

# ***Bento Box In The Heartland***

Bento Box in the HeartlandMy Japanese Girlhood in Whitebread AmericaSeal Press  
From blogger, recipe developer, and photographer Adrianna Adarme comes a beautiful book of advice for simplifying, beautifying, and living a more thoughtful life. Organized by the months of the year, and by categories such as "Live," "Do," and "Make," Adarme shares ideas for activities, recipes, and projects that make the little moments in life just as exciting as the big.

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Like her blog, *A Cozy Kitchen*, *The Year of Cozy* features warm and comforting photos and cozy inspiration. Adarme gives us special (but totally doable) things we can do for others and ourselves. From recipes to DIY crafts, Adarme focuses on easy, inexpensive undertakings that have a big reward: happiness. The best moments in life don't require stuff, they just require intention. Adarme's clear and easy-to-follow instructions and recipes will excite and motivate you to march into your kitchen and craft closet to make something you can be proud of.

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While Latina girls have high teen birth rates and are at increasing risk for contracting sexually transmitted infections, their sexual lives are much more complex than the negative stereotypes of them as “helpless” or “risky” (or worse) suggest. In *Respect Yourself, Protect Yourself*, Lorena Garcia examines how Latina girls negotiate their emerging sexual identities and attempt to create positive sexual experiences for themselves. Through a focus on their sexual agency, Garcia demonstrates that Latina girls’ experiences with sexism, racism, homophobia and socioeconomic marginality inform how they

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engage and begin to rework their meanings and processes of gender and sexuality, emphasizing how Latina youth themselves understand their sexuality, particularly how they conceptualize and approach sexual safety and pleasure. At a time of controversy over the appropriate role of sex education in schools, *Respect Yourself, Protect Yourself*, provides a rare look and an important understanding of the sexual lives of a traditionally marginalized group.

While growing up in Versailles, an Indiana farm community, Linda Furiya tried to balance the outside world of Midwestern America with

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the Japanese traditions of her home life. As the only Asian family in a tiny township, Furiya's life revolved around Japanese food and the extraordinary lengths her parents went to in order to gather the ingredients needed to prepare it. As immigrants, her parents approached the challenges of living in America, and maintaining their Japanese diets, with optimism and gusto. Furiva, meanwhile, was acutely aware of how food set her apart from her peers: She spent her first day of school hiding in the girls' restroom, examining her rice balls and chopsticks, and longing for a Peanut Bullter and Jelly

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sandwich. Bento Box in the Heartland is an insightful and reflective coming-of-age tale. Beautifully written, each chapter is accompanied by a family recipe of mouth-watering Japanese comfort food.

Queen of Denver, The: Louise Sneed Hill and the Emergence of Modern High Society

Low Tox Life

Big Bear, Small Mouse

A Natural History of Four Meals

How to Cook a Dragon

Trail of Crumbs

Moon Japan

She Come By It Natural

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***Even the smallest readers can have big fun with Bear in this sweet introduction to opposites from the New York Times bestselling creators of Bear's New Friend. Bear is big, big, big, and mouse is small, small, small but these friends stick together through all the highs and lows! Join Bear and mouse as they spot all the opposites in their little glen. Karma Wilson and Jane Chapman team up again to bring the youngest Bear fans a delightful concept book that begs to be read out loud.***

***Coloring mandalas--traditional, intricate circular designs--can be a meditative, relaxing, and***

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***creative practice for children and adults alike. Begin your journey to calm with this beautifully packaged book, which presents 92 mandalas for your drawing pleasure. Choose the colors you want and treasure, frame, and display the final art.***

***Features the best chindogu inventions, inspired devices designed to solve all the nagging problems of domestic life, from reading in the bathtub to having a portable subway strap.***

***Raised in Tokyo, author Naomi Moriyama first travelled to the West as a college student, and promptly gained 25 pounds eating a typical***



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***Western diet. Returning home for the holidays, she found that the weight melted off as she reverted to the healthy diet of her homeland. Healthy and effective, THE JAPAN DIET is based on the traditional Japanese style of eating and is filled with over 40 simple, delicious recipes: satisfying soups, fresh vegetables, delicate grilled fish; mouthwatering meals that will keep you satisfied for longer. And with a 7-day Healthy Eating Plan built on the foundations of the Japanese diet, but based on ready meals, takeaway foods and convenience items from supermarkets, this book is also ideal for those***

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***dieters without the time to cook. With clear, practical advice and handy shortcuts, this diet offers a fresh and easy approach to a healthier, slimmer lifestyle.***

***Gringa***

***My Japanese Girlhood in Whitebread America***

***The Japan Diet***

***Descendants: Mal's Diary***

***The Letters of Ursula Nordstrom***

***Brilliantly Balanced Lunchbox Recipes***

***Scraps & Shirttails II***

***Bento Power***

Presents the Japanese approach to diet and nutrition in a guide to

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good eating that offers recipes with an easy approach to a healthier, slimmer, and longer life, without counting calories or carbohydrates.

Tells the story of the Miami Beach restaurant Joe's Stone Crab, the second-highest grossing restaurant in the United States, through the memories of special moments and guests of wait staff "lifers."

At once a traveler's tale, a memoir, and a mouthwatering cookbook, *Biting through the Skin* offers a first-generation immigrant's perspective on growing up in America's heartland.

Author Nina Mukerjee Furstenau's parents brought her from Bengal in northern India to the small town of Pittsburg, Kansas, in 1964, decades before you could find long-grain rice or plain yogurt in American grocery stores. Embracing American culture, the Mukerjee family ate hamburgers and softserve ice cream, took a

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visiting guru out on the lake in their motorboat, and joined the Shriners. Her parents transferred the cultural, spiritual, and family values they had brought with them to their children only behind the closed doors of their home, through the rituals of cooking, serving, and eating Bengali food and making a proper cup of tea. As a girl and a young woman, Nina traveled to her ancestral India as well as to college and to Peace Corps service in Tunisia. Through her journeys and her marriage to an American man whose grandparents hailed from Germany and Sweden, she learned that her family was not alone in being a small pocket of culture sheltered from the larger world. *Biting through the Skin* shows how we maintain our differences as well as how we come together through what and how we cook and eat. In mourning the partial loss of her heritage, the author finds that, ultimately, heritage always finds other ways of

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coming to meet us. In effect, it can be reduced to a 4 x 6-inch recipe card, something that can fit into a shirt pocket. It's on just such tiny details of life that belonging rests. In this book, the author shares her shirt-pocket recipes and a great deal more, inviting readers to join her on her journey toward herself and toward a vital sense of food as culture and the mortar of community.

Journalist Ryan Nerz spent a year penetrating the highest echelons of international competitive eating and *Eat This Book* is the fascinating and gut-bustingly hilarious account of his journey. Nerz gives us all the facts about the history of the IFOCE (Independent Federation of Competitive Eating)--from the story of a clever Nathan's promotion that began in 1916 on the corner of Surf and Stillwell in Coney Island to the intricacies of individual international competitions, the controversial Belt of Fat Theory and

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the corporate wars to control this exploding sport. He keeps the reader turning the pages as we are swept up in the lives of Sonya "The Black Widow" Thomas, "Cookie" Jarvis, "Hungry" Charles Hardy, and many other top gurgitators whose egos and secret agendas, hopes and dreams are revealed in dramatic detail. As Nerz goes on his own quest to become a top gurgitator, we become obsessed with him as he lies awake at night in physical pain from downing dozens of burgers and learning to chug gallons of water to expand his increasingly abused stomach. Sparing no one's appetite, Nerz reveals the training, game-day strategies and after-effects of competition in this delectably shocking banquet of gluttony and glory on the competitive eating circuit.

A Memoir of Starting Over  
The Year of Cozy

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The Fortune Cookie Chronicles

With Audio Recording

101 Unuseless Japanese Inventions

How the Food Giants Hooked Us

Fresh Recipes for Adorable Lunches

Oodles of Noodles

From the world's busiest intersection to the most serene hot springs, modernity and tradition mingle in Japan. Experience the natural wonder and rich culture of a country unlike any other with Moon Japan. Inside you'll find: Flexible itineraries including a two week 'Best of Japan' and a week in and around Tokyo Strategic advice for spiritual seekers, anime fans, foodies, fashionistas, hikers, and more The top sights and

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unique experiences: Wander the shrines and temples of Ueno-koen park and stop in Tokyo National Museum for world-renowned Japanese art. Learn about samurai heritage in Sanmachi Suji or zazen meditation at the Buddhist temples of Kyoto, and get an unforgettable lesson in 20th century history at Hiroshima Peace Memorial Park Outdoor adventures: Hike the trails of Mt. Fuji or the river-filled valley of Kamikochi and relax in a communal onsen hot spring. Ski or snowboard at a world-class resort, surf in the Pacific off the coast of Shikoku, or dive along the coral reefs of Okinawa The best local flavors: Feast on ramen or an elaborate spread of sushi, sample fresh seafood at the world's largest fish market in Tokyo, and drink your way through the famed beer scene in



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Sapporo Honest insight from American expat and longtime Tokyo local Jonathan DeHart Full-color, vibrant photos throughout Detailed maps and useful tips for navigating public transportation Focused coverage of Tokyo, Mt. Fuji, Kanazawa, Kyoto, Kansai, Hiroshima and Miyajima, Okinawa, Tohoku and Hokkaido, Shikoku and Kyushu, and more Thorough background information on the landscape, wildlife, history, government, and culture Handy tools including health and safety tips, customs and conduct, and information for LGBTQ, female, and senior travelers, as well as families and travelers with disabilities With Moon's practical advice and insider tips, you can experience the best of Japan. Exploring more of Asia? Check out Moon Vietnam.

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This book makes creating colorful, cute, and tasty Japanese-style lunches easy and fun! Learn how to craft your favorite foods into a variety of shapes—from caterpillars, cars, and puppy dogs to pretty flowers, princesses, and kitty cats to make the yummy, healthy lunches that are all the rage in Japan. Featuring chapters on Cuties & Critters, Fairy-Tale Friends, and Special Day Treats, plus a handy shopping guide, easy recipes for mini snacks, general tips and tricks, and so much more, Yum-Yum Bento Box is the perfect guide for beginner bento makers and expert chefs alike. Stop wasting money on pre-packaged lunches—and start making beautiful, healthy bentos! Includes:

- An introduction to Japanese Lunches
- Packing a Bento Box
- Bento Boxes, Tools, And

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Accessories · Ingredients · Cuties & Critters · Fairy-Tale Friends · Special-Day Treats

A revised new edition of the bestselling toolkit for creating, building, and maintaining a strong brand From research and analysis through brand strategy, design development through application design, and identity standards through launch and governance, *Designing Brand Identity, Fourth Edition* offers brand managers, marketers, and designers a proven, universal five-phase process for creating and implementing effective brand identity. Enriched by new case studies showcasing successful world-class brands, this Fourth Edition brings readers up to date with a detailed look at the latest trends in branding, including social networks, mobile devices, global

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markets, apps, video, and virtual brands. Features more than 30 all-new case studies showing best practices and world-class Updated to include more than 35 percent new material Offers a proven, universal five-phase process and methodology for creating and implementing effective brand identity

"Listening to the story is even more dramatic than reading it. It should be purchased by every public and school library." - School Library Journal

Binging with Babish

Hunger, Love, and the Search for Home

Eat This Book

Latina Girls and Sexual Identity

Secrets of My Mother's Tokyo Kitchen

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T Is for Turbo ABC Book

The Dance of the Star Fairies (Thea Stilton: Special Edition #8)

How We Learn to Eat

***Recipes recreated from beloved movies and TV shows by the host of one of the most popular food programs on the internet "Outstanding . . . a wide-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 Winner of the James Beard Award Author of***

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*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? 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 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 the way Americans think about food. Bringing wide attention*

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*to the little-known but vitally important dimensions of food and agriculture in America, Pollan launched a national 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 Omnivore's Dilemma continues to transform the way Americans think about the politics, perils, and pleasures of eating.*

*In these letters, de Beauvoir tells Sartre everything, tracing the extraordinary*

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*complications of their triangular love life; they reveal her not only as manipulative and dependent, but also as vulnerable, passionate, jealous, and committed.*

*A novel of Paris in the 1930s from the eyes of the Vietnamese cook employed by Gertrude Stein and Alice B. Toklas, by the author of The Sweetest Fruits. Viewing his famous mesdames and their entourage from the kitchen of their rue de Fleurus home, Binh observes their domestic entanglements while seeking his own place in the world.*



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*In a mesmerizing tale of yearning and betrayal, Monique Truong explores Paris from the salons of its artists to the dark nightlife of its outsiders and exiles. She takes us back to Binh's youthful servitude in Saigon under colonial rule, to his life as a galley hand at sea, to his brief, fateful encounters in Paris with Paul Robeson and the young Ho Chi Minh. Winner of the New York Public Library Young Lions Fiction Award A Best Book of the Year: New York Times, Village Voice, Seattle Times, Miami Herald, San Jose Mercury News, and*

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*others "An irresistible, scrupulously engineered confection that weaves together history, art, and human nature...a veritable feast."—Los Angeles Times "A debut novel of pungent sensuousness and intricate, inspired imagination...a marvelous tale."—Elle "Addictive...Deliciously written...Both eloquent and original."—Entertainment Weekly "A mesmerizing narrative voice, an insider's view of a fabled literary household and the slow revelation of heartbreaking secrets contribute to the visceral impact*

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*of this first novel.”—Publishers Weekly,  
starred review*

*Biting through the Skin*

*Adventures in the World of Chinese Food*

*An Indian Kitchen in America's Heartland*

*A Year of Gorging and Glory on the*

*Competitive Eating Circuit*

*125 Recipes, Crafts, and Other Homemade*

*Adventures*

*The Art of Chindogu*

*An Essential Guide for the Whole Branding*

*Team*

*The Book of Salt*

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**"A woman's search for the world's greatest Chinese restaurant proves that egg rolls are as American as apple pie"--Provided by publisher.**

**The popular quilt designer returns with a 2nd volume of tips and techniques for upcycling fabric scraps into fabulous quilts—with 13 new designs. In *Scraps and Shirrtails*, blogger and quilt designer Bonnie K. Hunter shared her passion for scrap quilts—a practice that's not only fun and creative but also cost-effective and environmentally conscious. In *Scraps and Shirrtails II*, Bonnie shares 13 new scrap quilt designs made from parts of old shirts and other odds and ends. Learn to reuse, re-purpose and recycle fabric scraps with Bonnie's savvy techniques and thrifty tips.**

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**The author chronicles the remarkable story of the Olympic snowboarder who fought back from a deadly diagnosis of primary sclerosing cholangitis, waiting four years for a liver transplant while campaigning to get his sport accepted into the Winter Olympic Games. Original. When Linda Furiya decided to move to China with her boyfriend at the age of thirty, she hoped to find romance and ethnic kinship. Expecting common ground with locals as an Asian American, Furiya struggled with her ambition as a food writer in a nation where notions of race and gender are set in stone. During the six years she lived in Beijing and Shanghai, Furiya experienced a wide range of experiences—loneliness, isolation, friendship, and love—tied together by one common**

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**theme: food. Ultimately, Furiya surpassed these challenges and found inspiration from the courageous Chinese women who graced her life. The sensuous experience of preparing and eating authentic Chinese cuisine follows Furiya throughout her journey, and ultimately reveals the intimate, nurturing side of the Chinese culture and people. Part insightful memoir, part authentic cookbook, How to Cook a Dragon is a revealing look at race, love, and food in China.**

**Japanese Women Don't Get Old Or Fat**

**Continuing the Art of Quilting Green**

**To the Edge and Back**

**Dear Genius**

**The Outsiders**

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### **Passage to Freedom**

### **How to Sleep Alone in a King-size Bed**

### **Designing Brand Identity**

A follow-up to the best-selling Bento Box in the Heartland follows the food writer author's relocation to China with her boyfriend, six-year struggles with isolation and friendship, and the ways in which a greater understanding of Chinese culture and cuisine enriched her life. Original.

We are not born knowing what to eat; as omnivores it is something we each have to figure out for ourselves. From childhood onward we learn how big a "portion" is and how sweet is too sweet. We learn to enjoy green vegetables -- or not. But how does this education happen? What are the origins of taste? In *First Bite*, award-winning food writer Bee Wilson draws on the latest rese

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from food psychologists, neuroscientists, and nutritionists to reveal that our food habits are shaped by a whole host of factors: family and culture, memory and gender, hunger and love. Taking the reader on a journey across the globe, Wilson introduces us to people who can only eat foods of a certain color; prisoners of war whose deepest yearning is for Mom's apple pie; a nine year old anosmia sufferer who has no memory of the flavor of her mother's cooking; toddlers who will eat nothing but hotdogs and grilled cheese sandwiches; and researchers and doctors who have pioneered new and effective ways to persuade children to try new vegetables. Wilson examines why the Japanese eat so healthily, whereas the vast majority of teenage boys in Kuwait have a weight problem -- and what these facts can tell Americans about how to eat better. The way we learn to eat holds the key to why food has



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so disastrously wrong for so many people. But Wilson also shows that both adults and children have immense potential for learning new, healthy eating habits. An exploration of the extraordinary and surprising origins of our tastes and eating habits, *First Bite* also shows us how we can change our palates to lead healthier, happier lives.

From a Pulitzer Prize-winning investigative reporter at *The New York Times* comes the troubling story of the rise of the processed food industry -- and how it used salt, sugar, and fat to addict us. *Salt Sugar Fat* is a journey into the highly secretive world of the processed food giants, and the story of how they have deployed these three essential ingredients, over the past five decades, to dominate the North American diet. This is an eye-opening book that demonstrates how the makers of these foods have chosen, time

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again, to double down on their efforts to increase consumption and profits, gambling that consumers and regulators would never figure them out. With meticulous original reporting, access to confidential files and memos, and numerous sources from deep inside the industry, it shows how these companies have pushed ahead, despite their own misgivings (never aired publicly). Salt Sugar Fat is the story of how we got here, and it will hold the food giants accountable for the social costs that keep climbing even as some of the industry's own say, "Enough already."

For more than four decades at the turn of the century, Louise S. Hill ruled over Denver's high society with her southern charm, societal tact and passion for success. Hill created a society group dubbed the "Sacred Thirty-Six" and held parties that encouraged animal dances, roller skating and alcohol consumption. She

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fashioned herself to the public as a hardworking, self-made woman. She used the press to sell her image, emphasize amusement and in her mission to transform society from Victorian morality to unabashed fun. She pushed boundaries at a time when American society was unsure of its social direction. Historian Shelby Carr delves into the complex story of the highly mythicized, misrepresented and misunderstood Mrs. Crawford Hill.

Living, Loving, and Eating in China

Waiting at Joe's

Salt Sugar Fat

Lunch

First Bite

A handbook for a healthy you and a happy planet

Bento Box in the Heartland

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Letters to Sartre

I feel like I've joined an enormous club, something like the Veterans of Foreign Wars. We are weary with battle fatigue and sometimes even gripped by nostalgia for the good old, bad old days, but our numbers are large, writes Theo Pauline Nestor in this wry, fiercely honest chronicle of life after divorce. Less than an hour after confronting her husband over his massive gambling losses, Theo banishes him from their home forever. With two young daughters to support and her life as a stay-at-home mother at an abrupt end, Nestor finds

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herself slipping from middle-class grace as she attends a court-ordered custody class, stumbles through job interviews, and—much to her surprise—falls in love once again. As Theo rebuilds her life and recovers her sense of self, she's forced to confront her own family's legacy of divorce. I'm from a long line of stock market speculators, artists of unmarketable talents, and alcoholics, writes Nestor. The higher, harder road is not our road. We move, we divorce, we drink, or we disappear. Nestor's journey takes her deep into her family's past, to a tiny village in Mexico, where

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she discovers the truth about how her sister ended up living in a convent there after their parents divorced in the early sixties. What she learns ultimately brings her closer to understanding her own divorce and its impact on her two daughters. "I knew from experience that for children divorce means half the world is constantly eclipsed. When you're with one parent, the other must always slip out of view," Nestor writes. Funny, openhearted, and brave, *How to Sleep Alone in a King-Size Bed* will speak to anyone who has passed through the halls of divorce court or risked tenderness after

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loss. It marks the debut of an enchanting, deeply truthful voice.

The Thea Sisters are on a magical adventure! The Thea Sisters' next adventure to the Kingdom of the Fairies!

A child of divorce, the author relates her struggles with the opposing ideals of growing up amid Oxnard, California's Latino culture with her mother and her lesbian partner and the traditional, well-to-do security of the environment created by her father.

For anyone who wants to know more about what

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Mal is really thinking, this diary gives readers a special glimpse inside her world with super-secret journal entries and Mal's doodles and drawings. Plus bonus pages for the reader to write down her own thoughts and feelings!

100 Recipes Recreated from Your Favorite Movies and TV Shows

A History

A Journal for Ramen Lovers

Mandala Meditation Coloring Book

Yum-Yum Bento Box

A Novel



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Board Book Edition

**She trusted her immense intuition and generous heart--and published the most. Ursula Nordstrom, director of Harper's Department of Books for Boys and Girls from 1940 to 1973, was arguably the single most creative force for innovation in children's book publishing in the United States during the twentieth century. Considered an editor of maverick temperament and taste, her unorthodox vision helped create such classics as Goodnight Moon, Charlotte's Web, Where the Wild Things Are, Harold and the Purple Crayon, and The Giving Tree. Leonard S.**

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**Marcus has culled an exceptional collection of letters from the HarperCollins archives. The letters included here are representative of the brilliant correspondence that was instrumental in the creation of some of the most beloved books in the world today. Full of wit and humor, they are immensely entertaining, thought-provoking, and moving in their revelation of the devotion and high-voltage intellect of an incomparably gifted editor, mentor, and publishing visionary. Ursula Nordstrom, director of Harper's Department of Books for Boys and Girls from 1940 to 1973, was arguably the single most creative force for innovation in**

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**entertaining, thought-provoking, and moving in their revelation of the devotion and high-voltage intellect of an incomparably gifted editor, mentor, and publishing visionary.**

**Many people bring their lunch to work to save money, time and to help control what they are eating (with no hidden nasties from processed shop-bought food), but sometimes it's hard to think of interesting, nutritious things to make. Sara has come to the rescue with her vibrant, fun and inspirational approach to lunch boxes. She concentrates on having 5 clear elements: complex carbs, protein, fruit and veg, and sprinkles as**

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**well as the 5 colours used in authentic Japanese cooking: red, white, black, yellow and green. With just a few essential ingredients, you add your extras to create highly nutritious, vegetarian, colourful boxes of joy. Sara includes ideas for bento breakfast boxes (Sesame Snap Granola Bento and Mighty Muesli), 15-minute bento (Busy Days Instant Noodles and Lazy Tamago Bento), Everyday bento (Red Velvet Quinoa Bento, Green Theme Bento and Zen Bento) and the Fantasy bento (Starry Sky Bento and Fairy Jewel Box Bento). With tips on how to stock your bento store-**

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**going, now is the time for bento to bounce into your breakfast, lunch box, or even into your dinner parties, filling you with Bento Power! [www.shisodelicious.com](http://www.shisodelicious.com) @shisodelicious**

**Celebrate your love for ramen with this noodle-filled journal full of playful illustrations, fun facts, and clever prompts. Inspired by the delicious Japanese dish, Oodles of Noodles is sure to satisfy. Bowls of ramen, from Miso to Tonkotsu to 2-Minute, add flavor to the pages of this charming paper-over-board journal. Delightful spot illustrations and trivia about the different varieties of ramen are paired alongside**

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**lined pages for journaling, writing down to-do lists, and taking notes. This journal features: \* Full-color illustrated thin paper-over-board binding with rounded corners throughout. \* Lined and blank interior pages, printed on woodfree paper. \* Full-color illustrations throughout. \* 40 ramen facts.**

**Lunch has never been just a meal; the meal most often eaten in public, lunch has a long tradition of establishing social status and cementing alliances.**

**From the ploughman's lunch in the field to the power lunch at the Four Seasons, the particulars of lunch decisions—where, with whom, and what we eat—often**

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**mark our place in the world. Lunch itself has galvanized political movements and been at the center of efforts to address poverty and malnutrition; the American School Lunch Act of 1946 enforced the notion that lunch could represent the very health of the nation, and sit-ins and protests at lunch counters in the 1960s thrust this space into moral territory. Issues of who cooks lunch, who eats what, and how and when we eat in public institutions continue to spur activists. Exploring the rich history and culture of this most-observed and versatile meal, Lunch draws on a wide range of sources: Letters and memoirs Fiction**



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**Cookbooks Institutional records Art and popular media Tea room menus Lunch truck Twitter feeds, and more Elias considers the history of lunch not only in America, but around the world to reveal the rich traditions and considerable changes this meal has influenced over the years.**

**My Story from Organ Transplant Survivor to Olympic Snowboarder**

**The Omnivore's Dilemma**

**Plan Your Trip, Avoid the Crowds, and Experience the Real Japan**

**Respect Yourself, Protect Yourself**

**Dolly Parton and the Women Who Lived Her Songs  
A Contradictory Girlhood**

**The Sugihara Story**

**The Secret to Effective and Lasting Weight Loss**  
*Ever stopped to read the list of ingredients in the products you use every day? In Low Tox Life, activist and educator Alexx Stuart gently clears a path through the maze of mass-market ingredient cocktails, focusing on four key areas: Body, Home, Food and Mind. Sharing the latest science and advice from experts in each area, Alexx tackles*

***everything from endocrine-disruptors in beauty products to the challenge of going low plastic in a high-plastic world, and how to clean without a hit of harmful toxins. You don't need to be a fulltime homesteader with a cupboard full of organic linens to go low tox. Start small, switching or ditching one nasty at a time, and enjoy the process as a positive one for you and the planet.***

***"Growing up amid Kansas wheat fields and airplane factories, Sarah Smarsh witnessed firsthand the particular strengths and vulnerabilities of females in working***

***poverty. Now, Smarsh reveals the overlooked contributions to social progress by such women -- as exemplified by the beloved icon Dolly Parton. She Come By It Natural, originally published as a four-part series for the roots-music journal No Depression, explores the intersection of gender, class, and culture through Parton's trailblazing life and songs. Infused with Smarsh's trademark intelligence and humanity, this insightful examination is a tribute to Dolly Parton and the organic feminism she embodies." --***

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***The struggle of three brothers to stay together after their parent's death and their quest for identity among the conflicting values of their adolescent society.***

***Already hailed as "brave, emotional, and gorgeously written" by Frances Mayes and "like a piece of dark chocolate -- bittersweet, satisfying, and finished all too soon" by Laura Fraser, author of An Italian Affair, this is a unique memoir about the search for identity through love, hunger, and food. Jim Harrison says, "Trail of Crumbs reminds me of what heavily costumed and concealed***

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***waifs we all are. Kim Sunv©e tells us so much about the French that I never learned in 25 trips to Paris, but mostly about the terrors and pleasure of that infinite octopus, love. A fine book." When Kim Sunv©e was three years old, her mother took her to a marketplace, deposited her on a bench with a fistful of food, and promised she'd be right back. Three days later a policeman took the little girl, clutching what was now only a fistful of crumbs, to a police station and told her that she'd been abandoned by her mother. Fast-forward almost 20 years and***

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***Kim's life is unrecognizable. Adopted by a young New Orleans couple, she spends her youth as one of only two Asian children in her entire community. At the age of 21, she becomes involved with a famous French businessman and suddenly finds herself living in France, mistress over his houses in Provence and Paris, and stepmother to his eight year-old daughter. Kim takes readers on a lyrical journey from Korea to New Orleans to Paris and, along the way serving forth her favorite recipes. A love story at heart, this memoir is about the search for***

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***identity and a book that will appeal to anyone who is passionate about love, food, travel, and the ultimate search for self.***