

## I Quit Sugar Simplicious

Based on the documentary THAT SUGAR FILM, this is an explosive exposé of the dangers of sugar. When Australian actor and filmmaker Damon Gameau met a girl he wanted to impress, he decided to get healthy by reducing his sugar intake. In no time he was slimmer, calmer, fitter and happier. But he was also curious: why did the elimination of sugar have such beneficial effects? He decided to experiment by eating 40 teaspoons of sugar a day over the course of 60 days. The results were staggering. Gameau gained nearly 20 pounds; he developed signs of fatty liver disease; and doctors warned him that he was on the road to obesity, diabetes, and heart disease. His journey took him not just down a path to illness, but deep into an investigation into how our food is made and marketed. Gameau interviewed experts and discovered that 80% of products on our supermarket shelves contain sugar, and that 90 million Americans have fatty liver disease directly linked to their sugar consumption. Expanding on That Sugar Film, That Sugar Book offers 30 recipes, in-depth interviews, and colorful graphic images to reveal the truth behind the world's alarming and health-destroying sugar habit. It contains sensible advice on kicking the sugar addiction; lists which foods to avoid; and explains how to shop, how to read labels, and how to cook sugar-free food. A riveting, funny, meticulously well-researched, and shocking exposé, That Sugar Book is destined to change the eating habits of a generation.

A policeman is stabbed to death at an anti-nuclear demonstration outside the Eastvale Community Centre in Yorkshire. In a politically motivated move, Detective Superintendent Richard "Dirty Dick" Burgess is pulled in from London to run the investigation. With a long list of suspects and an old enemy breathing down his neck, the odds are against Chief Inspector Alan Banks as he races to find the killer before Burgess and save his career. Third in the critically acclaimed Inspector Banks Mystery Series.

Roger Baker's ground-breaking book, based on the research of his medical team, presents a new way of understanding emotions and new insights into handling emotional pressures, and is illustrated throughout with examples from patients in psychological therapy and from everyday life. The book is divided into 4 parts: 1) The Secret Life of Emotions: introduces the theme of the book and shows how emotional and rational lives are equally valid, 2) Dissolving Distress: looks at our second immune system, emotional processing, which helps us to absorb and break-down emotional hurts and strains, 3) Healing through Feeling: the expression of emotions for good health and well-being, 4) How to Sabotage Emotional Processing: a manual of bad practice. Uncover the recipes and stories from a largely unheralded region of Tuscany, the Silver Coast; a place of wild natural beauty, idyllic coastline, crumbling hilltop villages, and a rustic, wholesome cuisine. Acquacotta is a celebration of the traditional cuisine of a lesser known part of Tuscany, the Silver Coast, which forms part of the territory of Maremma. Acquacotta, literally meaning "cooked water", is Maremma's most famous dish, a soup made of slowly simmered tomatoes and onions and poached eggs. There are countless variations and every town has its own. The book includes personal stories memories and lessons from the people (producers, winemakers, breeders, fisherman) Emiko has met. The Silver Coast is a geographically quite narrow area in

the southernmost coastal part of the region—and includes the island-like promontory of Monte Argentario, the island of Giglio, the lagoon town of Orbetello and the last Tuscan town on the border of Lazio, Capalbio. Surrounded by thick, wild boar-inhabiting, forest-covered hills and twisted, ancient olive trees, the area is known for its rustic peasant cooking, where hearty soups, hand-reared chickens or rabbits, foraged wild vegetables, mushrooms and chestnuts and wild-caught game have long provided sustenance—and still colour the local cuisine. Acquacotta champions the food Emiko loves to eat and cook—comforting, low-maintenance and easy to prepare. It's food that calls for sharing with friends or family, gathered around a big table. And like most peasant cuisine, it is about getting the best out of a few ingredients and providing a belly-filling meal that not only doesn't cost the earth, but is delicious. Acquacotta offers more than 80 recipes across five chapters divided by themes: Dal Bosco—which means feed from the woods and includes foraged and hunted foods; Dal Mare—which means from the sea and includes typical seafood of the area including from the lagoon; Dal Orto—which means from the vegetable patch; Dal Fattoria—which means from the farm and include dishes inspired by the farm tradition in the area, which often includes legumes, grains, rabbit, poultry and eggs; Dolci—sweets, preserves and homemade liquors.

From the New York Times bestselling author of *I Quit Sugar* and *First, We Make the Beast Beautiful* comes this proven 2-week plan for reducing anxiety and beating one of its leading causes—sugar addiction—using 8 simple, sustainable dietary shifts. Eating more than 6 teaspoons of sugar a day? No wonder you're anxious. Anxiety has a lot to do with lifestyle choices, including what you put in your mouth. Sarah Wilson is an expert on sugar addiction and its connection to the most widespread mental health concern—chronic anxiety—affecting millions worldwide today. One in six people in the West alone suffer from an anxiety-related illness. While scientists know that anxiety is a chemical imbalance in the brain, recent studies have linked this condition to sugar consumption and inflammation in the gut. In *The Anti-Anxiety Diet*, Wilson unravels the cutting-edge science linking sugar addiction, inflammation, and gut health to mental health. “If you have fire in the gut,” Sarah advises, “you have fire in the brain.” And sugar is the primary culprit. *The Anti-Anxiety Diet* is her simple, 2-week jumpstart plan for eliminating sugar from your diet. Packed with delicious, easy-to-prepare recipes, 4-color photos, and detailed meal plans, it shows you how to replace the bad stuff (sugar) with the good stuff (whole, unprocessed foods), to soothe—and ultimately tame—the anxious beast.

As seen in USA Today's hottest releases and The Washington Post's 10 New Books Spotlight “Sarah Wilson is a force of nature – quite literally. She has taken her pain and grief about our sick and troubled world and alchemized it into action, advocacy, adventure, poetry, and true love.” — ELIZABETH GILBERT Wake up and reclaim your one wild and precious life. New York Times bestselling author Sarah Wilson shows you how in this radical spiritual guidebook, the book we need NOW. Many of us are living with the sense that things are not right with the world and are in a state of spiritual PTSD. We have retreated, morally and psychologically; we are experiencing a crisis of disconnection—from one another, from our true values, from joy, and from life as we feel we are meant to be living it. Sarah Wilson argues that this sense of despair and disconnection is ironically what unites us—that deep down, we are all feeling that same itch for a new way of living. Drawing on science, literature, philosophy and the wisdom of

some of the world's leading experts, and her personal journey, Wilson offers a hopeful path forward to the life we love. En route, she shows us how to wake up and reconnect with life using "wild practices" that include: · Hike. Embrace the "walking cure" as great minds throughout history have. · Go to your edge. Do what scares you and embrace discomfort daily. · #Buylesslivemore. Break the cycle of mindless consumption and get light with your life. · Become a soul nerd. Light up your intellect with the arts. · Get "full-fat spiritual". Have an active practice and use it to change the world. · Practice wild activism. Through sustained, non-violent protest we can create our better world. The time has come to boldly, wildly imagine better. We are being called upon, individually and as a society, to forge a new path and to find a new way of living. Will you join the journey?

"I lost weight and my skin changed, it cleared. But when I quit the white stuff, I also started to heal. I found wellness and the kind of energy and sparkle I had as a kid. I don't believe in diets or in making eating miserable. This plan and the recipes are designed for lasting wellness." Sarah Wilson was a self-confessed sugar addict, eating the equivalent of 25 teaspoons of sugar every day, before making the link between her sugar consumption and a lifetime of mood disorders, fluctuating weight issues, sleep problems and thyroid disease. She knew she had to make a change. What started as an experiment soon became a way of life, then a campaign to alert others to the health damages of sugar. I Quit Sugar uses Sarah's personal experience to help you:- beat the sugar habit with a tested 8-week plan- overcome cravings via proven and easy tricks- find healthy sugar substitutes- cook sugar-free: 108 desserts, cakes, chocolate, kids' treats, snacks and easy detox meals. I Quit Sugar is your guide to kicking the habit, losing weight and getting well.

"I know so many people who have turned their lives around after reading Allen Carr's books." -Sir Richard Branson People are now so hooked on sugar that it's become the number one threat to health in the modern world. This book helps explain the truth about bad sugar and introduces a proven method to cut it out of your diet entirely. Once you free yourself from addiction, you'll feel happier and healthier, and you'll be able to choose the weight you want to be for the rest of your life. Allen Carr's Easyway is the most successful stop smoking method of all time. It works by unravelling the brainwashing that leads us to desire the very thing that is harming us, and it has now been applied to other areas. The Easy Way to Quit Sugar tackles the biggest dietary threat to the modern world: addiction to refined sugar and processed carbohydrates. With the brilliant additional writing skills and illustrations of Bev Aisbett, you'll free yourself of addiction and enjoy better health, higher levels of energy, dramatically improved body shape and a happier, healthier lifestyle.

\*As featured in a BBC documentary\* Anna Del Conte is the doyenne of Italian cookery, beloved by food writers including Nigella Lawson and Delia Smith. Italian Kitchen is a classic Italian cookbook and essential for every home cook. It brings together over 100 mouth-watering recipes for gleaming antipasti, earthy risottos, gutsy pasta sauces and sumptuous dolci into a bible of classic Italian cooking. Effortlessly stylish yet unfussy, they are the essence of any self-respecting Italian kitchen and provide the fundamentals of Italian cooking.

It is common knowledge that sugar makes kids hyperactive, mood swings, and contributes to the childhood obesity epidemic. More and more studies are demonstrating its negative health effects on adults and children alike. Cutting sugar at an early age can help set your children up for a healthy adulthood and bestselling low-carb author Maria Emmerich is here to teach you how. Emmerich is raising two boys on a diet free from processed sugars and centered around healthy protein and fat, and she's seen firsthand how kids can thrive when they eat this way! Sugar-Free Kids arms busy parents with a wide array of sugar-free recipes that children will love. Not only does Maria keep kids' picky palates in mind, focusing on familiar flavors and dishes, but she also recognizes that today's families are strapped for time. The 150 recipes in this cookbook use readily available ingredients and are easy to prepare; in fact, kids can make many of these dishes themselves! From graham crackers and gummy bears to chicken nuggets, tacos, and pizza, moms and dads will find just about every food their children crave, without the sugar and processed carbs that make their brains foggy and can lead to health issues later in life. Maria also offers substitutions for kids who avoid dairy, eggs, and/or nuts and even provides a selection of vegetarian recipes. Sample recipes include: Strawberry Breakfast Parfait Chocolate Minute Muffins Pigs in a Blanket Touchdown Tacos Crispy Baked Ravioli Pizza Dog Casserole Sweet 'n' Sour Chicken Wings Just Like Oreo Cookie Sandwiches No-Churn Blue Moon Ice Cream

According to Jacques Pepin, "the moment for a child to be in the kitchen is from the moment they are born." Kids Cook French, written by his daughter Claudine Pepin, is a fun, interactive cookbook for kids that introduces them to the art and joy of cooking. It gets them interested in making their own meals and better eating habits, while also teaching them the importance of culture. Featuring classic, simple dishes inspired by French cuisine, each recipe is shown in both French and English and accompanied by charming illustrations. With an emphasis on fresh ingredients and hands-on preparation, dishes include traditional starters, main courses, and desserts. Your child's creativity will be sparked, as will your deeper connection with them--so, get them in that kitchen and start playing chef. Who knows - you might have the next great French cuisine Chef standing next to you! "Kids Cook French is a magical introduction to some of the most delicious French classics. With Claudine's recipes, her father's and her daughter's illustrations, this is a book by a family for your family." - Dana Cowin, Editor in Chief, FOOD & WINE "I cannot think of anyone more qualified to write a French cookbook for children than Claudine Pepin! A trusted television personality, accomplished cook, seasoned teacher, and dedicated mom, Claudine has spent her entire life learning from and cooking alongside the most renowned chefs in the world. Complete with countless personal stories, beautiful illustrations by her father and her daughter, and timeless recipes developed with her husband, Kids Cook French is an absolute delight for the whole family and a source of inspiration for aspiring chefs of all ages. Bravo!" - Gail Simmons, TV host and author of Talking With My Mouth Full "If

there's one thing I've learned from the French, it's that good cooking is not an end in itself. Rather, it's the crucial thing that brings the family together for a meal at the end of every day - and nothing's more important than that. Claudine Pepin, Jacques's daughter, was schooled in this lesson from birth. Now she is paying it forward. Simply but clearly written, and vivid with illustrations that recall the "Madeleine" books, "Kids Cook French" is seductive. If anyone can tempt kids away from nuggets and pizza, into the kitchen, and on to the dinner table, it's Claudine." - Sara Moulton of Sara's Weeknight Meals "My dear friends, Claudine and her father Jacques P\_pin, have taught America to love French cooking. Now, with this very special book, these two amazing storytellers have shared their passion for family, fun and good food with a new generation of cooks. Claudine's recipes open a window into the flavors of France, and Jacques astonishing drawings will inspire children to be hungry for more!" - Jose Andres, internationally acclaimed chef, author, educator, and owner of ThinkFoodGroup

In Happy & Whole, media personality, meteorologist and new mum Magdalena Roze shares her favourite wholefood recipes inspired by her love of the weather and a sea change to Byron Bay. After swapping a hectic Sydney career for a slower pace of life, Magdalena has embraced a more natural way of living that focuses on a balanced approach to health, happiness and simplicity. Happy & Whole celebrates the food we like to eat in different types of weather - refreshing salads and picnics on sunny days, cooling drinks and exotic flavours when it's humid, warm comforting foods when days are cool and cloudy, and rejuvenating dishes to make when it's raining outside. Interspersed through the pages are tips and advice for wellness, food for babies, creating simple bespoke gifts and ideas for making small, positive changes that nurture us so we, too, can learn to be happy and whole. This is a specially formatted fixed-layout ebook that retains the look and feel of the print book.

**NEW YORK TIMES BESTSELLER** • A week-by-week guide to quitting sugar to lose weight, boost energy, and improve your mood and overall health, with 108 sugarfree recipes. "Life without sugar is much sweeter than I ever imagined it would be."—Shauna Ahern, Gluten-Free Girl Sarah Wilson thought of herself as a relatively healthy eater. She didn't realize how much sugar was hidden in her diet, or how much it was affecting her well-being. When she learned that her sugar consumption could be the source of a lifetime of mood swings, fluctuating weight, sleep problems, and thyroid disease, she knew she had to make a change. What started as an experiment to eliminate sugar—both the obvious and the hidden kinds—soon became a way of life, and now Sarah shows you how you can quit sugar too: • Follow a flexible and very doable 8-week plan. • Overcome cravings. • Make food you're excited to eat with these 108 recipes for detox meals, savory snacks, and sweet treats from Sarah Wilson and contributors including Gwyneth Paltrow, Curtis Stone, Dr. Robert Lustig (The Fat Chance Cookbook), Sarma Melngailis (Raw Food/Real World), Joe "the Juicer" Cross, and

Angela Liddon (Oh She Glows). I Quit Sugar makes it easy to kick the habit for good, lose weight, and feel better than ever before. When you are nourished with delicious meals and treats, you won't miss the sugar for an instant. From bestselling author Dr. Steven Gundry, a quick and easy guide to The Plant Paradox program that gives readers the tools to enjoy the benefits of lectin-free eating in just 30 days. In Dr. Steven Gundry's breakout bestseller The Plant Paradox, readers learned the surprising truth about foods that have long been regarded as healthy. Lectins—a type of protein found in fruits, vegetables, legumes, dairy, and grains—wreak havoc on the gut, creating systemic inflammation and laying the groundwork for disease and weight gain. Avoiding lectins offers incredible health benefits but requires a significant lifestyle change—one that, for many people, can feel overwhelming. Now, in The Plant Paradox Quick and Easy, Dr. Gundry makes it simpler than ever to go lectin free. His 30-day challenge offers incentives, support, and results along with a toolkit for success. With grocery lists, meal plans, time-saving cooking strategies, all-new recipes, and guidance for families and those following specialized diets (including ketogenic and vegan), The Plant Paradox Quick and Easy is the all-in-one resource Plant Paradox fans and newcomers alike need to jumpstart results reap the health benefits of living lectin-free.

I Quit Sugar: SimpliciousPan Macmillan

Eat Meals that Calm Your Thoughts and Stop Anxiety for Good! Your diet plays a dynamic role on mood, emotions and brain-signaling pathways. Since brain chemistry is complicated, The Anti-Anxiety Diet breaks down exactly what you need to know and how to achieve positive results. Integrative dietitian and food-as-medicine guru Ali Miller applies science-based functional medicine to create a system that addresses anxiety while applying a ketogenic low-carb approach. By adopting The Anti-Anxiety Diet, you will reduce inflammation, repair gut integrity and provide your body with necessary nutrients in abundance. This plan balances your hormones and stress chemicals to help you feel even-keeled and relaxed. The book provides quizzes as well as advanced lab and supplement recommendations to help you discover and address the root causes of your body's imbalances. The Anti-Anxiety Diet's healthy approach supports your brain signaling while satiating cravings. And it features 50 delicious recipes, including: • Sweet Potato Avocado Toast • Zesty Creamy Carrot Soup • Chai Panna Cotta • Matcha Green Smoothie • Carnitas Burrito Bowl • Curry Roasted Cauliflower • Seaweed Turkey Roll-Ups • Greek Deviled Eggs

In Eat Better Forever, Hugh Fearnley-Whittingstall gives you all the tools to improve your eating habits, and therefore your life - permanently. And to help it all happen, he's added his 100 healthiest recipes yet. In this ground-breaking book, instead of promising a gimmicky single-fix solution to the challenge of healthy eating, Hugh extracts the knowledge, advice and healthy habits, from cutting edge research into the obesity crisis, to produce 7 simple strategies that will transform your diet and your

health. Starting with the blissfully simple message that we all need to Go Whole, he leads us away from the industrial junk and processed foods that are doing so many of us so much harm and returns us to the real foods that nurture us and keep us well. Everything that follows is clear, believable and achievable. From sorting the good carbs from the bad, learning not to fear fat, and looking after our gut, to renegotiating the foods we call 'drinks' and being mindful of when to eat...and when to take a pause... Hugh guides us to a better way of eating that will last us our whole lives. It's all offered up with reassuring tips and switches that help us act on the vital knowledge he imparts. And the 100 recipes that come with it, and their endless variations, make for a lifetime of healthy eating.

Health and convenience don't have to be mutually exclusive when cooking for the family. Feed your family quickly and nutritiously, whether you're cooking up a storm on a Sunday or enjoying some easy mid-week meals. Sarah Wilson and her IQS team taught the world to quit sugar in eight weeks and then went on to teach everyone how to cook delicious essentials, simply. Sarah incorporates her mindful, sustainable and economical practices to show how to feed your family on any night of the week in a simple, healthy way. Here, she's compiled tasty sugar-free recipes for the whole family to enjoy. In *I Quit Sugar: Fast Family Meals*, Sarah and her team share:- how to feed the family for less than \$5 per serve- ideas for Friday fun food for kids and adults- fast family fixes and easy weekday dinners- how to cook a Sunday roast and divide up the leftovers- that you don't have to feel guilty about indulging in some after-dinner treats! Written with all the care and expertise you have come to expect from the *I Quit Sugar* team, this is the book that makes healthy family meals and one-pot wonders in a sugar-free lifestyle easier, more affordable and more delicious.

Sarah Wilson encourages us to be the change we want. She liberated us from the health costs of processed food by helping us to quit sugar. She inspired us to reframe anxiety as an opportunity for personal transformation rather than as a frailty. Now she emboldens us to adopt 'zero-waste' cooking as the path to good health, creativity and an altogether more elegant life. Inside this book you will find the most instructive, practical and useful kitchen advice that you are ever likely to encounter. Sarah reacquaints us with *Flow*, an intricately crafted kitchen process that shows us how to cook gut-healing, nutritionally dense, delicious food in less time, for less money and with virtually no waste. *I Quit Sugar: Simplicious Flow* is more than its 348 recipes, stunning food photography and intensely useful instruction. It is a manifesto for change, a challenge to us all to take charge of our kitchen, our expenditure, our time, our own health and the health of the planet.

'Quitting sugar is not a diet. Quitting sugar is a way of living without processed food and eating like our great-grandparents used to.' With her internationally bestselling book, *I Quit Sugar*, Sarah Wilson helped tens of thousands of people around the world to kick the habit. In *I Quit Sugar for Life*, Sarah shows you how to be sugar-free for ever. Drawing on extensive research and her own tried and tested methods, Sarah has designed a programme to help families and individuals: \*banish cravings by eating good fats and protein \*deal with lapses \*maximize nutrition with vegetables \*exercise less for better results \*detox safely \*make sustainable food choices \*cook sugar-free: one hundred and forty-eight desserts, cakes, kids' stuff, comfort dinners, breakfasts and easy

packed lunches I Quit Sugar for Life is not just about kicking a habit; it's a complete wellness philosophy for your healthiest, calmest, happiest self.

THE MIND DIET MADE DELICIOUS Packed with dishes that are not only tasty but also help improve memory, concentration and mental acuity, this handy cookbook makes following the MIND Diet a snap. The 135 easy-to-make recipes provide a mouth-watering way to keep one's mind sharp by eating the right foods while avoiding brain-harming ones. The wide range of recipes include quick-and-hearty breakfasts, lunches, snacks, dinners and even sweet desserts made from foods that promote brain health, including: • Pumpkin Muffins • Blueberry Smoothie • Mango Guacamole • Walnut Kale Salad • Salmon Tacos • Creole Shrimp • Rosemary Chicken • Sole Amandine • Beet Hummus • Chocolate Pecan Pie

Food writer and journalist Helen Greenwood has teamed up with Tim Harper and Ruth Hobday of PQ Blackwell to pay tribute to the favourite baked treats of many an Australian childhood as well as the innovative use of native ingredients and cosmopolitan influences in this must-have kitchen companion. Along with some recipe favourites from The Great Australian Cookbook, the trio have sourced more than 90 brand-new recipes from cooks, chefs, patissiers and bakers from around Australia. Tried and true Aussie classics (Anzac biscuits, trifle and sausage rolls included) are joined by recipes that showcase innovation and our unique heritage. From quandongs to quinces, quiches, kindlech and baklava plus the new kids on the block, the not-so-naughty gluten- and sugar-free treats the result is the quintessential collection of Australian baking from our finest bakers. Along with dough and pastry basics, biscuits and slices, cakes and loaves, muffins, cupcakes, scones and pastries, The Great Australian Baking Book contains an inspired collection of pies and tarts, savoury snacks and desserts.

' I love this healthy eating book!!' Victoria Beckham Honestly Healthy is the original alkaline diet cookbook, packed with recipes, tips and tricks to help you look and feel great. Whatever your needs – be it a short cleanse or total eating habit overhaul – Honestly Healthy has the right plan for you. With over 100 mouthwatering recipes from gourmet vegetarian chef Natasha Corrett, all designed with nutritionist Vicki Edgson to help your energy levels soar, split into breakfasts and smoothies, starters and soups, mains, snacks and treats, and desserts, you will find everything you need. Follow a 5-Day Cleanse with full meal plans to help your body eliminate toxins and leave you feeling great. The Cleanse Section will show you the foods to avoid and why, and the foods to enjoy and how they help, leaving you with the knowledge and inspiration to try your own ideas. The Honestly Healthy Lifestyle Section goes a step further and shows you how to make simple long-term changes to your eating habits in order to maintain a delicious, nutritious and alkaline lifestyle. More recipes and meal plans will help you on your way to looking and feeling great. Cooking delicious, healthy food has never been so simple. ' Forget Dukan and Atkins – these days, the A-list way to a flat tummy is eating alkaline.' Daily Mail

About this book: In a world full of processed, sugar-laden cereals, it's easy to consume your entire day's quota of sugar before 8am. So we decided to change the way breakfast is done and give you clever, fun and tasty brekkie solutions for every day. Our Healthy Breakfast Cookbook is jam-packed with 45 quick and tasty sugar-free recipes that will keep you going past lunch. And to



make sure it doesn't include a single added sweetener, we've turned breakfast into a savoury affair. Yep, not only is it possible to eat veggies for breakfast, but it's completely delicious too! Dig into: - 45 recipes created and developed by a qualified nutritionist. - 25+ inspiring foodie photos. - Step-by-step recipe instructions. - Handy substitution and allergy guides. "Healthy" doesn't have to mean boring. With fun and quirky recipes like French Toast in a Mug, Chickpea Pancake Pizza and Bittersweet Savoury Yoghurt, this is a book of breakfast inspiration, education and motivation that will leave your friends and family begging for more! Chapters include: 1. Breakfast in 2 Minutes 2. Toasties and Toast Toppers 3. Breakfast Using Dinner's Leftovers 4. Fun Savoury Things 5. Cafe Favourites 6. Sunday Cook-ups

Embrace a sugar-free summer with these super hydrating, nourishing and refreshing smoothies! With more than 60 recipes to choose from, these whole, natural smoothies are packed with veggies, a little fruit and plenty of healthy fats and protein. Their simplicity also means you can nourish your body with maximum flavour and minimum fuss - even when you need to grab breakfast on the go! Master the art of delicious smoothie toppers, blitz lush smoothie bowls and create show-stopping whips to impress your friends and family.

"Probably the best book on living with anxiety that I've ever read" Mark Manson, bestselling author of *The Subtle Art of Not Giving a F\*ck*

Sarah Wilson is a New York Times and Amazon #1 bestselling author, entrepreneur and philanthropist. She's the founder of [IQuitSugar.com](http://IQuitSugar.com), whose 8-Week Program has been completed by 1.5 million people in 133 countries. A former news journalist and editor of *Cosmopolitan*, she was the host of the first series of *MasterChef Australia* and is the author of the international bestsellers *First, We Make the Beast Beautiful*, *I Quit Sugar: Simplicious*, *I Quit Sugar* and *I Quit Sugar For Life*. Her latest book is *I Quit Sugar: Simplicious Flow*. She is ranked as one of the top 200 most influential authors in the world. Sarah blogs in an intimate fashion - on philosophy, anxiety, minimalism and anti-consumerism - at [sarahwilson.com](http://sarahwilson.com), lives in Sydney, Australia, rides a bike everywhere, is a compulsive hiker and is eternally curious. In *First, We Make the Beast Beautiful*, Sarah directs her intense focus and fierce investigatory skills onto this lifetime companion of hers, looking at the triggers and treatments, the fashions and fads. She reads widely and interviews fellow sufferers, mental health experts, philosophers, and even the Dalai Lama, processing all she learns through the prism her own experiences. Sarah pulls at the thread of accepted definitions of anxiety, and unravels the notion that it is a difficult, dangerous disease that must be medicated into submission. Ultimately, she re-frames anxiety as a spiritual quest rather than a burdensome affliction, a state of yearning that will lead us closer to what really matters. Practical and poetic, wise and funny, this is a small book with a big heart. It will encourage the myriad sufferers of the world's most common mental illness to feel not just better about their condition, but delighted by the possibilities it offers for a richer, fuller life. MORE PRAISE FOR FIRST, WE MAKE THE BEAST BEAUTIFUL "at once a nomadic journey, a cri de coeur and a compendium of hard-won wisdom ..." Professor Patrick McGorry AO MD PhD FRCP FRANZCP FAA FASSA, 2010 Australian of the Year "A witty, well-researched and often insightful book about negotiating a new relationship with anxiety." Andrew Solomon, Professor of Clinical Psychology and author of *The Noonday Demon: An Anatomy of Depression*

New in paperback Sarah Wilson, bestselling author of *I Quit Sugar*, taught the world how to quit sugar in eight weeks, then how to quit sugar for life, incorporating mindful, sustainable, whole food practices. Now with *I Quit Sugar: Simplicious* she strips back to the essentials, simply and deliciously. She shows us: \* How to shop, cook and eat without sugar and other processed foods \* How to buy in bulk, freeze and preserve, with ease and without waste \* How to use leftovers with flair All 306 recipes - from sweet treats to one-pot wonders and abundance

bowls brimming with nutrients - expand our knowledge of age-old kitchen processes and tend to our profound need to be creative with food. Drawing on the latest nutrition research and kitchen hacks, this is the ultimate cooking guide for those who want sugar out of their life and are ready to embrace the life-affirming, health-giving, planet saving simpliciousness of real food.

Top New York chef and restaurateur Matthew Kenney and his partner, Sarma Melngailis, had been thinking of opening a Moroccan restaurant. But one night they were invited to a raw food restaurant -- and it changed their lives. They instead opened Pure Food and Wine, a restaurant devoted to creative, tasty raw food, and it has been drawing rave reviews. Dishes such as Zucchini and Green Zebra Tomato Lasagne, Golden Squash Pasta with Black Summer Truffles, and Dark Chocolate Ganache Tart with Vanilla Cream have given raw food a sexy new appeal. The decision to go raw was shocking at first for these two ex-carnivorous chefs, but they soon found that preparing and eating raw food made them and their guests feel their physical best. Melngailis noticed a difference almost immediately -- "Light, clean, natural, and alive foods make you feel light, clean, and more alive. And sexy." This new way of life has changed their outlook on eating and cooking and connects them to the world around them. As Kenney says, "Raw foods and the lifestyle associated with it are so compelling and complex that we will be forever learning and growing. Already it seems that we have discovered some of the magic that life offers." In this lushly photographed book, Kenney and Melngailis share some of that magic -- and show that preparing and eating raw does not mean bland, unsatisfying, or impossibly time-consuming meals. Using dehydrating, Vita-Mix blending, a nuanced understanding of spices, and unprecedented creativity, they explore a whole new outlook on raw food that transfers beautifully and easily from their kitchen to yours -- no matter what your present diet. And you'll immediately begin to reap the benefits of healthful, delicious, life-giving raw food.

Supercharged Food is a simple and inspiring guide to eating for optimum health. It features more than 90 recipes that are gluten, wheat, dairy, yeast and sugar-free, each bursting with nutrient-rich or 'super' foods that will help nourish and heal your body. Whether you have coeliac disease, food allergies or you just want to improve your health, this is your one-stop shop for easy, vibrant and flavourful meals that will jump-start your immune system, boost your energy levels and maintain your long-term wellbeing.

From the author of the bestselling *Elsa's Wholesome Life*, Ellie Bullen returns with *Global Vegan*, a collection of simple and delicious recipes inspired by her travels around the world to places such as Indonesia, India, Korea and Japan. Ellie's plant-based dishes are infused with her trademark flavour, colour and texture and will have you eating well throughout the day. There are vibrant smoothie bowls or vegan fried eggs for easing into the morning; Salt and Pepper 'Calamari', Tom Kha Gai Soup or Aloo Jeera when you need something more substantial; and chai-spiced cookies or Portuguese custard tarts to have with an afternoon cuppa. There are also healthy, plant-based versions of well-known favourites, such as Pad Thai, Fish and Chips and Spicy Ramen Soup. A qualified dietitian, Ellie explains everything you need to know about adopting a plant-based diet, including how to get enough iron and achieve the right balance of carbs, proteins and good fats. With extraordinary travel photography scattered throughout, *Global Vegan* is an explosion of colour and flavour, and is imbued with Ellie's unique sense of adventure and her love of plants. It is the perfect book for anyone who wants to cook simple, healthy and flavour-packed vegan food. This is a specially formatted fixed-layout ebook that retains the look and feel of the print book.

Sarah Wilson taught the world how to quit sugar in 8 weeks, then how to quit sugar for life, incorporating mindful, sustainable practices across all the pillars of real, whole wellness. Now she strips things back to the essentials, simply and deliciously. She shows us how to shop, cook and eat like we used to in the days before sugar-laced processed food hit our shelves - with ease and without waste, while honouring that deep sense of pleasure that comes from nourishing ourselves and each other. Sarah gives us the 'simplicious flow', a modern manifesto that

sets out how to buy in bulk, freeze and preserve, and use leftovers with flair. She unashamedly makes scraps sexy again and elevates leftovers to the main attraction. All 306 recipes - from guilt-free sweet treats to one-pot wonders and abundance bowls brimming with nutrients - expand our knowledge of age-old kitchen processes and tend to our visceral need to be creative with food. Drawing on the latest nutrition research and kitchen hacks, this is the ultimate cooking guide for those who want sugar out of their lives and are ready to embrace the life-affirming, health-giving, planet-saving simpliciousness of real food.

Provides meal plans, shopping lists, food swaps, and over 1one hundred recipes to lower sugar intake and lose weight.

Sarah Wilson, bestselling author of I Quit Sugar, taught the world how to quit sugar in eight weeks, then how to quit sugar for life, incorporating mindful, sustainable, whole food practices. Now with I Quit Sugar: Simplicious she strips back to the essentials, simply and deliciously. She shows us:\* How to shop, cook and eat without sugar and other processed foods\* How to buy in bulk, freeze and preserve, with ease and without waste\* How to use leftovers with flairAll three hundred and six recipes - from guilt-free sweet treats to one-pot wonders and abundance bowls brimming with nutrients - expand our knowledge of age-old kitchen processes and tend to our profound need to be creative with food.Drawing on the latest nutrition research and kitchen hacks, this is the ultimate cooking guide for those who want sugar out of their life and are ready to embrace the life-affirming, health-giving, planet saving simpliciousness of real food.

Sarah Wilson and her IQS team taught the world to quit sugar in eight weeks and then went on to teach everyone how to cook delicious essentials, simply. Sarah incorporates her mindful, sustainable and economical practices to ditch the guilt and show how to quit sugar without also quitting chocolate. Here, she's compiled fructose-free recipes for the family, individuals and our little people. Written with all the care and knowledge you have come to expect from Sarah and her I Quit Sugar team, this is the book that makes sweet meals and treats in a sugar-free world easier, more creative and tastier than ever.

Our day is marked by what comes out of the pastry section, and there's always something good on the way: sticky buns full of cherries and pistachios in the morning; a loaf of rich dough rolled with chocolate, hazelnuts and cinnamon that has been proving since dawn and comes out of the oven fresh for elevenses. Lunch is a crisp, crumbly shell of pastry filled with spiced lamb or burnt aubergine, and at teatime there are cheesecakes and fruit cakes, small cakes and massive cookies - so many cakes that it's hard to choose one. (There's no need to worry, whatever you choose will be great!) After dinner there might be poached peaches with roses or something more traditional, sweet and salty Knafe drenched in orange blossom syrup, or maybe just a small piece of fresh marzipan. There's something sweet, something in the oven for everyone, all day long - welcome to Honey & Co.

What's inside this eBook In this book you'll find various sugar-free chapters including: Weekday Dump 'n' Run: Fuss-free recipes you can throw together in the morning and come home to at night. Soups, Stews and Curries: Lush curries

and hearty stews to get you through winter. Hearty Breakfast: Overnight breakfast packed with extra nutrition and ready to devour in the morning. Cakes 'n' Puds: Oozy-chocolate brownies, light and moist cakes and classic family favourites. Same-same But Different: All your sugar-laden favourites with an IQS makeover. You'll also find celebrity contributions from Margaret Fulton, Kate Gibbs and Matt Preston. More about the book Building on the nutritional concepts explored in Sarah Wilson's second print book, international best seller, I Quit Sugar for Life, the Slow Cooker Cookbook is a compilation of densely nutritious meals that are affordable and easy for families and solos.

The host of the popular YouTube healthy living and cooking channel HealthNut Nutrition shares 100+ recipes and her secrets to nutritious, quick, and delicious meals. Nikole Goncalves's HealthNut Nutrition brand is all about finding a balanced life that works for you. It's about listening to your body, surrounding yourself with positive sources, and limiting stress while enjoying the foods you love. There's no calorie counting, low fat or sugar free labels on HealthNut recipes; because she uses real, unprocessed foods--it's as simple as that. In The Everyday HealthNut Cookbook, each recipe is made with a combination of plant-based and meat options with easy substitutions for vegan and gluten-free diets. Nearly all of the recipes can be prepared in 30 minutes or less, and the 4-week meal prep guide provides readers with a roadmap for sustaining healthy, time-saving cooking habits. Taking readers through breakfast, nourishing drinks and snacks, salads, plates and bowls, sweets, and HealthNut staples including a wide range of Condiments and Sauces, Herbs and Spices, Nuts and Seeds, Goncalves offers everything any reader may need to incorporate healthy, enjoyable meals into their day-to-day lives. Recipes include: Jalapeno Pumpkin Waffles, Curry Mushroom Spinach Omelet, Blueberry Basil Smoothie, Everyday Nut and Seed Loaf, Grilled Vegetable Salad with Chimichurri, Salmon Burgers with Pineapple Salsa, Spiralized Zucchini Nests with Poached Eggs, Roasted Poblano and Mushroom Fajitas, Bananas foster Caramelized Crepes, Key Lime Pie in a Jar, and more.

From New York Times bestselling author of I Quit Sugar, comes a cookbook with more than 300 satisfying recipes that make giving up sugar simple, sustainable, and delicious. Sarah Wilson's sugar-free promise is more than just a way of eating. The benefits to overall wellbeing—fewer mood swings, improved sleep patterns, and maintaining weight control—have transformed the idea into a way of life. With her new cookbook filled with one-pan wonders, grain-free breakfasts, leftover makeovers, smoothie bowls, and more, Sarah shows us that eliminating sugar is not only doable, but is also so delicious. Recipes include: Bacon 'N' Egg Quinoa Oatmeal, Caramelized Leek, Apple and Rosemary Socca, Two-Minute Desk Noodles, Red Velvet Crunch Bowl, and Chocolate Peanut Butter Crackles.

'Imagine Florence Broadhurst baking Nana's tastiest favourites on acid and you've pretty much got Charlotte's Remarkable first book' Matt Preston Discover the art of baking and the magical world of Charlotte Ree. You'd butter believe

this is the only baking book you'll need this Christmas! Instagram sensation Charlotte Ree is famous for her simple and delicious sweets ... and her love of puns. Her easy, user-friendly creations are designed to taste amazing, rather than just look pretty (though pretty they most certainly are!). Just Desserts showcases 30 of Charlotte's most popular and delicious cake, biscuit, slice and dessert recipes in one outrageously gorgeous little package. Featuring essentials, such as chocolate brownies, shortbread caramel slice and chocolate-chip cookies through to show stoppers, such as layered berry pavlova and chocolate ganache & blackberry bundt, Just Desserts is the ideal gift for the baker and sweet-lover in your life - even if that's YOU! This is a specially formatted fixed-layout ebook that retains the look and feel of the print book.

The creators of the world's largest online fasting community bring you the world's easiest diet: restrict calories for 3 days a week, then eat as you like for the other 4 days. It's that simple! Victoria Black and Gen Davidson started SuperFastDiet to prove that weight loss can be fun, easy and part-time, and The 3-Day Diet stands out as the most effective path to fast, sustainable weight loss. This book includes: - scientific research showing how The 3-Day Diet and intermittent fasting work - 60+ fresh, delicious recipes for every day of the week - meal plans and practical strategies for your fasting days - tips for a more balanced mindset to help you maintain and supercharge your weight loss - inspiring true stories of 3-day diet success from the SuperFast community. Hear from real community members who love the 3-Day Diet: 'It's just so easy and convenient' 'It is manageable and flexible and allows me to have my favourite meal of the day: breakfast' 'I don't feel like I miss out on anything and still lose weight' 'I never feel deprived' 'I don't really feel like I'm even on a diet. I've been doing it for three weeks now and I've lost 3.4 kg'

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