

## Fearless Broths And Soups: Ditch The Boxes And Cans With 60 Simple Recipes For Real People On Real Budgets

A collection of 80 comforting recipes from the star of Little House on the Prairie. From prairie breakfasts and picnic lunches to treats inspired by Nellie’s restaurant, these simple and delicious dishes—crispy fried chicken, pot roasts, cornbread, apple pie, and more—present Bonnet Heads (aka die-hard Little House fans) with the chance to o recollections and memorabilia, including behind-the-scenes stories, anecdotes, and more than 75 treasured scrapbook images, accompany the recipes. With answers to the most-asked questions from fans—on topics such as the biggest bloopers, on-set romances, and what Michael Landon was really like—My Prairie Cookbook is a cherisher as anyone who loves hearty, simple home cooking. “Melissa’s writing is so warm and personal that it makes me feel like I’m being wrapped in a big, warm blanket, and the recipes are approachable and delicious.” —Jennifer Garner

In August 1968, naturalist-explorer Peter Matthiessen returned from Africa to his home in Sagaponack, Long Island, to find three Zen masters in his driveway—guests of his wife, a new student of Zen. Thirteen years later, Matthiessen was ordained a Buddhist monk. Written in the same format as his best-selling The Snow Leopard, Nine-H all: the quest for his spiritual roots.

Something Borrowed Emily Giffin The smash-hit debut novel for every woman who has ever had a complicated love-hate friendship. Rachel White is the consummate good girl. A hard-working attorney at a large Manhattan law firm and a diligent maid of honor to her charmed best friend Darcy, Rachel has always played by all the rules. Since the sidekick rolle in their lopsided friendship. But that suddenly changes the night of her thirtieth birthday when Rachel finally confesses her feelings to Darcy’s fiance, and is both horrified and thrilled to discover that he feels the same way. As the wedding date draws near, events spiral out of control, and Rachel knows she must make a c

Many of the earliest books, particularly those dating back to the 1900s and before, are now extremely scarce and increasingly expensive. Pomona Press are republishing these classic works in affordable, high quality, modern editions, using the original text and artwork.

Lubomi
Sir Gibbie
Doctor Zhivago
Limits and Renewals
Indigenous Wisdom, Scientific Knowledge and the Teachings of Plants
Ditch The Boxes And Cans With 60 Simple Recipes For Real People On Real Budgets
Half of a Yellow Sun

With her award-winning debut novel, Purple Hibiscus, Chimamanda Ngozi Adichie was heralded by the Washington Post Book World as the “21st century daughter” of Chinua Achebe. Now, in her masterly, haunting new novel, she recreates a seminal moment in modern African history: Biafra’s impassioned struggle to establish an independent republic in Nigeria during the 1960s. With the effortless grace of a natural storyteller, Adichie weaves together the lives of five characters caught up in the extraordinary tumult of the decade. Fifteen-year-old Ugwu is houseboy to Odenigbo, a university professor who sends him to school, and in whose living room Ugwu hears voices full of revolutionary zeal. Odenigbo’s beautiful mistress, Olanna, a sociology teacher, is running away from her parents’ world of wealth and excess; Kainene, her urbane twin, is taking over their father’s business; and Kainene’s English lover, Richard, forms a bridge between their two worlds. As we follow these intertwined lives through a military coup, the Biafran secession and the subsequent war, Adichie brilliantly evokes the promise, and intimately, the devastating disappointments that marked this time and place. Epic, ambitious and triumphantly realized, Half of a Yellow Sun is a more powerful, dramatic and intensely emotional picture of modern Africa than any we have had before.

Limits and Renewals, Kipling’s last collection of short stories, was written shortly after the death of his only son. Dark and penetrating in tone, these are brilliant portraits of a soul in torment with some welcome relief coming in the tales of 'Aunt Ellen' and 'The Miracle of Saint Jubanus'.

The immensely popular blogger behind Little House Living provides a timeless and “heartwarming guide to modern homesteading” (BookPage) that will inspire you to live your life simply and frugally—perfect for fans of The Pioneer Woman and The Hands-On Home. Shortly after getting married, Merissa Alink and her husband found themselves with nothing in their pantry but a package of spaghetti and some breadcrumbs. Their life had seemingly hit rock bottom, and it was only after a touching act of charity that they were able to get back on their feet again. Inspired by this gesture of kindness as well as the beloved Little House on the Prairie books, Merissa was determined to live an entirely made-from-scratch life, and as a result, she rescued her household budget—saving thousands of dollars a year.

Now, she reveals the powerful and moving lessons she’s learned after years of homesteading, homemaking, and cooking from scratch. Filled with charm, practical advice, and gorgeous full-color photographs, Merissa shares everything from tips on budgeting to natural, easy-to-make recipes for taco seasoning mix, sunscreen, lemon poppy hand scrub, furniture polish, and much more. Inviting and charming, Little House Living is the epitome of heartland warmth and prairie inspiration.

Eleanor Rohde was a well-known gardener and garden historian with a passion for herbs and herb gardens. In this 1922 book, Rohde provides readers with a complete, yet concise, guide to herbs--from creating an herb garden to using the herbs in various recipes including teas, syrups, preserves, pies, wines, waters, and perfumes. As well as illustrations of historic herbal knot gardens, the volume also contains interesting bits of herbal lore from throughout the ages. The work concludes with a chronological listing of key herbal texts from the fifteenth through the twentieth century.

Living My Life
Containing Tales from the Song-cycles of Kiev and Novgorod and Other Early Sources
Camping and Woodcraft
South from Hell-fer-Sartin
Transform Your Health with Thailand's #1 Superfood

Braiding Sweetgrass
The Devil in France - My Encounter with Him in the Summer of 1940
Fearless Broths and SoupsDitch The Boxes And Cans With 60 Simple Recipes For Real People On Real Budgets

Jill Winger, creator of the award-winning blog The Prairie Homestead, introduces her debut The Prairie Homestead Cookbook, including 100+ delicious, wholesome recipes made with fresh ingredients to bring the flavors and spirit of homestead cooking to any kitchen table. With a foreword by bestselling author Joel Salatin The Pioneer Woman Cooks meets 100 Days of Real Food, on the Wyoming prairie. While Jill produces much of her own food on her Wyoming ranch, you don’t have to grow all—or even any—of your own food to cook and eat like a homesteader. Jill teaches people how to make delicious traditional American comfort food recipes with whole ingredients and shows that you don’t have to use obscure items to enjoy this lifestyle. And as a busy mother of three, Jill knows how to make recipes easy and delicious for all ages. "Jill takes you on an insightful and delicious journey of becoming a homesteader. This book is packed with so much easy to follow, practical, hands-on information about steps you can take towards integrating homesteading into your life. It is packed full of exciting and mouth-watering recipes and heartwarming stories of her unique adventure into homesteading. These recipes are ones I know I will be using regularly in my kitchen." - Eve Kilcher These 109 recipes include her family’s favorites, with maple-glazed pork chops, butternut Alfredo pasta, and browned butter skillet corn. Jill also shares 17 bonus recipes for homemade sauces, salt rubs, sour cream, and the like—staples that many people are surprised to learn you can make yourself. Beyond these recipes, The Prairie Homestead Cookbook shares the tools and tips Jill has learned from life on the homestead, like how to churn your own butter, feed a family on a budget, and experience all the fulfilling satisfaction of a DIY lifestyle.

The Way of the Explorer traces two remarkable journeys--one through space, and one through the mind. Together they fundamentally alter the way we understand the miracle and mystery of being, and ultimately reveal humankind's role in its own destiny.

Anarchist, journalist, drama critic, advocate of birth control and free love, Emma Goldman was the most famous—and notorious—woman in the early twentieth century. This abridged version of her two-volume autobiography takes her from her birthplace in czarist Russia to the socialist enclaves of Manhattan’s Lower East Side. Against a dramatic backdrop of political argument, show trials, imprisonment, and tempestuous romances, Goldman chronicles the epoch that she helped shape: the reform movements of the Progressive Era, the early years of and later disillusionment with Lenin’s Bolshevik experiment, and more. Sounding a call still heard today, Living My Life is a riveting account of political ferment and ideological turbulence. First time in Penguin Classics Condensed to half the length of Goldman’s original work, this edition is accessible to those interested in the activist and her extraordinary era

A Handbook for Vacation Campers and for Travelers in the Wilderness

Simple Recipes for Heritage Cooking in Any Kitchen

Little House Living
The Children's Book
Nine-Headed Dragon River
Fearless Broths and Soups

**The Great Influenza**
*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.*

*The debut title in the Anthony Bourdain Books line, The Prophets of Smoked Meat by “Barbecue Snob” Daniel Vaughn, author of the enormously popular blog Full Custom Gospel BBQ, is a rollicking journey through the heart of Texas Barbecue. From brisket to ribs, beef to pork, mesquite to oak, this fully illustrated, comprehensive guide to Texas barbecue includes pit masters’ recipes, tales of the road—from country meat markets to roadside stands, sumptuous photography, and a panoramic look at the Lone Star State, where smoked meat is sacred.*

*More than one hundred delicious and nutritious soups that boast a unique blend of fresh ingredients and surprising spice and flavor combinations—ideal for losing weight, detoxing, or satisfying a craving for comfort—from the former head chef of Yotam Ottolenghi’s renowned restaurant NOPI. There is something special about soup—it has the ability to revitalize and to soothe. A really good bowl of soup puts you in a positive frame of mind and nourishes your body—and it can be the perfect way to jumpstart weight loss. In this gorgeous four-color, fully illustrated book, Nicole Pisani and Kate Adams show that soup is a recipe for health and happiness. Magic Soup is a mouth-watering collection of more than one hundred innovative recipes for stocks and stews, hearty meals, healing bone broths, a detoxifying soup cleanse, and more. Recipes such as salmon poached in lemongrass tea, lemon chicken and mint with quinoa, and the ultimate “chicken soup for the soul” prove that soup can be a filling meal in itself. There’s drool-worthy butternut squash with caramelized pear; delicious beetroot and burrata; and a robust Swedish sailors’ soup made from beef and beer. In warmer months, cool down with watermelon gazpacho and fennel vichyssoise. And get healthy with nettle soup with flowers, a miso soup for each season, and the book’s namesake restorative magic soup of turmeric, ginger, cardamom, cayenne, cinnamon, cumin, spinach, and seeds. Whether you’re swapping a stale sandwich for a vibrant bowl of grains and greens, relaxing over a velvety blend of manuka-honeyed parsnip, cooking rib-eye pho for a feast, or nursing a cold with an Ayurvedic garlic blend—it’s always the right time for soup.*

*From the critically acclaimed author of The 25th Hour and When the Nines Roll Over and co-creator of the HBO series Game of Thrones, a captivating novel about war, courage, survival — and a remarkable friendship that ripples across a lifetime. During the Nazis’ brutal siege of Leningrad, Lev Beniov is arrested for looting and thrown into the same cell as a handsome deserter named Kolya. Instead of being executed, Lev and Kolya are given a shot at saving their own lives by complying with an outrageous directive: secure a dozen eggs for a powerful Soviet colonel to use in his daughter’s wedding cake. In a city cut off from all supplies and suffering unbelievable deprivation, Lev and Kolya embark on a hunt through the dire lawlessness of Leningrad and behind enemy lines to find the impossible. By turns insightful and funny, thrilling and terrifying, the New York Times bestseller City of Thieves is a gripping, cinematic World War II adventure and an intimate coming-of-age story with an utterly contemporary feel for how boys become men.*

*Whole, Healthy Foods from Baby’s First Bite*

*Recipes for Chowders, Bisques, Boils, Stews, and Classic Seafood Medleys*

*The Backyard Parables*

*The Russian Story Book*

*Parasite Rex*

*The American Prisoner*

***The story of the former Polish-Jewish community (shtetl) of Lubomi, Wo?y?, Poland. Its Jewish population of some 4,000, dating back to the 14th century, was exterminated by the occupying German forces and local collaborators in October, 1942. Lubomi was formerly known as Lyubomi, Volhynia, Russia and later Lyubomi, Volyns’ka, Ukraine. It was also know by its Yiddish name: Libivne.***

***Set on the Caribbean coast of South America, this love story brings together Fermina Daza, her distinguished husband, and a man who has secretly loved her for more than fifty years.***

***Fifteen tales including several featuring the hero Ilya, and one featuring the villainous Whirlwind the Whistler; and others with Vasily the Turbulent, Nikita the Footless, and Peerless Beauty, the Cake-Baker.***

***Margaret Roach has been harvesting thirty years of backyard parables-deceptively simple, instructive stories from a life spent digging ever deeper-and has distilled them in this memoir along with her best tips for garden making, discouraging all manner of animal and insect opponents, at-home pickling, and more. After ruminating on the bigger picture in her memoir And I Shall Have Some Peace There, Margaret Roach has returned to the garden, insisting as ever that we must garden with both our head and heart, or as she expresses it, with "horticultural how-to and woo-woo." In THE BACKYARD PARABLES, Roach uses her fundamental understanding of the natural world, philosophy, and life to explore the ways that gardening saved and instructed her, and meditates on the science and spirituality of nature, reminding her readers and herself to keep on digging.***

**A Romance of the West Country**

**The Thai Soup Secret**

**City of Thieves**

**Born to Run**

**Memories and Frontier Food from My Little House to Yours**

**Magic Soup**

**A book of golden deeds of all times and all lands. By the author of 'The heir of Redclyffe'.**

The Thai people have a well kept secret. For hundreds of years, they’ve known about the healing power of their traditional soups. Over the course of several trips to Thailand, Nutritional Therapist Craig Fear, realized there were so many simple, delicious and healthy Thai soups that were unknown to most people in the West. He set about sampling, photographing, and collecting dozens of soup recipes that are easy re-create in western kitchens. The result is the Thai Soup Secret!

Age-based advice, step-by-step instructions, help for parents, and easy recipes to ensure that moms and dads introduced their infant to healthy and tasty food as early as possible. A great guide for those who want to know more about Baby-Led Weaning (BLW)! We are all Born to Eat and it seems only natural for parents to start at the beginning—with their little boys and girls. When babies show signs of readiness for solid foods, they can eat almost everything the family eats and become healthy, happy eaters in the process. By honoring self-regulation (also an innate skill) and focusing on a whole food foundation, we can foster healthier children, parents, and families. Mom, dad, and baby will love: Anya ’s Slow-Cooker Whole Roasted Chicken Apple Cinnamon Greek Yogurt Dip

CC ' s Avocado Chicken Salad Jane Gray ' s Porcupine Meat Balls Leslie ' s Easy-Peasy Roasted Potatoes Leslie ' s Overnight Oaks with Jam & Dates Simple Shepherd ' s Pie You don ' t have to cook another entire meal to feed just baby, nor blend everything you eat into a puree to support healthy growth in an infant. With a little patience, presence, and skill, you can transform nearly any family meal into a baby-friendly food. Who knew a little planning could have the whole family eating together, and better? For thousands of years, humans have thrived without " baby food " (which was invented in the late nineteenth century). Think about it: the human race has made it this far largely on whole food. Only in recent decades have we begun overthinking and over-processing our foods, which has led to chronic dieting, chronic disease, disordered eating, body distrust, and epidemic confusion about the best way to feed ourselves and families. Eating is an innate skill that has been overcomplicated by marketing schemes and a dieting culture. It ' s time to leave the dieting culture behind for the whole family. It starts with the baby ' s first bite! Aside from the United States, most countries are accepting of babies starting of solids with the foods of the family. With a focus on self-feeding and a baby-led weaning approach, nutritionists and wellness experts Wendy Jo Peterson and Leslie Schilling provide useful advice every parent should have.

The Compass of Zen is a simple, exhaustive—and often hilarious—presentation of the essence of Zen by a modern Zen Master of considerable renown. In his many years of teaching throughout the world, the Korean-born Zen Master Seung Sahn has become known for his ability to cut to the heart of Buddhist teaching in a way that is strikingly clear, yet free of esoteric and academic language.

In this book, based largely on his talks, he presents the basic teachings of Buddhism and Zen in a way that is wonderfully accessible for beginners—yet so rich with stories, insights, and personal experiences that long-time meditation students will also find it a source of inspiration and a resource for study.

South from Hell-fer-Sartin, a short creek flowing into the Middle Fork of the Kentucky River, lies one of the of the most isolated regions in Kentucky. There, on the north slope of the Pine Mountain range in Leslie and Perry counties -- probably the last stronghold of white, English-language folk tales in North America -- Leonard W. Roberts recorded this rich collection more than three decades ago. To a people who, at that time, watched dancing hearth fires more often than television, the adventures of Jack in the land of witches and giants, monsters and beautiful princesses, provided first-class entertainment. Here are such old favorites as "Sleeping Beauty" and "The Golden Arm," retold in the idiom of the Kentucky mountains. Here are hauntingly beautiful cantes fables and earthy Irishman jokes. Here are encounters with Indians and marvelous hunting escapades. Roberts introduces his collection, first published in 1955, with a sympathetic description of the mountain way of life. He notes especially the bewildering and rapid changes that came to the Pine Mountain watershed in that decade as the highways and electric lines at last brought in a sophistication that preferred the soap opera to the folk tale. Although the stories Roberts recorded were still a firm part of folk tradition at the time, he believed that within a decade or two they would be forgotten -- a prediction, sadly, by now no doubt fulfilled. Any lover of the vanishing art of tale telling will relish this rich treasury of folklore and humor. Full notes on sources, types, motifs, parallels, and possible origins of the tales make this collection valuable also for folklorists.

Inside the Bizarre World of Nature's Most Dangerous Creatures

The 30-Day Heartburn Solution

A Journey Through Texas Barbecue

The Make-Your-Own Guide to a Frugal, Simple, and Self-Sufficient Life

Zen Journals 1969-1982

Born to Eat

The Memorial Book of a Vanished Shtetl

From the renowned author of Possession, The Children's Book is the absorbing story of the close of what has been called the Edwardian summer: the deceptively languid, blissful period that ended with the cataclysmic destruction of World War I. In this compelling novel, A.S. Byatt summons up a whole era, revealing that beneath its golden surface lay tensions that would explode into war, revolution and unbelievable change — for the generation that came of age before 1914 and, most of all, for their children. The novel centres around Olive Wellwood, a fairy tale writer, and her circle, which includes the brilliant, erratic craftsman Benedict Fludd and his apprentice Phillip War, runaway from the poverty of the Potteries; Prosper Cain, the soldier who directs what will become the Victoria and Albert Museum; Olive's brother-in-law Basil Wellwood, an officer of the Bank of England; and many others from every layer of society. A.S. Byatt traces their lives in intimate detail and moves between generations, following children who must choose whether to follow the roles expected of them or stand up to their parents' "porcelain socialism." Olive's daughter Dorothy wishes to become a doctor, while her other daughter, Hedda, wants to fight for votes for women. Her son Tom, sent to an upper-class school, wants nothing more than to spend time in the woods, tracking birds and foxes. Her nephew Charles becomes embroiled with German-influenced revolutionaries. Their portraits connect the political issues at the heart of nascent feminism and socialism with grave personal dilemmas, interlacing until The Children's Book becomes a perfect depiction of an entire world. Olive is a fairy tale writer in the era of Peter Pan and Kenneth Grahame's The Wind In the Willows, not long after Alice's Adventures in Wonderland. At a time when children in England suffered deprivation by the millions, the concept of childhood was being refined and elaborated in ways that still influence us today. For each of her children, Olive writes a special, private book, bound in a different colour and placed on a shelf; when these same children are ferried off into the unremitting destruction of the Great War, the reader is left to wonder who the real children in this novel are. The Children's Book is an astonishing novel. It is an historical feat that brings to life an era that helped shape our own as well as a gripping, personal novel about parents and children, life's most painful struggles and its richest pleasures. No other writer could have imagined it or created it.

Are You Ready to Overcome Heartburn FAST? Nexium, Zantac, Roloids, Tums...have you tried all the drugs only to be on higher and higher doses and still experiencing heartburn? Have you heard the common nutrition advice-eat less fat, stop overeating, eliminate triggers (like delicious chocolate and wine)-and heeded it, only to be let down by your results? Maybe your symptoms, in fact, are getting worse. And this is exactly the problem with conventional treatments. They can free you of acid refluxing into your esophagus, but they often do so at the expense of your long-term health. They fix one problem but in the process cause a multitude of other ones for which more are often prescribed. Heartburn-Free Without the Drugs You may be ready to ditch the drugs and conventional solutions and find a natural solution for your persistent heartburn...but what's the answer? How about a 30-day plan that will eliminate heartburn and do a lot to reduce other complaints, like bloating, inflammation, fatigue, weight gain, nausea, constipation, gallbladder problems, and irritable bowel syndrome (IBS), to name a few? And unlike acid-blocking drugs, this plan is designed to make you healthy, not just take away your symptoms. Welcome to Your Pain-Free Life Author Craig Fear, a Nutritional Therapy Practitioner and owner of Pioneer Valley Nutritional Therapy in Northampton, Massachusetts, offers a simple 3-step solution here in "The 30-Day Heartburn Solution" that will have your digestion running smoothly in no time-pain-free. And no more drugs This 30-day plan uses real food to heal your body. Learn the simplest meal planning method ever for having delicious meals all week long. No more getting overwhelmed by the 21 different things you need to make that week, like you'll find with other meal plans. Most see reduced symptoms in as little as a few days or weeks. You've got nothing to lose but your heartburn Available on Kindle and paperback.

One of Woolf's most experimental novels, The Waves presents six characters in monologue - from morning until night, from childhood into old age - against a background of the sea. The result is a glorious chorus of voices that exists not to remark on the passing of events but to celebrate the connection between its various individual parts.

As a botanist, Robin Wall Kimmerer has been trained to ask questions of nature with the tools of science. As a member of the Citizen Potawatomi Nation, she embraces the notion that plants and animals are our oldest teachers. In Braiding Sweetgrass, Kimmerer brings these two lenses of knowledge together to take us on "a journey that is as mythic as it is scientific, as sacred as it is historical, as clever as it is wise" (Elizabeth Gilbert). Drawing on her life as an indigenous scientist, and as a woman, Kimmerer shows how other living beings—asters and goldenrod, strawberries and squash, salamanders, algae, and sweetgrass—offer us gifts and lessons, even if we've overlooked how to hear their voices. In reflections that range from the creation of Turtle Island to the forces that threaten its flourishing today, she circles toward a central argument: that the awakening of ecological consciousness requires the acknowledgment and celebration of our reciprocal relationship with the rest of the living world. Only when we can hear the languages of other beings will we be capable of understanding the generosity of the earth, and learn to give our own gifts in return.

Lessons on Gardening, and Life

The Prairie Homestead Cookbook

A Hidden Tribe, Superathletes, and the Greatest Race the World Has Never Seen

Kentucky Mountain Folk Tales

Cakes & Ale

A Memory of Many Meals, the Whole Interspersed With Various Recipes, More or Less Original, and Anecdotes, Mainly Veracious

The Way of the Explorer

A look inside the often hidden world of parasites turns the clock back to the beginning of life on Earth to answer key questions about these highly evolved and resilient life forms.

#1 New York Times bestseller “Barry will teach you almost everything you need to know about one of the deadliest outbreaks in human history.”—Bill Gates “Monumental... an authoritative and disturbing morality tale.”—Chicago Tribune The strongest weapon against pandemic is the truth. Read why in the definitive account of the 1918 Flu Epidemic. Magisterial in its breadth of perspective and depth of research, The Great Influenza provides us with a precise and sobering model as we confront the epidemics looming on our own horizon. As Barry concludes, "The final lesson of 1918, a simple one yet one most difficult to execute, is that...those in authority must retain the public's trust. The way to do that is to distort nothing, to put the best face on nothing, to try to manipulate no one. Lincoln said that first, and best. A leader must make whatever horror exists concrete. Only then will people be able to break it apart." At the height of World War I, history's most lethal influenza virus erupted in an army camp in Kansas, moved east with American troops, then exploded, killing as many as 100 million people worldwide. It killed more people in twenty-four months than AIDS killed in twenty-four years, more in a year than the Black Death killed in a century. But this was not the Middle Ages, and 1918 marked the first collision of science and epidemic disease.

Recounts the author's experiences with the reclusive Tarahumara Indians, whose techniques allow them to run long distances with ease, and describes his training for a fifty-mile race with the tribe and a number of ultramarathoners.

Epic novel of post-revolutionary Russia focuses on the torments and dreams of a doctor-poet who attempts to avoid the struggles of his turbulent era

The Smitten Kitchen Cookbook

Something Borrowed

An Apollo Astronaut's Journey Through the Material and Mystical Worlds: Easyread Large Bold Edition

The Prophets of Smoked Meat

A Garden of Herbs

The Compass of Zen

A 3-Step Nutrition Program to Stop Acid Reflux Without Drugs

In this sweeping history, bestselling author Amy Chua explains how globally dominant empires—or hyperpowers—rise and why they fall. In a series of brilliant chapter-length studies, she examines the most powerful cultures in history—from the ancient empires of Persia and China to the recent global empires of England and the United States—and reveals the reasons behind their success, as well as the roots of their ultimate demise. Chua's analysis uncovers a fascinating historical pattern: while policies of tolerance and assimilation toward conquered peoples are essential for an empire to succeed, the multicultural society that results introduces new tensions and instabilities, threatening to pull the empire apart from within. What this means for the United States' uncertain future is the subject of Chua's provocative and surprising conclusion.

In Search of the Perfect Healthy Meal You know you want to start eating healthy, but it seems too complicated, too expensive, and too time-consuming. Maybe you suffer from insomnia or skin disorders. Maybe it's digestive ailments like IBS or ulcers. Maybe you've been diagnosed with osteoporosis. There's no shortage of diet information on the internet these days, but it seems a little extreme for your tastes. Isn't there a way to get back to basics? Isn't there a way to eat healthy and maybe even resolve some of your health issues without resorting to cutting out major food groups? Convenience Doesn't Have to Cost You Your Health Maybe your health concerns aren't so dramatic, but you still want to feed your family the best food you can. Maybe you're just looking for a meal you can put on the table in mere minutes after you get home from work. Something hearty, satisfying, and healthy that you can prepare ahead of time and have ready for any meal of the day. The solution to convenient, healthy meals won't be found in any box, can, or package. All you'll find there is MSG, trans fats, and "natural" flavors. No, the solution to a simple, hearty meal will start in your stockpot. Soup. It's What's for Dinner Craig Fear knows soup. Not in a pretentious, chef-y way, but in a way your grandmother might, and he's collected his best recipes in Fearless Broths and Soups. Affordable, nourishing, and fast—that's what this book is about. Gain confidence in the kitchen. Get your kids (and fellow adults) to like broccoli. Learn how cooking in bulk can save you time and money. Never have another blank stare when asked, "What's for breakfast/lunch/dinner?" It's soup!

The Story of the Deadliest Pandemic in History

100 Recipes for Health and Happiness

New England Soups from the Sea

Day of Empire

A Novel

The Waves

My Prairie Cookbook