

## ***Miniguída Chic E Festosa Del Gin Tonic***

**Dr Roy Martina has developed a powerful comprehensive healing system called 'Omega healing'. This preventative system has been acknowledged as one of the most powerful healing techniques currently available. It tackles the root cause of problems – not just the symptoms. Balancing the emotional body and returning to our core essence restores us to greater health, ease and happiness. This fantastic CD package**

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**collects together some of Roy's most powerful teachings on this subject, along with meditations that will allow you to implement its incredible effects in your life. The first section provides an excellent introduction to Roy's background and how he came to heal himself using his Omega Healing technique. The second section features four incredible meditations that will allow you to heal every aspect of your life. The first provides energy and vitality. The second is a relaxing visualisation for the end of the day. The third helps with releasing feelings. The fourth helps heal traumas in our past lives. These meditations, recorded**

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**live in London and exclusively for Hay House showcase one of the brightest new voices in healing. "Listening to stories gives you many lives, telling them dims loneliness." —Marcela Serrano** Nine Chilean women from vastly different backgrounds have been brought together by their beloved therapist, Natasha, to talk about their lives and help each other heal. From a teenage computer whiz confronting her sexual identity, to a middle-aged recluse who prefers the company of her dog over that of most humans, the women don't have much in common on the surface. And yet as they tell their stories, unlikely common

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**threads are discovered, bonds are formed, and lives are transformed. The women represent the many cultural, racial, and social groups that modern Chile is composed of—from housekeeper to celebrity television personality—and together their stories form a pastiche that is at times achingly sad, and at other times funny and inspiring. This is an intricately woven, beautifully rendered tale of the universal bonds between women from one of Latin America's most celebrated novelists. Fresh and Light is Donna Hay's answer to finding the perfect balance. Designed to complement her hugely popular existing repertoire, it is full of new recipes**

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**that combine fresh and flavoursome ingredients. Ditch the diet and find the balance - Fresh and Light is mindful of fat and carbohydrates, but focuses on flavour and variety, without the guilt. With chapters divided by meals, Fresh and Light offers a multitude of recipes for those times when you're seeking something a little more virtuous. Start your day the right way with five-grain porridge or asparagus, tomato and feta egg-white omelette. Store up an array of go-to recipes for fast but healthy weekday dinners such as lemon and goat's cheese roasted chicken, red quinoa, kale and haloumi salad or thai green curry**

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**chicken skewers. Treat yourself but feel a little more innocent doing it with Donna's chocolate, pistachio and almond biscotti or berry and ricotta slice. Donna shares her fool-proof recipes for light breakfasts, tasty lunch tips and fast dinner solutions to give you ideas for every time of the day. This book is the answer to that constant juggle for the perfect balance, with a focus on ease and flavour, but always leaving room for the little indulgences in life.**

**A timely celebration of British design legend Sir Paul Smith and his one-of-a-kind creativity This new monograph captures the unique spirit of British**

**fashion icon Sir Paul Smith through 50 objects chosen by Sir Paul himself for the inspiration they have provided him over the years -- from a wax plate of spaghetti and a Dieter Rams radio to a Mario Bellini Cab chair and a bicycle seat. Each object has impacted his worldview, his creative process, and his adherence to a design approach that's always imbued with distinctly British wit and eccentricity.**

**How the Brain Creates the Taste of Wine**

**the complete guide for the perfect mix**

**Christmas with Gordon**

**What If Hamer Was Right?**

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## **Prep and Cook Your Weeknight Dinners in Less Than 2 Hours**

### **Gin & Tonic**

The life and times of the Great British Pudding, both savoury and sweet - with 80 recipes re-created for the 21st century home. Jamie Oliver says of *Pride and Pudding* 'A truly wonderful thing of beauty, a very tasty masterpiece!' BLESSED BE HE THAT INVENTED PUDDING The great British pudding, versatile and wonderful in all its guises, has been a source of nourishment and delight since the days of the Roman occupation, and probably even before then. By faithfully recreating recipes from historical cookery texts and updating them for today's kitchens and ingredients, Regula Ysewijn has revived over 80 beautiful



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puddings for the modern home cook. There are ancient savoury dishes such as the Scottish haggis or humble beef pudding, traditional sweet and savoury pies, pastries, jellies, ices, flummeries, junkets, jam roly-poly and, of course, the iconic Christmas pudding. Regula tells the story of each one, sharing the original recipe alongside her own version, while paying homage to the cooks, writers and moments in history that helped shape the Independence in the Albanian mountains means a vow to become a man - independence in America means reclaiming her womanhood.

Why Mommy Drinks is the brilliant novel from Gill Sims, the author of the online sensation Peter and Jane.

Foodi&iDrink.

More Than 65 Recipes to Boost Your Workouts & Recovery

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Creative and Classic Gins

The Power of Now

The Instant Cook

Fresh and Easy Meals in Minutes

The Mastery of Love: a Practical Guide to the Art of Relationships

a Toltec Wisdom Book by Don Miguel Ruiz

Cooking in large batches is the perfect way to save time and money. It also often turns out to be the healthier option - saving you from ready-meals and take-out; allows you to cook your produce when it's most fresh; and reduces how much food you throw away. In *Batch Cooking*, Keda Black shows you how to get ahead of the game by using just two hours

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every Sunday to plan what you are eating for the week ahead and get most of your prep out of the way. By Sunday evening, you are looking forward to five delicious weeknight meals, and enjoying an overwhelming sense of calm about the week ahead. The book covers thirteen menus, with an easy-to-follow shopping list and a handy guide for how to tweak your plans for the season or your dietary requirements. Each menu is broken down into the Sunday preparation time and a day-by-day method to finishing the recipe. Recipes include a heartening Lemongrass, Coconut, Coriander and Ginger Soup, a

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delightful Green Shakshuka with Feta and an astoundingly easy Pear Brownie.

Gordon gives inspiration, advice and 75 fail-safe and delicious recipes for all occasions over the Christmas period. The stars of the show are 5 Christmas Feasts . suitable for whenever you choose to have your main Christmas meal.

Upon discovering that his wife is dying from cancer, seventy-four-year-old Howard Amberson decides that they should take a trip and keep a journal of their past and present experiences

In *The Mastery of Love*, don Miguel Ruiz

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illuminates the fear-based beliefs and assumptions that undermine love and lead to suffering and drama in our relationships. Using insightful stories to bring his message to life, Ruiz shows us how to heal our emotional wounds, recover the freedom and joy that are our birthright, and restore the spirit of playfulness that is vital to loving relationships. The Mastery of Love includes:

- \* Why "domestication" and the "image of perfection" lead to self-rejection
- \* The war of control that slowly destroys most relationships
- \* Why we hunt for love in others, and how to capture the love inside us

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\* How to finally accept and forgive ourselves and others "Happiness can only come from inside of you and is the result of your love. When you are aware that no one else can make you happy, and that happiness is the result of your love, this becomes the greatest mastery of the Toltec: the Mastery of Love."

- don Miguel Ruiz

The 5 Biological Laws and Dr. Hamer's New Medicine

Praise the Human Season

Gin

Ramsay 3 Star

French Country Cooking

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Pan'ino, the (reduced Price)

***In a Mediterranean island fortress-prison under the Bourbon monarchy four political prisoners suspected of conspiracy spend their last night before execution, discussing their lives, old hopes and ambitions.***

***In his new book, Gordon M. Shepherd expands on the startling discovery that the brain creates the taste of wine. This approach to understanding wine's sensory experience draws on findings in neuroscience, biomechanics, human physiology, and traditional enology. Shepherd shows, just as he did in Neurogastronomy: How the Brain***

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***Creates Flavor and Why It Matters, that creating the taste of wine engages more of the brain than does any other human behavior. He clearly illustrates the scientific underpinnings of this process, along the way enhancing our enjoyment of wine. Neuroenology is the first book on wine tasting by a neuroscientist. It begins with the movements of wine through the mouth and then consults recent research to explain the function of retronasal smell and its extraordinary power in creating wine taste. Shepherd comprehensively explains how the specific sensory pathways in the cerebral cortex create the memory of wine and***



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***how language is used to identify and imprint wine characteristics. Intended for a broad audience of readers—from amateur wine drinkers to sommeliers, from casual foodies to seasoned chefs—Neuroenology shows how the emotion of pleasure is the final judge of the wine experience. It includes practical tips for a scientifically informed wine tasting and closes with a delightful account of Shepherd's experience tasting classic Bordeaux vintages with French winemaker Jean-Claude Berrouet of the Chateau Petrus and Dominus Estate.***

***Miniguída chic e festosa del gin tonic*** Piccoli

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***spuntini Allegretto con spirito Gin&tonic e Martini in viaggio tra letture e memorie LIT EDIZIONI***  
***This beautiful journal offers a wonderful way to reflect on some of the most insightful and life-changing passages from Tolle's brilliant book, and a place to write whatever thoughts one wishes to add.***

***The Power of Now Journal***

***Modern Classics***

***The Art and Science of Making Bitters***

***Low Alcohol Cocktails. New Frontiers in Mixology***

***50 Inspiration Cards***

***Why Mommy Drinks***

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- Ninety-four delicious recipes for Italy's answer to fast food - Chef Alessandro Frassica emphasizes the use of fresh ingredients in imaginative combinations What could be more simple than a pan'ino? Take some bread and butter, slice it through the middle and fill it. Seen in this way, the sandwich is almost an "anti-cuisine", a nomadic shortcut that allows for speed and little thought. But when Alessandro Frassica thinks about his pan'ino, he considers it in a different way, not as a shortcut, but as an

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instrument for telling stories, creating layers of tales right there between the bread and its butter. Because even if the sandwich is simple, it is not necessarily so easy to create. Alessandro searches for ingredients, and in the raw foods he finds people: producers of pecorino cheese from Benevento, anchovies from Cetara, 'nduja spicy salami from Calabria. Then he studies the combinations, the consistencies and the temperature, because a pan'ino is not just a random object; savoury must be complemented by sweet;

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tapenade softens and provides moisture; bread should be warmed but not dried; thus the sandwich becomes a simple way of saying many excellent things, including finding a complexity of flavours that can thrill in just one bite.

Dr Hamer is a highly controversial figure: his patients love him, yet other doctors want to block him, and meanwhile he gathers acknowledgements, but at the same time he is put on trial as well. Many believe that most of the opposition against him is because his

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theories -- and above all his long list of patients who have been healed -- go completely against established medicine... How can it be that diseases like cancer can simply be an attempt of the brain to fix (which means to heal) some emotional traumas? And that identifying such traumas and solving them can equate to healing the body? This is the only book available in Italy which is really up-to-date and comprehensive, very clear and supported by some brilliant cartoons: all these qualities have turned it

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into a real best seller. At long last a book on Dr Hamers new Germanic Medicine that is both really easy-to-read and comprehensive. Approach these controversial, yet fascinating theories with objectivity and open-mindedness.

Gin & tonic, the long drink of the 80's, is hipper than ever. Cocktail bars and restaurants are creating astonishingly varied gin menus, and the present trend in the flourishing market is a mark of this true revival. Gin is in.

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Athletes love smoothies because they offer a simple, delicious way to get the nutrients they need. Smoothies are one of the most athlete-friendly drinks. Packing in the nutrients, calories, and hydration that are so essential to athletic performance, smoothies are an athlete-friendly way to fuel the body and recover after workouts. Sport Smoothies offers more than 60 fully-illustrated smoothie recipes for before and after workouts, for building muscle, and for carb-loading. Athletes can choose the smoothie that best



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fuels the workout goals of each day--or just pick the flavors they're in the mood for. Each Sport Smoothie recipe contains a tasty mix of 4-6 healthy ingredients that are easy to find in any grocery store. Combining the unique benefits of a variety of fruits, vegetables, nut butters, and seeds, Sport Smoothies offers up great flavors for athletes to improve their health and recovery.

Nosotras Que Nos Queremos Tanto  
Pantone Foodmood

The Grand Book of Vermouth Di Torino.

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History and Importance of a Classic

Piedmontese Product

Botany at the Bar

Pride and Pudding

Medicine Upside Down

***A noted French chef provides more than 150 recipes divided into chapters of seafood, meat, side dishes, sauces and marinades and more, all augmented by full-color photos and illustrations. Original.***

***A captivating journey through off-the-beaten-path French wine country with 100 simple yet exquisite recipes, 150 sumptuous photographs, and stories***

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***inspired by life in a small village. “Francophiles, this book is pure Gallic food porn.” —The Wall Street Journal Readers everywhere fell in love with Mimi Thorisson, her family, and their band of smooth fox terriers through her blog, Manger, and debut cookbook, A Kitchen in France. In French Country Cooking, the family moves to an abandoned old château in Médoc. While shopping for local ingredients, cooking, and renovating the house, Mimi meets the farmers and artisans who populate the village and learns about the former owner of the house, an accomplished local cook. Here are recipes inspired by this eccentric cast of characters,***

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***including White Asparagus Soufflé, Wine Harvest Pot au Feu, Endives with Ham, and Salted Butter Chocolate Cake. Featuring evocative photographs taken by Mimi's husband, Oddur Thorisson, and illustrated endpapers, this cookbook is a charming jaunt to an untouched corner of France that has thus far eluded the spotlight.***

***Presents original recipes for cooking pork, and includes insight into the history of the pig and those who raise them, and offers alternatives for hard-to-find ingredients.***

***After the best-seller *The End is My Beginning*, co-authored with his father Tixiano Terzani, the long-***

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***awaited Folco Terzani's comeback with a spiritual fable of nature, men and God.***

***Sport Smoothies***

***Emotional Balance***

***180+ New Recipes and Flavour-packed Ideas to Find the Perfect Balance***

***Transforming Fear, Anger, and Jealousy into Creative Energy***

***The History of British Puddings, Savoury and Sweet Night's Lies***

How do we reconcile our need to express our emotions with our desire to protect others? Far too often we find ourselves trapped in this dilemma of expression versus

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repression. We fear that by expressing our true feelings, we will hurt and alienate those close to us. But by repressing our emotions—even in the benevolent guise of “self-control”—we only risk hurting ourselves. Osho, one of the most provocative and inspiring spiritual teachers of our time, provides here a practical and comprehensive approach to dealing with this conflict effectively. Incorporating new, never-before-published material, Emotional Wellness leads us to understand the roots of our emotions, to react to situations in a way that can teach us more about ourselves and others, and to respond to life’s inevitable ups and downs with far greater confidence and equilibrium. Discover: • The

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impact that fear, anger, and jealousy have on our lives □ How emotions like guilt, insecurity, and fear are used to manipulate us □ How to break out of unhealthy responses to strong emotions □ How to transform destructive emotions into creative energy □ The role of society and culture on our individual emotional styles Osho's unique insight into the human mind and heart goes far beyond conventional psychology. He teaches us to experience our emotions fully and to deal with them creatively in order to achieve a richer, fuller life. For admirers of The Power of Now, Eckhart Tolle's wisdom now comes in a highly accessible form ? an elegant boxed set of color cards. Each inspirational card

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expresses a quotation from the book on one side and art on the other to aid busy people with their daily meditations. Topics covered include discovering portals to the now, rising above thought, transforming suffering into peace, and creating enlightened relationships.

This is a book about how to drink gin of all kinds. It's about classic gins and new-generation gins, about gins from all over the world. It's about gin enjoyed with tonic and Sicilian lemonade. About the perfect martini gin and the best gin for a negroni. It's about juniper-heavy and delicate aromatic gins. About gin cocktails that ooze style and personality. Above all it's about enjoying your gin in ways you never thought possible. With more gin brands



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available than ever before, it is the time to set out what makes gin special, what its flavours are and how to get the most out of the brands you buy. For this new edition, Dave has revised more than half of the entries to include the best gins available today. Praise for the first edition of *Gin: The Manual*: 'You could not write a more sophisticated book or pack more detail onto each page...it is rocket science impressive' - Huffington Post

One morning in the dead of winter, three German soldiers are dispatched into the frozen Polish countryside to track down any Jews they can find - and return them for execution. Having captured a young man hiding in the woods, they rest in an abandoned house before

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continuing back to camp. But before long, the group's sympathies have splintered as they consider the moral implications of their mission, and confront their own consciences. Should the Jew be offered food? But after breaking bread with a man, how can they possibly send him to his death? Or should they risk everything to return him to liberty?

Spirited

The Dog, the Wolf and God

Pork and Sons

Neuroenology

Fresh and Light

Sworn Virgin

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Bere è un'esperienza gradevole ma molto seria, da vivere con la massima diligenza. Questo libro presenta una breve storia del gin, lo spirito eletto per i cocktail gin&tonic e martini, alla scoperta tramite le incursioni più disparate nella storia, nei viaggi, nelle letture e nel cinema delle sue innumerevoli proprietà. Miscele perfette e sempre perfettibili, terapeutiche per il corpo e per l'anima, capaci di creare atmosfere per confessare segreti, firmare trattati di pace, conquistare o lasciarsi con stile, divertirsi insieme o meditare in silenzio. E se non si è in grado di cogliere la differenza tra il saper bere e lubrificarsi meglio lasciar perdere e accontentarsi di uno spritz all'aperol.

With everything from the top brands to the best recipes,

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this is the gin lover's perfect guide! Gin is the main ingredient in some of today's trendiest cocktails. This volume is entirely dedicated to the popular liquor--its history, its production, its various flavorings. Davide Terziotti, an expert in the field, provides profiles of 30 main brands, outlining their characteristics, aromas, and main botanicals. For each, he provides an ideal recipe, and the final section offers a selection of classic and innovative cocktails, with instructions on their preparation. Throughout, Fabio Petroni's splendid still lifes illustrate the masterly text.

Donna's groundbreaking book, THE INSTANT COOK, now comes in a beautiful paperback edition. Showcasing fuss-free recipes, Donna's trademark modern

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photography and styling - plus her tips on how to get the best results out of whatever you're making for cooking - this is the book to turn to when asked "what's for dinner?". Whether you need to whip up busy midweek fare for a famished family or present something chic and easy for a casual weekend dinner with friends, time is on your side with Donna Hay's moreish collection of over 190 inspiring recipes. Donna gives her readers the know-how and confidence to create great meals that are filling and substantial at short notice: soup; salads; pasta; rice & noodles; chicken; meat; fish + seafood; vegetables; sweets. Each chapter also includes a new feature; in which Donna shows you one essential sauce or dish with three very clever twists for you to then

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create three very fresh and original meals and concludes with her ever-popular 'short order' ideas: quick dishes to serve on the side or as meals on their own; using simple methods and flavour combinations.

Getting right to the heart of why Gordon Ramsay is such a celebrated chef, this book shows 50 of his classic recipes presented as they would be in one of his restaurants. It then shows the dishes presented in a domestic situation with full recipes and step-by-step instructions to recreate them yourself.

Stephane Reynaud's Barbecue & Grill  
140+ New Recipes, Clever Ideas and Speedy Solutions  
for Every Day

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Batch Cooking

IBA 2020. The New Cocktails. The Official List

Meals and Moments from a Village in the Vineyards: A Cookbook

A bitters-making handbook with a beautiful, botanical difference; three scientists present the back-stories and exciting flavours of plants from around the globe, in a range of tasty, healthy tinctures.

\* The world's foremost authority on color, Pantone received major national media attention when it announced the 2018 Color of the Year - Ultra Violet - December 2017.\* Pantone Foodmood includes fifty-six

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delicious, kitchen-tested recipes presented in elegant color photography \* It is a beautifully produced object and will be a must-have for cooks who want to bring their artistry to their repertoire, as well as devotees of the brand, and professionals in the world of design, architecture, graphics and publishing \* Back matter includes dozens of mix-and-match recipes for all types of occasions and seasons Cooking is as much a visual art as fashion, graphic design or interior design. Now, in collaboration with Italy's premiere cookbook publisher, Pantone brings its expertise on eye-appeal into the kitchen. Fifty-six step-by-step recipes are gathered around



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eight colors and their variations, including: Yellow (Tart Citron); Magenta (Sea Bream Tartar with Rose Petals); Green (Savory Asparagus Tart); Blue (Salad with Borage Flowers); Purple (Fox Grape Pudding); Orange (Tandoori Chicken with Basmati Rice); Red (Round Meringue with Wild Strawberries); and Brown (Coffee Semifreddo). Each recipe collection is introduced with an essay by a Pantone color expert, and each is styled to perfection and photographed in Pantone's full-color glory. Added features include 40 suggested menus combining colors for occasions (brunch, a children's party, happy hour, a dessert buffet); cuisines (Italian,

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Mediterranean, Japanese, French); meals for every season; and many other themes. Also included is an extensive guide to necessary equipment, utensils and ingredients. And fifty hand-drawn color how-to sketches demonstrate styling and presentation techniques for creating delicious feasts for the eyes. With a sleek modern layout and design, Pantone Foodmood is perfect for gift giving. It will be coveted by cooks, food-lovers, Pantone devotees, and all those who love books beautifully made. Renowned for recipes that make food look gorgeous and taste great yet require minimal effort, Donna Hay's cookbooks have become international successes. "Mod

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Classics" is no different. Chapters, including soups, salads, pastas, and pies, begin with a "basic" recipe. Step-by-step photos allow cooks to create increasingly sophisticated variations from this starter recipe.

The German New Medicine discovered by Dr. Ryke Geer Hamer and systematized in the 5 Biological Laws represents a change in the understanding of what is commonly called a disease. The German New Medicine is not a new method of treatment but the understanding of natural laws applicable to humans and animals. Through his studies, Dr. R.G. Hamer, came to the conclusion that the disease processes are not "errors of nature" but ra

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Significant Biological Programs of Nature stemming from sudden and dramatic events. This book was written with the intent of shedding light on the understanding of the Biological Laws, for those looking for and wanting to understand the issue fully; the study of matter and the spirit, whether reflective, critical and scientific, is up to the reader. [www.5biologicalallaws.com](http://www.5biologicalallaws.com)

Cocktails from Around the World

Ten Women

Emotional Wellness

Gin&tonic e Martini in viaggio tra letture e memorie

A Meal in Winter

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Gin: How to Drink It