

Russ Daughters Reflections And Recipes From The House That Herring Built

Noah and Rae Bernamoff, owners of the New York City restaurant Mile End, celebrate the craft of new Jewish cooking with more than 100 soul-satisfying recipes and gorgeous photographs. When Noah and Rae opened Mile End, their tiny Brooklyn restaurant, they had a mission: to share the classic Jewish comfort food of their childhood. Using their grandmothers' recipes as a starting point, they updated traditional dishes and elevated them with fresh ingredients and from-scratch cooking techniques. In *The Mile End Cookbook*, the Bernamoffs share warm memories of cooking with their families and the traditions and holidays that inspire recipes like blintzes with seasonal fruit compote; chicken salad whose secret ingredient is fresh gribenes; veal schnitzel kicked up with pickled green tomatoes and preserved lemons; tsimis that's never mushy; and cinnamon buns made with challah dough. Noah and Rae also celebrate homemade delicatessen staples and share their recipes and methods for pickling, preserving, and smoking just about anything. For every occasion, mood, and meal, these are recipes that any home cook can make, including: SMOKED AND CURED MEAT AND FISH: brisket, salami, turkey, lamb bacon, lox, mackerel PICKLES, GARNISHES, FILLINGS, AND CONDIMENTS: sour pickles, pickled fennel, horseradish cream, chicken con?t, sauerkraut, and soup mandel SUMPTUOUS SWEETS AND BREADS: rugelach, jelly-?lled doughnuts, ?ourless chocolate cake, honey cake, cheesecake, challah, rye ALL THE CLASSICS: the ultimate chicken soup, ge?lte ?sh, corned beef sandwich, latkes, knishes With tips and lore from Jewish and culinary mavens, such as Joan Nathan and Niki Russ Federman of Russ & Daughters, plus holiday menus, Jewish cooking has never been so inspiring. In *97 Orchard*, Jane Ziegelman explores the culinary life that was the heart and soul of New York's Lower East Side around the turn of the twentieth century—a city within a city, where Germans, Irish, Italians, and Eastern European Jews attempted to forge a new life. Through the experiences of five families, all of them residents of 97 Orchard Street, Ziegelman takes readers on a vivid and unforgettable tour, from impossibly cramped tenement apartments, down dimly lit stairwells, beyond the front stoops where housewives congregated, and out into the hubbub of the dirty, teeming streets. Ziegelman shows how immigrant cooks brought their ingenuity to the daily task of feeding their families, preserving traditions from home but always ready to improvise. *97 Orchard* lays bare the roots of our collective culinary heritage.

Celebrating two decades in publication, this twentieth-anniversary edition of a timeless classic comprises forty stories and poems that feature Luke Warmwater, a Vietnam veteran who survived the war but has trouble surviving the peace.

Troy: city of gold, gatekeeper of the east, haven of the god-born and the lucky, a city destined to last a thousand years. But the Fates have other plans—the Fates, and a woman named Helen. In the shadow of Troy's gates, all must be reborn in the greatest war of the ancient world: slaves and queens, heroes and cowards, seers and kings . . . and these are their stories. A young princess and an embittered prince join forces to prevent a fatal elopement. A tormented seeress challenges the gods themselves to save her city from the impending disaster. A tragedy-haunted king battles private demons and envious rivals as the siege grinds on. A captured slave girl seizes the reins of her future as two mighty heroes meet in an epic duel. A grizzled archer and a desperate Amazon risk their lives to avenge their dead. A trickster conceives the greatest trick of all. A goddess' son battles to save the spirit of Troy even as the walls are breached in fire and blood. Seven authors bring to life the epic tale of the Trojan War: its heroes, its villains, its survivors, its dead. Who will lie forgotten in the embers, and who will rise to shape the bloody dawn of a new age?

Winner of the 2015 National Jewish Book Award in Education and Jewish Identity from the Jewish Book Council For much of the twentieth century, the New York Jewish deli was an iconic institution in both Jewish and American life. As a social space it rivaled—and in some ways surpassed—the synagogue as the primary gathering place for the Jewish community. In popular culture it has been the setting for classics like *When Harry Met Sally*. And today, after a long period languishing in the trenches of the hopelessly old-fashioned, it is experiencing a nostalgic resurgence. *Pastrami on Rye* is the first full-length history of the New York Jewish deli. The deli, argues Ted Merwin, reached its full flowering not in the immigrant period, as some might assume, but in the interwar era, when the children of Jewish immigrants celebrated the first flush of their success in America by downing sandwiches and cheesecake in theater district delis. But it was the kosher deli that followed Jews as they settled in the outer boroughs of the city, and that became the most tangible symbol of their continuing desire to maintain a connection to their heritage. Ultimately, upwardly mobile American Jews discarded the deli as they transitioned from outsider to insider status in the middle of the century. Now contemporary Jews are returning the deli to cult status as they seek to reclaim their cultural identities. Richly researched and compellingly told, *Pastrami on Rye* gives us the surprising story of a quintessential New York institution.

The space between life and death is a moment. But it will remain alive in me for hundreds of thousands of future moments. One phone call. That's all it took to change Stephanie Wittels Wachs' life forever.. Her younger brother Harris, a star in the comedy world known for his work on shows like *Parks and Recreation*, had died of a heroin overdose. How do you make sense of such a tragic end to a life of so much hilarious brilliance? In beautiful, unsentimental, and surprisingly funny prose, *Stephanie Wittels Wachs* alternates between her brother's struggle with addiction, which she learned about three days before her wedding, and the first year after his death, in all its emotional devastation. This compelling portrait of a comedic genius and a profound exploration of the love between siblings is *A Year of Magical Thinking* for a new generation of readers. A heartbreaking but hopeful memoir of addiction, grief, and family, *Everything is Horrible and Wonderful* will make you laugh, cry, and wonder if that possum on the fence is really your brother's spirit animal.

Celebrates the food, ingredients, and culinary history of New York City while sharing innovative adaptations of classic New York recipes.

Bold Korean Flavors Without the Guilt Enjoy healthier versions of all your Korean favorites with Jean Choi's innovative spin on her family's traditional recipes. Jean—a certified Nutritional Therapy Practitioner and the founder of *What Great Grandma Ate*—shares “Paleo-fied” versions of authentic meals from her family's cookbook. These include gluten-, dairy- and grain-free takes on classic Korean dishes like Bibimbap (a savory steamed rice and marinated vegetable dish), Bulgogi (tender barbequed beef), Quick Kimchi (a traditional spiced-vegetable side), plus so much more. Whether you're on a strict Paleo diet or simply searching for a way to make your typical takeout order healthier and at home, this book ensures that your Korean cravings will never go unsatisfied again.

Beginning with just five feet of counter space on Coney Island in 1916, Nathan's Famous—based on the basic principles of quality ingredients, hard work and a price everyone could afford—soon stretched across the globe, launching the hotdog as an American food staple and Nathan Handwerker to national fame. But the story behind the dog is even tastier... Fleeing Eastern Europe as the shadow of WWI looms large with nothing but twenty dollars in his socks, Nathan arrives in New York with the insatiable desire to make a better life, and within two years he sets up a shop of his own, hawking frankfurters for five cents at the sleepy little beach retreat of Coney Island. As New York booms, pushing trains and patrons to the shore, so too do Nathan's humble hotdogs. Within ten years he has the whole corner, and a brand as recognizable as Coca-Cola and Cracker Jack. Nathan's is famous. But with success comes difficulties, and as Nathan's two sons vie to inherit the family dynasty a story of Biblical proportions plays out, mirroring the corporatization of the American food industry. Written by Nathan's own grandson, and at once a portrait of a man, a family and the changing face of a nation through a century of promise and progress, *Famous Nathan's* a dog's tale that snaps and satisfies with every page.

All the foods that were brought to America in the early 20th century by Jews during the great emigration from Europe came to the Lower East Side: knishes, bagels, lox, pastrami, whitefish, dill pickles, kasha, herring (in multiple variations), egg creams and much more. It is an area that continues to undergo rapid change but Eating Delancey hopes to capture forever the Jewish cuisine of the Lower East Side. This a gorgeous collection of photographs of classic Jewish food, with profiles and recipes from classic LES Jewish eateries.

Traces the arc of American religious discrimination, revealing a disturbing pattern of religious intolerance, from colonial anti-Quaker sentiment and Judaism to today's Muslims, Sikhs, and other religious groups under fire.

"In the summer of 2015, Ross Douthat was moving his family, with two young daughters and a pregnant wife, from Washington, D.C., to a sprawling farmhouse in a picturesque Connecticut town when he acquired a mysterious and devastating sickness. It left him sleepless, crippled, wracked with pain--a shell of himself. After months of seeing doctors and descending deeper into a physical inferno, he discovered that he had a disease which according to CDC definitions does not actually exist: the chronic form of Lyme disease, a hotly contested condition that devastates the lives of tens of thousands of people but has no official recognition--and no medically approved cure. From a rural dream house that now felt like a prison, Douthat's search for help takes him off the map of official medicine, into territory where cranks and conspiracies abound and patients are forced to take control of their own treatment and experiment on themselves. Slowly, against his instincts and assumptions, he realizes that many of the cranks and weirdos are right, that many supposed "hypochondriacs" are victims of an indifferent medical establishment, and that all kinds of unexpected experiences and revelations lurk beneath the surface of normal existence, in the places underneath"--

Amelia Mintz is a food critic and a Saboscrivner. That means she can write about food so accurately, so vividly and with such precision, people get the actual sensation of taste when reading her restaurant reviews. Since the government prohibition of poultry, she's lost her enthusiasm for the culinary world, and only reviews restaurants with a 'D' rating or less from the Health Department. Her last review caused half the city to projectile vomit, and sent hundreds to the hospital with severe food poisoning. Agent Tony Chu has been assigned to arrest Amerlia Mintz, but there's just one problem with that...he's madly in love with her!

Features recipes served among the staff at such acclaimed New York City restaurants as Gramercy Tavern and Union Square Cafe, including such dishes as Dominican chicken, holiday roast pork, and molasses corn bread.

Accompanied by entertaining anecdotes about the legendary New York eatery from some of its celebrity clients, a delicious cookbook features 166 recipes for some of its famous dishes, from matzo-ball soup and kasha varnishkas to hot pastrami sandwiches and rugelach. 25,000 first printing. Tour.

The author shares a collection of culinary reminiscences -- about his travels and the fascinating people and great meals he encountered along the way -- accompanied by a selection of one hundred favorite recipes.

A compendium of Jewish recipes, both modern and classic, from the flagship location of the national organization that celebrates community and embraces diversity. Across the continent, JCCs are cultural epicenters of modern Jewish life. The buildings are hives of activity; at any given moment, hundreds of people of all ages, backgrounds, interests, and opinions gather to engage in a myriad of activities. And nothing says community more than food. While sitting down to enjoy a meal together is undeniably bonding, working together to prepare it is even more so. Now, three chefs who are longstanding members of the JCC Manhattan share classic recipes such as Weekly Challah, Latkes Four Ways, and Pumpkin Rugelach, plus an inspiring selection of contemporary dishes with a farm-to-table emphasis and international flavors: Fig and Fennel Bread, Iraqi Lamb Burgers, Brussels Sprouts with Pomegranate and Citrus Glaze, and much more. Holiday menu suggestions and a complete chart grouping recipes by dietary restriction (meat, pareve, dairy) are included as well. With anecdotal contributions from JCCs all around the country, this cookbook highlights the JCC's vibrant, eclectic community-and celebrates all of its many flavors.

A collection of nearly eight hundred recipes features dishes from around the world, including traditional favorites and modern variations of Jewish cuisine.

Russ & Daughters Reflections and Recipes from the House That Herring Built Knopf

New York Public Library Book for the Teenager New York Public Library Book to Remember PSLA Young Adult Top 40 Nonfiction Titles of the Year "Engaging...a lively, informative compendium of facts, theories, and musings."-Michiko Kakutani, New York Times Behold the rat, dirty and disgusting! Robert Sullivan turns the lowly rat into the star of this most perversely intriguing, remarkable, and unexpectedly elegant New York Times bestseller. Love them or loathe them, rats are here to stay-they are city dwellers as much as (or more than) we are, surviving on the effluvia of our society. In Rats, the critically acclaimed bestseller, Robert Sullivan spends a year investigating a rat-infested alley just a few blocks away from Wall Street. Sullivan gets to know not just the beast but its friends and foes: the exterminators, the sanitation workers, the agitators and activists who have played their part in the centuries-old war between human city dweller and wild city rat. Sullivan looks deep into the largely unrecorded history of the city and its masses-its herds-of-rats-like mob. Funny, wise, sometimes disgusting but always compulsively readable, Rats earns its unlikely place alongside the great classics of nature writing. With an all-new Afterword by the author

First in the New York Times--bestselling series and winner of the Edgar Award: A new rabbi in a small New England town investigates the murder of a nanny. David Small is the new rabbi in the small Massachusetts town of Barnard's Crossing. Although he'd rather spend his days engaged in Torah study and theological debate, the daily chores of synagogue life are all-consuming--that is, until the day a nanny's body is found on the rain-soaked asphalt of the temple's parking lot. When the young woman's purse is discovered in Rabbi Small's car, he will have to use his scholarly skills and Talmudic wisdom--and collaborate with the Irish-Catholic police chief--to exonerate himself and find the real killer. Blending this unorthodox sleuth's quick intellect with thrilling action, Friday the Rabbi Slept Late is the exciting first installment of the beloved bestselling mystery series that offers a Jewish twist on the clerical mystery, a delightful discovery for fans of Father Brown and Father Dowling or readers of Faye Kellerman's suspense novels set in the Orthodox community.

When Laura Silver's favorite knish shop went out of business, the native New Yorker sank into mourning, but then she sprang into action. She embarked on a round-the-world quest for the origins and modern-day manifestations of the knish. The iconic potato pie leads the author from Mrs. Stahl's bakery in Brighton Beach, Brooklyn, to an Italian pasta maker in New Jersey--and on to a hunt across three continents for the pastry that shaped her identity. Starting in New York, she tracks down heirs to several knish dynasties and discovers that her own family has roots in a Polish town named Knyszyn. With good humor

and a hunger for history, Silver mines knish lore for stories of entrepreneurship, survival, and major deliciousness. Along the way, she meets Minnesota seniors who make knishes for weekly fundraisers, foodies determined to revive the legacy of Mrs. Stahl, and even the legendary knish maker's granddaughters, who share their joie de vivre—and their family recipe. Knish connections to Eleanor Roosevelt and rap music? Die-hard investigator Silver unearths those and other intriguing anecdotes involving the starchy snack once so common along Manhattan's long-lost Knish Alley. In a series of funny, moving, and touching episodes, Silver takes us on a knish-eye tour of worlds past and present, thus laying the foundation for a global knish renaissance.

In a compelling history of the Jewish community in New York during four decades of mass immigration, Tony Michels examines the defining role of the Yiddish socialist movement in the American Jewish experience. The movement, founded in the 1880s, was dominated by Russian-speaking intellectuals, including Abraham Cahan, Mikhail Zametkin, and Chaim Zhitlovsky. Socialist leaders quickly found Yiddish essential to convey their message to the Jewish immigrant community, and they developed a remarkable public culture through lectures and social events, workers' education societies, Yiddish schools, and a press that found its strongest voice in the mass-circulation newspaper *Forverts*. Arguing against the view that socialism and Yiddish culture arrived as Old World holdovers, Michels demonstrates that they arose in New York in response to local conditions and thrived not despite Americanization, but because of it. And the influence of the movement swirled far beyond the Lower East Side, to a transnational culture in which individuals, ideas, and institutions crossed the Atlantic. New York Jews, in the beginning, exported Yiddish socialism to Russia, not the other way around. The Yiddish socialist movement shaped Jewish communities across the United States well into the twentieth century and left an important political legacy that extends to the rise of neoconservatism. A story of hopeful successes and bitter disappointments, *A Fire in Their Hearts* brings to vivid life this formative period for American Jews and the American left.

From nationally recognized Jewish brand Wise Sons, the cookbook *Eat Something* features over 60 recipes for salads, soups, baked goods, holiday dishes, and more. This long-awaited cookbook (the first one for Wise Sons!) is packed with homey recipes and relatable humor; it is as much a delicious, lighthearted, and nostalgic cookbook as it is a lively celebration of Jewish culture. Stemming from the thesis that Jews eat by occasion, the book is organized into 19 different events and celebrations chronicling a Jewish life in food, including: bris, Shabbat, Passover and other high holidays, first meal home from college, J-dating, wedding, and more. • Both a Jewish humor book and a cookbook • Recipes are drawn from the menus of their beloved Bay Area restaurants, as well as all the occasions when Jews gather around the table. • Includes short essays, illustrations, memorabilia, and stylish plated food photography. Wise Sons is a nationally recognized deli and Jewish food brand with a unique Bay Area ethos—inspired by the past but entirely contemporary, they make traditional Jewish foods California-style with great ingredients. Recipes include Braided Challah, Big Macher Burger, Wise Sons' Brisket, Carrot Tzimmes, and Morning After Matzoquiles, while essays include Confessions of a First-Time Seder Host, So, You Didn't Marry a Jew, and Iconic Chinese Restaurants, As Chosen by the Chosen People. • Great for those who enjoyed *Zahav: A World of Israeli Cooking* by Michael Solomonov, *The 100 Most Jewish Foods: A Highly Debatable List* by Alana Newhouse, and *Russ & Daughters: Reflections and Recipes from the House That Herring Built* by Mark Russ Federman • A must for anyone looking to expand their knowledge of Jewish cuisine and culture

The end-all-be-all guide to ramen as told by the iconoclastic New Yorker whose unlikely life story led him to open Tokyo's top ramen shop—featuring 44 recipes! “What Ivan Orkin does not know about noodles is not worth knowing.”—Anthony Bourdain While scores of people line up outside American ramen powerhouses like Momofuku Noodle Bar, chefs and food writers in the know revere Ivan Orkin's traditional Japanese take on ramen. *Ivan Ramen* chronicles Orkin's journey from dyed-in-the-wool New Yorker to the chef and owner of one of Japan's most-loved ramen restaurants, Ivan Ramen. His passion for ramen is contagious, his story fascinating, and his recipes to-die-for, including the complete, detailed recipe for his signature Shio Ramen, master recipes for the fundamental types of ramen, and some of his most popular ramen variations. Likely the only chef in the world with the knowledge and access to convey such a candid look at Japanese cuisine to a Western audience, Orkin is perfectly positioned to author what will be the ultimate English-language overview on ramen and all of its components. *Ivan Ramen* will inspire you to forge your own path, give you insight into Japanese culture, and leave you with a deep appreciation for what goes into a seemingly simple bowl of noodles.

Bestselling author Pat Conroy acknowledges the books that have shaped him and celebrates the profound effect reading has had on his life. Pat Conroy, the beloved American storyteller, is a voracious reader. Starting as a childhood passion that bloomed into a life-long companion, reading has been Conroy's portal to the world, both to the farthest corners of the globe and to the deepest chambers of the human soul. His interests range widely, from Milton to Tolkien, Philip Roth to Thucydides, encompassing poetry, history, philosophy, and any mesmerizing tale of his native South. He has for years kept notebooks in which he records words and expressions, over time creating a vast reservoir of playful turns of phrase, dazzling flashes of description, and snippets of delightful sound, all just for his love of language. But for Conroy reading is not simply a pleasure to be enjoyed in off-hours or a source of inspiration for his own writing. It would hardly be an exaggeration to claim that reading has saved his life, and if not his life then surely his sanity. In *My Reading Life*, Conroy revisits a life of reading through an array of wonderful and often surprising anecdotes: sharing the pleasures of the local library's vast cache with his mother when he was a boy, recounting his decades-long relationship with the English teacher who pointed him onto the path of letters, and describing a profoundly influential period he spent in Paris, as well as reflecting on other pivotal people, places, and experiences. His story is a moving and personal one, girded by wisdom and an undeniable honesty. Anyone who not only enjoys the pleasures of reading but also believes in the power of books to shape a life will find here the greatest defense of that credo. **BONUS:** This ebook edition includes an excerpt from Pat Conroy's *The Death of Santini*.

Marco Pasanella's behind-the-scenes memoir through the world of wine will captivate wine lovers with its story of one man who decided, at age 43, to change his life by opening a wine shop. As *Kitchen Confidential* and *Waiter Rant* explored the front and back of the house at restaurants, *Uncorked* offers a peek behind the curtain of the wine world. Pasanella takes the reader into the underbelly of his store and the industry, which is steeped in history yet fanatical about technology and brimming with larger-than-life personalities. Infused with rich details of his historic waterfront building in New York City and his sojourns to Tuscany, Pasanella's memoir is one of transformation through a project many fantasize about but few commit to. A colorful cast of characters rounds out this fascinating journey through the world of wine.

An unforgettable portrait of France's legendary chef, and the sophisticated, unforgiving world of French gastronomy Bernard Loiseau was one of only twenty-five French chefs to hold Europe's highest culinary award, three stars in the Michelin Red Guide, and only the second chef to be personally awarded the Legion of Honor by a head of state. Despite such triumphs, he shocked the culinary world by taking his own life in February 2003. The *GaultMillau* guidebook had recently dropped its ratings of Loiseau's restaurant, and rumors swirled that he was on the verge of losing a Michelin star (a prediction that proved to be inaccurate). Journalist Rudolph Chelminski, who befriended Loiseau three decades ago and followed his rise to the pinnacle of French restaurateurs, now gives us a rare tour of this hallowed culinary realm. *The Perfectionist* is the story of a daydreaming teenager who worked his way up from complete obscurity to owning three famous restaurants in Paris and rebuilding La Côte d'Or, transforming a century-old inn and restaurant that had lost all of its Michelin stars into a luxurious destination restaurant and hotel. He started a line of culinary products with his name on them, appeared

regularly on television and in the press, and had a beautiful, intelligent wife and three young children he adored—Bernard Loiseau seemed to have it all. An unvarnished glimpse inside an echelon filled with competition, culture wars, and impossibly high standards, *The Perfectionist* vividly depicts a man whose energy and enthusiasm won the hearts of staff and clientele, while self-doubt and cut-throat critics took their toll.

"A perfect summer read; gripping, original, well-drawn and compassionate"--Joanne Harris "Celia Rees is a superb writer, and this novel has one of the most irresistible and unique story hooks I've ever come across. This book deserves to be huge!"--Sophie Hannah A striking historical novel about an ordinary young British woman sent to uncover a network of spies and war criminals in post-war Germany that will appeal to fans of *The Huntress* and *Transcription*. World War II has just ended, and Britain has established the Control Commission for Germany, which oversees their zone of occupation. The Control Commission hires British civilians to work in Germany, rebuild the shattered nation and prosecute war crimes. Somewhat aimless, bored with her job as a provincial schoolteacher, and unwilling to live with her overbearing mother any longer, thirtysomething Edith Graham applies for a job with the Commission—but she is also recruited by her cousin, Leo, who is in the Secret Service. To them, Edith is perfect spy material...single, ordinary-looking, with a college degree in German. Cousin Leo went to Oxford with one of their most hunted war criminals, Count Kurt von Stavenow, who Edith remembers all too well from before the war. He wants her to find him. Intrigued by the challenge, Edith heads to Germany armed with a convincing cover story: she's an unassuming Education Officer sent to help resurrect German schools. To send information back to her Secret Service handlers in London, Edith has crafted the perfect alter ego, cookbook author Stella Snelling, who writes a popular magazine cookery column. She embeds crucial intelligence within the recipes she collects. But occupied Germany is awash with other spies, collaborators, and opportunists, and as she's pulled into their world, Edith soon discovers that no one is what they seem to be. The closer she gets to uncovering von Stavenow's whereabouts--and the network of German civilians who still support him--the greater the danger. With a unique, compelling premise, *Miss Graham's Cold War Cookbook* is a beautifully crafted and gripping novel about daring, betrayal, and female friendship.

Delving into the world of oysters, a cross-country journey leads a food writer on a global quest to discover the history and truth about these popular and profitable aphrodisiacs, defining all five species, tasting unique dishes, and hearing tales of old about these wonderful delicacies from some of their biggest fans along the way.

Presents the history of the Lower East Side gourmet food store beginning with its humble Depression-era origins, offering a behind-the-scenes look at the evolution of the family-owned business known for its smoked and pickled fish.

Located on the corner of Ludlow and E. Houston in New York City, Katz's Deli is a destination for thousands of tourists and for the many regulars who have kept the tradition of Friday evening hot dogs going strong for 125 years. Established in 1888, Kat

An inspirational book by self-made musical superstar, Russ, reminding you that it starts with YOU, to believe in yourself, and to get out of your own way. Twenty-six-year-old rapper, songwriter, and producer Russ walks his own path, at his own pace. By doing so, he proved that he didn't need a major label to surpass over a billion streams on Spotify/Apple Music, get on Forbes' 2019 "30 Under 30," make the Forbes' "30 Under 30 Cash Kings" at number 20 for most earned, sell out arenas across the U.S. and around the globe, and become one of the most popular and engaged rappers right now. His method was simple: love and believe in yourself absolutely and work hard no matter what. In this memoir, Russ inspires readers to walk to their individual rhythms and beat their biggest obstacles: themselves. With chapters named after his most powerful and popular songs, *It's All in Your Head* will reflect on the lessons he's learned from his career, family, and relationships. He'll push readers to bet on themselves, take those leaps of faith, and recognize struggles as opportunities. With illustrations throughout consistent with the brand Russ has built and his fan base loves, *It's All in Your Head* will give readers an inside-look at the man and the motivation behind the music. A lover of books like *The Alchemist* and *The Seven Spiritual Laws of Success*, Russ delivers a short, potent, inspirational, raw, and honest book that gives readers a way to find self-belief and unlock their potential. Fans already rely on Russ as an inspiration of confidence; now, he is taking it to the next level with this book, which will contain lyrics from his music and visuals that reflect his inimitable style. Russ utilizes his relentless passion and supreme confidence in his own talents to manifest his dreams and has been doing that since well before he was ever famous. In his first book, Russ gives readers the tools to do the same whether they want to succeed in music, in romance, or simply in life. In the vein of mega bestsellers like *Unf*ck Yourself* and *The Subtle Art of Not Giving a F*ck*, Russ's memoir levels with his readers: there are no shortcuts to success.

As renowned historian Roger Daniels shows in this brilliant new work, America's inconsistent, often illogical, and always cumbersome immigration policy has profoundly affected our recent past. The federal government's efforts to pick and choose among the multitude of immigrants seeking to enter the United States began with the Chinese Exclusion Act of 1882. Conceived in ignorance and falsely presented to the public, it had undreamt of consequences, and this pattern has been rarely deviated from since. Immigration policy in Daniels' skilled hands shows Americans at their best and worst, from the nativist violence that forced Theodore Roosevelt's 1907 "gentlemen's agreement" with Japan to the generous refugee policies adopted after World War Two and throughout the Cold War. And in a conclusion drawn from today's headlines, Daniels makes clear how far ignorance, partisan politics, and unintended consequences have overtaken immigration policy during the current administration's War on Terror. Irreverent, deeply informed, and authoritative, *Guarding the Golden Door* presents an unforgettable interpretation of modern American history.

From International and Amazon Best-Selling Romance Author Casey Clipper, the Amazon Best-Selling *The Love Series* delves into Ryan's story. Ryan Millen. Notorious playboy.

Forever a bachelor. Never one to settle. Loves his one-night-stands. Ryan has loved his single status without any desire to settle down into a permanent relationship. Why would he? To be in a relationship requires work and sacrifice. Why go through all that trouble to make himself miserable just to make a woman happy? Lynn is struggling to get by day-to-day. Thirty-two years old, she can't find a job in a saturated market. She can no longer afford to pay the bills with her minimum wage job after her ex dumped her while she'd been in middle of nursing school. He walked out on her to "find himself." Now she finds herself on her brother's doorstep, begging for a place to stay so maybe she can find a way to crawl out of the hole she's been swallowed by. Embarrassed by her situation, she vows never to become dependant on a man again. Ryan's world is turned upside down when one of his one-nighters throws a wrench into his perfect single life. He loses himself not knowing how to handle a situation he never wanted. His life spins out of control, about to lose his job and his mind. An opportunity crosses Lynn's path that she'd never considered. An opportunity to possibly gain financial independence. An opportunity her brother warns her not to take. An opportunity she can't refuse. Will Ryan's new world destroy him or can he accept it and move forward with a chance for a life he'd never planned, but if he embraces could open up his heart for an unexpected surprise. Can Lynn save Ryan from himself? Can Lynn allow herself to open up to Ryan and trust again? What happens when they push against the natural draw they have towards one another? And what happens when Ryan's one-nighter reappears, set out for revenge? *This is not a cliffhanger or cliffhanger series **Not suitable for under 18 years of age due to sexual content and some violence.

For five decades, comedian, actor, singer, dancer, and entertainer Bob Hope (1903–2003) traveled the world performing before American and Allied troops and putting on morale-boosting USO shows. Dear Bob . . . : Bob Hope's Wartime Correspondence with the G.I.s of World War II tells the story of Hope's remarkable service to the fighting men and women of World War II, collecting personal letters, postcards, packages, and more sent back and forth among Hope and the troops and their loved ones back home. Soldiers, nurses, wives, and parents shared their innermost thoughts, swapped jokes, and commiserated with the "G.I.s' best friend" about war, sacrifice, lonely days, and worrisome, silent nights. The Entertainer of the Century performed for millions of soldiers in person, in films, and over the radio. He visited them in the hospitals and became not just a pal but their link to home. This unforgettable collection of letters and images, many of which remained in Hope's personal files throughout his life and now reside at the Library of Congress, capture a personal side of both writer and recipient in a very special and often-emotional way. This volume heralds the voices of those servicemen and women whom Hope entertained and who, it is clear, delighted and inspired him.

With 210 pages and over 300 photos, Yoga For Low Back and Hip Health is a step-by-step, visual guide of proven and easy to follow gentle yoga instruction. Relieve pain in the back and hips without drugs or surgery! "Low back and neck pain is an increasingly widespread and expensive condition worldwide, costing the US alone \$88bn a year-the third highest bill for any health condition-despite evidence most treatments do not work." - The Guardian So many people that carry the burden of life on their shoulders-literally. Add to that how much time we spend sitting at computers and the poor posture developed from prolonged smartphone use, and it's no wonder everyone's in pain! Written by private yoga instructor Cyndi Roberts, Yoga For Low Back and Hip Health teaches you how to safely practice restorative and gentle yoga poses at home to relieve pain in the following areas: Upper back Mid back Low back Sciatic nerve Piriformis syndrome Hips Inner thigh/groin Pelvis Yoga For Low Back and Hip Health provides in-depth and appropriate instruction for 43 restorative and gentle yoga poses specifically and thoughtfully put together. 15 practical and unique sequences are included for you to practice at home at your convenience, including over 300 high-resolution images to help you along. Cyndi provides the option of working with mantras and deep breathing exercises paired specifically to each pose for the most benefit. *As a bonus, readers will receive information about each of the 7 chakra energies and how specific poses help to awaken these often blocked or unbalanced energy spaces. Even if you don't suffer from back or hip pain, these poses and sequences help gently and effectively stretch the back body and hips to: Increase flexibility Realign the pelvis Strengthen weak muscles Provide relief from common aches and pains Maintain or improve the health of the joints Maintain or improve range of motion and circulation Increase energy levels Elevate mood and relieve sadness and depression Reduce anxiety Lower stress levels Release negative or stagnant energy and emotions Clear and balance chakra energies Millions of students around the world have benefited from the ancient practices of yoga, pranayama and relaxation. Now you can too!

NEW YORK TIMES BESTSELLER • This instant classic explores how we can change our lives by changing our habits. NAMED ONE OF THE BEST BOOKS OF THE YEAR BY The Wall Street Journal • Financial Times In *The Power of Habit*, award-winning business reporter Charles Duhigg takes us to the thrilling edge of scientific discoveries that explain why habits exist and how they can be changed. Distilling vast amounts of information into engrossing narratives that take us from the boardrooms of Procter & Gamble to the sidelines of the NFL to the front lines of the civil rights movement, Duhigg presents a whole new understanding of human nature and its potential. At its core, *The Power of Habit* contains an exhilarating argument: The key to exercising regularly, losing weight, being more productive, and achieving success is understanding how habits work. As Duhigg shows, by harnessing this new science, we can transform our businesses, our communities, and our lives. With a new Afterword by the author "Sharp, provocative, and useful."—Jim Collins "Few [books] become essential manuals for business and living. *The Power of Habit* is an exception. Charles Duhigg not only explains how habits are formed but how to kick bad ones and hang on to the good."—Financial Times "A flat-out great read."—David Allen, bestselling author of *Getting Things Done: The Art of Stress-Free Productivity* "You'll never look at yourself, your organization, or your world quite the same way."—Daniel H. Pink, bestselling author of *Drive* and *A Whole New Mind* "Entertaining . . . enjoyable . . . fascinating . . . a serious look at the science of habit formation and change."—The New York Times Book Review

Collects over one hundred and fifty classic Ukranian recipes from Veselka restaurant, including cold borscht, boiled beef with horseradish sauce, arugula and goat cheese pierogi stuffing, and beef stroganoff. The New York City historian and author of *The Bowery* takes readers on a tour of New York's infamous underworld in this revealing guide. During the early twentieth century, Sicilian and Southern Italian immigrants poured into New York City looking for a better life. But while they escaped the kind of poverty and persecution they experienced in the old country, they soon discovered that certain criminal enterprises followed them to America. Over the years, the island of Manhattan would become a hotbed of organized crime and underworld intrigue. It's a version of the city that remains invisible to most visitors—until now. In this revealing tour of New York City's mafia history, Eric Ferrara gives readers an insider's look at how the mob lived—and where they died. Ferrara goes inside mafia hangouts from the Copacabana to Milady's Bar and the Thompson Street Social Club. He vividly recounts infamous episodes in the lives of famous mafia men, like Charlie "Lucky" Luciano and Joey Gallo, as well as more obscure players who will be new to most readers. From the beginnings of Black Hand criminal networks to the reign of an all-powerful organized crime syndicate, *Manhattan Mafia Guide* offers a fascinating

look down New York City's mean streets.

Part culinary travelogue, part cultural history, *Save the Deli* is a must-read for anyone whose idea of perfect happiness is tucking into a pastrami on rye with a pickle on the side. Corned beef. Pastrami. Brisket. Matzo balls. Knishes. Mustard and rye. In this book about Jewish delicatessens, about deli's history and characters, its greatest triumphs, spectacular failures, and ultimately the very future of its existence, David Sax goes deep into the world of the Jewish deli. He explores the histories and experiences of the immigrant counterperson and kvetching customer; examines the pressures that many delis face; and enjoys the food that is deli's signature. In New York and Chicago, Florida, L.A., Montreal, Toronto, Paris, and beyond, Sax strives to answer the question, Can Jewish deli thrive, and if so, how? Funny, poignant, and impeccably written, *Save the Deli* is the story of one man's search to save a defining element of a culture — and the sandwiches — he loves.

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