

Access Free John Robbins New Book

John Robbins New Book

The journalist and author of *The Food Revolution* offers a collection of essays on food

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politics, sustainability, and revolution. With words like food additives, GMOs, and Big Food buzzing around, it's getting harder to choose what to eat. Even the most well-informed eaters could

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learn a thing or two about real food and the food system. Gathering and updating articles from his Huffington Post column, celebrated food politics journalist John Robbins

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presents his most recent observations along with never before published material. With commentaries on what we should and shouldn't eat, Robbins brings us to the frontlines of today's

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food revolution. From his undercover investigations of feedlots and slaughterhouses, to the slave trade behind chocolate and coffee, he gives readers a look into the importance of

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working for a more compassionate and environmentally responsible world. In No Happy Cows, you'll learn about: · Greed and salmonella · Soy and Alzheimer's · Vitaminwater

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deception · And much more!
An Arab and a Jew open a restaurant together across the street from the United Nations.... It sounds like the beginning of an ethnic joke, but it's the axis around

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which spins this gutsy, fun-loving, and alarmingly provocative novel, in which a bean can philosophizes, a dessert spoon mystifies, a young waitress takes on the New York art world, and a

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rowdy redneck welder discovers the lost god of Palestine--while the illusions that obscure humanity's view of the true universe fall away, one by one, like Salome's veils. Skinny Legs

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and All deals with today's most sensitive issues: race, politics, marriage, art, religion, money, and lust. It weaves lyrically through what some call the "end days" of our planet. Refusing

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to avert its gaze from the horrors of the apocalypse, it also refuses to let the alleged end of the world spoil its mood. And its mood is defiantly upbeat. In the gloriously inventive Tom

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Robbins style, here are characters, phrases, stories, and ideas that dance together on the page, wild and sexy, like Salome herself. Or was it Jezebel?
The Book of John Mandeville

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has tended to be neglected by modern teachers and scholars, yet this intriguing and copious work has much to offer the student of medieval literature, history, and culture. [It] was a

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contemporary bestseller, providing readers with exotic information about locales from Constantinople to China and about the social and religious practices of peoples such as the Greeks, Muslims,

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and Brahmins. The Book first appeared in the middle of the fourteenth century and by the next century could be found in an extraordinary range of European languages: not only Latin,

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French, German, English, and Italian, but also Czech, Danish, and Irish. Its wide readership is also attested by the two hundred fifty to three hundred medieval manuscripts that still survive

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today. Chaucer borrowed from it, as did the Gawain-poet in the Middle English *Cleanness*, and its popularity continued long after the Middle Ages.

Guides readers on the path

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to financial freedom, discussing how to not only weather but gain from fluctuations in the stock market, how to get more out of a 401k, and how to avoid paying hidden fees.

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The Whole Foods Diet

Walkman

Selections

Even Cowgirls Get the Blues

Building Healing Bridges

Across Historic Divides

Reclaiming Our Health

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The Spirit and Craft of Italy's Greatest Food, with Recipes [A Cookbook]

Jitterbug Perfume is an epic. Which is to say, it begins in the forests of ancient Bohemia and doesn't conclude until nine o'clock tonight (Paris time). It is a saga, as

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well. A saga must have a hero, and the hero of this one is a janitor with a missing bottle. The bottle is blue, very, very old, and embossed with the image of a goat-horned god. If the liquid in the bottle actually is the secret essence of the universe, as some folks seem to think, it had better be discovered soon because it is

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leaking and there is only a drop or two left. The author calls for a revolution in health care, criticizing its hostility to alternative medicine and its bias against women

Gonzalo -shipwrecked in a violent storm in 1511, he finds himself cast away on an unknown shore in the New World. A fierce tribe enslaves him and the other Spaniards

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in his small party. With little hope for escape, this brilliant and pragmatic adventurer searches for a way to advance in a strange new culture. Ix Zazil -the spirited and independent daughter of a powerful chieftain, she finds herself surprisingly drawn to the strange foreigner who has been thrust into her life from

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another world. Jeronimo -lost in the shipwreck with Gonzalo, this uncompromising priest rejects Maya ways, holds fast to his beliefs and remains a slave. Like his fellow survivor, he is convinced he is the better man for his choice. Based on actual people and events, this exotic historical novel follows these

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driven characters as they chart conflicting courses through a tumultuous world unlike anything they could ever have imagined. To introduce John Lydgate's landmark poem the Troy Book to students and non-specialist readers, the editor has selected the essential passages from the poem and bridges any gaps with textual summaries.

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Also included are an introduction, gloss, notes, and a glossary. John Lydgate, a monk of the great Benedictine abbey of Bury St. Edmunds in Suffolk, began composing the poem, an ambitious attempt at recounting the Trojan War in Middle English, in October 1412 on commission from Henry, Prince of Wales (later King

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Henry V), and completed it in 1420. The poem is an interesting study for those interested in medieval approaches to classical sources, as well as for its often contradictory and complicated take on contemporary chivalry.

No Happy Cows

The Economics of Happiness

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Dispatches from the Frontlines of the Food Revolution

The Scientifically Proven Secrets of the World's Healthiest and Longest-Lived Peoples

The Power of Partnership

Diet for a New America 25th Anniversary Edition

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What They Tell Us About Ourselves, the World, and a Better Future

Discusses how to address unsatisfactory aspects of life by recognizing opportunities for fulfillment, becoming independent, and overcoming

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innate psychological obstacles to healthy change.

Why do some people age in failing health and sadness, while others grow old with vitality and joy? In this revolutionary book, bestselling author John Robbins

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presents us with a bold new paradigm of aging, showing us how we can increase not only our lifespan but also our health span. Through the example of four very different cultures that have the distinction of producing

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some of the world's healthiest, oldest people, Robbins reveals the secrets for living an extended and fulfilling life in which our later years become a period of wisdom, vitality, and happiness. From Abkhasia in the Caucasus

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south of Russia, where age is beauty, and Vilcabamba in the Andes of South America, where laughter is the greatest medicine, to Hunza in Central Asia, where dance is ageless, and finally the southern Japanese islands of

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Okinawa, the modern Shangri-la, where people regularly live beyond a century, Robbins examines how the unique lifestyles of these peoples can influence and improve our own. Bringing the traditions of these

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ancient and vibrantly healthy cultures together with the latest breakthroughs in medical science, Robbins reveals that, remarkably, they both point in the same direction. The result is an inspirational synthesis of

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years of research into healthy aging in which Robbins has isolated the characteristics that will enable us to live long and—most important—joyous lives. With an emphasis on simple, wholesome, but

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satisfying fare, and the addition of a manageable daily exercise routine, many people can experience great improvement in the quality of their lives now and for many years to come. But perhaps more surprising is

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Robbins' discovery that it is not diet and exercise alone that helps people to live well past one hundred. The quality of personal relationships is enormously important. With startling medical evidence about the effects of our

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interactions with others, Robbins asserts that loneliness has more impact on lifespan than such known vices as smoking. There is clearly a strong beneficial power to love and connection. The Food Revolution How Your

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Diet Can Help Save Your Life and Our WorldMango Media Inc. Offers application debugging techniques for Microsoft .NET Framework and Windows, covering topics such as exception monitoring, crash

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handlers, and multithreaded deadlocks.

Achieve Success by Living with Purpose

Unshakeable

A Life in Dance

Gorbachev: His Life and Times

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The New Good Life

Life Force

May All Be Fed

We all inherit a legacy that includes the love and the pain, the prayers and the prejudices of countless generations before us. We grow out

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of soil that has been at one time or another soaked in blood and tilled by slave labor, as well as tended by loving hands. The work to build on the blessings and gifts of our ancestral history, while challenging and transforming the bigotry, fear,

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and disconnection that we also inherit, is at once collective and deeply personal. One of my dearest friends is Coumba Toure of Senegal. She is the West African director of Ashoka and founded a printing press for children's books. At a key

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moment in a gathering of young leaders, I heard her say something that strikes me as deeply true: All violence begins with disconnection. At the moment we disconnect ourselves from one another, it's all gradients of violence--from not

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listening to people fully to speaking ill of them to spitting on them to torturing them to killing them. So the process of reconnection is among the most vital acts of healing that any of us can undertake. In these painful and beautiful times,

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there may be nothing more important than the journey from isolation to connection. For as we find the power of our diverse communities, and as we come to know ourselves more deeply in relationship to our unique gifts and

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needs, we not only become more whole but also take steps toward giving our essential gifts in this world. We begin to learn how we can unleash all that we have, and all that we are, on behalf of all that we love. -Ocean Robbins, from The

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Power of Partnership: Building Healing Bridges Across Historic Divides The Fetzer Institute's project on Deepening the American Dream began in 1999 to explore the relationship between the inner life of spirit and the outer life of service.

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Through commissioned essays and in dialogue with such writers as Huston Smith, Jacob Needleman, Gerald May, Charles Gibbs, Robert Inchausti, Carolyn Brown, Elaine Pagels, and others, the project is beginning to sow the seeds of a

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national conversation. With the publication of these essays, the thinking and writing coming from these gatherings is being offered in a series of publications sponsored by The Fetzer Institute in partnership with Jossey-Bass. In an effort to

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surface the psychological and spiritual roots at the heart of the critical issues that face the world today, we are extending this inquiry by creating a parallel series focused on Exploring a Global Dream. The essays and individual volumes and

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anthologies published in both series will explore and describe the many ways, as individuals and communities and nations, that we can illuminate and inhabit the essential qualities of the global citizen who seeks to live with the

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authenticity and grace demanded by our times.

How do you define the good life?

For many, success is measured not by health and happiness but by financial wealth. But such a worldview overlooks the important

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things in life: personal contentment, family time, spirituality, and the health of the planet and those living on it. A preoccupation with money and possessions is not only unhealthy, it can also drain the true joy from life. In recent years,

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millions have watched their American Dreams go up in smoke. The international financial collapse, inflation, massive layoffs, and burgeoning consumer debt have left people in dire financial straits—including John Robbins, a

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crusader for planet-friendly food and lifestyle choices, who lost his entire savings in an investment scam. But Robbins soon realized that there was an upside to our collective financial downturn: Curtailed consumerism could lead us to reassess our lives

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and values. The New Good Life provides a philosophical and prescriptive path from conspicuous consumption to conscious consumption. Where the old view of success was measured by cash, stocks, and various luxuries, the new

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view will be guided by financial restraint and a new awareness of what truly matters. A passionate manifesto on finding meaning beyond money and status, this book delivers a sound blueprint for living well on less. Discover how to •

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create your own definition of success based on your deepest beliefs and life experience • alleviate depression, lower blood pressure, and stay fit with inexpensive alternatives for high-cost medications • develop a diet

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that promotes better health—and
saves you money • plan for—and
protect yourself from—future
economic catastrophes • cut down
on your housing and transportation
costs • live frugally without
deprivation • follow in the footsteps

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of real people who have effectively forged new financial identities The New Good Life provides much-needed hope and comfort in a time of fear and uncertainty. Here is everything you need to develop high-joy, low-cost solutions to life's

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challenges. Practical and timely, this book equips you with the skills needed not only to survive but to thrive in these challenging times.

“This is one of those special novels—a piece of working magic, warm, funny, and sane.”—Thomas

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Pynchon The whooping crane rustlers are girls. Young girls. Cowgirls, as a matter of fact, all “bursting with dimples and hormones”—and the FBI has never seen anything quite like them. Yet their rebellion at the Rubber Rose

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Ranch is almost overshadowed by the arrival of the legendary Sissy Hankshaw, a white-trash goddess literally born to hitchhike, and the freest female of them all. Freedom, its prizes and its prices, is a major theme of Tom Robbins's classic tale

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of eccentric adventure. As his robust characters attempt to turn the tables on fate, the reader is drawn along on a tragicomic joyride across the badlands of sexuality, wild rivers of language, and the frontiers of the mind.

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North Americans are some of the least healthy people on Earth. Despite advanced medical care and one of the highest standards of living in the world, one in three Americans will be diagnosed with cancer in their lifetime, and 50

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percent of US children are overweight. This crisis in personal health is largely the result of chronically poor dietary and lifestyle choices. In *Whitewash*, nutritionist Joseph Keon unveils how North Americans unwittingly sabotage

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their health every day by drinking milk, and he shows that our obsession with calcium is unwarranted. Citing scientific literature, Whitewash builds an unassailable case that not only is milk unnecessary for human health,

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its inclusion in the diet may increase the risk of serious diseases including: Prostate, breast, and ovarian cancers Osteoporosis Diabetes Vascular disease Crohn's disease Many of America's dairy herds contain sick and

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immunocompromised animals whose tainted milk regularly makes it to market. Cow's milk is also a sink for environmental contaminants and has been found to contain traces of pesticides, dioxins, PCBs, rocket fuel, and even radioactive isotopes.

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Whitewash offers a completely fresh, candid, and comprehensively documented look behind dairy's deceptively green pastures and gives readers a hopeful picture of life after milk. Joseph Keon has been a wellness consultant and nutrition

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and fitness expert for over twenty-five years. He is considered a leading authority on public health and has written three books, including *Whole Health: The Guide to Wellness of Body and Mind* and *The Truth About Breast Cancer*.

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Pasta

Welcome to Elsewhere

Stop Saying You're Fine

A Novel

Voices of the Food Revolution

Elis and John Present the Holy Vible

A Critical Introduction

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Conversations about the power of plant-based diets with Bill McKibben, Marianne Williamson, Neal Barnard, and others: "Empowering."
—Paul McCartney In this book, the bestselling author of the "groundbreaking" Diet

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for a New America (Mark Bittman, The New York Times), John Robbins, in collaboration with his daughter, presents a collection of interviews with prominent figures exploring the connections

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among diet, physical health, animal welfare, world hunger, and environmental issues. With the inclusion of resources and practical suggestions to help you revolutionize your own eating habits and make a

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difference, this book features conversations with Dean Ornish, MD; Raj Patel; Morgan Spurlock; Vandana Shiva; Frances Moore Lappe; and others.

A National Book Critics Circle Award Finalist

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“Essential reading for the twenty-first [century].”

—Radhika Jones, The New York Times Book Review In the first comprehensive biography of Mikhail Gorbachev, William Taubman shows how a peasant boy

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clambered to the top of a system designed to keep people like him down, found common ground with America's arch-conservative president Ronald Reagan, and permitted the USSR and its East European empire to break

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apart without using force to preserve them. Drawing on interviews with Gorbachev himself, transcripts and documents from the Russian archives, and interviews with Kremlin aides and adversaries, Taubman's

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intensely personal portrait extends to Gorbachev's remarkable marriage to a woman he deeply loved. Nuanced and poignant, yet unsparing and honest, this sweeping account has all the amplitude of a great Russian

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novel.

Pattie and her family are among the last refugees to flee a dying Earth in an old spaceship. And when the group finally lands on the distant planet which is to be their new home, it seems

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that the four-year journey has been a success. But as they begin to settle this shiny new world, they discover that the colony is in serious jeopardy. Nothing on this planet is edible, and they may not be able to

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grow food. With supplies dwindling, Pattie and her sister decide to take the one chance that might make life possible on Shine.

A lively and inspired biography celebrating the centennial of this master

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choreographer, dancer, and stage director Jerome Robbins (1918–1998) was born Jerome Wilson Rabinowitz and grew up in Weehawken, New Jersey, where his Russian-Jewish immigrant parents owned the Comfort Corset

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Company. Robbins, who was drawn to dance at a young age, resisted the idea of joining the family business. In 1936 he began working with Gluck Sandor, who ran a dance group and convinced him to change his name to

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Jerome Robbins. He went on to become a choreographer and director who worked in ballet, on Broadway, and in film. His stage productions include West Side Story, Peter Pan, and Fiddler on the Roof. In this deft

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biography, Wendy Lesser presents Jerome Robbins's life through his major dances, providing a sympathetic, detailed portrait of her subject.

Essays in Honor of Hans F. Sennholz

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The Wonder of Birds
Half Asleep in Frog Pajamas
'a Diet For A New World :
Including Recipes By Jia
Patton And Friends
Jitterbug Perfume
The Economic and Political
Thought of the Roman

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Catholic Church

The Green Book

When the stock market crashes on the Thursday before Easter, you—an ambitious, although ineffectual and not entirely ethical young broker—are convinced that

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you're facing the Weekend from Hell. Before the market reopens on Monday, you're going to have to scramble and scheme to cover your butt, but there's no way you can anticipate the baffling disappearance of a 300-pound

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psychic, the fall from grace of a born-again monkey, or the intrusion in your life of a tattooed stranger intent on blowing your mind and most of your fuses. Over these fateful three days, you will be forced to confront everything from

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mysterious African rituals to legendary amphibians, from tarot-card bombshells to street violence, from your own sexuality to outer space. This is, after all, a Tom Robbins novel—and the author has never been in finer form.

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Award-winning short stories taken from the 2009 Scribes Valley Publishing Short Story Writing Contest.

Every person you meet is either a warning or an example. Which are you? Jairek Robbins, decorated

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performance coach and lifestyle entrepreneur, guides you through his proven, step-by-step process for filling the gap between where you are today and where you want to be. In reassuring and easy-to-understand language, Robbins

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helps you build a strong foundation for authentic happiness. Each chapter is strategically designed to engage you with personal reflections and challenges that will encourage you to make immediate improvements to your everyday

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behavior. Robbins's uplifting method will give you the tools you need to avoid the distractions in your life and concentrate on the areas that deserve the biggest focus including health, family, intimate relationships, your professional

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life, and spirituality. Robbins leads you toward a life of growth and contribution that will enable you to become the happiest, healthiest, and most fulfilled version of yourself--and inspire you to help others do the same.

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The definitive guide to the optimum diet for health and wellness, from the founder of Whole Foods Market and the doctors of Forks Over Knives THE WHOLE FOODS DIET simplifies the huge body of science, research, and

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advice that is available today and reveals the undeniable consensus: a whole foods, plant-based diet is the optimum diet for health and longevity. Standing on the shoulders of the Whole Foods Market brand and featuring an

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accessible 28-day program, delicious recipes, inspirational success stories, and a guilt-free approach to plant-based eating, THE WHOLE FOODS DIET is a life-affirming invitation to become a Whole Foodie: someone who

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loves to eat, loves to live, and loves to nourish themselves with nature's bounty. If Whole Foods Market is "shorthand for a food revolution" (The New Yorker), then THE WHOLE FOODS DIET will give that revolution its bible - the

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unequivocal truth about what to eat for a long, healthy, disease-free life.

Skinny Legs and All
Your Financial Freedom Playbook
How Your Diet Can Help Save
Your Life and Our World

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Living Better Than Ever in an Age of Less

Troy Book

A Man of Principle

Environment and Society

A new collection from an audacious, humorous poet celebrated for his "sky-

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blue originality of utterance" (Dwight Garner, The New York Times) Michael Robbins's first two books of poetry were raucous protests lodged from the frontage roads and big-box stores of off-ramp America. With Walkman, he turns a corner. These new poems

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confront self-pity and nostalgia in witty-miserable defiance of our political and ecological moment. It's the end of the world, and Robbins has listened to all the tapes in his backpack. So he's making music from whatever junk he finds lying around.

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John Robbins takes on the self-fulfilling fears of ageing and shows readers that the illnesses (heart disease, Alzheimer's, etc.) that we assume are inevitable are in fact not a natural part of ageing and can be avoided with healthy diet and lifestyle

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choices. Presenting the secrets of four of the world's healthiest and longest-living peoples, together with the latest medical research, Robbins helps readers live longer and live healthier. As he shows in this paradigm shifting book, we can prolong our health span

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along with our life span. Widely considered to be one of the world's leading experts on the dietary link with the environment and health, John Robbins is the author of *Diet for a New America: How Your Food Choices Affect Your Health, Happiness and the*

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Future of Life on Earth, which has sold more than one million copies.

Offers application debugging techniques for Microsoft .NET 2.0, covering topics such as exception monitoring, crash handlers, and multithreaded deadlocks.

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INSTANT #1 NEW YORK TIMES BESTSELLER Transform your life or the life of someone you love with Life Force—the newest breakthroughs in health technology to help maximize your energy and strength, prevent disease, and extend your health

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span>from Tony Robbins, author of the #1 New York Times bestseller *Money: Master the Game*. What if there were scientific solutions that could wipe out your deepest fears of falling ill, receiving a life-threatening diagnosis, or feeling the effects of aging? What if

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you had access to the same cutting-edge tools and technology used by peak performers and the world's greatest athletes? In a world full of fear and uncertainty about our health, it can be difficult to know where to turn for actionable advice you can trust. Today,

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leading scientists and doctors in the field of regenerative medicine are developing diagnostic tools and safe and effective therapies that can free you from fear. In this book, Tony Robbins, the world's #1 life and business strategist who has coached

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more than fifty million people, brings you more than 100 of the world's top medical minds and the latest research, inspiring comeback stories, and amazing advancements in precision medicine that you can apply today to help extend the length and quality of

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your life. This book is the result of Robbins going on his own life-changing journey. After being told that his health challenges were irreversible, he experienced firsthand how new regenerative technology not only helped him heal but made him stronger

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than ever before. Life Force will show you how you can wake up every day with increased energy, a more bulletproof immune system, and the know-how to help turn back your biological clock. This is a book for everyone, from peak performance

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athletes, to the average person who wants to increase their energy and strength, to those looking for healing. Life Force provides answers that can transform and even save your life, or that of someone you love.

Building Genuine Wealth

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Exploding the Medical Myth and
Embracing the Source of True Healing
Ecclesiastical Megalomania
The Food Revolution
Maya Lord
The Disturbing Truth About Cow's
Milk and Your Health

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The author of Diet for a New America shows how we can significantly improve ourselves and the world by changing the way we eat. May All Be Fed explains why so few have so much to eat and why so many have so little, and it shows how everyone can make a difference by altering food

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choices. 8 charts.

JAMES BEARD AWARD NOMINEE □

A stylish, transporting pasta master class from New York City's premier pasta chef, with recipes for 40 handmade pasta shapes and 100 Italian American, regional Italian, and modern dishes **IACP AWARD**

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FINALIST ■ ■ Missy Robbins brings her extraordinary knowledge and generous heart to teach us to prepare the pastas that made her restaurants, Lilia and Misi, two of the best in the world. ■ ■ Ina Garten, Barefoot Contessa
ONE OF THE TEN BEST
COOKBOOKS OF THE YEAR: San

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Francisco Chronicle, Boston Globe ☐
ONE OF THE BEST COOKBOOKS
OF THE YEAR: Minneapolis Star
Tribune, Glamour, Food52, Epicurious
Food trends come and go, but pasta
holds strong year after year. Despite
its humble ingredients☐made of merely
flour and water or flour and eggs☐the

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magic, rituals, and art of pasta making span over five centuries. Two ingredients are turned into hundreds of stuffed, rolled, extruded, dried, stamped, and hand-cut shapes, each with its own unique provenance and enrobed in a favored sauce. New York City chef Missy Robbins fell in love

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with Italian food and pasta twenty-five years ago. She has been cooking, researching, and studying her way across Italy ever since, which led her to open two of America's most renowned pasta restaurants, Lilia and Misi. With illustrated step-by-step recipes for handmaking forty of the

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most versatile pasta shapes and one hundred recipes for Italian American, regional Italian, and Robbins's own best pasta dishes, plus two dozen vegetable sides, this is the hard-working manual for home cooks who aspire to master the art of pasta cooking. Whether making pasta sheets

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for lasagna or stamping out pasta
[coins] for Corzetti with Goat Cheese
and Asparagus[or even buying
handmade pasta to make Tagliatelle
with Porcini, Rosemary, and
Garlic]Robbins provides all the
inspiration, instruction, and
encouragement required to make

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pasta exceptionally well. Evocatively photographed with nearly 100 full-color mouthwatering photos of pasta dishes and twenty images from Italy, this is a richly illustrated ode to the ingredients, recipes, and craft that have made pasta the most popular fare of a beloved cuisine.

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Heal your body, lose excess weight, and free yourself from toxic food with this simple guide focusing on sustainable food that has "depth, spirit, and [a] breadth of information" (Rip Esselstyn, New York Times bestselling author). 31-Day Food Revolution is your guide to liberation from a toxic

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food world. Author Ocean Robbins reveals the secrets the industrialized food industry doesn't want you to know, how specific ingredients and methods could be making you sick -- and what to do about it. And he shows you how -- in just 31 days -- you can use the amazing power of delicious

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food to heal your gut, lose excess weight, and lower your risk for disease, all while contributing to a healthier planet. Ocean's plan includes 31 simple and affordable step-by-step actions that give you a road map to healthy, ethical, and sustainable food. He breaks it down into four parts:

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Detoxify: Get rid of the unhealthy foods and environmental factors making you sick. Nourish: Fuel your body with the healthy micronutrients you need to thrive. Gather: Build your community and surround yourself with supportive, positive people. Transform: YOU can be part of the solution. It's a

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lot easier to change the world than you imagine! You'll discover amazing secrets, such as how to stop food cravings, why nuts are one of the best snack foods, time-saving habits, and how to catch dangerous ingredients hiding in food labels. In his nonjudgmental and down-to-earth

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way, Ocean Robbins meets you wherever you are on your personal journey with food. Then, he provides you with tools that make it easy to eat less sugar, processed foods, and unhealthy animal products-and to happily enjoy whole plant foods, and more fair trade, local, organic, and

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otherwise consciously sourced fare. Ocean helps you make small improvements that lead to big results. If you want to feel better, enjoy your food more, and help sustain the planet, start reading this book today. In just 31 days you can change your health for the better. And your body

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will thank you for the rest of your life.
"Anniversary edition of John Robbins's exposê of inhumane practices in the meat and dairy industry and argument for the ethical, health, and environmental benefits of a vegetarian diet. Includes new epilogue by the author"--

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The Lifesaving Plan for Health and Longevity

The Book The Bible Could Have Been You Can Heal Your Body and Your World with Food!

How Your Food Choices Affect Your Health, Your Happiness, and the Future of Life on Earth

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Debugging Applications for Microsoft .NET and Microsoft Windows

Diet for a New America

How New Breakthroughs in Precision Medicine Can Transform the Quality of Your Life & Those You Love

An exploration of why our measures of economic progress

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do not reflect the values that make humans happy offers a new economic model, "Genuine Wealth," to redefine progress and measure the real determinants of well-being. Substantially updated for the

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second edition, this engaging and innovative introduction to the environment and society uses key theoretical approaches to explore familiar objects. Features substantial revisions and updates for the second

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edition, including new chapters on E waste, mosquitoes and uranium, improved maps and graphics, new exercises, shorter theory chapters, and refocused sections on environmental solutions

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Discusses topics such as population and scarcity, commodities, environmental ethics, risks and hazards, and political economy and applies them to objects like bottled water, tuna, and trees

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Accessible for students, and accompanied by in-book and online resources including exercises and boxed discussions, an online test bank, notes, suggested reading, and website links for enhanced

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understanding Offers additional online support for instructors, including suggested teaching models, PowerPoint slides for each chapter with full-color graphics, and supplementary images and teaching material

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The Saving Power of the Plant-Based Diet A revolution in food-politics. When John Robbins released an early version of this book in 1987, he took the first steps in launching the food revolution. His viewpoint and

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insight on the harms of America ' s eating habits was a wake-up call for many. By bringing to our attention fundamental issues in our eating habits, such as our dependence on animal products, Robbins

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provokes our awareness and promotes change. Making conscious food choices. It is obvious to us that what we eat affects our own bodies, but what we may not realize is that what we eat also affects our

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world. In fact, most of the foods that are bad for us (think: genetically modified products) also negatively impact our environment. By approaching our eating habits with intentionality, we benefit our

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own health and that of the world we live in. The value of a plant-based diet. Robbins ' arguments for a plant-based diet are compelling and backed by over 20 years of work focused on the subject of conscious eating.

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Through exposing the dangers in our factory farming system, Robbins makes a definitive case for solely plant-based eating. This timely read on healthy eating will enlighten those curious about plant-based diets

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and fortify the mindsets of the already converted. Read John Robbins ' book, The Food Revolution: How Your Diet Can Help Save Your Life and Our World, and discover... • The negative effects your current

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eating habits could be having on you • A powerful case for plant-based eating • Wisdom from one of the most frequently cited books of the food-politics revolution If books such as *We are the Weather*, *How Not to*

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Die, 31-Day Food Revolution, or Fast Food Genocide have interested you, then The Food Revolution is the next book for you!

A fascinating investigation into the miraculous world of birds

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and the powerful—and surprising—ways they enrich our lives and sustain the planet Our relationship to birds is different from our relationship to any other wild creatures. They are found virtually everywhere and

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we love to watch them, listen to them, keep them as pets, wear their feathers, even converse with them. Birds, Jim Robbins posits, are our most vital connection to nature. They compel us to look to the skies,

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both literally and metaphorically; draw us out into nature to seek their beauty; and let us experience vicariously what it is like to be weightless. Birds have helped us in so many of our human endeavors:

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learning to fly, providing clothing and food, and helping us better understand the human brain and body. And they even have much to teach us about being human in the natural world. This book illuminates

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qualities unique to birds that demonstrate just how invaluable they are to humankind—both ecologically and spiritually. The wings of turkey buzzards influenced the Wright brothers' flight design; the chickadee's

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song is considered by scientists to be the most sophisticated language in the animal world and a “ window into the evolution of our own language and our society ” ; and the quietly powerful presence of

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eagles in the disadvantaged neighborhood of Anacostia, in Washington, D.C., proved to be an effective method for rehabilitating the troubled young people placed in charge of their care. Exploring both cutting-

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edge scientific research and our oldest cultural beliefs, Robbins moves these astonishing creatures from the background of our lives to the foreground, from the quotidian to the miraculous, showing us that we

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must fight to save imperiled bird populations and the places they live, for the sake of both the planet and humankind. Praise for *The Wonder of Birds* “ A must-read, conveying much necessary information in easily

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accessible form and awakening one ' s consciousness to what might otherwise be taken for granted . . . The Wonder of Birds reads like the story of a kid let loose in a candy store and given free rein to sample.

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That is one of its strengths: the convert ' s view gives wide appeal to those who might never have known birds well. ” —Bernd Heinrich, *The Wall Street Journal* “ Engaging, thoughtful . . . worthy of a place alongside

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David Attenborough ' s
documentary The Life of Birds
or Graeme Gibson ' s The
Bedside Book of Birds . . . This
offering will appeal to
naturalists, anthropologists,
linguists, and even philosophers

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as well as to lay readers.” —Library Journal “ In this deeply felt and well-supported argument for avians ’ value to humankind, science writer Robbins hits the full trifecta for engrossing and

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satisfying nature writing. ” —Publishers Weekly (starred review) “ Using enchanting stories and rich historical references, Jim Robbins explores the role of birds on the evolution of human

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self-awareness. ” —Robert F. Kennedy, Jr. “ It ’ s one for the birds—what a wonderful book! It will give you wings. ” —Rita Mae Brown, New York Times bestselling author of Rubyfruit Jungle “ The Wonder of Birds

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provides a great and well-timed gift: a portrait of the quiet miracles around us on each day of our ordinary lives. ” —Michael Punke, #1 New York Times bestselling author of *The Revenant* “ Jim Robbins writes

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masterfully, with lucid prose and deep insight into the human psyche and natural world. ” —Peter Stark, author of Astoria
31-Day Food Revolution
Live It!

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Too Many Asians
The No-BS Guide to Getting
What You Want
Jerome Robbins
How Your Food Choices Affect
Your Health, Happiness, and the
Future of Life on Earth

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Heal Your Body, Feel Great, and Transform Your World

The Elis James and John Robbins' Show has become cult listening, and that cult has registered for charitable status, published quarterly

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accounts and been given a full blessing by the Archbishop of Broadcasting. It's official: Elis and John are a religion, and this book is their Holy Vible. Have you ever failed to Keep It Session? Is your new flatmate

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a complete coin? Have you ever eaten Space Raiders on the toilet and written 'Grief Is Living' in your journal? Then this book is for you. If not, don't worry, it won't be long before you're making up

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games, looking at Freddie, or facing your own personal farthing-gate. Our obsessions make us what we are, and though you may never have addressed a will to Brian May or cried watching Ronnie O'

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Sullivan make a 147, you'll have done something similar, and Elis and John are here to tell you that you're not weird, so come on in, and taste the vibe! Or should I say, READ the vibe!

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Did you know that the leading killer in America, cardiovascular disease, is directly linked to meat consumption? Or that you save more water by not eating one pound of beef than you

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would by not showering for a whole year? Diet for a New America simply and eloquently documents these ecological concerns and more, as well as the little-known horrors that animals experience during

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factory farming. Few of us are aware that the act of eating can be a powerful statement of commitment to our own well-being, and at the same time to the creation of a healthier world. In *Diet for a New*

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America, you will learn how your food choices can provide ways to enjoy life to the fullest, while making it possible that life, itself, might continue. Heeding this message is without a doubt

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one of the most practical, economical, and potent things you can do today to heal not only your own life, but also the ecosystem on which all life depends. Reading this book will change your life.

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The Book of John Mandeville
Whitewash

Debugging Microsoft .NET 2.0
Applications

Still Healthy at 100

Healthy at 100