

The Honey Spike Arena Books

We are all aware of the benefits of eating seasonally and healthily, and yet often this isn't something we consider when baking. Amber believes that cakes, bakes and puddings shouldn't be made with refined white flour and white sugar. She develops recipes using fruit and honey to give sweetness and ancient flours such as buckwheat, spelt and rye to give depth of flavour. Chapters are Seasonal Cakes; Puddings, including baked fruit, crumbles, pies, sponge and rice puddings; Tarts and Meringues; Small Bakes; Creams, Custards & Compotes; and Herbal Teas. Enjoy baking a Spiced Carrot Cake with a crumbly topping; make Berry Good Fairy Cakes for the kids, create a Coconut & Passionfruit Tart for a dinner party, or try the healthy Mince Pies with an orange zest pastry. Baking is always indulgent and comforting but, with Amber, it can be nourishing too.

Explores the homogenization of American culture and the impact of the fast food industry on modern-day health, economy, politics, popular culture, entertainment, and food production.

The second book in Suzanne Collins's phenomenal and worldwide bestselling Hunger Games trilogy.

Whitaker's Books in Print

How Culture Is Driving Human Evolution, Domesticating Our Species, and Making Us Smarter

A Dream of Mortals (Book #15 in the Sorcerer's Ring)

Ezaara

Whitaker's Book List

Bierce exploits the comic potential of the dictionary format to mock the doublespeak prominent in post-Civil War politics. Using short, pithy entries on a variety of subjects, this "reference book" inverts the meaning of words, skewers popular hypocrisy and showcases Bierce's dark humor. Many of these entries began as newspaper columns Bierce wrote in the 1870s. One hundred years later, it is clear that the America he lampoons is not that different from our own. The provocative and mind-bending new novel from the bestselling author of Fight Club and Haunted. Rant takes the form of a (fictional) oral history of Buster "Rant" Casey, in which an assortment of friends, enemies, admirers, detractors, and relations have their say on this evil character, who may or may not be the most efficient serial killer of our time. Buster Casey was every small kid born in a small town, searching for real thrills in a world of video games and action/adventure movies. The high school rebel who always wins - and a childhood murderer? - Rant Casey escapes from his hometown of Middleton into the big city and becomes the leader of an urban demolition derby called Party Crashing, where, on designated nights, the participants recognize each other by dressing their cars with tin-can tails, "Just Married" toothpaste graffiti, and other refuse, then look for special markings in order to stalk and crash into each other. It's in this violent, late-night hunting game that Casey makes three friends. And after his spectacular death, these friends gather the testimony needed to build an oral history of his short life. Their collected anecdotes explore the charges that his saliva infected hundreds and caused a silent, urban plague of rabies . . . Expect hilarity and horror, and blazing insight into the desperate and surreal contemporary human condition as only Chuck Palahniuk can deliver it. He's the postmillennial Jonathan Swift, the man to watch to learn what's - uh-oh - coming next. Excerpt from RANT: Wallace Boyer (Car Salesman): Like most people, I didn't meet and talk to Rant Casey until after he was dead. That's how it works for most celebrities, after they croak their circle of close friends just explodes. A dead celebrity can't walk down the street without meeting a million best buddies they never met in real life. Dying was the best career move Jeff Dahmer and John Wayne Gacy ever made. . . . The way Rant Casey used to say it: Folks build a reputation by attacking you while you're alive-or praising you after you ain't.
A humorous fictional account of a visit to the World's Columbian exposition illustrated with actual photographs and sketches of the buildings, exhibits, and fairgrounds.

The Secret of Our Success

Outsmarting the Instincts That Make Us Overeat

The Hungry Brain

Year Book, Trotting and Pacing

The Devil's Dictionary

INSTANT NEW YORK TIMES BESTSELLER The definitive history of the 1990s New York Knicks, illustrating how Pat Riley, Patrick Ewing, John Starks, Charles Oakley, and Anthony Mason resurrected the iconic franchise through oppressive physicality and unmatched grit. For nearly an entire generation, the New York Knicks have been a laughingstock franchise. Since 2001, they've spent more money, lost more games, and won fewer playoff series than any other NBA team. But during the preceding era, the Big Apple had a club it was madly in love with—one that earned respect not only by winning, but through brute force. The Knicks were always looking for fights, often at the encouragement of Pat Riley. They fought opposing players. They fought each other. Hell, they even occasionally fought their own coaches. The NBA didn't take kindly to their fighting spirit. Within two years, league officials moved to alter several rules to stop New York from turning its basketball games into bloody mudwrestling matches. Nevertheless, as the 1990s progressed, the Knicks endeared themselves to millions of fans; not for how much they won, but for their colorful cast of characters and their hardworking mentality. Now, through his original reporting and interviews with more than two hundred people, author Chris Herrera delves into the origin, evolution, and eventual demise of the iconic club. He takes us inside the locker room, executive boardrooms, and onto the court for the key moments that lifted the club to new heights, and the ones that threatened to send everything crashing down in spectacular fashion. Blood in the Garden is a portrait filled with eye-opening details that have never been shared before, revealing the full story of the franchise in the midst of the NBA's golden era. And rest assured, no punches will be pulled. Which is just how those rough-and-tumble Knicks would like it.

"This book makes you understand exactly what it is like to compete as a woman at the highest level in sport, and it is exhilarating and satisfying indeed." –Holly Sorensen, Television Creator/Showrunner. Make it or Break It, Step Up: High Water Audrey Lee is going to the Olympics. A year ago, she could barely do a push up as she recovered from a spine surgery, one that could have paralyzed her. And now? She's made the United States gymnastics team with her best friend, Emma, just like they both dreamed about since they were kids. She's on top of the world. The pressure for perfection is higher than ever when horrifying news rips the team apart. Audrey is desperate to advocate for her teammate who has been hurt by the one person they trusted most—but not all the gymnasts are as supportive. With the team on the verge of collapse, the one bright spot in training is Leo, her new coach's ridiculously cute son. And while Audrey probably (okay, definitely) shouldn't date him until after the games, would it really be the end of the world? Balancing the tenuous relationship between her teammates with unparalleled expectations, Audrey doesn't need any more distractions. No matter what it takes, she's not going to let anyone bring them down. But with painful revelations, incredible odds, and the very real possibility of falling at every turn, will Audrey's determination be enough?

A Publishers Weekly Best Book of the Year From an obesity and neuroscience researcher with a knack for engaging, humorous storytelling, The Hungry Brain uses cutting-edge science to answer the questions: why do we overeat, and what can we do about it? No one wants to overeat. And certainly no one wants to overeat for years, become overweight, and end up with a high risk of diabetes or heart disease—yet two thirds of Americans do precisely that. Even though we know better, we often eat too much. Why does our behavior betray our own intentions to be lean and healthy? The problem, argues obesity and neuroscience researcher Stephan J. Guyenet, is not necessarily a lack of willpower or an incorrect understanding of what to eat. Rather, our appetites and food choices are led astray by ancient, instinctive brain circuits that play by the rules of a survival game that no longer exists. And these circuits don't care about how you look in a bathing suit next summer. To make the case, The Hungry Brain takes readers on an eye-opening journey through cutting-edge neuroscience that has never before been available to a general audience. The Hungry Brain delivers profound insights into why the brain undermines our weight goals and transforms these insights into practical guidelines for eating well and staying slim. Along the way, it explores how the human brain works, revealing how this mysterious organ makes us who we are.

Catching Fire (Hunger Games, Book Two)

International Film and TV Year Book

Official Stud Book and Registry of the American Quarter Horse Association

The Brain That Changes Itself

The Lifesaving Plan for Health and Longevity

Landon Brinkley's dreams are all coming true. She's landed an internship with the fabulous Selah Smith, event planner for the Hollywood elite, taking her from small-town Texas to the bright lights of LA. Landon soon finds herself in a world in which spending a million dollars on an event—even a child's birthday party—is de rigueur and the whims of celebrity clients are life-and-death matters. At first, the thrill of working on A-list parties and celebrity weddings is enough to get Landon through the seventy-five-hour workweeks and endless abuse at the hands of her mercurial boss. But when the reality of the business reveals itself, she's forced to make a choice: do whatever it takes to get ahead, or stay true to herself. Drawing on the author's real-life experiences as an event planner to the stars, Party Girl takes readers on an adventure among Hollywood's most beautiful—and most outrageous—people, revealing the ugly side of Hollywood's prettiest parties.

Modelland - the FIERCE NEW NOVEL BY TYRA BANKS-IS OUT! No one gets in without being asked. And with her untamable hair, large forehead, and gawky body, Tookie De La Crème isn't expecting an invitation. Modelland—the exclusive, mysterious place on top of the mountain—never dares to make an appearance in her dreams. But someone has plans for Tookie. Before she can blink her mismatched eyes, Tookie finds herself in the very place every girl in the world obsesses about. And three unlikely girls have joined her. Only seven extraordinary young women become Intoxibellas each year. Famous. Worshipped. Magical. What happens to those who don't make it? Well, no one really speaks of that. Some things are better left unsaid. Thrown into a world where she doesn't seem to belong, Tookie glimpses a future that could be hers—if she survives the beastly Catwalk Corridor and terrifying Thigh-High Boot Camp. Along the way, she learns all about friendship, courage, laughter and what it feels like to start to believe in yourself. When you enter the fantastical world of Modelland, you'll see that Tookie was inspired by Tyra's life as a supermodel. All those crazy and wild adventures Tookie has with her friends? Some of them were ripped straight from the headlines of Tyra's life! Tyra knows all about beauty and fashion and fierceness, and she shares everything here in MODELLAND. It's fun, zany, and 100 bazillion-percent Tyra. You don't want to miss Tyra's amazing new novel! From the Hardcover edition.

"A damning denunciation of things as they are, and a platform for how we can do better."—Andrew Leonard, Salon Building on the international bestseller Globalization and Its Discontents, Joseph E. Stiglitz offers here an agenda of inventive solutions to our most pressing economic, social, and environmental challenges, with each proposal guided by the fundamental insight that economic globalization continues to outpace both the political structures and the moral sensitivity required to ensure a just and sustainable world. As economic interdependence continues to gather the peoples of the world into a single community, it brings with it the need to think and act globally. This trenchant, intellectually powerful, and inspiring book is an invaluable step in that process.

A copious dictionary in three parts . . . Third edition, etc

Books Ireland

Stories of Personal Triumph from the Frontiers of Brain Science

Rant

An Oral Biography of Buster Casey

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

"Fascinating. Doidge's book is a remarkable and hopeful portrait of the endless adaptability of the human brain."—Oliver Sacks, MD, author of The Man Who Mistook His Wife for a Hat What is neuroplasticity? Is it possible to change your brain? Norman Doidge's inspiring guide to the new brain science explains all of this and more An astonishing new science called neuroplasticity is overthrowing the centuries-old notion that the human brain is immutable, and proving that it is, in fact, possible to change your brain. Psychoanalyst, Norman Doidge, M.D., traveled the country to meet both the brilliant scientists championing neuroplasticity, its healing powers, and the people whose lives they've transformed—people whose mental limitations, brain damage or brain trauma were seen as unalterable. We see a woman born with half a brain that rewired itself to work as a whole, blind people who learn to see, learning disorders cured, IQs raised, aging brains rejuvenated, stroke patients learning to speak, children with cerebral palsy learning to move with more grace, depression and anxiety disorders successfully treated, and lifelong character traits changed. Using these marvelous stories to probe mysteries of the body, emotion, love, sex, culture, and education, Dr. Doidge has written an immensely moving, inspiring book that will permanently alter the way we look at our brains, human nature, and human potential.

"THE SORCERER'S RING has all the ingredients for an instant success: plots, counterplots, mystery, valiant knights, and blossoming relationships replete with broken hearts, deception and betrayal. It will keep you entertained for hours, and will satisfy all ages. Recommended for the permanent library of all fantasy readers." —Books and Movie Reviews, Roberto Mattos (regarding A Quest of Heroes) " [An] entertaining epic fantasy." —Kirkus Reviews (regarding A Quest of Heroes) "The beginnings of something remarkable are there." —San Francisco Book Review (regarding A Quest of Heroes) A DREAM OF MORTALS is Book #15 in the Bestselling series THE SORCERER'S RING, which begins with A QUEST OF HEROES (book #1)—a free download! In A DREAM OF MORTALS, Thorgrin and his brothers struggle to break free from the grips of the pirates, and to continue their search for Guwayne at sea. As they encounter unexpected friends and foes, magic and weaponry, dragons and men, it will change the very course of their destiny. Will they finally find Guwayne? Darius and his few friends survive the massacre of their people—but only to find that they are captives, thrown into the Empire Arena. Shackled together, facing unimaginable opponents, their only hope for survival is to stand and fight together, as brothers. Gwendolyn wakes from her slumber to discover that she and the others have survived their trek across the Great Waste—and even more shocking, that they have come to a land beyond their wildest imagination. As they are brought into a new royal court, the secrets Gwendolyn learns about her ancestors and her own people will change her destiny forever. Erec and Alistair, still captive at sea, struggle to break free from the grips of the Empire fleet in a bold and daring nighttime escape. When odds seem at their worst, they receive an unexpected surprise that might just give them a second chance for victory—and another chance to continue their attack on the heart of the Empire. Godfrey and his crew, imprisoned once again, set to be executed, have one last chance to try to escape. After being betrayed, they want more than escape this time—they want vengeance. Volusia is surrounded on all sides as she strives to take and hold the Empire capital—and she will have to summon a more powerful magic than she's ever known if she is to prove herself a Goddess, and become Supreme Ruler of the Empire. Once again, the fate of the Empire hangs in the balance. With its sophisticated world-building and characterization, A DREAM OF MORTALS is an epic tale of friends and lovers, of rivals and suitors, of knights and dragons, of intrigues and political machinations, of coming of age, of broken hearts, of deception, ambition and betrayal. It is a tale of honor and courage, of fate and destiny, of sorcery. It is a fantasy that brings us into a world we will never forget, and which will appeal to all ages and genders. Book #16 in the series--A JOUST OF KNIGHTS—is now also available! "A spirited fantasy ... Only the beginning of what promises to be an epic young adult series." —Midwest Book Review (regarding A Quest of Heroes) "A quick and easy read.you have to read what happens next and you don't want to put it down." —FantasyOnline.net (regarding A Quest of Heroes) "Action-packed ... Rice's writing is solid and the premise intriguing." —Publishers Weekly (regarding A Quest of Heroes)

Love, Bake, Nourish

Being the Adventures of Harry and Philip with Their Tutor, Mr. Douglass, at the World's Columbian Exposition

The Century World's Fair Book for Boys and Girls

Football School Terrific Teams: 50 True Stories of Football's Greatest Sides

Making Globalization Work

As the new Queen's Rider, Ezaara faces monsters, but who is worse? Her dragon masters or the beasts she fights? In Lush Valley, it's a crime to even talk about dragons... When Ezaara meets Zaarasha the Dragon Queen, she's swept up in a blaze of color and they imprint, forming a deep bond. She must give up her home and family to become the new Queen's Rider. Ignorant and unprepared, how can she possibly succeed? Luckily, she has a dragon master - although rumors say she'd be better off with the enemy. Plunged into a world of cuthroat politics and traitors in every shadow, who can Ezaara trust as Commander Zens and his army of bestial thugs march closer, razing villages and enslaving the people of Dragons' Realm? What personal price must Ezaara and her Dragon Master pay to save their people? A great fantasy read. Dean O'Gorman, actor, Fili the dwarf in The Hobbit

The #1 New York Times Bestseller! Atlanta is a city plagued by magical problems. Kate Daniels will fight to solve them—no matter the cost... Mercenary Kate Daniels and her mate, Curran, the Beast Lord, are struggling to solve a heartbreaking crisis. Unable to control their beasts, many of the Pack's shapeshifting children fail to survive to adulthood. While there is a medicine that can help, the secret to its making is closely guarded by the European packs, and there's little available in Atlanta. Kate can't bear to watch innocents suffer, but the solution she and Curran have found threatens to be even more painful. The European shapeshifters who once outmaneuvered the Beast Lord have asked him to arbitrate a dispute—and they'll pay him in medicine. With the young people's survival and the Pack's future at stake, Kate and Curran know they must accept the offer—but they have little doubt that they're heading straight into a trap...

How our collective intelligence has helped us to evolve and prosper Humans are a puzzling species. On the one hand, we struggle to survive on our own in the wild, often failing to overcome even basic challenges. like obtaining food, building shelters, or avoiding predators. On the other hand, human groups have produced ingenious technologies, sophisticated languages, and complex institutions that have permitted us to successfully expand into a vast range of diverse environments. What has enabled us to dominate the globe, more than any other species, while remaining virtually helpless as lone individuals? This book shows that the secret of our success lies not in our innate intelligence, but in our collective brains—on the ability of human groups to socially interconnect and learn from one another over generations. Drawing insights from lost European explorers, clever chimpanzees, noble hunter-gatherers, neuroscientific findings, ancient bones, and the human genome, Joseph Henrich demonstrates how our collective brains have propelled our species' genetic evolution and shaped our biology. Our early capacities for learning from others produced many cultural innovations, such as fire, cooking, water containers, plant knowledge, and projectile weapons, which in turn drove the expansion of our brains and altered our physiology, anatomy, and psychology in crucial ways. Later on, some collective brains generated and recombined powerful concepts, such as the lever, wheel, screw, and writing, while also creating the institutions that continue to alter our motivations and perceptions. Henrich shows how our genetics and biology are inextricably interwoven with cultural evolution, and how culture-gene interactions launched our species on an extraordinary evolutionary trajectory.

Tracking clues from our ancient past to the present, The Secret of Our Success explores how the evolution of both our cultural and social natures produce a collective intelligence that explains both our species' immense success and the origins of human uniqueness.

An Illustrated Biography

Spike Jones and His City Slickers

The Whole Foods Diet

Party Girl

Webster's II New College Dictionary

An Instant New York Times Bestseller! Winner of the Coretta Scott King - John Steptoe for New Talent Author Award Filled with mystery and an intriguingly rich magic system, Tracy Deonn's YA contemporary fantasy reinvents the King Arthur legend and lbraids together Southern folk traditions and Black Girl Magic into a searing modern tale of grief, power, and self-discovery! (Dhonielle Clayton, New York Times bestselling author of The Belles). After her mother dies in an accident, sixteen-year-old Bree Matthews wants nothing to do with her family memories or childhood home. A residential program for bright high schoolers at UNCIChapel Hill seems like the perfect escape!until Bree witnesses a magical attack her very first night on campus. A flying demon feeding on human energies. A secret society of so called [Legendborn] students that hunt the creatures down. And a mysterious teenage mage who calls himself a [Merlin] and who attempts[and fails]to wipe Bree's memory of everything she saw. The mage's failure unlocks Bree's own unique magic and a buried memory with a hidden connection: the night her mother died, another Merlin was at the hospital. Now that Bree knows there's more to her mother's death than what's on the police report, she'll do whatever it takes to find out the truth, even if that means infiltrating the Legendborn as one of their initiates. She recruits Nick, a self-exiled Legendborn with his own grudge against the group, and their reluctant partnership pulls them deeper into the society's secrets[and closer to each other. But when the Legendborn reveal themselves as the descendants of King Arthur's knights and explain that a magical war is coming, Bree has to decide how far she'll go for the truth and whether she should use her magic to take the society down[or join the fight. This paperback edition of Legendborn contains a teaser to the thrilling sequel, Bloodmarked, as well as an exclusive short story from Selwyn Kane's perspective!

Whitaker's Book ListBooks IrelandWhitaker's Books in PrintScientific ArenaThe Organ of the Substantial PhilosophyChildren of the RainbowLove, Bake, NourishKyle Books

In its 114th year, Billboard remains the world's premier weekly music publication and a diverse digital, events, brand, content and data licensing platform. Billboard publishes the most trusted charts and offers unrivaled reporting about the latest music, video, gaming, media, digital and mobile entertainment issues and trends.

Fast Food Nation

The Dark Side of the All-American Meal

Modelland

MONEY Master the Game

The Organ of the Substantial Philosophy

Features more than 200,000 definitions, as well as revised charts and tables, proofreaders' marks, synonym lists, word histories, context examples, separate biographical and geographical entries, abbreviations, and foreign phrases

"Bibliography found online at tonyrobbins.com/masterthegame"---Page [643].

Scientific Arena

Forthcoming Books

A Dragons' Realm Novel

Break the Fall