

Presto How I Made Over 100 Pounds Disappear And Other Magical Tales

Whether you're vegan, vegetarian, or omnivore, getting your nutrition from plant-based foods is one of the best things you can do for your health—and it's easier than you might think! The science confirms that a diet rich in whole, plant-based foods can help your body thrive. In fact, a growing number of physicians advocate a completely plant-based diet for many of their patients who suffer from diabetes, heart disease, and cancer. In this all new edition, leading plant-based dietician, Julieanna Hever, and Ray Cronise, the mastermind behind magician Penn Jillette's 100-pound weight loss transformation, team up to give you everything you need to know about following a plant-based diet, including: A wealth of information on the most nutrient-dense foods in the plant kingdom A new Food Triangle, representing a completely new way of looking at food and nutrition New perspectives on macronutrients, and why categorizing protein, carbs, and fats as food groups causes unnecessary confusion about what to eat The latest science on oxidative priority and how it explains why many common recipes drive unintentional weight gain Healthspan and longevity recommendations based on the latest research All new recipes from celebrity chefs: Matthew Kenney, Dreena Burton, Jazzy Vegetarian, Kathy Patalsky, Robin Robertson, Fran Costigan, Jason Wyrick, and Matt Frazier Sample menus to get you started on a plant-based lifestyle Tips for stocking your kitchen, boosting the nutritional content of your favorite dishes, and dining out healthfully

Living in a "perfect" world without social ills, a boy approaches the time when he will receive a life assignment from the Elders, but his selection leads him to a mysterious man known as the Giver, who reveals the dark secrets behind the utopian facade.

Presto! How I Made Over 100 Pounds Disappear and Other Magical Tales Simon and Schuster

A sock monkey narrates the story of a NYPD diver who finds the body of a dead woman (and former lover) in the waters off New York City and joins forces with the victim's best friend, a gay hairdresser, to find her killer. Original. 35,000 first printing.

Presto and Zesto in Limboland

Survival Guide to Safe Home Canning

Presto Sketching

Comedy Sex God

Three Many Cooks

Damn Delicious

Simply Canning

♥♥ *The Most Dangerous Game* by Richard Connell ♥♥ *The Most Dangerous Game*, also published as *The Hounds of Zaroff*, is a short story by Richard Connell first published in *Collier's* magazine on January 19, 1924. It features a big-game hunter from New York who falls off a yacht and swims to an isolated island in the Caribbean where he is hunted by a Cossack aristocrat. The story is an adaptation of the big-game hunting safaris in Africa and South America that were fashionable among wealthy Americans in the 1920s. ♥♥ *The Most Dangerous Game* by Richard Connell ♥♥ Big-game hunter Sanger Rainsford and his friend, Whitney, are traveling to the Amazon rainforest for a jaguar hunt. After a discussion about how they are "the hunters" instead of "the hunted," Whitney goes to bed and Rainsford hears gunshots. He climbs onto the yacht's rail and accidentally falls overboard, swimming to Ship-Trap Island, which is notorious for shipwrecks. On the island, he finds a palatial chateau inhabited by two Cossacks: the owner, General Zaroff, and his gigantic deaf-mute servant, Ivan. ♥♥ *The Most Dangerous Game* by Richard Connell ♥♥ Zaroff, another big-game hunter, knows of Rainsford from his published account of hunting snow leopards in Tibet. Over dinner, the middle-aged Zaroff explains that although he has been hunting animals since he was a boy, he has decided that killing big-game has become boring for him, so after escaping the Russian Revolution he moved to Ship-Trap Island and set it up to trick ships into wrecking themselves on the jagged rocks that surround it. He takes the survivors captive and hunts them for sport, giving them food, clothing, a knife, and a three-hour head start, and using only a small-caliber pistol for himself. Any captives who can elude Zaroff, Ivan, and a pack of hunting dogs for three days are set free. He reveals that he has won every hunt to date. Captives are offered a choice between being hunted or turned over to Ivan, who once served as official knouter for The Great White Czar. Rainsford denounces the hunt as barbarism, but Zaroff replies by claiming that "life is for the strong." Realizing he has no way out, Rainsford reluctantly agrees to be hunted. During his head start, Rainsford lays an intricate trail in the forest and then climbs a tree. Zaroff finds him easily, but decides to play with him as a cat would with a mouse, standing underneath the tree Rainsford is hiding in, smoking a cigarette, and then abruptly departing. ♥♥ *The Most Dangerous Game* by Richard Connell ♥♥ After the failed attempt at eluding Zaroff, Rainsford builds a Malay man-catcher, a weighted log attached to a trigger. This contraption injures Zaroff's shoulder, causing him to return home for the night, but he shouts his respect for the trap before departing. The next day Rainsford creates a Burmese tiger pit, which kills one of Zaroff's hounds. He sacrifices his knife and ties it to a sapling to make another trap, which kills Ivan when he stumbles into it. To escape Zaroff and his approaching hounds, Rainsford dives off a cliff into the sea; Zaroff, disappointed at Rainsford's apparent suicide, returns home. Zaroff smokes a pipe by his fireplace, but two issues keep him from the peace of mind: the difficulty of replacing Ivan and the uncertainty of whether Rainsford perished in his dive.

A collection of stories, essays, and poems written by the noted Welsh poet over a 10-year period

100 mouth-watering recipes for pasta sauces of all kinds, from seafood, poultry, and meat to vegetable, cream, cheese, and butter.

The Instant New York Times Bestseller! A Good Morning America Book Club Pick! "Historical fiction at its best!"* A remarkable novel about J. P. Morgan's personal librarian, Belle da Costa Greene, the Black American woman who was forced to hide her true identity and pass as white in order to leave a lasting legacy that enriched our nation, from New York Times bestselling authors Marie Benedict and Victoria Christopher Murray. In her twenties, Belle da Costa Greene is hired by J. P. Morgan to curate a collection of rare manuscripts, books, and artwork for his newly built Pierpont Morgan Library. Belle becomes a fixture in New York City society and one of the most*

powerful people in the art and book world, known for her impeccable taste and shrewd negotiating for critical works as she helps create a world-class collection. But Belle has a secret, one she must protect at all costs. She was born not Belle da Costa Greene but Belle Marion Greener. She is the daughter of Richard Greener, the first Black graduate of Harvard and a well-known advocate for equality. Belle's complexion isn't dark because of her alleged Portuguese heritage that lets her pass as white--her complexion is dark because she is African American. The Personal Librarian tells the story of an extraordinary woman, famous for her intellect, style, and wit, and shares the lengths she must go to--for the protection of her family and her legacy--to preserve her carefully crafted white identity in the racist world in which she lives.

100 Super Easy, Super Fast Recipes

Joe Teller : a Portrait

Every Day Is an Atheist Holiday!

God, No!

The Healthspan Solution

Trino: The Definitive Guide

Here you'll find a magic book Where all's not what it seems. For when you turn each object round PRESTO CHANGE-O The unexpected will be seen. See the raccoon hiding in a magic cauldron? The owl pretending to be a clock? The lion masquerading as a flower? A rabbit hiding in a hot-air balloon? Kids will love working magic with just a few simple turns—and a few rhyming verses—that transform everyday objects into familiar creatures. Simple manipulations for little hands make this a literal page turner.

Over 3 million copies sold. Over 800 positive reviews. Adapted from the New York Times bestseller *The 7 Habits of Highly Effective People*, *The 7 Habits of Highly Effective Teens* is the ultimate teenage success guide—now updated for the digital age. Imagine you had a roadmap—a step-by-step guide to help you get from where you are now, to where you want to be in the future. Your goals, your dreams, your plans...they're all within reach. You just need the tools to help you get there. That's what Sean Covey's landmark book, *The 7 Habits of Highly Effective Teens*, has been to millions of teens: a handbook to self-esteem and success. Now updated for the digital age, this classic book applies the timeless principles of *7 Habits* to the tough issues and life-changing decisions teens face. Covey provides a simple approach to help teens improve self-image, build friendships, resist peer pressure, achieve their goals, and appreciate their parents, as well as tackle the new challenges of our time, like cyberbullying and social media. In addition, this book is stuffed with cartoons, clever ideas, great quotes, and incredible stories about real teens from all over the world. Endorsed by high-achievers such as former 49ers quarterback Steve Young and 28-time Olympic medalist Michael Phelps, *The 7 Habits of Highly Effective Teens* has become the last word on surviving and thriving as a teen.

From Emmy Award-winning, world-famous magician Penn Jillette comes an irreverent, hilarious, and provocative book of essays—the perfect gift for the skeptic in your life. Let's be honest—nobody has more fun than atheists. Don't believe it? Well, consider this: For non-believers, every day you're alive is a day to celebrate! And no one celebrates life to the fullest like Penn Jillette, the larger, louder half of legendary magic duo Penn & Teller, whose spectacularly witty and sharply observant essays in *Every Day Is an Atheist Holiday!* will entertain zealots and skeptics alike. Whether he's contemplating the possibility of life after death, deconstructing popular Christmas carols, or just calling bullsh*t on Donald Trump, Jillette does not fail to shock and delight his readers. And as ever, underneath these rollicking rants lie a deeply personal philosophy and a generous spirit, which find joy and meaning in family, and peace in the simple beauty of the everyday. *Every Day Is an Atheist Holiday!* is a hysterical affirmation of life's magic from one of the most distinctly perceptive and provocative humorists writing today.

Spanning eight decades and chronicling the wild ride of a Greek-American family through the vicissitudes of the twentieth century, Jeffrey Eugenides' witty, exuberant novel on one level tells a traditional story about three generations of a fantastic, absurd, lovable immigrant family -- blessed and cursed with generous doses of tragedy and high comedy. But there's a provocative twist. Cal, the narrator -- also Callie -- is a hermaphrodite. And the explanation for this takes us spooling back in time, through a breathtaking review of the twentieth century, to 1922, when the Turks sacked Smyrna and Callie's grandparents fled for their lives. Back to a tiny village in Asia Minor where two lovers, and one rare genetic mutation, set our narrator's life in motion. *Middlesex* is a grand, utterly original fable of crossed bloodlines, the intricacies of gender, and the deep, untidy promptings of desire. It's a brilliant exploration of divided people, divided families, divided cities and nations -- the connected halves that make up ourselves and our world.

The Magic of Simple Drawing for Brilliant Product Thinking and Design

Penn & Teller's how to Play in Traffic

The Cast Iron Skillet Cookbook

Alexander Blok, Zinaida Gippius, and the Symbolist Sublimation of Sex
A Novel

A Novel in Six Novellas

How I Made Over 100 Pounds Disappear and Other Magical Tales

The celebrated comedian sifts through his father's personal history, offering readers a touching funny portrait of a man who rode the rails during the great Depression and fought during World War II.

The idea of "The Green Book" is to give the Motorist and Tourist a Guide not only of the Hotels and Tourist Homes in all of the large cities, but other classifications that will be found useful wherever he may be. Also facts and information that the Negro Motorist can use and depend upon. There are thousands of places that the public doesn't know about and aren't listed. Perhaps you know of some? If so send in their names and addresses and the kind of business, so that we might pass it along to the rest of your fellow Motorists. You will find it handy on your travels, whether at home or in some other state, and is up to date. Each year we are compiling new lists as some of these places move, or go out of business and new business places are started giving added employment to members of our race.

Perform fast interactive analytics against different data sources using the Trino high-performance distributed SQL query engine. With this practical guide, you'll learn how to conduct analytics on data where it lives, whether it's Hive, Cassandra, a relational database, or a proprietary data store. Analysts, software engineers, and production engineers will learn how to manage, use, and even develop with Trino. Initially developed by Facebook, open source Trino is now used by Netflix, Airbnb, LinkedIn, Twitter, Uber, and many other companies. Matt Fuller, Manfred Moser, and Martin Traverso show you how a single Trino query can combine data from multiple sources to allow for analytics across your entire organization. Get started: Explore Trino's use cases and learn about tools that will help you connect to Trino and query data Go deeper: Learn Trino's internal workings, including how to connect to and query data sources with support for SQL statements, operators, functions, and more Put Trino in production: Secure Trino, monitor workloads, tune queries, and connect more applications; learn how other organizations apply Trino

It all begins with a letter. Fall in love with Penguin Drop Caps, a new series of twenty-six collectible and hardcover editions, each with a type cover showcasing a gorgeously illustrated letter of the alphabet. In a design collaboration between Jessica Hische and Penguin Art Director Paul Buckley, the series features unique cover art by Hische, a superstar in the world of type design and illustration, whose work has appeared everywhere from Tiffany & Co. to Wes Anderson's recent film Moonrise Kingdom to Penguin's own bestsellers Committed and Rules of Civility. With exclusive designs that have never before appeared on Hische's hugely popular Daily Drop Cap blog, the Penguin Drop Caps series debuted with an 'A' for Jane Austen's Pride and Prejudice, a 'B' for Charlotte Br ö nte's Jane Eyre, and a 'C' for Willa Cather's My Á ntonia. It continues with more perennial classics, perfect to give as elegant gifts or to showcase on your own shelves. R is for Rushdie. Set in an exotic Eastern landscape peopled by magicians and fantastic talking animals, Salman Rushdie ' s classic children ' s novel Haroun and the Sea of Stories inhabits the same imaginative space as Gulliver ' s Travels, Alice in Wonderland, and The Wizard of Oz. Haroun, a 12-year-old boy sets out on an adventure to restore the poisoned source of the sea of stories. On the way, he encounters many foes, all intent on draining the sea of all its storytelling powers.

Presto!

The Potato Hack

Weight Loss Simplified

One Mom, Two Daughters: Their Shared Stories of Food, Faith & Family

More Magical Tales from the Bestselling Author of God, No!

Middlesex

The 7 Habits of Highly Effective Teens

The debut cookbook by the creator of the wildly popular blog Damn Delicious proves that quick and easy doesn't have to mean boring. Blogger Chungah Rhee has attracted millions of devoted fans with recipes that are undeniable 'keepers'-each one so simple, so easy, and so flavor-packed, that you reach for them busy night after busy night. In Damn Delicious, she shares exclusive new recipes as well as her most beloved dishes, all designed to bring fun and excitement into everyday cooking. From five-ingredient Mini Deep Dish Pizzas to no-fuss Sheet Pan Steak & Veggies and 20-minute Spaghetti Carbonara, the recipes will help even the most inexperienced cooks spend less time in the kitchen and more time around the table. Packed with quickie breakfasts, 30-minute skillet sprints, and speedy takeout copycats, this cookbook is guaranteed to inspire readers to whip up fast, healthy, homemade meals that are truly 'damn delicious!'

Learn how to season cast iron, clean cast iron, and cook 90 tantalizing recipes in your cast iron skillet. This cookbook aims to show modern cooks how this inexpensive cast iron tool is the best pan in their kitchen. Fusing new and traditional recipes and gathering farm-fresh produce and ingredients, the authors show cooks how to make delicious food in this versatile skillet. Recipes include: Succulent Seared Pork Chops with Plum-Mustard-Cornichon Sauce; Dutch Baby (puffed pancake with lemon and powdered sugar); Grilled Prosciutto-Wrapped Radicchio; and Warm Pear Upside Down Cake.

THE BASIS FOR THE NETFLIX FILM STARRING CAREY MULLIGAN, RALPH FIENNES, AND LILY JAMES A literary adventure that tells the story of a priceless buried treasure discovered in England on the eve of World War II In the long, hot summer of 1939, Britain is preparing for war, but on a riverside farm in Suffolk there is excitement of another kind. Mrs. Pretty, the widowed owner of the farm, has had her hunch confirmed that the mounds on her land hold buried treasure. As the dig proceeds, it becomes clear that this is no ordinary find. This fictional recreation of the famed Sutton Hoo dig follows three months of intense activity when locals fought outsiders, professionals thwarted amateurs, and love and rivalry flourished in equal measure. As the war looms ever closer, engraved gold peeks through the soil, and each character searches for answers in the buried treasure. Their threads of love, loss, and aspiration weave a common awareness of the past as something that can never truly be left behind.

Simply Canning - Survival Guide to Safe Home Canning. Do you know the most important information for safe home canning? Do you have the assurance that you won't poison your children? Simply Canning will lead you step by step through the most important safety information. Safety First! If you are a beginning canner and are not sure where to start, Simply Canning is for you. This canning guide is designed to boost your understanding of canning principals and safety, and make your canning a success.

Simple Steps Canning Guide is a guide that will: Give you essential information you need for safe, successful and fun home canning. Give you confidence and peace of mind.... we all love peace of mind. What you will learn: Basics - so what is it that processing actually does? Choosing your food and canning methods- Which canning method should you use, and more importantly which ones to NOT use Canners -How to use both Water Bath and Pressure Canners. Equipment - What else do you need? Hand tools, Specialty tools. What is essential and what is just plain handy. The Big Day- Tips to make canning day go smoothly. Preparation is the key to stress-free success. When the job is done. How to check your seals, store your jars and equipment. What to do if you have jars that don't turn out quite right Recipes for both waterbath and pressure canning many basic foods.

Beyond the Flesh

Presto Change-O

Goblin

Plant-Based Nutrition, 2E

Signs You May Already Be an Atheist and Other Magical Tales

Haroun and the Sea of Stories

When I'm Dead, All this Will be Yours

Popular Science gives our readers the information and tools to improve their technology and their world. The core belief that Popular Science and our readers share: The future is going to be better, and science and technology are the driving forces that will help make it better.

Though the Russian Symbolist movement was dominated by a concern with transcending sex, many of the writers associated with the movement exhibited an intense preoccupation with matters of the flesh. Drawing on poetry, plays, short stories, essays, memoirs, and letters, as well as feminist and psychoanalytic theory, *Beyond the Flesh* documents the often unexpected form that this obsession with gender and the body took in the life and art of two of the most important Russian Symbolists. Jenifer Presto argues that the difficulties encountered in reading Alexander Blok and Zinaida Gippius within either a feminist or a traditional, binary gendered framework derive not only from the peculiarities of their creative personalities but also from the specific Russian cultural context. Although these two poets engaged in gendered practices that, at times, appeared to be highly idiosyncratic and even incited gossip among their contemporaries, they were not operating in a vacuum. Instead, they were responding to philosophical concepts that were central to Russian Symbolism and that would continue to shape modernism in Russia. Do you feel like your thoughts, ideas, and plans are being suffocated by a constant onslaught of information? Do you want to get those great ideas out of your head, onto the whiteboard and into everyone else's heads, but find it hard to start? No matter what level of sketching you think you have, *Presto Sketching* will help you lift your game in visual thinking and visual communication. In this practical workbook, Ben Crothers provides loads of tips, templates, and exercises that help you develop your visual vocabulary and sketching skills to clearly express and communicate your ideas. Learn techniques like product sketching, storyboarding, journey mapping, and conceptual illustration. Dive into how to use a visual metaphor (with a library of 101 visual metaphors), as well as tips for capturing and sharing your sketches digitally, and developing your own style. Designers, product managers, trainers, and entrepreneurs will learn better ways to explore problems, explain concepts, and come up with well-defined ideas - and have fun doing it.

"Magnificent." —*People Magazine* The instant New York Times bestseller: Laugh-out-loud, deeply insightful, and emotion-filled essays from multitalented actress, comedian, podcaster, and writer Casey Wilson. Casey Wilson has a lot on her mind and she isn't afraid to share. In this dazzling collection, each essay skillfully constructed and brimming with emotion, she shares her thoughts on the joys and vagaries of modern-day womanhood and motherhood, introduces the not-quite-typical family that made her who she is, and persuasively argues that lowbrow pop culture is the perfect lens through which to examine human nature. Whether she's extolling the virtues of eating in bed, processing the humiliation over her father's late in life perm, mourning her mother's passing, or revealing her patented method for keeping the mystery alive in a marriage, Casey is witty, candid, and full of poignant and funny surprises. Humorous dives into her obsessions and areas of personal expertise—self-help, nice guys, cool girls (not her) and how to receive visitors in the bath—are matched by touching meditations on female friendship, anger, grief, motherhood, and identity. Reading *The Wreckage of My Presence* is like spending time with a close friend—a deeply passionate, full-tilt, joyous, excessive, compulsive, shameless, hungry-for-it-all, loyal, cheerleading friend. A friend who is ready for any big feelings that come her way—and isn't afraid to embrace them.

1940 Edition

SLAY

The Giver

Poems New & Selected 1985-2019

The Negro Motorist Green Book

Recipes for the Best Pan in Your Kitchen

The Personal Librarian

A beloved American corporation with an explosive secret. A disgraced former journalist looking for redemption. And a corporate executive with nothing left to lose. In Dhaka, Bangladesh, a garment factory burns to the ground, claiming the lives of hundreds of workers, mostly young women. Amid the rubble, a bystander captures a heart-stopping photograph—a teenage girl lying in the dirt, her body broken by a multi-story fall, and over her mouth a mask of fabric bearing the label of one of America's largest retailers, Presto Omnishops Corporation. Eight thousand miles away at Presto's headquarters in Virginia, Cameron Alexander, the company's long-time general counsel, watches the media coverage in horror, wondering if the damage can be contained. When the photo goes viral, fanning the flames of a decades-old controversy about sweatshops, labor rights, and the ethics of globalization, he launches an investigation into the disaster that will reach further than he could ever imagine—and threaten everything he has left in the world. A year later in Washington DC, Joshua Griswold, a disgraced former journalist from the Washington Post, receives an anonymous summons from a corporate whistleblower who offers him confidential information about Presto and the fire. For Griswold, the challenge of exposing Presto's culpability is irresistible, as is the chance, however slight, at redemption. Deploying his old journalistic skills, he builds a historic case against Presto, setting the stage for a war in the courtroom and in the media that Griswold is determined to win—both to salvage his reputation and to provoke a revolution in Presto's boardroom that could transform the fashion industry across the globe. Praise for *Harvest of Thorns*: "This exposé of the underbelly of the international fashion industry is disturbing, moving, and thoroughly engrossing." —Phillip Margolin, New York Times bestselling author of *Violent Crimes* "A must-read book which uncovers what lies behind what we wear every single day. I promise that you will never be able to look at your clothes the same way again." —Livia Firth, OXFAM Global Ambassador, UN Leader of Change, and Founder of Eco Age LTD "This is a poignant and engrossing description of the manner in which men and women from the poorest countries on the globe are pressed into working for slave wages to manufacture soft goods to be sold in the most affluent counties in North America and Europe. Corban Addison will hold you spellbound with his elegant prose from his first word to his last." —Wilbur Smith, worldwide bestselling author *Stand-alone novel Includes discussion questions for book clubs and author's note Also by Corban Addison: The Tears of Dark Water*

Popular Mechanics inspires, instructs and influences readers to help them master the modern world. Whether it's practical DIY home-improvement tips, gadgets and digital technology, information on the newest cars or the latest breakthroughs in science -- PM is the ultimate guide to our high-tech lifestyle. "Gripping and timely." —*People* "The YA debut we're most excited for this year." —*Entertainment Weekly* "A book that knocks you off your feet while dropping the kind of knowledge that'll keep you down for the count. Prepare to BE slain." —Nic Stone, New York Times bestselling author of *Dear Martin* and *Odd One Out* Ready Player One meets *The Hate U Give* in this dynamite debut novel that follows a fierce teen game developer as she battles a real-life troll intent on ruining the Black Panther-inspired video game she created and the safe community it represents for Black gamers. By day, seventeen-year-old Kiera Johnson is an honors student, a math tutor, and one of the only Black kids at Jefferson Academy. But at home, she joins hundreds of thousands of Black gamers who duel worldwide as Nubian personas in the secret multiplayer online role-playing card game, SLAY. No one knows Kiera is the game developer, not her friends, her family, not even her boyfriend, Malcolm, who believes video games are partially responsible for the "downfall of the Black man." But when a teen in Kansas City is murdered over a dispute in the SLAY world, news of the game reaches mainstream media, and SLAY is labeled a racist, exclusionist, violent hub for thugs and criminals. Even worse, an anonymous troll infiltrates the game, threatening to sue Kiera for "anti-white discrimination." Driven to save the only world in which she can be herself, Kiera must preserve her secret identity and harness what it means to be unapologetically Black in a world intimidated by Blackness. But can she protect her game without losing herself in the process?

The potato hack was modeled after an 1849 diet plan for people that were becoming fat and "dyspeptic" from living too luxuriously. This potato diet simply called for one to eat nothing but potatoes for a few days at a time, promising that fat men become as "lean as they ought to be." One hundred and sixty-seven years later, we are fatter and sicker than ever, but the potato diet still works. Potatoes contains natural drug-like agents that affect inflammation, hunger, insulin, sleep, dreams, mood, and body weight. The potato is the best diet pill ever invented. The potato hack is a short-term intervention (3-5 days) where one eats nothing but potatoes. This short mono-food experiment will strengthen your immune system and provide you with all of the nutrition you need to remain energetic, sleep great, and, as a side-effect, lose weight. The potato hack will help you develop a new relationship with food, hunger, taste, and yourself. The potato hack is not just for the overweight. As noted in 1849, anyone with digestive complaints who follows an all-potato diet for a few days at a time will find their digestion improves greatly. Modern science shows that simple diets high in fiber create an intestinal microbiome that is highly diverse and stable. This diversity and stability is lacking in most people and leads to digestive complaints like Gastroesophageal reflux disease (GERD), Irritable bowel syndrome (IBS), Inflammatory bowel disease (IBD), and Small intestinal bacterial overgrowths (SIBO). The "modern dyspeptic gut" affects millions of people and costs billions of dollars annually. The answer might be as simple as 3-5 days of potatoes. You don't need this book to do the potato hack. Just eat potatoes until full every day for 3-5 days. It really is that simple! This book explains the science behind the potato hack, some variations on the basic hack, recipes, and what to do if it does not work as advertised. Also found in The Potato Hack is a comprehensive review of resistant starch, gut health, potato history, and a growing guide for those that want to grow their own. Most of the photography throughout the book was done by award-winning photographer, Ann Overhulse. The artfully photographed potatoes found on the cover and on 30 pages within are well worth the full price of the book. Guaranteed that after reading The Potato Hack, you will never look at potatoes the same.

Sock

100 Fast & Fabulous Pasta Sauces

The Magic Strings of Frankie Presto

The Dig

Penn & Teller's how to Play with Your Food

A Book of Animal Magic

Essays

In this classic of children's literature, beloved by generations of readers and listeners, the quiet poetry of the words and the gentle, lulling illustrations combine to make a perfect book for the end of the day. In a great green room, tucked away in bed, is a little bunny. "Goodnight room, goodnight moon." And to all the familiar things in the softly lit room—to the picture of the three little bears sitting on chairs, to the clocks and his socks, to the mittens and the kittens, to everything one by one—the little bunny says goodnight. One of the most beloved books of all time, Goodnight Moon is a must for every bookshelf and a time-honored gift for baby showers and other special events.

Increase your lifespan and optimize your health with plant-based recipes for a longer, more vibrant life. Authors and leading plant-based nutrition experts Julieanna Hever and Ray Cronise have spent over a decade researching diet and nutrition, analyzing longevity studies, and helping their clients achieve sustainable, lasting health benefits by adopting a whole food, plant-based diet. In The Healthspan Solution, they share the simple and effective diet that has allowed their clients to lose weight, reverse disease, reduce or eliminate medication use, and achieve optimal health. This accessible and easy-to-follow guide examines the health risks posed by typical Western eating habits and explains how a diet rich in vegetables, fruits, whole grains, legumes, mushrooms, nuts, seeds, herbs and spices can lead to lower blood pressure, healthy weight management, and longer life. Their flexible, customizable approach to eating challenges the conventional idea of breakfast, lunch, and dinner and focuses instead on soups, salads, sides, and sweets. With 100 delicious recipes to choose from, The Healthspan Solution make adopting a plant-based lifestyle simple and sustainable. Evidence-based research on the scientific underpinnings of the healthspan diet Easy-to-follow guidelines simplify food choices without being restrictive Beautifully photographed recipes offer options and flexibility Praise for The Healthspan Solution: "Ray and Julieanna didn't write a fad diet book. It's about making a permanent lifestyle transformation. The magic is I still can eat anything I want. The trick is what I want has profoundly changed. They did the trick for me and saved my life—now let them help you."-Penn Jillette, Las Vegas entertainer and magician "Ray is a scientific visionary and Julieanna is a master of nutrition. Together they've written a fact-based recipe book for longevity that belongs in every kitchen. Buy it."-David Sinclair, PhD, AO, Professor of Genetics, Harvard Medical School "Working with Julieanna and Ray has given me a profoundly new understanding of how food impacts health and how what we eat is often dictated by social influences. I'm excited to be a part of their effort to push to this message out to a far bigger audience."-Cyan Banister, angel investor and entrepreneur "Julieanna and Ray are an incredible team. While others have sought to demonstrate the adequacy of an exclusively plant-sourced diet, they teach how it can be superior and mimics longevity research."-Rich Roll, plant-powered ultra athlete and author

The outspoken half of magic duo Penn & Teller presents an atheistic reinterpretation of the Ten Commandments, discussing why doubt, skepticism, and wonder should be celebrated and offering humorous stories from his own experiences.

Utilise Excel 2013 capabilities to build effective financial models Using Excel for Business Analysis, Revised Edition provides practical guidance for anyone looking to build financial models. Whether for business proposals, opportunity evaluation, financial reports, or any other business finance application, this book shows you how to design, create, and test your model, then present your results effectively using Excel 2013. The book opens with a general guide to financial modelling, with each subsequent chapter building skill upon skill until you have a real, working model of your own. Financial tools, features, and functions are covered in detail from a practical perspective, and put in context with application to real-world examples. Each chapter focuses on a different aspect of Excel modelling, including step-by-step instructions that walk you through each feature, and the companion website provides live model worksheets that give you the real hands-on practice you need to start doing your job faster, more efficiently, and with fewer errors. Financial modelling is an invaluable business tool, and Excel 2013 is capable of supporting the most common and useful models most businesses need. This book shows you how to dig deeper into Excel's functionality to craft effective financial models and provide important information that informs good decision-making. Learn financial modelling techniques and best practice Master the formulas and functions that bring your model to life Apply stress testing and sensitivity analysis with advanced conditionals Present your results effectively, whether graphically, orally, or written A deceptively powerful application, Excel supports many hundreds of tools, features, and functions; Using Excel for Business Analysis

eliminates the irrelevant to focus on those that are most useful to business finance users, with detailed guidance toward utilisation and best practice.

Quite Early One Morning

A Harvest of Thorns

How the Universe Is Made

A Guide to Financial Modelling Fundamentals

The Wreckage of My Presence

Popular Science

Goodnight Moon

When the women behind the popular blog *Three Many Cooks* gather in the busiest room in the house, there are never too many cooks in the kitchen. Now acclaimed cookbook author Pam Anderson and her daughters, Maggy Keet and Sharon Damelio, blend compelling reflections and well-loved recipes into one funny, candid, and irresistible book. Together, Pam, Maggy, and Sharon reveal the challenging give-and-take between mothers and daughters, the passionate belief that food nourishes both body and soul, and the simple wonder that arises from good meals shared. Pam chronicles her epicurean journey, beginning at the apron hems of her grandmother and mother, and recounts how a cultural exchange to Provence led to twenty-five years of food and friendship. Firstborn Maggy rebelled against the family's culinary ways but eventually found her inner chef as a newlywed faced with the terrifying reality of cooking dinner every night. Younger daughter Sharon fell in love with food by helping her mother work, lending her searing opinions and elbow grease to the grueling process of testing recipes for Pam's bestselling cookbooks. *Three Many Cooks* ladles out the highs and lows, the kitchen disasters and culinary triumphs, the bitter fights and lasting love. Of course, these stories would not be complete without a selection of treasured recipes that nurtured relationships, ended feuds, and expanded repertoires, recipes that evoke forgiveness, memory, passion, and perseverance: Pumpkin-Walnut Scones, baked by dueling sisters; Grilled Lemon Chicken, made legendary by Pam's father at every backyard cookout; Chicken Vindaloo that Maggy whipped up in a boat galley in the Caribbean; Carrot Cake obsessively perfected by Sharon for the wedding of friends; and many more. Sometimes irreverent, often moving, always honest, this collection illustrates three women's individual and shared search for a faith that confirms what they know to be true: The divine is often found hovering not over an altar but around the stove and kitchen table. So hop on a bar stool at the kitchen island and join them to commiserate, laugh, and, of course, eat! Praise for *Three Many Cooks* "This beautiful book is a stirring, candid, powerful celebration of mothers, daughters, and sisters, and of family, food, and faith. The stories are relatable and real, and are woven perfectly with the time-tested, mouthwatering recipes. I loved every page, every word, and am adding this to the very small pile of books in my life that I know I'll pick up and read again and again."—Ree Drummond, New York Times bestselling author of *The Pioneer Woman Cooks*

Collects practical jokes, tricks, and anecdotes for the armchair magician, including the "eternal card trick," "tattoo of blood," and "off the cuff"

Poetry. Women's Studies. To the question posed, to Job, as obviously unanswerable--have you seen to the edge of the universe?-- Strickland's poems answer, we can, we have. Strickland probes the shape-shifting (reformatted) body and tests our changing (reconfigured) capability of caring for others as she expresses grief for historic, mystic, and mythic women; for women who burn, in space, at the stake, and as they sweep; for her mother and only daughter. Job is asked, Where is the road to light? In these poems, gathered from a lifetime of writing open to history, to code, to mathematics and matter as these translate each other, an abundance of pointers: no road that is not a road to light.

From the New York Times bestselling author of *Bird Box* and Malorie comes a chilling story that revolves around a mysterious small town, revealing its sinister secrets one by one. NAMED ONE OF THE BEST BOOKS OF THE YEAR BY THE WALL STREET JOURNAL • "Must-read horror."—Publishers Weekly (starred review) *Goblin* seems like any other ordinary small town. But with the master storyteller Josh Malerman as your tour guide, you'll discover the secrets that hide behind its closed doors. These six novellas tell the story of a place where the rain is always falling, nighttime is always near, and your darkest fears and desires await. Welcome to *Goblin*. . . . *A Man in Slices*: A man proves his "legendary love" to his girlfriend with a sacrifice even more daring than Vincent van Gogh's—and sends her more than his heart. *Kamp*: Walter Kamp is afraid of everything, but most afraid of being scared to death. As he sets traps around his home to catch the ghosts that haunt him, he learns that nothing is more terrifying than fear itself. *Happy Birthday, Hunter!*: A famed big-game hunter is determined to capture—and kill—the ultimate prey: the mythic Great Owl who lives in *Goblin*'s dark forests. But this mysterious creature is not the only secret the woods are keeping. *Presto*: All Peter

wants is to be like his hero, Roman Emperor, the greatest magician in the world. When the famous magician comes to Goblin, Peter discovers that not all magic is just an illusion. **A Mix-Up at the Zoo:** The new zookeeper feels a mysterious kinship with the animals in his care . . . and finds that his work is freeing dark forces inside him. **The Hedges:** When his wife dies, a man builds a hedge maze so elaborate no one ever solves it—until a little girl resolves to be the first to find the mysteries that wait at its heart.

Pasta Presto

The Most Dangerous Game

Popular Mechanics

How and What to Eat to Add Life to Your Years: 100 Easy, Whole-Food Recipes

A Novel Based on True Events

Using Excel for Business Analysis

Penn Jillette's New York Times bestselling account of his "extremely funny and somewhat profane journey to discovering a healthy lifestyle...that will motivate others to seek weight-loss solutions" (The Washington Post). More than three hundred and thirty pounds and saddled with a systolic blood pressure reading at dangerous heights, legendary magician Penn Jillette found himself at a crossroads. He needed a drastic lifestyle change if wanted to see his small children grow up. Enter Crazy Ray. A former NASA scientist and unconventional, passionate innovator, Ray Cronise changed Penn Jillette's life with his wild "potato diet." In Presto, Jillette takes us along on his journey from skepticism to the inspiring, life-changing momentum that transformed the magician's body and mind. He describes the process in hilarious detail, as he performs his Las Vegas show, takes meetings with Hollywood executives, hangs out with his celebrity friends and fellow eccentric performers, all while remaining a dedicated husband and father. Throughout, he weaves in his views on sex, religion, and pop culture, making his story a refreshing, genre-busting account. Outspoken, frank, and bitingly clever, Presto is an incisive, rollicking read. In the end, it is "undeniably inspiring" (Booklist).

Part autobiography, part philosophical inquiry, and part spiritual quest, Comedy Sex God is a hilarious, profound, and enlightening romp around the fertile mind of stand-up stand-out, podcast king, and HBO superstar Pete Holmes. Pete Holmes is a sold-out-every-night stand-up comedian with two HBO specials and the host of the hugely successful podcast You Made It Weird, and he was the creator-star of the hit HBO show Crashing. But it wasn't always roses for Pete. Growing up, Pete was raised an evangelical Christian, but his religion taught him that being "bad"—smoking, drinking, having doubts or premarital sex—would get him sent to an eternity in hell. So, terrified of the God he loved, Pete devoted his life to being "good," even marrying his first girlfriend at the age of twenty-two only to discover a few years later he was being cheated on. Thanks for nothing, God. Pete's failed attempt at a picture-perfect life forced him to reexamine his beliefs, but neither atheism, nor Christianity, nor copious bottles of Yellow Tail led him to enlightenment. Pete longed for a model of faith that served him and his newfound uncertainties about the universe, so he embarked on a soul-seeking journey that continues to this day. Through encounters with mind-altering substances, honing his craft in front of thousands of his comedy fans, and spending time with savants like Ram Dass, Pete forged a new life—both spiritually and personally. Beautifully written and often completely hilarious—imagine Dass's Be Here Now if penned by one of the funniest people alive—Comedy Sex God reveals a man at the top of his game and a seeker in search of the deeper meanings of life, love, and comedy.

Presents a collection of tricks to play at the dinner table--from bending spoons and creating terrorist fortune cookies to making blood pour out of a jello mold

From the beloved author of the #1 New York Times bestsellers Tuesdays with Morrie and The Five People You Meet in Heaven comes his most critically acclaimed novel yet—a stunningly original tale of love: love between a man and a woman, between an artist and his mentor, and between a musician and his God-given talent. Narrated by the voice of Music itself, the story follows Frankie Presto, a war orphan born in a burning church, through his extraordinary journey around the world. Raised by a blind guitar teacher in Spain and gifted with a talent to change people's lives—using six mysterious blue strings—Frankie navigates the musical landscape of the twentieth century, from the 1950s jazz scene to the Grand Ole Opry to Elvis mania and Woodstock, all the while searching for his childhood love. As he becomes a famous star, he loses his way, until tragedy steals his ability to play the guitar that had so defined him. Overwhelmed by his loss, Frankie disappears for decades, reemerging late in life for one spectacular yet mystifying farewell. Part love story, part magical mystery, The Magic Strings of Frankie Presto is Mitch Albom at his finest, a Forrest Gump-like epic about one man's journey to discover what truly matters and the power of talent to change our lives.