

Where To Download The Guilt  
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Recipes Without Sugar, Wheat  
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*The Guilt Free  
Gourmet: Indulgent  
Recipes Without  
Sugar, Wheat Or  
Dairy*

# Where To Download The Guilt Free Gourmet: Indulgent Recipes Without Sugar, Wheat Or Dairy

The bestselling author and Emmy Award-winning cohost of ABC's The Chew takes the intimidation out of cooking and shows you how to savor life fully every day with this gorgeous cookbook featuring more than 125 easy, healthy, and delicious timesaving recipes. For many people, especially those who aren't quite at home

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in the kitchen, the idea of cooking a homemade meal can be terrifying, uninspiring, or just feel like a chore. In *The Happy Cook*, Daphne Oz makes cooking fun and relaxing, and shows anyone—newbie or seasoned expert—how to celebrate every day with delicious meals that are as easy to create as they are to

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enjoy. Like cooking with a good friend and a glass of wine, The Happy Cook is filled with friendly advice, expert tips, inspiring ideas, and best of all, 125 simple yet fabulous recipes, all using just a handful of ingredients, that will transform the most nervous or reluctant novice into a happy, confident home cook. Here are recipes for

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the whole day and the whole week, from Saturday dinner parties to quick-and-easy weeknight leftovers. With The Happy Cook, eating well is a breeze with delights such as: Breakfast—Crispy-Crunchy Honey-Thyme Granola, Chocolate Almond Breakfast Bars, and Coconut-Mango Pancakes Lunch—Kale and Plum Salad

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with Miso Vinaigrette, Warm Spring Pea  
Soup, Seared Garlic-Lime Shrimp Banh  
Mi and Philly Cheesesteak Quesadillas  
Dinner—Truffle Salt Roast Chicken with  
Lentils and Squash, Cashew Soba Noodles  
with Fried Shallots, Sea Bass Roasted Over  
Citrus, and Apricot-Rosemary Glazed  
Lamb Chops Dessert—"Outlaw" Carrot

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Cake with Brown Sugar Buttercream,  
Better Brownies, Sour Apple Juice Pops,  
and Nutty Banana "Ice Cream" The Happy  
Cook is all about real-life application—and  
real-life success. Celebrate every occasion  
and every meal with mouthwatering,  
vibrant, easy food. It's not about  
perfection, as Daphne makes clear. It's

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about the confidence to get into the kitchen, have fun, and become a happy cook!

Bestselling TV cook Donal Skehan is back with 100 delicious new recipes for relaxed home cooking, which anyone can enjoy! The Guilt Free Gourmet: 2019 Cooking Guide, is an amazing Low Point cooking



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resource. After 6 months of being available digitally, we're finally offering it through Amazon! This book is filled to the brim with cooking tips, ingredient suggestions, and basic recipes that will help you succeed on the Weight Watchers (WW) Freestyle plan. Rather than throwing a giant book of recipes at you,

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this guide TEACHES YOU how to modify your meals yourself through in-depth guided tutorials and recipes, containing over 300 color images. You'll find 4 pages devoted solely to mastering the Recipe Builder within the WW mobile app, by showing you how to reduce the points and calories in traditional recipes. You'll also

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find recipes for "Foundational" items that are used as the building blocks for meals. Such as 0 point Italian Sausage, Chorizo and Breakfast Sausage recipes, instructions for how to make fresh REAL low point pasta yourself without any specialized equipment. Low point Gnocchi, pie crust, masa for tamales and tortillas, low point

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yeast pizza dough, 0 point cream cheese and much much more. It doesn't stop there though. I also include recipes for 30 ultra low point sauces that you can use to kick up hundreds of dishes, such as: 0 point Buffalo sauce, Asian dipping sauce, 1 point alfredo and pesto, 0 point MEXICAN BROWN MOLE' and 0 point

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red enchilada sauce! There's even low point white wine butter sauce, scampi, avocado lime sauces... with no sauce being over 1 point for at LEAST a 1/4 cup serving!! .This guide is packed with so much information that you're practically sabotaging your journey by NOT utilizing it!

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The Guilt-free Gourmet is for anyone who's trying to eat more fruit and vegetables and reduce their intake of sugar and saturated animal fats but isn't willing to compromise on the flavour and enjoyment of their food. This cookbook is not about denial; it's approach to cooking and eating simply swaps the 'bad for you'

Where To Download The Guilt Free Gourmet: Indulgent Recipes Without Sugar, Wheat Or Dairy ingredients for natural and healthy alternatives that achieve the same decadent results without the negative impact on our waistlines, energy levels, health and wellbeing. Recipes range from simple sharing plates to Foods from Afar such as Thai curry and fiery Korean noodles to Japanese tempura and Moroccan tagines.

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There are Light & Fresh dishes such as Globe Artichoke, Fennel & Rocket as well as Comfort Food recipes including Beetroot Burgers with Mustard Mayo and a velvety Aubergine & Tomato Gratin. With ideas for Home Baking and Sweet Treats, Jordan and Jessica Bourke combine their expertise as a chef and nutritional therapist



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to prove that you can have your cake and eat it.

The Guilt-free Kitchen

Nourishing breads, wholesome cakes,  
ancient grains and bubbling ferments

Paleo Desserts

Boogaloo on 2nd Avenue

Dada Eats Love to Cook It

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Recipes Without Sugar, Wheat  
Food Swings

Chocolate and the Art of Low-fat Desserts  
**The weight-loss book for women that  
will change the way you look and feel  
about yourself. Lose belly fat, stop  
yo-yo dieting and overcome  
emotional eating! Are you a woman**

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**who has had a lifelong struggle with your weight and tried many different diets unsuccessfully? Do you struggle with yo-yo dieting and emotional eating and do not want a programme that is too restrictive or hard to follow? Do you suffer from**

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**type 2 diabetes or are you insulin resistant? If you answered yes to any of these questions, then Your 12-Week Body and Mind Transformation is for you! This is not a diet book. Instead, this hands-on, practical guide offers a**

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**permanent lifestyle change that will help you correct your eating habits by changing your mindset to achieve the results you want. Spread over 12 weeks, the easy-to-follow programme will teach you how to embark on a life-changing journey one step, and**

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**one day, at a time. Each week features a healthy, nourishing and delicious meal plan that is low in sugar, quick and easy to prepare, and suitable for the whole family to enjoy. The book is also full of practical tips, advice and weekly**

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**homework tasks to help you identify what is holding you back mentally and emotionally. Shopping and swap-out lists are included too, as are weekly exercises that are easy to do at home, with links to online video demonstrations. With its focus on a**

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**low sugar intake and intermittent  
fasting, which has proven to be the  
best and most effective method to  
boost weight loss, improve the  
immune system and rebalance  
hormones, Your 12-Week Body and  
Mind Transformation will help you**



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**overcome emotional eating and forever put a stop to yo-yo dieting. Now you can have your cake and be paleo, too! The Paleolithic diet and lifestyle -- based on eating hunter/gatherer foods for optimal health -- has surged in popularity,**

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**but with grains, dairy, and refined sugars off the menu, indulging isn't easy. Paleo Desserts is the first comprehensive cookbook of its kind: everyone's favorite desserts now made Paleo friendly, lower carb, and gluten free. Providing 125**

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**mouthwatering, easy-to-follow recipes from brownies to milkshakes, Jane Barthelemy serves up treats to satiate even the biggest caveman sweet tooth. Recipes include Raspberry Crumble Bars, Tiramisu, Black Forest Cherry Pie,**

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**Lemon-Berry Parfait, Pumpkin Cheesecake, Whipped Coconut Crè, and more. Paleo Desserts includes a color-photo insert and ingredient lists for simplified shopping. A healthy vegetarian cookbook featuring inventive takes on beloved**

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**Indian dishes, indulgent desserts,  
and more, all made with whole foods  
and anti-inflammatory  
ingredients—from the Today show’s  
resident foodie “When I’m looking  
for something quick that doesn’t use  
refined sugars and refined flour,**

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**Samah is the person I turn to. I can't get enough!"—Giada De Laurentiis, New York Times bestselling author of Eat Better, Feel Better Samah Dada doesn't buy into the all-or-nothing mentality of healthy eating. By using real, unprocessed**

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**ingredients in surprising ways, she shows you how to have your cake and eat it too—because it's actually made out of chickpeas. Samah knows that eating well doesn't mean eating boring food. She uses only the most nutritious ingredients, not**

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**because she's cutting out food groups to follow the latest fad, but to create drool-worthy meatless dishes that are mostly vegan (with options for dairy and eggs), mostly gluten-free (with easy substitutions to go entirely gluten-free), and all helpful**



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**in reducing inflammation. She reinvents Indian cookbook staples—and other classics—with recipes such as: • Sweet Potato Aloo Tikki • Creamy Black Lentils • Spicy Eggplant Masala • Chocolate Chip Tahini Cake with Chocolate**

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**Frosting • Cauliflower Cacio e Pepe • Masala Mac and Cheese • And more! With Dada Eats Love to Cook It, you'll discover how to use healthy ingredients for maximum flavor and joy. Grain-Optional. Gluten-Flexible. Mostly Plant-Based. Totally**

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**Inclusive.**

**Chef Amber Shea's innovative “flexible” approach to raw vegan desserts that allows some cooking. This companion book to Amber Shea's trend-setting Practically Raw, sets the standard for flexible raw**

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**sweets and treats. Practically Raw Desserts is a trove of scrumptious raw cakes, cookies, brownies, pies, puddings, candies, pastries, and frozen treats. All of chef Amber Shea Crawley's sweet creations allow substitution and adaptation for a**

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**non-raw kitchen. The recipes are free of dairy, eggs, gluten, wheat, soy, corn, refined grains, refined sugars, yeast, starch, and other nutrient-poor ingredients. Many recipes are also free of grains, oils, nuts, and added sugars. Ideal for**

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**beginners as well as seasoned raw  
foodists, Practically Raw Desserts is  
jam-packed with delicious, healthy-  
yet-indulgent treats that include: •  
Baklava Blondies • Summer Fruit  
Pizza • Tuxedo Cheesecake  
Brownies • Cashew Butter Cups •**

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**Confetti Birthday Cake • Pecan  
Shortbread Cookies • Deep-Dish  
Caramel Apple Pie • Dark Chocolate  
Sorbet** With this flexible approach,  
you can delve into raw desserts at  
your own pace, even without special  
equipment or hard-to-find

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**ingredients. The book provides recipe variations and ingredient substitutions that address many common food allergens. If you're looking for delicious and vibrant dessert recipes with maximum flavor and nutrition, then you'll**



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**lovePractically Raw Desserts.**

**Guilt-free Gourmet**

**Chloe's Vegan Desserts**

**136 Recipes That Saved My Life: A  
Cookbook**

**The Big Book of Words You Should  
Know**

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**Indulgent Recipes Without Wheat,  
Dairy Or Cane Sugar**

**125+ Recipes to Enjoy Your Life of  
Virtue & Vice: A Cookbook**

**My Vegetarian Braai**

*Traces the author's decision  
to quit her job and travel*

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*the world for a year after  
suffering a midlife crisis  
and divorce, an endeavor  
that took her to three  
places in her quest to  
explore her own nature,  
experience fulfillment and  
learn the art of spiritual*

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*balance. (Biography & autobiography). Reissue. A best-selling book. Movie tie-in.*

*From New York Times bestselling author, master fixologist, reality TV star, and "Cocktail Queen,"*

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*Bethenny Frankel, comes the ultimate drink guide for every Skinnygirl's shelf! Hosting a holiday party or planning a girls' night and don't know what to serve? The leading lady in effortless entertaining,*

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*Bethenny Frankel, best known for her delicious, health-conscious recipes and Skinnygirl cocktail line, presents her first cocktails book, Skinnygirl Cocktails. This is the entertaining guide every Skinnygirl has*

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*been waiting for! Filled with beautiful, full-color photographs and easy-to-follow recipes, Skinnygirl Cocktails has everything you need to throw a fabulous party, including delectable appetizer recipes, party*

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*Or Dairy*  
planning tips, and gorgeous guilt-free cocktails (all under 150 calories)! No matter the event, be it a festive brunch, book club meeting, or backyard BBQ, Skinnygirl Cocktails has the drinks you are looking



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*for—from Ravishing Red  
Sangria to Cotton Candy  
Cosmo. With 100 fabulous  
cocktail recipes for any  
occasion, Skinnygirl  
Cocktails is the last word  
in effortless entertaining.  
What are you waiting for?*

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*Mix up a batch of Bethenny  
signature cocktails and  
start leading a fabulous  
Skinnygirl life!*

*"How to Eat a Small Country  
shares a few key traits with  
Elizabeth Gilbert's Eat,  
Pray, Love in particular an*

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*infectiously likeable narrator and mouthwatering descriptions of European food. But Finley's memoir is less precious, more honest, and ultimately more rewarding." -- Boston Globe*  
*A professionally trained*

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*cook turned stay-at-home mom, Amy Finley decided on a whim to send in an audition tape for season three of The Next Food Network Star, and the impossible happened: she won. So why did she walk away from it all? A*

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*triumphant and endearing  
tale of family, food, and  
France, Amy's story is an  
inspiring read for women  
everywhere. While Amy was  
hoping to bring American  
families together with her  
simple Gourmet Next Door*

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*recipes, she ended up  
separating from her French  
husband, Greg, who didn't  
want to be married to a  
celebrity. Amy felt  
betrayed. She was living a  
dream—or was she? She was  
becoming famous, cooking for*

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*people out there in TV land,  
in thirty minutes, on a  
kitchen set . . . instead of  
cooking and eating with her  
own family at home. In a  
desperate effort to work  
things out, Amy makes the  
controversial decision to*

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*leave her budding television career behind and move her family to France, where she and Greg lived after they first met and fell in love. How to Eat a Small Country is Amy's personal story of her rewarding struggle to*



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*reunite through the simple, everyday act of cooking and eating together. Meals play a central role in Amy's new life, from meeting the bunny destined to become their classic Burgundian dinner of lapin à la moutarde to*

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*dealing with the aftermath  
of a bouillabaisse binge.  
And as she, Greg, and their  
two young children wend  
their way through rural  
France, they gradually  
reweave the fabric of their  
family. At times humorous*

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*and heart-wrenching, and always captivating and delicious, How to Eat a Small Country chronicles the food-filled journey that one couple takes to stay together.*

*From four-time New York*

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*Times* bestselling author Bethenny Frankel, the book that started it all: *Naturally Thin*. Bethenny Frankel, talk show host, “Queen of Cocktails,” and “Mommy Mogul” has always had a passion for preparing and

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*enjoying healthful, natural foods and sharing that love. The New York Times bestseller Naturally Thin shows how anyone can banish their Heavy Habits, embrace Thin Thoughts, and enjoy satisfying meals, snacks,*

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and drinks without the guilt. Armed with Bethenny's rules, you will say: -I know when I am really hungry -When I'm really hungry, I look for high-volume, fiber-rich foods -I can have any food I want -I love the

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*taste of real food With more  
than thirty simple,  
delicious recipes (including  
her famous SkinnyGirl  
Margarita), a one-week  
program to jump-start  
readers on the Naturally  
Thin lifestyle, and warm,*

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witty encouragement on every page, Frankel serves up a book for a healthier and thinner life.

*The Guilt Free Gourmet 2019  
Cooking Guide*

*The Happy Cook*

*The Natural Food Kitchen*



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*A Journey Through the  
Chocolate Underbelly of  
America*

*100 Fun & Flirty Guilt-Free  
Recipes*

*Unleash Your SkinnyGirl and  
Free Yourself from a  
Lifetime of Dieting*

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Or Dairy  
*The Surprising New Truth  
About Food and Flavor*

**NEW YORK TIMES  
BESTSELLER | NAMED  
ONE OF THE BEST BOOKS  
OF THE YEAR BY Los  
Angeles Times • NPR •**

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**Men's Journal • BookPage**

**• Booklist • Publishers**

***Weekly In the fall of  
2009, the food world was  
rocked when Gourmet  
magazine was abruptly  
shuttered by its parent***

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***company. No one was  
more stunned by this  
unexpected turn of  
events than its beloved  
editor in chief, Ruth  
Reichl, who suddenly  
faced an uncertain***

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***professional future. As she struggled to process what had seemed unthinkable, Reichl turned to the one place that had always provided sanctuary. "I did what I***

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***always do when I'm  
confused, lonely, or  
frightened," she writes.  
"I disappeared into the  
kitchen." My Kitchen Year  
follows the change of  
seasons—and Reichl's***

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**emotions—as she slowly  
heals through the simple  
pleasures of cooking.  
While working 24/7,  
Reichl would “throw  
quick meals together” for  
her family and friends.**

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***Now she has the time to  
rediscover what cooking  
meant to her. Imagine  
kale, leaves dark and  
inviting, sautéed with  
chiles and garlic; summer  
peaches baked into a***



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***simple cobbler; fresh  
oysters chilling in a box  
of snow; plump chickens  
and earthy mushrooms,  
fricasseed with cream.  
Over the course of this  
challenging year, each***

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***dish Reichl prepares  
becomes a kind of  
stepping stone to finding  
joy again in ordinary  
things. The 136 recipes  
collected here represent  
a life's passion for food: a***

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***blistering ma po tofu that  
shakes Reichl out of the  
blues; a decadent grilled  
cheese sandwich that  
accompanies a rare  
sighting in the woods  
around her home; a***

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***rhubarb sundae that  
signals the arrival of  
spring. Here, too, is  
Reichl's enlivening  
dialogue with her Twitter  
followers, who become  
her culinary supporters***

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*and lively confidants.*

*Part cookbook, part  
memoir, part paean to  
the household gods, My  
Kitchen Year may be Ruth  
Reichl's most stirring  
book yet—one that*

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***reveals a refreshingly  
vulnerable side of the  
world's most famous food  
editor as she shares  
treasured recipes to be  
returned to again and  
again and again. Praise***

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**for My Kitchen Year**

***“Ruth is one of our  
greatest storytellers  
today, which you will feel  
from the moment you  
open this book and begin  
to read: No one writes as***

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***warmly and engagingly about the all-important intersection of food, life, love, and loss. This book is a lyrical and deeply intimate journey told through recipes, as only***



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***Ruth can do.”—Alice  
Waters “What will send  
this book to the top of  
bestseller lists is the  
lovely way Reichl  
describes how dishes  
come together, like the***

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***Greek chicken soup with  
lemon and egg known as  
avgolemono, and her  
talent for assembling a  
collection of recipes her  
legions of former  
Gourmet fans will want to***

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***make themselves.”—The  
Washington Post “The  
recipes make for lovely  
reading, full of Reichl’s  
elemental wisdom. . . . In  
the best way possible, My  
Kitchen Year is cozy, the***

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***reading equivalent of  
curling up next to a fire  
with a glass of red wine  
and perhaps the scent of  
bread in the oven wafting  
over.”—Vogue “If anyone  
can convince us that a***

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***dessert, plus two more fabulous dishes, can turn a crummy day around, it's culinary writer Ruth Reichl, who knows firsthand just how powerful food can***

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**be.”—O: The Oprah  
Magazine “The voice is  
pure Reichl in a way that  
makes the reader yearn  
for a house in the country  
with a pantry full of  
staples. . . . And as she**

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***finds solace through  
cooking, we find comfort  
too.”—Eater (Fall 2015’s  
Best Cookbooks)***

***A self-proclaimed candy  
fanatic and lifelong  
chocoholic traces the***

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***history of some of the  
much-loved candies from  
his youth, describing the  
business practices and  
creative candy-making  
techniques of some of the  
small companies.***



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***Make Decadent Treats  
without Ever Turning on  
the Oven In this  
incredible collection of  
delectable plant-based  
sweets, Christina  
Leopold, founder and***

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***recipe developer behind the blog Addicted to Dates, walks you through her easy-to-follow no-bake method for preparing all of your favorite vegan treats.***

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***Make everything from  
three-tier cakes and  
glazed donuts to filled  
cupcakes and fudgy  
brownies all without  
greasing a pan, preparing  
a cooling rack or pre-***

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***heating your oven! With  
Christina's genius  
combinations of plant-  
based ingredients, you'll  
yield perfect textures and  
flavors in every recipe.  
Fall in love with the***

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Or Dairy  
***delicate crunch of her  
roasted buckwheat  
piecrust or the creamy  
richness of her cashew  
and coconut milk  
cheesecake base. These  
heavenly goodies are***

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***naturally sweetened with dates, maple syrup and coconut sugar and most are gluten-free to boot. You won't believe you're eating cleaner with recipes like: • Creamy***

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***Pistachio Tart • Dark  
Chocolate-Earl Grey Tart  
with Blackberry Coulis •  
Snickers Chocolate Bars •  
Cherry Bomb Cheezecake  
• Peanut Butter and Jelly  
Cheezecake • Triple***

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**Chocolate Brownies •  
White Chocolate,  
Macadamia and Pistachio  
Cookies • Banoffee  
Cupcakes • Salted  
Caramel Donuts •  
Cardamom, Vanilla and**



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## ***Clementine Crème Brûlée***

- ***Dark Chocolate with  
Maca and Sea Salt***

***Whether you're vegan or  
simply want to try  
something new, you'll be  
amazed at what delicious***

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***treats you can bake  
without baking at all!  
A lively and important  
argument from an award-  
winning journalist  
proving that the key to  
reversing North***

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***America's health crisis  
lies in the overlooked link  
between nutrition and  
flavor. In The Dorito  
Effect, Mark Schatzker  
shows us how our  
approach to the nation's***

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*Recipes Without Sugar, Wheat  
Or Dairy*  
**number one public health  
crisis has gotten it  
wrong. The epidemics of  
obesity, heart disease,  
and diabetes are not tied  
to the overabundance of  
fat or carbs or any other**

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***specific nutrient. Instead, we have been led astray by the growing divide between flavor—the tastes we crave—and the underlying nutrition. Since the late 1940s, we***

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***have been slowly  
leeching flavor out of the  
food we grow. Those  
perfectly round, red  
tomatoes that grace our  
supermarket aisles today  
are mostly water, and the***

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***big breasted chickens on  
our dinner plates grow  
three times faster than  
they used to, leaving  
them dry and tasteless.  
Simultaneously, we have  
taken great leaps forward***

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***in technology, allowing us to produce in the lab the very flavors that are being lost on the farm. Thanks to this largely invisible epidemic, seemingly healthy food is***



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***becoming more like junk  
food: highly craveable  
but nutritionally empty.  
We have unknowingly  
interfered with an  
ancient chemical  
language—flavor—that***

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***evolved to guide our  
nutrition, not destroy it.  
With in-depth historical  
and scientific research,  
The Dorito Effect casts  
the food crisis in a  
fascinating new light,***

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***weaving an enthralling tale of how we got to this point and where we are headed. We've been telling ourselves that our addiction to flavor is the problem, but it is actually***

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***the solution. We are on  
the cusp of a new  
revolution in agriculture  
that will allow us to eat  
healthier and live longer  
by enjoying flavor the  
way nature intended.***

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Or Dairy  
***The Ultimate Low Point  
Cooking, Ingredient and  
Recipe Guide  
Not Buying It  
The Wildlife of Southern  
Africa  
White Truffles in Winter***

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***Home Cookery Year  
The Willpower Instinct  
Indulgent recipes without  
wheat, dairy or cane  
sugar***

It ' s not the intention of the  
author to convert carnivores

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but rather to broaden the horizons of every braaier: the ones who enjoy preparing meals for their families and friends, as well as those who will look at the photographs and say ‘ I can make that ’ .

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With the growing trend of eating plant-based foods, the chances are that at some stage you will need to cater for a vegetarian or vegan. This book will give you new ideas and delicious recipes to



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satisfy the taste buds of every guest at your table. Even meat-eaters will be seduced by these tasty recipes, which make brilliant side dishes to accompany any meal.

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NATIONAL BESTSELLER •  
WINNER OF THE PULITZER  
PRIZE • A searing, post-  
apocalyptic novel about a  
father and son's fight to  
survive, this "tale of survival  
and the miracle of goodness

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only adds to McCarthy's stature as a living master. It's gripping, frightening and, ultimately, beautiful" (San Francisco Chronicle). A father and his son walk alone through burned America.

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Nothing moves in the ravaged landscape save the ash on the wind. It is cold enough to crack stones, and when the snow falls it is gray. The sky is dark. Their destination is the coast, although they don't

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know what, if anything, awaits them there. They have nothing; just a pistol to defend themselves against the lawless bands that stalk the road, the clothes they are wearing, a cart of scavenged

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food—and each other. The Road is the profoundly moving story of a journey. It boldly imagines a future in which no hope remains, but in which the father and his son, "each the other's world

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entire," are sustained by love. Awesome in the totality of its vision, it is an unflinching meditation on the worst and the best that we are capable of: ultimate destructiveness, desperate tenacity, and the

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tenderness that keeps two people alive in the face of total devastation.

Delicious recipes that provide easy ways to swap unhealthy ingredients for nourishing alternatives, without having to



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compromise on flavour and enjoyment. This cookbook is not about denial; its approach to cooking and eating simply swaps ingredients such as refined sugar, wheat and dairy for natural and healthier

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alternatives that achieve the same indulgence without the negative health impacts and connotations associated with certain ingredients. These easy swaps make healthy eating both simple and

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delicious. Recipes range from simple sharing plates to ' Foods from Afar ' such as Massaman Curry, and Smoked Mackerel Sushi Rolls. There are ' Light & Fresh ' dishes such as Polenta Pizza,

Where To Download The Guilt Free Gourmet: Indulgent Recipes Without Sugar, Wheat Or Dairy as well as ' Comfort Food ' recipes including Wild Mushroom & Leek Risotto and Lasagna. With ideas for everything from brunch, such as New York Avocado Toast, to ' Sweet Treats ' like

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Cheesecake with Sweet Cherries, Jordan and Jessica Bourke combine their expertise as a chef and nutritional therapist to prove that you can have your cake and eat it.

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The sensuality of food and love is explored in this novel about the legendary French chef Auguste Escoffier, who was torn between his poet wife, Delphine Daffis and the reckless actress Sarah

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Bernhardt. 20,000 first  
printing.

32 Battalion

The Guilt-free Gourmet  
Healthy Baking

The Inside Story of South  
Africa's Elite Fighting Unit

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Always Eat After 7 PM

Four Seasons, Over 200

Recipes for All Possible

Occasions

100 Plant-Based Recipes for

Everyone at Your Table An

Anti-Inflammatory Cookbook



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"You could cook non-stop from this book for, indeed, a year, without ever getting bored! With over 200 recipes, and with an expansive flavour palette, it is a boon for those in a cooking rut." - Nigella Lawson "this

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book is very timely... and there are so many wantable dishes here... Among the dishes calling me are sausage and fennel focaccia rolls; squash baked with beer, cheese, cream and pretzels; and cherry Bakewell

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pudding." - Diana Henry,  
Telegraph "What a beauty...  
imaginative, appealing recipes  
grounded in good sense... you  
can taste the experience, that  
these are lived recipes." -  
Rachel Roddy "the one cook

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book you really need this  
autumn is this practical work  
from the ever-inventive  
Thomson" - Independent "One  
of my tests of how much I am  
excited by a new cookbook is  
how many recipes I feel driven

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to mark with a Post-It note.

With Home Cookery Year I suddenly realised I was Post-It noting nearly every page." -  
Bee Wilson Home Cookery Year is the new essential kitchen bible, year-round and every

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day. Claire Thomson writes foolproof, imaginative recipes to please the whole family - as a professional chef and mum of three, she understands what it's like to whip up tasty, crowd-pleasing dishes in minimal time

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at the end of a busy working day. Wearing its seasonality lightly, with the emphasis on usefulness and practicality, Home Cookery Year offers mealtime solutions for: midweek emergencies cooking

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on a budget on a budget and storecupboard recipes salads and light lunches treat yourself (indulgent dishes for special occasions) celebration feasts Every recipe you will ever need is in here, for every occasion,



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with twists on classics, and super ideas for jaded palates for young and old alike.

Chef Chloe, the first vegan winner of Cupcake Wars, brings her signature creativity and fun to the best part of every meal:

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Dessert! CHEF CHLOE'S first all-dessert cookbook, Chloe's Vegan Desserts, will satisfy your sweet tooth from morning to night with more than 100 recipes for cakes and cupcakes, ice cream and doughnuts and

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pies—oh my! And you just will not believe these delicious dishes are vegan. You can start the day with New York-Style Crumb Cake, light and zesty Lemon Poppy Seed Muffins, luscious Chocolate Babka, or

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decadent Tiramisu Pancakes  
(topped with a dollop of cool  
Coconut Whipped Cream).

Here, too, are more than a  
dozen inventive, innovative,  
irresistible cupcake recipes,  
including Chloe's Cupcake

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Wars' Award-Winning  
Chocolate Orange Cupcakes  
with Candied Orange Peel,  
saffron- and cardamom-spiced  
Bollywood Cupcakes, and rich  
and boozy Chocolate Beer  
Cupcakes with Irish Whiskey

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Buttercream. Chloe's got you covered for the holidays with her Easy Apple Pie and Absolutely Perfect Pumpkin Pie, Holiday Trifle, Nuts for Hot Cocoa, and Pumpkin Spice Latte. She re-creates classic

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desserts and treats from  
Chocolate Chip Cookies to  
Classic Crème Brûlée, and  
veganizes store-bought  
favorites with her Oreo-style  
Chloe O's, Pumpkin Whoopie  
Pies, Animal Cookies, and Black-

Where To Download The Guilt Free Gourmet: Indulgent Recipes Without Sugar, Wheat and-White Cookies—which are better (and healthier) than what you'll find at the grocery store. Chloe also serves up brand-new triumphs like her dreamy Lemon Olive-Oil Cake, Rosemary Ice Cream with



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Blueberry Sauce, Coconut  
Cream Pie, Chocolate Cream  
Pie, Coconut Sorbet with  
Cashew Brittle, and good-to-the-  
last-drop milkshakes. Who can  
possibly resist? Go ahead and  
lick that spoon—there are no

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worries when you bake vegan!  
With gorgeous color  
photography, clever tips, and a  
comprehensive section on  
vegan baking basics to get you  
started, Chloe's Vegan Desserts  
will be your new vegan dessert

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bible.

For the connoisseurs who  
prized Cocolat--Medrich's  
award-winning book of lavish  
chocolate desserts--here is the  
brilliant follow-up cookbook of  
delicious, amazingly low-fat

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treats. This richly illustrated, full-color guide features more than 80 recipes.

An all-new collection of more than 125 delectable recipes that reflect the way we really eat: sometimes healthy,

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sometimes indulgent—delicious, either way Food Swings offers a range of simple and satisfying recipes that speak to both sides of your food brain. Here you'll find the perfect go-to dish for when you want to eat light or

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for when you are in the mood  
for something more indulgent.  
The first half of the book,  
“Virtue,” provides recipes for  
your controlled side, while the  
other half, “Vice,” is for when  
you need to feel the wind in

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your hair. All of it is meant to be enjoyed equally in this fun something-for-everyone collection. So whether you're a home cook looking for new inspiration, a big eater who is ready to party, or a human who

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might be occupied with watching your waist, you will find what you are looking for in Food Swings. Those who are eating gluten-free, dairy-free, meat-free, or almost-vegan, you have come to the right place!



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VIRTUE Quinoa Bowl with  
Almond Butter, Strawberries,  
and Hemp Seeds Ginger  
Salmon with Sesame  
Cucumbers Whole Roasted  
Cauliflower, Tomatoes, and  
Garlic Roasted Plums with

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Honey and Pistachios VICE

Cinnamon Buns Buttermilk

Panfried Chicken Lasagna

Bolognese Chocolate Fudge

Cake In addition to the dozens  
of inspired dishes offered here,  
you'll also find personal essays,

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tips, and tricks for best results, and a gorgeous color photo for nearly every recipe. So no matter what you're in the mood for, you'll find the perfect recipe for it in Food Swings. Praise for Food Swings "It's a

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lot easier to make healthy choices when the meals are both good for you and crazy good at the same time. Jessica Seinfeld's new book, Food Swings, has that nailed, packed as it is with simple recipes that

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are kind to your body, crowd-pleasingly delicious (quit the side-eye, picky fourth grader), even gluten-free. Dinner victory, all around.”—Redbook

“Seinfeld has assembled 125 recipes that allow readers to

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eat as healthfully or indulgently as their mood dictates. . . .

Readers can have their cake and quinoa, too, with Seinfeld's latest, which strikes an effective balance between two popular eating styles." —Library

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Journal “Jessica Seinfeld gets it, even down to the one-liners.

With three cookbooks under her apron, Seinfeld takes a cue or two from her husband, Jerry, targeting both the devil and the damsel in her 125 recipes.

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She's eminently practical, very straightforward, and keeps her dishes in line with our modern proclivities: quick, healthy with an occasional sinfulness, convenient for the beginner as well as for the experienced



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home chef.”—Booklist “In a friendly voice Seinfeld encourages readers to take her approach to what she calls ‘food swings’ and eat without guilt. Or, she concedes, to eat with less guilt. . . . However you

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divide up the recipes, this is a great day-to-day cookbook with tasty-looking recipes that are approachable and simple to prepare.”—Publishers Weekly  
How to Eat a Small Country  
Incredibly Easy Plant-Based

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Recipes Without Sugar, Wheat  
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Cakes, Cookies, Brownies and  
More

A Family's Pursuit of  
Happiness, One Meal at a Time  
Healthy and Wholesome  
Weeknight Recipes  
Naturally Thin

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Eat Pray Love

70 Recipes for Beautiful Meals  
and Clean Living

Wall Street Journal Bestseller Based  
on surprising science, Always Eat  
After 7 PM debunks popular diet myths  
and offers an easy-to-follow diet that

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accelerates fat-burning and allows you to indulge in your most intense food cravings: Eating the majority of your calories at night. Conventional diet wisdom tells us we should avoid carbs, and have an early dinner, and never eat before bed. But the fact is, the latest scientific research just doesn't

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bear this out. In *Always Eat After 7 PM: The Revolutionary Rule-Breaking Diet That Lets You Enjoy Huge Dinners, Desserts, and Indulgent Snacks* While Burning Fat Overnight, fitness expert, nutritionist, and bestselling author Joel Marion debunks the myths underlying

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traditional dieting and offers a simple, highly effective weight loss program. This three-phase plan shows dieters how to lose big by strategically eating big in the evening when we're naturally hungriest. The secret to sustained fat loss lies in a combination of intermittent fasting (IF), filling daytime

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meals with Volumizing Superfoods, and strategic hormone-regulating food combinations before bed (including Super Carbs like potatoes and white rice!). The Always Eat After 7 PM plan consists of: □ The 14-day Acceleration Phase to kick-start the program and see rapid results □ The Main Phase



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where you'll learn exactly which foods to eat when in order to achieve your weight-loss goals □ The Lifestyle Phase to keep the weight off for good You'll even be able to enjoy social dinners and dining out without restriction, satisfy nighttime hunger with fat-burning sweet and salty pre-

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bedtime snacks, and further indulge your cravings—and improve your results—with strategically timed cheat meals/days. With straightforward food lists, easy-to-follow meal plans, and delicious recipes for every phase, this is a simpler, step-by-step, more enjoyable way to lose weight without

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feeling restricted. In the end, it's every dieter's dream: now you should do what you've been told not to—always eat after 7 PM!

"We've taken the healthiest ingredients and whipped them into nearly 300 pages of delicious culinary creations that you can serve with confidence to

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the most discerning foodie-or the most nitpicky nutritionist. We've included detailed cooking instructions and ideas of improvisation. And we've even photographed every recipe in beautiful color to show you just how appetizing healthy food can be."--Back cover.

Captures the lives of the inhabitants of

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a tight-knit, ethnically diverse neighborhood on the Lower East Side of New York, including Nathan, a claustrophobic married man falling for Karoline, a German pastry maker. Every war has at least one - a unit so different, so daring, that it becomes the stuff of which legends are made

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and heroes are born. Among the South African forces fighting in Angola from 1975 to 1989, that unit was 32 Battalion. Founded in utmost secrecy from the vanquished remnants of a foreign rebel movement, undefeated in 12 years of front-line battle, feared by enemies that included both

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Or Dairy  
conventional Cuban armies and  
Namibian guerrilla fighters, the Buffalo  
Soldiers became the South African  
army's best combat unit since World  
War II, with no fewer than 13 members  
winning the highest decoration for  
bravery under fire. But when peace  
broke out in southern Africa, the

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victors of Savate became the victims of sophistry. Their fate and future determined by politicians who understood little and cared less about this truly unique fraternity, 32 Battalion ceased to exist in 1993, its short history and long list of battle honours known only to those whose enemies



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called them Os Terriveis - the Terrible Ones. Now, for the first time, the story of 32 Battalion can be told in full, with neither adornment nor apology, by one of its longest-serving members. The book draws from top secret documents, revealing information that has never been made public before.

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Also included are rare photographs that evoke the colourful, and often controversial, history of 32 Battalion, as well as detailed maps depicting specific operations and deployments.

A Novel

The Road

The Dorito Effect

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Recipes Without Sugar, Wheat  
Or Dairy  
Indulgent recipes without wheat, dairy  
or refined sugar

Practically Raw Desserts

My Year Without Shopping

How Self-Control Works, Why It  
Matters, and What You Can Do to Get  
More of It

Simple, healthy, and comforting

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recipes highlight the freedom of a vegan diet, featuring options for breakfasts, lunches, dinners, desserts, and late night snacks. Guilt-free Gourmet Indulgent recipes without wheat, dairy or cane sugar Ryland Peters & Small

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Features healthy whole food recipes of classic and international dishes, including Moroccan harira soup, cod fish fingers with mushy peas and mayonnaise, and baklava.

Based on Stanford University

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psychologist Kelly McGonigal's wildly popular course "The Science of Willpower," The Willpower Instinct is the first book to explain the science of self-control and how it can be harnessed to improve our health, happiness, and productivity.

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Informed by the latest research and combining cutting-edge insights from psychology, economics, neuroscience, and medicine, The Willpower Instinct explains exactly what willpower is, how it works, and why it matters. For example,

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readers will learn:

- Willpower is a mind-body response, not a virtue. It is a biological function that can be improved through mindfulness, exercise, nutrition, and sleep.
- Willpower is not an unlimited resource. Too much self-control



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can actually be bad for your health.

- Temptation and stress hijack the brain's systems of self-control, but the brain can be trained for greater willpower
- Guilt and shame over your setbacks lead to giving in again, but self-forgiveness and self-

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compassion boost self-control. •  
Giving up control is sometimes the only way to gain self-control. •  
Willpower failures are contagious—you can catch the desire to overspend or overeat from your friends—but you can also

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catch self-control from the right role models. In the groundbreaking tradition of Getting Things Done, The Willpower Instinct combines life-changing prescriptive advice and complementary exercises to help readers with goals ranging from

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losing weight to more patient  
parenting, less procrastination,  
better health, and greater  
productivity at work.

The Defined Dish

Flexible Recipes for All-Natural  
Sweets and Treats

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My Kitchen Year  
125 Recipes for Eating Every Day  
Like It's the Weekend  
The Cookbook for the Fit Food  
Lover  
Gourmet Nutrition  
Mindful Eating

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A journalist traces a year during which she and her partner struggled to stop consumer spending practices in spite of their American conditioning, an effort that had an impact on their careers, family relationships, and personal identities.

Gluten-free, dairy-free, and grain-free

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Recipes Without Sugar, Wheat Or Dairy recipes that sound and look way too delicious to be healthy from The Defined Dish blog, fully endorsed by Whole30.

A field guide to the wildlife of southern Africa, describing over 2,000 plants and animals, with accurate illustrations in full colour. This book has been a

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trusted field companion for many years. Comprehensively updated, it now features range maps for most groups. The chapters are colour-coded for easy reference, and diagnostic features appear in bold type within the descriptions. Each chapter is written by a leading expert in the field. All the



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main plant and animal groups are covered: Lower invertebrates, Spiders and other arachnids, Insects, Freshwater fishes, Frogs, Reptiles, Birds, Mammals, Grasses, sedges, ferns and fungi, Wild flowers, Trees  
Izelle Hoffman is on a mission to change perceptions about food and to

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increase awareness of the benefits of eating the right foods and choosing a life of health and wellness. Did you know, for instance, that the humble sweet potato contains anti-inflammatory properties and regulates blood sugar levels? And that raw honey isn't simply a sweetener – it

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has antifungal and antiviral properties as well? In Mindful Eating, Izelle encourages you to rethink what you put in your body in a fun, healthy way, and demonstrates that living a healthy lifestyle doesn't mean that your diet needs to be boring and restricted, especially where vegetables are

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concerned. By sharing her recipes for energising breakfasts, quick weekday meals, sweet baked goodies, classics with a healthy (Izelle-approved) twist and family favourites, among others, Izelle aims to help you take back control of your wellbeing. Packed with delicious, nutritious and deceptively

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simple recipes, Mindful Eating is more than a cookbook; it is an inspirational and motivational guide to leading a healthy lifestyle through good eating. A Novel of Pastry, Guilt, and Music Over 3,000 Words Every Person Should be Able to Use (And a few that you probably shouldn't)

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The Revolutionary Rule-Breaking Diet  
That Lets You Enjoy Huge Dinners,  
Desserts, and Indulgent Snacks#While  
Burning Fat Overnight

You and Me Forever: Marriage in Light  
of Eternity

125 Delicious Everyday Favorites,  
Gluten- and Grain-Free

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Or Dairy  
Home Cooked

FROM THE AUTHOR OF OUR  
KOREAN KITCHEN, WINNER OF THE  
OBSERVER FOOD MONTHLY'S  
'BEST NEW COOKBOOK AWARD'  
2016, AND FORTNUM & MASON'S

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'COOKERY BOOK' AWARD 2016 In  
this beautiful full-colour cookbook,  
award-winning author Jordan  
Bourke shows you how simple it is  
to make nourishing breads;  
savoury tarts and bakes; and  
indulgent yet wholesome sweet



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treats. Reclaiming 'healthy' for what it really means - nutritious, balanced food made from natural ingredients - these are recipes to bring joy and flavour back into your baking and beyond. Alongside sumptuous 'regular'

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bakes - such as the perfect Sourdough bread, Caramelised Onion, Sweet Potato and Rye Tart, and Italian Strawberry and Chocolate Chunk Cake - Jordan also gives ancient grains and pickles a western update,

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revealing how easy it is to make abundant salads, bubbling ferments, seasonal preserves and more. Healthy Baking provides over 100 nourishing and mouth-watering ways to revive and reinvent cooking at home. Using

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alternatives to refined sugar and featuring lots of options to make recipes gluten- and dairy-free, you'll quickly discover how ferments and grains can invigorate your cooking - from cultivating the perfect sourdough starter to

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creating delicious salads and decadent cakes.

Delicious recipes that provide easy ways to swap unhealthy ingredients for nourishing alternatives, without having to compromise on flavor and

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enjoyment. This cookbook is not about denial; its approach to cooking and eating simply swaps ingredients such as refined sugar, wheat, and dairy for natural and healthier alternatives that achieve the same indulgence without the

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negative health impacts and connotations associated with certain ingredients. These easy swaps make healthy eating both simple and delicious. Recipes range from simple sharing plates “ Foods from Afar ” such as

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Massaman Curry, and Smoked Mackerel Sushi Rolls. There are “ Light & Fresh ” dishes such as Polenta Pizza, as well as “ Comfort Food ” recipes including Wild Mushroom & Leek Risotto and Lasagna. With ideas for everything



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from brunch, such as New York Avocado Toast, to “ Sweet Treats ” like Cheesecake with Sweet Cherries, Jordan and Jessica Bourke combine their expertise as a chef and nutritional therapist to prove that you can have your cake

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Marriage is great, but it ' s not forever. It ' s until death do us part. Then come eternal rewards or regrets depending on how we spent our lives. In his latest book, Francis Chan joins together with

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his wife Lisa to address the question many couples wonder at the altar: “ How do I have a healthy marriage? ” Setting aside typical topics on marriage, Francis and Lisa dive into Scripture to understand what it means to have

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a relationship that satisfies the deepest parts of our souls. In the same way Crazy Love changed the way we saw our personal relationship with God, You and Me Forever: Marriage in Light of Eternity will radically shift the way

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we see one of the most important relationships in our life. Jesus was right. We have it all backwards. The way to have a great marriage is by not focusing on marriage. Whether you are single, dating or married, You and Me Forever will

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help you discover the adventure that you were made for and learn how to thrive in it. 100% of the net proceeds from this book will support various ministries including those that help provide shelter and rehabilitation for

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thousands of children and exploited women around the world. For more information, please visit: [youandmeforever.org](http://youandmeforever.org)  
Do you know what "quatrefoil" and "impolitic" mean? What about "halcyon" or "narcolepsy"? This

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book is a handy, easy-to-read reference guide to the proper parlance for any situation. In this book you will find: Words You Absolutely Should Know (covert, exonerate, perimeter); Words You Should Know But Probably Don't



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(dour, incendiary, scintilla); Words Most People Don't Know (schlimazel, thaumaturgy, epergne); Words You Should Know to Sound Overeducated (ad infinitum, nugatory, garrulity); Words You Probably Shouldn't

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Know (priapic, damnatory, labia majora); and more. Whether writing an essay, studying for a test, or trying to impress friends, family, and fellow cocktail party guests with their prolixity, you will achieve magniloquence,

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ebullience, and flights of rhetorical  
brilliance.  
Pure Vegan  
One Woman's Search for  
Everything Across Italy, India and  
Indonesia  
Your 12-week Body & Mind

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More than 100 Exciting New  
Recipes for Cookies and Pies, Tarts  
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Cakes--and More!  
Candyfreak

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Skinnygirl Cocktails