

## Dear Poppyseed: A Soulful Momma's Pregnancy Journal

Alice Grist wrote her first two soul-inspiring books and found herself asking, 'so I'm spiritual...what next?' That question is now answered. It seems, that what is next, is she is pregnant. Indeed she and her husband have nine months to embrace a transformation more powerful than any spiritual awakening she ever dreamed of! Whilst simultaneously straddling real life, coping with attacks of hormones and finding a path forward as parents after a decade of doing what they please! Alice reveals the tricks and trials of a soulful pregnancy, whilst also admitting to and fully illustrating the all-too-human moments that can befall any momma to be. Whilst bridging the very human and the super soulful Alice takes on her pregnancy with gusto, blazing an inspirational, hilarious and emotional trail.

An A to Z Catalog of Innovative Spices and Flavorings Designed to be a practical tool for the many diverse professionals who develop and market foods, the Handbook of Spices, Seasonings, and Flavorings combines technical information about spices—forms, varieties, properties, applications, and quality specifications — with information about trends, spice history, and the culture behind their cuisines. The book codifies the vast technical and culinary knowledge for the many professionals who develop and market foods. While many reference books on spices include alphabetized descriptions, the similarity between this book and others ends there. More than just a list of spices, this book covers each spice's varieties, forms, and the chemical components that typify its flavor and color. The author includes a description of spice properties, both chemical and sensory, and the culinary information that will aid in product development. She also explains how each spice is used around the world, lists the popular global spice blends that contain the spice, describes each spice's folklore and traditional medicine usage, and provides translations of each spice's name in global languages. New to this edition is coverage of spice labeling and a chapter on commercial seasoning formulas. Going beyond the scope of most spice books, this reference describes ingredients found among the world's cuisines that are essential in providing flavors, textures, colors, and nutritional value to foods. It explores how these ingredients are commonly used with spices to create authentic or new flavors. The author has created a complete reference book that includes traditionally popular spices and flavorings as well as those that are emerging in the US to create authentic or fusion products. Designed to help you meet the challenges and demands of today's dynamic marketplace, this book is a complete guide to developing and marketing successful products.

Alfie does not seem too worried when a yak appears at his house on a bicycle, but when the yak says "Yuck!" to everything that Alfie offers him, Alfie thinks he's very rude! This charmingly illustrated story about a picky Yak helps young children learn to read with carefully leveled text.

Starting middle school brings all the usual challenges — until the unthinkable happens, and Fern and her family must find a way to heal. Twelve-year-old Fern feels invisible. It seems as though everyone in her family has better things to do than pay attention to her:

Mom (when she's not meditating) helps Dad run the family restaurant; Sarah is taking a gap year after high school; and Holden pretends that Mom and Dad and everyone else doesn't know he's gay, even as he fends off bullies at school. Then there's Charlie: three years old, a "surprise" baby, the center of everyone's world. He's devoted to Fern, but he's annoying, too, always getting his way, always dirty, always commanding attention. If it wasn't for Ran, Fern's calm and positive best friend, there'd be nowhere to turn. Ran's mantra, "All will be well," is soothing in a way that nothing else seems to be. And when Ran says it, Fern can almost believe it's true. But then tragedy strikes- and Fern feels not only more alone than ever, but also responsible for the accident that has wrenched her family apart. All will not be well. Or at least all will never be the same.

Sinsational

The Book of Tarot

Savor

Waiting in Wonder

Gritty Spirituality for Modern Women

Southern Stories of Faith, Family, and Fifteen Pounds of Bacon

It was the summer Coltrane died, the summer of love and riots, and the summer when a chance encounter in Brooklyn led two young people on a path of art, devotion, and initiation. Patti Smith would evolve as a poet and performer, and Robert Mapplethorpe would direct his highly provocative style toward photography. Bound in innocence and enthusiasm, they traversed the city from Coney Island to Forty-second Street, and eventually to the celebrated round table of Max's Kansas City, where the Andy Warhol contingent held court. In 1969, the pair set up camp at the Hotel Chelsea and soon entered a community of the famous and infamous—the influential artists of the day and the colorful fringe. It was a time of heightened awareness, when the worlds of poetry, rock and roll, art, and sexual politics were colliding and exploding. In this milieu, two kids made a pact to take care of each other. Scrappy, romantic, committed to create, and fueled by their mutual dreams and drives, they would prod and provide for one another during the hungry years. Just Kids begins as a love story and ends as an elegy. It serves as a salute to New York City during the late sixties and seventies and to its rich and poor, its hustlers and hellions. A true fable, it is a portrait of two young artists' ascent, a prelude to fame.

"I HAD A MISCARRIAGE is Dr. Jessica Zucker's account of her miscarriage that occurred sixteen weeks into her pregnancy, and her journey of recovery following it. Drawing from her psychological expertise and her work as the creator of the viral #IHadaMiscarriage campaign, this book uses Zucker's and other women's experiences to explore grief, healing, and the power of speaking one's truth"--

Annotation Alice reveals the tricks and trials of a soulful pregnancy, whilst also admitting to and fully illustrating the all-too-human

moments that can befall any momma to be. While bridging the very human and the super soulful, she takes on her pregnancy with gusto, blazing an inspirational, hilarious and emotional trail.

In the South, a conversation among home cooks can be just about as illuminating as any culinary education. Luckily for Stacey Little, home cooks run in the family. Whether it 's fried chicken or pimento cheese, fruit salad or meatloaf, everybody 's family does it a little differently. The Southern Bite Cookbook is a celebration of those traditions and recipes every Southern family is proud to own. It 's the salads and sandwiches that 's mandatory for every family reunion and the hearty soups that are comforting after a long day. It 's the Sunday Dinner that graces the Easter table every year. If you 're lucky enough to hail from the South, you 'll no doubt find some familiar favorites from your own family recipe archives, along with a whole slew of surprises from southern families a lot like yours. In The Southern Bite Cookbook, Little shares some of his favorite, delicious dishes including: Pecan Chicken Salad Glazed Ham Turnip Green Dip Chicken Corn Chowder Cornbread Salad No matter what 's cooking, Little 's goal is the same: to revel in the culinary tradition all Southerners share. The Southern Bite Cookbook has all of the best recipes that brings people together and the meals our families will cherish for generations to come.

Scorpio Moons

My Ántonia

A Little Salty to Cut the Sweet

Inspired Plant-Based Recipes for Every Season: A Cookbook

The Smitten Kitchen Cookbook

A Novel

***There is something sacred within you, in all that you are and all that you do. In a mix of you that is everyday dirty, and spiritually divine, there is something so perfect, something more. Welcome to your journey back home; to your dirty, divine passage back to you. Wherever you are, whether beginner or seasoned tarot practitioner, Dirty & Divine is written for you, to accompany you on a powerful personal intuitive journey to plumb the depths of your existence and encompass the spectrum of wisdom that the cards can offer. Dirty & Divine is a tarot-led vision quest to reclaiming your femininity in all its lucid and colourful depths.***

***The groundbreaking novel that propelled its author to literary stardom: told in a continuous monologue from patient to psychoanalyst, Philip Roth's masterpiece draws us into the turbulent mind of one lust-ridden young Jewish bachelor named Alexander Portnoy. Portnoy's Complaint n. [after Alexander Portnoy (1933- )] A disorder in which strongly-felt ethical and altruistic impulses are perpetually warring with extreme sexual longings, often of a perverse nature. Spielvogel says: 'Acts of exhibitionism, voyeurism, fetishism, auto-eroticism and oral***

*coitus are plentiful; as a consequence of the patient's "morality," however, neither fantasy nor act issues in genuine sexual gratification, but rather in overriding feelings of shame and the dread of retribution, particularly in the form of castration.'* (Spielvogel, O. "The Puzzled Penis," *Internationale Zeitschrift für Psychoanalyse*, Vol. XXIV, p. 909.) *It is believed by Spielvogel that many of the symptoms can be traced to the bonds obtaining in the mother-child relationship.*

*In this lyrical, exuberant tale, acclaimed Turkish author Elif Shafak, author of *The Island of Missing Trees* (a Reese's Book Club Pick), incarnates Rumi's timeless message of love *The Forty Rules of Love* unfolds two tantalizing parallel narratives—one contemporary and the other set in the thirteenth century, when Rumi encountered his spiritual mentor, the whirling dervish known as Shams of Tabriz—that together explore the enduring power of Rumi's work. Ella Rubenstein is forty years old and unhappily married when she takes a job as a reader for a literary agent. Her first assignment is to read and report on *Sweet Blasphemy*, a novel written by a man named Aziz Zahara. Ella is mesmerized by his tale of Shams's search for Rumi and the dervish's role in transforming the successful but unhappy cleric into a committed mystic, passionate poet, and advocate of love. She is also taken with Shams's lessons, or rules, that offer insight into an ancient philosophy based on the unity of all people and religions, and the presence of love in each and every one of us. As she reads on, she realizes that Rumi's story mirrors her own and that Zahara—like Shams—has come to set her free.*

*Pregnancy is a joyful journey, and *Waiting in Wonder* helps you celebrate and journal your way through this special time while growing closer to God. From the time you discover you're expecting until the moment you hold that baby in your arms, this devotional journal helps you treasure God and record your emotions, prayers, and dreams for your baby.*

*A Memoir, a Movement*

*Soaring - A Teen's Guide to Spirit and Spirituality*

*Growing in Faith While You're Expecting*

*101 Asian Recipes Simple Enough for Tonight's Dinner*

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

*The Bean Trees*

*This book discusses the many breastfeeding barriers in America and how these can be changed to provide needed support for mothers' efforts to breastfeed their babies.*

**NATIONAL BESTSELLER • From the acclaimed Nobel Prize winner—a powerful examination of our obsession with beauty**

and conformity that asks questions about race, class, and gender with characteristic subtlety and grace. In Morrison's acclaimed first novel, *Pecola Breedlove*—an 11-year-old Black girl in an America whose love for its blond, blue-eyed children can devastate all others—prays for her eyes to turn blue: so that she will be beautiful, so that people will look at her, so that her world will be different. This is the story of the nightmare at the heart of her yearning, and the tragedy of its fulfillment. Here, Morrison's writing is "so precise, so faithful to speech and so charged with pain and wonder that the novel becomes poetry" (*The New York Times*).

This is the first book of its kind. *The Black Man's Bible* details a young black male's struggles with the world, religions, drugs, crime, money and sex. Throughout his life he studies advanced scholarly material which changes his view of the world over and over again as he matures. He battles health issues after he goes through a traumatic experience with the delivery of his first child. So he delivered his second son at home. The video of the home delivery can be seen at [TheBlackMansBible.com](http://TheBlackMansBible.com). In the book he details how he finds himself in history repeatedly in different time periods. He also gives vivid descriptions of his experiences with Love and Women. Then, after becoming an online Entrepreneur, he travels to Germany and China for free. He has struggled with finding a career and ends up becoming an Author. He covers many subjects that are not popular to the modern day world. He has compiled a multitude of experiences that are dissected through the abstract different types of black males. **THIS IS THE BOOK OF THE CENTURY. THE TRUE GUIDE FOR BLACK MALES LOST IN THE WESTERN WORLD.**

In a follow up to "The Bullpen Gospels," the author details his major league rookie season, revealing that for him, it isn't just about the game, but about the people and events in it.

Yuck! Said the Yak

Food & Wine

Real Indian Cooking for Busy Living

Inca Culture at the Time of the Spanish Conquest

Minimalist Baker's Everyday Cooking

The Recipe for Breastfeeding Support in America

**Discover what the cards hold with this clear, inspiring guide to tarot. The Book of Tarot will help the modern tarot reader understand the spiritual and intuitive power of the cards, no matter their experience level. With this book, you will deepen your intuition, understand the deck and symbols, interpret the cards and, most importantly, learn how to use the cards as a means of self-discovery, manifestation and personal growth. Alice Grist has over twenty-five**

**years of experience with reading the cards and in this book she shares her vast knowledge and secrets. This gentle and enlightening book brings the tarot fully into the twenty-first century, while allowing you to gain some serious tarot wisdom. The Book of Tarot offers an easy and entertaining manifesto to an empowering everyday tarot practice.**

**The story of a frontier family in the Midwest.**

**Do you play like a demon at the weekend, but pray for an angel come Monday? Perhaps you harbour a penchant for dancing all night long, a secret tattoo or a tendency towards an occasional overindulgence, or three? Yet in spite of these minor 'sins' you feel connected to something more and you yearn for soulful depth. Your true path towards your own soul is, quite rightly, wayward, dramatic, raucous, jolious and Sinsational! Your spiritual journey will see you trip and stumble over your own emotions, thinkings and doings. This is the way it is meant to be. Sinsational will address your contradictions, bring them home, and set your soul alight with the power of you. Sinsational is a powerful collection of articles from award winning author and spiritual diva, Alice Grist. It will plumb the depths of your soul offering up guidance, laughter, inspiration and solace as you begin your passage towards your very personal version of modern day, fabulously female spirituality. Sinsational is the only place where you can find all of Alice's articles in one place, alongside exclusive brand new articles written solely for this book. Sinsational covers an array of Women's life issues from love, to body issues, femininity to feminism and rock 'n' roll to a dollop of happy Soul. Sinsational will alight your intuitive fire, sparkle up your inner goddess and have you nodding along in powerful recognition.**

**Dear Poppyseed A Soulful Momma's Pregnancy Journal**

**Miss Masala**

**Dear Poppyseed**

**The Bluest Eye**

**Out Of My League: A Rookie's Survival in the Bigs**

**The Steamy Kitchen Cookbook**

**Home Is Where the Eggs Are**

***NEW YORK TIMES BEST SELLER • Celebrated food blogger and best-selling cookbook author Deb Perelman***

*knows just the thing for a Tuesday night, or your most special occasion—from salads and slaws that make perfect side dishes (or a full meal) to savory tarts and galettes; from Mushroom Bourguignon to Chocolate Hazelnut Crepe. “Innovative, creative, and effortlessly funny.” —Cooking Light Deb Perelman loves to cook. She isn’t a chef or a restaurant owner—she’s never even waitressed. Cooking in her tiny Manhattan kitchen was, at least at first, for special occasions—and, too often, an unnecessarily daunting venture. Deb found herself overwhelmed by the number of recipes available to her. Have you ever searched for the perfect birthday cake on Google? You’ll get more than three million results. Where do you start? What if you pick a recipe that’s downright bad? With the same warmth, candor, and can-do spirit her award-winning blog, Smitten Kitchen, is known for, here Deb presents more than 100 recipes—almost entirely new, plus a few favorites from the site—that guarantee delicious results every time. Gorgeously illustrated with hundreds of her beautiful color photographs, The Smitten Kitchen Cookbook is all about approachable, uncompromised home cooking. Here you’ll find better uses for your favorite vegetables: asparagus blanketing a pizza; ratatouille dressing up a sandwich; cauliflower masquerading as pesto. These are recipes you’ll bookmark and use so often they become your own, recipes you’ll slip to a friend who wants to impress her new in-laws, and recipes with simple ingredients that yield amazing results in a minimum amount of time. Deb tells you her favorite summer cocktail; how to lose your fear of cooking for a crowd; and the essential items you need for your own kitchen. From salads and slaws that make perfect side dishes (or a full meal) to savory tarts and galettes; from Mushroom Bourguignon to Chocolate Hazelnut Crepe Cake, Deb knows just the thing for a Tuesday night, or your most special occasion.*

*Delish recipes, hilarious anecdotes, and clever tips for juggling your masalas with your mascaras—how any hapless kitchen honey can become a fashionista foodie and cook gorgeous Indian food So much more than just a cookbook, this beautiful, handbag-sized journal fuses irresistible Indian recipes with Mallika's quirky and hilarious tales, and will make Indian cooking an effortless part of anyone's goddess lifestyle. No-nonsense kitchen advice demystifies all those glorious, exotic ingredients and spices, and shows just how easy and rewarding it is to cook Indian cuisine at home. Alongside easy instructions for making aromatic Kerala Chicken or the best Seekh Kebabs, Mallika gives handy hints on how to cook a jalfrezi and still head to the bar an hour later without reeking of eau de curry. Fabulous recipes include Kosha Mangsho (lamb sautéed in yogurt and roasted cumin), Murgh Makhani (velvety butter chicken), Tandoori Macchli (monkfish in tandoori spices), Peshawari Naan (naan stuffed with nuts and raisins), Bhapa doi (saffron and cardamom cheesecake), and Vodka Chilli Cocktails. This is real Indian cooking for busy city living. Includes dual measures.*

*Have you always wanted to know why you are here? What your life purpose is? Have you wanted to be reassured that you are not alone and there is someone "up there" helping you? Have you wanted a better understanding of who God is? If your answer is "yes" then this is the book for you. This detailed guide will give you an in-depth understanding of spirituality and the wonderful spiritual beings who assist us in everyday life.*

***It's written specifically for you, not your parents. You will learn about Free Will, intuitive development, who the Archangels are, and spirit guides; how to figure out your divine purpose, how to live and view your life positively, and much, much more. You are not alone and have never been alone. You are here on earth for a very special purpose, and this book can help you figure out what that purpose is by providing you with the information and spiritual tools you will need to blaze your own spiritual trail.***

***Clear-eyed and spirited, Taylor Greer grew up poor in rural Kentucky with the goals of avoiding pregnancy and getting away. But when she heads west with high hopes and a barely functional car, she meets the human condition head-on. By the time Taylor arrives in Tucson, Arizona, she has acquired a completely unexpected child, a three-year-old American Indian girl named Turtle, and must somehow come to terms with both motherhood and the necessity for putting down roots. Hers is a story about love and friendship, abandonment and belonging, and the discovery of surprising resources in apparently empty places. Available for the first time in mass-market, this edition of Barbara Kingsolver's bestselling novel, *The Bean Trees*, will be in stores everywhere in September. With two different but equally handsome covers, this book is a fine addition to your Kingsolver library.***

***Reflections***

***Dirty & Divine***

***Missional Motherhood***

***Portnoy's Complaint***

***The Black Mans Bible***

***The Forty Rules of Love***

In 2013, food blogger and classical musician Molly Yeh left Brooklyn to live on a farm on the North Dakota-Minnesota border, where her fiancé was a fifth-generation Norwegian-American sugar beet farmer. Like her award-winning blog My Name is Yeh, Molly on the Range chronicles her life through photos, more than 120 new recipes, and hilarious stories from life in the city and on the farm. Molly's story begins in the suburbs of Chicago in the 90s, when things like Lunchables and Dunkaroos were the objects of her affection; continues into her New York years, when Sunday mornings meant hangovers and bagels; and ends in her beloved new home, where she's currently trying to master the art of the hotdish. Celebrating Molly's Jewish/Chinese background with recipes for Asian Scotch Eggs and Scallion Pancake Challah Bread and her new hometown Scandinavian recipes for Cardamom Vanilla Cake and Marzipan Mandel Bread, Molly on the Range will delight everyone, from longtime readers to those discovering her glorious writing and recipes for the first time.

Your period has power. Embrace your natural cycle, work with your hormones and connect to the innate feminine wisdom of your menstrual cycle. Your period is way more than PMS, carb cravings and lady rage - it's actually a 4-part lady code

that, once cracked, will uncover a series of monthly superpowers that can be used to enhance your relationships with others, build a better business, have incredible sex and create a 'bloody' amazing life. Code Red, from the Creatrix of [www.thesassyshe.com](http://www.thesassyshe.com), Lisa Lister, is a call to action. A rallying cry that dares you to explore, navigate and most importantly, love your lady landscape. You'll learn how to live and work in complete alignment with the rhythms of nature, the moon and your menstrual cycle, be inspired by insights from Wise + Wild Women like Meggan Watterson, Alexandra Pope and Uma Dinsmore Tuli, and gain access to easy-to-follow strategies and SHE Flow yoga practices. You'll be invited to connect with your true nature as a woman, tap into the transformational power of your innate feminine wisdom and use your menstrual cycle as an ever-unfolding map to crack your lady code.

Read, learn, pray, cook, and share with New York Times bestselling author Shauna Niequist. Savor is a 365-day devotional that invites you to expand your perspective about Christ-centered living by incorporating prayer and recipes for gathering with family and friends over breakfasts, dinners, and late-night snacks. Shauna becomes a friend across the pages as she shares her heart with yours, keeps you company, and invites you into the abundant life God offers. Savor teaches us: To savor each day, whatever it holds: work and play, coffee and kids, meals and prayers, the good stuff, and the hard stuff Life is all about relationships, and your daily relationship with God is worth savoring in every moment Recipes from Shauna's kitchen to enjoy around a table with people you love Savor has a beautiful linen cover. Inside you'll find: 21 delicious recipes and a helpful recipe table of contents 365 devotions—each devotional includes a short Bible passage, an insightful story from Shauna, and a thoughtful prompt to help you grow A ribbon marker to help you keep your place This devotional makes a perfect gift for a friend looking to experience a more integrated faith—and anyone who loves trying out new recipes or enjoys hosting gatherings for loved ones. Look for additional inspirational books and audio products from Shauna: I Guess I Haven't Learned That Yet Present Over Perfect Bread and Wine You will absolutely love the 101 Asian recipes in this easy-to-use cookbook. This engaging cookbook includes dozens upon dozens of full-proof Asian recipes that are quick and easy to do—all in time for tonight's supper! The recipes will appeal to Americans' growing interest in Asian cuisines and a taste for foods that range from pot stickers to bulgogi burgers and from satay to summer rolls. Whether you're hurrying to get a weekday meal on the table for family or entertaining on the weekend, author and blogger ([steamykitchen.com](http://steamykitchen.com)) Jaden Hair will walk you through the steps of creating fresh, delicious Asian meals without fuss. In an accessible style and a good splash of humor, Jaden takes the trauma out of preparing "foreign" Asian recipes. With Jaden's guiding hand, you'll find it both simple and fun to recreate Asian flavors in your own kitchen and to share the excitement of fresh Asian food with your family and friends! Asian recipes include: Firecracker Shrimp Pork & Mango Potstickers Quick Vietnamese Chicken Pho Beer Steamed Shrimp

with Garlic Korean BBQ-style Burgers Maridel's Chicken Adobo Simple Baby Bok Choy and Snow Peas Chinese Sausage Fried Rice Grilled Bananas with Chocolate and Toasted Coconut Flakes

The Southern Bite Cookbook

Recipes and Stories from an Unlikely Life on a Farm

A Novel of Rumi

A Soulful Momma's Pregnancy Journal

Just Kids

Personal Essays

The practical art of making more with less--in the kitchen! Melissa Coleman, the creator of the popular design and lifestyle blog The Faux Martha, shares her refreshingly simple approach to cooking that delivers beautiful and satisfying meals using familiar ingredients and minimal kitchen tools. The Minimalist Kitchen includes 100 wholesome recipes that use Melissa's efficient cooking techniques, and the results are anything but ordinary. You'll find Biscuits with Bourbon-Blueberry Quick Jam, Pesto Garden Pasta with an easy homemade pesto, Humble Chuck Roast that's simple to prepare and so versatile, Roasted Autumn Sweet Potato Salad, Stovetop Mac and Cheese, and Two-Bowl Carrot Cupcakes. While The Minimalist Kitchen helps tackle one of the home's biggest problem areas Ñthe kitchenÑthis book goes beyond the basics of clearing out and cleaning up, it also gives readers practical tips to maintain this simplified way of life. Melissa shows you how to shop, stock your pantry, meal plan without losing your mind, and most importantly, that delicious food doesn't take tons of ingredients or gadgets to prepare. This streamlined way of cooking is a breath of fresh air in modern lives where clutter and distraction can so easily take over.

There's no such thing as " just " a mom. Despite the routine tasks and mundane to-do lists, motherhood is anything but insignificant. God has designed motherhood as part of his greater plan to draw people to himself—instilling all women, whether called to traditional mothering or not, with an eternal purpose in nurturing others. In this book, Gloria Furman searches the Scriptures for the mission of God in motherhood. She opens our eyes to God's life-giving promises—promises intended to empower each and every woman as she makes disciples in her home, in her neighborhood, and around the world.

Scorpio Moons is a collection of dark, secretive and passionate tales of the deeds of driven women in their search for self-empowerment. In an astrological sense, the moon embodies the interior of the soul; the mother of existence, the yin energy of the universe. Scorpio energy is deep, intensely loving, transformative and potentially destructive. It is believed that women with the moon in Scorpio, whilst fearlessly passionate and highly creative, may also become consumed with jealousy and hell-bent on revenge. With their intuitive ability to see into your soul, they can make for the most fiercely loyal of friends and the most deadly of sworn enemies. Committed to the constant of change, equally powerful in the creative and destructive elements, they are the Goddesses of Transformation. The secret to their strengths lies in their invisible thread of endurance; their effortless embodiment

of resilience will ensure they will always be on the cutting edge of life. Scorpio Moons offers a forbidden glimpse into the interior of the lives of those among us. It casts a silvery light into the darkest corners, illuminating their secret desires, revealing their indulgences and highlighting the drama of their deeds. While speaking of the nature of these powerful individuals, it also reveals their hidden connections and unveils the transformational flow of their collective force.

Shares the author's favorite family stories, celebrating the love and loyalty one has for their family.

Know Your Flow, Unlock Your Superpowers, and Create a Bloody Amazing Life. Period.

The Everyday Ministry of Motherhood in the Grand Plan of God

A Transformative Journey Through Tarot

The High Heeled Guide to Enlightenment

### Molly on the Range

From the host of Food Network's *Girl Meets Farm* and bestselling author of the IACP award-winning *Molly on the Range*, a collection of cozy recipes that feel like celebrations. *Home Is Where the Eggs Are* is a beautiful, intimate book full of food that's best enjoyed in the comfort of sweatpants and third-day hair, by a beloved Food Network host and new mom living on a sugar beet farm in East Grand Forks, MN. Molly Yeh's cooking is built to fit into life with her baby, Bernie, and the naptimes, diaper changes, and wiggle time that come with having a young child, making them a breeze to fit into any sort of schedule, no matter how busy. They're low-maintenance dishes that are satisfying to make for weeknight meals to celebrate empty to-do lists after long workdays, cozy Sunday soups to simmer during the first (or seventh!) snowfall of the year, and desserts that will keep happily under the cake dome for long enough that you will never feel pressure to share. The flavors in this book draw inspiration from a distinctive blend of Molly's experiences—her Chinese and Jewish heritage, her time living in New York, her husband's Scandinavian heritage, and their farm in the upper Midwest. She uses seasonal ingredients that are common in her region while singlehandedly supporting the za'atar and sumac import industry in her small town. These influences come together into fuss-free crave-able meals that dirty as few dishes as possible and offer loads of prep-ahead, freezing, and substitution tips, such as: Babka Cereal Mozzarella Stick Salad Doughnut Matzo Brei Ham and Potato Pizza Chicken and Stars Soup Orange Blossom Creamsicle Smoothies Hand-pulled Noodles with Potsticker Filling Sauce Marzipan Chocolate Chip Cookies In *Home Is Where the Eggs Are*, the feeling of home starts in the kitchen; just melt some butter, fry an egg, and build a little memory around it.

At long last, Sarah Britton, called the "queen bee of the health blogs" by *Bon App é tit*, reveals 100 gorgeous, all-new plant-based recipes in her debut cookbook, inspired by her wildly popular blog. Every month, half a million readers—vegetarians, vegans, paleo followers, and gluten-free gourmets alike—flock to Sarah's adaptable and accessible recipes that make powerfully healthy ingredients simply irresistible. *My New Roots* is the ultimate guide to revitalizing one's health and palate, one delicious recipe at a time: no fad diets or gimmicks here. Whether readers are newcomers to natural foods or are already devotees, they will discover

how easy it is to eat healthfully and happily when whole foods and plants are at the center of every plate.

The highly anticipated cookbook from the immensely popular food blog Minimalist Baker, featuring 101 all-new simple, vegan recipes that all require 10 ingredients or less, 1 bowl or 1 pot, or 30 minutes or less to prepare Dana Shultz founded the Minimalist Baker blog in 2012 to share her passion for simple cooking and quickly gained a devoted worldwide following. Now, in this long-awaited debut cookbook, Dana shares 101 vibrant, simple recipes that are entirely plant-based, mostly gluten-free, and 100% delicious. Packed with gorgeous photography, this practical but inspiring cookbook includes:

- Recipes that each require 10 ingredients or less, can be made in one bowl, or require 30 minutes or less to prepare.
- Delicious options for hearty entrées, easy sides, nourishing breakfasts, and decadent desserts—all on the table in a snap
- Essential plant-based pantry and equipment tips
- Easy-to-follow, step-by-step recipes with standard and metric ingredient measurements

Minimalist Baker's Everyday Cooking is a totally no-fuss approach to cooking for anyone who loves delicious food that happens to be healthy too.

The High Heeled Guide to Enlightenment is the must have book for females who are looking to connect to something other than their internet provider! Alice Grist jumps stilettos first into all things spiritual and conjures up an entertaining, witty and honest account of her search for Enlightenment.

150 Irresistible Dishes from 4 Generations of My Family's Kitchen

Living Abundantly Where You Are, As You Are

Handbook of Spices, Seasonings, and Flavorings, Second Edition

The Guide to Good Taste

A contemporary guide to finding your intuition and reading the tarot

100 Wholesome Recipes, Essential Tools, and Efficient Techniques