

Tea Fit For A Queen Recipes Drinks For Afternoon Tea Historic Royal Palaces

This beautiful book is filled with over 35 exquisite chocolate recipes from Chocolate Orange Madeleines and Salted Caramel Brownies to White Chocolate Scones with Strawberries and Clotted Cream and of course the quintessential royal chocolate treat, Spiced Hot Chocolate. Through these delectable recipes learn the history of making, drinking and eating chocolate from its very beginnings to the royal chocolate kitchen at Hampton Court Palace right up to the present day. Discover why chocolate was considered a status symbol, how it was thought to have medicinal qualities, and the part that chocolate houses played in court life as pleasure haunts for the elite. Including chapters on Chocolate Cakes, Pastries and Tarts, Teatime Bites and Biscuits, and Drinks and Sauces as well as fascinating anecdotes about the infamous royals and their connection to the history of chocolate, this charming book provides everything you need to know to make your own chocolate recipes fit for a Queen.

Nicknamed the Queen of the Blues, Bessie Smith rose up from poverty in the American South to become one of the most famous and respected recording artists of her generation. Smith was at the forefront of transitioning blues music from a rural novelty to a legitimate art form that critics and audiences took seriously. Behind the scenes of her success, though, Bessie navigated a story

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family and personal life. She had adult sisters who depended on her for a living and yet disrespected her when she wasn't around. Likewise, she settled with a husband, Jack Gee, who mistreated her in every possible way. This book looks at the incredible and influential life of Bessie Smith.

Each day when the Queen wakes up, three maids dress her, two more style her hair, and her butler James makes her tea. But when she grows dissatisfied with her brew, the Queen and James set out in search of the perfect cup. With each stop on their hot-air balloon journey, the Queen encounters new friends who expand her horizons—in the kitchen and beyond.

This study of God's Word and the story of Esther gives perspective to frazzled moms. Perfect for a woman at any life season, the study offers encouragement for seeing the hidden hand of God at work behind the scenes.

Do you know that you were well thought out in the mind of God? Do you know you were not a by-chance product? Do you know you have a God purpose? Created On Purpose For Purpose holds the keys that will unlock all the answers and equip you to walk out your God purpose! Everyone has a sense that they were born for a purpose. But there is something more than just a purpose. The God purpose was designed specifically for you, and it's your responsibility to live out this assignment! From her own experience in discovering her God purpose, author Lisa Singh has outlined the steps to take to discover your God purpose. This easy-to-read guide will instruct you to explore why God designed a

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special purpose for you and how you can come to understand it. Once you know your place in the world, you can begin to live your purpose and thereby bless not only yourself, but the world you live in. Realize who you are and learn practical applications for victorious, fulfilling living. Whether studying alone or in a small Bible study, you'll find the tools you need to find your God purpose and start living your life the way it was intended to be lived—on purpose!

****Holds over 200+ addresses!! Great value. Designed for people who want to keep track of all their address is one place. It's always good to have a written record of everything, rather than keeping all of your records on the computer. Stay organized and keep track of addresses of family, friends and acquaintances with this 6x9 address book. Record names, addresses, cell and home numbers, email addresses, birthdays and other notes. Keeping track of your busy family and friends is a snap with this pretty yet practical address book! Personal address book packs a punch with space for over 200 contacts! Record names, addresses, home and mobile numbers, birthdays, notes, and email addresses. 110 pages. Measures 6 inches wide by 9 inches high Makes a nice gift, too! Cover design complements any desk. Designed by Elite Online Publishing Look for our other Amazon Books Elite Journals Elite Prayer Journals Elite Happy Journals Elite Fitness Journals Elite Guest Books Elite Planners**

This stylishly illustrated publication is the first-ever cookery book to come from within the Royal Household. Written by the Royal Chef, it enables the reader to

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recreate a selection of authentic dishes prepared and served to Her Majesty The Queen and the Royal Family. With an emphasis on sophisticated seasonal cooking and fresh, local ingredients, the recipes will cater for a variety of occasions and range in both scope and scale, with offerings for both new and experienced cooks. The book elaborates on the recipes with tips on entertaining and inspirational ideas for preparation and presentation, including illustrations and explanations of the choice of china, decorations and flowers that accompany royal meals. Also included are fascinating snapshot details of the history of royal dining and entertaining taken from the Royal Library and Archives at Windsor Castle.

What is perfect? Now that is the perfect question. It's a 300 if you're at the bowling alley. A 2400 if you're taking the SATs. And firm with a warm, red center if you order your steak medium-rare. While the execution of perfection depends on the subject in question, the result is always the same—complete satisfaction. This intriguing collection of what qualifies as perfection covers quite the array of topics. From the perfect pour of a pint and the perfect age to propose to the shape of the perfect face and the telling of the perfect joke, you will be pleasantly surprised by the scope of perfection. Simply put—it's Perfect.

AN INTERACTIVE EXPERIENCE CHILDREN WILL NOT FORGET! Word Queen Book Two features three stories: digraphs (th, sh, ch-tch, wh, ph, gh), QU, and oo, ou, ow, ue, ui, ew. The Word Queen is a mysteriously, irresistible character that ingrains the endless rules of

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decoding the English language into the minds of children. This exciting reading program, created by a National Board Certified teacher, instills the ability to read into kindergarten thru second grade students. Since only about 10% of text can be decoded using the basic 26 letter sounds of the alphabet, this is a much needed program in education today. It is easily implemented and designed to accommodate the time constraints of teachers. The Word Queen engages children holistically through real life interactions and creates an enthusiasm and eagerness to learn! Teachers say: "The kids are so excited, they don't even realize they are learning!"

Meet TAMSIN - a foundling - powerful, ingenuous and fearless - a girl who can do the impossible. Who is she? Why are sinister and powerful people after her? This exciting novel introduces a new heroine who will steal your heart and have you fighting at her side. Set mainly in the rugged beauty of New Zealand, Tamsin's story opens a door through which we glimpse a hidden evil in our own world. But where does the real power in this struggle lie? TAMSIN's story with its paranormal elements will hold you spellbound and take you on an incredible ride through situations, relationships and places that will leave you gasping for more. Look out for book 2 - TAMSIN Waking Fire

The Tall House is a children's picture book about a house that reached the sky.

Taking tea is one of the quintessentially English occasions, and who is a greater authority on the subject than the sumptuous Ritz London Hotel? This charming Edwardian-style book captures the essence of this

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traditional British pastime, and provides us with all the expertise on the ceremony as well as the recipes. Stories about the legendary afternoon teas at The Ritz and fascinating details about the history of tea drinking are complemented with passages from such diverse writers as Charles Dickens to Oscar Wilde. Over fifty recipes are included for different kinds of afternoon tea specialities, from delicate sandwiches, strawberry shortcake and rose petal jam, to crumpets and muffins for hearty teas in front of a roaring fire. The author gives an infallible guide to the many blends of tea and their suitability to particular occasions. Beautifully presented and delightfully illustrated, this book is the perfect gift for tea drinkers everywhere.

"The ages-old tapestry of taking tea is woven with a prismatic palette of threads, from the golden strands of tradition and the silver cords of friendship to the rainbow ribbons of taste bud-tempting refreshments and the brightly hued filaments of an elegantly set table."--Publisher's website.

I lived in a world of darkness, never to see the light again. It's been eleven years since my father cursed Crystal City, since he condemned me to a life of loneliness and misery. By taking away everything that my mother loved, he took everything that I knew and cared for. Everything, but the throne. Only what good was being a queen in a city of mindless killers? A city that would never see the sunlight until the day of my death. I truly had nothing to live for... ..Or so I thought. The night that Wolfe was dragged into my palace, I knew that my life would never be the same. We were

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childhood friends once, but we went our separate ways. He became captain of the pirates, and I ascended to the diamond throne. My once sworn protector had become my enemy, but we were both alone, and the connection we felt was almost unbearable to ignore. My heart only cracked after my father abandoned me, but Wolfe would completely shatter it. For someone that hasn't felt anything for years, that wasn't such a bad thing.

An expert and entertaining guide to tea from Fortnum & Mason by award-winning food writer, Tom Parker Bowles.

Getting to yes is not the same as getting results. In *Beyond Dealmaking*, international negotiation expert and mediator Melanie Billings-Yun shows that the key to winning unbeatable, long-term results in today's complex economic landscape is to negotiate solid long-term relationships. Traditionally, negotiation has been approached as an isolated activity, separate from the business relationship. But those who focus only on getting the deal closed often find their victory doesn't translate into sustainable profits. Any deal is as fragile as the paper it's written on. Countless disputes arise and deals easily collapse when the negotiation process leaves one party unhappy, feeling forced into unfair terms, or even disgruntled at a change in circumstances. In five clear steps, Billings-Yun takes the pain and fear out of negotiation with her proven GRASP method, showing how to: Understand the Goals of all parties, beyond the immediate deal Develop Routes to maximize mutual benefit and promote synergy among the parties Build openness, trust, and common understanding

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through valid Arguments Benchmark Substitutes to keep relationships from growing stale or one-sided Increase your Persuasion through empathetic communication and genuine care Filled with real-life examples of negotiations that have gone right and wrong, this - groundbreaking book shows how fairness, honesty, empathy, flexibility, and mutual problem-solving lead to sustainable success. By following the powerful five-step GRASP negotiation process, anyone can learn to negotiate in a way that is positive, exciting, and rewarding. Most importantly, they will learn that the greatest victories come not through fighting battles, but through building alliances.

Roary is everyman's dream with her long, beautiful chestnut hair, bright green eyes, luscious tan skin, and tight, toned body. Roary spent her entire life as an Army brat and after the death of her father she becomes an exotic dancer. Through her many adventures with her friend Shelly she finds herself falling for a Soldier. Between the pain of losing her father, love for dancing, and defying her own rules, Roary finds herself on the adventure of a lifetime.

Reproduction of the original: Love in A Cloud by Arlo Bates

The Rain Queen invites all to imagine that which has become unimaginable. In 1942 MODJADJI, SOUTH AFRICA, women ruled. This is not fiction, this is fact. Their peaceful culture is the complete antithesis of three strangers who have lost all hope but find it again together as the only survivors of a catastrophic train wreck. They agree to start their lives anew, letting the

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world believe them dead. As the shine of new money and new lives wears quickly, they find themselves traveling the globe in search of myth and salvation in the form of a 'magic treasure' hidden by Princess Dzugundini, the founder of the Rain Queens over 400 years ago. They soon learn that changing names, identities and bank accounts is merely superficial; they must find faith in themselves before true change can begin. The Rain Queen is a sexy, funny, and fanciful story with a depth of soul that reaches out to remind us what beautiful gifts we're given every day, if we choose to see them.

Elizabeth II, at the age of 91, is the longest-reigning monarch ever to sit on the throne of England. Most people living today have no memory of a time when she was not Queen. But when she was born, no one knew she was destined to rule. Her father, the Duke of York, was only the second son of George V. His dashing playboy brother was Prince of Wales and heir to the throne. It wasn't until King Edward VIII abdicated his throne to marry Wallis Simpson in 1936 that the Princess Elizabeth, then ten years old, knew the course that her life was to take. From the unlikely romance that united her parents, to the abdication that nearly toppled the monarchy, this biography will introduce you to the Princess who came before the Queen. Set apart from other children and sheltered by her parents, her steadiness of character nonetheless enabled her to help fight the Nazis in World War II and overcome steep obstacles in order to marry the man she loved. These were the years that forged the character of the woman

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whose 65-year reign has seen her country through the second half of the 20th century and beyond.

In this stunning debut novel, Benduhn looks at a teen trying to figure out herself and her future--without losing her past.

Indianapolis Monthly is the Circle City's essential chronicle and guide, an indispensable authority on what's new and what's news. Through coverage of politics, crime, dining, style, business, sports, and arts and entertainment, each issue offers compelling narrative stories and lively, urbane coverage of Indy's cultural landscape.

When she was found barely coherent and staggering over sand dunes, word spread fast that the prophecy had finally come to pass and Lacáruna had been delivered to initiate the next expansion of this world. The trouble is Lacáruna has been removed from the world she's intended to expand. Amy Darlidale must return to her mission before any harm can come to her friends.

Fortunately, she knows the way back and, unlike the first time Amy found herself under a full moon in a starless sky, she knows what she's up against. In order to fulfill the Promise of a New Morphósis Amy understands that the actual prophecy has to be found, but the sense of order in this mysterious world continues to collapse.

Fires rage, clans are being slaughtered and townsfolk massacred, and leaders have proclaimed a great evil has returned. Licha and Jandro, the young companions who have been with her from the start, along with the Trotéjo comrades who have sworn to protect her-Dack, who has saved her life more than once, and their new

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ally Sheng, a Palace Guard who has joined their quest, continue pushing forward as their obstacles multiply. Unsure what answers might be found in the first mythic journals of this world's origins, Amy searches for clues. But secretly she's begun seeing visions and receiving messages from forces unknown. As she tries to understand the extent of her power others are becoming aware of it as well. Soon a new group with its own mysterious agenda believes Amy may have another fated purpose and only she can save herself from their terrifying trap.

Tea Fit for a Queen Recipes & Drinks for Afternoon Tea Random House

A collection of short stories along with poems to express a college woman's encounters with the three most important men in her life thus far. In this book the reader will go on a journey living the love and heart breaking experiences the author writes of and eventually being guided to the self loving woman she is today. These poems represent love, honesty, heart break, and realization.

The latest book in Alexander McCall Smith's popular 44 Scotland Street series is a sheer delight. Summer has come to Scotland Street. The long days have prompted its denizens to engage in flights of fancy. Some, like the Duke of Johannesburg's plan to create a microlite seaplane, are literal flights, and some, like the vain Bruce Anderson's idea of settling down with one of his many admirers, are more metaphorical. With the domineering Irene off pursuing academic challenges, Stuart and Bertie are free to indulge in summer fun. Stuart

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reconnects with an old acquaintance over refreshing peppermint tea while Bertie takes his friend Ranald Braveheart Macpherson to the circus. But their trip to the big top becomes rather more than the pleasant diversion they were hoping for. Once again, Scotland Street teems with the daily triumphs and challenges of those who call it home, and provides a warm, wise, and witty chronicle of the affairs in this corner of the world. AN ANCHOR BOOKS ORIGINAL

Alice in Wonderland (also known as Alice's Adventures in Wonderland), from 1865, is the peculiar and imaginative tale of a girl who falls down a rabbit-hole into a bizarre world of eccentric and unusual creatures. Lewis Carroll's prominent example of the genre of "literary nonsense" has endured in popularity with its clever way of playing with logic and a narrative structure that has influence generations of fiction writing.

Esther: The Brave Queen is designed to take our children on a journey to encounter the Father's love through Jesus Christ. They will discover Mighty God and be equipped with knowing Him and partnering with Him to do great things for the Kingdom of God. "The people that know their God shall be strong, and do exploits."
--Daniel 11:32 Each of the FIVE lessons equip and impart Kingdom truths through their favorite Bible stories as the kids experience the love and power of God. This Word and Spirit based curriculum establishes a strong biblical foundation while creating space for children to encounter the Holy Spirit. Each Lesson includes: -Simple and time saving preparation -Bible-based lessons packed with Scripture and a weekly memory verse

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-Innovative lesson development for different learning styles
-Captivating review with fun activities of art, drama, and games
-Closing that provides scripture engagement and listening to the voice of the Lord

Do you find fun in pun? Perhaps you are looking for a few puns on the run? Follow the characters of Comedic Destruction in Daze and Knights as they take you on a mind-stimulating, language-enhancing journey. Puntastic and fantastic, this book will massage your intellect, and provide your laugh muscles some 'much-kneaded' exercise via wordplay vignettes! The book is divided into several chapters. The first chapter, "Their Eyes Were Watching Job," is a collection of stories in an occupational setting or regarding a business transaction. "I Think Yet I Cram" features tales of students and teachers and, more generally, intellectual high jinks. The third chapter, "Empty Cow or Rheas: I Love My Shakes Pear," is, as you'd imagine, a collection of tales involving food; although it should be noted that these wordplays have little or no nutritional value. The final chapter, "I've Been Around: Whirled without End," features stories of characters in motion. Daze and Knights contains fun puns for everyone, enhanced by talented illustrator, Megan Nolton. This wild and witty work promises a few dozen laughs along the journey, as you'll discover, from cover to cover.

Young widow, Adorna Miggins is running a lodging house in 1829 Edinburgh which has just been rocked by the Burke and Hare murders. The income from her business keeps her and Aunt Toffy fed and housed. But lately her aunt has been communicating with a spirit—a

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feisty Roman named Meridius with a taste for bannocks and mischief. Adorna is afraid if her aunt's eccentric behavior becomes common knowledge it will destroy her reputation and that of her boarding house. Tobias Rawlings is newly returned to Scotland on a secret quest he doesn't wish to share. He sparks everyone's curiosity when he goes out each day and returns covered in dirt and will not say what he is up to. Is it larceny? Ditch digging? Grave robbing? He is a mystery that occupies Adorna and Toffy's interest. Soon Toffy begins to find lost items and solve the unsolvable with the help of her spiritual advisor. Adorna simply cannot believe that ghosts exist and even if they did why would a Roman ghost be residing in her humble lodging house?

"The first official tea-time cookbook from the Royal Collection, Royal Tea invites readers to take a break in the day to indulge in a Royal Family-tested sweet treat--well-behaved corgis welcome!"--Amazon.com. Filled with recipes that have stood the test of time as well as fascinating anecdotes and tales, Tea Fit for a Queen reveals how the tradition of afternoon tea started in royal Britain. Over 40 charming recipes include everything from delicate finger sandwiches to Victoria sponge cake, Chelsea Buns and a Champagne Cocktail. In these pages learn about the infamous royals and their connection to the history of tea; why jam pennies were Queen Elizabeth II's favourite tea time treat and how mead cake came to be served during Henry VIII's reign. Discover what cake William and Catherine selected for their wedding and hear why orange-scented scones became a royal tradition at Kensington Palace. Tea Fit

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for a Queen presents a taste of palace etiquette to take home.

As the icy chill of winter, 1914, settles on the magnificent country estate of Summerset Abbey, three young women seek comfort and warmth in the smiles of friends, the fire in their hearts, and the promise of spring. . . . Victoria Buxton With her delicate constitution but strong, unflappable spirit, Victoria has never followed societal conventions, the rules of fashion, or the pursuit of a husband. Instead, she finds herself drawn into the controversial—and dangerous—fight for women’s suffrage. But her dream is compromised, and her heart divided, when her struggle for equal rights collides with unexpected love. Rowena Buxton After yearning to no avail for a certain young pilot to fly back into her life, Rowena fears her chances for happiness have been jeopardized by recklessness and scandal. Burdened with guilt for bringing her sister Prudence to Summerset Abbey as a lady’s maid while she herself led a life of privilege, Rowena hopes to one day make amends. But her desire to set things right is complicated by her passion for flight and a sudden engagement . . . to the wrong man. Prudence Tate Raised like a sister to Victoria and Rowena, then banished to the servants’ quarters when their father passed away, Prudence has seen both sides of life, upstairs and down. But once the truth about her parentage was revealed, Prudence forged a new life for herself, married to a penniless veterinary student. Living in poverty in a shabby London flat, she wonders if she’s made a terrible mistake— and there’s no turning back. . . .

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Ruby gets a princess-worthy primer on manners in this charming picture book from #1 New York Times bestselling illustrator Robin Preiss Glasser and author Sarah Ferguson, The Duchess of York. Ruby does her best to have good manners—yet no matter her efforts, she just can't seem to succeed. But when Ruby receives a mysterious surprise invitation to tea with the Queen, she is especially determined to polish her poise. She goes from the postman to her brother to the playground to her parents, trying her hardest to have manners befitting a princess. Will she ever manage to be proper in time for tea at the palace? In this New York Times bestseller, cheerful, elegant text from Sarah Ferguson, The Duchess of York, pairs with Robin Preiss Glasser's "exuberant illustrations, rendered in her unmistakable Fancy Nancy style (Publishers Weekly)" to create an endearing and gently instructive story about manners.

This coloring book is for preschool to 1st grade. Although all ages can enjoy learning new words.

Chandrea Averill thinks she's just like any other normal young woman. But, on the day of her 23rd birthday, her life changes forever. Surrounded by magical creatures, dangerous sorcery, and insidious political intrigue, Chandrea desperately wants to return to Earth and the only life she's ever known. But, the longer she stays, the more she realizes that she may be the only one with the power – both magical and political – to save the people of Lyrunia. Will she find the courage to remain and fight for her home world?

Can Ellie and her furry friends get everything ready in

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time for tea with the queen?- Readers of Fancy Nancy and Tea Rex will love this new story about imagination and play- The celebration of the bond between parent and child makes for a great bedtime story- Children and parents will delight in traveling across the world with Ellie and her friends!When Ellie finds out the queen is coming to tea, she enlists the help of all her stuffed animal friends to make it a memorable affair. Together they travel to Paris, China, Italy, and New York to gather everything they need. But will the queen patiently wait? And what exactly will be waiting for the queen?Discover the heartwarming power of family bonding and imagination in this playful picture book.

This volume challenges the “Walled Kingdom” perspective. China reached out to the seas far more actively than historians have allowed, while the maritime world shaped China, Qing China in particular, much more than the continental world. It gave birth to and defined Chinese modernity.

Chosen by the Independent as one of the 10 best business books written by women 'Vicki is one inspirational mumboss, who shares her secrets to juggling a thriving business with raising a family in this entertaining and empowering read!' Una Healy 'Ideal for going back to work without losing your mind . . . a no-nonsense guide to navigating the transition' Marie Claire 'If ever there is a person who has shown just how successful you can be online whilst also being an amazing parent it is Vicki. Read, learn and follow. A brilliant book from an inspirational mother'. Natasha Courtenay-Smith, author of The Million Dollar Blog In

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The Working Mom, Vicki Psarias, founder of HonestMum.com, shares her manifesto for surviving and thriving at work and at home. Vicki writes about everything from juggling work and family, to regaining your confidence after having a baby and battling imposter syndrome. An award-winning blogger and vlogger, in this book Vicki shares how to turn your passions into a business that suits the modern mum's lifestyle. The Working Mom is full of practical advice, tips and tricks to help fellow #mumbosses build their own business or return to work, while creating a personal brand and learning how to market yourself. Vicki's funny, fresh approach to life and work as a mum has brought her a loyal fanbase and a brilliantly successful business: her blog Honest Mum is one of the UK's most popular parenting and lifestyle sites, and the blog combined with Vicki's social channels has an average monthly reach of 1 million. A Lean In for the blogging and vlogging generation, The Working Mom is an essential book for all parents, whether they are returning to work or looking to start a new career, as well as anyone looking to build their brand or business online. 'A must-read for the modern Mum; particularly one who has aspirations to build her own business. I wish I had been able to read it three years ago!' Katie Massie-Taylor, Co-Founder, Mush

A full color recipe book with an easy to follow Type 2 Diabetes reversal and Prediabetes reversal eating plan developed by Dr. Cheng Ruan, MD and Mimi Chan, RD LD CNSC CDE. This program is not designed to be a temporary diet. It is designed for someone with Type 2

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Diabetes (or prediabetes) to learn a system of eating where you can have permanent success. Learning what foods can work for you by understanding how it affects your body is the foundation to establish permanency in behavioral changes. Rather than telling you a detailed system of what to eat and the quantity, we have devised a way where it's easier. Three of the six layers of foods are unlimited. In fact, there are minimum quantities to eat daily. For those who have poorly controlled diabetes, we created a sliding scale eating system. Depending on what their blood sugars are that morning, they utilize different portions or different partitions of each of the categories of food. That will likely impact the next morning's blood sugar which hopefully will become lower by the way you eat the day before. And the lower your blood sugar becomes, the more you're allowed to have cheat meals. It becomes a reward system that's designed for success. They are rewarded by lower blood sugars and more cheat meals if they keep the blood sugars low. But if the blood sugars become higher the next morning, some elements of the program are restricted. Surprisingly, what we've noticed is that people do not opt for the cheat meals anymore because their reward, instead of being food, becomes the lowered blood sugar results. Therefore, since they don't want their blood sugars to go up again, they naturally avoid cheat meals. Following this plan, most have succeeded in fat loss (even without exercise), lowered triglycerides, lowered Hemoglobin A1C, and improved energy and vitality! This book was created with the focus of humans in mind. Humans, from the time we wake to the time we

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go to sleep, seek reward every second we are awake. Whenever we seek reward, we tend to take it from wherever we can get it. Throughout modern times, a reward became food. As food became readily available, we transitioned to seek food that are rich in sugar and processed sugar. When processed sugars became cheaply made and easily available worldwide, the epidemic of Diabetes began. As humans, we cognitively understand what we need but we still feed into our instincts and desires. We understand there are things that are healthy and unhealthy for us. Yet, more often than not, we continue to make choices that are deemed bad. Why is that? Why do we keep making these choices if we understand that whatever we're doing can be damaging to our body? Why do smokers continue to smoke, knowing that it is a major contributor of heart disease and strokes? Why do diabetics continue to eat sugary and high carb foods when they understand that it will raise their blood sugars, ultimately leading to organ damage and cardiovascular disease? Why is it that we behave in such ways that may be detrimental to our health? The short answer is that it's just something humans do. Humans seek reward and this reward system can be so strong that, cognitively, we may not be able to bypass it. The reward system is so strong it can become habitual behavior. Habits by definition are automatic, emotionless things that we do not think about when we act. Through certain formed habits, we feed into our body's deterioration. It's through these habits that we continue to suppress our own lifelong goals because of this one defining attribute. We, humans, are

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addicted to instant reward and gratification. The eating plan detailed in this book is to work WITH human nature rather than against it. That is why there is no carb counting, calorie counting, or any math involved. Eat the categories of foods that will keep your blood sugars down, your fat down, and your spirits up. Enjoy the delicious recipes that we have created in our own kitchens!

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