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A clear, no-nonsense nutritional guide to a healthier life, from the author of Gillian McKeith's Food Bible and Slim for Life. With over 2 million copies sold worldwide, Gillian McKeith's You Are What You Eat is a national bestseller

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that has changed the way people think about food and nutrition. You Are What You Eat features real-life diet makeovers and case studies, easy to use lists and charts, and beautiful full color photographs. By encouraging you

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to eat more nutrient-dense,
flavorful whole foods, You Are
What You Eat will teach you how
to stay healthy and satisfied. This
healthy guide also includes: •
Gillian McKeith's "Diet of
Abundance" • A 7-Day jumpstart

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plan • The Food IQ Test •

Complete shopping guide and
meal plan • Healthy and delicious
Mediterranean-inspired recipes
Altro che gli umani. Sono gli
animali che riescono a essere
felici. Sono loro che non hanno il

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dopo. Invece noi abbiamo le
conseguenze, abbiamo il futuro
che ci tormenta. Parigi. Dominic
Robert sta per compiere
diciannove anni e, tra qualche
mese, dovrà anche affrontare
l'Esame di Maturità. Figlio di

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genitori separati, non vive la sua condizione come un problema, anzi, con il padre ha un ottimo rapporto, complice, profondo. Ciò che invece rischia di minare il fragile equilibrio della sua età è la matematica e, soprattutto, chi la

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insegna. Si tratta di un giovane professore che, per i modi particolarmente feroci con cui si relaziona alla classe, viene da tutti soprannominato Pugnale.

Dominic ha sempre evitato di cedere alle provocazioni di questo

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demone vestito di nero, ma una tragica circostanza lo obbliga a un cambiamento. Con la mente affollata di nuove e urgenti domande capisce che una, su tutte, s'impone e pretende una risposta. Caduta nel piatto della sua

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esistenza comincia a scavare dentro di lui e ad agire sulla sua parte oscura. "Sapevo che sarebbero arrivati i dubbi.

Arrivano sempre quando stai per chiudere la porta."

Provides recipes for vegetable

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dishes such as baby carrot terrine
with shiitake mushroom salad,
and arugula noodles with smoked
yellow tomato sauce

Forks Over Knives

The Dukan Diet Recipe Book

The Plan That Will Change Your

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Life

Blue Ginger

By the award-winning English
food writer of The Good Cook,
a cookbook full of essays and
recipes that offer a fresh,
satisfying take on familiar

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favorites. In England, no food
writer's star shines brighter
than Simon Hopkinson's,
whose breakthrough Roast
Chicken and Other Stories was
voted the most useful
cookbook ever by a panel of

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chefs, food writers, and consumers. At last, American cooks can enjoy endearing stories from the highly acclaimed food writer and his simple yet elegant recipes. In this richly satisfying culinary

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narrative, Hopkinson shares his
unique philosophy on the
limitless possibilities of
cooking. With its friendly tone
backed by the author's
impeccable expertise, this
cookbook can help

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anyone—from the novice to the
experienced chef—prepare
down-right delicious
cuisine...and enjoy every
minute of it! Irresistible recipes
in this book include Eggs
Florentine, Chocolate Tart,

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Poached Salmon with Beurre
Blanc, and, of course, the
book's namesake recipe, Roast
Chicken. Winner of both the
1994 Andre Simon and 1995
Glenfiddich awards (the
gastronomic world's equivalent

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to an Oscar), this acclaimed
book will inspire anyone who
enjoys sharing the ideas of a
truly creative cook and delights
in getting the best out of good
ingredients. “The man is the
best cook in Britain!”

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—Telegraph UK “Roast Chicken and Other Stories, packed with homely native dishes, was recently voted the country’s [UK’s] most useful cookbook of all time by a panel of 40 experts.” —R.W. Apple Jr., New

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York Times “The recipes and writing are pure genius, from start to finish. Roast Chicken and Other Stories belongs in every kitchen and on every bedside table.” —Nigella Lawson

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First published in 2005.

Routledge is an imprint of
Taylor & Francis, an informa
company.

The Dukan Diet is based on a
unique four-step programme.
Two steps to lose weight and

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two steps to keep it off for
good. The Dukan Diet Recipe
Book will help you stick to the
diet by offering over 350
recipes suitable for the all-
important weight loss stages.
With meal ideas for the protein-

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only Attack stage and then lots
more recipes to keep you on
track during the Cruising stage
when you can add vegetables
to your diet, The Dukan Diet
Recipe Book shows how you
can eat well and still lose

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weight. Packed with ways to
liven up your meals and stave
off boredom so that you reach
your goal, there are even
recipes for delicious dressings
and sauces and a selection of
mouth-watering desserts. The

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Dukan Diet is devised by Dr Pierre Dukan, a French medical doctor who has spent his career helping people to lose weight permanently. The diet was a word-of-mouth bestseller in France and has now been

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adopted by twenty countries
and translated into ten
languages. For more
information visit
www.dukandiet.co.uk
Miss Dahl's Voluptuous
Delights

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The Essential Companion to
the Dukan Diet
Freud's Own Cookbook
Recipes Based on Biodynamic
Ingredients from the Kitchen of
the Lukas Klinik
In this step-by-step guide to

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***moving away from meat,
Lisa Tracy takes the trouble
out of transitioning by
encouraging readers to
move at their own pace
through the spectrum of
vegetarianism. The Gradual***

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***Vegetarian outlines how to
shop, cook, and organize
for an increasingly meat-
free, fat-free, and
cholesterol-free diet.
The best in Italian logo
design, divided into the***

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***following innovative
categories; Freshly Made:
brand new marks from
concept to completion
including the study of logo,
the evolution of the project,
the rejected alternatives,***

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***Lifting: restyling of
registered marks before
and after the project,
Application: marks realised
with unusual materials and
supports, gadgets, display
stands, signs, in short***

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***everything but the classical
co-ordinated identity, T-
shirts and Fashion: graphic
projects of a t-shirt evolving
into a mark, or of
application of a logo
evolving into texture, Icons:***

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***symbols, icons, web sign
system and more, marks
that cannot do without their
meaning. A sourcebook for
designers and students
alike.
Terrine presents a selection***

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***of recipes that bring
together Stéphane
Reynaud's passion for rural
French cooking and his
enthusiasm for modern
cuisine. the book offers
some well-loved favourites***

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***as well as some more
surprising dishes that
reflect contemporary tastes.
Illustrated with beautiful
photographs and providing
a broad range of recipes,
from meat to fish and***

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vegetables, and even

desserts.

50 Easy Recipes

**Recipes for Every Season,
Mood, and Appetite**

The Burn

The Dukan Diet Cookbook

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***Haylie Pomroy, the
powerhouse nutritionist
behind the #1 New York Times
bestseller The Fast
Metabolism Diet, breaks new
ground and gives anyone
trying to lose weight new tools***

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***for busting through plateaus.
Using targeted micronutrients
to incinerate weight-loss
roadblocks, Haylie will help
you remove the problem—and
lose up to 3, 5, and 10 pounds
in as many days! The Burn***

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***offers three eating plans,
therapeutically designed to
achieve highly specific results.
The I-Burn targets the body's
inflammatory reactions to food
and flushes out toxins and
subcutaneous fat, producing***

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***prominent cheekbones and a
glowing complexion in three
days. In five days, the D-Burn
unblocks the body's digestive
barrier and torches torso fat,
to create a flat belly and
tighter waistline. The 10-day H-***

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Burn addresses the hormonal system, repairing and facilitating the proper synthesis of hormones to reshape lumps and bumps into gorgeous curves, sleeker hips, and thinner thighs. The Burn

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***also unveils: · I-Burn, D-Burn,
and H-Burn eating and living
plans, complete with detailed
grocery lists and daily menus
to keep the process simple and
easy-to-follow. · Dozens of
delicious recipes for meals in a***

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**flash. · Simple success
boosters: foods, teas, tips, and
practices that are easy to
incorporate and stoke up your
body's ability to heal. · How to
live your life on fire - road
maps that help readers**

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***recognize what their bodies
are saying to keep their
metabolisms blazing!***

***'Blue Ginger' is a beautiful,
very personal collection of
recipes from South-East Asia.
They combine traditional***

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***classics with modern twists,
fusing Asian and Western
culinary traditions and
disciplines.
The #1 New York Times
bestseller answers: What if
one simple change could save***

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***you from heart disease,
diabetes, and cancer? For
decades, that question has
fascinated a small circle of
impassioned doctors and
researchers—and now, their
life-changing research is***

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***making headlines in the hit
documentary Forks Over
Knives. Their answer? Eat a
whole-foods, plant-based
diet—it could save your life. It
may overturn most of the diet
advice you've heard—but the***

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**experts behind Forks Over
Knives aren't afraid to make
waves. In his book Prevent and
Reverse Heart Disease, Dr.
Caldwell Esselstyn explained
that eating meat, dairy, and
oils injures the lining of our**

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**blood vessels, causing heart
disease, heart attack, or
stroke. In The China Study, Dr.
Colin Campbell revealed how
cancer and other diseases
skyrocket when eating meat
and dairy is the norm—and**

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***plummet when a traditional
plant-based diet persists. And
more and more experts are
adding their voices to the
cause: There is nothing else
you can do for your health that
can match the benefits of a***

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***plant-based diet. Now, as
Forks Over Knives is
introducing more people than
ever before to the plant-based
way to health, this accessible
guide provides the information
you need to adopt and***

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***maintain a plant-based diet.
Features include: Insights
from the luminaries behind the
film—Dr. Neal Barnard, Dr.
John McDougall, The Engine 2
Diet author Rip Esselstyn, and
many others Success stories***

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from converts to plant-based eating—like San'Dera Prude, who no longer needs to medicate her diabetes, has lost weight, and feels great! The many benefits of a whole-foods, plant-based diet—for

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***you, for animals and the
environment, and for our
future A helpful primer on
crafting a healthy diet rich in
unprocessed fruits,
vegetables, legumes, and
whole grains, including tips on***

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kitchen tools 125 recipes from
25 champions of plant-based
dining—from Blueberry Oat
Breakfast Muffins and Sunny
Orange Yam Bisque to Garlic
Rosemary Polenta and***

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***Crisp—delicious, healthy, and
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You'll Ever Need***

Ecodesign

500 Juices & Smoothies

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The Demeter Cookbook

Food is meant to be enjoyed, and Sophie Dahl would have it no other way. Growing up in a family of true food lovers, she began

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**cooking at a young age
and never looked back.
Miss Dahl's Voluptuous
Delights presents nearly
one hundred of her tried-
and-true recipes,
organized around the**

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**four seasons and using
the freshest ingredients
available. Accented with
her stories about how
she came to know these
foods and why she loves
them, Miss Dahl's**

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**Voluptuous Delights
provides a complete
picture of what a meal
should provide. From
lemon-scented summer
stews, to crisply
burnished pies, to**

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**salads and soups for
breezy lunches, to
decadent desserts,
Sophie Dahl cooks food
that is indulgent,
delicious, and
wholesome.**

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**this revised edition
includes a new chapter
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The long-awaited
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**Diet. This is the book
that hundreds of
thousands of North
American readers of The
Dukan Diet have been
clamouring for. Already
a smash hit**

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**internationally, The
Dukan Diet Cookbook is a
must-have for making the
most of the 4-step Dukan
plan. With over 350
simple, easy-to-follow
recipes for the 2 most**

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**important phases of the
diet--Attack and
Cruise--and 16 pages of
beautiful colour
photographs, The Dukan
Diet Cookbook empowers
readers to achieve their**

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**weight-loss goals while
still enjoying delicious
food.**

Emilia in bocca

Barbecue

MODERN CLASSICS

The Plant-Based Way to

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Health

Complemented by engaging culinary facts, a die-cut treasury of 50 authentic Italian barbecue and grill recipes includes options for every course and represents the flavors and ingredients of all regions of Italy. This book covers all the essential

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*blending techniques, and has
information on buying, using and
maintaining juicers and blenders.
There are also troubleshooting tips,
advice on choosing the perfect
ingredients, decorating and
garnishing drinks, followed by 500
fabulous recipes. It is the only guide*

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*to juices and blended drinks that you
will ever need.*

*The official Demeter Cookbook
presents over 200 recipes, developed
and collected by Swiss chef Hermann
Spindler, for sauces, soups, hors
d'oeuvres, salads, main dishes,
puddings and desserts. It also*

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*features special recipes for
casseroles and gratins, vegetables,
quark (curd cheese) dishes, grain
dishes, doughs, savoury and sweet
pastries, muesli and drinks -
interspersed with informative
commentary on the value of spices.
Since its foundation by Rudolf*

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Steiner in 1924, the international biodynamic agricultural movement has produced high-quality, 'premium organic' food that is increasingly sought after and respected for its flavour, quality and nutritional value. The Demeter brand certifies that the product concerned has been grown

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*and processed using verified
biodynamic methods. Hermann
Spindler has been head chef at the
Lukas Klinik for many years, where
his kitchen has gained an
outstanding reputation. Alongside
food preparation methods that
conserve nutritional value,*

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imaginative presentation of dishes and freshly prepared meals, the special nature of the Lukas cuisine is based on the careful selection of Demeter foods, local sourcing where possible, and seasonal use of ingredients. A selection of Spindler's delicious lacto-vegetarian, wholefood

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*recipes - based on the core principles
of anthroposophic nutrition - are
collected here in an easy-to-use
presentation.*

*The Talisman Italian Cook Book
The Communist
The Book of Macrobiotics
Terrine*

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A unique political coming of age story, now in English for the first time. An NYRB Classics Original Walter Ferranini has been born and bred a man of the left. His father was a worker and an anarchist; Walter himself is

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*a Communist. In the 1930s,
he left Mussolini's Italy to
fight Franco in Spain. After
Franco's victory, he left
Spain for exile in the
United States. With the end
of the war, he returned to
Italy to work as a labor*

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*organizer and to build a new
revolutionary order. Now, in
the late 1950s, Walter is a
deputy in the Italian
parliament. He is not happy
about it. Parliamentary
proceedings are too boring
for words: the Communist*

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*Party seems to be filling up
with ward heelers,
timeservers, and profiteers.
For Walter, the political
has always taken precedence
over the personal, but now
there seems to be no refuge
for him anywhere. The*

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*puritanical party
disapproves of his
relationship with Nuccia, a
tender, quizzical, deeply
intelligent editor who is
separated but not divorced,
while Walter is worried
about his health, haunted by*

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*his past, and increasingly
troubled by knotty questions
of both theory and practice.
Walter is, always has been,
and always will be a
Communist, he has no doubt
about that, and yet
something has changed.*

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*Communism no longer explains
the life he is living, the
future he hoped for, or,
perhaps most troubling of
all, the life he has led.
Maraiia Segura is the
pseudonym for Christine
Watson.*

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A wide, fascinating range of unusual possibilities is presented on 352 richly-illustrated pages: from stylish energy wonders for everyday life and multifunctional systems of furniture to the natural

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*cosmetics of the future. The
book also offers an insight
in the basic principles of
ecodesign.*

*The Only Healthy Drink
Compendium You'll Ever Need
Why Your Scale Is Stuck and
What to Eat About It*

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Italian Signs

*The Universal Way of Health,
Happiness & Peace*

*A parody of Freud's writings,
features his theories about
food and cooking, and recipes
for his favorite dishes*

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Spanking the Maid

500 Tapas

Charlie Trotter's Vegetables

Roast Chicken and Other

Stories