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BRAXTON BREWER

[The A-List Diet](#) Rowman & Littlefield

Complete culinary encyclopedia, with more than 3,500 recipes and nearly 800 black-and-white illustrations. This edition of the great classic is available in a splendid hardcover facsimile of the rare 1893 original.

[Paradise Road](#) Simon and Schuster

"Introduces readers to the most dynamic pro baseball stars of today and yesterday, including notable statistics and records"--

[Fly Fishing with Darth Vader](#) Crown

Ten years after one of the most polarizing political scandals in American history, author Ken Gormley offers an insightful, balanced, and revealing analysis of the events leading up to the impeachment trial of President William Jefferson Clinton. From Ken Starr's initial Whitewater investigation through the Paula Jones sexual harassment suit, to the Monica Lewinsky affair and Brett Kavanaugh's role in the subsequent inquiry, *The Death of American Virtue* is a gripping chronicle of an ever-escalating political feeding frenzy. In exclusive interviews, Bill Clinton, Ken Starr, Monica Lewinsky, Paula Jones, Susan McDougal, and many more key players offer candid reflections on that period. Drawing on never-before-released records and documents—including the Justice Department's internal investigation into Starr, new details concerning the death of Vince Foster, and evidence from lawyers on both sides—Gormley sheds new light on a dark and divisive chapter, the aftereffects of which are still being felt in today's political climate.

[The Silence of the Spirits](#) Assimil France

Ever since the publication of Ancel Keys' watershed 'Seven Countries Study' in 1970, medical thinking has posited a causal link between the intake of animal fats and coronary heart disease. The research of Prof. Harumi Okuyama and his colleagues presented in this new publication suggests that this link is in fact tenuous. It goes beyond that to suggest that current medical wisdom regarding lipid nutrition may actually be counterproductive. This ground-breaking analysis is likely to be debated for many years to come. The 'Seven Countries Study', which identified the specifics of the Mediterranean Diet and awarded it a central position in combating coronary heart disease, triggered significant changes in Western diets. Most notably, it stimulated a widespread attempt to reduce animal fats and replace them with vegetable fats. The low-density lipoprotein (LDL) element of the cholesterol naturally present in animal-source foods was dubbed a killer, and a significant industry developed around the provision of plant-based oils and fats. The clinical consensus on cholesterol was further strengthened in 1987 by the introduction of statins, an innovative class of drugs that reduce LDL production in the liver and are designed to help guard against coronary heart disease. Thirteen Nobel Prizes have been awarded to scientists who devoted major parts of their careers to cholesterol research. It is therefore a brave research team that dares to challenge the link between animal fats and coronary heart disease. This, however, is precisely what Prof. Okuyama and his team set out to do in this book. They actually recommend increasing the intake of cholesterol and animal fats, to an extent that does not lead to obesity. This recommendation is based on the discovery by Prof. Okuyama and his team that common vegetable oils such as canola and hydrogenated vegetable fats have toxic effects. They demonstrate that hydrogenated vegetable fats and oils are important culprits in atherosclerosis and other lifestyle diseases, and suggest that high total or LDL-cholesterol is not the cause of atherosclerosis or cardiovascular disease. Further, they argue that current medical guidelines on lipid nutrition conflict with evidence-based research, and that persistently focusing on LDL-cholesterol as the cause of atherosclerotic cardiovascular disease (ASCVD) is counterproductive. Key findings Some types of vegetable fats and oils exhibit stroke-

inducing and endocrine-disrupting activity. Their inhibition of the vitamin K2-osteocalcin link is the major cause of ASCVD and related diseases. In the current food environment, the balance of omega-6 and omega-3 fatty acids is too much in favour of omega-6, and therefore lowering the omega-6/omega-3 ratio is recommended for the prevention of allergic and inflammatory diseases including ASCVD and cancer. Atherogenesis can develop without elevated LDL-cholesterol levels and/or in association with decreasing LDL-cholesterol levels. Increased intake of vegetable fats and oils with stroke-inducing and endocrine-disrupting activities in countries with restricted intakes of animal fats and cholesterol has led to the critical situations surrounding physical and mental health currently seen in Japan, East Asia, and the Mediterranean countries. Medical care professionals continue to insist on actively reducing LDL-cholesterol levels. This approach will only heighten the extensive health problems that Japan and some countries are at present facing. Many aspects of current medical practice in Japan are indeed likely to be in conflict with that country's Medical Care Act. This thought-provoking analysis of one of the major health syndromes of our day demands serious consideration by professionals interested in cardiovascular health in particular and in public health more widely. Its implications are far-reaching - for medical practitioners, medical insurers, nutritionists, food producers and pharmaceutical manufacturers alike, as well as for individual patients.

Disordered Personalities Capturing Magic

In this groundbreaking book, Tristram Riley-Smith charts the cultural landscape of a conflicted America in the opening decade of the 21st Century and addresses two key questions: Why is it that a nation that is so clear about its destiny leaves the world confused about its direction of travel; and why is it that a people intent on the pursuit of happiness appears so unsettled? Delving beneath the chaotic surface of American society, Riley-Smith exposes the enduring fault-lines in the cultural bedrock. In doing so, he offers up a panoramic snapshot of American society, flash-lit by the thunderbolts of '9/11', Hurricane Katrina, the 2008 Credit Crash and the inauguration of President Obama. *The Cracked Bell* gets to the heart of what it means to live in Obama's America, addressing questions of identity and power, belief and value, liberty and law, innovation and tradition, commerce and consumption, nature and civilization, war and peace.

Gerotechnology Capstone

The New Weight-Loss Revolution from the Diet Doctor to the Stars From red carpet premieres to TV interviews, celebrities are always under pressure to look their best. Dr. Fred Pescatore, author of the New York Times bestseller *The Hamptons Diet*, is sharing—for the first time—the secret diet he uses with his A-list clientele. You can drop up to 15 pounds in as little as two weeks—while enjoying delicious and satisfying food! With a unique dieting innovation, more than 100 delicious recipes, and easy-to-follow meal plans, *The A-List Diet* goes beyond Atkins, beyond *The Whole30*, beyond *Eat Fat, Get Thin*, and way beyond Paleo. By combining the benefits of protein boosting, protein rotation, inflammation busting, and acid-reducing alkalization, this diet maximizes your ability to drop weight. In *The A-List Diet*, there is no point counting, no obsessing over the scale, and no gimmicks. Just smart swaps, simple solutions, and a fresh new look at everyday choices. Dr. Pescatore helps you identify what type of dieter you are so you can customize his strategies to work best for you, so this is truly your diet secret. Featuring testimonials from Dr. Pescatore's patients, *The A-List Diet* is your ultimate guide to losing weight with healthy strategies and quick results. Get red carpet ready with the fabulous new you!

[George Lois: The Esquire Covers at Moma Se](#) HarperCollins

Second-grader Aiden Allen has seriously wild hair; in fact it keeps forming itself into weird shapes, and interfering with his school day, and nothing he says will make it behave--until finally Aiden and his hair come to a compromise that involves washing.

Be a Star, Wonder Woman! Random House

"Little Critter is going to have a Thanksgiving he'll never forget! From the school play to a surprise dinner for all of Critterville. Celebrate along with Little Critter and his family as they give thanks this holiday" --

Fatty Acids and Lipids University of Texas Press

Jeff Garlin shares his hysterical and eye-opening journey to reduce his waistline and his carbon footprint during the production of the seventh season of HBO's *Curb Your Enthusiasm*. Jeff Garlin has dedicated the filming of an entire season of *Curb Your Enthusiasm* to completely making over his lifestyle in two major ways—by lightening his physical and his ecological footprints. After many false starts, he believes that writing a book about the experiment is the only possible way to help him lose weight and go green. The hardest part of the endeavor is overcoming his food addiction—especially when craft service has a constant buffet of everything delicious you could imagine on set. In addition to cutting calories, Jeff accidentally falls into a love affair with pilates, sweats with Richard Simmons, and twice visits the Pritikin Longevity Center, which he says is "rehab for people who eat too much pizza." Larry David's rooting for him. Jerry Seinfeld's plotting against him. And his wife is just plain annoyed by everything. As far as going green, Jeff has always been a big recycler, but he has a lot to learn. For example, actor Ed Begley Jr. is the guy to call if you want to reduce your environmental impact. Jeff does, and it changes everything. He hopes that being healthy and green becomes a big part of who he is—if not now, when?

The Death of American Virtue Springer Publishing Company

Little Critter wakes up one morning ready to go fishing. But no one will take him . . . until his grandma volunteers. They may not catch much, but Little Critter and his grandma sure know how to make the most of their day together!

Who's Who of Pro Baseball Melville House

Harlynn lives in a world ruled by magical creatures where humans, like her, have hardly any freedom. She's spent the last few years living on the streets, struggling to survive after watching a genie kill her parents. She's all alone in the corrupt world, except for her best friend, Jason. But she might lose him too unless she can steal a genie lamp in time to save his life. Even as one of the best thieves in the city, the mission is going to be difficult for Harlynn. Plus, she'll have to go near a genie, a creature she despises. Ashton is the lead singer of the famous paranormal band Ash East Arrow and is the genie Harlynn must steal the lamp from. He's cocky and ridiculously sexy and has the power to wish her away to a painful death. Harlynn has seen the cruelty of genies and knows better than to get close to one. But when she messes up her mission, she might end up stuck with Ashton for longer than she bargained for.

The Swap Penguin Canada

Both familiar and strange, this story of a large Canadian city seen through the wide eyes of a naive and inexperienced young immigrant — wise in the culture of comic books — is both hilarious and heartbreaking. Samuel is just 17 when his mother dies and he is called to live with the father he has only heard of. He leaves his village in Trinidad and flies to Toronto, where he finds his father living in a place called Regent Park. Samuel is lonely in this "big mall of a country," but he has his memories of superheroes — his mentors — to guide him, including the memory of an unusual friend who was two superheroes in one, as he sets out to explore what Toronto has to offer.

The Fall of Gilead Scholastic Inc.

An exposé and critique of cholesterol and saturated fats as the cause of coronary heart disease by an independent commentator--Foreword.

The Bag Lady Papers Golden Books

Noted writer Jay Atkinson recreates Jack Kerouac's legendary On the Road journeys in contemporary North America. Jack Kerouac's iconic 1950s novel *On the Road* is a Beat Generation classic, chronicling the adventures and misadventures of Kerouac's travels crisscrossing North America with Neal Cassady, William Burroughs, Allen Ginsberg, and other colorful companions. Now gifted writer Jay Atkinson hits the road to retrace Kerouac's legendary journey today. The author's experiences offer fascinating insights on American culture and society then and now and illuminate his own quest for self-understanding and discovery. Contrasts the life and landscape of Kerouac's 1940s and 1950s America with the realities today. Filled with unexpected adventures and strangers encountered on Atkinson's trips to New York, New Orleans, Chicago, Denver, Mexico City, and the California coast. Reveals Atkinson's engaging reflections on the search for personal identity and self. Other titles by Jay Atkinson: *Ice Time* (a Publishers Weekly Notable Book of the Year) and *Legends of Winter Hill* (a Boston Globe bestseller) as well as the novels *City in Amber* and *Caveman*. Politics. Absorbing and beautifully written, *Paradise Road* is essential reading for Kerouac fans as well as lovers of engaging travel memoirs and anyone interested in American life and culture.

Get Motivated! MDPI

Ask guitar players about their instruments, and you're likely to get a story—where the guitar came from, or what makes it unique, or why the player will never part with it. Most guitarists have strong feelings about their primary tool, and some are downright passionate about their axes. Chuck Holley

is a professional photographer and writer who loves music and listening to musicians talk about their trade. For several years, he has been photographing guitarists with their prized instruments and collecting their stories. This beautifully illustrated book presents these stories in revelatory photographs and words. The guitarists included in this book range from high-profile performers, including Rosanne Cash, Guy Clark, Laurence Juber, Jorma Kaukonen, JD Souther, Bill Frisell, Dave Alvin, and Kelly Willis, to renowned studio musicians and band members. Holley's beautifully composed photographs portray them with their favorite guitar, including detail shots of the instrument. Accompanying the photographs are the musicians' stories about the Gibsons, Fenders, Martins, and others that have become the guitar in their lives, the one that has a special lineage or intangible qualities of sustain, tone, clarity, and comfort that make it irreplaceable. Several musicians talk about how the guitar chose them, while others recount stories of guitars lost or stolen and then serendipitously recovered. Together, these photographs and stories underscore the great pleasure of performing with an instrument that's become a trusted friend with a personality all its own.

Clifford Celebrates Hanukkah (Classic Storybook) Indiana University Press

What are the limits of empathy and forgiveness? How can someone with a shameful past find a new path that allows for both healing and reckoning? When Clovis and Christelle find themselves face-to-face on a train heading to the outskirts of Paris, their unexpected encounter propels them on a cathartic journey toward understanding the other, mediated by their respective histories of violence. Clovis, a young undocumented African, struggles with the pain and shame of his brutal childhood, abusive exploits as a child soldier, and road to exile. Christelle, a young French nurse, has her own dark experiences but translates her suffering into an unusual capacity for empathy, forgiveness, and reconciliation. Christelle opens her home and heart to Clovis and presses him to tell his story. But how will she react to that story? Will the telling start Clovis on a path to redemption or alienate him further from French society? Wilfried N'Sondé's brave novel confronts French attitudes toward immigrants, pushes moral imagination to its limits, and constructs a world where the past must be confronted in order to map the future.

Hair-pocalypse Capstone

When Benedict XVI reestablished the celebration of the older Latin Mass, voices of protest rose up from many sides. This book explains the motives behind the Pope's decision to allow two forms of the Mass by turning to the Pope's own theological and liturgical writings and also draws on the author's experiences on various Church commissions and in offices of the Roman Curia. The author also brings to his subject an astute understanding of current social and spiritual trends both inside and outside the Church. Sensitive to modern man's hunger for the sacred, he desires with Pope Benedict XVI that the Mass be first and foremost a place of encounter with the living God. --

Publisher.

Lipid Nutrition Guidelines Dover Pictorial Archive

When the miller's youngest son receives only Puss as his inheritance, he wonders how his father expects him to make a living with a single cat. But Puss is no ordinary feline. All he asks for is a new pair of boots and he promises that fortune will come their way. With Puss in Boots working for him, the miller's son is in for a life-changing surprise! Paul Galdone's retelling of this fairy tale is now part of the Folk Tale Classics series.

The Epicurean Simon and Schuster

How War, Pornography, and Fast Food Have Shaped Modern Technology. Guns, Germs, and Steel meets the age of technology in this rollicking history of how our pursuit of lust, gluttony, and rage has led to our greatest technological advancements. It is also a chronicle of popular culture, packed with surprising revelations. From the unexpected origins of aerosols, cold medicine, and Google to Saran Wrap, Tupperware, and video games, here is a fascinating look at modern life.

Sex, Bombs, and Burgers Hachette Books

Motivated people advance further and faster in their careers, earn more money, are more productive, experience more satisfying relationships and are happier than the less-motivated people around them. But true motivation cannot be faked or forced. In the same way that each person has a different fingerprint and a distinct combination of DNA, every individual is hardwired with a unique motivational matrix. Grounded in eight years of research with more than 100,000 people, this book reveals how to decode your Motivational DNA for maximum achievement. Whether you are an individual seeking to realize your personal goals or a leader looking to motivate your team, *Get Motivated!* will show you how to overcome any obstacle, achieve any goal, and accelerate your success. For more than twenty years motivational expert Tamara Lowe has produced the largest business seminars in the world, inspiring peak performance in millions. In *GET MOTIVATED!* she unveils a new system that shows you: How to Decode Your Motivational DNA How to Hire the Motivated and Motivate Those You've Hired Easy Ways to Deal with Difficult People The Formula for Beating Stress While Meeting Deadlines How to Raise Positive, Self-Motivated Children How to Kick Your Team's Performance—and Your Profits—into High Gear

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