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Chocolate Unwrapped The Surprising Health Benefits Of Americas Favorite Passion

100 decadent recipes from the leading producers of luxury, organic chocolate worldwide.

Life of Pi is a masterful and utterly original novel that is at once the story of a young castaway who faces immeasurable hardships on the high seas, and a meditation on religion, faith, art and life that is as witty as it is profound. Using the threads of all of our best stories, Yann Martel has woven a glorious spiritual adventure that makes us question what it means to be

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alive, and to believe.

From the author of *The Healing Powers of Vinegar*, a guide to the health benefits of chocolate, featuring recipes and remedies. Did you know?... Known as Mother Nature's "food of the gods," the medicinal benefits of chocolate were recognized as far back as 4,000 years ago. Eating chocolate can help boost the immune system, lower the risk of heart disease, cancer, diabetes—even obesity—and increase lifespan. A 1.5-ounce bar of quality chocolate has as much antioxidant power as a 5-ounce glass of wine—without the side effects of alcohol. Chocolate is chock-full of mood-enhancing ingredients, including phenylethylamine (the "love drug") and serotonin. Chocolate can relieve a host of ailments, including depression, fatigue, pain, and PMS, as well as rev up your sex drive! Drawing on the

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latest scientific research as well as interviews with medical doctors and chocolatiers, this fascinating book reveals how to live longer and healthier while indulging in one of nature's most decadent and versatile foods. Explore real chocolate (infused with fruits, herbs, and spices), Mediterranean-style, heart-healthy recipes, plus home remedies that combat everything from acne to anxiety. You'll also discover rejuvenating beauty and anti-aging spa treatments—all made with antioxidant-rich chocolate! "Can dark chocolate boost brain power? This book shows you how regular intake of antioxidant-rich cacao foods is likely to do just that, and more."
—Ray Sahelian, MD, author of *Mind Boosters*

Establishing an interdisciplinary connection between Food Studies and American literary scholarship, Piatti-Farnell

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investigates the significances of food and eating in American fiction, from 1980 to the present day. She argues that culturally coded representations of the culinary illuminate contemporary American anxieties about class, gender, race, tradition, immigration, nationhood, and history. As she offers a critical analysis of major works of contemporary fiction, Piatti-Farnell unveils contrasting modes of culinary nostalgia, disillusionment, and progress that pervasively address the cultural disintegration of local and familiar culinary values, in favor of globalized economies of consumption. In identifying different incarnations of the "American culinary," Piatti-Farnell covers the depiction of food in specific categories of American fiction and explores how the cultural separation that molds food preferences inevitably challenges the existence of a homogenous

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American identity. The study treads on new grounds since it not only provides the first comprehensive study of food and consumption in contemporary American fiction, but also aims to expose interrelated politics of consumption in a variety of authors from different ethnic, cultural, racial and social backgrounds within the United States.

One Nurse, Twelve Hours, Four Patients' Lives

Inappropriate

The Joy of Family Traditions

The Healing Powers of Chocolate

Representing Food and Meaning

In Defense of Processed Food

· Is a glass of red wine a day actually good for you? ·

Do free-range eggs really taste better? · How does

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coffee become decaffeinated? · What exactly is 'formed' ham? · And what on earth is processed cheese? More often than not, we work our way around the supermarket and throw items into our trolley without a second thought. But what exactly goes into the things we eat, and how do those products reach our plates? Inspired by the hit Channel 4 series, Food Unwrapped asks these questions, lifting the lid on the food industry to provide us with much needed answers. Probing and revealing, this book sets out to dispel the many myths surrounding our food and to help you make informed decisions about what you eat.

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Chocolate in Health and Nutrition represents the first comprehensive compilation of the newest data on the actions of the flavonoids and microorganisms associated with the beneficial effects of chocolate. This unique text provides practical, data-driven resources based upon the totality of the evidence to help the reader understand the basics, treatments and preventive strategies that are involved in the understanding of the role chocolate may play in healthy individuals as well as those with cardiovascular disease, diabetes or neurocognitive declines. Of equal importance, critical issues that involve patient concerns, such as dental caries and

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food preferences in children, potential effects on weight gain, addiction and withdrawal are included in well-referenced, informative chapters. The latest research on the role of chocolate in normal health areas including mood, pain and weight management, cardiovascular disease and related conditions are presented. Chocolate in Health and Nutrition provides health professionals in many areas of research and practice with the most up-to-date, well referenced and comprehensive volume on the current state of the science and medical uses of chocolate.

Save both time and money with the downloadable

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version of Prestwick House Teaching Units! For the new teacher, Prestwick House's extensive line of title-specific Teaching Units may serve as a starting point. For the experienced teacher, the Unit may serve as a point of departure. Our aim is to save you time and energy while alleviating the frustration.

ALEX AWARD WINNER FINALIST FOR THE 2018

NEW ENGLAND BOOK AWARD "Both timelessly beautiful and unbelievably timely." —Chris Bohjalian, New York Times bestselling author of *Midwives* and *The Flight Attendant* Esther Ann Hicks—Essie—is the youngest child on *Six for Hicks*, a reality television phenomenon. She's grown up in the spotlight,

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idolized and despised for her family's fire-and-brimstone brand of faith. So when Essie's mother, Celia, discovers that Essie is pregnant, she immediately arranges an emergency meeting with the show's producers. Do they sneak Essie out of the country for an abortion? Pass the child off as Celia's? Or do they try to arrange a marriage—and a ratings-blockbuster wedding? Meanwhile, Essie is quietly pairing herself up with Roarke Richards, a senior at her school with a secret of his own. As the newly formed couple attempt to sell their love story to the media through exclusive interviews with the infamously conservative reporter Liberty Bell, Essie

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finds she has questions of her own: What was the real reason for her older sister leaving home? Who can she trust with the truth about her family? And how much is she willing to sacrifice to win her own freedom?

The Shift

Edible Ideologies

Sweet Science and Dark Secrets of the World's Favorite Treat

Food Unwrapped

Eat Pray Love

The Book Thief - Downloadable Teaching Unit

Heartburn isn't just a minor inconvenience it is very painful

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and can inhibit your sleep, affect your work and make you feel miserable. Of course, if you are one of the millions of people who get heartburn at least once a month, you already know this. Heartburn happens when the lining of the oesophagus comes in contact with too much stomach juice, which can produce a burning pain and injure the oesophagus. There is a valve that connects the end of the oesophagus with the stomach, which normally functions to keep the stomach acid where it belongs in the stomach. But in people with frequent heartburn, this valve relaxes too frequently, allowing the stomach acid to splash up into the oesophagus.

When a special activity evolves into a tradition within a family, it creates meaning, connection, and community and makes

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common occasions more momentous and memorable.

Establishing a sense of stability and shared history has never been more important to parents than it is today, as families become more fractured and scattered. **THE JOY OF FAMILY TRADITIONS** offers more than 400 fresh ideas and creative approaches to cultivating birthday, anniversary, holiday, and other rite-of-passage and seasonal traditions that strengthen personal bonds and reflect a family's individual style, spirituality, and values. Inspires and instructs families on how to create, personalize, adapt, and preserve relevant traditions that reflect how we live today. Explores the historical, cultural, and often quirky origins of holidays, customs, and milestones, both uncommon and familiar. Includes holidays, holy days,

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annual events, once-in-a-lifetime occasions, and personal celebrations. Reviews "A lovely new book that pays tribute to hundreds of celebrations from around the world and offers new ideas for marking important occasions."—Pregnancy Magazine "Be inspired to preserve, personalize and create meaningful holiday and year round traditions with the more than 400 multicultural activities found in The Joy of Family Traditions."—Senior Wire News Service "...read The Joy of Family Traditions by Jennifer Trainer Thompson, so you can celebrate the holidays even better than you celebrate them now."—Washington Post Recommended in Q&A Column "If you love family traditions, you will take pleasure in The Joy of Family Traditions by Jennifer Trainer Thompson." -Tom

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McMahon's syndicated "Kid Tips" Column appears in 62 newspapers nationwideFeatured in two wedding themed pieces on 5/1/08 and 5/8/08.-Content That Works

Contributors explore the relationship between food and the production of ideology. Edible Ideologies argues that representations of food?in literature and popular fiction, cookbooks and travel guides, war propaganda, women?s magazines, television and print advertisements?are not just about nourishment or pleasure. Contributors explore how these various modes of representation, reflecting prevailing attitudes and assumptions about food and food practices, function instead to circulate and transgress dominant cultural ideologies. Addressing questions concerning whose interests are served by

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a particular food practice or habit and what political ends are fulfilled by the historical changes that lead from one practice to another in Western culture, the essays offer a rich historical narrative that moves from the construction of the nineteenth-century English gentleman to the creation of two of today's iconic figures in food culture, Julia Child and Martha Stewart. Along the way, readers will encounter World War I propaganda, holocaust and Sephardic cookbooks, the Rosenbergs, German tour guides, fast food advertising, food packaging, and chocolate, and will find food for thought on the meanings of everything from camembert to Velveeta, from salads to burgers, and from tikka masala to Campbell's soup. At Marymount Manhattan College, Kathleen LeBesco is

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Associate Professor of Communication Arts, and Peter Naccarato is Associate Professor of English. LeBesco's previous books include *Revolutionary Bodies: The Struggle to Redefine Fat Identity*.

The revolutionary, New York Times bestselling guide to the powerful lifestyle changes that fight and prevent cancer—an integrative approach based on the latest scientific research “A common-sense blueprint for healthy living.” —Chicago Tribune “Resonating with cancer support communities and recommended nationwide.” —Los Angeles Times “Life affirming . . . filled with practical advice.” —The Seattle Times

David Servan-Schreiber was a rising neuroscientist with his own brain imaging laboratory when, in the middle of an

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equipment test, he discovered a tumor the size of a walnut in his own brain. Forced to confront what medicine knows about cancer, and all that we still do not know, Servan-Schreiber marshaled his will to live and set out to understand the complex inner workings of the body's natural cancer-fighting capabilities. He soon found himself on a decades-long journey from disease and relapse into scientific exploration and, finally, a new view of health. Anticancer is at once the moving story of one doctor's inner and outer search for wellness and a radical exposition of the roles that lifestyle, environment, and trauma play in our health. Drawing on the latest research in integrative medicine that blends conventional and alternative approaches, Servan-Schreiber concisely explains what makes cancer cells

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thrive, what inhibits them, and how we can empower ourselves to prevent their growth. His advice details how to develop a science-based anticancer diet (and the small changes that can make a big difference); how to reap the benefits of exercise, yoga, and meditation; which toxic, unsafe products to replace in your home; and how to stave off the effects of helplessness and unhealed wounds to regain balance. Anticancer's synthesis of science and personal experience marks a transformation in the way we understand and confront cancer. A long-running bestseller that has changed the lives of millions around the world, Anticancer remains a pioneering and peerless resource, an inspirational and revolutionary guide to "a new way of life." The Surprising Health Benefits of America's Favorite Passion

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Lifting the Lid on How Our Food Is Really Produced

Food Freedom Forever

Body & Soul

Sensuous Recipes, Spa Treatments, and Other Divine

Indulgences [A Cookbook]

Green & Black's Chocolate Recipes

A Newbery Medal Winner For over thirty-five years, Ellen Raskin's Newbery Medal-winning *The Westing Game* has been an enduring favorite. This highly inventive mystery involves sixteen people who are invited to the reading of Samuel W. Westing's will. They could become millionaires-it all depends on how they play the tricky and dangerous Westing game, a game involving blizzards, burglaries, and

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bombings! Ellen Raskin has created a remarkable cast of characters in a puzzle-knotted, word-twisting plot filled with humor, intrigue, and suspense. Winner of the Newbery Medal Winner of the Boston Globe/Horn Book Award An ALA Notable Book A School Library Journal One Hundred Books That Shaped the Century "A supersharp mystery...confoundingly clever, and very funny." —Booklist, starred review "Great fun for those who enjoy illusion, word play, or sleight of hand." —The New York Times Book Review "A fascinating medley of word games, disguises, multiple aliases, and subterfuges—a demanding but rewarding book." —The Horn Book

The paleontologist and professor of anatomy who co-discovered Tiktaalik, the “fish with hands,” tells a “compelling

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scientific adventure story that will change forever how you understand what it means to be human” (Oliver Sacks). By examining fossils and DNA, he shows us that our hands actually resemble fish fins, our heads are organized like long-extinct jawless fish, and major parts of our genomes look and function like those of worms and bacteria. *Your Inner Fish* makes us look at ourselves and our world in an illuminating new light. This is science writing at its finest—enlightening, accessible and told with irresistible enthusiasm.

An upbeat cultural evaluation of the sources of illogical decisions explores the reasons why irrational thought often overcomes level-headed practices, offering insight into the structural patterns that cause people to make the same mistakes repeatedly. 150,000 first printing.

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This beloved Newbery Honor-winning story about a feisty heroine is sure to enchant readers new and old. At her birth, Ella of Frell receives a foolish fairy's gift—the “gift” of obedience. Ella must obey any order, whether it's to hop on one foot for a day and a half, or to chop off her own head! But strong-willed Ella does not accept her fate... Against a bold backdrop of princes, ogres, giants, wicked stepsisters, and fairy godmothers, Ella goes on a quest to break the curse forever. A tween favorite for 25 years—now shared with today's young readers by moms, teachers, and other adults who remember the pleasure of discovering this fun fairy-tale retelling themselves!

Miss Peregrine's Home for Peculiar Children
The Westing Game

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Library Journal

From the Cacao Pod to Muffins, Mousses and Moles

Tell Me what to Eat If I Have Acid Reflux

The Connoisseur's Guide to Oyster Eating in North America

Includes, beginning Sept. 15, 1954 (and on the 15th of each month, Sept.-May) a special section: School library journal, ISSN 0000-0035, (called Junior libraries, 1954-May 1961). Also issued separately.

Traces the author's decision to quit her job and travel the world for a year after suffering a midlife crisis and divorce, an endeavor that took her to three places in her quest to explore her own nature, experience fulfillment and learn the art of spiritual balance. (Biography & autobiography). Reissue. A best-selling book. Movie tie-in.

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Quentin Jacobson has spent a lifetime loving Margo Roth Spiegelman from afar. So when she cracks open a window and climbs into his life - dressed like a ninja and summoning him for an ingenious campaign of revenge - he follows. After their all-nighter ends, Q arrives at school to discover that Margo has disappeared.

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Vermont Life

On Food and Cooking

The Economics of Chocolate

Breaking Dawn

Body & Soul (Watertown, Mass.)

The Book of Essie

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A fascinating account for teen readers that captures the history, science, and economic and cultural implications of the harvesting of cacao and creation of chocolate. Readers of Chew On This and The Omnivore's Dilemma will savor this rich exposé.

It has become popular to blame the American obesity epidemic and many other health-related problems on processed food. Many of these criticisms are valid for some processed-food items, but many statements are overgeneralizations that

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unfairly target a wide range products that contribute to our health and well-being. In addition, many of the proposed dangers allegedly posed by eating processed food are exaggerations based on highly selective views of experimental studies. We crave simple answers to our questions about food, but the science behind the proclamations of food pundits is not nearly as clear as they would have you believe. This book presents a more nuanced view of the benefits and limitations of food processing and exposes some of the

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tricks both Big Food and its critics use to manipulate us to adopt their point of view. Food is a source of enjoyment, a part of our cultural heritage, a vital ingredient in maintaining health, and an expression of personal choice. We need to make those choices based on credible information and not be beguiled by the sophisticated marketing tools of Big Food nor the ideological appeals and gut feelings of self-appointed food gurus who have little or no background in nutrition. Rhodri Jeffreys-Jones, a leading expert on

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the history of American espionage, here offers a lively and sweeping history of American secret intelligence from the founding of the nation through the present day. Jeffreys-Jones chronicles the extraordinary expansion of American secret intelligence from the 1790s, when George Washington set aside a discretionary fund for covert operations, to the beginning of the twenty-first century, when United States intelligence expenditure exceeds Russia's total defense budget. How did the American intelligence system evolve into

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such an enormous and costly bureaucracy? Jeffreys-Jones argues that hyperbolic claims and the impulse toward self-promotion have beset American intelligence organizations almost from the outset. Allan Pinkerton, whose nineteenth-century detective agency was the forerunner of modern intelligence bureaus, invented assassination plots and fomented anti-radical fears in order to demonstrate his own usefulness. Subsequent spymasters likewise invented or exaggerated a succession of menaces ranging from white

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slavery to Soviet espionage to digital encryption in order to build their intelligence agencies and, later, to defend their ever-expanding budgets. While American intelligence agencies have achieved some notable successes, Jeffrey-Jones argues, the intelligence community as a whole has suffered from a dangerous distortion of mission. By exaggerating threats such as Communist infiltration and Chinese espionage at the expense of other, more intractable problems--such as the narcotics trade and the danger of

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terrorist attack--intelligence agencies have misdirected resources and undermined their own objectivity. Since the end of the Cold War, the aims of American secret intelligence have been unclear. Recent events have raised serious questions about effectiveness of foreign intelligence, and yet the CIA and other intelligence agencies are poised for even greater expansion under the current administration. Offering a lucid assessment of the origins and evolution of American secret intelligence, Jeffrey-

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Jones asks us to think also about the future direction of our intelligence agencies.

A kitchen classic for over 35 years, and hailed by Time magazine as "a minor masterpiece" when it first appeared in 1984, On Food and Cooking is the bible which food lovers and professional chefs worldwide turn to for an understanding of where our foods come from, what exactly they're made of, and how cooking transforms them into something new and delicious. For its twentieth anniversary,

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Harold McGee prepared a new, fully revised and updated edition of On Food and Cooking. He has rewritten the text almost completely, expanded it by two-thirds, and commissioned more than 100 new illustrations. As compulsively readable and engaging as ever, the new On Food and Cooking provides countless eye-opening insights into food, its preparation, and its enjoyment. On Food and Cooking pioneered the translation of technical food science into cook-friendly kitchen science and helped birth the inventive

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culinary movement known as "molecular gastronomy." Though other books have been written about kitchen science, On Food and Cooking remains unmatched in the accuracy, clarity, and thoroughness of its explanations, and the intriguing way in which it blends science with the historical evolution of foods and cooking techniques. Among the major themes addressed throughout the new edition are:

- Traditional and modern methods of food production and their influences on food quality*
- The great diversity of methods*

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by which people in different places and times have prepared the same ingredients · Tips for selecting the best ingredients and preparing them successfully · The particular substances that give foods their flavors, and that give us pleasure · Our evolving knowledge of the health benefits and risks of foods

On Food and Cooking is an invaluable and monumental compendium of basic information about ingredients, cooking methods, and the pleasures of eating. It will delight and fascinate anyone who has ever cooked,

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savored, or wondered about food.

The Hidden Forces That Shape Our Decisions

It's Not Nearly as Bad as You Think

Anticancer

Your Inner Fish

Body and Soul

Chocolate is available to today's consumers in a variety of colours, shapes and textures. But how many of us, as we savour our favourite brand, consider the science that has gone into its manufacture? This book describes the complete chocolate making process, from the growing of the beans to the sale in the shops. The Science of

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Chocolate first describes the history of this intriguing substance. Subsequent chapters cover the ingredients and processing techniques, enabling the reader to discover not only how confectionery is made but also how basic science plays a vital role with coverage of scientific principles such as latent and specific heat, Maillard reactions and enzyme processes. There is also discussion of the monitoring and controlling of the production process, and the importance, and variety, of the packaging used today. A series of experiments, which can be adapted to suit students of almost any age, is included to demonstrate the physical, chemical or mathematical principles involved. Ideal for those studying

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food science or about to join the confectionery industry, this mouth-watering title will also be of interest to anyone with a desire to know more about the production of the world's favourite confectionery.

In this passionate, playful, and indispensable guide, oyster aficionado Rowan Jacobsen takes readers on a delectable tour of the oysters of North America. Region by region, he describes each oyster's appearance, flavor, origin, and availability, as well as explaining how oysters grow, how to shuck them without losing a finger, how to pair them with wine (not to mention beer), and why they're one of the few farmed seafoods that are good for the earth as well as good for you. Packed with fabulous

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recipes, maps, and photos, plus lists of top oyster restaurants, producers, and festivals, A Geography of Oysters is both delightful reading and the guide that oyster lovers of all kinds have been waiting for.

In his Nautilus Award-winning classic Touching Spirit Bear, author Ben Mikaelson delivers a powerful coming-of-age story of a boy who must overcome the effects that violence has had on his life. After severely injuring Peter Driscall in an empty parking lot, mischief-maker Cole Matthews is in major trouble. But instead of jail time, Cole is given another option: attend Circle Justice, an alternative program that sends juvenile offenders to a remote Alaskan Island to focus on changing their ways.

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Desperate to avoid prison, Cole fakes humility and agrees to go. While there, Cole is mauled by a mysterious white bear and left for dead. Thoughts of his abusive parents, helpless Peter, and his own anger cause him to examine his actions and seek redemption—from the spirit bear that attacked him, from his victims, and, most importantly, from himself. Ben Mikaelson paints a vivid picture of a juvenile offender, examining the roots of his anger without absolving him of responsibility for his actions, and questioning a society in which angry people make victims of their peers and communities. Touching Spirit Bear is a poignant testimonial to the power of a pain that can destroy, or

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lead to healing. A strong choice for independent reading, sharing in the classroom, homeschooling, and book groups.

In the explosive finale to the epic romantic saga, Bella has one final choice to make. Should she stay mortal and strengthen her connection to the werewolves, or leave it all behind to become a vampire? When you loved the one who was killing you, it left you no options. How could you run, how could you fight, when doing so would hurt that beloved one? If your life was all you had to give, how could you not give it? If it was someone you truly loved? To be irrevocably in love with a vampire is both fantasy and nightmare woven into a dangerously heightened

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reality for Bella Swan. Pulled in one direction by her intense passion for Edward Cullen, and in another by her profound connection to werewolf Jacob Black, a tumultuous year of temptation, loss, and strife have led her to the ultimate turning point. Her imminent choice to either join the dark but seductive world of immortals or to pursue a fully human life has become the thread from which the fates of two tribes hangs. This astonishing, breathlessly anticipated conclusion to the Twilight Saga illuminates the secrets and mysteries of this spellbinding romantic epic. It's here! #1 bestselling author Stephenie Meyer makes a triumphant return to the world of Twilight with the highly anticipated companion, Midnight Sun: the

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iconic love story of Bella and Edward told from the vampire's point of view. "People do not want to just read Meyer's books; they want to climb inside them and live there." -- Time "A literary phenomenon." -- The New York Times

Chocolate as Medicine

Paper Towns

Letting go of bad habits, guilt and anxiety around food by the Co-Creator of the Whole30

A Season-by-Season Companion to Celebrations, Holidays, and Special Occasions

Food and Culture in Contemporary American Fiction

Predictably Irrational

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Detailing the positive physical and psychological effects of chocolate, this book explores its colorful history, botany, and chemistry. Explaining the science behind chocolate, common myths about chocolate—that it causes acne, allergies, migraines, and hyperactivity—are dispelled, and its benefits—tannins in chocolate actually help prevent cavities—are revealed. Providing medical information relating to chocolate's high antioxidant levels and beneficial effects in terms of heart disease, cancer, aging, stroke, and Alzheimer's disease, the book also includes information regarding chocolate's mental health benefits. The included recipes provide a multitude of healthy ways

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to eat chocolate, from flourless chocolate cake to Mexican mole, and a comprehensive list of resources shows chocolate lovers where to find the best-quality chocolates around the world.

This book, written by global experts, provides a comprehensive and topical analysis on the economics of chocolate. While the main approach is economic analysis, there are important contributions from other disciplines, including psychology, history, government, nutrition, and geography. The chapters are organized around several themes, including the history of cocoa and chocolate — from cocoa drinks in the Maya empire to the growing

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sales of Belgian chocolates in China; how governments have used cocoa and chocolate as a source of tax revenue and have regulated chocolate (and defined it by law) to protect consumers' health from fraud and industries from competition; how the poor cocoa producers in developing countries are linked through trade and multinational companies with rich consumers in industrialized countries; and how the rise of consumption in emerging markets (China, India, and Africa) is causing a major boom in global demand and prices, and a potential shortage of the world's chocolate.

A new, sexy standalone novel from #1 New York Times

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Bestseller, Vi Keeland. Terminated for inappropriate behavior. I couldn't believe the letter in my hands. Nine years. Nine damn years I'd worked my butt off for one of the largest companies in America, and I was fired with a form letter when I returned home from a week in Aruba. All because of a video taken when I was on vacation with my friends—a private video made on my private time. Or so I thought... Pissed off, I cracked open a bottle of wine and wrote my own letter to the gazillionaire CEO telling him what I thought of his company and its practices. I didn't think he'd actually respond. I certainly never thought I'd suddenly become pen pals with the rich jerk.

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Eventually, he realized I'd been wronged and made sure I got my job back. Only...it wasn't the only thing Grant Lexington wanted to do for me. But there was no way I was getting involved with my boss's boss's boss. Even if he was ridiculously gorgeous, confident, and charming. It would be completely wrong, inappropriate even. Sort of like the video that got me into trouble to begin with. Two wrongs don't make a right. But sometimes it's twice as fun.

The New York Times bestseller by the co-creator of the WHOLE30 'If you want to stop turning to food to make you feel better, this is the book for you' Sun 'Food

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Freedom Forever gives you everything you need for achieving dietary success, for today and for the rest of your healthy life' David Perlmutter, MD, No. 1 New York Times bestselling author of Grain Brain What does 'food freedom' mean to you? Maybe it's eating whatever you want without negative consequences to your health or waistline. (Good luck with that.) Maybe it's giving up your obsession with calorie counting, food restriction, and the scales. (Now we're getting somewhere.) Bestselling author and nutritionist Melissa Hartwig defines true food freedom as being in control of the food you eat, instead of food controlling you. It means indulging when you decide

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it's worth it, savouring the experience without guilt or shame, and the returning to your healthy habits. In Food Freedom Forever Melissa outlines a simple three-part plan that will help you to discover food freedom for yourself, no matter how out of control you feel. It will point you down a self-directed path that keeps you balanced, satisfied and healthy, without requiring that you obsess about food, count calories or starve yourself. By the last page, you'll have a detailed plan for creating the perfect diet for you, finding your own healthy balance, and maintaining the kind of control that brings you real food freedom every day. Welcome to food freedom.

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A Journey into the 3.5-Billion-Year History of the Human
Body

Nutrition You Can Live with

Chocolate Unwrapped

Life of Pi

A History of American Secret Intelligence

One Woman's Search for Everything Across Italy, India
and Indonesia

The Mesoamerican population who lived near the
indigenous cultivation sites of the "Chocolate
Tree" (*Theobroma cacao*) had a multitude of
documented applications of chocolate as

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medicine, ranging from alleviating fatigue to preventing heart ailments to treating snakebite. Until recently, these applications have received little sound scientific scrutiny. Rather, it has been the reputed health claims stemming from Europe and the United States which have attracted considerable biomedical attention. This book, for the first time, describes the centuries-long quest to uncover chocolate's potential health benefits. The authors explore variations in the types of evidence used to support chocolate's use as medicine as well as note the ongoing tension over categorizing chocolate as food or medicine, and

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more recently, as functional food or nutraceutical. The authors, Wilson an historian of science and medicine, and Hurst an analytical chemist in the chocolate industry, bring their collective insights to bear upon the development of ideas and practices surrounding the use of chocolate as medicine. Chocolate's use in this manner is explored first among the Mesoamerican peoples, then as it is transported to Europe, and back into Colonial North America. The authors then focus upon more recent bioscience experimental undertakings which have been aimed to ascertain both long-standing and novel suggestions as to

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chocolate's efficacy as a medicinal and a nutritional substance. Chocolate/s reputation as the most craved food boosts this book's appeal to food and biomedical scientists, cacao researchers, ethnobotanists, historians, folklorists, and healers of all types as well as to the general reading audience.

Practicing nurse and New York Times columnist Theresa Brown invites us to experience not just a day in the life of a nurse but all the life that happens in just one day on a busy teaching hospital's cancer ward. In the span of twelve hours, lives can be lost, life-altering treatment

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decisions made, and dreams fulfilled or irrevocably stolen. Unfolding in real time--under the watchful eyes of this dedicated professional and insightful chronicler of events--The Shift gives an unprecedented view into the individual struggles as well as the larger truths about medicine in this country. By shift's end, we have witnessed something profound about hope and humanity.

Read the #1 New York Times best-selling series before it continues in A Map of Days. Bonus features □ Q&A with author Ransom Riggs □ Eight pages of color stills from the film □ Sneak preview

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of Hollow City, the next novel in the series A mysterious island. An abandoned orphanage. A strange collection of very curious photographs. It all waits to be discovered in Miss Peregrine's Home for Peculiar Children, an unforgettable novel that mixes fiction and photography in a thrilling reading experience. As our story opens, a horrific family tragedy sets sixteen-year-old Jacob journeying to a remote island off the coast of Wales, where he discovers the crumbling ruins of Miss Peregrine's Home for Peculiar Children. As Jacob explores its abandoned bedrooms and hallways, it becomes clear that the children were

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more than just peculiar. They may have been dangerous. They may have been quarantined on a deserted island for good reason. And somehow—impossible though it seems—they may still be alive. A spine-tingling fantasy illustrated with haunting vintage photography, *Miss Peregrine's Home for Peculiar Children* will delight adults, teens, and anyone who relishes an adventure in the shadows. "A tense, moving, and wondrously strange first novel. The photographs and text work together brilliantly to create an unforgettable story."—John Green, *New York Times* best-selling author of *The Fault in Our Stars*

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"With its X-Men: First Class-meets-time-travel story line, David Lynchian imagery, and rich, eerie detail, it's no wonder Miss Peregrine's Home for Peculiar Children has been snapped up by Twentieth Century Fox. B+"—Entertainment Weekly "'Peculiar' doesn't even begin to cover it. Riggs' chilling, wondrous novel is already headed to the movies."—People "You'll love it if you want a good thriller for the summer. It's a mystery, and you'll race to solve it before Jacob figures it out for himself."—Seventeen

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A Geography of Oysters

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