

## Carni Bianche Gustose Con Leggerezza

Brazil is a vast country with a cornucopia of fabulous ingredients and a wealth of ethnic culinary influences; the result is one of the most exciting cuisines in the world. In this ground-breaking book, acclaimed young chef Thiago Castanho and internationally respected food writer Luciana Bianchi explore the best of Brazilian food and its traditions with more than 100 recipes that you'll want to try at home - wherever you live. The book includes recipes from a team of celebrated 'guest chefs' from all over Brazil, including Roberta Sudbrack, Rodrigo Oliveira and Felipe Rameh. Chapters celebrate the best food that Brazil's diverse cuisine has to offer including Small Bites, Street Food, Fish & Seafood and Meat & Poultry for Fire & Grill. Shot on location in Brazil by Rogerio Voltan, the book is a visual as well as culinary feast. As host nation for the World Cup in 2014 and the Olympics in 2016, Brazil will be the focus of international attention, so now is the perfect time to discover its vibrant food culture and cook some of its gutsy, flavourful dishes at home.

The role of women in Roman culture and society was a paradoxical one. On the one hand they enjoyed social, material and financial independence and on the other hand they were denied basic constitutional rights. Roman history is not short of powerful female figures, such as Agrippina and Livia, yet their power stemmed from their associations with great men and was not officially recognised. Ariadne Staples' book examines how women in Rome were perceived both by themselves and by men through women's participation in Roman religion, as Roman religious ritual provided the single public arena where women played a significant formal role. From Good Goddess to Vestal Virgins argues that the ritual roles played out by women were vital in defining them sexually and that these sexually defined categories spilled over into other aspects of Roman culture, including political activity. Ariadne Staples provides an arresting and original analysis of the role of women in Roman society, which challenges traditionally held views and provokes further questions.

The book aims to introduce a research concept called "Numanities", as one possible attempt to overcome the current scientific, social and institutional crisis of the humanities. Such crisis involves their impact on, and role within, society; their popularity among students and scholars; and their identity as producers and promoters of knowledge. The modern western world and its economic policies have been identified as the strongest cause of such a crisis. Creating the conditions for, but in fact encouraging it. However, a self-critical assessment of the situation is called for. Our primary fault as humanists was that of stubbornly thinking that the world's changes could never really affect us, as - we felt - our identity was sacred. In the light of these approaches, the main strengths of humanities have been identified in the ability to: promote critical thinking and analytical reasoning; provide knowledge and understanding of democracy and social justice; develop leadership, cultural and ethical values. The main problems of humanities are the lack economic relevance; the socio-institutional perception of them as "impractical" and unemployable; the fact that they do not match with technological development. Finally, the resulting crisis consists mainly in the absence (or radical reduction) of funding from institutions; a decrease in student numbers a decrease in interest; a loss of centrality in society. A Numanities (New Humanities) project should consider all these aspects, with self-critical assessment on the first line. The goal is to unify the various fields, approaches and also potentials of the humanities in the context, dynamics and problems of current societies, and in an attempt to overcome the above-described crisis. Numanities are introduced not as a theoretical paradigm, but in terms of an "umbrella-concept" that has no specific scientific content in it: that particularly means that the many existing new fields and research trends that are addressing the same problems (post-humanism, transhumanism, transformational humanities, etc.) are not competitors of Numanities, but rather possible ways to them. Therefore, more than a theoretical program, Numanities intend to pursue a mission, and that is summarized in a seven-point manifesto. In the light of these premises and reflections, the book then proceeds to identify the areas of inquiry that Numanities, in their functions and comprehensive approach, seek to cover. The following list should also be understood as a statement of purposes for this entire book series. These, in other words, will be the topics/areas we intend to represent. Once elaborated on the foundations of Numanities, the book features a second part that presents two case studies based on two relatively recent (and now updated) investigations that the author has performed in the fields of musical and animal studies respectively. The two cases (and relative areas of inquiry) were selected because they were considered particularly relevant within the discussion of Numanities, and in two different ways. In the first case-study the author discussed the most typical result (or perhaps cause?) of the technophobic attitude that was addressed in the first part of the book: the issue of "authenticity", as applied, in the author's particular study, to popular music. In the second case-study, he analyzes two different forms of comparative analysis between human and non-human cognition: like in the former case, this study, too, is aimed at a critical commentary on (what the author considers) redundant biases in current humanistic research - anthropocentrism and speciesism.

A Manifesto of Numanities

Managing Multiple Sclerosis Naturally

Catalogo Bolaffi dei vini del mondo

Stagioni in cucina. Manuale creativo di cucina naturale

LA SALUTE HA UNA SORELLA - Piccolo Manuale di Ricette di Salute

A Novel

The Lesser Evil is a psychological horror novel that takes place in the Buenos Aires of the 1990s featuring exciting prose, fascinating characters, with suspenseful and memorable scenes. Reminiscent of Angela Carter's *Infernal Desire* *Machines of Doctor Hoffman*, it was a finalist for the Planeta Biblioteca del Sur prize.

"Anyone with even the vaguest interest in food (or other people's houses generally) should order Carrie Solomon and Adrian Moore's newly released *Chefs' Fridges*."—British Vogue "If you've ever wondered what your favorite chef eats at home, now's your chance to find out. *Chefs' Fridges* hops all over the continents of

North America and Europe, peeking inside the home fridges of Nancy Silverton, Hugh Acheson, Enrique Olvera, José Andrés, Jessica Koslow, and more acclaimed chefs."—Food & Wine Find out what's in some of the world's most esteemed chef's kitchens with this fascinating compendium that showcases more than thirty-five of today's masters, including José Andrés, Christina Tosi, Alice Waters, Daniel Boulud, Nancy Silverton, Wylie Dufresne, Jean-Georges Vongerichten, Ludo Lefebvre, and Carla Hall—in up-close profiles and gorgeous color photos, plus two recipes for the dishes they like to cook at home. For authors Carrie Solomon and Adrian Moore, and demonstrably, to the rest of the world, chefs are intriguing creatures. Their creations shape our culture and become an indelible part of our experience. They make food delicious beyond our wildest dreams. But what happens when the chef whites come off and they head home? Filled with exclusive photographs and interviews granted especially for this book, *Chefs' Fridges* is a personal look into the refrigerators and kitchens of more than 35 of the world's most esteemed chefs, including twelve chefs with thirty-six Michelin stars shared between them. You will feel as if you are having a conversation with a great chef as they stand before an open fridge, deciding what to eat. Each chef's entry contains an anecdotal essay that sheds light on his or her personal and culinary background; numerous annotated full-bleed spreads of the contents of their refrigerators and freezers so you can see what makes their culinary clock tick; a short, straightforward Q&A section; an informal portrait in their kitchen; and recipes. The featured chefs include: Hugh Acheson, José Andrés, Dan Barber, Pascal Barbot, Kristian Baumann, Daniel Boulud, Sean Brock, Amanda Cohen, Dominique Crenn, Wylie Dufresne, Kristen Essig, Pierre Gagnaire, Carla Hall, Mason Hereford, Jordan Kahn, Tom Kitchin, Jessica Koslow, Ludo Lefebvre, Nadine Levy Redzepi, Barbara Lynch, Greg Marchand, David McMillan, Enrique Olvera, Ivan Orkin, Paco Perez, Anthony Rose, Marie-Aude Rose, Carme Rusalleda, Nancy Silverton, Clare Smyth, Mette Soberg, Alex Stupak, Christina Tosi, Jean-Georges Vongerichten, and Alice Waters.

It is the year 1327. Franciscans in an Italian abbey are suspected of heresy, but Brother William of Baskerville's investigation is suddenly overshadowed by seven bizarre deaths. Translated by William Weaver. A Helen and Kurt Wolff Book

Ad Lucilium Epistulae Morales,

The 13th Juror

Arts and Humanities in Progress

L'Espresso

Brazilian Food

The Color of Tea

«Il mare è il tuo specchio» ha scritto il poeta Charles Baudelaire «contempli la tua anima nel volgersi infinito dell'onda che rotola». Chi ama il mare è unito ad esso da un legame profondo, intimo, quasi alchemico. Il mare ha qualcosa infatti di magico, una sorta di incantesimo che affascina e ci trascina nelle sue profondità dalle mille sfumature di blu. La passione di Bruno Zan per il mare è raccontata pagina dopo pagina in questo viaggio che intreccia ricordi, luoghi, emozioni e incontri. Con la barca a vela ha solcato le terre degli antichi marinai ed è approdato nei luoghi dove il mare e gli uomini hanno scritto la storia. Il racconto è una sorta di diario di bordo, testimone di un itinerario da Venezia a Rodi, un viaggio nei ricordi e negli eventi storici che hanno segnato queste terre e il mare che le avvolge in un grande abbraccio. Bruno Zan è nato a Venezia nel 1952. Con la propria barca a vela naviga dal 1978 tra le isole del Quarnaro, lungo entrambe le sponde dell'Adriatico, nel mare Ionio e in Egeo, ripercorrendo le rotte tracciate dalla Serenissima. Laureato in Ingegneria, ha insegnato fino al 2012 Tecnica delle Costruzioni allo I.U.A.V., l'Università di Architettura di Venezia. Da allora si dedica maggiormente alla sua grande passione per il mare, navigando tra le Cicladi e le Sporadi, ma anche tra le isole dei Caraibi e attraverso l'Oceano, vincendo nel 2016 con un equipaggio di amici la regata ARC (Atlantic Rally for Cruisers). È stato socio fondatore e Presidente del Circolo Velico Puntasangiuliano dal 1997 al 2006 e ha partecipato come responsabile delle strutture al gruppo di progetto internazionale per l'approdo nautico veneziano sulla penisola lagunare del Parco di Punta San Giuliano.

A totally revised and updated edition of the first book to offer a holistic approach to slowing the progression of MS — Provides guidance on special diets and nutritional supplements, exercise, alternative therapies, and the effects of negative and positive thoughts on MS — Explains how to reduce toxic overload from mercury and chemicals — Includes life wisdom and coping strategies from others who suffer with MS Judy Graham is an inspiration. Diagnosed with multiple sclerosis when she was just 26 years old, 35 years later Judy Graham is still walking, working, and has successfully birthed and raised a son who is now an adult. In this totally revised and updated edition of her groundbreaking *Multiple Sclerosis*, first published in 1984, she shares the natural treatments that have helped her and many others with MS stabilize or even reverse the condition. Beginning with the effects of diet, she explains that many people with MS have been eating the wrong foods and shows which foods are "good" and "bad," how to recognize food sensitivities, and how to correct nutritional deficiencies using dietary supplements. She also looks at reducing the body's toxic overload, whether from mercury amalgam fillings, chemicals, or medications. She presents the exercises with proven benefits for MS she has found most reliable and appropriate, such as yoga, pilates, and tai chi, and explores alternative therapies that provide relief and support to the body's efforts to control MS, including acupuncture, reflexology, shiatsu, reiki, and ayurveda. Most important are the insights she provides on the effects of negative thoughts on MS. She demonstrates how a positive mental attitude can actually slow down or even reverse the progression of this disease. Judy Graham is living proof that, as devastating as a diagnosis of MS is, life can still be lived to its fullest.

A practical guide to the successful Overcoming Multiple Sclerosis recovery program for people with MS and their doctors.

Thousands of people with MS around the world are now following this preventive medicine approach and living healthy, active lives.

Overcoming Multiple Sclerosis is an established and successful program of treatment. Once a diagnosis of MS meant inevitable decline and disability. Now thousands of people around the world are living healthy, active lives on the Overcoming Multiple

Sclerosis recovery program. Overcoming Multiple Sclerosis explains the nature of MS and outlines an evidence-based 7 step program for recovery. Professor George Jelinek devised the program from an exhaustive analysis of medical research when he was first diagnosed with MS in 1999. It has been refined through major ongoing international clinical studies under Professor Jelinek's leadership, examining the lifestyles of several thousand people with MS world-wide and their health outcomes. Overcoming Multiple Sclerosis is invaluable for anyone recently diagnosed with MS, living with MS for years, or with a family member with MS. It makes an ideal resource for doctors treating people with MS. 'I would have no hesitation in recommending Overcoming Multiple Sclerosis to my patients, but also to my friends and colleagues.' Professor Gavin Giovannoni, MBBCh, PhD, FCP (S.A., Neurol.), FRCP, FRCPATH, Chair of Neurology, Blizard Institute, Barts and The London School of Medicine and Dentistry 'Overcoming Multiple Sclerosis combines hard scientific evidence with practical advice and compassion. It will be of benefit to nearly everybody affected by MS and I heartily recommend it.' Dr Peter Fisher FRCP, Physician to Her Majesty Queen Elizabeth II, and Director of Research, Royal London Hospital for Integrated Medicine

Carni bianche. Gustose con leggerezza

Overcoming Multiple Sclerosis

L'Europeo

Gusto estetico

Storia naturale illustrata del regno animale tratta dalle opere dei più distinti e moderni naturalisti italiani e stranieri: Storia naturale dei mammiferi

**"An exciting debut novel set in the exotic, bustling streets of Macau, China about a woman whose life is restored when she opens a small cafe forms unlikely friendships, and gains the eventually the courage to trust what's in her heart"--**

**Discover neglected wild food sources—that can also be used as medicine! The long-standing notion of “food as medicine, medicine as food,” can be traced back to Hippocrates. Eating and Healing: Traditional Food As Medicine is a global overview of wild and semi-domesticated foods and their use as medicine in traditional societies. Important cultural information, along with extensive case studies, provides a clear, authoritative look at the many neglected food sources still being used around the world today. This book bridges the scientific disciplines of medicine, food science, human ecology, and environmental sciences with their ethno-scientific counterparts of ethnobotany, ethnoecology, and ethnomedicine to provide a valuable multidisciplinary resource for education and instruction. Eating and Healing: Traditional Food As Medicine presents respected researchers’ in-depth case studies on foods different cultures use as medicines and as remedies for nutritional deficiencies in diet. Comparisons of living conditions in different geographic areas as well as differences in diet and medicines are thoroughly discussed and empirically evaluated to provide scientific evidence of the many uses of these traditional foods as medicine and as functional foods. The case studies focus on the uses of plants, seaweed, mushrooms, and fish within their cultural contexts while showing the dietary and medical importance of these foods. The book provides comprehensive tables, extensive references, useful photographs, and helpful illustrations to provide clear scientific support as well as opportunities for further thought and study. Eating and Healing: Traditional Food As Medicine explores the ethnobiology of: Tibet—antioxidants as mediators of high-altitude nutritional physiology Northeast Thailand—“wild” food plant gathering Southern Italy—the consumption of wild plants by Albanians and Italians Northern Spain—medicinal digestive beverages United States—medicinal herb quality Commonwealth of Dominica—humoral medicine and food Cuba—promoting health through medicinal foods Brazil—medicinal uses of specific fishes Brazil—plants from the Amazon and Atlantic Forest Bolivian Andes—traditional food medicines New Patagonia—gathering of wild plant foods with medicinal uses Western Kenya—uses of traditional herbs among the Luo people South Cameroon—ethnomycology in Africa Morocco—food medicine and ethnopharmacology Eating and Healing: Traditional Food As Medicine is an essential research guide and educational text about food and medicine in traditional societies for educators, students from undergraduate through graduate levels, botanists, and research specialists in nutrition and food science, anthropology, agriculture, ethnoecology, ethnobotany, and ethnobiology.**

**Fly to Japan and come discover all there is to know about sushi. After revealing the secrets of chocolate to us, Franckie Alarcon offers a gourmet panorama of this exceptional dish that has conquered the planet! But do you really know sushi? The author traveled to Japan to meet all the players involved in the making of this true work of culinary art. From the traditional starred chef to the young cook who is shaking up the rules, including all the artisans and producers involved, this book covers the most emblematic of Japanese products from A to Z. A fascinating journey of discovery that, along the way, tells a lot about Japan itself. You'll never believe the precision and detailed obsession with quality ingredients involved.**

**With an English Translation**

**The Name of the Rose**

**Relation de l'Egypte**

**Da Venezia a Rodi sulle rotte dei capitani da Mar**

**The Tunnel**

**Natura rivista mensile illustrata**

When I first met Lola I was living in the countryside with my parents and brothers and sisters. Lola was lonely and ill then, but it was love at first sight, and I knew that I wanted to take care of her. A beautifully told, heart-warming story about friendship and survival, with a very

surprising and satisfying ending.

A groundbreaking handbook--the "method" companion to its critically acclaimed predecessor, *The Flavor Thesaurus*--with a foreword by Yotam Ottolenghi. Niki Segnit used to follow recipes to the letter, even when she'd made a dish a dozen times. But as she tested the combinations that informed *The Flavor Thesaurus*, she detected the basic rubrics that underpinned most recipes. *Lateral Cooking* offers these formulas, which, once readers are familiar with them, will prove infinitely adaptable. The book is divided into twelve chapters, each covering a basic culinary category, such as "Bread," "Stock, Soup & Stew," or "Sauce." The recipes in each chapter are arranged on a continuum, passing from one to another with just a tweak or two to the method or ingredients. Once you've got the hang of flatbreads, for instance, then its neighboring dishes (crackers, soda bread, scones) will involve the easiest and most intuitive adjustments. The result is greater creativity in the kitchen: *Lateral Cooking* encourages improvisation, resourcefulness, and, ultimately, the knowledge and confidence to cook by heart. *Lateral Cooking* is a practical book, but, like *The Flavor Thesaurus*, it's also a highly enjoyable read, drawing widely on culinary science, history, ideas from professional kitchens, observations by renowned food writers, and Segnit's personal recollections. Entertaining, opinionated, and inspirational, with a handsome three-color design, *Lateral Cooking* will have you torn between donning your apron and settling back in a comfortable chair.

Swank and Dugan provide complete background information on the development of the diet and the clinical tests that have proven its effectiveness. In addition to helpful sections on the lifestyle of the M.S. patient, Swank and Dugan offer tips on sticking to the diet, equipping the kitchen, shopping for healthful food, eating out (with some pertinent information on fast-food restaurants), and keeping the careful dietary records that are essential to continuing good nutrition. This is the low-fat diet that works in reducing the number and severity of relapses in M.S. patients — and *The Multiple Sclerosis Diet Book* provides the nutritious and tasty recipes that M.S. patients and their families can live with for years to come.

A Self-help Guide to Living with MS

The Talisman Italian Cook Book

Green Kitchen Travels

Sex and Category in Roman Religion

The Best Recipes and Kitchen Wisdom from the Dean of American Cooking

Lola and Me

Carni bianche. Gustose con leggerezzaL'EspressoCatalogo Bolaffi dei vini del mondoLa leggerezza del tempoEuropa Edizioni

In *Beard on Food*, one of America's great culinary thinkers and teachers collects his best essays, ranging from the perfect hamburger to the pleasures of oxtails, from salad dressing to Sauce Diabla. The result is not just a compendium of fabulous recipes and delicious bites of writing. It's a philosophy of food--unfussy, wide-ranging, erudite, and propelled by Beard's exuberance and sense of fun. In a series of short, charming essays, with recipes printed in a contrasting color (as they were in the beloved original edition), Beard follows his many enthusiasms, demonstrating how to make everyday foods into delicious meals. Covering meats, vegetables, fish, herbs, and kitchen tools, *Beard on Food* is both an invaluable reference for cooks and a delightful read for armchair enthusiasts. (For more information, visit the James Beard Foundation at [www.jamesbeard.org](http://www.jamesbeard.org).) Praise for James Beard: "In matters of the palate James Beard is absolutely to be trusted...He is always on target."-Chicago Tribune "James Beard has done more than anybody else to popularize good food in America."-New York Times "Beard was an innovator, an experimenter, a missionary in bringing the gospel of good cooking to the home table."-Craig Claiborne "Too much of James Beard can never be enough for me."-Gael Greene

La vita di Marco scorre in modo placido e monotono. È giovane, ma la routine sembra aver già preso il sopravvento, soprattutto nel rapporto con sua moglie Sara, sposata due anni prima nonostante la ferita inferta dal tradimento di Ginevra bruciasse ancora. A turbare la situazione, già piuttosto precaria, giunge inaspettata una notizia durissima: Alessandro, fratello di Marco, sta molto male. Bulimia nervosa, in una declinazione maschile più rara, ma altrettanto pericolosa. Inizia così un periodo di grandi cambiamenti, in cui ogni certezza viene rimessa in discussione, costringendosi ad analizzare tutto da capo. Con grande coraggio, Marco si fa carico della difficile situazione e si schiera al fianco del fratello, trovandosi spalleggiato proprio da sua moglie Sara, in un lento e faticoso ritorno a quella normalità che il tempo e la noia avevano ricoperto di polvere. Sarà una continua riscoperta delle piccole cose, delle gioie minuscole che si nascondono nei dettagli di ogni giorno, verso una nuova concezione dell'esistenza stessa, conquista dopo conquista. E proprio quando tutto sembra aver trovato una collocazione, la vita gioca il suo ultimo scherzo. Elisa Nobile nasce in Sicilia, si laurea in giurisprudenza e attualmente collabora con uno studio legale, svolgendo l'attività di consulente aziendale in materia di diritto amministrativo. Si dedica alla pittura da oltre 15 anni ma solo nel 2014 inizia ad esporre, organizzando dei vernissage. Nel novembre del 2016 pubblica il suo primo romanzo *Quello che non c'è* dove in copertina appare il suo dipinto *Sognando New York*, olio su tela. Nel 2017 collabora alla pubblicazione del lavoro "190/33/sistema 231" con Ipsos Wolter Kluwer. A gennaio 2018 inizia una collaborazione con una galleria d'arte moderna di Firenze. Realizza il dipinto *Il tempo della lontananza* olio su tela, 80x60 cm, utilizzato per la copertina del suo secondo lavoro *La leggerezza del tempo*.

Il Re dei cuochi

Healthy Vegetarian Food Inspired by Our Adventures

Science in the Kitchen and the Art of Eating Well

The evidence-based 7 step recovery program

The Complete Poems

Minerva rassegna internazionale

**He is obsessed with her innocence. He will be destroyed by her guilt. The walls were champagne. The house was immaculate. A prosperous doctor lived there with his son and his beautiful wife. But the elegant walls hid a family's secret, a wife's shame. And one day shots rang out in the doctor's house. Suddenly Jennifer Witt was in jail, facing the death penalty. Jennifer insisted that she had not killed her abusive husband -- and she could never have killed her own son. Dismas Hardy believed her. But Hardy was only part of the defense team, and the only lawyer who continued to believe her...even as her story was torn to pieces, even as her lies came out, even as she was found guilty of murder. Now there's only one thing Jennifer can do to save her life...and she refuses**

to do it. So Hardy must do it for her. And in a shocking case of violence, betrayal, and lies, his only weapon is the truth... The 13th Juror...When innocence is not enough.

From the award-winning, internationally acclaimed Israeli author, a suspenseful and poignant story of a family coping with the sudden mental decline of their beloved husband and father--an engineer who they discover is involved in an ominous secret military project Until recently, Zvi Luria was a healthy man in his seventies, an engineer living in Tel Aviv with his wife, Dina, visiting with their two children whenever possible. Now he is showing signs of early dementia, and his work on the tunnels of the Trans-Israel Highway is no longer possible. To keep his mind sharp, Zvi decides to take a job as the unpaid assistant to Asael Maimoni, a young engineer involved in a secret military project: a road to be built inside the massive Ramon Crater in the northern Negev Desert. The challenge of the road, however, is compounded by strange circumstances. Living secretly on the proposed route, amid ancient Nabatean ruins, is a Palestinian family under the protection of an enigmatic archaeological preservationist. Zvi rises to the occasion, proposing a tunnel that would not dislodge the family. But when his wife falls sick, circumstances begin to spiral . . . The Tunnel--wry, wistful, and a tour de force of vital social commentary--is Yehoshua at his finest.

First published in 1891, Pellegrino Artusi's *La scienza in cucina e l'arte di mangiar bene* has come to be recognized as the most significant Italian cookbook of modern times. It was reprinted thirteen times and had sold more than 52,000 copies in the years before Artusi's death in 1910, with the number of recipes growing from 475 to 790. And while this figure has not changed, the book has consistently remained in print. Although Artusi was himself of the upper classes and it was doubtful he had ever touched a kitchen utensil or lit a fire under a pot, he wrote the book not for professional chefs, as was the nineteenth-century custom, but for middle-class family cooks: housewives and their domestic helpers. His tone is that of a friendly advisor - humorous and nonchalant. He indulges in witty anecdotes about many of the recipes, describing his experiences and the historical relevance of particular dishes. Artusi's masterpiece is not merely a popular cookbook; it is a landmark work in Italian culture. This English edition (first published by Marsilio Publishers in 1997) features a delightful introduction by Luigi Ballerini that traces the fascinating history of the book and explains its importance in the context of Italian history and politics. The illustrations are by the noted Italian artist Giuliano Della Casa.

trattato di gastronomia universale

The Art of Sushi

The Multiple Sclerosis Diet Book

More Than 35 World-Renowned Cooks Reveal What They Eat at Home

Cineforum

La donna rivista quindicinale illustrata

***Delicious, nutritious and healthy vegetarian and vegan food, inspired by flavors from around the world, from the Green Kitchen Stories family. The Green Kitchen Stories family David, Luise and their children are a family who love to travel. Hungry to see and taste more of the world, they embarked on an around-the-world trip with their seven-month-year-old. Start the day with indulgent almond pumpkin waffles from San Francisco, tuck into a raw beansprout pad thai from Thailand for lunch, and a Sri Lankan vegetable curry for supper. With easy to find ingredients and simple instructions, these recipes are sure to be a success. With stunning photography and food styling, as well as personal anecdotes and images from the authors' travels, Green Kitchen Travels shares modern and inspiring vegetarian, vegan and gluten-free recipes for all appetites.***

***For fans of Elena Ferrante and Paulo Coelho comes a moving and elegant novel about the friendship between two young Italian boys from different backgrounds and how their connection evolves and challenges them throughout their lives. "Few books have so accurately described the way stony heights can define one's sense of joy and rightness...an exquisite unfolding of the deep way humans may love one another" (Annie Proulx). Pietro is a lonely boy living in Milan. With his parents becoming more distant each day, the only thing the family shares is their love for the mountains that surround Italy. While on vacation at the foot of the Aosta Valley, Pietro meets Bruno, an adventurous, spirited local boy. Together they spend many summers exploring the mountains' meadows and peaks and discover the similarities and differences in their lives, their backgrounds, and their futures. The two boys come to find the true meaning of friendship and camaraderie, even as their divergent paths in life—Bruno's in the mountains, Pietro's across the world—test the strength and meaning of their connection. "A slim novel of startling expansion that subtly echoes its setting" (Vogue), The Eight Mountains is a lyrical coming-of-age story about the power of male friendships and the enduring bond between fathers and sons. "There are no more universal themes than those of the landscape, friendship, and becoming adults, and Cognetti's writing becomes classical (and elegant) to best tell this story...a true novel by a great writer" (Rolling Stone Italia).***

Il Mondo

From Good Goddess to Vestal Virgins

Eating and Healing

The Eight Mountains

Beard on Food

***The Lesser Evil***