

Access Free The Angry Chef
Bad Science And The Truth
About Healthy Eating

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Do you want to know how to use
science to optimize your health,

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fitness, and lifestyle? Do you want to know how to protect yourself against misguided, misleading, and even menacing advice supposedly supported by research? And do you want to get up to speed quickly, regardless of your educational

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background? If so, then Fitness Science Explained is for you. It's a crash course in reading, understanding, and applying scientific research, and it teaches you in simple terms what most people will never know about how to

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not suck at fitness science. Fitness Science Explained covers all of the big moving parts, including the basics of the scientific method to the differences between randomized trials and observational studies, the power of the placebo effect, the

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importance of sample sizes, the anatomy of statistical analysis, and much more. You'll also learn how to get access to full-text studies (without spending a fortune) and the most popular journals for exercise, nutrition, and supplementation, and

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you'll get a scientist-formulated "cheat sheet" that'll help you quickly and accurately estimate the quality of research you want to review. So, whether you want to discover and use evidence-based methods for building muscle or losing fat faster,

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reducing your risk of disease or dysfunction, or maximizing some other aspect of your body, mind, or life, Fitness Science Explained will show you the way. Scroll up, click the "Buy" button now, and learn how to use science to get fitter, healthier,

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At thirty-three, talented chef Georgia Gray has everything a woman could want—the top job at one of Manhattan’s best restaurants; a posse of smart and savvy gal pals who never let her down; and a

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platinum-set, cushion-cut diamond engagement ring courtesy of Glenn, the handsome entertainment lawyer who Georgia's overbearing mother can't wait for her to marry. The table is set for the ambitious bride-to-be until a scathing restaurant review

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destroys her reputation. To add salt to her wounds, Glenn suddenly calls off the wedding. Brokenhearted, Georgia escapes to the Italian countryside, where she sharpens her skills at a trattoria run by a world-class chef who seems to have it

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all—a devoted lover, a magnificent villa, and most important, a kitchen of her own. Georgia quells her longings with Italy's delectable offerings: fine wine, luscious cheeses, cerulean blue skies, and irresistible Gianni—an expert in the

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vineyard and the bedroom. So when Gianni tempts Georgia to stay in Italy with an offer no sane top chef could refuse, why can't she say yes? An appetite for something larger than love weighs heavy on Georgia's heart—the desire to run her very

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own restaurant. But with a ruined career in New York and no business partner in sight, she must stir up more than just the courage to chase after her dreams if she is to find her way home.

This title is now available under

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ISBN 9780702044632. This 12th edition of Human Nutrition has been fully updated by a renowned team of international experts to ensure to ensure authoritative content and a global perspective. It provides a comprehensive resource for all

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those in the field of nutrition and other health sciences.

Comprehensive coverage of nutrition in one, concise volume with additional material and interactive exercises on website. A similar logical chapter structure throughout

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and textbook features in each chapter - learning objectives, key point summaries and text boxes - facilitate learning and revision. Incorporates latest research, for example on organic foods and sustainable agriculture. Team of

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contributors of international repute
from 11 countries guarantees
authoritative text. New chapter on
dietary reference values N New
section on electrolytes and water
balance Expanded section on HIV
Website: updating between editions

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online-only chapters on food commodities, e.g. cereals, vegetables and fruit, meat, fish, egg, milk and milk products online examples of calculations and interactive exercises.

Edging into forty-something, Karen

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and Pam found themselves in a state of stuck. They had checked off many of their major life goals—career, husband, children, friends—but they'd lost momentum. After griping over drinks one night, they came up with a plan to face

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their fears, rediscover their interests, try new things, and renew their relationships. They challenged themselves to try one new thing every week for a year—from test-driving a Maserati to target practice at a shooting range to ballroom

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dance lessons—and to blog about their journeys. They quickly realized it was harder than they ever imagined but came through it with a sense of clarity and purpose that has them itching to share the possibilities with the millions of middle-aged

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women out there who feel the same way about one or many areas of their lives. Getting "unstuck" doesn't have to mean running a marathon, traveling the world, or ending a relationship with your partner. Through their experiences and a

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good dose of no-nonsense advice, Karen and Pam show readers how achieving small goals can give you a renewed sense of accomplishment and how you can keep growing, learning, and moving forward at any age. Interspersed with personal

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stories is expert advice from doctors, psychiatrists, artists, and even a poker diva (who also happens to be a Fortune 500 executive).

On Food and Cooking
Unpicking Fact from Fiction in the
World of Nutrition

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The Big Fat Surprise

Why the Experts Got It All

Wrong--and How Eating More Might
Save Your Life

Simple and tasty plant-based food to
nourish your body inside and out

Ingredients

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Democracy and Education

'It is rare to find a book, written by a world-class scientist, that is both informative and entertaining. Giles not only delves into the science of obesity but, with

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honesty and great precision,
skewers many of the more
foolish fad diets out there. '
DR MICHAEL MOSLEY,
bestselling author of The
8-Week Blood Sugar Diet 'A
hard-to-fault book written in a

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way that entertains as well as it informs ... Yeo's study of human appetite is packed with insights and revelations, incorporating up-to-date scientific thinking ... It's an anti-diet diet book you can

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trust' DAILY EXPRESS 'I really enjoy working with Giles - he makes so much sense, and cuts through the confusion about diet and health with refreshing directness. His excellent book

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Gene Eating busts myths and homes in on what you really need need to know. It's been a genuine help to me and I'm sure it will be to everyone who reads it.' HUGH FEARNLEY-WHITTINGSTALL 'Dr

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Yeo is a leading scientist in the field of obesity and one of our best science communicators. Everyone worried about their weight ought to read this book to digest its message about the

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importance of genetics.'

ROBERT PLOMIN, author of
Blueprint: How DNA Makes
Us Who We Are 'An excellent
and engaging book, but also
an important one. It is about
time that a serious, respected

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academic provided a voice of reason' Anthony Warner aka THE ANGRY CHEF 'Gene Eating is just a fantastic book exactly as you'd expect - but more so. Mainly it's very funny, packed with science

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and trivia and genuinely
helpful weightloss and
nutrition info' DR CHRIS VAN
TULLEKEN, the BBC Why
are we all getting fatter? Why
are some people hungrier
than others? And why don't

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diets work? In an age of misinformation and pseudo-science, the world is getting fatter and the diet makers are getting richer. So how do we break this cycle that's killing us all? Drawing on the very

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latest science and his own genetic research at Cambridge University, Dr Giles Yeo has written the seminal 'anti-diet' diet book. Exploring the history of our food, debunking marketing

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nonsense and toxic diet advice, and confronting the advocates of 'clean eating', Dr Giles translates his pioneering research into an engaging, must-read study of the human appetite. Inspiring

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and revelatory, Gene Eating
is an urgent and essential
book that will empower us all
with the facts we need to
establish healthy
relationships with food - and
change the way we eat

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Never before have we had so much information available to us about food and health.

There ' s GAPS, paleo, detox, gluten-free, alkaline, the sugar conspiracy, clean eating... Unfortunately, a lot

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of it is not only wrong but actually harmful. So why do so many of us believe this bad science? Assembling a crack team of psychiatrists, behavioural economists, food scientists and dietitians, the

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Angry Chef unravels the mystery of why sensible, intelligent people are so easily taken in by the latest food fads, making brief detours for an expletive-laden rant. At the end of it all you 'll

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have the tools to spot pseudoscience for yourself and the Angry Chef will be off for a nice cup of tea – and it will have two sugars in it, thank you very much.

Guy Crosby offers a lively

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tour of the history and science behind the art of cooking, with a focus on achieving a healthy daily diet. He traces the evolution of cooking from its earliest origins, recounting the

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innovations that have
unraveled the mysteries of
health and taste.

'DEEPLY HONEST,
SURPRISINGLY HILARIOUS
AND UPLIFTING' The Pool
'HEART-WARMING:

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UNMISSABLE' Damian Barr,
Metro Susan Calman is a
much-loved comedian and
writer who has appeared on
countless radio and television
programmes from The News
Quiz and Just a Minute to

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Armchair Detectives and
Secret Scotland. She's hosted
the podcast Mrs Brightside
and stole the nation's hearts
in Strictly Come Dancing. Her
breakout solo stand up show,
Susan Calman is Convicted,

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dealt with subjects like the death penalty, appearance and depression. It was the overwhelming and positive reaction to the show she wrote about mental health that made Susan want to

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write a more detailed account of surviving depression when you're the world's most negative and anxious person. The Crab of Hate is the personification of Calman's depression and her version of

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the notorious Black Dog. A constant companion all her life, the Crab has provided her with the best, and very worst of times. This is a very personal and affecting memoir of how, after many

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years and with a lot of help and talking, Susan has embraced her dark side and realised that she can be the most joyous sad person you'll ever meet. CHEER UP LOVE IS FUNNY, POIGNANT AND

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(HOPEFULLY)
INFORMATIVE. IT'S
ALWAYS GOOD TO TALK
AND TO REALISE YOU ARE
NOT ALONE. *If you loved
Cheer Up Love, try Sunny
Side Up, Susan's Calmanifesto

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of Happiness*

Is Butter a Carb?

How Perception, Emotion, and
Thought Allow Smart Birds to
Behave Like Humans

Sugar Blues

Two Women and Their Quest

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to Get Unstuck, with Stories
and Ideas to Jumpstart Your
Year of Discovery
Cook, Taste, Learn
Manual of Nutrition
Mastering the Art of French
Cooking

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Anyone can cook in the French manner anywhere, wrote Mesdames Beck, Bertholle, and Child, with the right instruction. And here is the book that, for forty years, has been teaching Americans

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how. Mastering the Art of French Cooking is for both seasoned cooks and beginners who love good food and long to reproduce at home the savory delights of the classic cuisine, from the historic Gallic masterpieces

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to the seemingly artless perfection of a dish of spring-green peas. This beautiful book, with more than one hundred instructive illustrations, is revolutionary in its approach because: It leads

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the cook infallibly from the buying and handling of raw ingredients, through each essential step of a recipe, to the final creation of a delicate confection. It breaks down the classic cuisine into a logical

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sequence of themes and variations rather than presenting an endless and diffuse catalogue of recipes; the focus is on key recipes that form the backbone of French cookery and lend themselves to an

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infinite number of elaborations bound to increase anyone's culinary repertoire.

The healthy eating market continues to thrive, with authors like Joe Wicks seeing recordbreaking sales

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for accessible healthy eating books. In recent months, however, there has been a backlash against certain healthy lifestyle brands, particularly those without scientific qualifications who promote

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'clean eating'. The Wellness Rebel explores the aftermath of this, looking at where balanced healthy eating will go next and how we can get back to evidence-based basics and enjoy eating well. With each chapter

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themed around a common healthy food misconception such as 'Alkaline', 'Raw' and 'Superfoods?', The Wellness Rebel explores the basics of nutrition in an accessible and entertaining way, with Pixie sharing her

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tips, tricks and tastiest recipes - including her much-loved Pixie Plates - for a truly healthy diet, with no detoxes, no elimination diets, no restrictions - and absolutely no BS.

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Great Britain in 2017 by
Oneworld Publications as The
angry chef.

From the Sunday Times
bestselling authors, The
Happy Pear 'My go-to for
incredible vegan recipes'
Joe Wicks 'Awesome plans

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that show how plant-based
food can transform your
health' BOSH! _____

_____ Want to
improve your health, lose
weight or gain more energy?

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A plant-based diet might be the answer you're looking for. The Happy Health Plan brings you 90 brand new, mouth-watering recipes and four bespoke meals straight from the Happy Pear kitchen. The recipes have been

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specially designed with medical experts to look after your heart, give you glowing skin, calm your gut and help you lose weight, without counting a single calorie. Cooking with more plants means that every meal

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is full of fibre, high in vitamins and low in saturated fat, which means they boost your energy, reduce cholesterol and keep you fuller for longer. Including lots of classic dishes, from a creamy

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carbonara to a katsu curry, a fluffy pancake stack and even a berry crumble, this book will help you to look after your whole body health, inside and out, with tastier food than ever before.

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Angry Chef

Cheer Up Love

Eat It Anyway

The Story of Human Appetite

The Truth About Fat

Bad Science and the Truth

About Healthy Eating

The Long Way to a Small,

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Angry Planet

The ultimate myth-busting nutrition bible. Registered dietitians Rosie Saunt and Helen West are the founders of The Rooted Project, set up to translate the latest research direct to your

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plate, and make evidence-based nutrition accessible and engaging. In this book, they explore everything from the danger of anecdotal evidence and unsubstantiated 'facts' about food to the real science behind the

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nutrients we consume every day. They explain why there's nothing to be feared from fat or carbs, or - for the vast majority of us - the much-maligned gluten, as well as probing the murky depths of the diet industry

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to explore the latest links between diet culture and weight stigma. They take a deep-dive into gut health, look at the emerging science of the connection between food and mood and examine differences between

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allergies and intolerances. This book is both a reference guide and a narrative to relish: it debunks the myths that dominate the food and wellness industry and offers the right tools and

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knowledge to allow readers to take control of their own health. Evidence-based, body positive and practical, Is Butter a Carb? is the modern must-have nutrition book for everybody interested in food, health and pop

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science.

LONGLISTED FOR THE BAILEY'S
WOMEN'S PRIZE FOR FICTION 'A
quietly profound, humane
tour de force' Guardian The
beloved debut novel that
will restore your faith in
humanity #SmallAngryPlanet

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When Rosemary Harper joins the crew of the Wayfarer, she isn't expecting much. The ship, which has seen better days, offers her everything she could possibly want: a small, quiet spot to call home for

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a while, adventure in far-off corners of the galaxy, and distance from her troubled past. But Rosemary gets more than she bargained for with the Wayfarer. The crew is a mishmash of species and personalities,

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from Sissix, the friendly reptilian pilot, to Kizzy and Jenks, the constantly sparring engineers who keep the ship running. Life on board is chaotic, but more or less peaceful - exactly what Rosemary wants. Until

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the crew are offered the job of a lifetime: the chance to build a hyperspace tunnel to a distant planet. They'll earn enough money to live comfortably for years... if they survive the long trip through war-torn

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interstellar space without endangering any of the fragile alliances that keep the galaxy peaceful. But Rosemary isn't the only person on board with secrets to hide, and the crew will soon discover that space may

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be vast, but spaceships are very small indeed. PRAISE FOR THE WAYFARERS 'Never less than deeply involving' DAILY MAIL 'Explores the quieter side of sci-fi while still wowing us with daring leaps of imagination' iBOOKS

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'So much fun to read' HEAT
'Chambers is simply an
exceptional talent, quietly
and beautifully redefining
the space opera' TOR.COM
'The most fun that I've had
with a novel in a long, long
time' i09

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Wendyl Nissen shares her approach to living a balanced and sustainable life based on an old-fashioned model of growing and cooking your own food, avoiding artificial products and doing your best to avoid

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letting unnecessary chemical cocktails into your life. In The Natural Home Wendyl shares how easy it is to lead a much healthier life just by making some small changes and remembering the simple way that people used

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to live. Combining the best information from Wendyl's previous books, including natural recipes for anything from cleaning your toilet to making your own bread, this is excellent advice on how to garden, create healthy

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food, make natural cleaning
and beauty products and
raise your baby chemical-
free.

THE SUNDAY TIMES BESTSELLER
A PRACTICAL, ACCESSIBLE
GUIDE TO UNDERSTANDING THE
SECRET TO LASTING WEIGHT

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been all wrong. In fact, diet culture can actually drive up your weight in the long-term. For over two decades, weight loss surgeon Dr Andrew Jenkinson has treated thousands of people who have become trapped in

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the endless cycle of dieting. Combining case studies from his practice and the new science of metabolism, *Why We Eat (Too Much)* debunks the great myths of the body, and systematically explains why

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diETING is counter-productive. An unflinching book, it investigates every aspect of nutrition, including: 1. The difference between good and bad fats 2. 'Set weight points' that are unique to everyone 3. The

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impact of genes and genetic mutation on our weight 4. What happens to our hormones long after a diet ends It's time to put an end to the confusion and understand our bodies better than ever before.

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'Articulate, clear, a joy to read, this is a book that really needed written'

Joanna Blythman, author of Swallow This 'Highly persuasive . . . a radical approach to weight loss'

Sunday Times 'Debunks the

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myths around dieting and
weight-loss' Telegraph

The Happy Health Plan

Ask a Manager

The Science and Lore of the
Kitchen

The Natural Home

Wayfarers 1

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Human Nutrition - E-Book

Bunnyman

What if everything you
know about salt is wrong?

A leading cardiovascular
research scientist
explains how this vital

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crystal got a negative reputation, and shows how to lower blood pressure and experience weight loss using salt. The Salt Fix is essential reading for everyone on the keto diet!

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We've all heard the recommendation: eat no more than a teaspoon of salt a day for a healthy heart. Health-conscious Americans have hewn to the conventional wisdom that

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your salt shaker can put you on the fast track to a heart attack, and have suffered through bland but “heart-healthy” dinners as a result. What if the low-salt dogma is wrong? Dr.

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James DiNicolantonio has reviewed more than five hundred publications to unravel the impact of salt on blood pressure and heart disease. He's reached a startling

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conclusion: The vast majority of us don't need to watch our salt intake. In fact, for most of us, more salt would be advantageous to our nutrition—especially for

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those of us on the keto diet, as keto depletes this important mineral from our bodies. The Salt Fix tells the remarkable story of how salt became unfairly demonized—a never-

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before-told drama of competing egos and interests—and took the fall for another white crystal: sugar. According to *The Salt Fix*, too little salt can:

- Make

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you crave sugar and refined carbs • Send the body into semistarvation mode • Lead to weight gain, insulin resistance, type 2 diabetes, cardiovascular disease,

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chronic kidney disease,
and increased blood
pressure and heart rate
But eating the salt you
desire can improve
everything, from your
sleep, energy, and mental

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focus to your fitness, fertility, and sexual performance. It can even stave off common chronic illnesses, including heart disease. The Salt Fix shows the best ways to add

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salt back into your diet,
offering his
transformative five-step
program for recalibrating
your salt thermostat to
achieve your unique, ideal
salt intake. Science has

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moved on from the low-salt dogma, and so should you—your life may depend on it.

Is worldwide famine just around the corner? And do I really have to go vegan?

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'A provocative vision.'

Sunday Times Nutritionists
tell you to eat more fish.
Environmentalists tell you
to eat less fish.

Apparently they are both
right. It's the same thing

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with almonds, or quinoa,
or a hundred other foods.
But is it really incumbent
on us as individuals to
resolve this looming
global catastrophe? From
plastic packaging to soil

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depletion to flatulent
cows, we are bombarded
with information about the
perils of our food system.
Drawing on years of
experience within the food
industry, Anthony Warner

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invites us to reconsider what we think we know. In *Ending Hunger*, he uncovers the parallels between eating locally and 1930s fascism, promotes the potential for good in

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genetic modification and dispels the assumption that population growth is at the heart of our planetary woes.

A University of Washington professor of wildlife

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science taps the findings
of his extraordinary
research into crow
intelligence to offer
insight into their ability
to make tools and respond
to environmental

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challenges, explaining how they engage in human-like behaviors from giving gifts and seeking revenge to playing and experiencing dreams. 'Intensely alive to the

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landscape; its pasts,
people and creatures'
Robert Macfarlane Take a
journey into our ancient
past. Explore a long-lost
landscape and gradually
discover the minds,

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beliefs and cultural practices of those souls who lived on these lands thousands of years before you.

Were Potato Chips Really Invented by an Angry Chef?

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Lore Olympus: Volume One
Gene Eating
Adventures in depression
with the Crab of Hate
The Angry Chef's Guide to
Spotting Bullsh*t in the
World of Food

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Recipes

I Think You'll Find It's a
Bit More Complicated Than
That

Designed to make following LCHF
(Low Calorie, Healthy Fat) lifestyle
simple. Enjoyable and nourishing,

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What the Fat? Recipes brings together the authors' go-to easy, delicious and nutritious LCHF recipes. Embracing unique cultural flavours from across the globe and tried-and-trusted household staples, this comprehensive collection of over 130 recipes has all

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your LCHF meals covered. Broken into breakfasts, lunches, dinners, snacks, sweets and drinks-and even children's party treats, each recipe includes per serve nutritional information for carbs, protein, fat and energy as well as dietary guidelines for dairy-free, sugar

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free and vegetarian options. You won't believe how easy and tasty it is to live a LCHF lifestyle!

It's a prime ingredient in countless substances from cereal to soup, from cola to coffee. Consumed at the rate of one hundred pounds for every

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American every year, it's as addictive as nicotine -- and as poisonous. It's sugar. And "Sugar Blues," inspired by the crusade of Hollywood legend Gloria Swanson, is the classic, bestselling expose that unmasks our generation's greatest medical killer and

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shows how a revitalizing, sugar-free diet can not only change lives, but quite possibly save them.

DIVThe distinguished educator and philosopher discusses his revolutionary vision of education, stressing growth, experience, and activity as factors that

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promote a democratic character in students and lead to the advancement of self and society. /div

'One cannot think well, love well, sleep well, if one has not dined well.' - Virginia Woolf. The definition of 'healthy eating' has been chewed up,

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spat out and re-digested enough times to make Joe Public give up and seek out their nearest branch of McDonald's. Our mindless obsession with eating 'right' is such that we're now more concerned about what our Instagram followers think of a poorly lit picture of

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our dinner than we are of its effect on our own palate. Or, indeed, our happiness. We seem to be living in a time where we no longer eat with our hearts, emotions or heritage - but with what our waistlines (and followers) in mind. Not Plant Based are on a mission

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to help you love food again. The principle is very simple: eat what you like and don't worry about it. It's a menu that's especially delicious, 'guilt-free' and requires a hell of a lot less money spent in health food shops. Throughout the book, Laura and Eve

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call on experts to debunk myths and provide a balanced exploration of our attitude towards food, with some delicious recipes thrown in along the way. They discuss their own experiences of eating disorders and offer personal tips and coping

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mechanisms to help rid you of anxiety linked to food. No one is saying healthy eating is bad; there is simply a lot of misleading information out there. More to the point, food is so much more in the grand scheme of life than health: it's family, friends, enjoyment

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and memories. So go on, take a bite out of Eat It Anyway and learn to love your food all over again. It's SO mouth-wateringly good - we bet you'll be back for seconds. ****PRAISE FOR EAT IT ANYWAY**** 'Learn to love food again with this book, which sorts nutritional

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nonsense from sensible science' -

Woman's Weekly

Dark Matter

Beef

Ancient Wonderings: Journeys Into
Prehistoric Britain

And Other Questions about Food

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The 52 Weeks

Ending Hunger

Fight the Food Fads, Beat Anxiety and
Eat in Peace

**A kitchen classic for over 35
years, and hailed by Time
magazine as "a minor**

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**masterpiece" when it first
appeared in 1984, On Food
and Cooking is the bible which
food lovers and professional
chefs worldwide turn to for an
understanding of where our
foods come from, what exactly**

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they're made of, and how cooking transforms them into something new and delicious. For its twentieth anniversary, Harold McGee prepared a new, fully revised and updated edition of On Food and

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Cooking. He has rewritten the text almost completely, expanded it by two-thirds, and commissioned more than 100 new illustrations. As compulsively readable and engaging as ever, the new On

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Food and Cooking provides countless eye-opening insights into food, its preparation, and its enjoyment. On Food and Cooking pioneered the translation of technical food

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**science into cook-friendly
kitchen science and helped
birth the inventive culinary
movement known as
"molecular gastronomy."
Though other books have
been written about kitchen**

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**science, On Food and Cooking
remains unmatched in the
accuracy, clarity, and
thoroughness of its
explanations, and the
intriguing way in which it
blends science with the**

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**historical evolution of foods
and cooking techniques.
Among the major themes
addressed throughout the new
edition are: · Traditional and
modern methods of food
production and their**

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influences on food quality .

**The great diversity of methods
by which people in different
places and times have
prepared the same ingredients**

**. Tips for selecting the best
ingredients and preparing**

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**them successfully . The
particular substances that give
foods their flavors, and that
give us pleasure . Our
evolving knowledge of the
health benefits and risks of
foods On Food and Cooking is**

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**an invaluable and monumental
compendium of basic
information about ingredients,
cooking methods, and the
pleasures of eating. It will
delight and fascinate anyone
who has ever cooked,**

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savored, or wondered about food.

In this world he's woken up to, Jason's life is not the one he knows. His wife is not his wife. His son was never born. And Jason is not an ordinary

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**college physics professor, but
a celebrated genius who has
achieved something
remarkable. Something
impossible. Is it this world or
the other that's the dream?
And even if the home he**

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remembers is real, how can Jason possibly make it back to the family he loves? The answers lie in a journey more wondrous and horrifying than anything he could've imagined - one that will force him to

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confront the darkest parts of himself even as he battles a terrifying, seemingly unbeatable foe.

Adding salt to water makes it boil faster. Eating turkey makes you sleepy. Organic

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food is best for the environment. You may have heard these common sayings and beliefs before. But are they really true? Can they be proven through research? Let's
'I'm a HUGE fan of Alison

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**Green's "Ask a Manager"
column. This book is even
better' Robert Sutton, author
of The No Asshole Rule and
The Asshole Survival Guide
'Ask A Manager is the book I
wish I'd had in my desk drawer**

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when I was starting out (or even, let's be honest, fifteen years in)' - Sarah Knight, New York Times bestselling author of The Life-Changing Magic of Not Giving a F*ck A witty, practical guide to navigating

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**200 difficult professional
conversations Ten years as a
workplace advice columnist
has taught Alison Green that
people avoid awkward
conversations in the office
because they don't know what**

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**to say. Thankfully, Alison
does. In this incredibly helpful
book, she takes on the tough
discussions you may need to
have during your career. You'll
learn what to say when:
colleagues push their work on**

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**you - then take credit for it .
you accidentally trash-talk
someone in an email and hit
'reply all' . you're being
micromanaged - or not being
managed at all . your boss
seems unhappy with your**

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**work · you got too drunk at the
Christmas party With sharp,
sage advice and candid letters
from real-life readers, Ask a
Manager will help you
successfully navigate the
stormy seas of office life.**

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**The New Science of Appetite
Just Eat It
Why Obesity is Not that
Simple
The Wellness Rebel
Eat What You Like & Lose
Weight For Life - The**

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**infographic guide to the only
diet that works**

**The quest to feed the world
without destroying it**

**Why Butter, Meat and Cheese
Belong in a Healthy Diet**

The very best journalism from one

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of Britain's most admired and outspoken science writers, author of the bestselling *Bad Science* and *Bad Pharma*.

The Sunday Times bestseller *A*
Daily Telegraph Music Memoir of
the Year Growing up in Liverpool in

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the 1960s and '70s, when skinheads, football violence and fear of just about everything was the natural order of things, a young Will Sergeant found the emerging punk scene provided a shimmer of hope amongst a

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crumbling city still reeling from the destruction of the Second World War. From school-day horrors and mud flinging fun to nights at Liverpool's punk club, Eric's, Sergeant was fuelled by and thrived on music. It was this

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devotion that led to the birth of the Bunnymen, to the days when he and Ian McCulloch would muck around with reel-to-reel recordings of song ideas in the back parlour of his parents' council estate house, and to finding a community

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- friends, enemies and many in between - with those who would become post-punk royalty from the likes of Dead or Alive, Frankie Goes to Hollywood and the Teardrop Explodes to name a few. It was an uphill struggle to carve

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their name in the history of Liverpool music, but Echo and the Bunnymen became iconic, with songs like 'Lips Like Sugar,' 'The Cutter' and 'The Killing Moon'. By turns wry, explicit and profound, Bunnyman reveals what it was

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really like to be part of one of the most important British bands of the 1980s.

Challenges popular misconceptions about fats and nutrition science, revealing the distorted claims of nutrition

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studies while arguing that more dietary fat can lead to better health, wellness, and fitness. Most people try out diets just to see if they work. One friend cuts out sugar, a second cuts out fat. Another mumbles something

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about gut microbes. Even scientists still seem to be arguing about what causes obesity, so what hope is there for the rest of us? Anthony Warner, author of *The Angry Chef*, has decided to get to the bottom of it once and for all. Is

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obesity really an epidemic? Can you be addicted to food? Can't you just exercise your way to freedom? And what the heck is a food desert? You want the truth? The science, without the prejudice? You can handle it.

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Why We Eat (Too Much)

How the Evolution of Science
Transformed the Art of Cooking
The Untold Story of How Milk,
Meat, and Muscle Shaped the
World

How to Navigate Clueless

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Colleagues, Lunch-Stealing Bosses
and Other Tricky Situations at
Work

Gifts of the Crow

How Intuitive Eating Can Help
You...

The Strange Chemistry of What

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We Put in Us and on Us

'Truly life-changing' - Dolly

*Alderton 'The only 'diet' book
worth reading this new year' -*

Alexandra Heminsley, Grazia

*Just Eat It isn't just a book. It's
part of a movement to help us*

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take back control over our bodies. To free us from restrictive dieting, disordered eating and punishing exercise. To reject the guilt and anxiety associated with eating and, ultimately, to help us feel good

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about ourselves. This anti-diet guide from registered nutritionist Laura Thomas PhD can help you sort out your attitude to food and ditch punishing exercise routines. As a qualified practitioner of

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Intuitive Eating – a method that helps followers tune in to innate hunger and fullness cues – Thomas gives you the freedom to enjoy food on your own terms. There are no rules: only simple, practical tools and

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*exercises including
mindfulness techniques to help
you recognize physiological
and emotional hunger, sample
conversations with friends and
colleagues, and magazine and
blog critiques that call out diet*

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culture. So, have you ever been on a diet? Spent time worrying that you looked fat when you could have been doing something useful? Compared the size of your waistline to someone else's?

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Felt guilt, actual guilt, about the serious crime of . . . eating a doughnut? You're not alone. Just Eat It gives you everything you need to develop a more trusting, healthy relationship with food and your body.

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When people lie about food, that is when Angry Chef comes out. Whether it is the latest insta-star, celebrity diet guru, fitness blogger or self-appointed nutrition expert, Angry Chef is there to take

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them down. We have never had so much information available to us about food and health. There's GAPS, paleo, detox, gluten-free, alkaline, the sugar conspiracy, clean eating... But unfortunately

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*much of that information is
damaging, unscientific and
wrong. So why do we believe
them' Using insight from
psychiatrists, behavioural
economists, food scientists and
dietitians, the Angry Chef*

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unravels why sensible, intelligent people are so easily taken in by the latest food fads, giving readers the tools to spot pseudoscience for themselves. And when he's done, he will sit down and have

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*a nice cup of tea. With two
fucking sugars in it. This is the
truth about food. Are you ready
to hear it'*

*This new edition of the Manual
of Nutrition describes the
major nutrients, their roles and*

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sources, together with mechanisms of digestion and utilisation. It outlines how this links to food and nutrition policy, providing a valuable contribution to the understanding of the role food

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plays in our health and wellbeing. This edition covers similar ground to the previous editions but contains updated values for the typical nutrient content of commonly eaten foods as well as the nutrient

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intake of the population which has been estimated from recent research. The chapter on energy (Chapter 5) has been updated to include new information from the Scientific Advisory Committee on

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*Nutrition's energy report
"Dietary Reference Values for
Energy" (2011, ISBN
9780108511370). Other
updated information includes
that related to iron, caffeine
intake for pregnant women and*

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*recommendations on being
active.*

*You don't need another new
diet. You just need this book.
As seen on ITV's Save Money
and Lose Weight and This
Morning. 'This is a brilliant*

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book' Phillip Schofield 'The book to turn to for advice you can trust.' Mail on Sunday 'If you want to lose weight then this book is for you.' Dietician Nichola Ludlam-Raine (as seen on BBC, ITV & Channel 4)

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Discover how to lose weight for good. No gimmicks, no rules, no tough exercise regime. Just a straightforward, proven science-based method.

Graeme Tomlinson, a.k.a. The Fitness Chef, has amassed over

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600,000 instagram followers thanks to his myth-busting health-and-diet infographics. In this digestible infographic guide, you will discover: how to lose weight and keep it off forever and why you don't

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need a complicated new diet, slimming-club rules or a personal trainer. Empower yourself to make informed food choices and be inspired by Graeme's 70 easy, lower-calorie versions of popular

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foods - including curries, fry ups and even fish and chips. You can still eat your favourite biscuits and enjoy carbs, fats and sugar. After reading this book you will be able to make informed food choices for the

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*rest of your life and succeed at
any weight-loss goal.*

THE FITNESS CHEF

Georgia's Kitchen

*Tips, ideas & recipes for a
sustainable life*

Fitness Science Explained

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The Salt Fix

*A Practical Guide to Using
Science to Optimize Your
Health, Fitness, and Lifestyle
What the Fat?*

***The cow. The most industrious
animal in the world. A beast***

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central to human existence since time began, it has played a vital role in our history not only as a source of food, but also as a means of labor, an economic resource, an inspiration for art, and even as a religious icon. Prehistoric people painted it on

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cave walls; explorers, merchants, and landowners traded it as currency; many cultures worshipped it as a god. So how did it come to occupy the sorry state it does today—more factory product than animal? In Beef, Andrew Rimas and Evan D. G.

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Fraser answer that question, telling the story of cattle in its entirety. From the powerful auroch, a now extinct beast once revered as a mystical totem, to the dairy cows of seventeenth-century Holland to the frozen meat patties and growth

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hormones of today, the authors deliver an engaging panoramic view of the cow's long and colorful history. Peppered with lively anecdotes, recipes, and culinary tidbits, Beef tells a story that spans the globe, from ancient Mediterranean

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bullfighting rings to the rugged grazing grounds of eighteenth-century England, from the quiet farms of Japan's Kobe beef cows to crowded American stockyards to remote villages in East Africa, home of the Masai, a society to which cattle mean everything.

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Leaving no stone unturned in its exploration of the cow's legacy, the narrative serves not only as a compelling story but as a call to arms, offering practical solutions for confronting the current condition of the wasteful beef and dairy industries. Beef is a

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captivating history of an animal whose relationship with humanity has shaped the world as we know it, and readers will never look at steak the same way again.

“Delivers an enthusiastic introduction to nutritional epidemiology . . . Using simple

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illustrations and his trademark humor to demystify scientific analysis that doesn't always prove cause and effect, Zaidan empowers readers to make their own dietary decisions.” —Shelf Awareness, starred review Cheese puffs. Coffee. Sunscreen. Vapes.

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George Zaidan reveals what will kill you, what won't, and why—explained with high-octane hilarity, hysterical hijinks, and other things that don't begin with the letter H. INGREDIENTS offers the perspective of a chemist on the stuff we eat,

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drink, inhale, and smear on ourselves. Apart from the burning question of whether you should eat those Cheetos, Zaidan explores a range of topics. Here's a helpful guide: Stuff in this book: - How bad is processed food? How sure are we? - Is

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sunscreen safe? Should you use it? - Is coffee good or bad for you? - What's your disease horoscope? - What is that public pool smell made of? - What happens when you overdose on fentanyl in the sun? - What do cassava plants and Soviet spies

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have in common? - When will you die? Stuff in other books: - Your carbon footprint - Food sustainability - GMOs - CEO pay - Science funding - Politics - Football - Baseball - Any kind of ball, really Zaidan, an MIT-trained chemist who cohosted

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***CNBC's hit Make Me a
Millionaire Inventor and wrote
and voiced several TED-Ed viral
videos, makes chemistry more
fun than Hogwarts as he reveals
exactly what science can (and
can't) tell us about the packaged
ingredients sold to us every day.***

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Sugar, spinach, formaldehyde, cyanide, the ingredients of life and death, and how we know if something is good or bad for us—as well as the genius of aphids and their butts—are all discussed in exquisite detail at breakneck speed.

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Experience the propulsive love story of two Greek gods--Hades and Persephone--brought to life with lavish artwork and an irresistible contemporary voice. Scandalous gossip, wild parties, and forbidden love--witness what the gods do after dark in this

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***stylish and contemporary
reimagining of one of
mythology's most well-known
stories from creator Rachel
Smythe. Featuring a brand-new,
exclusive short story, Smythe's
original Eisner-nominated web-
comic Lore Olympus brings the***

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Greek Pantheon into the modern age with this sharply perceptive and romantic graphic novel. This volume collects episodes 1-25 of the #1 WEBTOON comic, Lore Olympus.

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***A Memoir: The Sunday Times
bestseller***

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