

Online Library The Pollan  
Family Table: The Best Recipes  
And Kitchen Wisdom For  
**The Pollan Family  
Table: The Best Recipes  
And Kitchen Wisdom  
For Delicious, Healthy  
Family Meals**

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Family Table: The Best Recipes  
And Kitchen Wisdom For  
Delicious, Healthy Family Meals

The author of the bestselling *The Immune System Recovery Plan* shares her science-based, drug-free treatment plan for the almost fifty million people who suffer from arthritis: an amazing 3-step guide to eliminate the disease naturally. Arthritis is the most common cause of disability in the world—greater

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than both back pain and heart disease.

Delicious, Healthy Family Meals

One example, Rheumatoid Arthritis (RA), is the most common autoimmune disease, affecting 1% of the US population, and almost 68 million people worldwide. Conventional medicine tends to treat arthritis with strong, gut-damaging, immune-

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suppressing pain medications, temporarily relieving the symptoms of the disease without addressing its root causes. Now, in her groundbreaking new book, Dr. Susan Blum, a leading expert in functional medicine, offers a better approach to healing arthritis permanently. Dr. Blum's

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GROUNDBREAKING THREE-STEP  
PROTOCOL is designed to address  
the underlying causes of the condition  
and heal the body permanently by:  
-Treating Rheumatoid Arthritis,  
Osteoarthritis, and more -Healing your  
gut to heal your joints -Reducing  
inflammation without medication Dr.

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Blum's INNOVATIVE TWO-WEEK  
Delicious, Healthy Family Meals  
PLAN to quickly reduce pain through  
anti-inflammatory foods and  
supplements; followed by an intensive  
gut repair to rid the body of bad  
bacteria and strengthen the  
gastrointestinal system for a dramatic  
improvement in arthritis symptoms and

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inflammation; and then addresses the emotional issues that contribute to inflammation, and eating a simple, Mediterranean inspired diet to maintain a healthy gut. Featuring detailed case studies, including Dr. Blum's own inspiring personal story, Healing Arthritis offers a revolutionary way to

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Delicious, Healthy Family Meals  
heal your gut, repair your immune  
system, control inflammation, and live a  
happier, healthier life...arthritis-free.

The book that started a revolution in the  
way Americans eat The extraordinary  
book that taught America the social and  
personal significance of a new way of  
eating is still a complete guide for



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eating well in the twenty-first century.  
Delicious, Healthy Family Meals  
Sharing her personal evolution and how  
this groundbreaking book changed her  
own life, world-renowned food expert  
Frances Moore Lappé offers an all-new,  
even more fascinating philosophy on  
changing yourself—and the world—by  
changing the way you eat. The Diet for

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a Small Planet features: • simple rules  
for a healthy diet • streamlined, easy-to-  
use format • food combinations that  
make delicious, protein-rich meals  
without meat • indispensable kitchen  
hints—a comprehensive reference  
guide for planning and preparing meals  
and snacks • hundreds of wonderful

# Online Library The Pollan Family Table: The Best Recipes And Kitchen Wisdom For recipes

Food is at the center of national debates about how Americans live and the future of the planet. Not everyone agrees about how to reform our relationship to food, but one suggestion rises above the din: We need to get back in the kitchen. Amid concerns

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about rising rates of obesity and diabetes, unpronounceable ingredients, and the environmental footprint of industrial agriculture, food reformers implore parents to slow down, cook from scratch, and gather around the dinner table. Making food a priority, they argue, will lead to happier and

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healthier families. But is it really that  
Delicious, Healthy Family Meals  
simple? In this riveting and beautifully-  
written book, Sarah Bowen, Joslyn  
Brenton, and Sinikka Elliott take us into  
the kitchens of nine women to tell the  
complicated story of what it takes to  
feed a family today. All of these mothers  
love their children and want them to eat

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well. But their kitchens are not equal. From cockroach infestations and stretched budgets to picky eaters and conflicting nutrition advice, Pressure Cooker exposes how modern families struggle to confront high expectations and deep-seated inequalities around getting food on the table. Based on

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Delicious, Healthy Family Meals

extensive interviews and field research in the homes and kitchens of a diverse group of American families, Pressure Cooker challenges the logic of the most popular foodie mantras of our time, showing how they miss the mark and up the ante for parents and children. Romantic images of family meals are

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inviting, but they create a fiction that does little to fix the problems in the food system. The unforgettable stories in this book evocatively illustrate how class inequality, racism, sexism, and xenophobia converge at the dinner table. If we want a food system that is fair, equitable, and nourishing, we must



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look outside the kitchen for answers.

Delicious, Healthy Family Meals  
A renowned anthropologist explores the history and meaning of eating in America. Addressing issues ranging from the global phenomenon of Coca-Cola to the diets of American slaves, Sidney Mintz shows how our choices about food are shaped by a vast and

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increasingly complex global economy.

Delicious, Healthy Family Meals  
He demonstrates that our food choices  
have enormous and often surprising  
significance.

A compilation of recipes from the  
Moosewood Restaurant with vegetarian  
and ethnic emphasis.

Healing Arthritis

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Food Inc.: A Participant Guide  
Pressure Cooker  
Delicious Healthy Family Meals  
Good Housekeeping Easy Meal Prep  
The Flexitarian Table  
The Heart of the Plate  
The Secrets of the World-Famous  
Bread Bakery

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***In this follow-up to her  
successful first book, The  
Sprouted Kitchen,  
blogger and author Sara  
Forte turns her attention  
to bowl food, which  
combines vegetables,***

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***whole grains, and lean  
proteins in one vessel to  
make a simple, complete,  
and nutritious meal. The  
bowl is a perfect vessel in  
which to create simple,  
delicious, and healthy***

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*meals. When gathered  
together in a single dish,  
lean proteins, greens,  
vegetables, and whole  
grains nestle against each  
other in a unique  
marriage of flavor and*

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***texture. This is how Sara  
Forte, beloved food  
blogger and author of the  
James Beard  
Award-nominated book  
The Sprouted Kitchen,  
cooks every day—creating***

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***sumptuous recipes  
colorful enough to serve  
guests, simple enough to  
eat with a spoon while  
sitting on the couch, and  
in amounts plentiful  
enough to have easy***



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*leftovers for lunch the  
next day. In this visually  
stunning collection that  
reflects a new and  
healthier approach to  
quick and easy cooking,  
Sara offers delicious,*

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Family Table: The Best Recipes  
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***produce-forward recipes  
for every meal, such as  
Golden Quinoa and  
Butternut Breakfast  
Bowl; Spring Noodles  
with Artichokes,  
Pecorino, and Charred***

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**Lemons; Turkey  
Meatballs in Tomato  
Sauce; and Cocoa Nib  
Pavlovas with Mixed  
Berries.**

**A compilation of menus  
for meat lovers and strict**

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***vegetarians alike offers a  
series of convertible  
meals that can be  
prepared with a vegetable  
or meat protein, along  
with vegetarian dishes  
and meals featuring fish,***

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And Kitchen Wisdom For  
**poultry, or meat.**  
**Food, Inc. is guaranteed**  
**to shake up our**  
**perceptions of what we**  
**eat. This powerful**  
**documentary**  
**deconstructing the**

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***corporate food industry in  
America was hailed by  
Entertainment Weekly as  
“more than a terrific  
movie—it's an important  
movie.” Aided by expert  
commentators such as***

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***Michael Pollan and Eric  
Schlosser, the film poses  
questions such as: Where  
has my food come from,  
and who has processed it?  
What are the giant  
agribusinesses and what***

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*Delicious, Healthy Family Meals*  
***stake do they have in  
maintaining the status  
quo of food production  
and consumption? How  
can I feed my family  
healthy foods affordably?  
Expanding on the film's***



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***themes, the book Food,  
Inc. will answer those  
questions through a  
series of challenging  
essays by leading experts  
and thinkers. This book  
will encourage those***

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And Kitchen Wisdom For  
*inspired by the film to  
learn more about the  
issues, and act to change  
the world.*

*“Not since Michael Pollan  
has such a powerful  
storyteller emerged to*

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***reform American food.”***  
—***The Washington Post***

***Today's optimistic farm-  
to-table food culture has  
a dark secret: the local  
food movement has failed  
to change how we eat. It***

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***has also offered a false  
promise for the future of  
food. In his visionary New  
York Times-bestselling  
book, chef Dan Barber,  
recently showcased on  
Netflix's Chef's Table,***

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***offers a radical new way  
of thinking about food  
that will heal the land  
and taste good, too.  
Looking to the  
detrimental cooking of  
our past, and the***

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*misguided dining of our  
present, Barber points to  
a future "third plate": a  
new form of American  
eating where good  
farming and good food  
intersect. Barber's The*

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***Third Plate charts a  
bright path forward for  
eaters and chefs alike,  
daring everyone to  
imagine a future for our  
national cuisine that is as  
sustainable as it is***

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**delicious.**

*A “funny and fascinating”  
cultural history about one  
of our favorite pastimes:  
eating (The Village  
Voice). This is a  
delightful and intelligent*



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*look at the food we eat,  
with a cornucopia of  
incredible details about  
the ways we do it.  
Presented like a meal,  
each chapter of Since Eve  
Ate Apples Much Depends*

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And Kitchen Wisdom For  
***on Dinner represents a  
different course or  
garnish, which Margaret  
Visser handpicks from the  
most ordinary American  
dinner: among them corn  
on the cob with butter***

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*and salt, roast chicken  
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with rice, salad dressed in  
lemon juice and olive oil,  
and ice cream. Visser  
tells the story behind  
each of these foods and in  
the course of her*

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***inquiries reveals some  
unexpected treats: the  
history of Corn Flakes;  
the secret behind the  
more dissatisfactory  
California olives (they're  
picked green, chemically***

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*blackened, and  
sterilized); and the fact  
that, in Africa, citrus  
fruits are eaten whole,  
rind and all. For food  
lovers of all kinds,  
unexpectedly entertaining*

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***book is a treasure of  
information from the  
author of the New York  
Times Notable Book The  
Rituals of Dinner. "Rich  
in surprising facts,  
unexpected connections,***

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Family Table: The Best Recipes  
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*and a well-documented  
outrage at what modern  
technology and  
agribusiness have done to  
purity and quality . . . A  
remarkable amount of  
information [presented]*

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***seamlessly and  
entertainingly.*** —**Library  
Journal**

***The Ultimate Guide to  
Cooking with the World's  
Most Versatile Plant-  
Based Protein, with 125***

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And Kitchen Wisdom For  
***Recipes [A Cookbook]***  
***The Moosewood***  
***Cookbook***  
***A Novel***  
***The Omnivore's Dilemma***  
***The Best Recipes and***  
***Kitchen Wisdom for***

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***Delicious, Healthy Family  
Meals***

***Adaptable recipes for part-  
time vegetarians and  
vegans***

***77 Satisfying & Nutritious  
Combos: Whole Grain +***

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***Vegetable + Protein +  
Sauce = Meal***

***Recipes from Moosewood  
Restaurant, Ithaca, New  
York***

***Build-a-Bowl is a fun and healthy  
way to put good food on the table!***

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***Popular food blogger and teacher  
Nicki Sizemore's fuss-free method  
starts with a grain base, whether  
it's a popular favorite such as  
brown rice or an ancient grain like  
farro. Add a layer of fresh  
vegetables and herbs, follow that  
with a lean protein, and then finish***

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*it off with a flavorful sauce for a  
delectable super-powered meal.*

*Sizemore's 77 creative  
combinations range from the  
Chicken Sausage Meatballs Bowl to  
the Crispy Fish Taco Bowl and the  
vegan-friendly Double Broccoli  
Power Bowl. Suitable for breakfast,*

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***lunch, or dinner, the beauty of the bowl is that every combination can be customized, making it a perfect solution for feeding everyone at the table with their favorites — happily and easily.***

***Meal prep is as easy as 1, 2, 3!***

***Good Housekeeping's 100+ make-***

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*ahead recipes are quick, healthy,  
Delicious, Healthy Family Meals  
and delicious and will transform  
your weeknight meals! Want to sit  
down to incredibly tasty, nutritious,  
homecooked meals every single  
day? Who doesn't! But who has the  
time? Now you do, with this meal-  
planning guide and cookbook that*

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*will help you get yummy dishes on the table in minutes. Whatever your goal — eat better, spend (and waste!) less, get out of a dinner rut — some simple meal prep can make it reality. From batch cooking and freeze-ahead meals to ready-to-serve dinners and grab-and-go*



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*breakfasts and lunches, Good  
Housekeeping Easy Meal Prep  
includes: · 100+ easy recipes like  
Crispy Caprese Cakes, Citrusy  
Shredded Pork, and Mustard-  
Crusted Mini Meatloaves, all  
developed and approved by the  
Good Housekeeping Test Kitchen ·*

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*Meal plans that give you 4 weeks'  
worth of ideas; they're  
customizable to suit your family's  
size and tastes · At-a-glance  
cooking charts for whipping-up  
staples to use all week · Recipe  
ideas that allow you to cook once,  
eat twice (and halve your time spent*

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***cooking!) Packed with cooking and storage tips and brimming with delicious recipes, Good Housekeeping Easy Meal Prep makes weeknight dinners nearly effortless.***

***“A glorious piece of prose . . . Pollan leads readers on his***

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***adventure with humor and grace.”***  
***—Chicago Tribune A captivating  
personal inquiry into the art of  
architecture, the craft of building,  
and the meaning of modern work “A  
room of one’s own: Is there  
anybody who hasn’t at one time or  
another wished for such a place,***

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***hasn't turned those soft words over until they'd assumed a habitable shape?" When Michael Pollan decided to plant a garden, the result was the acclaimed bestseller Second Nature. In A Place of My Own, he turns his sharp insight to the craft of building, as he recounts***

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***the process of designing and  
constructing a small one-room  
structure on his rural Connecticut  
property—a place in which he hoped  
to read, write, and daydream, built  
with his own two unhandy hands.  
Michael Pollan's unmatched ability  
to draw lines of connection between***

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*our everyday experiences—whether  
eating, gardening, or building—and  
the natural world has been the  
basis for the popular success of his  
many works of nonfiction, including  
the genre-defining bestsellers The  
Omnivore's Dilemma and In  
Defense of Food. With this updated*

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*edition of his earlier book A Place  
of My Own, readers can revisit the  
inspired, intelligent, and often  
hilarious story of Pollan's  
realization of a room of his own—a  
small, wooden hut, his "shelter for  
daydreams"—built with his  
admittedly unhandy hands. Inspired*



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***by both Thoreau and Mr. Blandings,  
A Place of My Own not only works  
to convey the history and meaning  
of all human building, it also marks  
the connections between our  
bodies, our minds, and the natural  
world.***

***Michael Pollan, the bestselling***

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***author of The Omnivore's Dilemma,  
Food Rules, and How to Change  
Your Mind, explores the previously  
uncharted territory of his own  
kitchen in Cooked. "Having  
described what's wrong with  
American food in his best-selling  
The Omnivore's Dilemma (2006),***

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***New York Times contributor Pollan  
delivers a more optimistic but  
equally fascinating account of how  
to do it right. . . . A delightful  
chronicle of the education of a cook  
who steps back frequently to extol  
the scientific and philosophical  
basis of this deeply satisfying***

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***human activity." —Kirkus (starred review) Cooked is now a Netflix docuseries based on the book that focuses on the four kinds of "transformations" that occur in cooking. Directed by Oscar-winning filmmaker Alex Gibney and starring Michael Pollan, Cooked teases out***

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***the links between science, culture  
and the flavors we love. In Cooked,  
Pollan discovers the enduring  
power of the four classical  
elements—fire, water, air, and  
earth—to transform the stuff of  
nature into delicious things to eat  
and drink. Apprenticing himself to a***

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*succession of culinary masters,  
Pollan learns how to grill with fire,  
cook with liquid, bake bread, and  
ferment everything from cheese to  
beer. Each section of Cooked tracks  
Pollan's effort to master a single  
classic recipe using one of the four  
elements. A North Carolina*

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***barbecue pit master tutors him in the primal magic of fire; a Chez Panisse-trained cook schools him in the art of braising; a celebrated baker teaches him how air transforms grain and water into a fragrant loaf of bread; and finally, several mad-genius “fermentos” (a***

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***tribe that includes brewers, cheese makers, and all kinds of picklers) reveal how fungi and bacteria can perform the most amazing alchemies of all. The reader learns alongside Pollan, but the lessons move beyond the practical to become an investigation of how***



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***cooking involves us in a web of social and ecological relationships. Cooking, above all, connects us. The effects of not cooking are similarly far reaching. Relying upon corporations to process our food means we consume large quantities of fat, sugar, and salt; disrupt an***

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***essential link to the natural world;  
and weaken our relationships with  
family and friends. In fact, Cooked  
argues, taking back control of  
cooking may be the single most  
important step anyone can take to  
help make the American food  
system healthier and more***

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***sustainable. Reclaiming cooking as an act of enjoyment and self-reliance, learning to perform the magic of these everyday transformations, opens the door to a more nourishing life.***

***The producer of An Inconvenient Truth, Laurie David's new mission***

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*is to help America's overwhelmed families sit down to a Family Dinner, and she provides all the reasons, recipes and fun tools to do so. Laurie David speaks from her own experience confronting the challenges of raising two teenage girls. Today's parents have lots to*

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***deal with and technology is making  
their job harder than ever. Research  
has proven that everything we  
worry about as parents--from drugs  
to alcohol, promiscuity, to obesity,  
academic achievement and just  
good old nutrition--can all be  
improved by the simple act of***

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*eating and talking together around  
the table. Laurie has written a  
practical, inspirational, fun (and, of  
course, green) guide to the most  
important hour in any parent's day.  
Chock-full chapters include: Over  
seventy-five kid approved fantastic  
recipes; tips on teaching green*

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*values; conversation starters;  
games to play to help even the  
shyest family member become  
engaged; ways to express  
gratitude; the family dinner after  
divorce (hint: keep eating together)  
and much more. Filled with moving  
memories and advice from the*

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*country's experts and teachers, this  
book will get everyone away from  
electronic screens and back to the  
dinner table.*

*Bowls of Plenty*

*Local Dirt*

*An Everlasting Meal*

*Mostly Plants*



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***A Real-Life Plan for Making Dinner  
Work*** Delicious, Healthy Family Meals

***A Plant's-Eye View of the World  
A Natural History of Transformation  
Fitting Great Food into Family Life  
Organized like a cookbook,  
Books that Cook: The  
Making of a Literary Meal is***

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Family Table: The Best Recipes  
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***a collection of American  
literature written on the  
theme of food: from an  
invocation to a final toast,  
from starters to desserts.  
All food literatures are  
indebted to the form and***

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***purpose of cookbooks, and  
each section begins with an  
excerpt from an influential  
American cookbook,  
progressing chronologically  
from the late 1700s  
through the present day,***

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*including such favorites as  
Delicious, Healthy Family Meals  
American Cookery, the Joy  
of Cooking, and Mastering  
the Art of French Cooking.  
The literary works within  
each section are an  
extension of these*

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And Kitchen Wisdom For  
***cookbooks, while the  
cookbook excerpts in turn  
become pieces of  
literature--forms of  
storytelling and memory-  
making all their own. Each  
section offers a delectable***  
Delicious, Healthy Family Meals

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And Kitchen Wisdom For  
***assortment of poetry,  
prose, and essays, and the  
selections all include at  
least one tempting recipe  
to entice readers to cook  
this book. Including writing  
from such notables as Maya***  
Delicious, Healthy Family Meals

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And Kitchen Wisdom For  
**Angelou, James Beard, Alice  
B. Toklas, Sherman Alexie,  
Nora Ephron, M.F.K. Fisher,  
and Alice Waters, among  
many others, Books that  
Cook reveals the range of  
ways authors incorporate**

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And Kitchen Wisdom For  
***recipes--whether the recipe  
flavors the story or the  
story serves to add spice to  
the recipe. Books that Cook  
is a collection to serve  
students and teachers of  
food studies as well as any***



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And Kitchen Wisdom For  
***epicure who enjoys a good  
meal alongside a good  
book.***

***Unlock the possibilities of  
beans, chickpeas, lentils,  
pulses, and more with 125  
fresh, modern recipes for***

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And Kitchen Wisdom For  
**globally inspired vegetarian  
mains, snacks, soups, and  
desserts, from a James  
Beard Award-winning food  
writer “This is the bean  
bible we need.”—Bon  
Appétit NAMED ONE OF THE**

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And Kitchen Wisdom For  
**BEST COOKBOOKS OF THE  
YEAR BY Food Network •  
NPR • Forbes • Smithsonian  
Magazine • Wired After  
being overlooked for too  
long in the culinary world,  
beans are emerging for**

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And Kitchen Wisdom For  
***what they truly are: a  
delicious, versatile, and  
environmentally friendly  
protein. In fact, with a little  
ingenuity, this nutritious  
and hearty staple is  
guaranteed to liven up your***

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And Kitchen Wisdom For  
***kitchen. Joe Yonan, food  
editor of the Washington  
Post, provides a master  
base recipe for cooking any  
sort of bean in any sort of  
appliance—Instant Pot,  
slow cooker, or***

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And Kitchen Wisdom For  
**stovetop—as well as  
creative recipes for using  
beans in daily life, from  
Harissa-Roasted Carrot and  
White Bean Dip to Crunchy  
Spiced Chickpeas to Smoky  
Black Bean and Plantain**

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And Kitchen Wisdom For  
***Chili. Drawing on the  
culinary traditions of the  
Middle East, the  
Mediterranean, Africa,  
South America, Asia, and  
the American South, and  
with beautiful photography***

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And Kitchen Wisdom For  
***throughout, this book has  
recipes for everyone. With  
fresh flavors, vibrant  
spices, and clever  
techniques, Yonan shows  
how beans can make for  
thrilling dinners, lunches,***



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And Kitchen Wisdom For  
**breakfasts—and even  
desserts!**  
Delicious, Healthy Family Meals

**NEW YORK TIMES  
BESTSELLER • From the  
New York Times food editor  
and former restaurant critic  
comes a cookbook to help**

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And Kitchen Wisdom For  
***us rediscover the art of  
Sunday supper and the joy  
of gathering with friends  
and family “A book to make  
home cooks, and those they  
feed, very happy  
indeed.”—Nigella Lawson***

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**NAMED ONE OF THE BEST  
COOKBOOKS OF THE YEAR**  
**BY NPR • Town & Country •  
Garden & Gun “People are  
lonely,” Sam Sifton writes.  
“They want to be part of  
something, even when they**

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**can't identify that longing  
as a need. They show up.  
Feed them. It isn't much  
more complicated than  
that." Regular dinners with  
family and friends, he  
argues, are a metaphor for**

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And Kitchen Wisdom For  
***connection, a space where  
memories can be shared as  
easily as salt or hot sauce,  
where deliciousness reigns.  
The point of Sunday supper  
is to gather around a table  
with good company and***

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And Kitchen Wisdom For  
***eat. From years spent  
talking to restaurant chefs,  
cookbook authors, and  
home cooks in connection  
with his daily work at The  
New York Times, Sam  
Sifton's See You on Sunday***

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And Kitchen Wisdom For  
***is a book to make those  
dinners possible. It is a  
guide to preparing meals  
for groups larger than the  
average American family  
(though everything here  
can be scaled down, or up).***  
Delicious, Healthy Family Meals

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And Kitchen Wisdom For  
***The 200 recipes are mostly  
simple and inexpensive  
("You are not a feudal  
landowner entertaining the  
serfs"), and they derive  
from decades spent  
cooking for family and***



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Family Table: The Best Recipes  
And Kitchen Wisdom For  
**groups ranging from six to  
sixty. From big meats to  
big pots, with a few words  
on salad, and a diatribe on  
the needless complexity of  
desserts, See You on  
Sunday is an indispensable**

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Family Table: The Best Recipes  
And Kitchen Wisdom For  
***addition to any home  
cook's library. From how to  
shuck an oyster to the  
perfection of Mallomars  
with flutes of milk, from the  
joys of grilled eggplant to  
those of gumbo and bog,***

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And Kitchen Wisdom For  
***this book is devoted to the  
preparation of delicious  
proteins and grains,  
vegetables and desserts,  
taco nights and pizza  
parties.  
Less of a rigid regime, and***

Online Library The Pollan  
Family Table: The Best Recipes  
And Kitchen Wisdom For  
***more of an organic attempt  
to eat a mainly vegetarian  
diet, The Flexitarian  
Cookbook features  
delicious plant-centric  
recipes, with options for  
incorporating meat or fish***  
Delicious, Healthy Family Meals

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And Kitchen Wisdom For  
***as needed. Many of us are  
looking to eat less meat  
and/or fish, as the host of  
environmental, ethical and  
health-related reasons for  
doing so stacks up. The  
concept of not centring***  
Delicious, Healthy Family Meals

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And Kitchen Wisdom For  
***every meal around an  
animal-based protein is  
well on its way to settling  
into mainstream society.  
But out there, there is a  
whole middle-ground of  
home-cooks, placed***  
Delicious, Healthy Family Meals

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And Kitchen Wisdom For  
***somewhere between  
carnivore and vegan, who  
are doing their best to  
reduce meat consumption,  
but enjoying it on occasion  
when the urge strikes; the  
flexitarians. The Flexitarian***  
Delicious, Healthy Family Meals

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And Kitchen Wisdom For  
Delicious, Healthy Family Meals

***Cookbook is a collection of  
delicious, modern  
vegetarian recipes, with  
simple options for  
switching in meat or fish,  
as the mood takes you. No  
longer will flexitarians have***



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And Kitchen Wisdom For  
***to juggle between multiple  
cookbooks or haphazardly  
hash together a meaty  
ending to a recipe  
depending on their  
cravings. Recipes include a  
warm curried lentil salad***

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And Kitchen Wisdom For  
Delicious, Healthy Family Meals

***with crispy paneer and  
spiced dressing, but the  
paneer can be swapped for  
crispy prawns if preferred.  
A winter vegetable stew  
with herbed dumplings is  
substantial enough on its***

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And Kitchen Wisdom For  
***own, but this cookbook  
gives the option to add  
slow-cooked beef cheeks, if  
you like. A best-ever recipe  
for vegetable and lentil  
mousaka offers the option  
to swap the lentils for***  
Delicious, Healthy Family Meals

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Delicious, Healthy Family Meals

***regular mince meat, while  
the Moroccan spiced  
vegetable tagine gives an  
option for cooking with  
chicken, if the mood so  
takes you.***

***"Outstanding . . . a wide-***

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And Kitchen Wisdom For  
***ranging invitation to think  
through the moral  
ramifications of our eating  
habits." —The New Yorker  
One of the New York Times  
Book Review's Ten Best  
Books of the Year and***

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Family Table: The Best Recipes  
And Kitchen Wisdom For  
**Winner of the James Beard  
Award Author of How to  
Change Your Mind and the  
#1 New York Times  
Bestseller In Defense of  
Food and Food Rules What  
should we have for dinner?**

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And Kitchen Wisdom For  
***Ten years ago, Michael  
Pollan confronted us with  
this seemingly simple  
question and, with The  
Omnivore's Dilemma, his  
brilliant and eye-opening  
exploration of our food***

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And Kitchen Wisdom For  
**choices, demonstrated that  
how we answer it today  
may determine not only our  
health but our survival as a  
species. In the years since,  
Pollan's revolutionary  
examination has changed**  
Delicious, Healthy Family Meals



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And Kitchen Wisdom For  
***the way Americans think  
about food. Bringing wide  
attention to the little-  
known but vitally important  
dimensions of food and  
agriculture in America,  
Pollan launched a national***

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And Kitchen Wisdom For  
**conversation about what  
we eat and the profound  
consequences that even  
the simplest everyday food  
choices have on both  
ourselves and the natural  
world. Ten years later, The**  
Delicious, Healthy Family Meals

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***Omnivore's Dilemma  
continues to transform the  
way Americans think about  
the politics, perils, and  
pleasures of eating.***

***Recipes for Healthy and  
Delicious Whole-Grain***

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And Kitchen Wisdom For  
**Meals**  
**A Natural History of Four**  
**Meals**  
**The Third Plate**  
**Living the Simply Luxurious**  
**Life**  
**This Is Your Mind on Plants**

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And Kitchen Wisdom For  
***The Pollan Family Table***  
***The Botany of Desire***  
***Seasonal Recipes for Eating***  
***Close to Home***

**A practical guide to cooking and  
eating well regardless of  
financial circumstances explains**

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And Kitchen Wisdom For  
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**how to shop and cook with an  
eye toward future meals while  
using scraps and leftovers to  
prepare nutritious, satisfying  
secondary foods.  
A bread manifesto and signature  
recipes from Poilâne, the**

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And Kitchen Wisdom For  
**internationally famous bakery  
that "revolutionized" bread in  
America --Alice Waters  
A BookPage Best Cookbook of  
2015 Winner of the Gourmand  
International Cookbook Award  
2015, Best in the World, Best**

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And Kitchen Wisdom For  
**First Cookbook A gorgeous, fully  
illustrated collection of recipes,  
cooking techniques, and pantry  
wisdom for delicious, healthy,  
and harmonious family meals  
from the incredible Pollan  
family—with a foreword by**



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And Kitchen Wisdom For  
**Michael Pollan. In The Pollan  
Family Table, Corky, Lori, Dana,  
and Tracy Pollan invite you into  
their warm, inspiring kitchens,  
sharing more than 100 of their  
family's best recipes. For  
generations, the Pollans have**

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And Kitchen Wisdom For  
**used fresh, local ingredients to  
Delicious, Healthy Family Meals  
cook healthy, irresistible meals.  
Michael Pollan, whose  
bestselling books have changed  
our culture and the way we think  
about food, writes in his  
foreword about how the family**

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**meals he ate growing up shaped  
his worldview. This stunning and  
practical cookbook gives  
readers the tools they need to  
implement the Pollan food  
philosophy in their everyday  
lives and to make great,**

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**nourishing, delectable meals  
that bring families back to the  
table. Standouts like Grand  
Marnier Citrus Roasted Chicken,  
Crispy Parmesan Zucchini  
Chips, and Key Lime Pie with  
Walnut Oatmeal Crust are easy**

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**to make yet sophisticated  
enough to dazzle family and  
friends. With hundreds of  
exquisite color photographs, The  
Pollan Family Table includes the  
Pollan's top cooking tips and  
techniques, time-tested**

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And Kitchen Wisdom For  
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**shortcuts, advice for those just starting out and market and pantry lists that make shopping for and preparing dinner stress-free. This instant kitchen classic will help readers create incredible meals and cultivate**

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And Kitchen Wisdom For  
traditions that improve health,  
Delicious, Healthy Family Meals  
well-being, and family  
happiness.

The author of the popular farm-  
to-table cookbook *Dishing Up  
the Dirt* returns with a dazzling  
collection of inventive recipes

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**using farm-fresh ingredients,  
inspired by her commitment to  
supporting the local food  
movement. For Andrea Bemis,  
eating locally is a way of life.  
After all, her and her husband  
own and operate an organic**



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And Kitchen Wisdom For  
**vegetable farm in the Pacific  
Northwest, and the produce they  
grow—from kale and kohlrabi to  
beets and butternut squash—is  
at the heart of the meals they  
serve and eat at their dinner  
table. They supplement their**

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**harvest with food produced by  
their neighbors, including the  
ranchers who supply their meat,  
and the orchardists who provide  
their fruit. Andrea has always  
identified as a sustainable  
eater—until one day, when she**

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And Kitchen Wisdom For  
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**opened a can of coconut milk  
and realized she had no idea  
where it came from. This  
propelled her to look more  
closely at her pantry, taking  
stock of the other ingredients  
that may have traveled some**

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**distance. Considering the energy used to transport the avocados, olive oil, and lemons to her Northern Oregon kitchen, she came up with an idea—a 30-day challenge to cook and eat only local food grown from local**

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**dirt, using ingredients produced  
within 200 miles of her home. In  
Local Dirt, Andrea shares her  
journey through stories,  
photographs, and more than 80  
recipes, re-creating a not-so-  
distant world when the**

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And Kitchen Wisdom For  
**ingredients cooked and eaten  
were produced within local  
communities. Organized by  
season, the delicious and  
creative dishes in this truly  
sustainable cookbook includes  
Fennel Gratin, Kohlrabi Yogurt**

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**Salad with Smoked Salmon,  
Winter Squash Toast with Honey  
& Hazelnuts, and Zucchini Swiss  
Chard & Chickpea Stew. Best of  
all, the recipes can be adapted  
to utilize any local fare.  
Ultimately, Andrea found that the**

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**“challenge” she set out for herself wasn’t a challenge at all, but an opportunity to go back to basics, slow down, and connect even more deeply with her community. In Local Dirt, she offers the inspiration,**



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**instruction, and advice we need  
to eat deliciously and  
sustainably.**

**“With Chef Derek Bissonnette in  
your kitchen you have casual,  
approachable, and electric  
cooking. Soups will bring pure**

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**joy, warmth, and flavor to the  
table, and the beautiful  
photography will transport you  
to a dream workplace.” – Daniel  
Boulud, Chef/Owner of The  
Dinex Go way beyond the basics  
with this gorgeous chef’s**

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And Kitchen Wisdom For  
**compendium of delicious,  
satisfying soups and stews!**

**Snap out of your same old soup  
and stew recipe routine with  
hundreds of new and exciting  
takes on the classics—and some  
creative concoctions that will**

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surely become family favorites.  
Inspired by both his home state  
of Maine and global cuisines,  
Chef Derek Bissonnette's Soup  
features: - 300+ Easy-to-Follow  
Recipes that will guide you to  
remarkable results - Mouth-

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**Watering Photography and  
detailed illustrations that walk  
you through culinary tools and  
techniques - Recipes for all  
Palates – it doesn't matter if  
you're an omnivore, gluten-free,  
vegetarian, or vegan - Family-**

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**Friendly Recipes designed to be  
ready in 30 minutes or less - 20+  
Chilled and Dessert Soups - A  
Comprehensive History of Soup  
Whether you are planning a  
casual family dinner, or a formal  
dinner for 20—this cookbook will**

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help elevate your meal from “Ho,  
hum,” to “HEY NOW!”  
Delicious, Healthy Family Meals  
Cooking with Economy and  
Grace  
The Sprouted Kitchen Bowl and  
Spoon  
The Ultimate Playbook for Make-

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**Ahead Meals**  
**Inspired, Flexible Meals for**  
**Vegetarians, Meat Lovers, and**  
**Everyone in Between**  
**Your 3-Step Guide to**  
**Conquering Arthritis Naturally**  
**The Extraordinary History and**



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**Mythology, Allure and  
Obsessions, Perils and Taboos  
of an Ordinary Mea  
Impatient Foodie  
Food Rules**

*Relish by Daphne Oz - bestselling  
author of The Dorm Room Diet,*

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And Kitchen Wisdom For  
cohost of the hit daytime talk show  
The Chew, and daughter of Dr. Mehmet Oz - offers simple, practical,  
and personal advice to help you live  
your better life right now. Daphne Oz  
made a splash by sharing her secrets  
for avoiding the dreaded Freshman  
Fifteen in the perennial bestseller The

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*Dorm Room Diet. Now, this lifestyle guru shares essential advice on how to relish your food, your home, and your life in order to maximize health and happiness. Illustrated in full color with beautiful food and recipe photos, images of real-world and aspirational decor examples, and lots of creative*

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lifestyle ideas, *Relish: An Adventure  
in Food, Style, and Everyday Fun* will  
help you envision a life that's highly  
desirable and eminently achievable.  
40 seasonal meals, 100 recipes, and  
loads of tips and strategies to make  
weeknight dinners work Reclaim the  
family dinner! *In Feeding a Family,*

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nutritionist and mom Sarah Waldman  
lays out all the tools you need to

break out of the mealtime rut and  
turn dinner into a nutritionally  
fulfilling and happy occasion—despite  
busy schedules, long work days, and  
picky eaters. Through forty complete  
meals, you'll discover hearty dinners

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And Kitchen Wisdom For  
*the whole family will love, including: ·  
A meal for using up the best summer  
garden produce: Make-ahead  
Zucchini, Beef, and Haloumi Cheese  
Skewers with Chimichurri Sauce  
paired with Tomato, Peach, and Red  
Onion Panzanella and Lemon-  
Blackberry Custard · A cozy and*

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*comforting dinner for a frenzied fall  
day: Creamy Tomato and Spinach  
Soup with Grilled Cheese Croutons  
and Pear Pie in Cornmeal Crust · The  
perfect meal for the busiest night of  
the week: Slow Cooker Indian Butter  
Chicken with Sweet Peas and Lemon-  
Pecan Shortbread Cookies · A*

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And Kitchen Wisdom For  
warming (and fun) winter meal: One-  
pot Slurpee Noodle Bowls with simple  
Chocolate, Peanut Butter, and Date  
Truffles for dessert · Sunday suppers  
for when you have a bit more time to  
play in the kitchen, such as  
Homemade Pasta with Heirloom  
Tomato Sauce and Pavlova with



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*Blueberries With suggestions for including older kids in mealtime prep, tips for feeding baby, and ideas for extending ingredients for “tomorrow’s dinner,” Feeding a Family is a playbook that includes the whole family.  
A fresh and flexible approach to grain*

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*bowls--thoughtfully structured one-dish meals that marry health and flavor--from James Beard Award-winning journalist and acclaimed cookbook coauthor Carolynn Carreno. Gorgeous, layered, satisfying bowls have become the next wave of healthy eating. From food blogs to*

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*Instagram, farm-to-table bistros to chain restaurants, "the bowl" has become part of our culinary vocabulary. And whole grains are not just for hippies and health nuts anymore! Hearty grains like quinoa, farro, millet, and spelt are replacing flour or corn tortillas, bread, pasta,*

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*white rice, and mashed potatoes as the base or vehicle for other, richer, more complex ingredients. Bowls of Plenty brings grain bowls to the home cook, offering more than 75 recipes for hearty, grain-centric, one-dish meals that layer flavorful veggies and delicious sauces and vinaigrettes,*

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Delicious, Healthy Family Meals

*with optional meats and dairy on a foundation of whole-grain staples. A mix sweet and savory breakfast bowls, salad bowls that will put an end to the sad desk lunch, flexible composed main dish bowls that work with all diets, and creative dessert bowls, Bowls of Plenty is a modern*

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Delicious Healthy Family Meals  
handbook for healthy and delicious  
cooking at home.

*Having children changes your life, but it doesn't have to change what you cook. Like her blog, [www.TheNaptimeChef.com](http://www.TheNaptimeChef.com), Banfield's cookbook is equal parts pragmatic parent and ardent foodie. The result*

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*is a tasty playbook of meals, made over to save time without compromising taste. Some favorites are the 45-minute artichoke lasagna, assembled in the morning or afternoon and held in the fridge until dinnertime; a roast chicken that's rubbed down with herbs in the*

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And Kitchen Wisdom For  
Delicious, Healthy Family Meals

*morning stays moist and flavorful when roasted later in the evening; a French toast casserole that can be tossed together the night before and popped in the oven in the morning for a special breakfast. Soups, salads, veggies, sides, main courses, and desserts are all adapted to the time*



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And Kitchen Wisdom For  
*that you have -- whether it's during  
naptime, before bedtime, in the  
morning, or on the weekends --  
without sacrificing quality or flavor.  
Take back dinner, one dish at a time!  
The Pollan Family TableThe Best  
Recipes and Kitchen Wisdom for  
Delicious, Healthy Family MealsSimon*

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And Kitchen Wisdom For  
and Schuster  
Delicious, Healthy Family Meals  
*How Industrial Food is Making Us  
Sicker, Fatter, and Poorer-And What  
You Can Do About It*  
*The Ultimate Book of Soups and  
Stews*  
*The Architecture of Daydreams*  
*Books That Cook*

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*Tasting Food, Tasting Freedom*  
*An Eater's Manual* Delicious Healthy Family Meals

*The Naptime Chef*

*Mastering the Elements of Good  
Cooking*

An enhanced edition of Food  
Rules—beautifully illustrated and  
packed with additional food

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wisdom Michael Pollan ' s Food  
Delicious, Healthy Family Meals  
Rules prompted a national  
discussion helping to change the  
way Americans approach eating.  
This new edition illustrated by  
celebrated artist Maira  
Kalman—and expanded with a new

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And Kitchen Wisdom For  
introduction and nineteen  
Delicious, Healthy Family Meals  
additional food rules—marks an  
advance in the national dialogue  
that Food Rules inspired. Many of  
the new rules, suggested by  
readers, underscore the central  
teachings of the original Food

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Rules, which are that eating  
doesn't have to be so complicated  
and that food is as much about  
pleasure and community as it is  
about nutrition and health. A  
beautiful book to cherish and  
share, Food Rules guides us with

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humor, joy, and common sense  
toward a happier, healthier  
relationship to food.

Sugar consumption is a health  
hazard for kids—and parents are  
eager to reduce their family's sugar  
intake in all parts of their daily

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And Kitchen Wisdom For  
meals. Half the Sugar, All the Love  
Delicious, Healthy Family Meals  
is the only programmatic family  
cookbook for reducing sugar in all  
parts of a meal, with medically  
backed guidelines and recipes.  
Delightfully unfussy meatless  
meals from the author of



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Moosewood Cookbook! With The  
Moosewood Cookbook, Mollie  
Katzen changed the way a  
generation cooked and brought  
vegetarian cuisine into the  
mainstream. In The Heart of the  
Plate, she completely reinvents the

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vegetarian repertoire, unveiling a collection of beautiful, healthful, and unfussy dishes—her “absolutely most loved.” Her new cuisine is light, sharp, simple, and modular; her inimitable voice is as personal, helpful, clear, and

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funny as ever. Whether it 's a  
salad of kale and angel hair pasta  
with orange chili oil or a seasonal  
autumn lasagna, these dishes are  
celebrations of vegetables. They  
feature layered dishes that  
juxtapose colors and textures:

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orange rice with black beans, or  
tiny buttermilk corn cakes on a  
Peruvian potato stew. Suppers  
from the oven, like vegetable pizza  
and mushroom popover pie, are  
comforting but never stodgy.  
Burgers and savory

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pancakes—from eggplant  
Parmesan burgers to zucchini  
ricotta cloud cakes—make  
weeknight dinners fresh and  
exciting. “ Optional  
Enhancements ” allow cooks to  
customize every recipe. The Heart

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of the Plate is vibrantly illustrated with photographs and original watercolors by the author herself. What can you uniquely give the world? We often sell ourselves short with self-limiting beliefs, but most of us would be amazed and

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delighted to know that we do have something special - our distinctive passions and talents - to offer. And what if I told you that what you have to give will also enable you to live a life of true contentment? How is that possible? It happens

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when you embrace and curate your own simply luxurious life. We tend to not realize the capacity of our full potential and settle for what society has deemed acceptable. However, each of us has a unique journey to travel if only we would



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find the courage, paired with key skills we can develop, to step forward. This book will help you along the deeper journey to discovering your best self as you begin to trust your intuition and listen to your curiosity. You will

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learn how to: - Recognize your  
innate strengths - Acquire the skills  
needed to nurture your best self -  
Identify and navigate past societal  
limitations often placed upon  
women - Strengthen your brand  
both personally and professionally

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- Build a supportive and healthy community
- Cultivate effortless style
- Enhance your everyday meals with seasonal fare
- Live with less, so that you can live more fully
- Understand how to make a successful fresh start
- Establish

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and mastermind your financial  
security - Experience great  
pleasure and joy in relationships -  
Always strive for quality over  
quantity in every arena of your life  
Living simply luxuriously is a  
choice: to think critically, to live

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courageously, and to savor the  
everydays as much as the grand  
occasions. As you learn to live well  
in your everydays, you will elevate  
your experience and recognize  
what is working for you and what  
is not. With this knowledge, you let

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go of the unnecessary, thus  
simplifying your life and removing  
the complexity. Choices become  
easier, life has more flavor, and you  
begin to feel deeply satisfying true  
contentment. The cultivation of a  
unique simply luxurious life is an

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extraordinary daily journey that  
each of us can master, leading us  
to our fullest potential.

A Simon & Schuster eBook. Simon  
& Schuster has a great book for  
every reader.

In Defence of Food

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And Kitchen Wisdom For  
Why Home Cooking Won't Solve  
Delicious, Healthy Family Meals  
Our Problems and What We Can  
Do About It  
The Book That Started a Revolution  
in the Way Americans Eat  
The Flexitarian Cookbook  
100 Delicious Recipes for a Hectic,



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Time-Starved World  
Feeding a Family  
Delicious, Healthy Family Meals  
The Balance Project  
Vegetarian Recipes for a New  
Generation  
**New York Times and USA  
Today Bestseller "Eat**

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And Kitchen Wisdom For  
food, not too much,  
Delicious, Healthy Family Meals  
mostly plants." With  
these seven words,  
Michael Pollan—brother  
of Lori, Dana, and Tracy  
Pollan, and son of  
Corky—started a national

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conversation about how  
to eat for optimal  
health. Over a decade  
later, the idea of  
eating mostly plants has  
become ubiquitous. But  
what does choosing

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"mostly plants" look  
like in real life? For  
the Pollans, it means  
eating more of the  
things that nourish us,  
and less of the things  
that don't. It means

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cutting down on the  
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amount of animal protein  
we consume, rather than  
eliminating it  
completely, and focusing  
on vegetables as the  
building blocks of our

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meals. This approach to  
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eating—also known as a  
flexitarian  
lifestyle—allows for  
flavor and pleasure as  
well as nutrition and  
sustainability. In

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And Kitchen Wisdom For  
Mostly Plants, readers  
Delicious, Healthy Family Meals  
will find inventive and  
unexpected ways to focus  
on cooking with  
vegetables—dishes such  
as Ratatouille Gratin  
with Chicken or

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**Vegetarian Sausage;  
Crispy Kale and Potato  
Hash with Fried Eggs;  
Linguine with Spinach  
and Golden Garlic  
Breadcrumbs; and Roasted  
Tomato Soup with Gruyere**



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**Chickpea "Croutons".**  
Like any family, the  
Pollans each have  
different needs and  
priorities: two are  
vegetarian; several are  
cooking for a crowd

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And Kitchen Wisdom For  
every night. In Mostly  
Delicious, Healthy Family Meals  
Plants, readers will  
find recipes that  
satisfy all of these  
dietary needs, and can  
also be made vegan. And  
the best part: many of

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And Kitchen Wisdom For  
these dishes can be on  
Delicious, Healthy Family Meals  
the table in 35 minutes  
or less! With skillet-to-  
oven recipes, sheet pan  
suppers, one pot meals  
and more, this is real  
cooking for real life:

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And Kitchen Wisdom For  
meals that are  
Delicious, Healthy Family Meals  
wholesome, flavorful,  
and mostly plant based.  
The book that helped  
make Michael Pollan, the  
New York Times  
bestselling author of

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Family Table: The Best Recipes  
And Kitchen Wisdom For  
How to Change Your Mind,  
Delicious, Healthy Family Meals  
Cooked and The

Omnivore's Dilemma, one  
of the most trusted food  
experts in America Every  
schoolchild learns about  
the mutually beneficial

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**dance of honeybees and  
flowers: The bee  
collects nectar and  
pollen to make honey  
and, in the process,  
spreads the flowers'  
genes far and wide. In**

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Family Table: The Best Recipes  
And Kitchen Wisdom For  
The Botany of Desire,  
Delicious, Healthy Family Meals  
Michael Pollan

ingeniously demonstrates  
how people and  
domesticated plants have  
formed a similarly  
reciprocal relationship.

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And Kitchen Wisdom For  
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He masterfully links  
four fundamental human  
desires—sweetness,  
beauty, intoxication,  
and control—with the  
plants that satisfy  
them: the apple, the



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Delicious, Healthy Family Meals  
tulip, marijuana, and  
the potato. In telling  
the stories of four  
familiar species, Pollan  
illustrates how the  
plants have evolved to  
satisfy humankind's most

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basic yearnings. And  
just as we've benefited  
from these plants, we  
have also done well by  
them. So who is really  
domesticating whom?

'A must-read ...

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And Kitchen Wisdom For  
satisfying, rich ...  
Delicious, Healthy Family Meals  
loaded with flavour'

Sunday Telegraph This  
book is a celebration of  
food. By food, Michael  
Pollan means real,  
proper, simple food -

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And Kitchen Wisdom For  
Delicious, Healthy Family Meals

not the kind that comes  
in a packet, or has  
lists of unpronounceable  
ingredients, or that  
makes nutritional claims  
about how healthy it is.  
More like the kind of

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And Kitchen Wisdom For  
Delicious, Healthy Family Meals  
food your great-  
grandmother would  
recognize. In Defence of  
Food is a simple  
invitation to junk the  
science, ditch the diet  
and instead rediscover

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And Kitchen Wisdom For  
the joys of eating well.  
Delicious, Healthy Family Meals  
By following a few  
pieces of advice (Eat at  
a table - a desk doesn't  
count. Don't buy food  
where you'd buy your  
petrol!), you will

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And Kitchen Wisdom For  
enrich your life and  
Delicious, Healthy Family Meals  
your palate, and enlarge  
your sense of what it  
means to be healthy and  
happy. It's time to fall  
in love with food again.  
For the past twenty

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Family Table: The Best Recipes  
And Kitchen Wisdom For  
years, Michael Pollan  
Delicious, Healthy Family Meals  
has been writing about  
the places where the  
human and natural worlds  
intersect: food,  
agriculture, gardens,  
drugs, and architecture.



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His most recent book,  
about the ethics and  
ecology of eating, is  
The Omnivore's Dilemma,  
named one of the ten  
best books of 2006 by  
the New York Times and

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And Kitchen Wisdom For  
the Washington Post. He  
is also the author of  
Delicious, Healthy Family Meals  
The Botany of Desire, A  
Place of My Own and  
Second Nature.

Whether you've never  
picked up a knife or

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you're an accomplished  
Delicious, Healthy Family Meals  
chef, there are only  
four basic factors that  
determine how good your  
food will taste. Salt,  
Fat, Acid, and Heat are  
the four cardinal

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directions of cooking,  
and they will guide you  
as you choose which  
ingredients to use and  
how to cook them, and  
they will tell you why  
last minute adjustments

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Delicious, Healthy Family Meals  
will ensure that food  
tastes exactly as it  
should. This book will  
change the way you think  
about cooking and  
eating, and help you  
find your bearings in

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And Kitchen Wisdom For  
any kitchen, with any  
Delicious, Healthy Family Meals  
ingredients, while  
cooking any meal. --

As featured in:

BuzzFeed: Ultimate  
Spring Book Guide,

Bustle: Books That Will

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And Kitchen Wisdom For  
Help You Balance Your  
Delicious, Healthy Family Meals  
Life, Huffington Post  
Books, POPSUGAR: Books  
You Should Read on Your  
Summer Road Trip, Jenny  
McCarthy's SiriusXM  
show, New York

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Parenting: Summer Reads,  
Delicious, Healthy Family Meals  
Self magazine: Mother's  
Day Gift Guide, Working  
Mother: Mother's Day  
Gift Guide, San  
Francisco Book Review:  
Unforgettable Memorial



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And Kitchen Wisdom For  
Day Weekend Reads,  
Delicious, Healthy Family Meals  
Culturalist: Best  
Stories of Moms  
Balancing It All The  
Balance Project is a  
story of loyalty,  
choices, and balance

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And Kitchen Wisdom For  
that will resonate  
Delicious, Healthy Family Meals  
deeply with all women  
who struggle with this  
hot-button issue. Loyal  
assistant Lucy Cooper  
works for Katherine  
Whitney, who seems to

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have it all: a high-powered job at a multibillion-dollar health and wellness lifestyle company, a successful husband, and two adorable daughters.

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Now, with the release of her book on work-life balance, Katherine has become a media darling and a hero to working women everywhere. In reality, though,

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Katherine's life is starting to fall apart, and Lucy is the one holding it all together, causing her own life—and relationship with her boyfriend Nick—to

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suffer. When Katherine  
does something  
unthinkable to Lucy,  
Lucy must decide whether  
to change Katherine's  
life forever or continue  
being her main champion.

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Her choice will affect  
the trajectory of both  
of their lives and lead  
to opportunities neither  
one could have imagined.  
Great Ways to Connect  
with Your Kids, One Meal

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at a Time  
Delicious, Healthy Family Meals  
Diet for a Small Planet  
Cooked  
Cool Beans  
101 Delicious  
Flexitarian Recipes from  
the Pollan Family



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**Soup**  
**The Family Dinner**  
**A Place of My Own**

The instant New York Times bestseller | A  
Washington Post Notable Book | One of  
NPR's Best Books of the Year “Expert  
storytelling . . . [Pollan] masterfully

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elevates a series of big questions about drugs, plants and humans that are likely to leave readers thinking in new ways.”

—New York Times Book Review From #1  
New York Times bestselling author  
Michael Pollan, a radical challenge to how we think about drugs, and an exploration into the powerful human attraction to

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psychoactive plants—and the equally powerful taboos. Of all the things humans rely on plants for—sustenance, beauty, medicine, fragrance, flavor, fiber—surely the most curious is our use of them to change consciousness: to stimulate or calm, fiddle with or completely alter, the qualities of our mental experience. Take

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coffee and tea: People around the world rely on caffeine to sharpen their minds. But we do not usually think of caffeine as a drug, or our daily use as an addiction, because it is legal and socially acceptable. So, then, what is a “drug”? And why, for example, is making tea from the leaves of a tea plant acceptable, but making tea from

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a seed head of an opium poppy a federal  
crime? In *This Is Your Mind on Plants*,  
Michael Pollan dives deep into three plant  
drugs—opium, caffeine, and  
mescaline—and throws the fundamental  
strangeness, and arbitrariness, of our  
thinking about them into sharp relief.  
Exploring and participating in the cultures

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that have grown up around these drugs while consuming (or, in the case of caffeine, trying not to consume) them, Pollan reckons with the powerful human attraction to psychoactive plants. Why do we go to such great lengths to seek these shifts in consciousness, and then why do we fence that universal desire with laws

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and customs and fraught feelings? In this unique blend of history, science, and memoir, as well as participatory journalism, Pollan examines and experiences these plants from several very different angles and contexts, and shines a fresh light on a subject that is all too often treated reductively—as a drug, whether

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licit or illicit. But that is one of the least interesting things you can say about these plants, Pollan shows, for when we take them into our bodies and let them change our minds, we are engaging with nature in one of the most profound ways we can. Based in part on an essay published almost twenty-five years ago, this groundbreaking



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and singular consideration of psychoactive plants, and our attraction to them through time, holds up a mirror to our fundamental human needs and aspirations, the operations of our minds, and our entanglement with the natural world.

The Myth of Nutrition and the Pleasures of Eating

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And Kitchen Wisdom For  
See You on Sunday  
Excursions into Eating, Power, and the  
Past  
Poilâne  
A Cookbook for Family and Friends  
Relish  
Salt, Fat, Acid, Heat  
Simple and Inspired Whole Foods Recipes

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And Kitchen Wisdom For  
to Savor and Share [A Cookbook]  
Delicious, Healthy Family Meals