

The Story Of Salt

This book is about Salt, the most famous humpback whale that lives and feeds in the waters off Cape Cod. Through the eyes of Salt, readers learn about the biology of humpback whales and the other baleen whales that come to feed in the waters of New England. Salt is a baleen whale that filters over 1 ton of large krill or small baitfish out of the water each day. This book describes how baleen, made from a protein called keratin, grows down from the gum line of the upper jaw and creates a hairy mat inside the whale's mouth. As a whale lunges mouth open, engulfing seawater and small baitfish, the whale will then close its mouth and begin to strain or push the water back out. Saltwater can pass through the hairy mat inside the mouth, but the fish become trapped inside. Next the whale swallows its food whole. Readers also learn about Salt's life and her 13 calves. Each have received a name in honor of their famous mom. By watching Salt and her offspring, scientists have learned that humpback moms have a single calf every few years. The calf stays with mom for a year, but it will return to the same feeding area when a juvenile and then as an adult. Also discussed are current research techniques being conducted on humpback whales. Much of the research is focused on a benign technique called photo-identification, where natural body markings and features are photographed and used to create catalogs of known individuals. Known individual humpbacks are then tracked over the course of a season or from one season to the next. Readers also learn about the many hazards facing our oceans and all marine wildlife that call the ocean home. Marine hazards include, overfishing, climate change, marine debris, and collisions with vessels. Positive actions that people can take to help protect the oceans, whales, and all marine animals includes, reducing, reusing, and recycling, as well as reading about marine wildlife and participating in conservation activities like beach cleanups.

With the salt in your nest will you be an accomplished chef, there are only four basic factors that determine how good your food will taste. Salt, Fat, Acid, and Heat are the four cardinal directions of cooking, and they will guide you as you choose which ingredients to use and how to cook them, and they will tell you why last minute adjustments will ensure that food tastes exactly as it should. This book will change the way you think about cooking and eating, and help you find your bearings in any kitchen, with any ingredients, while cooking any meal. -- Award-winning novelist Martha Southgate (who, in the words of Julia Glass, "can write fat and hot, then lush and tender, then just plain truthful and burning with heart") now tells the story of a family pushed by addiction over the course of two generations. Josie Henderson loves the water and is fulfilled by her position as the only senior-level black scientist at the Woods Hole Oceanographic Institute. In building this impressive life for herself, she has tried to shed the one thing she cannot: her family back in landlocked Cleveland. Her adored brother, Tick, was her childhood ally as they watched their drinking father push away all the love that his wife and children were trying to give him. Now Tick himself has been coming apart and demands to be heard. Weaving four voices into a beautiful tapestry, Southgate charts the lives of the Hendersons from the parents' first charmed meeting to Josie's realization that the ways of the human heart are more complex than anything seen under a microscope.

Julia just graduated as her high school valedictorian, has a full ride to college in the fall and a coveted summer internship clerking for a federal judge. But when her older sister, Sophie, shows up at the graduation determined to reveal some long buried secrets, Julia's carefully constructed plans come to a halt. Instead of the summer she had painstakingly laid out, Julia follows Sophie back to Vermont, where Sophie is opening a bakery and struggling with some secrets of her own. What follows is a summer of revelations-some heartwarming, some heartbreaking, and all slowly pointing Julia toward a new understanding of both herself and of the sister she never really knew.

Hej came to us through an advertisement that I had in desperation put in the newspaper. I began captivantly for those days: 'Two American ladies wish...' It was these lines in The Alice B. Toklas Cookbook that inspired The Book of Salt, a brilliant first novel by a talented young Vietnamese American writer about the taste of exile. Paris, 1934, 'Thin Bin', as they call him, has accompanied his employers, Gertrude Stein and Alice B. Toklas, to the station for their departure to America. His own destination is unclear: will he go with 'the Steins', stay in France, or return to his native Vietnam? Binñ fled his homeland in disgrace, leaving behind his malevolent charlatan of a father and his self-sacrificing mother. For five years, he has been the personal cook at the famous apartment on the rue de Fleurus. Before Binñ's decision is revealed, we are catapulted back to his youth in French-colonized Indo China, where he learned to cook in the embassy kitchens, his years as a galley hand at sea, and his days turning out fragrant repasts for the doyennes of the Lost Generation. Binñ knows far more than what the Steins eat: he knows their routines and intimacies, their food and foll

Salt of the Earth

Of Women and Salt

The Weight of Salt

The Adventures of Salt and Soap at Grand Canyon

An Unfinished Life

A Deadly Genetic Disease, a New Era in Science, and the Patients and Families Who Changed Medicine Forever

Magic passed down through generations. An island where strange things happen. One summer that will become legend. Practical Magic meets Nova Ren Suma's Imaginary Girls and Laura Ruby's Bone Gap in this lush, atmospheric novel by acclaimed author Katrina Leno. Georgina Fernweh waits impatiently for the tingle of magic in her fingers-magic that has touched every woman in her family. But with her eighteenth birthday looming at the end of this summer, Georgina fears her gift will never come. Over the course of her last summer on the island-a summer of storms, falling in love, and the mystery behind one rare three-hundred-year-old bird-Georgina will learn the truth about magic, in all its many forms. Praise for Katrina Leno: "Leno's writing is flawless. Readers of all ages will find themselves swept away." --VOYA "Charming and sophisticated." --Kirkus "Crackles with wit, humor, and enormous

love."
Booklist (starred review) "Introduces a fierce new presence."--Publishers Weekly (starred review)

Aniwa and James, twelve years old in 1812, spend their days fishing, trapping, and exploring together in the forests of the Indiana Territory. To Aniwa and his family, members of the Miami tribe, this land has been home for centuries. As traders, James's family has ties to the Miami community as well as to the American soldiers in the fort. Now tensions are rising--the British and American armies prepare to meet at Fort Wayne for a crucial battle, and Native Americans from surrounding tribes gather in Kekionga to protect their homeland. After trading stops and precious commodities, like salt, are withheld, the fort comes under siege, and war ravages the land. James and Aniwa, like everyone around them, must decide where their deepest loyalties lie. Can their families--and their friendship--survive? In Salt, Printz Honor author Helen Frost offers a compelling look at a difficult time in history.

A Kirkus Reviews Best Book of 2013 A Frances Foster Book

The Story of SaltPuffin

A collection of short stories by local writers.You might think you know Whitstable but, hiding behind the beach huts, the harbourside and the high street with its boutiques and cafes, there's more going on than meets the eye.In this, their third collection, Writers of Whitstable serve up a feast of fiction, a sumptuous smorgasbord of short stories. There's a dish for every taste, with tales of love and lust, hope and heartbreak, of time travellers, dainty dragons, vindictive oysters, relocating klypts and invisible commuters: all seasoned, for added flavour, with a pinch of salt.

With the salt in your nest will you be an accomplished chef, there are only four basic factors that determine how good your food will taste. Salt, Fat, Acid, and Heat are the four cardinal directions of cooking, and they will guide you as you choose which ingredients to use and how to cook them, and they will tell you why last minute adjustments will ensure that food tastes exactly as it should. This book will change the way you think about cooking and eating, and help you find your bearings in any kitchen, with any ingredients, while cooking any meal. -- Award-winning novelist Martha Southgate (who, in the words of Julia Glass, "can write fat and hot, then lush and tender, then just plain truthful and burning with heart") now tells the story of a family pushed by addiction over the course of two generations. Josie Henderson loves the water and is fulfilled by her position as the only senior-level black scientist at the Woods Hole Oceanographic Institute. In building this impressive life for herself, she has tried to shed the one thing she cannot: her family back in landlocked Cleveland. Her adored brother, Tick, was her childhood ally as they watched their drinking father push away all the love that his wife and children were trying to give him. Now Tick himself has been coming apart and demands to be heard. Weaving four voices into a beautiful tapestry, Southgate charts the lives of the Hendersons from the parents' first charmed meeting to Josie's realization that the ways of the human heart are more complex than anything seen under a microscope.

"Exceptional and engrossing."--New York Post "Ambitious . . . ingenious."--Newsday

Breath from Salt

The Years of Rice and Salt

The Story of Tata Chemicals

Salt, Fat, Acid, Heat

The Story of SALT

Cod

"They are a mythical people, almost an imagined people," writes Mark Kurlansky. Settled in a corner of France and Spain in a land marked on no maps except their own, the Basques are a nation without a country, whose ancient and dramatic story illuminates Europe's own saga. Where did they come from? Signs of their civilization exist well before the arrival of the Romans in 218 B.C., and their culture appears to predate all others in Europe. Their mysterious and forbidden tongue, Euskera, is related to no other language on Earth. The Basques have stubbornly defended their unique culture against the Celts, the Romans, the Visigoths and Moors, the kings of Spain and France, Napoleon, France, the modern Spanish state, and the European Union. Yet as much as their origins are obscure, the Basques' contributions to world history have been clear and remarkable. Early explorers, they made fortunes whaling before the year 1000 and became the premier cod fishermen in Europe after discovering Canada's Grand Banks. Juan Sebastian de Elcano, a Basque, was the first to circumnavigate the globe in 1522. Their influence has also been felt in religion as founders of the Jesuits in 1534, and in business, as leaders of the Industrial Revolution in southern Europe. Mark Kurlansky's passion for the Basque people, and his exuberant eye for detail, shine throughout this fascinating history. Like his acclaimed Cod, it blends human, economic, political, literary and culinary history into a rich and heroic tale.

Winner of the 2020 Crawford Award! Winner of the 2021 Hugo Award! A Hugo Award-Winning Series! A 2021 Locus Award Finalist A 2021 Ignyte Award Finalist A Goodreads Choice Award Finalist "Dangerous, subtle, unexpected and familiar, angry and ferocious and hopeful... The Empress of Salt and Fortune is a remarkable accomplishment of storytelling."--NPR A 2020 ALA Booklist Top Ten SF/F Debut | A Book Riot Must-Read Fantasy of 2020 | A Paste Most Anticipated Novel of 2020 | A Library Journal Debut of the Month | A Buzzfeed Must-Read Fantasy Novel of Spring 2020 | A Washington Post Best SF/F of the Year So Far Pick Named Book Riot's Best Book Cover of 2020 Named a Best of 2020 Pick for NPR | Library Journal | NYPL | Chicago Public Library | The Austen Chronicle | Autotraddle With the heart of an Atwood tale and the visuals of a classic Asian period drama, Nghi Vo's The Empress of Salt and Fortune is a tightly and lushly written narrative about empire, storytelling, and the anger of women. A young royal from the far north, is sent south for a political marriage in an empire reminiscent of imperial China. Her brothers are dead, her armies and her war mammoths long defeated and caged behind their borders. Alone and sometimes reviled, she must choose her allies carefully. Rabbit, a handmaiden, sold by her parents to the palace for the lack of five baskets of yue, befriends the emperor's lonely new wife and gets more than she bargained for. At once feminist high fantasy and an indictment of monarchy, this evocative debut follows the rise of the empress In-yo, who has few resources and fewer friends. She's a northern daughter in a mage-made summer exile, but she will bend history to her will and bring down her enemies, piece by piece. The Singing Hills Cycle The Empress of Salt and Fortune When the Tiger Came Down the Mountain Into the Riverlands The novellas of The Singing Hills Cycle are linked by the cleric Chih, but may be read in any order, with each story serving as an entrypoint. Praise for The Empress of Salt and Fortune "An elegant gut-punch, a puzzle box that unwinds itself in its own way and in its own time. I cannot recommend it highly enough. Gorgeous. Cruel. Perfect. I didn't know I needed to read this until I did."--Seanan McGuire "A tale of rebellion and fealty that feels both classic and fresh. The Empress of Salt and Fortune is elegantly told, strongly felt, and brimming with rich detail. An epic in miniature, beautifully realised."--Zen Cho "Nghi Vo's gracefully told debut . . . resides in the intimate margins of its (beautifully imagined) world's history, portraying how the marginalized may yet shape those narratives and harness the power of stories."--Indrapramit Das At the Publisher's request, this title is being sold without Digital Rights Management Software (DRM) applied.

Bestselling popular science author Dr. Joe Schwarz debunk the baloney and serves up the raw facts in this appertizing collection about the things we eat Eating has become a confusing experience. Should we follow a keto diet? Is sugar the next tobacco? Does fermented cabbage juice cure disease? Are lectins toxic? Is drinking poppy seed tea risky? What's with probiotics? Can packaging contaminate food? Should our nuts be activated? What is cockroach milk? We all have questions, and Dr. Joe Schwarz has the answers, some of which will astonish you. Guaranteed to satisfy your hunger for palatable and relevant scientific information, Dr. Joe separates fact from fiction in this collection of new and updated articles about what to eat, what not to eat, and how to recognize the scientific basis of food chemistry.

Racing to freedom with thousands of other refugees as Russian forces close in on their homes in East Prussia, Joanna, Emilia, and Florian meet aboard the doomed Wilhelm Gustloff and are forced to turn each other in order to survive.

Roaming the Mediterranean Sea on sailboats and hunting down monsters is the only life seventeen-year-old Indi and his siblings have ever known. He never loved it, but now that his parents are gone—vanished during an hunt three months ago—it's harder and harder to fight his desire to escape. He's constantly battling his ferocious love for his siblings and the temptation of his parents' journal, which contains directions to a treasure that their parents hinted at. Maybe it's something valuable enough to distract Belezra from her mission to hunt down the monster that killed their parents. Something that would take the little kids away from the sea that's turning Oscar into a pirate and wasting Zulu's brilliant six-year-old mind. Something that could give Indi a normal life. Acclaimed author Hannah Moskowitz has reinvented yet another genre in this ridiculously propulsive epic that is part seafaring epic, part coming-of-age tale, and a totally warm-hearted story of a boy who loves his family and just wants to figure his own self out—if only the fate of the world were't on his shoulders.

Half-Shell Propheces

Salt to the Sea

A World History

Tears of Salt: A Doctor's Story

A Pinch of Salt

The Taste of Salt

"Hearty backstories and a beguiling Louisiana setting enhance this compelling thriller." -- Kirkus Reviews "[A] strength would be the author's reverence for the regional quirks. H.'s adventures take him through all the recognizable haunts of Cajun country which involve eating etouffee and bouidin, drinking Community Coffee, and the drive over the Henderson swamp bridge." - University of Louisiana Press -- Harvey Doucet, a reasonably good Catholic, would never have committed suicide. His son, Harvey Jr. - H - knows this, so after Doucet Drilling causes the collapse of a salt mine and thirteen deaths, H searches for clues to clear his estranged father's name. H and his father's bodyguard, Placide, encounter dangerous cliffhangers, as the pursuers become the pursued. On the way, H exposes greed, fraud, and corruption, leading all the way to the White House. In Pillars of Salt by J.A. Adams, we experience H's journey from his original bitterness, angst, and cynicism toward his life and his father, to a place of appreciation and understanding of his father's integrity. Maybe H will also discover the inherent goodness in people, even when the world seems to be circling the drain.

Concerns the struggle of Biberman (one of the Hollywood Ten) to produce and distribute the film against blacklisting and boycott within the film industry.

As the sits in an infirmary and is questioned by a faith healer, Velma Henry probes her reasons for attempting to commit suicide, and the healing that takes place affects the lives of her town's Black inhabitants

Young Michael Jordan, who is smaller than the other players, learns that determination and hard work are more important than size when playing the game of basketball

From its birth in a hostile setting, through the struggles that have defined its existence to the success it has secured in the face of formidable odds, the history of Tata Chemicals is rich in incident and endeavor, sacrifice and fortitude. This intimate and illuminating chronicle of a singularly resilient enterprise narrates that history and the gallant efforts of the people who shaped it. Salt of the Earth tells the story of how Tata Chemicals emerged from the toil and despair of its early years to reach and breach new frontiers in its chosen industry and then beyond in the manufacturing of soda ash and other alkalis, in the production of fertilisers and by creating a trusted food brand. This is also the story of a company that has progressed and prospered by staying true to the legacy of its founders and the traditions and tenets of the Tata group, and by committing itself to the cause of the communities in which it operates. With a substantial presence in four continents, leadership positions in different business segments, and the character and potential to touch yet greater heights, Tata Chemicals is poised to add new chapters to a saga 75 years in the making. The past will inform and influence that future.

The Price of Salt

OR Carol

Salt Wars

Salt in My Soul

The Sweetness of Salt

A Gripping Story of Love and Courage.

Drawn from the bestseller Salt: A World History, a stunning picture book presents a wealth of information on salt, from the many ways it's gathered from the earth and sea, to its many uses throughout history, from ancient times to Gandhi's famous Salt March.

SCOTT (Copy 1): From the John Holmes Library Collection.

Recommended by Bill Gates and included in GatesNotes"Elaborating on the science as well as the business behind the fight against cystic fibrosis, Trivedi captures the emotions of the families, doctors, and scientists involved in the clinical trials and their 'weeping with joy' as new drugs are approved, and shows how cystic fibrosis, once a 'death sentence,' became, for many, a manageable condition. This is a rewarding and challenging work."

—Publishers Weekly Cystic fibrosis was once a mysterious disease that killed infants and children. Now it could be the key to healing millions with genetic diseases of every type—from Alzheimer's and Parkinson's to diabetes and sickle cell anemia. In 1974, Joey O'Donnell was born with strange symptoms. His insatiable appetite, incessant vomiting, and a relentless cough—which shook his tiny, fragile body and made it difficult to draw breath—confounded doctors and caused his parents agonizing, sleepless nights. After six sickly months, his salty skin provided the critical clue: he was one of thousands of Americans with cystic fibrosis, an inherited lung disorder that would most likely kill him before his first birthday. The gene and mutation responsible for CF were found in 1989—discoveries that promised to lead to a cure for kids like Joey. But treatments unexpectedly failed and CF was deemed incurable. It was only after the Cystic Fibrosis Foundation, a grassroots organization founded by parents, formed an unprecedented partnership with a fledgling biotech company that transformative leaps in drug development were harnessed to produce groundbreaking new treatments: pills that could fix the crippled protein at the root of this deadly disease. From science writer Bijal P. Trivedi, Breath from Salt chronicles the riveting saga of cystic fibrosis, from its ancient origins to its identification in the dank autopsy room of a hospital basement, and from the CF gene's celebrated status as one of the first human disease genes ever discovered to the groundbreaking targeted genetic therapies that now promise to cure it. Told from the perspectives of the patients, families, physicians, scientists, and philanthropists fighting on the front lines, Breath from Salt is a remarkable story of scientific and medical firsts, of setbacks and successes, and of people who refused to give up hope—and a fascinating peek into the future of genetics and medicine.

From the award-winning and bestselling author of Cod comes the dramatic, human story of a simple substance, an element almost as vital as water, that has created fortunes, provoked revolutions, directed economies and enlivened our recipes. Salt is common, easy to obtain and inexpensive. It is the stuff of kitchens and cooking. Yet trade routes were established, alliances built and empires secured - all for something that filled the oceans, bubbled up from springs, formed crusts in lake beds, and thickly veined a large part of the Earth's rock fairly close to the surface. From pre-history until just a century ago - when the mysteries of salt were revealed by modern chemistry and geology - no one knew that salt was virtually everywhere. Accordingly, it was one of the most sought-after commodities in human history. Even today, salt is a major industry. Canada, Kurlansky tells us, is the world's sixth largest salt producer, with salt works in Ontario playing a major role in satisfying the Americans' insatiable demand. As he did in his highly acclaimed Cod, Mark Kurlansky once again illuminates the big picture by focusing on one seemingly modest detail. In the process, the world is revealed as never before.

An INSTANT NEW YORK TIMES BESTSELLER THE WASHINGTON POST NOTABLE BOOK OF 2021 A GOOD MORNING AMERICA BOOK CLUB PICK WINNER of the Isabel Allende Most Inspirational Fiction Award, She Reads Best of 2021 Awards • FINALIST for the 2022 Southern Book Prize • LONGLISTED for Crook's Corner Book Prize • NOMINEE for 2021 GoodReads Choice Award in Debut Novel and Historical Fiction A sweeping, masterful debut about a daughter's fateful choice, a mother motivated by her own past, and a family legacy that begins in Cuba before either of them were born In present-day Miami, Jeannette is battling addiction. Daughter of Carmen, a Cuban immigrant, she is determined to learn more about her family history from her reticent mother and makes the snap decision to take in the daughter of a neighbor detained by ICE. Carmen, still wrestling with the trauma of displacement, must process her difficult relationship with her mother while trying to raise Jeannette. Steadfast in her quest for understanding, Jeannette travels to Cuba to see her grandmother and reckon with secrets from the past destined to erupt. From 19th-century cigar factories to present-day detention centers, from Cuba to Mexico, Gabriela Garcia's Of Women and Salt is a kaleidoscopic portrait of betrayal—personal and political, self-inflicted and those done by others—that have shaped the lives of these extraordinary women. A haunting meditation on the choices of mothers, the legacy of the memories they carry, and the tenacity of women who choose to tell their stories despite those who wish to silence them, this is more than a diaspora story; it is a story of America's most tangled, honest, human roots.

A Story of Friendship in a Time of War

The Science and Pseudoscience of What We Eat

Taste of Salt

The Empress of Salt and Fortune

A Novel

The Battle Over the Biggest Killer in the American Diet

This powerful and lyrical debut novel is to Syria what The Kite Runner was to Afghanistan; the story of two girls living eight hundred years apart—a modern-day Syrian refugee seeking safety and an adventurous mapmaker's apprentice—“perfectly aligns with the cultural moment” (The Providence Journal) and “shows how interconnected two supposedly opposing worlds can be” (The New York Times Book Review). This “boggling” (Seattle Times) and stunning novel begins in the summer of 2011. Nour has just lost her father to cancer, and her mother moves Nour and her sisters from New York City back to Syria to be closer to their family. In order to keep her father’s spirit alive as she adjusts to her new home, Nour tells herself their favorite story—the tale of Raiwya, a twelfth-century girl who disguised herself as a boy in order to apprentice herself to a famous mapmaker. But the Syria Nour’s parents knew is changing, and it isn’t long before the war reaches their quiet Homs neighborhood. When a shell destroys Nour’s house and almost takes her life, she and her family are forced to choose: stay and risk more violence or flee across seven countries of the Middle East and North Africa in search of safety—along the very route Raiwya and her mapmaker took eight hundred years before in their quest to chart the world. As Nour’s family decides to take the risk, their journey becomes more and more dangerous, until they face a choice that could mean the family will be separated forever. Following alternating timelines and a pair of unforgettable heroines coming of age in perilous times, The Map of Salt and Stars is the “magical and heart-wrenching” (Christian Science Monitor) story of one girl telling herself the legend of another and learning that, if you listen to your own voice, some things can never be lost.

A novel on the Isl of Arab women. Set in Jordan in the 1940s, the protagonists are two women in a mental hospital who exchange stories. One is a mother of eight who was repudiated by her husband so he could marry a younger woman. By a Jordanian writing in English, author of Nisiant.

On a remote island estate, Amalissa Theamus, the sixth-born of twelve sisters, enlists the aid of an alluring stranger to unravel the family curse before it claims her life in this twist on The Twelve Dancing Queens.

Wars have been fought over it, revolutions have been spurred by it, national diets have been based on it, economies have depended on it, and the settlement of North America was driven by it. Cod, it turns out, is the reason Europeans set sail across the Atlantic, and it is the only reason they could. What did the Vikings eat in icy Greenland and on the five expeditions to America recorded in the Icelandic sagas? Cod -- frozen and dried in the frosty air, then broken into pieces and eaten like hardtack. What was the staple of the medieval diet? Cod again, sold salted by the Basques, an enigmatic people with a mysterious, unlimited supply of cod. Cod is a charming tour of history with all its economic forces laid bare and a fish story embellished with great gastronomic detail. It is also a tragic tale of environmental failure, of depleted fishing stocks where once the cod's numbers were legendary. In this deceptively whimsical biography of a fish, Mark Kurlansky brings a thousand years of human civilization into captivating focus.

From a Pulitzer Prize-winning investigative reporter at The New York Times comes the troubling story of the rise of the processed food industry -- and how it used salt, sugar, and fat to addict us. Salt Sugar Fat is a journey into the highly secretive world of the processed food giants, and the story of how they have deployed these three essential ingredients, over the past five decades, to dominate the North American diet. This is an eye-opening book that demonstrates how the makers of these foods have chosen, time and again, to double down on their efforts to increase consumption and profits, gambling that consumers and regulators would never figure them out. With meticulous original reporting, access to confidential files and memos, and numerous sources from deep inside the industry, it shows how these companies have pushed ahead, despite their own misgivings (never aired publicly). Salt Sugar Fat is the story of how we got here, and it will hold the food giants accountable for the social costs that keep climbing even as some of the industry's own say, "Enough already."

How the Food Giants Hooked Us

Salt Sugar Fat

Cold Dawn

A Biography Of The Fish That Changed The World

Michael Jordan in Pursuit of a Dream

National Park Service rangers who work in the Grand Canyon find two puppies who have a series of adventures in the canyon before the rangers can catch them and bring them to their new home in the South Rim forest.

The stories of a remarkable young woman who was determined to live a meaningful and happy life despite her struggle with cystic fibrosis and a rare superbug—from age fifteen to her death at the age of twenty-five—the inspiration for the original streaming documentary Salt in My Soul "An exquisitely nuanced chronicle of a terrified but hopeful young woman whose life was beginning and ending, all at once."--Los Angeles Times Diagnosed with cystic fibrosis at the age of three, Mallory Smith grew up to be a determined, talented young woman who inspired others even as she privately raged against her illness. Despite the daily challenges of endless medical treatments and a deep understanding that she'd never lead a normal life, Mallory was determined to "Live Happy," a mantra she followed until her death. Mallory worked hard to make the most out of the limited time she had, graduating Phi Beta Kappa from Stanford University, becoming a cystic fibrosis advocate well known in the CF community, and embarking on a career as a professional writer. Along the way, she cultivated countless intimate friendships and ultimately found love. For more than ten years, Mallory recorded her thoughts and observations about struggles and feelings too personal to share during her life, leaving instructions for her mother to publish her work posthumously. She hoped that her writing would offer insight to those living with, or loving someone with, chronic illness. What emerges is a powerful and inspiring portrait of a brave young woman and blossoming writer who did not allow herself to be defined by disease. Her words offer comfort and hope to readers, even as she herself was facing death. Salt in My Soul is a beautifully crafted, intimate, and poignant tribute to a short life well lived—and a call for all of us to embrace our own lives as fully as possible.

Every Life Makes a Story Djo has a story: Once he was one of "Titid's boys," a vital member of Father Jean-Bertrand Aristide's election team, fighting to overthrow military dictatorship in Haiti. Now he is barely alive, the victim of a political firebombing. Jeremie has a story: Convent-educated Jeremie can climb out of the slums of Port-au-Prince. But she is torn between her mother's hopes and her own wishes for herself ... and for Haiti. Father Jean-Bertrand Aristide has a story: A dream of a new Haiti, one in which every person would have a decent life ... a house with a roof ... clean water to drink ... a good plate of rice and beans every day ... a field to work in. At Aristide's request, Djo tells his story to Jeremie -- for Titid believes in the power of all of their stories to make change. As Jeremie listens to Djo, and to her own heart, she knows that they will begin a new story, one that is all their own, together.

Six unconnected episodes of fiction and commentary explore the conflict between a woman's mundane secular life and her passionate longing for spirituality.

Set in the gripping world of 1906 Ybor City, Florida, bright and ambitious fifteen-year-old ANGELINA PIRRELLO comes of age, a first generation American. Amid the turmoil of the Suffragettes' fierce fight for women's rights, the violent threat of the Italian mafia, and under the strict rule of her Sicilian father, Angelina struggles to find her way.Forced to quit school, and accept work in a cigar factory, Angelina remains determined to fulfill her dreams, when a devastating fire erupts at the factory. In its midst, Angelina meets ROLANDO and soon discovers love. Her excitement is swiftly shattered when her father arranges for her to marry a man she dislikes.With nowhere to turn, Angelina faces a critical and irrevocable crossroads of family honor and security or the uncertainty of a turbulent world.

The Story of a Film

A Grain of Salt

Basque History Of The World

The Book of Salt

My Friend Salt

Mastering the Elements of Good Cooking

*Winner of the Dayton Literary Peace Prize and the Arab American Book Award Named a Best Book of the Year by NPR * Nylon * Kirkus Reviews * Bustle * BookPage "Moving and beautifully written." -- Entertainment Weekly On the eve of her daughter Aila's wedding, Salma reads the girl's future in a cup of coffee dregs. She sees an unsettled life for Aila and her children; she also sees travel and luck. While she chooses to keep her predictions to herself that day, they will all soon come to pass when the family is uprooted in the wake of the Six-Day War of 1967. Lyrical and heartbreaking, Salt Houses follows three generations of a Palestinian family and asks us to confront that most devastating of all truths: you can't go home again. "An example of how fiction is often the best filter for the real world around us." -- NPR "Gorgeous and sprawling . . . Heart-wrenching, lyrical and timely." -- Dallas Morning News "[Salt Houses] illustrat[e]s the inherited longing and sense of dislocation passed like a baton from*

How food industry lobbyists and a small group of scientists have successfully fought government efforts to reduce dangerous levels of sodium in our food. A high-sodium diet is deadly: studies have linked it to high blood pressure, strokes, and heart attacks. It's been estimated that excess sodium in the American diet causes as many as 100,000 deaths and many billions of dollars in avoidable health-care costs each year. And yet salt is everywhere in our diets—in packaged foods, fast foods, and especially meals at table-service restaurants. Why hasn't salt received the sort of public attention and regulatory action that sugar and fat have? In Salt Wars, Michael Jacobson explains how the American food industry and a small group of scientists have successfully fought government efforts to reduce dangerous levels of sodium in our food. Despite an abundance of research going back more than half a century showing that high-sodium diets lead to hypertension and other ills, a few scientists argue the opposite—that American consume a healthy amount of salt and that eating less would increase the risk of cardiovascular disease. This "man bites dog" case on sodium consumed consumers and was enthusiastically taken up by food industry lobbyists. Jacobson, a salt wars combatant for more than forty years, explains what science actually says about salt intake and rebuts "sodium skeptics." He discusses what other countries are doing to cut dietary salt, and describes some recent victories in the United States. He advises readers how to reduce salt—warning them against "salt bombs" (Campbell's Chicken Noodle Soup, for example, packs an entire day's worth of sodium in one can)—and calls on them to suit up for the next battle in the salt wars.

FRIGHTENED MONSTERS, STOLEN TIME, AND ONE SERIOUSLY UNDERESTIMATED DAMSEL. Katie ran from the magical world years ago. She never planned on being dragged back in by a prophesying clamshell. The seers believe she alone can prevent an apocalypse of ruined time and broken worlds. Bran the Crow King believes she can save him from his cannibalistic grandfather. Katie believes they're all nuts. One thing is for certain: she's not waiting around for help. Operation Katie Saves her Own Damn Self is officially on. "Tears are shed on the hurtful side of suffering through the life of one man." --Adele Ames, Washington Independent Review of Books Situated more than one hundred miles off Italy's southern coast, the rocky island of Lampedusa has hit world headlines in recent years as the first port of call for hundreds of thousands of African and Middle Eastern refugees fleeing civil war and terrorism and hoping to make a new life in Europe. Dr. Pietro Bartolo, who runs the lone medical clinic on the island, has been caring for many of them—both the living and the dead—for a quarter century. "The of Salt is Dr. Bartolo's moving account of his life and work set against one of the signal crises of our time. With quiet dignity and an unshakable moral center, he tells unforgettable tales of pain and hope, stories of those who didn't make it and those who did.

A novel of Paris in the 1930s from the eyes of the Vietnamese cook employed by Gertrude Stein and Alice B. Toklas, by the author of The Sweetest Fruits. Viewing his famous mesdames and their entourage from the kitchen of their rue de Fleurus home, Binñ observes their domestic entanglements while seeking his own place in the world. In a mesmerizing tale of yearning and betrayal, Monique Truong explores Paris from the salons of its artists to the dark nighttime of its outsiders and exiles. She takes us back to Binñ's youthful servitude in Saigon under colonial rule, to his life as a galley hand at sea, to his brief, fateful encounters in Paris with Paul Robeson and the young Ho Chi Minh. Winner of the New York Public Library Young Lions Fiction Award A Best Book of the Year. New York Times, Village Voice, Seattle Times, Miami Herald, San Jose Mercury News, and others "An irresistible, scrupulously engineered confection that weaves together history, art, and human nature... a veritable feast."--Los Angeles Times "A debut novel of pungent sensuousness and intricate, inspired imagination... a marvelous tale."--Ella "Addictive... Deliciously written... Both eloquent and original."--Entertainment Weekly "A mesmerizing narrative voice, an insider's view of a fabled literary household and the slow revelation of heartbreaking secrets contribute to the visceral impact of this first novel."--Publishers Weekly, starred review

Salt in His Shoes

House of Salt and Sorrows

Short Stories

Pillars of Salt

Salt Houses

A chance encounter between two lonely women leads to a passionate romance in this lesbian cult classic. There's a struggling young sales clerk, and Carol, a homemaker in the midst of a bitter divorce, abandon their oppressive daily routines for the freedom of the open road, where their love can blossom. But their newly discovered bliss is shattered when Carol is forced to choose between her child and her lover. Author Patricia Highsmith is best known for her psychological thrillers Strangers on a Train and The Talented Mr. Ripley. Originally published in 1952 under a pseudonym, The Price of Salt was heralded as "the novel of a love society forbids." Highsmith's sensitive treatment of fully realized characters who defy stereotypes about homosexuality marks a departure from previous lesbian pulp fiction. Erotic, eloquent, and suspenseful, this story offers an honest look at the necessity of being true to one's nature. The book is also the basis of the acclaimed 2015 film Carol, starring Cate Blanchett and Rooney Mara.

The Map of Salt and Stars

Summer of Salt

A Story of Modern Haiti

