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NEW YORK TIMES BESTSELLER USA TODAY BESTSELLER NATIONAL INDIE BESTSELLER THE WASHINGTON POST BESTSELLER Recommended by Entertainment Weekly, Real Simple, NPR, Slate, and Oprah Magazine #1 Library Reads Pick—October 2020 #1 Indie Next Pick—October 2020 BOOK OF THE YEAR (2020) FINALIST—Book of The Month Club A “Best Of” Book From: Oprah Mag * CNN * Amazon * Amazon Editors * NPR * Goodreads * Bustle * PopSugar * BuzzFeed * Barnes & Noble * Kirkus Reviews * Lambda Literary * Nerdette * The Nerd Daily * Polygon * Library Reads * io9 * Smart Bitches Trashy Books * LiteraryHub * Medium * BookBub * The Mary Sue * Chicago Tribune * NY Daily News * Syfy Wire * Powells.com * Bookish * Book Riot * Library Reads Voter Favorite * In the vein of *The Time Traveler’s Wife* and *Life After Life*, *The Invisible Life of Addie LaRue* is New York Times bestselling author V. E. Schwab’s genre-defying tour de force. A Life No One Will Remember. A Story You Will Never Forget. France, 1714: in a moment of desperation, a young woman makes a Faustian bargain to live forever—and is cursed to be forgotten by everyone she meets. Thus begins the extraordinary life of Addie LaRue, and a dazzling adventure that will play out across centuries and continents, across history and art, as a young woman learns how far she will go to leave her mark on the world. But everything changes when, after nearly 300 years, Addie stumbles across a young man in a hidden bookstore and he remembers her name. At the Publisher's request, this title is being sold

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without Digital Rights Management Software (DRM) applied. A TikTok sensation, this rom-com about a young woman who agrees to fake date a colleague and bring him to her sister's wedding has "everything you could want in a romance" (Helen Hoang, New York Times bestselling author). Catalina Martín desperately needs a date to her sister's wedding. Especially since her little white lie about her American boyfriend has spiralled out of control. Now everyone she knows—including her ex and his fiancée—will be there and eager to meet him. She only has four weeks to find someone willing to cross the Atlantic and aid in her deception. New York to Spain is no short flight and her raucous family won't be easy to fool. Enter Aaron Blackford—her tall, handsome, condescending colleague—who surprisingly offers to step in. She'd rather refuse; never has there been a more aggravating, blood-boiling, and insufferable man. But Catalina is desperate, and as the wedding draws nearer, Aaron looks like her best option. And she begins to realize he might not be as terrible in the real world as he is at the office.

From Michael Greger, M.D., FACLM, the physician behind the trusted and wildly popular website Nutritionfacts.org, and author of the New York Times bestselling book How Not to Die, comes a beautifully-designed, comprehensive cookbook complete with more than 120 recipes for delicious, life-saving, plant-based meals, snacks, and beverages that's a perfect gift for healthy conscious eaters. Dr. Michael Greger's bestselling book, How Not to Die, presented the scientific evidence behind the only diet that can prevent and reverse many of the causes of premature death and disability. Now, The How Not to Die Cookbook puts that science into action. From Superfood Breakfast Bites to Spaghetti Squash Puttanesca to Two-Berry Pie with Pecan-Sunflower Crust, every recipe in The How Not to Die Cookbook offers a delectable, easy-to-prepare, plant-based dish to help anyone

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eat their way to better health. Rooted in the latest nutrition science, these easy-to-follow, stunningly photographed recipes will appeal to anyone looking to live a longer, healthier life. Featuring Dr. Greger's Daily Dozen—the best ingredients to add years to your life—The How Not to Die Cookbook is destined to become an essential tool in healthy kitchens everywhere.

Download a FREE sneak peek of *Gilded* by Marissa Meyer. In *Gilded*, #1 New York Times bestselling author Marissa Meyer returns to the fairytale world with this haunting retelling of Rumpelstiltskin. Long ago cursed by the god of lies, a poor miller's daughter has developed a talent for spinning stories that are fantastical and spellbinding and entirely untrue. Or so everyone believes. When one of Serilda's outlandish tales draws the attention of the sinister Erlking and his undead hunters, she finds herself swept away into a grim world where ghouls and phantoms prowl the earth and hollow-eyed ravens track her every move. The king orders Serilda to complete the impossible task of spinning straw into gold, or be killed for telling falsehoods. In her desperation, Serilda unwittingly summons a mysterious boy to her aid. He agrees to help her... for a price. Love isn't meant to be part of the bargain. Soon Serilda realizes that there is more than one secret hidden in the castle walls, including an ancient curse that must be broken if she hopes to end the tyranny of the king and his wild hunt forever.

Simple nutritional advice for beating the most common diseases and living longer. "The primary determinant of our health and well-being is what we eat and how we live. In this extraordinary and empowering book, Dr. Michael Greger explains why. Highly recommended." Dean Ornish, M.D., author of *The Spectrum* Why rely on drugs and surgery to cure you of life-threatening disease when the right decisions can prevent you from falling ill to begin with? How Not To Die

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gives effective, scientifically-proven nutritional advice to prevent our biggest killers - heart disease, breast cancer, prostate cancer, high blood pressure, diabetes - revealing the astounding health benefits that simple dietary choices can provide. Based on the very latest scientific research, How Not To Die examines each of the most common diseases, chapter by chapter, to reveal what, how and why different foods affect us and how increasing our consumption of certain foods and avoiding others can dramatically reduce our risk of falling sick and even reverse the effects of disease. PRAISE FOR HOW NOT TO DIE "Michael Greger shows people how to save their own lives." Rip Esselstyn, author of The Engine 2 Diet "An absolute rhapsody of informational wisdom on how to achieve a life of health and longevity without disease." Caldwell B. Esselstyn, Jr. M.D., author of Prevent and Reverse Heart Disease "The best book I've read on nutrition and diet." Dan Buettner, author of The Blue Zones Solution "How Not To Die is one of the most important books on health ever written." John Mackay, CEO of Whole Foods Markets A startling and profound exploration of how Jewish history is exploited to comfort the living. Renowned and beloved as a prizewinning novelist, Dara Horn has also been publishing penetrating essays since she was a teenager. Often asked by major publications to write on subjects related to Jewish culture—and increasingly in response to a recent wave of deadly antisemitic attacks—Horn was troubled to realize what all of these assignments had in common: she was being asked to write about dead Jews, never about living ones. In these essays, Horn reflects on subjects as far-flung as the international veneration of Anne Frank, the mythology that Jewish family names were changed at Ellis Island, the blockbuster traveling exhibition Auschwitz, the marketing of the Jewish history of Harbin, China, and the little-known life of the "righteous Gentile" Varian Fry. Throughout, she

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challenges us to confront the reasons why there might be so much fascination with Jewish deaths, and so little respect for Jewish lives unfolding in the present. Horn draws upon her travels, her research, and also her own family life—trying to explain Shakespeare’s Shylock to a curious ten-year-old, her anger when swastikas are drawn on desks in her children’s school, the profound perspective offered by traditional religious practice and study—to assert the vitality, complexity, and depth of Jewish life against an antisemitism that, far from being disarmed by the mantra of "Never forget," is on the rise. As Horn explores the (not so) shocking attacks on the American Jewish community in recent years, she reveals the subtler dehumanization built into the public piety that surrounds the Jewish past—making the radical argument that the benign reverence we give to past horrors is itself a profound affront to human dignity.

A radical reevaluation of how contemporary society perceives death—and an argument for how it can make us happy. “He who would teach men to die would teach them to live,” writes Montaigne in *Essais*, and in *How to Die: A Book about Being Alive*, Ray Robertson takes up the challenge. Though contemporary society avoids the subject and often values the mere continuation of existence over its quality, Robertson argues that the active and intentional consideration of death is neither morbid nor frivolous, but instead essential to our ability to fully value life. *How to Die* is both an absorbing excursion through some of Western literature’s most compelling works on the subject of death as well as an anecdote-driven argument for cultivating a better understanding of death in the belief that, if we do, we’ll know more about what it means to live a meaningful life.

From the number-one bestselling author of *The Nightingale* and *The Great Alone* comes a powerful American epic about love and heroism and hope, set during the Great Depression,

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a time when the country was in crisis and at war with itself, when millions were out of work and even the land seemed to have turned against them. “My land tells its story if you listen. The story of our family.” Texas, 1921. A time of abundance. The Great War is over, the bounty of the land is plentiful, and America is on the brink of a new and optimistic era. But for Elsa Wolcott, deemed too old to marry in a time when marriage is a woman’s only option, the future seems bleak. Until the night she meets Rafe Martinelli and decides to change the direction of her life. With her reputation in ruin, there is only one respectable choice: marriage to a man she barely knows. By 1934, the world has changed; millions are out of work and drought has devastated the Great Plains. Farmers are fighting to keep their land and their livelihoods as crops fail and water dries up and the earth cracks open. Dust storms roll relentlessly across the plains. Everything on the Martinelli farm is dying, including Elsa’s tenuous marriage; each day is a desperate battle against nature and a fight to keep her children alive. In this uncertain and perilous time, Elsa—like so many of her neighbors—must make an agonizing choice: fight for the land she loves or leave it behind and go west, to California, in search of a better life for her family. The Four Winds is a rich, sweeping novel that stunningly brings to life the Great Depression and the people who lived through it—the harsh realities that divided us as a nation and the enduring battle between the haves and the have-nots. A testament to hope, resilience, and the strength of the human spirit to survive adversity, The Four Winds is an indelible portrait of America and the American dream, as seen through the eyes of one indomitable woman whose courage and sacrifice will come to define a generation.

From the physician behind the wildly popular NutritionFacts website, How Not to Die reveals the groundbreaking scientific evidence behind the only diet that can prevent and reverse

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many of the causes of disease-related death. The vast majority of premature deaths can be prevented through simple changes in diet and lifestyle. In *How Not to Die*, Dr. Michael Greger, the internationally-renowned nutrition expert, physician, and founder of NutritionFacts.org, examines the fifteen top causes of premature death in America—heart disease, various cancers, diabetes, Parkinson's, high blood pressure, and more—and explains how nutritional and lifestyle interventions can sometimes trump prescription pills and other pharmaceutical and surgical approaches, freeing us to live healthier lives. The simple truth is that most doctors are good at treating acute illnesses but bad at preventing chronic disease. The fifteen leading causes of death claim the lives of 1.6 million Americans annually. This doesn't have to be the case. By following Dr. Greger's advice, all of it backed up by strong scientific evidence, you will learn which foods to eat and which lifestyle changes to make to live longer. History of prostate cancer in your family? Put down that glass of milk and add flaxseed to your diet whenever you can. Have high blood pressure? Hibiscus tea can work better than a leading hypertensive drug—and without the side effects. Fighting off liver disease? Drinking coffee can reduce liver inflammation. Battling breast cancer? Consuming soy is associated with prolonged survival. Worried about heart disease (the number 1 killer in the United States)? Switch to a whole-food, plant-based diet, which has been repeatedly shown not just to prevent the disease but often stop it in its tracks. In addition to showing what to eat to help treat the top fifteen causes of death, *How Not to Die* includes Dr. Greger's Daily Dozen—a checklist of the twelve foods we should consume every day. Full of practical, actionable advice and surprising, cutting edge nutritional science, these doctor's orders are just what we need to live longer, healthier lives.

NEW YORK TIMES BESTSELLER As Featured on PBS How

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to stay healthy and boost immunity with #1 New York Times bestselling author Dr. Joel Fuhrman's no-nonsense, results-driven nutrition plan. As a family physician for over 30 years and #1 New York Times bestselling author Joel Fuhrman, M.D. will tell you that doctors and medications cannot grant you excellent health or protection from disease and suffering. The most effective health-care is proper self-care and that starts with changing the way we eat. Eat for Life delivers a science-backed nutrition-based program that prevents and even reverses most medical problems within three to six months. This is a bold claim but the science and the tens of thousands who have tried this approach back it up. The truth is: you simply do not have to be sick. Most Americans are deficient in the vitamins, minerals and phytonutrients found in plants (micronutrients), and consume too many fats, proteins, carbohydrates (macronutrients). The results of this standard diet is that we are not only shortening our lives but damaging our energy, vitality, and daily health by eating packaged and processed foods, excessive meat and dairy, and unsustainable amounts of salt and sugar. What we need is to consume foods rich in phytonutrients such as greens, beans, onions, mushrooms, berries, and seeds. These delicious and abundant foods contain the largest assortment of micronutrients and when consumed in adequate quantities they prevent and reverse diabetes and heart-disease, lower cholesterol and blood pressure, and reduce hunger and food cravings. Rooted in the latest nutritional science and complete with recipes, menu plans, and testimonials, Eat for Life offers everything you need to change the course of your health and put this life-changing program to work for you. In this sampler from the bestselling How Not To Die, we are offered an introduction and the first chapter, Beans, from Dr Michael Greger's Daily Dozen - the twelve foods we need to eat everyday to stave off disease and live healthier, longer

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lives. In the complete book How Not To Die, Dr Greger gives effective, scientifically-proven nutritional advice to prevent our biggest killers - heart disease, breast cancer, prostate cancer, high blood pressure, diabetes - and reveals the astounding health benefits that simple dietary choices can provide. The second half of the book is dedicated to Dr Greger's Daily Dozen, the twelve foods we need to eat everyday to stay well. Based on the very latest scientific research, How Not To Die reveals what, how and why different foods affect us and how increasing our consumption of certain foods and avoiding others can dramatically reduce our risk of falling sick and even reverse the effects of disease.

You are what you eat. Food and diet have an enormous influence on your health and well-being, but eating the right amount of the right things - and not too much of the wrong things - isn't easy. But, as in most walks of life, knowledge is power. This book will empower you to eat healthily, lose weight, and sort the fads from the science facts. This is the New Scientist take on a "New Year, New You" book: an eye-opening and myth-busting guide to everything from sugar to superfoods, from fasting to eating like a caveman and from veganism to your gut microbiome. Forget faddy diet books or gimmicky exercise programs, this is what is scientifically proven to make you live longer and to be healthier and happier.

The author of the major bestseller How Not to Die reveals the groundbreaking scientific research behind how a plant-based diet can maximize our fat-burning systems for long-term weight loss success.

Winner of a Books for a Better Life Award! Gene Baur, the cofounder and president of Farm Sanctuary, the nation's leading farm animal protection organization, knows that the key to happiness lies in aligning your beliefs with your actions. In this definitive vegan and animal-friendly lifestyle

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guide, he and Gene Stone, author of Forks Over Knives, explore the deeply transformative experience of visiting the sanctuary and its profound effects on people's lives. The book covers the basic tenets of Farm Sanctuary life—such as eating in harmony with your values, connecting with nature wherever you are, and reducing stress—and offers readers simple ways to incorporate these principles into their lives. Living the Farm Sanctuary Life also teaches readers how to cook and eat the Farm Sanctuary way, with 100 extraordinarily delicious recipes selected by some of the organization's greatest fans—chefs and celebrities such as Chef AJ, Chloe Coscarelli, Emily Deschanel, and Moby. Coupled with heartwarming stories of the animals that Farm Sanctuary has saved over the years, as well as advice and ideas from some of the organization's biggest supporters, Living the Farm Sanctuary Life is an inspiring, practical book for readers looking to improve their whole lives and the lives of those around them—both two- and four-legged.

A “must-read” (The Washington Post) funny and practical guide to help you find, build, and keep the relationship of your dreams. Have you ever looked around and wondered, “Why has everyone found love except me?” You’re not the only one. Great relationships don’t just appear in our lives—they’re the culmination of a series of decisions, including whom to date, how to end it with the wrong person, and when to commit to the right one. But our brains often get in the way. We make poor decisions, which thwart us on our quest to find lasting love. Drawing from years of research, behavioral scientist turned dating coach Logan Ury reveals the hidden forces that cause those mistakes. But awareness on its own doesn’t lead to results. You have to actually change your behavior. Ury shows you how. This “simple-to-use guide” (Lori Gottlieb, New York Times bestselling author of Maybe You Should Talk to Someone) focuses on a

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different decision in each chapter, incorporating insights from behavioral science, original research, and real-life stories.

You'll learn: -What's holding you back in dating (and how to break the pattern) -What really matters in a long-term partner (and what really doesn't) -How to overcome the perils of online dating (and make the apps work for you) -How to meet more people in real life (while doing activities you love) -How to make dates fun again (so they stop feeling like job interviews) -Why "the spark" is a myth (but you'll find love anyway) This "data-driven" (Time), step-by-step guide to relationships, complete with hands-on exercises, is designed to transform your life. How to Not Die Alone will help you find, build, and keep the relationship of your dreams.

The revised and expanded edition of the bestseller that changed millions of lives The science is clear. The results are unmistakable. You can dramatically reduce your risk of cancer, heart disease, and diabetes just by changing your diet. More than 30 years ago, nutrition researcher T. Colin Campbell and his team at Cornell, in partnership with teams in China and England, embarked upon the China Study, the most comprehensive study ever undertaken of the relationship between diet and the risk of developing disease. What they found when combined with findings in Colin's laboratory, opened their eyes to the dangers of a diet high in animal protein and the unparalleled health benefits of a whole foods, plant-based diet. In 2005, Colin and his son Tom, now a physician, shared those findings with the world in The China Study, hailed as one of the most important books about diet and health ever written. Featuring brand new content, this heavily expanded edition of Colin and Tom's groundbreaking book includes the latest undeniable evidence of the power of a plant-based diet, plus updated information about the changing medical system and how patients stand to benefit from a surging interest in plant-based nutrition. The China

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Study—Revised and Expanded Edition presents a clear and concise message of hope as it dispels a multitude of health myths and misinformation. The basic message is clear. The key to a long, healthy life lies in three things: breakfast, lunch, and dinner.

NEW YORK TIMES BESTSELLER “I come from a family forged by tragedies and bound by a remarkable, unbreakable love,” Hunter Biden writes in this deeply moving memoir of addiction, loss, and survival. When he was two years old, Hunter Biden was badly injured in a car accident that killed his mother and baby sister. In 2015, he suffered the devastating loss of his beloved big brother, Beau, who died of brain cancer at the age of forty-six. These hardships were compounded by the collapse of his marriage and a years-long battle with drug and alcohol addiction. In *Beautiful Things*, Hunter recounts his descent into substance abuse and his tortuous path to sobriety. The story ends with where Hunter is today—a sober married man with a new baby, finally able to appreciate the beautiful things in life.

NEW YORK TIMES BEST SELLER • A TODAY SHOW #ReadWithJenna BOOK CLUB PICK! An achingly beautiful work of historical fiction that moves between Germany on the eve of World War II and present-day Wisconsin, unspooling a thread of love, longing, and the powerful bonds of family. Annelise is a dreamer: imagining her future while

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working at her parents' popular bakery in Feldenheim, Germany, anticipating all the delicious possibilities yet to come. There are rumors that anti-Jewish sentiment is on the rise, but Annelise and her parents can't quite believe that it will affect them; they're hardly religious at all. But as Annelise falls in love, marries, and gives birth to her daughter, the dangers grow closer: a brick thrown through her window; a childhood friend who cuts ties with her; customers refusing to patronize the bakery. Luckily Annelise and her husband are given the chance to leave for America, but they must go without her parents, whose future and safety are uncertain. Two generations later, in a small Midwestern city, Annelise's granddaughter, Clare, is a young woman newly in love. But when she stumbles upon a trove of her grandmother's letters from Germany, she sees the history of her family's sacrifices in a new light, and suddenly she's faced with an impossible choice: the past, or her future. A novel of dazzling emotional richness that is based on letters from Lauren Fox's own family, *Send for Me* is a major departure for this acclaimed author, an epic and intimate exploration of mothers and daughters, duty and obligation, hope and forgiveness.

New York Times Bestseller What happens when you eat an apple? The answer is vastly more complex than you imagine. Every apple contains thousands of antioxidants whose names, beyond a few like

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vitamin C, are unfamiliar to us, and each of these powerful chemicals has the potential to play an important role in supporting our health. They impact thousands upon thousands of metabolic reactions inside the human body. But calculating the specific influence of each of these chemicals isn't nearly sufficient to explain the effect of the apple as a whole. Because almost every chemical can affect every other chemical, there is an almost infinite number of possible biological consequences. And that's just from an apple. Nutritional science, long stuck in a reductionist mindset, is at the cusp of a revolution. The traditional "gold standard" of nutrition research has been to study one chemical at a time in an attempt to determine its particular impact on the human body. These sorts of studies are helpful to food companies trying to prove there is a chemical in milk or pre-packaged dinners that is "good" for us, but they provide little insight into the complexity of what actually happens in our bodies or how those chemicals contribute to our health. In *The China Study*, T. Colin Campbell (alongside his son, Thomas M. Campbell) revolutionized the way we think about our food with the evidence that a whole food, plant-based diet is the healthiest way to eat. Now, in *Whole*, he explains the science behind that evidence, the ways our current scientific paradigm ignores the fascinating complexity of the human body, and why, if we have such overwhelming

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evidence that everything we think we know about nutrition is wrong, our eating habits haven't changed. Whole is an eye-opening, paradigm-changing journey through cutting-edge thinking on nutrition, a scientific tour de force with powerful implications for our health and for our world.

NATIONAL BESTSELLER * Fight cancer, diabetes, heart disease, weight gain, and even the aging process itself with one simple, scientifically proven plan to reverse disease--as well as prevent and reduce symptoms--from the world-renowned pioneer of lifestyle medicine. Dean Ornish, M.D., has directed revolutionary research proving, for the first time, that lifestyle changes can often reverse--undo!--the progression of many of the most common and costly chronic diseases and even begin reversing aging at a cellular level. Medicare and many insurance companies now cover Dr. Ornish's lifestyle medicine program for reversing chronic disease because it consistently achieves bigger changes in lifestyle, better clinical outcomes, larger cost savings, and greater adherence than have ever been reported--based on forty years of research published in the leading peer-reviewed medical and scientific journals. Now, in this landmark book, he and Anne Ornish present a simple yet powerful new unifying theory explaining why these same lifestyle changes can reverse so many different chronic diseases and how quickly these benefits occur. They

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describe what it is, why it works, and how you can do it:

- * Eat well: a whole foods, plant-based diet naturally low in fat and sugar and high in flavor. The "Ornish diet" has been rated "#1 for Heart Health" by U.S. News & World Report every year from 2011 to 2017.
- * Move more: moderate exercise such as walking
- * Stress less: including meditation and gentle yoga practices
- * Love more: how love and intimacy transform loneliness into healing

With seventy recipes, easy-to-follow meal plans, tips for stocking your kitchen and eating out, recommended exercises, stress-reduction advice, and inspiring patient stories of life-transforming benefits--for example, several people improved so much after only nine weeks they were able to avoid a heart transplant--Undo It! empowers readers with new hope and new choices. Praise for Undo It! "The Ornishes' work is elegant and simple and deserving of a Nobel Prize, since it can change the world!"--Richard Carmona, M.D., MPH, FACS, seventeenth Surgeon General of the United States "If you want to see what medicine will be like ten years from now, read this book today."--Rita F. Redberg, M.D., editor in chief, JAMA Internal Medicine "This is one of the most important books on health ever written."--John Mackey, CEO, Whole Foods Market

The International Bestseller 'Dr Michael Greger reveals the foods that will help you live longer' Daily

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Mail This book may help those who are susceptible to illnesses that can be prevented with proper nutrition' His Holiness the Dalai Lama Why rely on drugs and surgery to cure you of life-threatening disease when the right decisions can prevent you from falling ill to begin with? How Not To Die gives effective, scientifically-proven nutritional advice to prevent our biggest killers - including heart disease, breast cancer, prostate cancer, high blood pressure and diabetes - and reveals the astounding health benefits that simple dietary choices can provide. Based on the latest scientific research, the internationally bestselling How Not To Die examines each of the most common diseases to reveal what, how and why different foods affect us, and how increasing our consumption of certain foods and avoiding others can dramatically reduce our risk of falling sick and even reverse the effects of disease. It also shares Dr Greger's 'Daily Dozen' - the twelve foods we should all eat every day to stay in the best of health. With emphasis on individual family health history and acknowledging that everyone needs something different, Dr Michael Greger offers practical dietary advice to help you live longer, healthier lives.

From Michael Greger, MD, the author of the New York Times bestseller How Not to Die, comes a full-colour, fully illustrated cookbook that shares the science of long term weight-loss success. Michael

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Greger brings you truly delicious, nutritious, healthy dishes that will free you from 'dieting' forever. With over 100 recipes, this book puts into practice the twenty-one weight-loss accelerators identified in the bestselling How Not to Diet. From Grain-Stuffed Peppers with Cheesy Tomato Sauce to Crust-Free Pumpkin Pie and Black Forest Chia Pudding, this is the smart way to put an end to counting calories, gimmicky quick-fix diets and expensive diet programmes. The How Not to Diet Cookbook is for anyone looking to improve their quality of life - whether you want to lose weight or not. The plant-based recipes all incorporate everyday ingredients and easily available herbs and spices that have been scientifically proven to have a positive effect on health. All recipes in this cookbook have been fully anglicized.

Concise Reading offers an in-depth and comprehensive encapsulation of "How Not To Die: Discover the Foods Scientifically Proven to Prevent and Reverse Disease" by Dr. Michael Greger, the internationally-renowned nutrition expert, physician, and founder of NutritionFacts.org. It provides the essence and wisdom of the book as well as contemplative discussions that will help you appreciate the book even more. This companion book contains many tantalizing sections including: - Book Summary- Background Information About The Author- Discussion QuestionsAnd much more!Get

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your copy and start reading immediately.*Note: This is an unofficial companion book of Michael Greger's "How Not To Die".-It is designed to enrich your reading experience and not the original book.

“An indispensable guide for anyone who wants to live to age 100—by making sure there’s a livable world when you get there.” —Dan Buettner, New York Times—bestselling author of *The Blue Zones* Do you consider yourself an environmental ally? Maybe you recycle your household goods, ride a bike, and avoid too much air travel. But did you know that the primary driver of climate change isn’t plastics, or cars, or airplanes? Did you know that it’s actually our industrialized food system? In this fascinating new book, authors Nil Zacharias and Gene Stone share new research, intriguing infographics, and compelling arguments that support what scientists across the world are beginning to affirm and uphold: By making even minimal dietary changes, anyone can have a positive, lasting impact on our planet. If you love the planet, the only way to save it is by switching out meat for plant-based meals, one bite at a time. “This fascinating, easy-to-read book will give you still another reason to eat plants and not animals: you will be doing a world of good—literally!” —Rip Esselstyn, #1 New York Times—bestselling author of *Plant-Strong* “Eating plants is not just good for your own health, it’s imperative for the health of the planet. This well-argued, well-written book

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makes it clear why everyone should consider a plant-based diet today.” —Michael Greger, MD, New York Times—bestselling author of How Not to Die

“Possibly the single most important environmental book I’ve read in years. A must for everyone.”

—Kathy Freston, New York Times—bestselling author of The Lean

Previously published as How Not to Die Alone Smart, darkly funny, and life-affirming, for fans of Eleanor Oliphant Is Completely Fine, Something to Live For is the bighearted debut novel we all need, a story about love, loneliness, and the importance of taking a chance when we feel we have the most to lose. "Off-beat and winning...Gives resiliency and the triumph of the human spirit a good name." --The Wall Street Journal All Andrew wants is to be normal.

That's why his coworkers believe he has the perfect wife and two children waiting at home for him after a long day. But the truth is, his life isn't exactly as people think . . . and his little white lie is about to catch up with him. Because in all of Andrew's efforts to fit in, he's forgotten one important thing: how to really live. And maybe, it's finally time for him to start. "Roper illuminates Andrew's interior life to reveal not what an odd duck he is, but what odd ducks we all are." --The New York Times Book Review

Meet Blair, viral Instagram sensation and antisocial icon, in this handbook to living your worst life, written and illustrated with laugh-out-loud wit by comedian

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Mo Welch. For every brave soul who wants to just say no—no to meeting the gang for drinks, no to wishing a coworker happy birthday (unless there’s free cake involved), and no to dating of any kind—here comes Blair, the master of living life in sweatpants and talking only to her cat. With her dark but totally honest perspective, Blair will teach you how to become an antisocial hermit, fail at your boring job, sabotage your relationship, and always—always—give yourself permission to choose the couch over the gym.

#1 NEW YORK TIMES BESTSELLER • With richly layered characters and a gripping moral dilemma that will lead readers to question everything they know about privilege, power, and race, *Small Great Things* is the stunning new page-turner from Jodi Picoult. **SOON TO BE A MAJOR MOTION PICTURE** “[Picoult] offers a thought-provoking examination of racism in America today, both overt and subtle. Her many readers will find much to discuss in the pages of this topical, moving book.”—Booklist (starred review) Ruth Jefferson is a labor and delivery nurse at a Connecticut hospital with more than twenty years’ experience. During her shift, Ruth begins a routine checkup on a newborn, only to be told a few minutes later that she’s been reassigned to another patient. The parents are white supremacists and don’t want Ruth, who is African American, to touch their child. The hospital complies with their request,

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but the next day, the baby goes into cardiac distress while Ruth is alone in the nursery. Does she obey orders or does she intervene? Ruth hesitates before performing CPR and, as a result, is charged with a serious crime. Kennedy McQuarrie, a white public defender, takes her case but gives unexpected advice: Kennedy insists that mentioning race in the courtroom is not a winning strategy. Conflicted by Kennedy's counsel, Ruth tries to keep life as normal as possible for her family—especially her teenage son—as the case becomes a media sensation. As the trial moves forward, Ruth and Kennedy must gain each other's trust, and come to see that what they've been taught their whole lives about others—and themselves—might be wrong. With incredible empathy, intelligence, and candor, Jodi Picoult tackles race, privilege, prejudice, justice, and compassion—and doesn't offer easy answers. *Small Great Things* is a remarkable achievement from a writer at the top of her game. Praise for *Small Great Things* “Small Great Things is the most important novel Jodi Picoult has ever written. . . . It will challenge her readers . . . [and] expand our cultural conversation about race and prejudice.”—The Washington Post “A novel that puts its finger on the very pulse of the nation that we live in today . . . a fantastic read from beginning to end, as can always be expected from Picoult, this novel maintains a steady, page-turning pace that makes it hard for

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readers to put down.”—San Francisco Book Review

"The best way to learn about art is to make it.

Discover the secrets of great figure drawing as you sketch along with past and present masters. This working artist's sketchbook guides you from beginning gestures to delicate rendering. It's your art, your tradition, your time. Take your voice and add it to the tradition as if the history of art has saved the best for now."-- Juliette Aristides Figure Drawing Atelier offers a comprehensive, contemporary twist to the very traditional atelier approach to the methods that instruct artists on the techniques they need to successfully draw and ultimately paint the figure. The book offers art instruction, practical and progressive lessons on drawing the figure, and high-quality sketchbook paper in a beautiful package that includes blank pages for sketching and copying. Artists will then have a record of their process, like with a sketchbook, which many artists like to document and save. In this elegant and inspiring workbook, master contemporary artist and author Juliette Aristides breaks down the figure drawing process into small, manageable lessons, presents them progressively, introduces time-tested principles and techniques in the atelier tradition that are easily accessible, and shares the language and context necessary to understand the artistic process and create superior, well-crafted drawings. Atelier education is centered on the belief that working in a

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studio, not sitting in the lecture hall, is the best way to learn about art. Every artist needs to learn to master figure drawing. Ateliers have produced the greatest artists of all time--and now that educational model is experiencing a renaissance. These studios, a return to classical art training, are based on the nineteenth-century model of teaching artists by pairing them with a master artist over a period of years. Students begin by copying masterworks, then gradually progress to painting as their skills develop. Figure Drawing Atelier is like having an atelier in a book--and the master is Juliette Aristides, a classically trained artist and best-selling art-instruction author with almost rock star popularity in the contemporary world of representational art. On every page, Aristides uses the works of Old Masters and today's most respected realist artists to demonstrate and teach the principles of realistic figure drawing and painting, taking students step by step through the learning curve yet allowing them to work at their own pace. Unique and inspiring, this book offers a serious art course for serious art students and beginners alike.

Kathy Freston, the New York Times bestselling author of *Veganist*, urges "leaning in" for a leaner body—small changes that yield big results—in this simple but effective weight-loss plan.

A young, orphaned shapeshifter in a world that fears magic must risk everything if she hopes to save her

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only friend in Elayne Audrey Becker's Forestborn, first in a new fantasy series with a timeless feel. Download a FREE sneak peek today! **TO BE BORN OF THE FOREST IS A GIFT AND A CURSE.** Rora is a shifter, as magical as all those born in the wilderness—and as feared. She uses her abilities to spy for the king, traveling under different guises and listening for signs of trouble. When a magical illness surfaces across the kingdom, Rora uncovers a devastating truth: Finley, the young prince and her best friend, has caught it, too. His only hope is stardust, the rarest of magical elements, found deep in the wilderness where Rora grew up—and to which she swore never to return. But for her only friend, Rora will face her past and brave the dark, magical wood, journeying with her brother and the obstinate, older prince who insists on coming. Together, they must survive sentient forests and creatures unknown, battling an ever-changing landscape while escaping human pursuers who want them dead. With illness gripping the kingdom and war on the horizon, Finley's is not the only life that hangs in the balance. At the Publisher's request, this title is being sold without Digital Rights Management Software (DRM) applied.

WHEN THIS DOCTOR TALKS, YOU SHOULD LISTEN. Thousands of people make an early exit each year and arrive on medical examiner Jan Garavaglia's table. What is particularly sad about

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this is that many of these deaths could easily have been prevented. Although Dr. Garavaglia, or Dr. G, as she's known to many, could not tell these individuals how to avoid their fates, we can benefit from her experience and profound insight into the choices we make each day. In *How Not to Die*, Dr. G acts as a medical detective to identify the often-unintentional ways we harm our bodies, then shows us how to use that information to live better and smarter. She provides startling tips on how to make wise choices so that we don't have to see her, or someone like her, for a good, long time. • In "Highway to the Morgue," we learn the one commonsense safety tip that can prevent deadly accidents—and the reason you should never drive with the windows half open • "Code Blue" teaches us how to increase our chances of leaving the hospital alive—and how to insist that everyone caring for you practice the easiest hygiene method around • "Everyday Dangers" informs us why neat freaks live longer—and the best ways to stay safe in a car during a lightning storm Using anecdotes from her cases and a liberal dose of humor, Dr. G gives us her prescription for living a healthier, better, longer life—and unlike many doctors' orders, this one is surprisingly easy to follow.

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

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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.

By now, the low-carb diet's refrain is a familiar one: Bread is bad for you. Fat doesn't matter. Carbs are the real reason you can't lose weight. The low-carb universe Dr. Atkins brought into being continues to expand. Low-carb diets, from South Beach to the Zone and beyond, are still the go-to method for weight-loss for millions. These diets' marketing may differ, but they all share two crucial components: the condemnation of "carbs" and an emphasis on meat and fat for calories. Even the latest diet trend, the Paleo diet, is—despite its increased

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focus on (some) whole foods—just another variation on the same carbohydrate fears. In *The Low-Carb Fraud*, longtime leader in the nutritional science field T. Colin Campbell (author of *The China Study* and *Whole*) outlines where (and how) the low-carb proponents get it wrong: where the belief that carbohydrates are bad came from, and why it persists despite all the evidence to the contrary. The foods we misleadingly refer to as “carbs” aren’t all created equal—and treating them that way has major consequences for our nutritional well-being. If you’re considering a low-carb diet, read this e-book first. It will change the way you think about what you eat—and how you should be eating, to lose weight and optimize your health, now and for the long term.

How Not to Die Discover the Foods Scientifically Proven to Prevent and Reverse Disease Flatiron Books

A vital, timely text on the viruses that cause pandemics and how to face them, by the New York Times bestselling author of *How Not to Die*. As the world grapples with the devastating impact of COVID-19, Dr Greger reveals not only what we can do to protect ourselves and our loved ones during a pandemic, but also what human society must rectify to reduce the likelihood of even worse catastrophes in the future. From tuberculosis to bird flu and HIV to coronavirus, these infectious diseases share a common origin story: human interaction with animals. Otherwise known as zoonotic diseases for their passage from animals to humans, these pathogens—both pre-existing ones and those newly identified – emerge and re-emerge throughout history, sparking epidemics and pandemics that have resulted in millions of deaths around the world. How did these diseases come about? And what – if anything – can we do to stop them and their fatal march into our countries, our homes, and our bodies? In *How to Survive a Pandemic*, Dr Michael Greger, physician and internationally-recognized expert on public

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health issues, delves into the origins of some of the deadliest pathogens the world has ever seen. Tracing their evolution from the past until today, Dr Greger spotlights emerging flu and coronaviruses as he examines where these pathogens originated, as well as the underlying conditions and significant human role that have exacerbated their lethal influence to large, and even global, levels.

The Ornish Diet has been named the “#1 best diet for heart disease” by U.S. News & World Report for seven consecutive years! Dr. Dean Ornish is the first clinician to offer documented proof that heart disease can be halted, or even reversed, simply by changing your lifestyle. Based on his internationally acclaimed scientific study, which has now been ongoing for years, Dr. Ornish's program has yielded amazing results. Participants reduced or discontinued medications; they learned how to lower high blood pressure; their chest pain diminished or disappeared; they felt more energetic, happy, and calm; they lost weight while eating more; and blockages in coronary arteries were actually reduced. In his breakthrough book, Dr. Ornish presents this and other dramatic evidence and guides you, step-by-step, through the extraordinary Opening Your Heart program, which is winning landmark approval from America's health insurers. The program takes you beyond the purely physical side of health care to include the psychological, emotional and spiritual aspects so vital to healing. This book represents the best modern medicine has to offer. It can inspire you to open your heart to a longer, better, happier life.

It's been proven that a plant-based diet is good for your weight, health, budget, and the environment, but the proof hasn't come with a game plan—until now. If you've ever wanted to make the plant-based switch but felt overwhelmed about where to start, we have good news: you don't have to do it alone. The Plant-Based Journey provides the support

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you need every step of the way to make your transition into eating plant-based a fun and (ful)filling experience! Award-winning teacher, transition strategist, fitness expert and dietary coach Lani Muelrath has been on her own plant-based journey for more than 40 years and has helped thousands of clients lose weight and live more healthy and plant-filled lives. Here, she brings that experience to you, backed by scientific evidence. In this comprehensive, foolproof, and accessible five-step guide, Muelrath will empower you as you make your own dietary transition: Step 1: Awakening: Discover your "why" for eating plant-based Step 2: Scout: Assemble what you need for plant-based eating basics Step 3: Rookie: Increase the presence of plant foods on your plate with specific strategies and systems Step 4: Rockstar: Take your newfound plant-based eating success on the road and to social and family situations Step 5: Champion: Sharpen your skills for long-term plant-based living success In addition, in *The Plant-Based Journey*, Muelrath explains how exercise and your mindset support dietary change, and she also shares more than 20 recipes along with meal plan templates and ready-in-minutes meals that will have you pulling together delicious and satisfying meals with ease. Whether you're a plant-based newbie looking to shed pounds or a seasoned vegan in search of fresh inspiration and navigational skills, *The Plant-Based Journey* is your essential, definitive guide—for a healthier, trimmer you.

Bestselling author Dan Buettner reveals how to transform your health using smart nutrition, lifestyle, and fitness habits gleaned from longevity research on the diets, eating habits, and lifestyle practices of the communities he's identified as "Blue Zones"—those places with the world's longest-lived, and thus healthiest, people, including locations such as Okinawa, Japan; Sardinia, Italy; Costa Rica's Nicoya Peninsula; Ikaria,

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Greece; and Loma Linda, California. With the audacious belief that the lifestyles of the world's Blue Zones could be adapted and replicated in towns across North America, Buettner launched the largest preventive health care project in the United States, The Blue Zones City Makeovers, which has impacted the health of millions of Americans since 2009. In *The Blue Zones Solution*, readers can be inspired by the specific stories of the people, foods, and routines of our healthy elders; understand the role community, family, and naturally healthy habits can play in improving our diet and health; and learn the exact foods—including the 50 superfoods of longevity and dozens of recipes adapted for Western tastes and markets—that offer delicious ways to eat your way to optimum health. Throughout the book are lifestyle recommendations, checklists, and stories to help you create your own personal Blue Zones solution. Readers will learn and apply the 80/20 rule, the plant slant diet, social aspects of eating that lead to weight loss and great health naturally, cultivating your "tribe" of friends and family, and your greater purpose as part of your daily routine. Filled with moving personal stories, delicious recipes, checklists, and useful tips that will transform any home into a miniature blue zone, *The Blue Zones Solution* is the ultimate blueprint for a healthy, happy life.

'Dr Michael Greger reveals the foods that will help you live longer' Daily Mail From the author of the international bestseller *How Not To Die* comes *The How Not To Die Cookbook* - a lavish, beautifully illustrated cookbook full of delicious recipes based on the groundbreaking nutritional science of the original book. Dr Michael Greger, founder of the wildly popular website Nutritionfacts.org takes his comprehensive, lifesaving science into the kitchen. Why suffer from disease and ill health when the right food is proven to keep you healthy, and without the side effects of

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drugs? We can avoid heart disease, cancer and our other biggest killers if we use food as medicine, and the How Not To Die Cookbook offers a sustainable and delicious guide to preparing and eating the foods that will prevent and reverse fatal disease. Featuring over 100 easy-to-follow, beautifully photographed plant-based recipes, the How Not To Die Cookbook merges cutting edge science with everyday ingredients from the supermarket to help you and your family eat your way to better health and a longer life.

Why rely on drugs and surgery to cure you of life-threatening disease when the right decisions can prevent you from falling ill to begin with? How Not To Die' gives effective, scientifically-proven nutritional advice to prevent our biggest killers - heart disease, breast cancer, prostate cancer, high blood pressure, diabetes - and reveals the astounding health benefits that simple dietary choices can provide.

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