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**Recipes For Your
Blood Type Diet**

More information to be announced soon
on this forthcoming title from Penguin
USA

BLOOD TYPE DIET FOR BEGINNERS:

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Your Guide To Eat Right 4 Your With
Your Blood Type O, A, B, And AB As a
result of the revolutionary and highly
effective Blood Type Diet (R), by Dr. Peter
J. D'Adamo, Emily Fan has written some
practical tips that will make eating right
for your blood type easy. If your thought is
that not everyone should eat the same

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thing or do the same exercise, then you are right. Your blood type reflects your internal chemistry. Indeed different blood types mean different body chemistry. A blood type O will enjoy a high protein and low carbohydrate diet. Blood type A enjoys a vegetarian diet. Blood Type B enjoys protein and a bit of dairy. Blood

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type AB enjoys a diet for both blood type A and B. Carry this book everywhere you go dining, cooking, vacation, restaurants, grocery store because it is your key to avoid adding more pounds and living healthy. This book contains a comprehensive list of foods for blood Type A, O, B, and AB as follows: - meats,

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poultry, and seafood - oils and fats - dairy
and eggs - nuts, seeds, beans, and legumes
- bread, grains, and pasta - fruits,
vegetables, and juices - spices and
condiments - other foods- Shopping tips -
Low budget blood type Diet- Weight loss
tips for your type. MORE THAN 7
MILLION PEOPLE WORLDWIDE ARE

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ENJOYING THIS DIET. JOIN THEM

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D'Adamo, Kristin O'Connor, blood type ab

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Peter J D'Adamo, the diabetes diet plan
how to eat Emma Baird, eat right for your
blood type WaraWaran, eat right for your
archetype Melissa Kathryn
A cooking reference by the best-selling
author of Eat Right 4 Your Type provides
Blood Type AB readers with customized

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recipes that use plant-based proteins, whole grains and organic produce to prepare such options as Blueberry Macadamia Muffins and Roasted Artichoke Greek Salad. Original. 75,000 first printing.

MORE THAN 150 RECIPES CRAFTED
FOR YOUR BLOOD TYPE A DIET Based

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on his revolutionary and highly effective
Blood Type Diet[®], Dr. Peter J.
D'Adamo—with personal wellness chef
Kristin O'Connor—has written a set of
practical, personalized healthy cookbooks,
so you can eat right for your type every
day! Packed with recipes specifically
designed for your Blood Type A diet, this

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Diet
personalized cookbook features a variety of delicious and nutritious recipes for breakfast, lunch, and dinner as well as snacks, soups, and other tempting treats that make eating right for your type easy and satisfying. It is an essential kitchen companion with masterfully-crafted recipes that make cooking with plant-

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based proteins, whole grains, organic vegetables, and fruits an exciting and healthy adventure. In this book, you will find delicious recipes for Blueberry Macadamia Muffins, Roasted Artichoke Greek Salad, and Moroccan Tofu Tagine. In addition to over 150 recipes and beautiful color photos, this book also

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includes: • Valuable tips on stocking the
Blood Type A pantry and freezer •
Creative ideas for last minute meals • A
four-week meal planner • Recipes tagged
for non-Secretors and suitable
substitutions Previously published as
Personalized Living Using the Blood Type
Diet (Type A)

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Eat Right 4 Your Type

The Individualized Blood Type Diet
Solution

Eat Right 4 Your Type: blood types;4

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Diets; 4 exercise programs; 4 plans for a
healthy life

Pinocchio, The Tale of a Puppet
follows the adventures of a
talking wooden puppet whose
nose grew longer whenever he
told a lie and who wanted more

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than anything else to become a
real boy. As carpenter Master
Antonio begins to carve a block
of pinewood into a leg for his
table the log shouts out, "Don't
strike me too hard!" Frightened
by the talking log, Master

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Cherry does not know what to do until his neighbor Geppetto drops by looking for a piece of wood to build a marionette. Antonio gives the block to Geppetto. And thus begins the life of Pinocchio, the puppet that

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turns into a boy. Pinocchio, The
Tale of a Puppet is a novel for
children by Carlo Collodi is
about the mischievous
adventures of Pinocchio, an
animated marionette, and his
poor father and woodcarver

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Geppetto. It is considered a classic of children's literature and has spawned many derivative works of art. But this is not the story we've seen in film but the original version full of harrowing adventures faced

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by Pinnocchio. It includes 40
illustrations.

Memorial: Edward J. Essey Sr.
An encyclopedia designed
especially to meet the needs of
elementary, junior high, and
senior high school students.

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The Eat Right Diet
Food, Beverage and
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The Paper Palace
Eat Right 4 Your Type
Personalized Cookbook Type O

*"Includes a 10-day jump-start
plan"--Jacket.*

*Builds on the philosophies of the Blood
Type Diet® to counsel home cooks with*

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***Blood Type B on how to prepare such
dishes as Salmon-Filled Radicchio Cups
and Turkey Ginger Stir-Fry with grass-
fed meats, cultured dairy products and
organic produce. Original. 75,000 first
printing.***

***A targeted plan for fighting allergies, one
of the world's most common chronic***

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*conditions, from Dr. Peter J. D'Adamo,
author of the Eat Right 4 (for) Your Type
series—with more than two million copies
in print! With specific tools unavailable
in any other book, Allergies: Fight Them
with the Blood Type Diet has four battle
plans—individualized for your needs—for
preventing and treating environmental*

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and food allergies, chronic sinus infections, asthma, and related allergy conditions. Dr. D'Adamo's battle plan includes:

- *A diet tailored to your blood type that attacks allergies at their source, reducing inflammatory activity, and pinpointing dietary factors that trigger allergic reactions.*
- *A new category of*

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*Super Beneficials highlighting powerful
allergy-fighting foods for your blood type.*

- *Blood type-specific protocols for
vitamins, supplements, and herbs to
target allergies and related conditions. •
A four-week plan for getting started with
practical strategies for eating, exercising,
and living right to fight allergies.*

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***THE NEW YORK TIMES
BESTSELLING DIET BOOK***

PHENOMENON *If you've ever suspected that not everyone should eat the same thing or do the same exercise, you're right. In fact, what foods we absorb well and how our bodies handle stress differ with each blood type. Your*

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blood type reflects your internal chemistry. It is the key that unlocks the mysteries of disease, longevity, fitness, and emotional strength. It determines your susceptibility to illness, the foods you should eat, and ways to avoid the most troubling health problems. Based on decades of research and practical

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application, Eat Right 4 Your Type offers an individualized diet-and-health plan that is right for you. In this revised and updated edition of Eat Right 4 Your Type, you will learn:

- Which foods, spices, teas, and condiments will help maintain your optimal health and ideal weight
- Which vitamins and supplements to

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*emphasize or avoid • Which medications
function best in your system • Whether
your stress goes to your muscles or to*

*your nervous system • Whether your
stress is relieved better through aerobics
or meditation • Whether you should
walk, swim, or play tennis or golf as your
mode of exercise • How knowing your*

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*blood type can help you avoid many
common viruses and infections • How
knowing your blood type can help you
fight back against life-threatening
diseases • How to slow down the aging
process by avoiding factors that cause
rapid cell deterioration INCLUDES A
10-DAY JUMP-START PLAN*

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*150+ Healthy Recipes For Your Blood
Type Diet*

Live Right for Your Type

*150+ Healthy Recipes for Your Blood
Type Diet*

A Novel

*Eat Right 4 Your Type Personalized
Cookbook Type A*

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**A cookbook companion to Eat
Right 4 Your Type includes more
than two hundred original recipes
as well as individualized thirty-
day meal plans--one for each of
four blood types--for achieving
health, losing weight, and living
longer. Reprint.**

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The Eat Right 4 Your Type
portable and personal blood type
guide to staying healthy and
achieving your ideal weight. It's
science! Different blood types
mean different body chemistries.
Eating foods that your blood type
can process easily can help you

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**lose weight and ward off illness -
as well as giving you bags of
energy. Based on your genetic
make-up, EAT RIGHT 4 YOUR
BLOOD TYPE means eating foods
that are compatible with your
individual chemistry. If your
blood type is O, then you will**

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enjoy your best health on a high protein, low carbohydrate diet, and make sure you get plenty of animal protein. Carry this handy checklist with you wherever you go, so you can make the right food choices in the supermarket, while eating out or on holiday.

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Inside are complete listings of what's right for Type O in all of the main food, drink and supplement categories, so you can avoid putting on those extra pounds or feeling unwell from eating the wrong thing. Soon you'll be on your way to

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**developing the perfect
prescription plan for your type.
The EAT RIGHT 4 YOUR TYPE
portable and personal blood type
guide to staying healthy and
achieving your ideal weight.
A comprehensive reference
containing information on the**

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four blood types provides detailed information on how to treat more than three hundred health conditions and ailments according to one's blood type, more than five hundred entries on food and supplements, the best medications according to one's

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**blood type, the history and
evolution of blood type, and
more. Original.**

**The Eat Right 4 (For) Your Type
portable and personal diet book
that will help people with blood
type B stay healthy and achieve
their ideal weight. Different**

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blood types mean different body chemistry. If your blood type is B, enjoy your best health with plenty of variation. Eat plenty of protein, and add a bit of dairy. Carry this guide with you to the grocery store, restaurants, even on vacation to avoid putting on

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**those extra pounds, or getting
sick from eating the wrong thing.**

**Inside you will find complete
listings of what's right for Type B
in the following categories: •
meats, poultry, and seafood • oils
and fats • dairy and eggs • nuts,
seeds, beans, and legumes •**

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• breads, grains, and pastas •
• fruits, vegetables, and juices •
• spices and condiments •
• herbal teas and other beverages •
• special supplements •
• drug interactions •
resources and support
Refer to this diet book
while shopping, dining, or

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**cooking—and soon, you will be on
your way to developing a healthy
prescription plan that's right for
your type.**

**The Individulized Guide to
Fertility and Maximum Health
During Pregnancy
Pinocchio, the Tale of a Puppet**

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**Eat Right 4 Your Type: The
Individualized Diet Solution
Eat Right 4 Your Type (Revised
and Updated)**

From the doctor who brought us the blood-type health craze that has swept the nation, here is new research that

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shows you how to live according to your blood type so that you can achieve total physical and emotional well-being. Over a million readers have used the individualized blood-type diet solution developed by Dr. Peter J. D'Adamo to achieve their

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ideal weight. In the five years since
the New York Times bestseller Eat
Right 4 (for) Your Type was

published, new research has indicated
that there's a blood-type profile for
almost every aspect of our lives, and
thanks to that new research, your

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blood type reveals how you can live a better life. Live Right 4 (for) Your Type is Dr. D'Adamo's groundbreaking book that will give you individualized prescriptions according to blood type. According to your blood type, should you: • Eat three regular

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meals a day, or small, frequent ones?

- Have a regimented or flexible routine?
- Go to sleep at the same time every night or have a flexible bedtime?
- Do without rest periods or take them religiously?
- Achieve emotional balance through exercise,

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meditation, or herbs? Each blood-type prescription is divided into five life areas. Recommendations, guidelines, and informational charts are provided for the following: • Lifestyle • Stress and Emotional Balance • Maximizing Health • Overcoming Disease •

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Strategies for Aging Live Right 4 (for) Your Type also has information compiled from new research that greatly expands on the information in Eat Right 4 (for) Your Type, featuring:

- New metabolism-boosting supplement lists to increase the body's

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efficiency and ability to achieve ideal weight. • Refined food and supplement lists to increase cardiac efficiency, lower cholesterol, and strengthen your ability to fight colds, flu, and more serious diseases. • Instructions on how to use vegetables

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and herbs to improve Natural Killer Cell activity. • New information on blood type subgroups that influence not only weight, but also physical and mental health.

Shows readers how to live well according to their blood type, offering

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a comprehensive plan for achieving
total well-being.

Outlines four plans that prescribe
compatible diet, exercise, and
supplement programs for each major
blood type, in a guide designed to help
readers promote optimal fertility,

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prenatal care, pregnancy, nursing,
postpartum recovery, and baby health.
Reprint.

Shares dozens of personalized recipes
for readers with Blood Type O,
drawing on the strategies of the Blood
Type Diet® to demonstrate how to use

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a range of healthy ingredients to prepare such options as Cinnamon Millet Crepes and Beef Tips with Wild Mushrooms. Original. 75,000 first printing.

Arthritis

The World Book Encyclopedia

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TYPE FOOD AND**

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SUPPLEMENTS FOR TYPE A
Based on the blood type diet
as founded by Dr Peter J.
D'Adamo, comes this practical
tips and guide that will make
eating right for your blood
type easy. The unique

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**features of your blood type
and your body means that you
would not eat the same type
of food and do the same type
of exercise with another
person if you want to see the
great result in your waistline**

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**and look healthy and young.
For blood type O, a good diet
must be based on protein.
Blood type A enjoys a largely
vegetarian diet. While blood
type B enjoys protein and
dairy food. Blood type AB**

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**enjoys food for both type A
and B. Now, you have the
perfect tool for a healthy body
and healthy lifestyle. Eat
everything you want within
your type and look slim. Now
this book is your closest**

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**companion, carry it
everywhere you go. This book
contains a comprehensive list
of foods for blood Type A, O,
B, and AB as follows: Foods to
eat Foods to avoid Blood type
diet meats and poultry Blood**

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Diet Oils and Fat Dairy and
eggs Nuts and seeds Beans
and legumes Grains, Bread
and pasta, Blood Type Diet
fruits, Vegetables for your
Blood type Eat right for your**

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**blood type juices Spices and
condiments Herbal teas and
beverages Supplements for
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your type. Diet Journal
Nutritional requirement for
Rapid weight loss. MORE**

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**THAN 7 MILLION PEOPLE
WORLDWIDE ARE ENJOYING
THIS DIET. JOIN THEM NOW.**

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blood type, eat right for your
blood type kindle, eat right for
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blood type WaraWaran, eat
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Melissa Kathryn**

**A new addition to the top-
selling series shares blood**

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**type-specific
recommendations for
combating such age-related
conditions as brain decline,
hormonal deficiency, and loss
of vitality, in a reference that
provides self-assessment**

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recommendations, and
exercise suggestions. Reprint.
Dr. Peter J. D'Adamo, the
author of the Eat Right 4 (for)
Your Blood Type Diet series,
with more than two million

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**copies in print, has now
created a targeted plan for
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cardiovascular disease. Using
specific tools not available in
any other book, sufferers can
find their own, individualized**

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**battle plans for preventing and
treating heart conditions, high
blood pressure, high
cholesterol, vascular
problems, and angina. Now
includes new information to
maximize cardiovascular**

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**health, food charts, dietary
reccomendations, blood type-
specific questionnaires, and
the latest research on
prevention and treatment of
these conditions.**

It has now been established

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**that a person's blood type
plays a part in losing weight,
avoiding disease and
promoting fitness and
longevity. Based on that
knowledge, this book provides
a set of blood type-specific**

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diets.
Recipes For Your Blood Type
Diet
Blood Type Diet for Beginners
Fully Revised with 10-day
Jump-Start Plan
Blood Type B Food, Beverage
and Supplement Lists
Your Guide to Eat Right 4 Your

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**Type and Lose Up to a Pound
a Day**

Eat Right for Blood Type O

The author of the best-selling "Eat Right 4 (for) Your Type" draws on the principles of his popular

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*diet program to explain
how individualized
nutritional programs,
based on one's blood type,
can help battle the
painful signs and
debilitating symptoms of*

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arthritis and other
inflammatory diseases.
Reprint.

NEW YORK TIMES BEST SELLER

• Celebrated food blogger
and best-selling cookbook
author Deb Perelman knows

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*just the thing for a
Tuesday night, or your
most special occasion—from
salads and slaws that make
perfect side dishes (or a
full meal) to savory tarts
and galettes; from*

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*Mushroom Bourguignon to
Chocolate Hazelnut Crepe.*

*"Innovative, creative, and
effortlessly funny."*

—Cooking Light Deb

Perelman loves to cook.

She isn't a chef or a

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*restaurant owner—she's
never even waitressed.
Cooking in her tiny
Manhattan kitchen was, at
least at first, for
special occasions—and, too
often, an unnecessarily*

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daunting venture. Deb found herself overwhelmed by the number of recipes available to her. Have you ever searched for the perfect birthday cake on Google? You'll get more

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than three million results. Where do you start? What if you pick a recipe that's downright bad? With the same warmth, candor, and can-do spirit her award-winning blog,

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*Smitten Kitchen, is known
for, here Deb presents
more than 100*

*recipes—almost entirely
new, plus a few favorites
from the site—that
guarantee delicious*

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results every time.
Gorgeously illustrated
with hundreds of her
beautiful color
photographs, *The Smitten
Kitchen Cookbook is all
about approachable,*

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*uncompromised home
cooking. Here you'll find
better uses for your
favorite vegetables:
asparagus blanketing a
pizza; ratatouille
dressing up a sandwich;*

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*cauliflower masquerading
as pesto. These are
recipes you'll bookmark
and use so often they
become your own, recipes
you'll slip to a friend
who wants to impress her*

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*new in-laws, and recipes
with simple ingredients
that yield amazing results
in a minimum amount of
time. Deb tells you her
favorite summer cocktail;
how to lose your fear of*

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*cooking for a crowd; and
the essential items you
need for your own kitchen.
From salads and slaws that
make perfect side dishes
(or a full meal) to savory
tarts and galettes; from*

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*Mushroom Bourguignon to
Chocolate Hazelnut Crepe
Cake, Deb knows just the
thing for a Tuesday night,
or your most special
occasion.*

Food, beverage and

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supplement lists.
The Eat Right 4 Your Type
portable and personal
blood type guide to
staying healthy and
achieving your ideal
weight. It's science!

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*Different blood types mean
different body
chemistries. Eating foods
that your blood type can
process easily can help
you lose weight and ward
off illness - as well as*

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giving you bags of energy.

Based on your genetic make-

up, EAT RIGHT 4 YOUR BLOOD

TYPE means eating foods

that are compatible with

your individual chemistry.

If your blood type is B,

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*then you will enjoy your
best health on a varied
diet, including plenty of
protein and a bit of dairy
too. Carry this handy
checklist with you
wherever you go, so you*

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can make the right food choices in the supermarket, while eating out or on holiday. Inside are complete listings of what's right for Type B in all of the main food,

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*drink and supplement
categories, so you can
avoid putting on those
extra pounds or feeling
unwell from eating the
wrong thing. Soon you'll
be on your way to*

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*developing the perfect
prescription plan for your
type. The EAT RIGHT 4 YOUR
TYPE portable and personal
blood type guide to
staying healthy and
achieving your ideal*

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weight.
Cardiovascular Disease:
Fight it with the Blood
Type Diet
Eat Right For Blood Type B
Cancer
Live Right 4 Your Type

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*Blood Type O Food,
Beverage and Supplemental
Lists*

Eat Right 4 Your Type harnesses
the power of our own amazing bio-
chemistry to help you to cast aside
the fad diets for good! Dr Peter

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D'Adamo and Catherine
Whitney are back with a fully
updated and revised edition of their
sensational book to demonstrate
how working with your blood type
plays a key role in losing weight,
avoiding disease and promoting

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fitness and longevity. After selling over a 7 million copies worldwide, this revised edition of the global phenomenon blood-type diet is packed with even more material - including a 10-Day Jump-Start Plan- to help you tailor your diet to

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suit you and your blood type,
enabling you stay to healthy, live
longer and achieve your ideal
weight.

What ' s Your GenoType?

GenoType 1 The Hunter Tall, thin,
and intense, with an

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overabundance of adrenaline and a
fierce, nervous energy that winds
down with age, the Hunter was
originally the success story of the
human species. Vulnerable to
systemic burnout when
overstressed, the Hunter ' s

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modern challenge is to conserve energy for the long haul. GenoType 2 The Gatherer Full-figured, even when not overweight, the Gatherer struggles with body image in a culture where thin is “ in. ” An unsuccessful crash dieter with a

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host of metabolic challenges, the Gatherer becomes a glowing example of health when properly nourished. GenoType 3 The Teacher Strong, sinewy, and stable, with great chemical synchronicity and stamina, the Teacher is built

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for longevity—given the right diet
and lifestyle. This is the genotype

of balance, blessed with a
tremendous capacity for growth
and fulfillment. GenoType 4 The
Explorer Muscular and
adventurous, the Explorer is a

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biological problem solver, with an impressive ability to adapt to environmental changes, and a better than average capacity for gene repair. The Explorer ' s vulnerability to hormonal imbalances and chemical

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sensitivities can be overcome with
a balanced diet and lifestyle.

GenoType 5 The Warrior Long,
lean, and healthy in youth, the
Warrior is subject to a bodily
rebellion in midlife. With the
optimal diet and lifestyle, the

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Warrior can overcome the quick-aging metabolic genes and experience a second, “ silver, ” age of health. GenoType 6 The Nomad A GenoType of extremes, with a great sensitivity to environmental

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conditions—especially changes in altitude and barometric pressure, the Nomad is vulnerable to neuromuscular and immune problems. Yet a well-conditioned Nomad has the enviable gift of controlling caloric intake and aging

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gracefully. The author of the international bestseller Eat Right 4 Your Type again breaks new ground with the first diet plan based on your unique genetic code. With Eat Right 4 Your Type and additional books in the Blood Type

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Diet® series, Dr. Peter J.
D'Adamo pioneered a new,
revolutionary approach to
dieting—one linked to a person's
blood type. In the GenoType Diet,
he takes his groundbreaking
research to the next level by

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identifying six unique genetic types. Whether you are a Hunter, Gatherer, Teacher, Explorer, Warrior, or Nomad, Dr. D ' Adamo offers a customized program that compliments your genetic makeup to maximize health and weight loss,

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as well as prevent or even reverse disease. In simple, concise prose,

Dr. D ' Adamo explains how a host of environmental factors, including diet and lifestyle, dictate how and when your genes express themselves. He goes on to

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demonstrate precisely how, with the right tools, you can alter your genetic destiny by turning on the good genes and silencing the bad ones. Your health risks, weight, and life span can all be improved by following The GenoType Diet

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that ' s right for you. Using family history and blood type, as well as simple diagnostic tools like fingerprint analysis, leg length measurements, and dental characteristics, Dr. D ' Adamo shows you how to map out your

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genetic identity and discover which of the six GenoType plans you should follow. Without expensive tests or a visit to the doctor, The GenoType Diet reveals previously hidden genetic strengths and weaknesses and provides a precise

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diet and lifestyle plan for every individual. Based on the latest and most cutting-edge genetic research, this is a twenty-first-century plan for wellness and weight loss from a renowned healthcare pioneer. Provides more than 150 recipes

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crafted for a Blood Type AB diet,
explaining how to use nutrient-rich
seafoods, whole grains and organic
produce to prepare such options as
Tomato Greek Salad and Spring
Pesto Pasta. Original. 75,000 first
printing.

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REESE'S BOOK CLUB PICK
LONGLISTED FOR THE 2022
WOMEN'S PRIZE FOR FICTION
INSTANT #1 NEW YORK TIMES
BESTSELLER THE PAPER PALACE
IS: " Filled with secrets, love, lies
and a summer beach house. What

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more could you ask? ” —Parade
“A deeply emotional love
story...the unraveling of secrets,
lies and a very complex love
triangle. ” —Reese Witherspoon
(Reese ' s Book Club July ' 21
Pick) "Nail-biting." —Town &

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Country “A magnificent page-
turner.” —Cynthia D’Aprix
Sweeney, New York Times
bestselling author “ [An]
irresistible placement of a
complicated family in a bewitching
place. ” —The New York Times A

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story of summer, secrets, love, and lies: in the course of a singular day on Cape Cod, one woman must make a life-changing decision that has been brewing for decades.

“ This house, this place, knows all my secrets. ” It is a perfect August

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morning, and Elle, a fifty-year-old happily married mother of three, awakens at “ The Paper Palace ” —the family summer place which she has visited every summer of her life. But this morning is different: last night Elle

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and her oldest friend Jonas crept out the back door into the darkness and had sex with each other for the first time, all while their spouses chatted away inside. Now, over the next twenty-four hours, Elle will have to decide between the life she

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has made with her genuinely
beloved husband, Peter, and the
life she always imagined she would
have had with her childhood love,
Jonas, if a tragic event hadn ' t
forever changed the course of their
lives. As Heller colors in the

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experiences that have led Elle to this day, we arrive at her ultimate decision with all its complexity. Tender yet devastating, The Paper Palace considers the tensions between desire and dignity, the legacies of abuse, and the crimes

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and misdemeanors of families.
Blood Type Diet
Allergies: Fight Them with the
Blood Type Diet
The Practical Kitchen Companion
to Eat Right 4 Your Type, Including
More Than 200 Original Recipes,

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as Well as Individualized 30-day
Meal Plans for Staying Healthy,
Living Longer, and Achieving Your
Ideal Weight
The Individualized Plan for
Treating Environmental and Food
Allergies, Chronic Sinus Infections,

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Asthma and Related Conditions
Aging
Recipes For Your Blood Type
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Based on his
revolutionary and highly
effective Blood Type
Diet ®, Dr. Peter J.
D'Adamo with personal

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wellness chef Kristin
O'Connor has written a
Diet Recipes For Your Blood Type
set of practical,
personalized cookbooks,
so you can eat right for
your type every day—with
more than 150 recipes

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crafted for your blood
type AB diet! Packed
with recipes
specifically designed
for your Blood Type AB
diet, the Personalized
Cookbook features a

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variety of delicious and
nutritious recipes for
breakfast, lunch and
dinner as well as
snacks, soups and other
tempting treats that make
eating right for your

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type easy and satisfying. It is an essential kitchen companion with masterfully-crafted recipes that make cooking with nutrient-

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rich seafood, whole grains, cultured dairy, organic vegetables and fruits an exciting and healthy adventure. In this book, you will find delicious recipes for

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Blackstrap Cherry
Granola, Roasted Tomato
Greek Salad, and Spring
Pesto Pasta. In addition
to over 150 recipes and
beautiful color photos,
this book also includes:

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- Valuable tips on stocking the Blood Type AB pantry and freezer • Creative ideas for last minute meals • A four-week meal planner • Recipes tagged for non-

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substitutions Previously
published as
Personalized Living
Using the Blood Type
Diet (Type AB)
Different blood types

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mean different body chemistries. If your blood type is O, enjoy your best health on a high protein, low carbohydrate diet, and make sure you get plenty

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of animal protein. Carry
this guide with you to
the grocery store,
restaurants, even on
vacation to avoid
putting on those extra
pounds or getting sick

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from eating the wrong things. You'll never have to be without Dr D'Adamo's reassuring guidance again. Inside you will find complete listings of what's right

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for Type O.

Eat Right 4 Your Type harnesses the power of our own amazing bio-chemistry to help you to cast aside the fad diets for good! Dr Peter

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D'Adamo and Catherine
Whitney are back with a
Diet
fully updated and
revised edition of their
sensational book to
demonstrate how working
with your blood type

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plays a key role in
losing weight, avoiding
disease and promoting
fitness and longevity.
After selling over a 7
million copies
worldwide, this revised

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edition of the global
phenomenon blood-type
diet is packed with even
more material –
including a 10-Day Jump-
Start Plan – to help you
tailor your diet to suit

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you and your blood type,
enabling you stay to
healthy, live longer and
achieve your ideal
weight.

A personalized approach
to preventing and

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treating diabetes
incorporates self-
assessment tests,
lifestyle changes,
nutritional supplements,
and exercise protocols,
all based on the

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principles of the "Blood
Type Diet."

Cook Right 4 Your Type
The GenoType Diet
Change Your Genetic
Destiny to live the
longest, fullest and

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healthiest life possible
Eat Right for Blood Type
A

Blood Type A

The Eat Right 4 (For) Your Type
portable and personal blood type
guide to staying healthy and

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achieving your ideal weight Different
blood types mean different body
chemistry. If your blood type is B,
enjoy your best health with plenty of
variation. Eat plenty of protein, and
add a bit of dairy. Carry this guide
with you to the grocery store,
restaurants, even on vacation to

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avoid putting on those extra pounds,
or getting sick from eating the wrong
thing. You'll never have to be without

Dr. D'Adamo's reassuring guidance
again. Inside you will find complete
listings of what's right for Type B in
the following categories: * meats,
poultry, and seafood * oils and fats *

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dairy and eggs * nuts, seeds, beans,
and legumes * breads, grains, and
pastas * fruits, vegetables, and juices
* spices and condiments * herbal teas
and other beverages * special
supplements * drug interactions *
resources and support Refer to this
book while shopping, dining, or

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cooking—and soon, you will be on your way to developing a prescription plan that's right for your type.

Dr. D'Adamo has forever changed the strategy for eating right to lose weight and achieving maximum health. In addition to the beneficial,

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neutral, and avoid categories, he introduces a new food category--"superbeneficial"--for helping the body fight diabetes. The Eat Right 4 Your Type portable and personal blood type guide to staying healthy and achieving your ideal weight. It's science! Different

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blood types mean different body chemistries. Eating foods that your blood type can process easily can help you lose weight and ward off illness - as well as giving you bags of energy. Based on your genetic make-up, EAT RIGHT 4 YOUR BLOOD TYPE means eating foods that are

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compatible with your individual chemistry. If your blood type is A, then you will enjoy your best health on a vegetarian diet. Carry this handy checklist with you wherever you go, so you can make the right food choices in the supermarket, while eating out or on holiday. Inside

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are complete listings of what's right for Type A in all of the main food, drink and supplement categories, so you can avoid putting on those extra pounds or feeling unwell from eating the wrong thing. Soon you'll be on your way to developing the perfect prescription plan for your type. The

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EAT RIGHT 4 YOUR TYPE portable
and personal blood type guide to
staying healthy and achieving your
ideal weight.

Blood Type B

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The Smitten Kitchen Cookbook

Eat Right for Your Blood Type Food

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and Supplements for Type a
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