

## Eating Smoke One Man's Descent Into Crystal Meth Psychosis In Hong Kong's Triad Heartland

Chris Thrall set out to run an ultramarathon a day from John O'Groats to Land's End, unsupported and sleeping in a tent by the side of the road. Most said Chris couldn't do it, but to a Royal Marine success is simply a State of Mind ...

Golding's iconic 1954 novel, now with a new foreword by Lois Lowry, remains one of the greatest books ever written for young adults and an unforgettable classic for readers of any age. This edition includes a new Suggestions for Further Reading by Jennifer Buehler. At the dawn of the next world war, a plane crashes on an uncharted island, stranding a group of schoolboys. At first, with no adult supervision, their freedom is something to celebrate. This far from civilization they can do anything they want. Anything. But as order collapses, as strange howls echo in the night, as terror begins its reign, the hope of adventure seems as far removed from reality as the hope of being rescued.

Across America, the pure love and popularity of barbecue cookery have gone through the roof. Prepared in one regional style or another, in the South and beyond, barbecue is one of the nation's most distinctive culinary arts. And people aren't just eating it; they're also reading books and articles and watching TV shows about it. But why is it, asks Adrian Miller—admitted 'cuehead and longtime certified barbecue judge—that in today's barbecue culture African Americans don't get much love? In *Black Smoke*, Miller chronicles how Black barbecuers, pitmasters, and restaurateurs helped develop this cornerstone of American foodways and how they are coming into their own today. It's a smoke-filled story of Black perseverance, culinary innovation, and entrepreneurship. Though often pushed to the margins, African Americans have enriched a barbecue culture that has come to be embraced by all. Miller celebrates and restores the faces and stories of the men and women who have influenced this American cuisine. This beautifully illustrated chronicle also features 22 barbecue recipes collected just for this book.

Chris Thrall left the Royal Marine Commandos to find fortune in Hong Kong, but following a bizarre series of jobs ended up homeless and in psychosis from crystal meth addiction.He began working for the 14K, a viscous Hong Kong crime syndicate, as a nightclub doorman in the Wan Chai red-light district, where he uncovered a vast global conspiracy and the 'Foreign Triad' - a secretive expat clique in cahoots with the Chinese gangs.Alonge and confused in the neon glare of Hong Kong's seedy backstreets, Chris was forced to survive in the world's most unforgiving city, hooked on the world's most dangerous drug ...

Drawing on years of investigative reporting, Wyatt Williams offers a powerful look at why we kill and eat animals. In order to understand why we eat meat, the restaurant critic and journalist investigated factory farms, learned to hunt game, worked on a slaughterhouse kill floor, and partook in Indigenous traditions of whale eating in Alaska. In Springer Mountain, he tells about his experiences while charting the history of meat eating and vegetarianism. Williams shows how mysteries springing up from everyday experiences can lead us into the big questions of life while examining the irreconcilable differences between humans and animals. Springer Mountain is a thought-provoking work, one that reveals how what we eat tells us who we are.

Cooking for Geeks

Eating Smoke - One Man's Descent Into Crystal Meth Psychosis in Hong Kong's Triad Heartland

Cooking With Smoke, the Real Way to Barbecue

Daughter of Smoke & Bone

Unwinding Anxiety

Lord of the Flies

Smoke & Spice - Revised Edition

2014 James Beard Foundation Book Award, Reference and Scholarship Honor Book for Nonfiction, Black Caucus of the American Library Association In this insightful and eclectic history, Adrian Miller delves into the influences, ingredients, and innovations that make up the soul food tradition. Focusing each chapter on the culinary and social history of one dish—such as fried chicken, chitlins, yams, greens, and “red drinks”—Miller uncovers how it got on the soul food plate and what it means for African American culture and identity. Miller argues that the story is more complex and surprising than commonly thought. Four centuries in the making, and fusing European, Native American, and West African cuisines, soul food—in all its fried, pork-infused, and sugary glory—is but one aspect of African American culinary heritage. Miller discusses how soul food has become incorporated into American culture and explores its connections to identity politics, bad health rap, and healthier alternatives. This refreshing look at one of America’s most celebrated, mythologized, and maligned cuisines is enriched by spirited sidebars, photographs, and twenty-two recipes.

Chris Thrall left the Royal Marines to find fortune in Hong Kong, but following a bizarre series of jobs he ended up homeless and hooked on Crystal Meth. He began working for the 14K, the city's most notorious crime syndicate, as a nightclub doorman in the Wan Chai red-light district. Heavily in psychosis, he uncovered a huge global conspiracy, made all the more confusing by the "Foreign Triad" - a secretive expat clique in cahoots with the Chinese mafia. Desperate, addicted and alone in the neon glare of Hong Kong's seedy backstreets, Chris was forced to survive in the world's most unforgiving city, addicted to the world's most dangerous drug. Engaging, honest and full of Chris's irrepressible humour, this remarkable memoir combines gripping storytelling with brooding menace as the Triads begin to cast their shadow over him. The result is a truly psychotic urban nightmare.

This comprehensive book takes a fresh look at preserving, offering all the basic information you need, but also featuring inspirational recipes from the store cupboards of the world. It covers everything from jams to cures, and shows you that you don't have to have lots of kit and produce to make delicious preserves - or wait forever before eating them. There are sections filled with expert advice on choosing ingredients and cooking every type of preserve, from marmalades to jellies to relishes to foods preserved in oil. All the classic recipes are included and Diana often gives tips for how to make a version of a classic that suits your palette. For example, she includes a sweet and sticky strawberry jam, a more-fruity and less sweet version, and a Swedish 'nearly' strawberry jam (which is more like a conserve and keeps in the fridge for only a couple of weeks). But this is also a treasure trove of recipes taken from the world's store cupboards. And most of them are luxuries that can be made from cheap ingredients - such as Thai spiced rhubarb relish, Alsace pear and Riesling jam and tea-smoked trout. Many recipes will also offer alternative ingredients - for example, make sloe gin with cranberries or plums.

Presents recipes ranging in difficulty with the science and technology-minded cook in mind, providing the science behind cooking, the physiology of taste, and the techniques of molecular gastronomy.

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Eating Smoke

All You Need to Cook with Smoke--Indoors or Out!

A BBW Weight Gain Story

The World's Rarest Foods and Why We Need to Save Them

Lose up to a Pound a Day, Reclaim Energy and Focus, Upgrade Your Life

Discover the Foods Scientifically Proven to Prevent and Reverse Disease

1940 Edition

The idea of "The Green Book" is to give the Motorist and Tourist a Guide not only of the Hotels and Tourist Homes in all of the large cities, but other classifications that will be found useful wherever he may be. Also facts and information that the Negro Motorist can use and depend upon. There are thousands of places that the public doesn't know about and aren't listed. Perhaps you know of some? If so send in their names and addresses and the kind of business, so that we might pass it along to the rest of your fellow Motorists. You will find it handy on your travels, whether at home or in some other state, and is up to date. Each year we are compiling new lists as some of these places move, or go out of business and new business places are started giving added employment to members of our race.

In his midtwenties, Dave Asprey was a successful Silicon Valley multimillionaire. He also weighed 300 pounds, despite the fact that he was doing what doctors recommended: eating 1,800 calories a day and working out 90 minutes a day, six times a week. When his excess fat started causing brain fog and food cravings sapped his energy and willpower, Asprey turned to the same hacking techniques that made his fortune to "hack" his own biology, investing more than \$300,000 and 15 years to uncover what was hindering his energy, performance, appearance, and happiness. From private brain EEG facilities to remote monasteries in Tibet, through radioactive brain scans, blood chemistry work, nervous system testing, and more, he explored traditional and alternative technologies to reach his physical and mental prime. The result? The Bulletproof Diet, an anti-inflammatory program for hunger-free, rapid weight loss and peak performance. The Bulletproof Diet will challenge--and change--the way you think about weight loss and wellness. You will skip breakfast, stop counting calories, eat high levels of healthy saturated fat, work out and sleep less, and add smart supplements. In doing so, you'll gain energy, build lean muscle, and watch the pounds melt off. By ditching traditional "diet" thinking, Asprey went from being overweight and sick in his twenties to maintaining a 100-pound weight loss, increasing his IQ, and feeling better than ever in his forties. The Bulletproof Diet is your blueprint to a better life.

NEW YORK TIMES BESTSELLER The complete, uncensored history of the award-winning The Daily Show with Jon Stewart, as told by its correspondents, writers, and host. For almost seventeen years, The Daily Show with Jon Stewart brilliantly redefined the borders between television comedy, political satire, and opinionated news coverage. It launched the careers of some of today's most significant comedians, highlighted the hypocrisies of the powerful, and garnered 23 Emmys. Now the show's behind-the-scenes gags, controversies, and camaraderie will be chronicled by the players themselves, from legendary host Jon Stewart to the star cast members and writers-including Samantha Bee, Stephen Colbert, John Oliver, and Steve Carell - plus some of The Daily Show's most prominent guests and adversaries: John and Cindy McCain, Glenn Beck, Tucker Carlson, and many more. This oral history takes the reader behind the curtain for all the show's highlights, from its origins as Comedy Central's underdog late-night program to Trevor Noah's succession, rising from a scrappy jester in the 24-hour political news cycle to become part of the beating heart of politics-a trusted source for not only comedy but also commentary, with a reputation for calling bullshit and an ability to effect real change in the world. Through years of incisive election coverage, passionate debates with President Obama and Hillary Clinton, feuds with Bill O'Reilly and Fox, and provocative takes on Wall Street and racism, The Daily Show has been a cultural touchstone. Now, for the first time, the people behind the show's seminal moments come together to share their memories of the last-minute rewrites, improvisations, pranks, romances, blow-ups, and moments of Zen both on and off the set of one of America's most groundbreaking shows.

A beautiful young lady gains the freshman 15 in college, and over time learns to love her body as she develops into a magnificently voluptuous woman, and finds true love in the process. ~ 'He fondled her and lowered her back down flat on his desk. All of his biological carnal urges took over his better judgement with an unstoppable force of repressed desire and testosterone that was completely unleashed as he licked her nipples and moved his lips slowly down her stomach with Nicole being way too turned on to let self-consciousness deter her pleasure. He removed her snug fitting skimpy panties and slipped himself inside of her. She felt so warm and inviting, it was pure ecstasy. She was such a goddess. The type of woman he had lusted over privately for years. The type of woman whose beauty entitles her to avoid all gym-torture and instead lead a cushy, pampered lifestyle, and let her self indulgence make her more desirable than words could allow, only her moans and gasps of extreme blissful pleasure could do it justice.'

Former Royal Marines Commando Chris Thrall returned from a year in Hong Kong suffering severe psychosis from crystal meth addiction and PTSD. The medical profession said recovery was unlikely. Chris refused all treatment and his life descended into a chaotic cycle of drug use that almost killed him ... until salvation came in a surprising form.

Forty Nights

Good and Cheap

How to eat a peach

Menus, stories and places

Allen Carr's Easy Way to Stop Smoking

The Bulletproof Diet

Franklin Barbecue

NEW YORK TIMES BESTSELLER • A complete meat and brisket-cooking education from the country's most celebrated pitmaster and owner of the wildly popular Austin restaurant Franklin Barbecue. When Aaron Franklin and his wife, Stacy, opened up a small barbecue trailer on the side of an Austin, Texas, interstate in 2009, they had no idea what they'd gotten themselves into. Today, Franklin Barbecue has grown into the most popular, critically lauded, and obsessed-over barbecue joint in the country (if not the world)—and Franklin is the winner of every major barbecue award there is. In this much-anticipated debut, Franklin and coauthor Jordan Mackay unlock the secrets behind truly great barbecue, and share years’ worth of hard-won knowledge. Franklin Barbecue is a definitive resource for the backyard pitmaster, with chapters dedicated to building or customizing your own smoker; finding and curing the right wood; creating and tending perfect fires; sourcing top-quality meat; and of course, cooking mind-blowing, ridiculously delicious barbecue, better than you ever thought possible.

300-plus recipes. The only cookbook devoted to smoke-cooked barbecue, a hot trend.

When Diana Henry was sixteen she started a menu notebook (an exercise book carefully covered in wrapping paper). Planning a menu is still her favorite part of cooking. Menus can create very different moods; they can take you places, from an afternoon at the seaside in Brittany to a sultry evening eating mezze in Istanbul. They also have to work as a meal that flows and as a group of dishes that the cook can manage without becoming totally stressed. The 24 menus and 100 recipes in this book reflect places Diana loves, and dishes that are real favorites. The menus are introduced with personal essays in Diana's now well-known voice— about places or journeys or particular times and explain the choice of dishes. Each menu is a story in itself, but the recipes can also stand alone. The title of the book refers to how Italians end a meal in the summer, when it's too hot to cook. The host or hostess just puts a bowl of peaches on the table and offers glasses of chilled moscato (or even Marsala). Guests then slice their peach into the glass, before eating the slices and drinking the wine. That says something very important about eating – simplicity and generosity and sometimes not cooking are what it's about.

Smoking techniques, tips, and recipes from a barbecue master! Tangy North Carolina-style pulled pork Meaty, Smoky Brisket Sweet and Savory Baby Back Ribs If you've always wanted to try smoking these and other foods at home, barbecue pro Larry Gaian will show you how! In this guide to authentic smoked food and barbecue, you'll find everything you need to master the art of smoking--choosing the right wood and charcoal; starting and maintaining your fire; selecting and preparing meats; and infusing everything from meat and fish to vegetables, fruits, and cheeses with the wonderful flavor of smoke. Whether you're a novice smoker or an expert looking for interesting recipe ideas, this guide has something for everyone, including information about: Basic smoking techniques Equipment safety Regional barbecue styles Indoor and cold smoking Creating smoke without a smoker And, with 150 recipes for everything from brines and rubs to pork, poultry, sides, and desserts, you'll always have the perfect dish on hand. Learn how to add the flavors, culture, and spirit of barbecue to your meals, and make your next get-together a true comfort-food feast.

'A book of wonders' Bee Wilson, Sunday Times, Books of the Year 'Dan Saladino inspires us to believe that turning the tide is still possible.' Yotam Ottolenghi 'I love this book... I wish the whole world could read it' Raymond Blanc Eating to Extinction is an astonishing journey through the past, present and future of food, a love letter to the diversity of global food cultures, and a work of great urgency and hope. From a tiny crimson pear in the west of England to great chunks of fermented sheep meat in the Faroe Islands to an exploding corn in Mexico that might just hold the key to the future of food - these are just some of the thousands of foods around the world today that are at risk of being lost for ever. In this captivating and wide-ranging book, Dan Saladino spans the globe to uncover the stories of these foods. He meets the pioneering farmers, scientists, cooks, food producers and indigenous communities who are preserving food traditions and fighting for change. All human history is woven through these stories, from the first great migrations to the slave trade to the refugee crisis today. But Eating to Extinction is about so much more than preserving the past. Eating to Extinction reveals a world at a crisis point: the future of our planet depends on reclaiming genetic biodiversity before it is too late.

Preventing Tobacco Use Among Youth and Young Adults

African Americans and the United States of Barbecue

Meditations on Killing and Eating

Smoke in Food Processing

Salt, Fat, Acid, Heat

Soul Food

The Surprising Story of an American Cuisine, One Plate at a Time

In a nation on the brink of war, a young art student's star-crossed love begins to bloom in the first book of the New York Times bestselling epic fantasy trilogy by award-winning author

Laini Taylor. Around the world, black handprints are appearing on doorways, scorched there by winged strangers who have crept through a slit in the sky. In a dark and dusty shop, a devil's supply of human teeth grown dangerously low. And in the tangled lanes of Prague, a young art student is about to be caught up in a brutal otherworldly war. Meet Karou. She fills her sketchbooks with monsters that may or may not be real; she's prone to disappearing on mysterious "errands"; she speaks many languages -- not all of them human; and her bright blue hair actually grows out of her head that color. Who is she? That is the question that haunts her, and she's about to find out. When one of the strangers -- beautiful, haunted Akiva -- fixes his fire-colored eyes on her in an alley in Marrakesh, the result is blood and starlight, secrets unveiled, and a star-crossed love whose roots drink deep of a violent past. But will Karou live to regret learning the truth about herself?

Named one of bon appetit's 10 America's Best New Restaurants 2016! Smoke savory meats and vegetables at home and cook signature recipes from the chef-driven kitchen of Buxton Hall Barbecue in Asheville, North Carolina. In an age of bulk-bought brisket and set-it-and-forget-it electric smokers, Buxton Hall Barbecue stands apart from the average restaurant. With three pits at the heart of an open kitchen and hogs sourced from local farmers that raise them right, chef Elliott Moss is smoking meat in accordance with time-honored traditions. In Buxton Hall Barbecue's Book of Smoke, believers in slow-smoked, old-fashioned barbecue will learn how to build and master their own pit, right at home. Start small with chicken or pit beef and work your way up to a whole hog. If you're not yet ready for the pit or limited on space, Moss also teaches easy, economical ways to infuse wood-smoke into your food. The recipes include all of the Buxton Hall favorites. Learn how to make their deep-fried smoked catfish, smoky pimento cheese, turnip soup with charred onions, or slow-cooked collards. Other recipes give the inside scoop on how a barbecue restaurant makes use of a whole hog with a waste-nothing approach: Brussels sprouts with crispy cracklin', classic South-Carolina style hash, chicken bog, and much more. Finish the meal with Buxton's take on classic southern desserts like banana pudding pie, grape hull pie, or s'mores with homemade marshmallows.

Chris Thrall left the Royal Marines to find his fortune in Hong Kong, but instead found himself homeless and addicted to crystal meth. Soon he began working for the 14K, Hong Kong's largest

triad group, as a doorman in one of their night-clubs in the Wanchai red-light district.

A beautifully written and riveting look at anorexia from acclaimed author Laurie Halse Anderson. Cassie and Lia are best friends, and united in their quest to be thin. But when Cassie is found dead in a motel room, Lia must question whether she continues to lose weight, or choose life instead.

New York Times and Wall Street Journal bestseller A step-by-step plan clinically proven to break the cycle of worry and fear that drives anxiety and addictive habits We are living through one of the most anxious periods any of us can remember. Whether facing issues as public as a pandemic or as personal as having kids at home and fighting the urge to reach for the wine bottle every night, we are feeling overwhelmed and out of control. But in this timely book, Judson Brewer explains how to uproot anxiety at its source using brain-based techniques and small hacks accessible to anyone. We think of anxiety as everything from mild unease to full-blown panic. But it’s also what drives the addictive behaviors and bad habits we use to cope (e.g. stress eating, procrastination, doom scrolling and social media). Plus, anxiety lives in a part of the brain that resists rational thought. So we get stuck in anxiety habit loops that we can’t think our way out of or use willpower to overcome. Dr. Brewer teaches us to map our brains to discover our triggers, defuse them with the simple but powerful practice of curiosity, and to train our brains using mindfulness and other practices that his lab has proven can work. Distilling more than 20 years of research and hands-on work with thousands of patients, including Olympic athletes and coaches, and leaders in government and business, Dr. Brewer has created a clear, solution-oriented program that anyone can use to feel better - no matter how anxious they feel.

Black Smoke

Fire in Urban America, 1800–1950

One Man's Descent Into Crystal Meth Psychosis in Hong Kong's Triad Heartland

The Negro Motorist Green Book

A Meat-Smoking Manifesto [A Cookbook]

Food, Free Will, and How the Food Giants Exploit Our Addictions

The Untold Story of the Insider Who Brought Down the Cali Cartel

From the best-selling author of Why We Get Fat, a groundbreaking, eye-opening expos é that makes the convincing case that sugar is the tobacco of the new millennium: backed by powerful lobbies, entrenched in our lives, and making us very sick. Among Americans, diabetes is more prevalent today than ever; obesity is at epidemic proportions; nearly 10% of children are thought to have nonalcoholic fatty liver disease. And sugar is at the root of these, and other, critical society-wide, health-related problems. With his signature command of both science and straight talk, Gary Taubes delves into Americans' history with sugar: its uses as a preservative, as an additive in cigarettes, the contemporary overuse of high-fructose corn syrup. He explains what research has shown about our addiction to sweets. He clarifies the arguments against sugar, corrects misconceptions about the relationship between sugar and weight loss; and provides the perspective necessary to make informed decisions about sugar as individuals and as a society.

Every meal is better with BBQ! Make and enjoy recipes from Boston ’ s popular Smoke Shop restaurant in your own backyard. Join Andy Husbands and Will Salazar as they share their secrets in The Smoke Shop’s Backyard BBQ. Start off with a classic Backyard Barbecue featuring pulled pork, Twice-Smoked Pulled Chicken, deliciously simple brisket, and New Memphis Ribs. With a selection of the Smoke Shop ’ s favorite sides, drinks, and desserts, it might seem like all you ever needed. Then they go further afield, as the following chapters bring smokehouse flavor home for every occasion: Make Taco Tuesday special with Brisket Ropa Vieja Tacos, Pulled Pork Quesadillas, BBQ Empanadas, Street Corn, The Smoke Shop Guac, and Tres Leches Minicakes. Amp up your next Cocktail Party with Pork Belly Pastrami Skewers, BBQ Peanuts, and smoked Oysters on the Half Shell, paired with a Downtown Derby cocktail. Get ready for Game Day at home, featuring Salt and Pepper Baby Back Ribs, Pork Belly Burnt Ends, The Smoke Shop ’ s Famous Wings, and The Ultimate BLT Bar. Additional chapters include The Big Brunch, a Fancy Party, and even a Holiday Party to keep the BBQ going year round!

Some people suffer from chronic, debilitating disorders for which no conventional treatment brings relief. Can marijuana ease their symptoms? Would it be breaking the law to turn to marijuana as a medication? There are few sources of objective, scientifically sound advice for people in this situation. Most books about marijuana and medicine attempt to promote the views of advocates or opponents. To fill the gap between these extremes, authors Alison Mack and Janet Joy have extracted critical findings from a recent Institute of Medicine study on this important issue, interpreting them for a general audience. Marijuana As Medicine? provides patients--as well as the people who care for them--with a foundation for making decisions about their own health care. This empowering volume examines several key points, including: Whether marijuana can relieve a variety of symptoms, including pain, muscle spasticity, nausea, and appetite loss. The dangers of smoking marijuana, as well as the effects of its active chemical components on the immune system and on psychological health. The potential use of marijuana-based medications on symptoms of AIDS, cancer, multiple sclerosis, and several other specific disorders, in comparison with existing treatments. Marijuana As Medicine? introduces readers to the active compounds in marijuana. These include the principal ingredient in Marinol, a legal medication. The authors also discuss the prospects for developing other drugs derived from marijuana’s active ingredients. In addition to providing an up-to-date review of the science behind the medical marijuana debate, Mack and Joy also answer common questions about the legal status of marijuana, explaining the conflict between state and federal law regarding its medical use. Intended primarily as an aid to patients and caregivers, this book objectively presents critical information so that it can be used to make responsible health care decisions. Marijuana As Medicine? will also be a valuable resource for policymakers, health care providers, patient counselors, medical faculty and students--in short, anyone who wants to learn more about this important issue.

Results from the National Research Council’s (NRC) landmark study Diet and health are readily accessible to nonscientists in this friendly, easy-to-read guide. Readers will find the heart of the book in the first chapter: the Food and Nutrition Board’s nine-point dietary plan to reduce the risk of diet-related chronic illness. The nine points are presented as sensible guidelines that are easy to follow on a daily basis, without complicated measuring or calculating--and without sacrificing favorite foods. Eat for Life gives practical recommendations on foods to eat and in a "how-to" section provides tips on shopping (how to read food labels), cooking (how to turn a high-fat dish into a low-fat one), and eating out (how to read a menu with nutrition in mind). The volume explains what protein, fiber, cholesterol, and fats are and what foods contain them, and tells readers how to reduce their risk of chronic disease by modifying the types of food they eat. Each chronic disease is clearly defined, with information provided on its prevalence in the United States. Written for everyone concerned about how they can influence their health by what they eat, Eat for Life offers potentially lifesaving information in an understandable and persuasive way. Alternative Selection, Quality Paperback Book Club

NEW YORK TIMES BESTSELLER • From the author of Salt Sugar Fat comes a “gripping” (The Wall Street Journal) expos é of how the processed food industry exploits our evolutionary instincts, the emotions we associate with food, and legal loopholes in their pursuit of profit over public health. “The processed food industry has managed to avoid being lumped in with Big Tobacco—which is why Michael Moss ’ s new book is so important.” —Charles Duhigg, author of The Power of Habit Everyone knows how hard it can be to maintain a healthy diet. But what if some of the decisions we make about what to eat are beyond our control? Is it possible that food is addictive, like drugs or alcohol? And to what extent does the food industry know, or care, about these vulnerabilities? In Hooked, Pulitzer Prize – winning investigative reporter Michael Moss sets out to answer these questions—and to find the true peril in our food. Moss uses the latest research on addiction to uncover what the scientific and medical communities—as well as food manufacturers—already know: that food, in some cases, is even more addictive than alcohol, cigarettes, and drugs. Our bodies are hardwired for sweets, so food giants have developed fifty-six types of sugar to add to their products, creating in us the expectation that everything should be cloying; we ’ ve evolved to prefer fast, convenient meals, hence our modern-day preference for ready-to-eat foods. Moss goes on to show how the processed food industry—including major companies like Nestlé , Mars, and Kellogg ’ s—has tried not only to evade this troubling discovery about the addictiveness of food but to actually exploit it. For instance, in response to recent dieting trends, food manufacturers have simply turned junk food into junk diets, filling grocery stores with “diet” foods that are hardly distinguishable from the products that got us into trouble in the first place. As obesity rates continue to climb, manufacturers are now claiming to add ingredients that can effortlessly cure our compulsive eating habits. A gripping account of the legal battles, insidious marketing campaigns, and cutting-edge food science that have brought us to our current public health crisis, Hooked lays out all that the food industry is doing to exploit and deepen our addictions, and shows us why what we eat has never mattered more.

One Man's Descent Into Drug Psychosis in Hong Kong's Triad Heartland

How I Ran 36 Ultramarathons Back to Back with No Training

How to preserve fruit, vegetables, meat and fish

Eat for Life

Salt Sugar Smoke

The Food Lab: Better Home Cooking Through Science

NOTE: NO FURTHER DISCOUNT FOR THIS PRINT PRODUCT -- OVERSTOCK SALE -- Significantly reduced list price This Surgeon General s Report details the causes and the consequences of tobacco use among youth and young adults by focusing on the social, environmental, advertising, and marketing influences that encourage youth and young adults to initiate and sustain tobacco use. This is the first time tobacco data on young adults as a discrete population have been explored in detail. The report also highlights successful strategies to prevent young people from using tobacco. This three volume set includes the following items: A booklet containing highlights from the 2012 Surgeon General s report on tobacco use among youth and teens ages 12 through 17 and young adults ages 18 through 26. This booklet provides an overview of tobacco use within this targeted age group. The second booklet is an Executive Summary with two messages. One message from for Kathleen Sebelius, Secretary of Health and Human Services and a second message from Howard Koh, Assistant Secretary of Health and contains a brief introduction to the set and summary and conclusions for each chapter contained in the final volume. The final volume contains over 800 pages of documentation, interwoven with text and data addressing the adverse health consequences of tobacco use by children and young adults. It includes research on a variety of topics, including nicotine addiction, trends in cigarette smoking among young adults, trends in smokeless tobacco use and cigar smoking over time, genetic factors in tobacco use among youth, and mass media influence on smoking to this age group to name a few. This third volume is rich with table data research findings to support the Surgeon General s concerns with America s use and tobacco. If you would like to find similiar products, please check out our Alcoholism, Smoking, and Substance Abuse resources collection at this link: https://bookstore.gpo.gov/catalog/health-benefits/alcoholism-smoking-substance-abuse "

A perfect and irresistible idea: A cookbook filled with delicious, healthful recipes created for everyone on a tight budget. While studying food policy as a master’s candidate at NYU, Leanne Brown asked a simple yet critical question: How well can a person eat on the \$4 a day given by SNAP, the U.S. government’s Supplemental Nutrition Assistance Program informally known as food stamps? The answer is surprisingly well: Broiled Tilapia with Lime, Spicy Pulled Pork, Green Chile and Cheddar Quesadillas, Vegetable Jambalaya, Beet and Chickpea Salad—even desserts like Coconut Chocolate Cookies and Peach Coffee Cake. In addition to creating nutritious recipes that maximize every ingredient and use economical cooking methods, Ms. Brown gives tips on shopping; on creating pantry basics; on mastering certain staples—pizza dough, flour tortillas—and saucy extras that make everything taste better, like spice oil and tzatziki; and how to make fundamentally smart, healthful food choices. The idea for Good and Cheap is already proving itself. The author launched a Kickstarter campaign to self-publish and fund the buy one/give one model. Hundreds of thousands of viewers watched her video and donated \$145,000, and national media are paying attention. Even high-profile chefs and food writers have taken note—like Mark Bittman, who retweeted the link to the campaign; Francis Lam, who called it “Terrific!”; and Michael Pollan, who cited it as a “cool kickstarter.” In the same way that TOMS turned inexpensive, stylish shoes into a larger do-good movement, Good and Cheap is poised to become a cookbook that every food lover with a conscience will embrace.

Tobacco use kills more people than any other addiction and we know that addiction starts in childhood and youth. We all agree that youths should not smoke, but how can this be accomplished? What prevention messages will they find compelling? What effect does tobacco advertising--more than \$10 million worth every day--have on youths? Can we responsibly and effectively restrict their access to tobacco products? These questions and more are addressed in Growing Up Tobacco Free, prepared by the Institute of Medicine to help everyone understand the troubling issues surrounding youths and tobacco use. Growing Up Tobacco Free provides a readable explanation of nicotine’s effects and the process of addiction, and documents the search for an effective approach to preventing the use of cigarettes, chewing and spitting tobacco, and snuff by children and youths. It covers the results of recent initiatives to limit young people’s access to tobacco and discusses approaches to controls or bans on tobacco sales, price sensitivity among adolescents, and arguments for and against taxation as a prevention strategy for tobacco use. The controversial area of tobacco advertising is thoroughly examined. With clear guidelines for public action, everyone can benefit by reading and acting on the messages in this comprehensive and compelling book.

A New York Times Bestseller Winner of the James Beard Award for General Cooking and the IACP Cookbook of the Year Award “The one book you must have, no matter what you’re planning to cook or where your skill level falls.”—New York Times Book Review Ever wondered how to pan-fry a steak with a charred crust and an interior that’s perfectly medium-rare from edge to edge when you cut into it? How to make homemade mac ’n’ cheese that is as satisfyingly gooey and velvety-smooth as the blue box stuff, but far tastier? How to roast a succulent, moist turkey (forget about brining!)—and use a foolproof method that works every time? As Serious Eats’s culinary nerd-in-residence, J. Kenji López-Alt has pondered all these questions and more. In The Food Lab, Kenji focuses on the science behind beloved American dishes, delving into the interactions between heat, energy, and molecules that create great food. Kenji shows that often, conventional methods don’t work that well, and home cooks can achieve far better results using new—but simple—techniques. In hundreds of easy-to-make recipes with over 1,000 full-color images, you will find out how to make foolproof Hollandaise sauce in just two minutes, how to transform one simple tomato sauce into a half dozen dishes, how to make the crispiest, creamiest potato casserole ever conceived, and much more.

Whether you’ve never picked up a knife or you’re 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. --

Eat, Drink, and Party Like a Pitmaster

Buxton Hall Barbecue's Book of Smoke

New Science Shows How to Break the Cycles of Worry and Fear to Heal Your Mind

Preventing Nicotine Addiction in Children and Youths

Springer Mountain

Real Science, Great Hacks, and Good Food

At the Devil's Table

*Informed by the history of classic southern recipes, Southern Smoke is an intriguing dive into the barbecue of North Carolina, the Lowcountry, Memphis, and the Delta, with must-try meats, sides, and desserts. For years, Matthew Register, the owner and pitmaster of Southern Smoke Barbecue, has been obsessed with the history of southern recipes. Armed with a massive collection of cookbooks from the 1900s and overflowing boxes of recipe cards from his grandmother, he hits the kitchen. Over weeks, sometimes months, he forges updated versions of timeworn classics. Locals and tourists alike flock to his restaurant in Garland, North Carolina (population 700), to try these unique dishes. In this book, Matthew teaches the basics of smoking with a grill or smoker. He outlines how to manage the fire for long smoking sessions and shares pitmaster tips for common struggles (like overcoming "the stall" on large pieces of meat). He then explores iconic barbecue regions and traditions: Start off in North Carolina, the home of slow-smoked pork and tangy vinegar sauce. Other highlights include chicken quarters with church sauce, barbecue potatoes, collard chowder, and pork belly hash. Travel the Lowcountry, where seafood meets barbecue. Go all out with frogmore stew, pickled shrimp, and fire-roasted oysters, or sample unique recipes like funeral grits, likker pudding, and James Island shrimp pie. Then take a trip to Memphis and the Delta, a longtime barbecue hub known for dry-rubbed ribs. Other standouts might surprise you! Learn the secrets behind Delta tamales, Merigold tomatoes, okra fries with comeback sauce, and country style duck. And, of course, what barbecue spread is complete without baked goods? The final chapter includes everything from skillet cornbread and benne seed biscuits to chocolate chess pie and pecan-studded bread pudding. Whether you've long been a fan of barbecue or are just starting your own barbecue journey, Southern Smoke offers a unique collection of recipes and stories for today's home cook.*

*Traces the 1990s collaborative effort between two U.S. agents and a security chief for a notorious Colombian drug cartel to dismantle the organization and bring its leaders to justice, a life-risking venture marked by a race to extract damaging evidence and protect the life of a key witness.*

*From the physician behind the wildly popular NutritionFacts website, How Not to Die reveals the groundbreaking scientific evidence behind the only diet that can prevent and reverse many of the causes of disease-related death. The vast majority of premature deaths can be prevented through simple changes in diet and lifestyle. In How Not to Die, Dr. Michael Greger, the internationally-renowned nutrition expert, physician, and founder of NutritionFacts.org, examines the fifteen top causes of premature death in America—heart disease, various cancers, diabetes, Parkinson’s, high blood pressure, and more—and explains how nutritional and lifestyle interventions can sometimes trump prescription pills and other pharmaceutical and surgical approaches, freeing us to live healthier lives. The simple truth is that most doctors are good at treating acute illnesses but bad at preventing chronic disease. The fifteen leading causes of death claim the lives of 1.6 million Americans annually. This doesn’t have to be the case. By following Dr. Greger’s advice, all of it backed up by strong scientific evidence, you will learn which foods to eat and which lifestyle changes to make to live longer. History of prostate cancer in your family? Put down that glass of milk and add flaxseed to your diet whenever you can. Have high blood pressure? Hibiscus tea can work better than a leading hypertensive drug—and without the side effects. Fighting off liver disease? Drinking coffee can reduce liver inflammation. Battling breast cancer? Consuming soy is associated with prolonged survival. Worried about heart disease (the number 1 killer in the United States)? Switch to a whole-food, plant-based diet, which has been repeatedly shown not just to prevent the disease but often stop it in its tracks. In addition to showing what to eat to help treat the top fifteen causes of death, How Not to Die includes Dr. Greger’s Daily Dozen -a checklist of the twelve foods we should consume every day.Full of practical, actionable advice and surprising, cutting edge nutritional science, these doctor’s orders are just what we need to live longer, healthier lives.*

*Allen Carr’s 100 cigarettes-a-day addiction drove him to despair, but, after countless attempts to quit, he eventually kicked the habit. This is an updated edition of his bestselling guide to giving up smoking.*

*By comparing the simple skills employed by firefighters—climbing ladders and manipulating hoses—with the mundane technologies—maps and accounting charts—of insurers, the author demonstrates that the daily routines of both groups were instrumental in making intense urban and industrial expansion a less precarious endeavor.*

*Barbecue, Traditions, and Treasured Recipes Reimagined for Today*

*Eating to Extinction*

*Southern Smoke*

*Mastering the Elements of Good Cooking*

*Plump Fiction*

*Eat Well on \$4/Day*

*Hooked*

**Smoking was one of the first forms of food processing, and through the centuries the chemistry of smoke has slowly evolved.It is now known that wood and food composition can significantly influence smoke composition, as well as the resulting textual, sensory, nutritional, antioxidative, and antimicrobial properties of the smoked food.Aside from beneficial properties, one must also consider potential health concerns associated with certain woods and their resulting smoke.**

**State of Mind**

**The Food and Nutrition Board’s Guide to Reducing Your Risk of Chronic Disease**

**The Daily Show (The Book)**

**The Everything Guide to Smoking Food**

**How Not to Die**

**The Case Against Sugar**

**Growing Up Tobacco Free**