'll find 100 great tasting 10g net carbs or less recipes that you can make in 30 minutes or less. With simple, easy-to-find ingredients, you'll have dinner ready on the table in no time! This flexible, honest, real-world approach to losing weight while still living a normal life empowers you to keto your own way—in a style and schedule that works for you. This no-judgment cookbook offers you the support you need as you venture on your own unique path to sustainable, healthy weight loss—not perfection. Take care of your taste buds, your wallet, and your health by prepping and cooking your way to healthy eating every day of the week with a cookbook designed with just one (or two) diners in mind! In the US, we eat nearly half of our meals as a party of one, with only the TV or social media followers for company. But with The Women's Health Healthy Meals for One (or Two) Cookbook, you don't have to wait until you have 2.5 kids and a spouse around the dining table to prepare simple, fresh, and nutritious meals that taste as good as they are for your health. So step away from the microwave, ditch the delivery, and get cooking! This book is filled with inventive recipes that you can make ahead, pull together on a minute's notice, or take your time to create, all for the most important person in your life: you. With shopping guides, meal-prep plans for every type of week, a kitchen tool guide, tips for a well-stocked pantry, and advice for making leftovers seem new, The Women's Health Healthy Meals for One (or Two) Cookbook is not just a cookbook: it's your new cooking bible. So whether you are prepping quick batches of grab-and-go meals for a hectic workweek or sipping rosé with a date as you create an impressive dish from scratch to eat together, you have found your indispensable guide for simple, portioned-out, healthful eats you can make yourself.**

**Read My Hips**

**Reclaiming Our Health**

**The Wild Diet**

**Just Eat**

**The Dirty Diet**

**Food for Your Outdoor Adventures**

**The Habits You Need to Ditch Diet Culture, Lose Weight, and Fix Your Relationship with Food Forever**

**100 Easy-Peasy Recipes Low in Carbs, Big on Flavor**

“ 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. ”

A Dirty Old Man Goes Bad

Intermittent Fasting Diet Guide and Cookbook

The South Beach Diet Cookbook



- Dirty Girl
- The Keto Reset Diet
- The Forever Dog
- Bright Line Eating
- The Real Food Grocery Guide