

Coffee: The Little Everything Guide To Coffee Drinks, Styles, Brews, Beans, And More

"Eat carbohydrates--but only if they're "good." Eat fiber--but only if it's soluble. Eat protein--but not too much. There are so many rules on the road to good nutrition, how can anyone know what to eat? With this guide, you'll find all you need to keep yourself and your family healthy, such as: Recipes for nutritionally balanced meals that taste good Tips for incorporating more fruits and vegetables Which foods contain the most beneficial vitamins How to safely transition to a vegetarian or vegan diet Why processed foods are so bad for you--and how to stop eating them And much, much more! With meal plans and grocery shopping guidelines, this complete guide is perfect for busy families or individuals on the go. Eating healthy is just a grocery store trip away!"

An illustrated guide to the essential rules for enjoying coffee both at home and in cafes, including tips on storing and serving coffee, coffee growing, roasting and brewing, plus facts, lore, and popular culture from around the globe. This introduction to all things coffee written by the founders and editors of Sprudge, the premier website for coffee content, features a series of digestible rules accompanied by whimsical illustrations. Divided into three sections (At Home, At the Cafe, and Around the World), The New Rules of Coffee covers the basics of brewing and storage, cafe etiquette and tips for enjoying your visit, as well as essential information about coffee production (What is washed coffee?), coffee myths (Darker is not stronger!), and broadcasts from a new international coffee culture.

Day trading can be perilous or profitable--depending upon the expertise of the trader. In this no-nonsense, take-no-prisoners guide, you learn how the market works and how to make it work for you. From screening stocks to conducting technical analyses, you learn everything active traders need to succeed in this tumultuous world, including: What goes on behind the scenes in the market How things can go wrong and how to reduce risk Which kind of technical analyses work--and why The best research and trading services to turn to for help The ins and outs of chart patterns, like Candlesticks, Triangles, and Head and

Shoulders With real-life examples that illustrate the ups and downs inherent in this high-risk, high-profit business, this guide is all you need to trade wisely, quickly, and lucratively, no matter how new you are to the challenging game of day trading.

There is no more challenging and rewarding career than law enforcement, but so few know where to start in order to break into this exciting field. Written by a seasoned law enforcement professional, The Everything Guide to Careers in Law Enforcement will help you navigate the application, hiring, and training process. This unique comprehensive handbook covers all aspects of job options available - from local and state police to National Park Rangers and Homeland Security officers. Inside, you'll find: Candidate requirements Desired qualities and education for applicants Where and how to apply to different agencies The future of law enforcement in the twenty-first century If you're curious about this rewarding yet unsung field, The Everything Guide to Careers in Law Enforcement is the accessible and essential guide you need to get started on your way to a fulfilling career!

The Everything Guide to Comedy Writing

A Modern Guide for Everyone

The New Rules of Coffee

The Rough Guide to New Zealand

The Little Black Book of Coffee

Step-by-Step Instructions for Vacuum-Sealed Cooking at Home

Guide To Open A Successful Coffee Shop

The Everything Guide to Remote Work

The definitive guide to the extraordinary world of coffee from growing and roasting to brewing and serving the perfect cup. This is the ultimate guide to the history, science and cultural influence of coffee according to coffee aficionado and master storyteller Tristan Stephenson. You'll explore the origins of coffee, the rise of the coffee house and the evolution of the café before discovering the varieties of coffee, and the alchemy responsible for transforming a humble bean into the world's most popular drink. You'll learn how to roast coffee at home in the fascinating Roasting section before delving into the Science and Flavour of Coffee and finding out how sweetness, bitterness, acidity and aroma all come together. You'll then get to grips with grinding before learning about the history of the espresso machine and how to make the perfect espresso in the Espresso chapter. Discover how espresso and milk are a match made in heaven, yielding such treasures as the Latte, Cappuccino, Flat white and Macchiato; you'll also find out how to pour your own Latte art. Other Brewing Methods features step-by-step guides to classic brewing techniques to bring the coffee to your table, from a Moka pot and a French press to Aeropress and Siphon brewing. Finally, why not treat yourself to

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one of Tristan's expertly concocted recipes. From an Espresso Martini to a Pumpkin Spice Latte and Coffee Liqueur to Butter Coffee, this really is the essential anthology for the coffee enthusiast.

The Rough Guide to Italy is the ultimate travel guide to one of Europe's most appealing countries. From the top draws of Rome and Florence to the hidden corners of Friuli and Liguria, this guide will help you make the most of your trip to Italy. You will find all the detailed information you need, from vaporetto routes in Venice to hole-in-the-wall pizza joints in Naples to the best spot to watch the sunset on the Amalfi Coast. Be inspired to go diving in Sardinia, climbing on Mount Etna, windsurfing on Lake Garda, trekking in the Alps, beach-hopping in Puglia, wine tasting in Piemonte, or exploring in Sicily. Clear detailed listings will lead you to great accommodations, from boutique hotels and quirky bed and breakfasts to idyllic agriturismos and slick city apartments. You'll also discover the best atmospheric osterie, gourmet restaurants, and melt-in-your-mouth gelato. Readable accounts of Italy's history, art, and groundbreaking film industry will help you learn even more about this beautiful country. With full color throughout and crystal clear maps, The Rough Guide to Italy is your essential travel companion.

The breakthrough diet that feeds your body--and your brain! Studies show that the MIND diet (short for "Mediterranean-DASH Intervention for Neurodegenerative Delay") can boost memory, cognition, and overall brain health. In fact, studies have shown that those who adhere to the MIND diet, a hybrid of the Mediterranean and DASH diets, lowered their risk of Alzheimer's by 53 percent! On this healthy eating plan, you focus on ten brain-healthy food groups while limiting unhealthy foods, including red meats, cheeses, and fried foods. You can even indulge in a glass of wine! The Everything Guide to the MIND Diet guides you through the plan, with shopping lists, meal plans, and 200 delicious recipes that won't leave you feeling deprived. So what are you waiting for? Open this easy-to-use guide to find all the tools you need for health, wellness, and longevity!

Ever wondered how the professional barista can create all of those great designs on the top of your coffee? This is the guide they read, and is your opportunity to learn and become your family's own barista. Written with advice and instructions from international award winning baristas this book provides a step by step breakdown of a variety of coffee art, designed to assist you to become an artist in your own coffee making. You will love the intricate designs, and be surprised at how easy they can be achieved. Also included are some fantastic cake and biscuit recipes containing coffee as an ingredient.

Winning Secrets to a Successful - and Profitable - Career!

A Complete Handbook to an Exciting And Rewarding Life of Service

The Everything Guide to Stepparenting

The Everything Guide to Being Vegetarian

The Rough Guide to Italy

A Quick and Easy Guide to Buying, Brewing, Serving, Roasting, and Tasting Coffee

A Little Book for Coffee Lovers All Over the World

From conquering your fears to assessing health risks—all you need to have a happy, healthy nine months

Starting a relationship with a new person is always an adventure, and that adventure comes with extra thrills when your significant other is also a parent. Not only do you have

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to incorporate one new person into your life; you have to welcome that personÆs children too. This guide will teach new and future stepparents how to: Meet and build relationships with potential stepchildren Handle situations involving the other biological parent Involve stepchildren in the wedding Be an involved stepparent without overstepping boundaries Make tough decisions about money, education, and more This comprehensive resource covers dozens of different situations ù from battling the wicked stepparent stereotype to mediating interactions between stepsiblings. Written by a licensed mental health counselor and experienced stepparent, this book will help future stepparents start off their new lives on the right foot.

Borderline personality disorder's bouts of violence and anger coupled with desperate and fixated love make it a traumatic and emotional rollercoaster for all those involved with it. Here is the professional yet compassionate guide you need to explore and understand the tumultuous world of BPD.

In this comprehensive guide, Jill Sutherland offers practical and realistic advice, designed to take would be sandwich bar owners from idea, to opening. Packed with top tips, real-life examples, checklists and anecdotes, it provides a stage-by-stage guide to your first year, from the planning of your business, to it's opening and becoming established. You'll learn how to: - Develop and research your sandwich bar 'idea' - Write a professional business plan - Find the right shop unit, and fit it out - Decide on suppliers - Manage food hygiene and health and safety - Create your menu and source produce - Budget, forecast and manage cash flow - Launch and generate interest - Employ and manage staff.

Have you ever planned a trip with a friend and watched them sniff out the best cafes first, and the accommodation second? A caffeinated gourmand who loves to explore new scenes and try new flavours? Destination Coffee is a book for the coffee and travel lover. It showcases the world's greatest coffee cities, from Portland to Trieste, Melbourne to Rome, and uncovers coffee-drinking histories from around the world. It will guide you to the best cafe enclaves and help you to choose what to drink when you get there.

Beautifully illustrated, Destination Coffee is a gift book that percolates with information on coffee styles and equipment, and includes insights from baristas and cafe latte artists on coffee's unshakeable place in popular culture, and why we're so completely obsessed with this mystical brew. Also included is a coffee tasting wheel and recipes for coffee cocktails. Illustrations by Manhattan-based artist Wenjia Tang.

The Everything Guide to Investing in Your 20s & 30s

From Personality And Behavior to Nutrition And Health--a Complete Handbook

The Curious Barista's Guide to Coffee

The Ultimate Resource for Remote Employees, Hybrid Workers, and Digital Nomads

Barista Coffee Guide

The Everything Guide to Borderline Personality Disorder

The Everything Guide to the MIND Diet

The Everything Guide to Smoking Food

A guy walks into a bar... With this guide, aspiring comics will learn to navigate the complex world of comedy writing.

Discover how to tap into your natural sense of humor through

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real-life examples and hands-on skill-building exercises.

Learn the best ways to come up with ideas and write comedy that gets laughs--every time! Mike Bent, an accomplished stand-up comedian and teacher, provides the inside scoop on techniques to jump-start your comedy writing career, including how to: Develop comic characters for sketches and scenes Create and polish a standup routine Write for TV and movies Use the web to advance your comedy career Everyone loves a comedian. But breaking into this tough field is no laughing matter. After sharpening your comedy-writing skills with this practical (and funny!) guide, you'll feel comfortable adding humor to everyday situations and may even take a chance on your dream job in show business!

Do you find it hard to set boundaries and take care of your own needs? Sowle helps you learn how to identify your own destructive behavior, regain self-esteem, and set healthy boundaries in all types of relationships.

The extravagantly beautiful island of Jamaica has it all.

From the creative and rhythmic culture to the abundant and colorful vegetation, this island exudes vibrancy. Footprint

Focus provides invaluable information on transport, accommodation, eating and entertainment to ensure that your trip includes the best of this spectacular island. •

Essentials section with useful advice on getting to and around Jamaica. • Comprehensive, up-to-date listings of

where to eat, sleep and play. • Includes information on tour operators and activities, from the tranquillity of the Blue

Mountains to exploring lively Kingston. • Detailed maps for Jamaica and its key destinations. • Slim enough to fit in

your pocket. With detailed information on all the main sights, plus many lesser-known attractions, Footprint Focus Jamaica provides concise and comprehensive coverage of one of the Caribbean's most lively islands.

Creating a perfectly cooked meal is easy when using the sous vide method. Sous vide means cooking "under vacuum,"

literally in a vacuum-sealed bag in a temperature-controlled water bath. Cylka gives home cooks all the essential

information for preparing delicious food, and will have you cooking like a top chef in no time!

The Little Coffee Know-It-All

Optimize Brain Health and Prevent Disease with Nutrient-dense Foods

Your Step-by-Step Guide to: * Understanding Stocks, Bonds,

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and Mutual Funds * Maximizing Your 401(k) * Setting Realistic Goals * Recognizing the Risks and Rewards of Cryptocurrencies * Minimizing Your Investment Tax Liability

The Everything Guide to Being an Event Planner

A Comprehensive Guide to the Bean, the Beverage, and the Industry

The Essential Guide to Your Favorite Perk-Me-up

Coffee Isn't Rocket Science

The Advertising Handbook

"Coffee is a language in itself." --Jackie Chan Have you ever been overwhelmed by the world of coffee and all the varieties out there? So was I! I wrote this book as a resource to help people become coffee literate when ordering, making and talking about the greatest drink in the world. So many people love coffee but stay in their comfort zone when it comes to making coffee at their home or ordering at their local shop, they find some varieties intimidating. I think people should embrace the quest to find their next favorite drink! This book contains a A-Z list of all important drinks to make or order tomorrow morning. As well as the most important information about coffee beans, brews, styles and its history and cultural role in our lives. I hope this book feeds your desire to know more about coffee and experiment with coffee in your everyday life!

Successful selling is much more than qualifying prospects and making calls. If you're planning on entering the exciting field of sales, The Everything Guide to Being a Sales Rep is your unique career handbook, with constant "keep positive reminders" and practical applications throughout. Written by a seasoned-and successful-sales professional, The Everything Guide to Being a Sales Rep teaches you the proven five-prong approach to selling: Identifying and following the roadmap to sales success Understanding the psychology and motivation of sales Clarifying goals, prospects, and customer relationships Making time to sell, market, and follow up on products and services Keeping a positive attitude. With The Everything Guide to Being a Sales Rep, you'll learn how to use two of your most valuable assets-time and energy-to create an extraordinarily dynamic and profitable selling career. Discover the secret to being productive and successful when working from home with this essential guide to becoming a

digital nomad. During COVID-19, working from home became the new normal. Now, both employers and employees find that the remote work they were forced to adjust to may be, well, better—financially, sustainably, and even in terms of overall morale and productivity. But working from home is not without its challenges. It can be difficult to eliminate distractions, strike a solid work/life balance, and maintain social connections that are crucial in the workplace. Whether you're trying to find and land a job from the comfort of your home, learning to manage a virtual team, or dream of living a digital nomad lifestyle, *The Everything Guide to Remote Work* has everything you need to be successful. You'll learn to optimize your own workplace culture, whether it's in your home office or a constantly changing backdrop. So whether your company continues to work remotely full time or you only have to go to the office a few days a week, you'll be armed with all the tools you'll need to make the most out of this new lifestyle.

A guide to authentic smoked food and barbecue, including basic smoking technique, indoor and outdoor smoking, equipment safety, and preparing meats, with recipes for everything from brines and rubs to pork, poultry, sides, and desserts.

A Reference Work Covering the Principles and Practices of Advertising

The Everything Guide to Writing Your First Novel

Making the Perfect Cup of Coffee

Professional, Reassuring Advice for Coping with the Disorder and Breaking the Destructive Cycle

A Miscellany for Growing, Roasting, and Brewing, Uncompromising and Unapologetic

The Everything Guide to Pregnancy over 35

The Little Everything Guide to Coffee Drinks, Styles, Brews, Beans, and More

Coffee: A Comprehensive Guide to the Bean, the Beverage, and the Industry offers a definitive guide to the many rich dimensions of the bean and the beverage around the world. Leading experts from business and academia consider coffee's history, global spread, cultivation, preparation, marketing, and the environmental and social issues surrounding it today. They discuss, for example, the impact of globalization; the many definitions of organic, direct trade, and fair trade; the health of female farmers; the relationships among

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shade, birds, and coffee; roasting as an art and a science; and where profits are made in the commodity chain. Drawing on interviews and the lives of people working in the business—from pickers and roasters to coffee bar owners and consumers—this book brings a compelling human side to the story. The authors avoid romanticizing or demonizing any group in the business. They consider basic but widely misunderstood issues such as who adds value to the bean, the constraints of peasant life, and the impact of climate change. Moving beyond simple answers, they represent various participants in the supply chain and a range of opinions about problems and suggested solutions in the industry. Coffee offers a multidimensional examination of a deceptively everyday but extremely complex commodity that remains at the center of many millions of lives. Tracing coffee's journey from field to cup, this handbook to one of the world's favorite beverages is an essential guide for professionals, coffee lovers, and students alike. Contributions by: Sarah Allen, Jonathan D. Baker, Peter S. Baker, Jonathan Wesley Bell, Clare Benfield, H. C. "Skip" Bittenbender, Connie Blumhardt, Willem Boot, Carlos H. J. Brando, August Burns, Luis Alberto Cuéllar, Olga Cuellar, Kenneth Davids, Jim Fadden, Elijah K. Gichuru, Jeremy Haggard, Andrew Hetzel, George Howell, Juliana Jaramillo, Phyllis Johnson, Lawrence W. Jones, Alf Kramer, Ted Lingle, Stuart McCook, Michelle Craig McDonald, Sunalini Menon, Jonathan Morris, Joan Obra, Price Peterson, Rick Peyser, Sergii Reminny, Paul Rice, Robert Rice, Carlos Saenz, Vincenzo Sandalj, Jinap Selamat, Colin Smith, Shawn Steiman, Robert W. Thurston, Steven Topik, Tatsushi Ueshima, Camilla C. Valeur, Geoff Watts, and Britta Zeitemann

With nearly 6 million adult vegetarians in the United States, a push toward a leaner, greener, healthier lifestyle is happening everywhere. Whether their reasons are moral, economic, or health-related, people all over the country--and the world--are making the switch to vegetarianism. In this book, you discover: Easy ways to get essential nutrition like protein and iron Where to buy fresh, high-quality produce without breaking the bank Cooking tips and techniques for a vegetarian kitchen, such as how to prepare tofu Delicious vegetarian recipes for every meal of the day, including choices kids will love The real difference between vegetarian and vegan A vegetarian lifestyle doesn't have to be restrictive; with the help of this book it can be liberating and satisfying! The key is the right information and recipes so you can say goodbye to meat and hello to a fresh, new life.

Have you always dreamed of running your very own cafe? Are you passionate about coffee and ready to keep folks caffeinated? Opening your own coffee-house is a business undertaking; it requires time, thought, and patience to succeed. To make your fantasy real and profitable, you need to understand both the challenges and opportunities you will face as a cafe or small business owner. From planning permissions to managing your margins to sorting out your first order of compostable cups, there are many intricacies to consider. Here is a practical guide to opening and running a successful Independent Coffee Shop, essential reading for all Entrepreneurs. In this book, you will learn: -Don't open your coffee shop until you have read this -How to select your coffee shop location -How to get a great team for your coffee shop -How to provide WOW

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service -How to choose what to sell in your coffee shop -The importance of a good layout in your coffee shop -How to choose the equipment for a new coffee shop -How to run your coffee shop -How to keep in financial control of your coffee shop -How to sell your coffee shop -The coffee shop success formula. '-Straight forward, independent, no-nonsense advice is not easy to find. This is a must-read book for every budding and existing coffee shop entrepreneur. Even if you do not own a coffee shop, read it for great business advice.'

Do you love throwing parties? Are you the most organized person you know? Can you thrive in a fast-paced environment? If so, event planning could be your perfect career choice! Seasoned event planner Jennifer Mancuso helps you to get started and succeed in this exciting field. This book's insider tips and step-by-step guidance will teach you how to: Tailor events to each client - from a corporate dinner to an intimate wedding Market and network to keep business coming Hire vendors that your client will love Build a great reputation in your area and beyond Whether you've recently earned a hospitality degree or are simply looking for a fun career change, The Everything Guide to Being an Event Planner will help you break out of the routine and start a new, creative endeavor-one celebration at a time!

All the Tools You Need to Write and Sell Your First Novel

The Everything Guide to Writing a Romance Novel

Start and Run a Sandwich and Coffee Shop

Destination Coffee

The Everything Guide to Raising a Toddler

The Everything Guide to Day Trading

Coffee

The Rough Guide to Laos

All you need to know about investing safely and smartly, with new information on the latest options—from cryptocurrencies to social media IPOs—in this comprehensive and updated guide to understanding the current market, setting realistic goals, and achieving financial success. The best time to start investing is now—even as little as a few years can make a difference of hundreds of thousands of dollars by the time retirement comes around. Investing early in your career is the best way to ensure a secure and successful life all the way through retirement. For years, The Everything Guide to Investing in Your 20s and 30s has been guiding young professionals on how to capitalize on the investing market and make the most out of their money. This all-new and fully updated edition includes all of the tips, tricks, and investing knowledge while also explaining: —New technological investing options —How the changing political climate affects your money —What the rising interest rates mean —Active investing versus passive investing The Everything Guide to Investing in Your 20s and 30s teaches you how to maximize your investing strategy and make your money work for you. Don't wait. Start investing today!

As busy parents who are fast approaching your baby's twelve-month milestone, you need a helpful manual to guide your baby through developmental milestones like walking, talking, and engaging with others. The Everything Guide to Raising a One-Year-Old offers sound advice on getting through the next exciting-and challenging-year of your child's life. This all-new guide helps you transition smoothly from the baby years into the toddler years with expert advice that shows you how to: Encourage physical and emotional developments, such as walking and

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communicating needs Address day-to-day issues including toothbrushing, bedtime routines, and mealtime choices Deal with tantrums and developmental delays Choose childcare providers like daycare and babysitters Get your child to sleep Set the stage for potty training, provide nutrition, and ensure safety Written by a pediatrician and a Mom, *The Everything Guide to Raising a One-Year-Old* is full of practical and informative advice that will ensure that you and your little one enjoy a safe, healthy, and happy 12 to 24 months!

With more and more women waiting to start a family, it's encouraging to know that you can have a healthy pregnancy over 35-and into your 40s-if you make well-informed choices about your prenatal care. Whether you're considering parenting for the first time or starting over, *The Everything Guide to Pregnancy over 35* covers the physical, emotional, and social implications of a 35+ pregnancy to help ensure the healthiest and happiest nine months-and beyond. Packed with expert advice, plus helpful tips from moms just like you, this reassuring guide shows you how to: Improve your chances of getting pregnant after 35-including fertility treatment options Select the best care options-whether with a doctor or midwife Incorporate vitamins, proper nutrition, and exercise into your lifestyle Weigh the benefits and risks of prenatal testing Understand the changes happening to your body Prepare for labor, delivery, and recovery Assess financial and career considerations And, most importantly, welcome a new baby into your life! With its supportive, straightforward approach, *The Everything Guide to Pregnancy over 35* is the one book you need to dispel the rumors, understand the risks, and enjoy the rewards of this exciting time!

Provides travel tips, recommended accommodations and restaurants, and background on New Zealand's culture and history.

All You Need to Cook with Smoke--Indoors Or Out!

The Ultimate Cooking, Diet, and Lifestyle Guide for Gluten-Free Families!

From writing the perfect love scene to finding the right publisher--All you need to fulfill your dreams

The Everything Guide to Nutrition

Everything You Need To Know Before Opening A Cafe: Coffee Shop Business Ideas

Consumers' Guide

The Everything Guide To Cooking Sous Vide

Insider Advice on Turning Your Creative Energy into a Rewarding Career

Guides readers in writing and publishing a book, including creating authentic characters, editing, and finding an agent.

A guide to growing, roasting and brewing the world's best coffee, uncompromising and unapologetic.

Every year, thousands of romance manuscripts are submitted to publishers, but only the best are eventually published. This simple guide—written by two awardwinning romance novelists—will show readers what it takes to break into this highly competitive market and will provide them the information they need to get their manuscript out of the slush pile and onto the bookshelf. Readers will learn how to do the following techniques: build a story from premise to plot; add a fresh twist to a classic storyline; create

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compelling characters; write sizzling sex scenes that carry an emotional punch; research agents and markets; write a story that an editor can't reject; and promote themselves and their work. New writers, and even experienced writers, will find the solid howto information here invaluable. This is a musthave for aspiring writers who want to write the perfect love story.

The indispensable Rough Guide to Laos is the definitive guide to this fascinating Southeast Asian country, taking you from the remote mountainous north to the sleepy south. It's packed with detailed, lively reviews of accommodation and restaurants to suit all budgets, plus practical information on things like border crossings and road and river travel. With comprehensive research, accompanied by stunning photographs, The Rough Guide to Laos is your essential companion, whether you want to follow the well-trodden route along the Mekong, or blaze your own trail. The guide's authoritative background section provides essential information on Laos's often turbulent history and teaches you about the country's fascinating hill tribes and vibrant festivals. And with dozens of clear, accurate maps The Rough Guide to Laos gets you under the skin of this dynamic country. Originally published in print in 2011. Make the most of your trip with The Rough Guide to Laos. Now available in ePub format.

The Everything Guide To Being A Sales Rep

The advice, nutrition information, and recipes you need to enjoy a healthy lifestyle

Practical, reassuring advice for creating healthy, long-lasting relationships

A Miscellany for growing, roasting, and brewing, uncompromising and unapologetic

The Everything Guide To Careers In Law Enforcement

The Everything Guide to Living Gluten-Free

Jamaica Footprint Focus Guide

The Everything Guide to Codependency

If they call you a know-it-all, well, you've got the last laugh - the best coffee in town! So you know your coffee? Consider this book your advanced degree in all things java. You may think you know the how and why of roasting and brewing, but you nerds know nothing yet. This goes further into everyone's favorite beverage. With even deeper history, techniques, science, and tips than some of the other guides, you're going to obsess over this book for the ultimate coffee lover. The Little Coffee Know-It-All is not for the faint of heart. What's the best way to store coffee and why? How do you brew the perfect cup of joe? What's the premium coffee bean in the world? What's the roast with the most? What's the real reason to use a siphon coffee maker? In The

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Coffee Know-It-All, Shawn Steiman, Hawaii's own "Doctor Coffee," answers these questions and more in a fun, playful but scientifically rigorous manner. If you are serious about your coffee, this book is the perfect companion to your journey from coffee drinker to a being a coffee know-it-all. All you need for a smooth transition to the gluten-free lifestyle! Contrary to popular belief, living gluten-free doesn't just mean eating gluten-free! With 1 in 20 people suffering from some degree of gluten intolerance and countless others interested in the health benefits of removing gluten from their diet, it's no wonder that the gluten-free lifestyle is on the rise. The Everything Guide to Living Gluten Free is the perfect introduction to this lifestyle change. Inside, you'll find guidance on making a stress-free switch to a gluten-free life, with valuable information on: Setting up a pantry to avoid cross-contamination. Finding gluten-free options when traveling. Selecting gluten-free health and personal care products. Enjoying restaurant dinners and parties. Helping children acclimate to the gluten-free lifestyle. Plus, you'll find 100 recipes for superb gluten-free dishes, like Cornmeal-Corn Chicken, Focaccia Bread, and Chocolate Raspberry Cupcakes with Fluffy Raspberry Frosting. Even including information for gluten-free vegans and vegetarians, this all-in-one guide is your indispensable resource for losing gluten for good!

Rise and shine! From roasts to brews, coffee bean to coffee cup, this "Essential Guide to Your Favorite Perk-Me-Up" gets you into the espresso lane with more than 70 tempting recipes for hot, cold, and spirited coffee drinks, plus treats to make with coffee, and (of course) treats to eat with coffee. Also covers coffee's history, geography, processing and roasting, the art of tasting, and more. From Caffe Latte to Coffee-Maple Whip, from Irish Coffee to a Midnight Martini, from Mocha Cheesecake to Viennese Sacher Torte, this is the perfect book for any coffee connoisseur!

The toddler years are a wondrous time of exploration and independence. A time when your little one begins to stretch his wings and test his boundaries. If you're prepared, you can enjoy the toddler years with ease and confidence. All you need is a little direction to change these often trying years into terrific memories. Filled with practical advice and sound strategies, this guide tells you how to prepare great meals your toddler will actually sit still for and eat. Handle tantrums. Toddler-proof your home. Get your toddler on a regular sleep schedule. You'll also get tips on handling technology with toddlers, a slew of activities to build brainpower, and recipes that help keep toddlers performing their best. You no longer have to worry about the toddler years--with this helpful guide, you can raise a happy, well-adjusted, and terrific toddler!

All you need to raise a happy, healthy, and confident Toddler

The Everything Guide To Raising A One-Year-Old

Botanical Guide Through the Phipps Conservatories in Pittsburg and Allegheny

All you need to keep you - and your family - healthy

Learn to Recognize and Change Codependent Behavior

From stand-up to sketch - all you need to succeed in the world of comedy

All the tools, training, and techniques you need to succeed in day trading

This fully-illustrated, highly-informative, and fun primer presents a whole new way to know and enjoy any type of coffee. In the same format as the highly-praised Wine Isn't Rocket Science. Rocket science is complicated, coffee doesn't have to be! With information presented in an easy, illustrated style, and chock-full of the fool-proof and reliable knowledge of a seasoned barista, COFFEE ISN'T ROCKET SCIENCE is the guide you always wished existed. From how coffee beans are grown, harvested and turned into coffee, the history and flavor profiles of beans from every country, making pour-overs, cold brew, and latte art, and the cultural practices of drinking coffee around the world, this book explains it all in the simplest way possible. All information is illustrated in charming and informative four-color drawings that explain concepts at a

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glance.