

I Want To Eat Your Books

" A high school boy finds the diary of his classmate--only to discover that she's dying. Yamauchi Sakura has been silently suffering from a pancreatic disease, and now exactly one person outside her family knows. He swears to her that he won't tell anyone what he learned, and the shared secret brings them closer together in this deeply moving, first-person story that traces their developing relationship in Sakura's final months of life. "

I Want to Eat Your Books Simon and Schuster

NEW YORK TIMES BESTSELLER • America's favorite

self-taught cook opens up about the most memorable

moments of her life in this candid memoir-inspired

cookbook featuring 125 all-new recipes. NAMED ONE

OF THE BEST COOKBOOKS OF THE YEAR BY

BUZZFEED AND FOOD NETWORK "No matter the

recipe, each of us changes a dish by our own

preparation of it. It's the same with stories—once you put

them out there, readers get to interpret them and be

affected by them as they will. Ultimately, it's my hope

that this book leaves the reader with that quiet smile we

all get after we eat a favorite comfort food. Basically, I'm

going for the afterglow of a big bowl of spaghetti."—from

the Introduction As her fiftieth birthday approached, the

woman who taught America how to get dinner on the

table, fast, started thinking not just about what to cook

that night, but how her passion for food and feeding

people had developed over her first fifty years. Filled with

twenty-five thoughtful essays and 125 delicious recipes,

Rachael Ray 50 reads like a memoir and a cookbook at

once. Captured here are the moments and dishes Rachael finds most special, the ones she makes in her own home and that you won't find on her television shows or in her magazine. Here are the memories that made her laugh out loud, or made her teary. The result is a collection that offers the perfect blend of kitchen and life wisdom, including thoughts on how we can all better serve the world and one another. Also featured within these pages are gorgeous food photography, personal photos, and Rachael's own hand-drawn illustrations, offering a revealing and intimate glimpse into her world and her every day inspiration.

Loving God means loving His Word. If you're feeling distant from God, could it be because you're ignoring His Word? But maybe you don't know where to start. Maybe the long books and strange names feel overwhelming. Maybe you just don't like reading. Whatever the case, *How to Eat Your Bible* will help you cultivate an appetite for life-long study of God's Word. Find practical guidance for overcoming the hurdles that have kept you from making Bible study a regular part of your life. You'll also become encouraged to pursue God's Word by learning how other Christians throughout time maintained this crucial practice. Pastor Nate Pickowicz also includes a unique Seven Year Bible Plan so that you can apply what you've learned and continue drawing near to God as you consume His Word.

Eat Your Words outlines Giana's story, a first-generation, American-Italian girl whose early curvaceous entry into womanhood and hearty appetite make for a complex-carb tale about the depth of our relationship with self-

nourishment.

Every idea in this book is focused on increasing your overall levels of productivity, performance, and output and on making you more valuable in whatever you do. You can apply many of these ideas to your personal life as well. Each of these twenty-one methods and techniques is complete in itself. All are necessary. One strategy might be effective in one situation and another might apply to another task. All together, these twenty-one ideas represent a smorgasbord of personal effectiveness techniques that you can use at any time, in any order or sequence that makes sense to you at the moment. The key to success is action. These principles work to bring about fast, predictable improvements in performance and results. The faster you learn and apply them, the faster you will move ahead in your career - guaranteed! There will be no limit to what you can accomplish when you learn how to Eat That Frog!

When Simon Majumdar hit forty, he realized there had to be more to life than his stable but uninspiring desk job. As he wondered how to escape his career, he rediscovered a list of goals he had scrawled out years before, the last of which said: Go everywhere, eat everything. With that, he had found his mission -- a yearlong search for the delicious, and curious, and the curiously delicious, which he names Eat My Globe and memorably chronicles in these pages. In Majumdar's world, food is everything. Like every member of his family, he has a savant's memory for meals, with instant recall of dishes eaten decades before. Simon's unstoppable wit and passion for all things edible

(especially those things that once had eyes, and a face, and a mom and a pop) makes this an armchair traveler's and foodie's delight -- Majumdar does all the heavy lifting, eats the heavy foods (and suffers the weighty consequences), so you don't have to. He jets to thirty countries in just over twelve months, diving mouth-first into local cuisines and cultures as different as those of Japan and Iceland. His journey takes him from China, where he consumes one of his "Top Ten Worst Eats," stir-fried rat, to the United States, where he glories in our greatest sandwiches: the delectable treasures of Katz's Delicatessen in Manhattan, BBQ in Kansas and Texas, the still-rich po' boys of post-Katrina New Orleans. The meat of the story -- besides the peerless ham in Spain, the celebrated steaks of Argentina, the best of München's wursts as well as their descendants, the famous hot dogs of Chicago -- is the friends that Simon makes as he eats. They are as passionate about food as he is and are eager to welcome him to their homes and tables, share their choicest meals, and reveal their local secrets. Also a poignant memoir, *Eat My Globe* is a life told through food and spiced with Majumdar's remembrances of foods past, including those from his colorful childhood. (Raised in Northern England, he is the son of a fiery Welsh nurse and a distinguished Bengali surgeon.) A captivating look at one man's passion for food, family, and unique life experiences, *Eat My Globe* will make you laugh -- while it makes you hungry. It is sure to satiate any gastronome obsessed with globetrotting -- for now. Illustrations and rhyming text reveal how imagination can spice up even the healthiest meal.

Also known as *Let Me Eat Your Pancreas*, the manga version of the coming-of-age novel that inspired two films! In this deeply moving first-person story, an introverted high school boy finds his classmate's diary—and learns her biggest secret. Yamauchi Sakura is dying from a pancreatic disease and now he is the only one person outside her family to know the truth. The last thing the boy wants is to be her friend, but Sakura's cheerful demeanor and their shared secret draw them together in this heartrending tale of friendship and mortality.

A breakneck tale of kick-ass, wise-ass, sexy-ass lesbians and zombies, *Eat Your Heart Out* opens on what promises to be another tediously annoying day at Ashbee's Furniture Outlet. Then the strip-mall calm of Nowhere, Ohio, is shattered by the sudden, simultaneous appearance of Renni Ramirez—hyper-competent star of the beloved *Rising Evil* B-movie franchise—and actual zombies, leaving Ashbee's hapless staff and Renni trapped behind an automatic door they can't lock. Can failed creative-writing student/apprentice store manager/eagle-eyed markswoman Devin escape the besieged furniture store to rescue her girlfriend? Will Renni's experience slaughtering motion-captured CGI monsters save the day before the army bombs the town? Once bitten, how many zombies can a person expect to take out before succumbing to infection? Who is the mysterious *Deus Ex Machina*, and what is he doing with that bone saw? All of these questions and more whisper behind the scream of the single most important thing Devin needs to know in order to survive: is Renni a top or a bottom?

From the World's No. 1 Storyteller, *James and the Giant Peach* is a children's classic that has captured young reader's imaginations for generations. One of *TIME MAGAZINE*'s 100 Best Fantasy Books of All Time After James Henry Trotter's parents are tragically eaten by a rhinoceros, he goes to live

with his two horrible aunts, Spiker and Sponge. Life there is no fun, until James accidentally drops some magic crystals by the old peach tree and strange things start to happen. The peach at the top of the tree begins to grow, and before long it's as big as a house. Inside, James meets a bunch of oversized friends—Grasshopper, Centipede, Ladybug, and more. With a snip of the stem, the peach starts rolling away, and the great adventure begins! Roald Dahl is the author of numerous classic children's stories including *Charlie and the Chocolate Factory*, *Matilda*, *The BFG*, and many more!

“James and the Giant Peach remains a favorite among kids and parents alike nearly 60 years after it was first published, thanks to its vivid imagery, vibrant characters and forthright exploration of mature themes like death and hope.” —TIME Magazine

He's limping strangely down the hall with outstretched arms and a groaning drawl. A zombie! Could it really be? You race to class, but turn to see he's sitting in the desk right next to you! But odds are you'll probably be okay, because this is no ordinary zombie. This zombie doesn't want to eat your brains—he wants to eat your books! Hide your textbooks and your fairy tales, because the little zombie is hungry and he doesn't discriminate between genres. Will the school library be devoured, or will the children discover something the zombie likes to do with books even more than eating them? This monster book is silly and fun, with a strong message about kindness and friendship. The little zombie teaches kids not to jump to conclusions and to give everyone a chance. And when a real-life mummy shows up, the zombie is the first to step up and offer the mummy his friendship—and to teach her a few things about the joy of books. This is the perfect monster book for little ones who want a thrill but aren't looking for anything too scary. For kids ages 3 to 6, this is not a scary monster book; rather, it's a great introduction to the

importance of reading books and all that you can learn from them. This should have a big draw to librarians and booksellers as well as kids who enjoy books about monster. None of the monsters in the book are scary, however, and it's not a book about kids trying overcome the monsters in their house or fight them. Instead, the kids actually are kind to the zombie and draw him into their friend circle, which is a great lesson for kids to learn. Sky Pony Press, with our Good Books, Racehorse and Arcade imprints, is proud to publish a broad range of books for young readers—picture books for small children, chapter books, books for middle grade readers, and novels for young adults. Our list includes bestsellers for children who love to play Minecraft; stories told with LEGO bricks; books that teach lessons about tolerance, patience, and the environment, and much more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to books on subjects that are sometimes overlooked and to authors whose work might not otherwise find a home.

Discover ten simple secrets to to being sexy, healthy and happy Do you feel frumpy instead of fabulous? Are you overweight and undersexed? Do you want the vibrant health and happiness that will make you look and feel better than you ever have? Your sexy self is directly linked to your appetite, and by making small changes to your diet, you can boost your energy, sharpen your mind, feel fabulous and revitalize your sex life. Eat Your Way to Sexy inspires you to take charge of your health and become more energetic, confident and sexy than you've ever been. The hundreds of tips, tools, self-assessments, recipes and checklists in this book will teach you how to: – Start your day with a "Ménage à Trois" breakfast designed to wake you up and keep you up. –Power through the afternoon slump with a "G-Spot Snack" that's guaranteed to keep you feeling sexy until bedtime. –

Customize a fitness plan that will keep you panting both in the gym and in the bedroom. – Select foods rich in antioxidants that will give you that special glow and help you look up to fifteen years younger. – Embrace exercises and supersexy foods that stimulate your most important sex organ—your brain. – Get the sparkling eyes, luscious hair and touchable skin that will make you irresistible. – And much more!

Heather Crosby, Yum Universe: "Eat Your Feelings is a joyful, judgement-free zone and an opportunity to answer your body's call in an informed and delicious way." Lindsey Smith, The Food Mood Girl, shows how you can transform your lifestyle by learning from your cravings and using mood-boosting ingredients every day Blending together Lindsey Smith's passion for health and wellness, food and humor, Eat Your Feelings is a humorous, lighthearted take on your typical diet book. Busy young professionals wrestle with long hours, an exhausting dating culture, and the stress of the modern world. As days whiz by, it's normal to gravitate toward food—a quick slice of pizza, a chocolate bar, or a bag of chips—that fulfills a craving of the moment or gives a quick energy boost. And this impulse makes sense. Food gives us a sense of pleasure and joy. It can provide us with satisfaction and comfort. Food can awaken each of our senses to something new each time we eat. It gives us energy, and quite literally sustains life as we know it. It should be emotional. If you are feeling sad, stressed, exhausted, hangry, or bored, it's comforting to eat dishes you love and crave. But Lindsey Smith shows how simple it is to make those same meals and snacks with mood-boosting ingredients that will physically nourish instead of processed foods. In Eat Your Feelings, Lindsey Smith, the Food Mood Girl, will look at ways to eat healthy food based on what people tend to crave the most during heightened emotional states, introducing recipes with crunchy, cheesy, creamy,

sweet, and salty themes and drink alternatives for those who tend to chug soda or coffee when all worked up. It's crucial to listen to your cravings: they are the gatekeepers that unlock the secrets to our unique bodies. But a major element of the Food Mood lifestyle is love, and revolutionizing the way you treat your body and your cravings will not only rid yourself of hanger pains but will also teach you how to listen and respond to your body with healthy ingredients and recipes. Here comes trouble! A super-doooper picture book featuring the one and only Daisy! Daisy does NOT like peas. And there is NOTHING that will get her to eat them. Mum says she can have an extra pudding, a chocolate factory or a space rocket with double retro laser blammers - but it just won't work! Can quick-thinking Daisy save her tea time and come up with a cunning plan to turn the tables on Mum? This is a wickedly funny book about dinner time which will appeal to fussy eating children and their despairing parents!

French Kids Eat Everything is a wonderfully wry account of how Karen Le Billon was able to alter her children's deep-rooted, decidedly unhealthy North American eating habits while they were all living in France. At once a memoir, a cookbook, a how-to handbook, and a delightful exploration of how the French manage to feed children without endless battles and struggles with pickiness, French Kids Eat Everything features recipes, practical tips, and ten easy-to-follow rules for raising happy and healthy young eaters—a sort of French Women Don't Get Fat meets Food Rules.

An unhappy girl who engages in self-harm, a woman ostracized by society, and an old woman looking to live out her twilight years in peace—what could three such different people have in common? That's what grade schooler Koyanagi Nanoka is trying to find out. Assigned by her teacher to define what "happiness"

means to her, Nanoka sets out to get to know these three strangers—and through them, perhaps, come to know herself too.

Do you think vegetables are yucky? Just wait until you see what Monty the Monster has on his plate! Monty definitely does NOT want to eat his people. He'll eat his vegetables - every single one! - but he will not eat his people. This hilarious tale of fussy eating in the Monster household is guaranteed to get children giggling. 'In a funny twist on the picky eater story, this is a lighthearted way of broaching the tricky 'eat your vegetables' issue! ... my little little boy absolutely loved it and wanted to hear it again and again!' - The Bookbag

The #1 New York Times bestseller by Tom Brady, six-time Super Bowl champion and one of the NFL's 100 Greatest Players of All Time. Revised, expanded, and updated, the first book by Tampa Bay Buccaneers and former New England Patriots quarterback Tom Brady—who continues to play at an elite level into his forties—a gorgeously illustrated and deeply practical “athlete’s bible” that reveals Brady’s revolutionary approach to enhanced quality of life and performance through recovery for athletes of all abilities and ages. In this new edition of The TB12 Method, Tom Brady further explains and details the revolutionary training, conditioning, and wellness system that has kept him atop the NFL at an age when most players are deep into retirement.

Brady—along with the expert Body Coaches at TB12, the performance lifestyle brand he cofounded in 2013—explain the principles and philosophies of pliability, a paradigm-shifting fitness concept that focuses on a more natural, healthier way of exercising, training, and living. Filled with lessons from Brady's own training regimen, *The TB12 Method* provides step-by-step guidance on how to develop and maintain one's own peak performance while dramatically decreasing injury risks. This illustrated, highly visual manual also offers more effective approaches to functional strength & conditioning, proper hydration, supplementation, cognitive fitness, restorative sleep, and nutritious, easy-to-execute recipes to help readers fuel-up and recover. Brady steadfastly believes that the TB12 approach has kept him competitive while extending his career, and that it can make any athlete, male or female, in any sport and at any level achieve his or her own peak performance. With instructions, drills, photos, in-depth case studies that Brady himself has used, along with personal anecdotes and experiences from his legendary career, *The TB12 Method* gives you a better way to train and get results with Tom Brady himself as living proof.

"Investigative journalist Barry Estabrook was often on the receiving end of his doctor's scowl. Realizing he had two options--take more medication or lose weight--Estabrook chose the latter, but was

paralyzed by the options. Which diet would keep the weight off? What program could he maintain over time? What diet works best--or even at all? Over the course of three years, Estabrook tried the regimens behind the most popular diets of the past forty years--from paleo, keto, gluten-free, and veganism to the Master Cleanse, Whole30, Atkins, Weight Watchers--examining the people, claims, and science behind the fads, all while recording his mental and physical experience of following each one. Along the way, he discovered that all the branded programs are derived from just three diets. There are effective, scientifically valid takeaways to be cherry-picked . . . and the rest is just marketing. Perhaps most alarming, Estabrook uncovered how short-term weight loss can do long-term health damage that may go undetected for years.

Estabrook contextualizes his reporting with an analysis of our culture's bizarre dieting history, dating back to the late 1800s, to create a thorough--and thoroughly entertaining--look at what specific diets do to our bodies, why some are more effective than others, and why our relationship with food is so fraught."--Provided by publisher.

Savor your food, soothe difficult emotions, and enjoy every moment with powerful mindfulness practices! Do you turn to food when you're feeling bored, depressed, or anxious? Do you judge your body for not fitting into some ideal shape or size? If so, you

aren't alone. Diet culture has sabotaged our relationship with food and our bodies. As a result, many of us are confused—attaching shame to our food choices and judging our bodies. It's time to break free! *Savor Every Bite* offers powerful mindfulness and compassion practices for soothing difficult emotions and cultivating positive coping strategies. From psychologist and mindful eating expert Lynn Rossey, this book provides daily tips and tools for whole-body healing—including how to eat mindfully, move your body in ways that feel delicious, and live with greater ease and joy. With this guide, you'll learn mindfulness skills to help you navigate the difficulties of daily life and cultivate a lasting sense of calm, clarity, and profound happiness. It's time to start savoring your life!

We've all been there—angry with ourselves for overeating, for our lack of willpower, for failing at yet another diet that was supposed to be the last one. But the problem is not you, it's that dieting, with its emphasis on rules and regulations, has stopped you from listening to your body. Written by two prominent nutritionists, *Intuitive Eating* focuses on nurturing your body rather than starving it, encourages natural weight loss, and helps you find the weight you were meant to be. Learn:

- *How to reject diet mentality forever
- *How our three Eating Personalities define our eating difficulties
- *How to feel your feelings without using food
- *How to honor hunger and feel

fullness *How to follow the ten principles of Intuitive Eating, step-by-step *How to achieve a new and safe relationship with food and, ultimately, your body With much more compassionate, thoughtful advice on satisfying, healthy living, this newly revised edition also includes a chapter on how the Intuitive Eating philosophy can be a safe and effective model on the path to recovery from an eating disorder.

For people struggling with food, eating, and body image issues, conventional self-help books might not always hit the right note. This irreverent, unconventional, seriously un-serious book - based on the author's 20 years of teaching and coaching, as well as the current science of change psychology - tackles the concept of disordered eating from a more informal, real-life angle. Part self-exploration guide, part nutrition advice, part workbook, part manifesto, part instruction manual for life, this book covers: * the author's own experience with disordered eating * how food and eating issues are ways to solve problems and deal with pain * how you're not as broken as you think you are * how to soothe painful emotions * how to get "un-stuck" and moving in a new direction * how to eat to nourish your brain and help yourself feel better Simply written, easy to understand, full of humor and - yes - plenty of curse words, this book is a quick but high-impact read that might just change your life.

Finally in paperback: the New York Times bestseller

by the acclaimed, bestselling author of *Start With Why* and *Together is Better*. Now with an expanded chapter and appendix on leading millennials, based on Simon Sinek's viral video "Millenials in the workplace" (150+ million views). Imagine a world where almost everyone wakes up inspired to go to work, feels trusted and valued during the day, then returns home feeling fulfilled. This is not a crazy, idealized notion. Today, in many successful organizations, great leaders create environments in which people naturally work together to do remarkable things. In his work with organizations around the world, Simon Sinek noticed that some teams trust each other so deeply that they would literally put their lives on the line for each other. Other teams, no matter what incentives are offered, are doomed to infighting, fragmentation and failure. Why? The answer became clear during a conversation with a Marine Corps general. "Officers eat last," he said. Sinek watched as the most junior Marines ate first while the most senior Marines took their place at the back of the line. What's symbolic in the chow hall is deadly serious on the battlefield: Great leaders sacrifice their own comfort--even their own survival--for the good of those in their care. Too many workplaces are driven by cynicism, paranoia, and self-interest. But the best ones foster trust and cooperation because their leaders build what Sinek calls a "Circle of Safety" that separates the security

inside the team from the challenges outside. Sinek illustrates his ideas with fascinating true stories that range from the military to big business, from government to investment banking.

Louise is given all sorts of reasons for eating her peas. Includes suggested learning activities. Rookie Reader, Level B.

Shaun of the Dead meets Dumplin' in this biting funny YA thriller about a kickass group of teens battling a ravenous group of zombies. In the next few hours, one of three things will happen. 1--We'll be rescued (unlikely) 2--We'll freeze to death (maybe) 3--We'll be eaten by thin and athletic zombies (odds: excellent) Vivian Ellenshaw is fat, but she knows she doesn't need to lose weight, so she's none too happy to find herself forced into a weight-loss camp's van with her ex-best friend, Allie, a meathead jock who can barely drive, and the camp owner's snobby son. And when they arrive at Camp Featherlite at the start of the worst blizzard in the history of Flagstaff, Arizona, it's clear that something isn't right. Vee barely has a chance to meet the other members of her pod, all who seem as unhappy to be at Featherlite as she does, when a camper goes missing down by the lake. Then she spots something horrifying outside in the snow. Something...that isn't human. Plus, the camp's supposed "miracle cure" for obesity just seems fishy, and Vee and her fellow campers know they don't need to be cured. Of

anything. Even worse, it's not long before Camp Featherlite's luxurious bungalows are totally overrun with zombies. What starts out as a mission to unravel the camp's secrets turns into a desperate fight for survival--and not all of the Featherlite campers will make it out alive. A satirical blend of horror, body positivity, and humor, Kelly deVos's witty, biting novel proves that everyone deserves to feel validated, and taking down the evil enterprise determined to dehumanize you is a good place to start.

Little Timmy doesn't go potty in the toilet, and he has no plans to start. A hungry toilet in his home reaches out to Timmy to explain that toilets depend on poo to survive, and that it's wrong to throw it away. Will Timmy conquer his fear to save the toilet's life? Find out inside!

Baked Alaska, melba toast, hush puppies, and coconuts. You'd be surprised at how these food names came to be. And have you ever wondered why we use the expression "selling like hotcakes"? Or how about "spill the beans"? There are many fascinating and funny stories about the language of food--and the food hidden in our language! Charlotte Foltz Jones has compiled a feast of her favorite anecdotes, and John O'Brien's delightfully pun-filled drawings provide the dessert. Bon appetit!

"" Also known as *Let Me Eat Your Pancreas*, the manga version of the coming-of-age novel that

inspired two films! In this deeply moving first-person story, an introverted high school boy finds his classmate's diary--and learns her biggest secret. Yamauchi Sakura is dying from a pancreatic disease and now he is the only one person outside her family to know the truth. The last thing the boy wants is to be her friend, but Sakura's cheerful demeanor and their shared secret draw them together in this heartrending tale of friendship and mortality. "

This collection of yummy recipes and fun math facts is sure to tempt taste buds and make you hungry for more. Explore patterns in nature while you chomp on Fibonacci Stack Sticks. Amaze your friends with delicious Variable Pizza Pi! Wash down your geometry assignment with some Milk and Tangram Cookies. Topics covered include probability, Fibonacci numbers, tessellations, variability, and more.

What would you do if something wanted to eat you? Walk on water? Stick out your tongue? Play dead? Animals in the wild use all kinds of methods to protect themselves from their enemies. Using dynamic and intricate cut-paper collages, Steve Jenkins explores the many fascinating and unique defense mechanisms creatures use to escape from danger.

From the creator of the popular website Ask a Manager and New York's work-advice columnist comes a witty, practical guide to 200 difficult

professional conversations—featuring all-new advice! There’s a reason Alison Green has been called “the Dear Abby of the work world.” Ten years as a workplace-advice columnist have taught her that people avoid awkward conversations in the office because they simply don’t know what to say.

Thankfully, Green does—and in this incredibly helpful book, she tackles the tough discussions you may need to have during your career. You’ll learn what to say when • coworkers push their work on you—then take credit for it • you accidentally trash-talk someone in an email then hit “reply all” • you’re being micromanaged—or not being managed at all • you catch a colleague in a lie • your boss seems unhappy with your work • your cubemate’s loud speakerphone is making you homicidal • you got drunk at the holiday party

Praise for *Ask a Manager*
“A must-read for anyone who works . . . [Alison Green’s] advice boils down to the idea that you should be professional (even when others are not) and that communicating in a straightforward manner with candor and kindness will get you far, no matter where you work.”—Booklist (starred review)
“The author’s friendly, warm, no-nonsense writing is a pleasure to read, and her advice can be widely applied to relationships in all areas of readers’ lives. Ideal for anyone new to the job market or new to management, or anyone hoping to improve their work experience.”—Library Journal (starred review)

“I am a huge fan of Alison Green’s Ask a Manager column. This book is even better. It teaches us how to deal with many of the most vexing big and little problems in our workplaces—and to do so with grace, confidence, and a sense of humor.”—Robert Sutton, Stanford professor and author of *The No Asshole Rule* and *The Asshole Survival Guide* “Ask a Manager is the ultimate playbook for navigating the traditional workforce in a diplomatic but firm way.”—Erin Lowry, author of *Broke Millennial: Stop Scraping By and Get Your Financial Life Together*

A tiny American town's plans for radical self-government overlooked one hairy detail: no one told the bears. Once upon a time, a group of libertarians got together and hatched the Free Town Project, a plan to take over an American town and completely eliminate its government. In 2004, they set their sights on Grafton, NH, a barely populated settlement with one paved road. When they descended on Grafton, public funding for pretty much everything shrank: the fire department, the library, the schoolhouse. State and federal laws became meek suggestions, scarcely heard in the town's thick wilderness. The anything-goes atmosphere soon caught the attention of Grafton's neighbors: the bears. Freedom-loving citizens ignored hunting laws and regulations on food disposal. They built a tent city in an effort to get off the grid. The bears smelled food and opportunity. *A Libertarian Walks Into a*

Bear is the sometimes funny, sometimes terrifying tale of what happens when a government disappears into the woods. Complete with gunplay, adventure, and backstabbing politicians, this is the ultimate story of a quintessential American experiment -- to live free or die, perhaps from a bear.

Welcome to the world's smallest circus—starring the Tender Tiny Peas—in this charming, one-of-a-kind fantasy that reveals there can be much more to a child's dinnertime than meets the adult eye. This is the perfect book for every parent who has ever tried to get a toddler to eat and every toddler who has refused.

The perfect picture book for fed-up parents - and children who need to be fed. Every night when his family sat down to eat, Rollo would say, 'I don't want to eat my dinner!' Written and illustrated by David (D.M.) Cornish, this is the perfect picture book for fed-up parents - and children who need to be fed. Ages: 3+

Feed for Your Skin these Yummy Recipes and Naturally Activate Your Radiant Glow! These Powerful Homemade All-Natural DIY Skin Care Recipes will Rejuvenate and Revitalize Your Skin! From anti-aging to acne control and everything in between, these vitamin rich recipes will help you create a flawless complexion. Get your personal copy of this powerful and practical book to learn effective beauty treatments and solutions for your

skin's health and vitality! 100 natural recipes for creating your own spa-quality skin care beauty treatments. "I Wanna Eat Your Face" shows you how to use fresh fruits and vegetables and other common ingredients found in most refrigerators and pantries to make your own face and body beauty treatments, for a fraction of the cost. Learn how to make the best homemade skin cleansers, scrubs, masques, moisturizers, gels, peels, anti-agers and much much more. The advantage of making your own treatments is being able to customize the ingredients to best suit your personal preferences, needs, skin type and budget. This book will give you some great recipes that promote cell stimulation and youthful, glowing skin. Homemade recipes are a good option if you are looking for all natural, highly potent potions, looking to stretch your beauty budget, or if you find your skin to be sensitive or resistant to many retail products. You'll find they offer tremendous cleansing, enriching, moisturizing and refining benefits. Making your own favorite blends gives you the most customized control of your beauty regiment and bang for your buck! As a Licensed Esthetician and practicing Skincare Consultant for over 7 years, Niambi Dennis specializes in natural treatments and remedies for the care and maintenance of healthy skin. She sees clients regularly in her Tampa, FL treatment room, providing services and aftercare coaching for vibrant,

glowing skin. Since body health and skin health go hand in hand, as a former professional athlete, personal fitness trainer, sports development coach, Army recruiter and highly sought after Speaker, she's been able to successfully transfer these skills into a successful Skincare Coaching practice. I Wanna Eat Your Face includes powerful pantry recipes, plus creative personal development exercises to do while you wait! You won't just look good, but you'll feel good too! Sample Contents of this Guide - Keeping Your Recipes Safe: How To Reduce Germs & Bacteria- Proper Facial Cleansing- Skin Typing Basics:- Recipes and Skin Care Treatments:- Natural Facial Cleanser Recipes- Natural Exfoliating Recipes- Facial Scrub Recipes- Body Scrub Recipes- Natural Face Masque Recipes- Natural At-Home Peel Recipes- Facial Toner Recipes- Natural Moisturizer Recipes- Anti-Aging & Other Specialized Recipes- Grow Lashes Long Naturally- Naturally Whiten Your TeethAll of these recipes can be made from ingredients you'll find in your refrigerator, pantry, grocery store or local farmers market. They are all natural and usually something good for you to eat. These natural recipes will also work nicely and layer well, with those retail products you already love and trust. Sample of Recipe Titles In this Guide Soothe Me YummyMy Sweet Fruity FaceMy Sweet Lemonade FaceBrown Body BreakfastSunshine in a BottleBanana-Cado

CutieBlack Diamond FacialMy Pretty Girl Papaya PeelSunset Red w/a Twist of LimeTopsy Tomato TonerApple Tart Toner2 Way Banana ClayPimple Parsley PuckerMy Milk Fruit ManiaClaymation CutieEZ Green Coconut CreamHave fun reading this book, following the recipes and using them as inspiration to create your own! Make them for yourself, as gifts for others, or invite your Girl Friends over for a fun evening of pampering, primping & playing! You can even start your own very lucrative business bottling and selling your fantastic creations. It's totally up to you!_____TAGS: Natural skincare, organic skin care, healthy skin, acne

****Selected as Eater's 2016 Cookbook of the Year****

****iBooks Best of 2016 Selection**** The debut cookbook from Jessica Koslow, award-winning chef of LA's popular restaurant Sqirl, featuring more than 100 fresh, market-driven, healthy, and flavorful recipes. Jessica Koslow and her restaurant, Sqirl, are at the forefront of the California cooking renaissance, which is all about food that surprises us and engages all of our senses—it looks good, tastes vibrant, and feels fortifying yet refreshing. In *Everything I Want to Eat*, Koslow shares 100 of her favorite recipes for health-conscious but delicious dishes, all of which always use real foods—no fake meat or fake sugar here—that also happen to be suitable for vegetarians, vegans, or whomever you're sharing your meal with. The book is

organized into seven chapters, each featuring a collection of recipes centered on a key ingredient or theme. Expect to find recipes for dishes Sqirl has become known for, as well as brand-new seasonal flavor combinations, including: Raspberry and cardamom jam Sorrel-pesto rice bowl Burnt brioche toast with house ricotta and seasonal jam Lamb merguez, cranberry beans, roasted tomato, and yogurt cheese Valrhona chocolate fleur de sel cookies Almond hazelnut milk Koslow lives in LA, where everyone is known to be obsessively health-conscious and where dietary restrictions are the norm. People come into Sqirl and order dishes with all sorts of substitutions and modifications—hold the feta, please, add extra kale. They are looking to make their own healthy adventures. Others may tack breakfast sausage, cured bacon, or Olli’s prosciutto on to their order. So Koslow has had to constantly think about ways to modify dishes for certain diets, which in a way has made her a better, more adaptable cook. Throughout this book, Koslow provides notes and thought bubbles that show how just about any dish can be modified for specific tastes and dietary needs, whether it needs to be gluten-free or vegan. Everything I Want to Eat captures the excitement of the food at Sqirl—think of a classic grilled cheese turned playful with the addition of tomato coriander jam—while also offering accessible recipes, like blood orange upside-down

cake, that can be easily made in the home kitchen. Moreover, it's an entirely new kind of cookbook and approach to how we are all starting to think about food, allowing readers to play with the recipes, combining and shaping them to be nothing short of everything you want to eat.

George Orwell's celebrated novella, *Animal Farm*, is a biting, allegorical, political satire on totalitarianism in general and Stalinism in particular. One of the most famous works in modern English literature, it is a telling comment on Soviet Russia under Stalin's brutal dictatorship based on a cult of personality which was enforced through a reign of terror. The book tells a seemingly simple story of farm animals who rebel against their master in the hope of stopping their exploitation at the hand of humans and creating a society where animals would be equal, free and happy. Ultimately, however, the rebellion is betrayed and the farm ends up in a state as bad as it was before. The novel thus demonstrates how easily good intentions can be subverted into tyranny. Orwell has himself said that it was the first book in which he had tried, with full consciousness of what he was doing, 'to fuse political purpose and artistic purpose into one whole.' The book was first published in England in 1945, and has since then remained a favourite with readers all over the world, and has consistently been included in all prestigious bestseller lists for the past

many years.

Evergreen trees are pillars of the winter – through extreme temperatures across the most bitter terrains, they stand tall and thriving, resilient in the face adversity. However, as the festive season draws to a close, these comforting conifers can often be found lining the streets, cast off and disused with wilted branches dotted across dustbins. *How to Eat Your Christmas Tree* is a cookbook which explores the unsung edible heroes of our forests – the humble Christmas trees and their evergreen friends.

Featuring recipes for ferments and preserves, feasts, sweet treats and drinks, you will learn how to extend the life of your beloved Christmas tree and turn them into delectable delights to enjoy throughout the year. From simple ideas such as infusing pine needles to make a delicious and warming Pine Tea to more lavish spreads such as a decadent Fur-Cured Salmon, *How to Eat Your Christmas Tree* is a refreshing and innovative cookbook that encourages you to think about food waste and to be more resourceful in an age of deforestation and climate crisis.

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