

Tefal Automatic Rice Cooker Manual Wordpress

RIGHT HERE, WE HAVE COUNTLESS BOOK **TEFAL AUTOMATIC RICE COOKER MANUAL WORDPRESS** AND COLLECTIONS TO CHECK OUT. WE ADDITIONALLY PAY FOR VARIANT TYPES AND AS A CONSEQUENCE TYPE OF THE BOOKS TO BROWSE. THE ENJOYABLE BOOK, FICTION, HISTORY, NOVEL, SCIENTIFIC RESEARCH, AS WITH EASE AS VARIOUS SUPPLEMENTARY SORTS OF BOOKS ARE READILY WITHIN REACH HERE.

AS THIS TEFAL AUTOMATIC RICE COOKER MANUAL WORDPRESS, IT ENDS GOING ON MAMMAL ONE OF THE FAVORED BOOKS TEFAL AUTOMATIC RICE COOKER MANUAL WORDPRESS COLLECTIONS THAT WE HAVE. THIS IS WHY YOU REMAIN IN THE BEST WEBSITE TO SEE THE AMAZING BOOKS TO HAVE.

THE BREAKFAST BOOK - MARION CUNNINGHAM
1987-08-12

A CHARMING, ONE-OF-A-KIND COOKBOOK DEVOTED EXCLUSIVELY TO BREAKFAST—THAT MOST AMERICAN OF MEALS WHICH IS ENJOYING A COMEBACK ALL OVER THE COUNTRY. HERE MARION CUNNINGHAM CELEBRATES THE SIMPLE PLEASURES OF A GOOD BREAKFAST WITH 288 IRRESISTIBLE RECIPES FOR TRADITIONAL FAVORITES—FROM SCONES AND STICKY BUNS AND POPOVERS AND HASH BROWNS TO ALL

KINDS OF EGGS AND PANCAKES AND MUFFINS—AS WELL NEW TREATS. HER GREAT COFFEE CAKE LENDS ITSELF TO A VARIETY OF SPICY, CRUNCHY COMBINATIONS; HER RAW FRESH FRUIT JAMS CAN BE MADE IN JUST THIRTY MINUTES (WITH NO COOKING!); AND HER OATMEAL BRAN AND MOTHER'S COOKIES ARE PERFECT FOR WHEN BREAKFAST IS ON THE RUN. AND FOR MORE LEISURELY MOMENTS AND SPECIAL OCCASIONS, CUNNINGHAM INCLUDES FORTY BREAKFAST MENUS GUARANTEED TO MAKE THE FIRST MEAL OF THE DAY THE BEST.

TWOCHUBBYCUBS FAST AND FILLING - JAMES ANDERSON
2020-12-31

THE SUNDAY TIMES BESTSELLER THIS IS 2CC'S MUST-HAVE SECOND SERVING OF DELICIOUS SLIMMING RECIPES - FULL OF FLAVOUR, FAST TO MAKE AND FILLING - ALL 500 CALORIES OR LESS! FAST AND FILLING, IS THE SECOND COOKBOOK FROM SUNDAY TIMES BESTSELLING AUTHORS, THE TWOCHUBBYCUBS - PACKED 100 MORE TASTY SLIMMING RECIPES, ALL UNDER 500 CALORIES, BEAUTIFULLY PHOTOGRAPHED AND EASY TO MAKE - THESE MEALS AND SNACKS ARE DESIGNED TO HELP WITH YOUR WEIGHT LOSS AND ENSURE YOU SAVE PRECIOUS TIME IN THE KITCHEN TOO - WHETHER THAT'S THROUGH MEALS COOKED IN MINUTES, OR DINNER IDEAS THAT CAN BE SCALED UP AND BATCH COOKED FOR LATER. WHAT TO EXPECT: - ALL RECIPES ARE CALORIE COUNTED WITH CLEAR INDICATIONS OF PORTIONS AND PREP AND COOK TIMINGS + FLAVOUR AND COOKING TIPS. - 2CC STORE CUPBOARD ESSENTIALS. - RECIPE SYMBOLS THROUGHOUT: EASY TO SCALE, QUICK TO MAKE, GOOD FOR LUNCHES, FREEZE WELL, DAIRY-FREE, GLUTEN-FREE, VEGGIE AND VEGAN + SMART SWAPS - IDEAS TO MAKE EACH RECIPE WORK FOR YOUR DIETARY REQUIREMENTS. - SIMPLE, AFFORDABLE, FAMILY-FRIENDLY INGREDIENTS. - CHAPTERS INCLUDE: BANGIN' BREAKFASTS, MINUTE MEALS (FOR THOSE IN A HURRY!), ONE PAN, LOW & SLOW, TIGHTEN THE BELT (FOR PRE-PAY DAY!), TAKEAWAYS AND SWEET TREATS. -

MINIBLOGS OF SIGNATURE SILLINESS WITH EACH RECIPE - JAMES AND PAUL WILL GIVE YOU A NEWFOUND CONFIDENCE TO GET COOKING AND HAVE YOU LAUGHING ALONG THE ROAD TO WEIGHT LOSS!

MASTERING THE ART OF SOUTHERN COOKING - NATHALIE DUPREE 2012-11-01

THIS DEFINITIVE GUIDE TO SOUTHERN COOKING METHODS AND TECHNIQUES BY THE CREATORS OF THE PBS SHOW *NEW SOUTHERN COOKING* FEATURES MORE THAN 600 RECIPES. IN *MASTERING THE ART OF SOUTHERN COOKING*, NATHALIE DUPREE AND CYNTHIA GRAUBART PRESENT THE MOST COMPREHENSIVE BOOK ON SOUTHERN CUISINE IN NEARLY A CENTURY. BASED ON YEARS OF RESEARCH, DUPREE AND GRAUBART EMBRACE THE GREAT SOUTHERN COOKBOOKS AND RECIPES OF THE PAST, ENHANCING THEM WITH THE FOODS AND CONVENIENCES OF TODAY. WITH MORE THAN 600 RECIPES AND HUNDREDS OF STEP-BY-STEP PHOTOGRAPHS, DUPREE AND GRAUBART MAKE IT EASY TO LEARN THE TECHNIQUES FOR CREATING THE SOUTH'S FABULOUS CUISINE. FROM BASICS SUCH AS CLEANING VEGETABLES AND SCRUBBING A COUNTRY HAM, TO SHOW-OFF SKILLS LIKE MAKING A SOUFFLÉ AND TURNING OUT THE PERFECT BISCUIT—ALL ARE EXPLAINED AND PICTURED WITH CLARITY AND PLENTY OF STORIES THAT ENTERTAIN.

ELECTRIC PRESSURE COOKING: THE BEGINNERS GUIDE TO BUYING & COOKING IN THE PRESSURE COOKER - RECIPE THIS

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2017-04-20

WHEN YOU FIRST BUY AN INSTANT POT (OR ANY OTHER ELECTRIC PRESSURE COOKER FOR THAT MATTER) IT CAN BE RATHER SCARY AND REALLY DAUNTING. YOU'RE LEARNING A BRAND NEW WAY TO COOK AND ONE THAT IS NOT FAMILIAR TO YOURSELF. IT IS LIKE YOU ARE STARTING AGAIN WITH NEW TIMINGS, NEW MEASUREMENTS AND NEW LEVELS OF SEASONING. IN THIS EBOOK IT PROVIDES YOU WITH THE COMPLETE GUIDE FOR BEGINNERS TO THE INSTANT POT PRESSURE COOKER AND SHOWS YOU JUST HOW EASY IT IS. IT INCLUDES THE WATER TEST, BEGINNER GUIDES AND OF COURSE LOTS OF BEGINNER RECIPES TO GET YOU STARTED. SEARCH TERMS: ELECTRIC PRESSURE COOKBOOK FOR BEGINNERS, ELECTRIC PRESSURE COOKER COOK BOOKS, ELECTRIC PRESSURE COOKER BOOK, ELECTRIC PRESSURE COOKER RECIPES, INSTANT POT RECIPES, INSTANT POT RECIPE, INSTANT POT COOKBOOK

SAT POWER VOCAB - PRINCETON REVIEW (FIRM) 2013 PROVIDES DEFINITIONS AND STUDY TIPS FOR OVER SIXTEEN HUNDRED FREQUENTLY USED SAT WORDS AND INCLUDES STRATEGIES FOR MEMORIZING THE WORDS AND ANSWERING QUESTIONS ON THE TEST.

COOKING UNDER PRESSURE () - LORNA J. SASS

2013-03-26

FROM THE LEADING AUTHORITY ON SPEED COOKING COMES THE GROUNDBREAKING COOKBOOK THAT INSPIRED A GENERATION OF COOKS—NOW UPDATED AND REVISED FOR TODAY'S TASTES

AND SLEEK, ULTRASAFE MACHINES FROM THE ELEGANT TO THE ETHNIC TO THE TRADITIONAL, *COOKING UNDER PRESSURE* CONTAINS A WEALTH OF FLAVOR-PACKED RECIPES FOR FAST, HEALTHY, AND DELICIOUS MEALS DEVELOPED FOR THE MODERN PRESSURE COOKER—A MAGICAL APPLIANCE THAT TURNS OUT FOODS IN ONE-THIRD (OR LESS) THE STANDARD COOKING TIME WITHOUT SACRIFICING FLAVOR OR AROMA. LORNA SASS INTRODUCES US TO AN ECLECTIC ARRAY OF DISHES THAT CAN BE PREPARED ON A WHIM, INCLUDING CLASSIC OSSO BUCO (18 MINUTES), CHICKEN GUMBO (9 MINUTES), AND RISOTTO (4 MINUTES, WITHOUT STIRRING!). EVEN CHOCOLATE CHEESECAKE AND GRAND MARNIER BREAD PUDDING ARE DONE TO PERFECTION IN SHORT ORDER. PLUS, THE DRAMATICALLY SHORTENED COOKING TIMES MAKE IT POSSIBLE TO PREPARE CHOLESTEROL-FREE, HIGH-FIBER INGREDIENTS SUCH AS GRAINS AND BEANS AT THE LAST MINUTE. THE PRESSURE COOKER IS THE COOK'S BEST FRIEND!

INTERMITTENT FASTING - ZOEY JACOBS 2020-09-10

IS IT WORTH IT TO DO SOME INTERMITTENT FASTING TO CLEANSE YOUR BODY OR LOSE BELLY FAT? YES, IT IS. BUT WHY? THAT IS JUST ONE OF THE MANY THINGS THAT WILL BE EXPLAINED IN THIS BOOK. IT CAN SET YOU ON THE PATH TO BETTER SLEEP, AUTOPHAGY (THAT TERM WILL BE CLARIFIED), AND HEALTHIER NUTRITION. ASIDE FROM THIS, WE WILL DISCUSS THE MANY MISTAKES PEOPLE MAKE WHEN THEY START A DIET OR BEGIN THEIR FASTING PERIOD, AS WELL AS OTHER

TIPS YOU SHOULD KNOW ABOUT. DON'T WAIT. GET YOUR HANDS ON THIS VALUABLE INFORMATION NOW!

FOUNDATIONS OF TOPOLOGY - C. WAYNE PATTY 2009

TOPOLOGY IS A BRANCH OF PURE MATHEMATICS THAT DEALS WITH THE ABSTRACT RELATIONSHIPS FOUND IN GEOMETRY AND ANALYSIS. WRITTEN WITH THE MATURE STUDENT IN MIND, FOUNDATIONS OF TOPOLOGY, SECOND EDITION, PROVIDES A USER-FRIENDLY, CLEAR, AND CONCISE INTRODUCTION TO THIS FASCINATING AREA OF MATHEMATICS. THE AUTHOR INTRODUCES TOPICS THAT ARE WELL MOTIVATED WITH THOROUGH PROOFS THAT MAKE THEM EASY TO FOLLOW. HISTORICAL COMMENTS ARE DISPERSED THROUGHOUT THE TEXT, AND EXERCISES, VARYING IN DEGREE OF DIFFICULTY, ARE FOUND AT THE END OF EACH CHAPTER. FOUNDATIONS OF TOPOLOGY IS AN EXCELLENT TEXT FOR TEACHING STUDENTS HOW TO DEVELOP THE SKILL TO WRITE CLEAR AND PRECISE PROOFS.

EATING HEALTHY MADE EASY - ALICE OJWANG

2015-10-13

EATING HEALTHY MADE EASY IS A SIMPLE GUIDE ON HOW TO MAKE NUTRITION CHANGES FOR CHILDREN AND ADULTS. THIS BOOK HAS BEEN DEVELOPED FROM 15 YEARS OF EXPERIENCES MANAGING NUTRITION AND DIET OF DIFFERENT PEOPLE OVER THE YEARS. TO KEEP HEALTHY, REMEMBER THE FOLLOWING; WATCH THE PORTION SIZES, EAT MORE IN THE MORNING AND LESS IN THE EVENING, ALWAYS EAT A VARIETY OF FOODS, DO

NOT EAT PROTEIN AT NIGHT, AND ALWAYS USE THE PLATE METHOD (1/2 OF YOUR PLATE SHOULD ALWAYS BE VEGETABLES). REMEMBER TO LAUGH, LOVE, DANCE AND LIVE YOUR LIFE LIKE THERE IS NO TOMORROW. I WISH YOU ALL THE BEST.

HEALTHY AIR FRYER - AMERICA'S TEST KITCHEN

2021-12-28

ALL-NEW INSPIRED RECIPES FOR VIBRANT MEALS AND GOOD-FOR-YOU SNACKS THAT WILL HAVE YOU TURNING TO YOUR AIR FRYER ALL DAY. AIR FRYING IS NO LONGER JUST A SUBSTITUTE FOR DEEP-FAT FRYING. GO BEYOND FRENCH FRIES AND FRIED CHICKEN TO EXPERIENCE A WORLD OF FRESH FLAVOR. FROM CHICKEN-TOMATILLO TACOS WITH ROASTED PINEAPPLE SALSA TO STUFFED PORTOBELLO MUSHROOMS WITH KALE, CORN, AND PICKLED JALAPEÑOS, FROM SESAME SALMON WITH ROASTED KIMCHI, BROCCOLI, AND SHIITAKES TO LEMON-THYME PORK TENDERLOIN WITH GREEN BEANS AND HAZELNUTS, YOU CAN EASILY AIR FRY THEM ALL. THESE RECIPES WERE TESTED REPEATEDLY TO MAKE SURE THEY WORK IN ANY MODEL OF AIR FRYER: BASKET STYLE, OVEN STYLE, TOASTER OVEN STYLE, AND THE INSTANT POT LID. HEALTHY AIR FRYER GIVES YOU 75 WAYS TO USE YOUR AIR FRYER FOR BREAKFAST, LUNCH, DINNER. TRY: • OVERNIGHT BREAKFAST THREE-GRAIN BOWL • WHOLE-WHEAT BLUEBERRY-ALMOND MUFFINS • SHRIMP WITH CURRY NOODLES • CRISPY PORK CHOPS WITH ROASTED PEACH,

BLACKBERRY, AND ARUGULA SALAD • CRISPY BARBECUE CHICKPEAS THESE FOOLPROOF RECIPES, CHOCK-FULL OF WHOLE GRAINS, LEAN PROTEINS, GOOD FATS, AND VEGETABLES, ARE DEVELOPED TO MAXIMIZE THE AIR FRYER'S CONVECTION HEAT. DISCOVER PREP-AHEAD BREAKFASTS (FRUIT, NUT, AND OAT SCONES AND HEARTY VEGETABLE HASH WITH GOLDEN YOGURT), LIGHTER, INVENTIVE WAYS TO DINNER (CORIANDER CHICKEN THIGHS WITH ROASTED CAULIFLOWER AND SHALLOTS), AND CRAVE-WORTHY SNACKS (ASPARAGUS FRIES AND MAKE-AHEAD CRISPY EGG ROLLS).

DISCIPLE IV - ABINGDON PRESS 2005-05
DISCIPLE IV UNDER THE TREE OF LIFE IS THE FINAL STUDY IN THE FOUR-PHASE DISCIPLE PROGRAM AND IS PREPARED FOR THOSE WHO HAVE COMPLETED BECOMING DISCIPLES THROUGH BIBLE STUDY. THE STUDY CONCENTRATES ON THE WRITINGS (OLD TESTAMENT BOOKS NOT IN THE TORAH OR THE PROPHETS), THE GOSPEL OF JOHN, AND REVELATION. EMPHASIS ON THE PSALMS AS ISRAEL'S HYMNBOOK AND PRAYER BOOK LEADS NATURAL TO AN EMPHASIS ON WORSHIP IN THE STUDY. PRESENT THROUGH THE ENTIRE STUDY IS THE SENSE OF LIVING TOWARD COMPLETION - TOWARD THE CLIMAX OF THE MESSAGE AND THE PROMISE, EXTRAVAGANTLY PICTURED IN REVELATION. THE IMAGE OF THE TREE AND THE COLOR GOLD EMPHASIZE THE PROD AND PROMISE IN THE SCRIPTURES FOR DISCIPLE IV: UNDER THE

TREE OF LIFE. THE WORD UNDER IN THE TITLE IS MEANT TO CONVEY INVITATION, WELCOME, SHELTERING, SECURITY, AND REST - HOME AT LAST. COMMITMENT AND TIME INVOLVED 32 WEEK STUDY THREE AND ONE-HALF TO FOUR HOURS OF INDEPENDENT STUDY EACH WEEK (40 MINUTES DAILY FOR LEADERS AND 30 MINUTES DAILY FOR GROUP MEMBERS) IN PREPARATION FOR WEEKLY GROUP MEETINGS. ATTENDANCE AT WEEKLY 2.5 HOUR MEETINGS. DVD SET FOUR OF THE FIVE VIDEOS IN THIS SET CONTAIN VIDEO SEGMENTS OF APPROXIMATELY TEN MINUTES EACH THAT SERVE AS THE STARTING POINT FOR DISCUSSION IN WEEKLY STUDY SESSIONS. THE FIFTH VIDEO IS THE UNIQUE COMPONENT THAT GUIDES AN INTERACTIVE WORSHIP EXPERIENCE OF THE BOOK OF REVELATION. UNDER THE TREE OF LIFE SCRIPTURES LEND THEMSELVES TO VIDEOS WITH SPOKEN WORD, ART, DANCE, MUSIC, AND DRAMA. SET DECORATIONS DIFFERS FROM SEGMENT TO SEGMENT DEPENDING ON THE RELATED SCRIPTURE AND ITS TIME PERIOD. SET DECORATION FOR VIDEO SEGMENTS RELATED TO THE WRITINGS GENERALLY HAS A PERSIAN THEME. SET DECORATION FOR THE NEW TESTAMENT VIDEO SEGMENTS EMPHASIZES THE SIMPLER LIFE OF NEW TESTAMENT TIMES.

SOUS VIDE FOR EVERYBODY - AMERICA'S TEST KITCHEN
2018-09-25

SOUS VIDE FOR EVERYBODY IS AN APPROACHABLE COOKBOOK THAT DEMYSTIFIES SOUS VIDE COOKING AND DEMONSTRATES HOW IT CAN MAKE YOUR LIFE EASIER, WHILE

ALSO GIVING YOU THE TOOLS TO TRY EXCITING NEW DISHES. ORIGINALLY FROM THE FRENCH FOR "UNDER VACUUM" BECAUSE IT OFTEN INVOLVES SEALING FOOD IN PLASTIC, SOUS VIDE ALLOWS YOU TO COOK FOOD GENTLY IN AN AUTOMATIC WATER BATH TO THE PERFECT TEMPERATURE. THAT MAY SOUND INTIMIDATING, BUT THE TECHNIQUE HAS TRICKLED DOWN FROM EXPERIMENTAL FINE-DINING RESTAURANT KITCHENS TO THE HOME KITCHEN PRECISELY BECAUSE IT'S AN EASY, CONVENIENT, AND HANDS-OFF WAY TO COOK. SOUS VIDE NOT ONLY MAKES TRADITIONAL COOKING EASIER AND MORE FOOLPROOF, IT OFTEN CAN HELP TO MAKE FOOD TASTE BETTER, TAKING AWAY ALL THE GUESSWORK AND GIVING YOU BACK SOME FREE TIME. IN THIS COOKBOOK, YOU WILL FIND RECIPES THAT TEACH YOU HOW TO COOK SOUS VIDE, STARTING WITH BASICS LIKE THE PERFECT STEAK OR SOFT-COOKED EGG. YOU WILL ALSO FIND RECIPES THAT EXPAND YOUR KNOWLEDGE AND CREATIVITY IN THE KITCHEN USING SOUS VIDE, FROM A HOLIDAY-WORTHY CHUCK ROAST THAT TASTES LIKE A PRIME RIB AT A FRACTION OF THE COST TO EGGS BENEDICT TO FRUIT-ON-THE-BOTTOM YOGURT CUPS.

FROM INDIA - KUMAR MAHADEVAN 2013-04-01

THE SKILLED RESTAURANTEURS BEHIND 'HATTED' RESTAURANTS ABHI'S AND AKI'S, PRESENT TRADITIONAL AND MODERN INDIAN RECIPES ALONGSIDE THE PERSONAL STORY OF THEIR ARRANGED MARRIAGE, INTERNATIONAL ADVENTURES AND THEIR ULTIMATE MOVE TO AUSTRALIA.

STRATEGIC RETAIL MANAGEMENT - JOACHIM ZENTES
2016-10-07

THIS BOOK IS DEVOTED TO THE DYNAMIC DEVELOPMENT OF RETAILING. THE FOCUS IS ON VARIOUS STRATEGY CONCEPTS ADOPTED BY RETAILING COMPANIES AND THEIR IMPLEMENTATION IN PRACTICE. THIS IS NOT A TRADITIONAL TEXTBOOK OR COLLECTION OF CASE STUDIES; IT AIMS TO DEMONSTRATE THE COMPLEX AND MANIFOLD QUESTIONS OF RETAIL MANAGEMENT IN THE FORM OF TWENTY LESSONS, WHERE EACH LESSON PROVIDES A THEMATIC OVERVIEW OF KEY ISSUES AND ILLUSTRATES THEM VIA A COMPREHENSIVE CASE STUDY. THE EXAMPLES ARE ALL INTERNATIONALLY KNOWN RETAIL COMPANIES, TO FACILITATE AN UNDERSTANDING OF WHAT IS INVOLVED IN STRATEGIC RETAIL MANAGEMENT AND ILLUSTRATE BEST PRACTICES. IN THE THIRD EDITION, ALL CHAPTERS WERE REVISED AND UPDATED. TWO NEW CHAPTERS WERE ADDED TO TREAT TOPICS LIKE CORPORATE SOCIAL RESPONSIBILITY AS WELL AS MARKETING COMMUNICATION. ALL CASE STUDIES WERE REPLACED BY NEW ONES TO REFLECT THE MOST RECENT DEVELOPMENTS. WELL-KNOWN RETAIL COMPANIES FROM DIFFERENT COUNTRIES, LIKE TESCO, ZALANDO, HUGO BOSS, CARREFOUR, AMAZON, OTTO GROUP, ARE NOW USED TO ILLUSTRATE PARTICULAR ASPECTS OF RETAIL MANAGEMENT.

SIX BILLION SHOPPERS - PORTER ERISMAN 2017-09-26
AN INSIGHTFUL, PRACTICAL GUIDE TO E-COMMERCE IN

EMERGING MARKETS--AND HOW TO PROFIT FROM THEIR EXPLOSIVE BOOM. FROM CHINA TO INDIA TO NIGERIA, E-COMMERCE IS ENTERING A GOLDEN ERA IN COUNTRIES THAT WERE LONG LEFT OUT OF THE E-COMMERCE GOLD RUSH EXPERIENCED IN THE WEST. IF THE STORY OF THE FIRST TWENTY YEARS OF E-COMMERCE'S GROWTH WAS SET IN DEVELOPED MARKETS, THE STORY OF THE NEXT TWENTY YEARS WILL BE SET IN EMERGING ONES. THE RISE OF E-COMMERCE IN EMERGING MARKETS IS BEING DRIVEN BY THREE MAJOR TRENDS: WIDESPREAD INTERNET ADOPTION, A RISING MIDDLE CLASS, AND, MOST IMPORTANTLY, INNOVATIVE NEW BUSINESS MODELS THAT SERVE THE NEEDS OF LOCAL CUSTOMERS BETTER THAN THE MODELS USED BY WESTERN E-COMMERCE GIANTS. SIX BILLION SHOPPERS TAKES READERS ON AN EXCITING AND COLORFUL JOURNEY AROUND THE WORLD TO VISIT THE NEXT E-COMMERCE MEGA MARKETS AND EXPLORE HOW A NEW E-COMMERCE BOOM IS OPENING OPPORTUNITIES FOR ENTREPRENEURS AND GLOBAL BRANDS ALIKE. TRAVELING THROUGH NIGERIA, CHINA, INDIA, SOUTHEAST ASIA, AND LATIN AMERICA, PORTER ERISMAN ADDRESSES E-COMMERCE ACROSS THESE NEW MARKETS AND WHAT IT MEANS FOR WESTERN BRANDS. HE ARGUES THAT E-COMMERCE IN DEVELOPING COUNTRIES IS REVOLUTIONARY AND WILL PLAY A MUCH LARGER ROLE IN EMERGING MARKETS THAN IN THE WEST. WITH E-COMMERCE IN EMERGING MARKETS ENTERING A RAPID PERIOD OF EXPANSION, SIX BILLION SHOPPERS EXPLAINS HOW

TO SEIZE THE MASSIVE OPPORTUNITY CREATED BY EMERGING MARKET CONSUMERS AND PROVIDES PRACTICAL ADVICE ON HOW TO RIDE THIS NEW BUSINESS TREND.

PLASTIC-FREE - BETH TERRY 2015-04-21

“GUIDES READERS TOWARD THE ROAD LESS CONSUMPTIVE, OFFERING PRACTICAL ADVICE AND MORAL SUPPORT WHILE MAKING A CONVINCING CASE THAT INDIVIDUAL ACTIONS . . . DO MATTER.” —ELIZABETH ROYTE, AUTHOR, GARBAGE LAND AND BOTTLEMANIA LIKE MANY PEOPLE, BETH TERRY DIDN'T THINK AN INDIVIDUAL COULD HAVE MUCH IMPACT ON THE ENVIRONMENT. BUT WHILE LAID UP AFTER SURGERY, SHE READ AN ARTICLE ABOUT THE STAGGERING AMOUNT OF PLASTIC POLLUTING THE OCEANS, AND DECIDED THEN AND THERE TO KICK HER PLASTIC HABIT. IN PLASTIC-FREE, SHE SHOWS YOU HOW YOU CAN TOO, PROVIDING PERSONAL ANECDOTES, STATS ABOUT THE ENVIRONMENTAL AND HEALTH PROBLEMS RELATED TO PLASTIC, AND INDIVIDUAL SOLUTIONS AND TIPS ON HOW TO LIMIT YOUR PLASTIC FOOTPRINT. PRESENTING BOTH BEGINNER AND ADVANCED STEPS, TERRY INCLUDES HANDY CHECKLISTS AND TABLES FOR EASY REFERENCE, WAYS TO GET INVOLVED IN LARGER COMMUNITY ACTIONS, AND PROFILES OF INDIVIDUALS—PLASTIC-FREE HEROES—who HAVE GONE BEYOND PERSONAL SOLUTIONS TO CREATE CHANGE ON A LARGER SCALE. FULLY UPDATED FOR THE PAPERBACK EDITION, PLASTIC-FREE ALSO INCLUDES SECTIONS ON LETTING GO OF ECO-GUILT, STRATEGIES FOR COPING WITH

OVERWHELMING PROBLEMS, AND WAYS TO RELATE TO OTHER PEOPLE WHO AREN'T AS FAR ALONG ON THE PLASTIC-FREE PATH. BOTH A PRACTICAL GUIDE AND THE STORY OF A PERSONAL JOURNEY FROM HELPLESSNESS TO EMPOWERMENT, PLASTIC-FREE IS A MUST-READ FOR THOSE CONCERNED ABOUT THE ONGOING HEALTH AND HAPPINESS OF THEMSELVES, THEIR CHILDREN, AND THE PLANET.

STIR - JESSICA FECHTOR 2016-04-05

STIR IS A HEARTFELT EXAMINATION OF WHAT IT MEANS TO NOURISH AND BE NOURISHED. AT 28, JESSICA FECHTOR SUFFERED A MAJOR ANEURYSM. SHE LOST HER SENSE OF SMELL, THE SIGHT IN HER LEFT EYE AND WAS FORCED TO THE SIDE-LINES OF THE LIFE SHE LOVED. HER JOURNEY TO RECOVERY STARTED IN THE KITCHEN, WHERE SHE FOUND PEACE IN STANDING AT THE STOVETOP. STIR IS A MEMOIR ABOUT THIS JOURNEY, INCLUDING SOME OF THE RECIPES THAT HELPED HER REPAIR BOTH HER BODY AND HER LIFE.

TWELVE YEARS A SLAVE (ILLUSTRATED) - SOLOMON NORTHUP 2014-08-22

TWELVE YEARS A SLAVE (1853) IS A MEMOIR AND SLAVE NARRATIVE BY SOLOMON NORTHUP, AS TOLD TO AND EDITED BY DAVID WILSON. NORTHUP, A BLACK MAN WHO WAS BORN FREE IN NEW YORK, DETAILS HIS KIDNAPPING IN WASHINGTON, D.C. AND SUBSEQUENT SALE INTO SLAVERY. AFTER HAVING BEEN KEPT IN BONDAGE FOR 12 YEARS IN LOUISIANA BY VARIOUS MASTERS, NORTHUP WAS ABLE TO WRITE TO

FRIENDS AND FAMILY IN NEW YORK, WHO WERE IN TURN ABLE TO SECURE HIS RELEASE. NORTHUP'S ACCOUNT PROVIDES EXTENSIVE DETAILS ON THE SLAVE MARKETS IN WASHINGTON, D.C. AND NEW ORLEANS AND DESCRIBES AT LENGTH COTTON AND SUGAR CULTIVATION ON MAJOR PLANTATIONS IN LOUISIANA.

THROUGH THE SEASONS - ANNABEL LANGBEIN 2014-10-01

BESTSELLING AUTHOR ANNABEL LANGBEIN IS BACK WITH A BRAND NEW BOOK FEATURING MORE THAN 200 FABULOUSLY SIMPLE RECIPES USING FRESH, SEASONAL FOOD. IN A WORLD THAT PLACES SO MANY DEMANDS ON OUR LIVES, TAKING A FEW MINUTES TO PREPARE A MEAL AND ENJOY THE RITUAL OF EATING TOGETHER PROVIDES A RHYTHM TO DAILY LIFE AND GIVES US A SENSE OF BELONGING AND CONNECTION TO THE CYCLES OF NATURE. HOME COOKING ISN'T ABOUT PERFORMANCE FOOD AND FANCY TRICKS; IT'S ABOUT NOURISHMENT AND CARE. AND BEGINNING WITH FRESH, SEASONAL PRODUCE IS ONE OF THE SIMPLEST WAYS TO MAKE GREAT FOOD. ALL THE RECIPES IN THROUGH THE SEASONS ARE DESIGNED TO MAKE THE MOST OF EVERY SEASON'S PRODUCE-FROM THE LIGHTEST SUMMER SALADS TO THE MOST DECADENT WINTER PUDDINGS. CLEVER VARIATIONS AND SUBSTITUTIONS TO THE RECIPES MEAN THAT MANY OF THE DISHES CAN BE COOKED AT ANY TIME OF YEAR WITH WHATEVER PRODUCE YOU HAVE TO HAND. THERE ARE MANY GLUTEN-FREE AND VEGETARIAN OPTIONS, PLUS MENU

SUGGESTIONS FOR EVERY OCCASION, AS WELL AS HUNDREDS OF ANNABEL'S COOKING AND GARDENING TIPS AND TRICKS. ANNABEL ALSO BRINGS HER OWN TWIST TO CLASSICS THAT WILL QUICKLY BECOME DELICIOUS FAMILY FAVOURITES- INCLUDING A GUILT-FREE BLACK VELVET CAKE, THE ULTIMATE ROAST CHICKEN, AND THE BEST STICKY ASIAN PORK BELLY YOU WILL EVER EAT. INTERACTIVE WITH ANNABEL'S WEBSITE, THROUGH THE SEASONS WILL INSPIRE A FRESH WAY OF THINKING AND EATING-MORE THAN JUST A COOKBOOK, IT'S A TOOLKIT FOR A GOOD LIFE.

LIVE ALONE AND LIKE IT - MARJORIE HILLIS 2009-11-29
"WHETHER YOU VIEW YOUR ONE-WOMAN M[?] NAGE AS DOOM OR ADVENTURE, YOU NEED A PLAN, IF YOU ARE GOING TO MAKE THE BEST OF IT." THUS BEGINS MARJORIE HILLIS' ARCHLY FUNNY, GENTLY PRESCRIPTIVE MANIFESTO FOR SINGLE WOMEN. THOUGH IT WAS 1936 WHEN THE VOGUE EDITOR FIRST SHARED HER WISDOM WITH HER FELLOW SINGLETONS, THE TOME HAS BEEN PASSED LOVINGLY THROUGH THE GENERATIONS, AND IS EVEN MORE APT TODAY THAN WHEN IT WAS FIRST PUBLISHED. HILLIS, A TRUE BON VIVANT, WAS SICK AND TIRED OF HEARING SINGLE WOMEN CARPING ABOUT THEIR LIVING ARRANGEMENTS AND LONELY LIVES; THIS BOOK IS HER INVALUABLE WAKE-UP CALL FOR SINGLE WOMEN TO TAKE CONTROL AND ENJOY THEIR CIRCUMSTANCES. HILLIS TAKES READERS THROUGH THE FUNDAMENTALS OF LIVING ALONE, INCLUDING THE IMPORTANCE OF CREATING A HOSPITABLE

ENVIRONMENT AT HOME, CULTIVATING HOBBIES THAT KEEP HER THERE ("FOR NO WOMAN CAN ACCEPT AN INVITATION EVERY NIGHT WITHOUT COMING TO GRIEF"), THE QUESTION OF WHETHER SINGLE LADIES MAY ENTERTAIN MEN AT HOME (THE ANSWER MAY SURPRISE YOU!), AND MANY MORE. WITH ENGAGING CHAPTER TITLES LIKE "A LADY AND HER LIQUOR" AND "THE PLEASURES OF A SINGLE BED," ALONG WITH A NEW PREFACE BY AUTHOR LAURIE GRAFF (YOU HAVE TO KISS A LOT OF FROGS), *LIVE ALONE AND LIKE IT* IS SURE TO APPEAL TO LIVE-ALONERS AND MANY OTHER READERS ALIKE.

PRESSURE COOKER PERFECTION - AMERICA'S TEST KITCHEN 2013-03-15

100 FOOLPROOF PRESSURE-COOKER RECIPES THAT WILL CHANGE THE WAY YOU COOK. IN *PRESSURE COOKER PERFECTION*, THE FIRST VOLUME IN OUR NEW TEST KITCHEN HANDBOOK SERIES, THE EDITORS AT AMERICA'S TEST KITCHEN DEMYSTIFY AN APPLIANCE THAT TO MANY HOME COOKS REMAINS INTIMIDATING -- BUT SHOULDN'T. MODERN PRESSURE COOKERS ARE SAFER, QUIETER, MORE RELIABLE, AND MORE USER-FRIENDLY THAN OLD-FASHIONED JIGGLE-TOP MODELS. AND THEY CAN PREPARE A WIDE RANGE OF FOODS -- EVERYTHING FROM BARBECUE TO RISOTTO -- IN RECORD TIME. COOKING UNDER PRESSURE RESULTS IN BETTER-TASTING DISHES BECAUSE EVERY DROP OF FLAVOR IS TRAPPED IN THE SEALED POT. THIS FACT, COMBINED WITH THE SHORTER COOKING TIME, MEANS THAT YOUR DISHES WILL BE

SUPERCHARGED WITH FLAVOR. AND COOKING UNDER PRESSURE IS VERSATILE. WHILE THEY'RE IDEAL FOR ROASTS AND STEWS, PRESSURE COOKERS CAN ALSO TURN OUT PERFECTLY TENDER BEANS, GRAINS, AND LEGUMES IN SHORT ORDER. IF EVER THERE WAS A COOKING METHOD THAT COULD BENEFIT FROM THE OBSSIVE TRIAL AND ERROR THAT OUR TEST KITCHEN IS KNOWN FOR, THIS IS IT. WHEN COOKING TIME IS COMPRESSED, EVERY MINUTE MATTERS, AND WHEN FLAVORS ARE AMPLIFIED, EVEN A SMALL CHANGE BECOMES SIGNIFICANT. WE RAN HUNDREDS OF TESTS IN FIFTEEN PRESSURE COOKERS TO FIND OUT WHAT WORKS AND WHAT DOESN'T, AND WE DELIVER THE FOOLPROOF, GUARANTEED-SUCCESSFUL RECIPES IN PRESSURE COOKER PERFECTION. WITH THIS FOOLPROOF GUIDE TO COOKING UNDER PRESSURE, EVERY HOME COOK WILL BE GUARANTEED SUCCESS.

A SECRET SORROW - KAREN VAN DER ZEE
2015-04-13

AFTER HER NIGHTMARISH RECOVERY FROM A SERIOUS CAR ACCIDENT, FAYE GETS HORRIBLE NEWS FROM HER DOCTOR, AND IT HITS HER HARD LIKE A ROCK: SHE CAN'T BEAR CHILDREN. IN EXTREME SHOCK, SHE BREAKS OFF HER ENGAGEMENT, LEAVES HER JOB AND CONFINES HERSELF IN HER FAMILY HOME. ONE DAY, SHE MEETS HER BROTHER'S BEST FRIEND, AND HER SOUL MAKES A FIRST STEP TO HEALING.

THE NEW FAST FOOD - JILL NUSSINOW 2011-10-20
A PRESSURE COOKER CAN CHANGE YOUR LIFE DISCOVER

HOW YOU CAN MAKE DELICIOUS MEALS IN MINUTES USING JUST ONE POT. LET JILL, THE VEGGIE QUEEN(TM), SHOW YOU HOW EASY AND SAFE IT IS TO MAKE FLAVORFUL, HEALTHY PLANT-BASED MEALS WITH VEGETABLES, GRAINS, BEANS AND OTHER LEGUMES AND FRUIT. WITH A PRESSURE COOKER, YOU CAN SAVE TIME AND MONEY, LOCK IN FLAVOR AND NUTRITION, DECREASE YOUR ENERGY COSTS AND AVOID A MESSY KITCHEN WITH ONLY ONE POT TO CLEAN! JILL WILL SHOW YOU HOW YOU CAN CUT COOKING TIME IN HALF (OR MORE!) COMPARED TO CONVENTIONAL STOVE TOP COOKING. IN THE NEW FAST FOOD(TM), YOU'LL LEARN HOW TO CHOOSE AND USE A PRESSURE COOKER, WITH TIMING CHARTS FOR YOUR FAVORITE PLANT FOODS. YOU'LL ALSO FIND MORE THAN 100 RECIPES FOR EVERYTHING FROM BREAKFAST TO DESSERT. MOST OF THE RECIPES ARE GLUTEN-FREE AND ALL ARE VEGAN. THE NEW FAST FOOD(TM) OFFERS FAST, COLORFUL AND TASTY DISHES SUCH AS: ORANGE GLAZED BROCCOLI WITH CARROTS AND KALE MASHED MAPLE WINTER SQUASH WITH CINNAMON LEMONY LENTIL AND POTATO CHOWDER SMOKY SWEET POTATO AND BLACK BEAN CHILI COCONUT ALMOND RISOTTO

GOOD EATS 2 - ALTON BROWN 2021-12-21

GOOD EATS 2: THE MIDDLE YEARS PICKS UP WHERE THE BESTSELLING GOOD EATS: THE EARLY YEARS LEFT OFF. SHOWCASING EVERYTHING ALTON BROWN FANS (AND THEY ARE LEGION!) HAVE EVER WANTED TO KNOW ABOUT HIS

AWARD-WINNING TELEVISION SHOW, *THE MIDDLE YEARS* IS CHOCK-FULL OF BEHIND-THE-SCENES PHOTOGRAPHS AND TRIVIA, SCIENCE-OF-FOOD INFORMATION, COOKING TIPS, AND—OF COURSE—RECIPES.!--?XML:NAMESPACE PREFIX = O NS = "URN:SCHEMAS-MICROSOFT-COM:OFFICE:OFFICE" /-- BROWN'S PARTICULAR GENIUS LIES IN TEACHING THE CHEMISTRY OF COOKING WITH LEVITY AND EXUBERANCE. IN EPISODES SUCH AS "FIT TO BE TIED" (MEAT ROULADES), "CRUSTACEAN NATION" (CRAB), AND "ILL-GOTTEN GRAINS" (WHEAT PRODUCTS), BROWN EXPLAINS EVERYTHING FROM HOW TO MAKE THE PERFECT OMELET TO HOW TO STUFF YOUR OWN SAUSAGES. WITH HUNDREDS OF ENTERTAINING PHOTOGRAPHS, ALONG WITH BROWN'S INIMITABLE LINE DRAWINGS AND SIGNATURE WITTY WRITING, THIS COMPREHENSIVE COMPANION BOOK CONVEYS THE SAME WILDLY CREATIVE SPIRIT AS THE SHOW ITSELF.

ASAP WORLD HISTORY: A QUICK-REVIEW STUDY GUIDE FOR THE AP EXAM - THE PRINCETON REVIEW 2018-02-06 LIKE CLASS NOTES—ONLY BETTER. THE PRINCETON REVIEW'S ASAP WORLD HISTORY IS DESIGNED TO HELP YOU ZERO IN ON JUST THE INFORMATION YOU NEED TO KNOW TO SUCCESSFULLY GRAPPLE WITH THE AP TEST. ADVANCED PLACEMENT EXAMS REQUIRE STUDENTS TO HAVE A FIRM GRASP OF CONTENT—YOU CAN'T BLUFF OR EVEN LOGIC YOUR WAY TO A 5. LIKE A SET OF CLASS NOTES BORROWED FROM THE SMARTEST STUDENT IN YOUR GRADE, THIS BOOK GIVES

YOU EXACTLY THAT. NO TRICKS OR CRAZY STRATAGEMS, NO SAMPLE ESSAYS OR PRACTICE SETS: JUST THE FACTS, PRESENTED WITH LOTS OF HELPFUL VISUALS. INSIDE ASAP WORLD HISTORY, YOU'LL FIND:

- ESSENTIAL CONCEPTS, PEOPLE, EVENTS, DATES, AND IDEAS FOR AP WORLD HISTORY—ALL EXPLAINED CLEARLY & CONCISELY
- LISTS, CHARTS, TABLES, AND MAPS FOR QUICK VISUAL REFERENCE
- A THREE-PASS ICON SYSTEM DESIGNED TO HELP YOU PRIORITIZE LEARNING WHAT YOU MUST, SHOULD, AND COULD KNOW IN THE TIME YOU HAVE AVAILABLE
- "ASK YOURSELF" QUESTIONS TO HELP IDENTIFY AREAS WHERE YOU MIGHT NEED EXTRA ATTENTION
- A RESOURCE THAT'S PERFECT FOR LAST-MINUTE EXAM PREP OR AS A HANDY RESOURCE FOR DAILY CLASS WORK

TOPICS COVERED IN ASAP WORLD HISTORY INCLUDE:

- ALL SIX TIME PERIODS FEATURED ON THE EXAM
- MAJOR ANCIENT & CLASSICAL CIVILIZATIONS, STATES, AND EMPIRES
- GLOBALIZATION & EXPLORATION
- IMPERIALISM & CAPITALISM
- REVOLUTIONS & THE FORMATION OF NATIONS
- 20TH-CENTURY DEVELOPMENTS SUCH AS WORLD WAR I AND II AND COMMUNISM
- INDEPENDENCE MOVEMENTS IN ASIA & AFRICA ... AND MORE!

LOOKING FOR SAMPLE EXAMS, PRACTICE QUESTIONS, AND TEST-TAKING STRATEGIES? CHECK OUT OUR EXTENDED, IN-DEPTH PREP GUIDE, *CRACKING THE AP WORLD HISTORY EXAM!*

SOUP MAKER RECIPE BOOK - LIANA GREEN 2016-10-24

SOUP MAKER RECIPE BOOK - 100 DELICIOUS AND NUTRITIOUS RECIPES FOR YOUR SOUP MAKER MAKING YOUR OWN SOUP AT HOME IS NOT ONLY REWARDING, IT'S NUTRITIOUS AND TASTY TOO. BY MAKING YOUR OWN SOUP YOU CONTROL EXACTLY WHAT GOES IN. THE SOUP RECIPES FOUND IN THIS BOOK HAVE BEEN MADE IN A MORPHY RICHARDS SOUP MAKER, BUT THEY CAN EASILY BE MADE IN ANY OTHER SOUP MAKER, OR EVEN WITH A POT ON A STOVE. BY INCLUDING AN ABUNDANCE OF HEALTHY INGREDIENTS YOU WILL DO WONDERS FOR BOTH YOUR HEALTH AND WELL- BEING. SOUPS ARE A FANTASTIC WAY TO LOSE WEIGHT - THEY ARE USUALLY HIGH IN FIBRE BUT LOW IN FAT AND CALORIES. IN FACT, I HAVE INCLUDED THE CALORIE COUNT OF EACH OF THE 100 SOUP RECIPES FOUND IN THIS BOOK. WHY GET THE SOUP MAKER RECIPE BOOK? INCREASE YOUR ENERGY LEVELS AND FEEL GREAT ABOUT YOURSELF. IMPROVE YOUR HEALTH LOOK AMAZING WITH CLEAR SKIN, VIBRANT EYES AND BE YOUR PERFECT WEIGHT MAKE ECONOMICAL MEALS - HOMEMADE SOUPS ARE SO MUCH CHEAPER THAN SHOP BOUGHT ONES! MAKE THE VERY SAME RECIPES I HAVE RESEARCHED AND TESTED OUT TO; LOSE WEIGHT AND LOOK GREAT IMPROVE MINE AND MY CHILDREN'S HEALTH. I NEVER DREAMT MY HOT DOG CRAZY SON WOULD BE REQUESTING A VEGETABLE SOUP FOR LUNCH! WHAT RECIPES ARE INCLUDED? THERE IS A SOUP RECIPE FOR EVERYONE IN THIS BOOK. IN FACT THERE ARE LOTS FOR EVERYONE! I'VE INCLUDED CLASSICS LIKE CHICKEN SOUP,

LEEK AND POTATO SOUP, TOMATO SOUP, AS WELL AS MORE UNIQUE RECIPES. THE FOLLOWING ARE A SMALL TASTER OF THE 100 SOUP RECIPES INCLUDED IN THE SOUP MAKER RECIPE BOOK; BUTTERNUT SQUASH CARROT AND GINGER CHICKEN AND ASPARAGUS CAULIFLOWER CHEESE HONEY ROAST PARSNIP CARIBBEAN PUMPKIN TOMATO AND BASIL LEFTOVER TURKEY SERIOUSLY GARLICKY CHICKEN (IT IS!) THAI GREEN CURRY COD, SWEET POTATO AND PARSLEY
HIP PRESSURE COOKING - LAURA D.A. PAZZAGLIA
2014-09-02

LAURA PAZZAGLIA'S HIP PRESSURE COOKING OFFERS OVER 200 SUREFIRE RECIPES DESIGNED TO WORK IN THE INSTANT POT, ELECTRIC PRESSURE COOKERS, MULTI-COOKERS WITH PRESSURE PROGRAMS, AND STOVE TOP PRESSURE COOKERS, TOO! IN FACT, THE RECIPES WERE TESTED ACROSS MULTIPLE PRESSURE COOKERS - INSTANT POT, FAGOR, WMF AND KUHN RIKON - TO ENSURE DELICIOUS RESULTS NO MATTER WHAT YOU HAVE IN YOUR KITCHEN. THAT'S RIGHT, THE ONCE-LOWLY AND MALIGNED PRESSURE COOKER IS MAKING A COMEBACK! THIS RELIC OF YOUR GRANDPARENTS' KITCHEN IS NOT ONLY IMPROVED AND SAFER THAN EVER BEFORE, BUT IT SAVES TIME, CREATES MORE FLAVOR, AND CONSERVES ENERGY. LAURA PAZZAGLIA WASN'T THINKING OF ALL THIS WHEN SHE TRIED PRESSURE COOKING FOR THE FIRST TIME, BUT AFTER WATCHING A FRIEND MAKE DINNER IN 10 MINUTES, PAZZAGLIA KNEW SHE HAD FOUND THE SOLUTION TO HER TIME-CRUNCHED

LIFE. IN FACT, SHE COOKED SO MUCH SHE BEGAN OFFERING RECIPES AND ADVICE ON A WEBSITE SHE CREATED. AT THE TIME, PRESSURE COOKING RECIPES DIDN'T EMPHASIZE AESTHETICS; WHILE THE FOOD MIGHT BE DELICIOUS, IT WAS OFTEN UNAPPEALING IN PRESENTATION. BUT PAZZAGLIA NOT ONLY FIGURED OUT HOW TO MAKE PRESSURE COOKED FOOD APPEALING, SHE GAINED A LARGE FOLLOWING FOR HER RECIPES AND TECHNIQUES WHILE DOING IT! A CULMINATION OF PAZZAGLIA'S EXPERIENCE, HIP PRESSURE COOKING OFFERS EVERYTHING FROM TASTY RECIPES FEATURING FRESH INGREDIENTS TO SPECIAL COOKING TECHNIQUES PERFECTED OVER THE YEARS TO BASIC TIPS ON OPERATING YOUR PRESSURE COOKER WHERE SHE WALKS YOU THROUGH EVERY STEP OF THE PROCESS. THE SECRET IS OUT—AND NOW YOU TOO CAN DISCOVER THE POTENTIAL OF THIS SUPER APPLIANCE WITH THIS REVOLUTIONARY GUIDE TO COOKING WITH PRESSURE!

JUST ONE COOKBOOK - NAMIKO CHEN 2021

NOT YOUR MOTHER'S SLOW COOKER RECIPES FOR TWO - BETH HENSBERGER 2010

SMALL SCALE, BIG FLAVOR! EVEN IF YOU HAVE A SMALLER HOUSEHOLD, YOU CAN STILL TAKE ADVANTAGE OF THE EASE, CONVENIENCE, AND VERSATILITY THAT ARE THE HALLMARKS OF SLOW COOKERS. THESE 125 RECIPES ARE FOR DELICIOUS MEALS SPECIALLY CREATED FOR PREPARATION IN A SMALL

(1 1/2- to 3 1/2-QUART) SLOW COOKER. BETH HENSBERGER SHOWCASES FRESH, WHOLESOME INGREDIENTS (RATHER THAN RELYING ON PACKAGED CONVENIENCE FOODS) TO CREATE FABULOUS BRAND-NEW DISHES AND CONTEMPORARY TAKES ON CLASSIC FAVORITES, INCLUDING MOROCCAN-SPICED TOMATO CHICKEN WITH ALMONDS, INDIVIDUAL POT ROASTS, JERKED PULLED PORK WITH RUM BARBECUE SAUCE, FRESH CORN RISOTTO, AND CHIPOTLE BLACK BEAN VEGETABLE SOUP. THE FLAVORS ARE SO BIG, THE SMALL SLOW COOKER CAN BARELY CONTAIN THEM! PRAISE FOR NOT YOUR MOTHER'S SLOW COOKER COOKBOOK "THESE CAPABLE COOKS WREST SLOW COOKING FROM THE BACK CUPBOARD OF UNCERTAINTY ... WITH A WIDE RANGE OF SOUND RECIPES AND ADVICE FOR EVERY MEAL.... FOR TODAY'S HOME COOK, THIS IS A COMPREHENSIVE AND MULTI-CULTURAL GUIDE BACK TO SLOW FOOD, AND A FRIEND IN THE STRUGGLE TO KEEP US COOKING AND EATING AT HOME." - SAN FRANCISCO CHRONICLE "FROM MEATLOAF TO SOUPS TO DESSERTS, THIS BOOK MIGHT MAKE YOUR OVEN A STORAGE SPACE... THE PERFECT COMPANION TO A CROCK-POT." - *THE DOMESTIC GODDESS WANNABE BAKES* - DIANA GALE (CULINARY INSTRUCTOR) 2018

THE VEGGIE QUEEN - JILL NUSSINOW 2005

A SEASONAL COOKBOOK WITH MORE THAN 100 RECIPES TO ELEVATE THE STATUS OF VEGETABLES ON YOUR PLATE. A

LIGHTHEARTED LOOK AT VEGETABLES TO INSPIRE PEOPLE TO EAT MORE OF THEM.

THE GROOMER - JON ATHAN 2020-03-13

ANDREW MCCARTHY GROWS CONCERNED FOR HIS FAMILY AFTER HE CATCHES A YOUNG MAN, ZACHARY DENTON, PHOTOGRAPHING HIS DAUGHTER, GRACE MCCARTHY, AND OTHER CHILDREN AT A PARK. TO HIS DISMAY, ZACHARY TALKS HIS WAY OUT OF TROUBLE WHEN HE'S CONFRONTED BY THE POLICE. HE HOPES THAT'S THE END OF IT. THEN HE FINDS ZACHARY AT A DINER AND THEN AT A GROCERY STORE. HE KNOWS THEIR ENCOUNTERS AREN'T COINCIDENCES. AND JUST AS ANDREW PREPARES TO DEFEND HIS FAMILY, GRACE VANISHES. AS THE POLICE SEARCH STALLS AND THE LEADS DRY UP, ANDREW DECIDES TO TAKE MATTERS INTO HIS OWN HANDS. HE STARTS BY SEARCHING FOR SEX OFFENDERS IN THE AREA AND RESEARCHING ENHANCED INTERROGATION TECHNIQUES... HE CONVINCES HIMSELF HE'LL DO ANYTHING TO RESCUE HIS DAUGHTER, UNAWARE OF THE PURE EVIL HE'LL FACE IN HIS JOURNEY. HE'S WILLING TO HURT-TO TORTURE-ANYONE TO SAVE HIS FAMILY. JON ATHAN, THE AUTHOR OF INTO THE WOLVES' DEN AND THE ABUSE OF ASHLEY COLLINS, DELVES INTO THE UNDERWORLD OF INTERNET PREDATORS IN THIS DISTURBING HORROR NOVEL. ARE YOUR CHILDREN SAFE? WARNING: THIS BOOK CONTAINS GRAPHIC CONTENT. READER DISCRETION IS ADVISED.

BOOKBINDING - DOUGLAS COCKERELL 2005-07-26

CONSIDERED BY MANY BOOKBINDERS AND LIBRARIANS TO BE THE clearest and most valuable exposition of hand bookbinding in English, this volume concisely covers virtually every aspect of the craft — from folding and collating pages, trimming and gilding edges, to preparing covers, designing and inlaying on leather, and creating clasps and ties.

LANDMARK CASES IN INTELLECTUAL PROPERTY LAW - JOSE BELLIDO 2017-09-07

THIS VOLUME EXPLORES THE NATURE OF INTELLECTUAL PROPERTY LAW BY LOOKING AT PARTICULAR DISPUTES. ALL THE CASES GATHERED HERE AIM TO SHOW THE VERSATILE AND UNSTABLE CHARACTER OF A DISCIPLINE STILL SEARCHING FOR LANDMARKS. EACH CONTRIBUTION OFFERS AN OPPORTUNITY TO RAISE QUESTIONS ABOUT THE NARRATIVES THAT HAVE SHAPED THE DISCIPLINE THROUGHOUT ITS SHORT BUT PROFOUND HISTORY. THE VOLUME BEGINS BY REVISITING PATENT LITIGATION TO CONSIDER THE IMPACT OF THE STATUTE OF MONOPOLIES (1624). IT CONTINUES LOOKING AT DIFFERENT CONTROVERSIES TO DESCRIBE HOW THE EXISTENCE OF AN AUTHOR'S RIGHT IN LITERARY PROPERTY WAS A PLAUSIBLE BASIS FOR LEGAL ARGUMENT, EVEN THOUGH NO STATUTE EXPRESSLY MENTIONED AUTHORS' RIGHTS BEFORE THE STATUTE OF ANNE (1710). THE COLLECTION ALSO EXPLORES DIFFERENT MOMENTS OF HISTORICAL SIGNIFICANCE FOR INTELLECTUAL PROPERTY LAW: THE FIRST TRADE MARK

INJUNCTIONS; THE DIFFICULTIES THE LAW FACED WHEN PROTECTING MAPS; AND THE ORIGINS OF ORIGINALITY IN COPYRIGHT LAW. SIMILARLY, IT CONSIDERS THE DIFFERENT WAYS OF INTERPRETING PATENT CLAIMS IN THE LATE NINETEENTH AND TWENTIETH CENTURY; THE IMPACT OF SEMINAL CASES ON PASSING OFF AND THE LAW OF CONFIDENTIALITY; AND MORE GENERALLY, THE CONSTRUCTION OF INTELLECTUAL PROPERTY LAW AND ITS BRANCHES IN THEIR INTERACTION WITH NEW TECHNOLOGIES AND MARKETING DEVELOPMENTS. IT IS ESSENTIAL READING FOR ANYONE INTERESTED IN THE DEVELOPMENT OF INTELLECTUAL PROPERTY LAW.

THE OH SHE GLOWS COOKBOOK - ANGELA LIDDON
2014-03-04

THE NEW YORK TIMES BESTSELLER FROM THE FOUNDER OF OH SHE GLOWS "ANGELA LIDDON KNOWS THAT GREAT COOKS DEPEND ON FRESH INGREDIENTS. YOU'LL CRAVE EVERY RECIPE IN THIS AWESOME COOKBOOK!" —ISA CHANDRA MOSKOWITZ, AUTHOR OF ISA DOES IT "SO MANY THINGS I WANT TO MAKE! THIS IS A BOOK YOU'LL WANT ON THE SHELF." —SARA FORTE, AUTHOR OF THE SPROUTED KITCHEN A SELF-TRAINED CHEF AND FOOD PHOTOGRAPHER, ANGELA LIDDON HAS SPENT YEARS PERFECTING THE ART OF PLANT-BASED COOKING, CREATING INVENTIVE AND DELICIOUS RECIPES THAT HAVE BROUGHT HER DEVOTED FANS FROM ALL OVER THE WORLD. AFTER STRUGGLING WITH AN EATING DISORDER FOR A DECADE,

ANGELA VOWED TO CHANGE HER DIET — AND HER LIFE — ONCE AND FOR ALL. SHE TRADED THE LOW-CALORIE, PROCESSED FOOD SHE'D BEEN LIVING ON FOR WHOLE, NUTRIENT-PACKED VEGETABLES, FRUITS, NUTS, WHOLE GRAINS, AND MORE. THE RESULT? HER ENERGY SOARED, SHE HEALED HER RELATIONSHIP WITH FOOD, AND SHE GOT HER GLOW BACK, BOTH INSIDE AND OUT. EAGER TO SHARE HER REALIZATION THAT THE FOOD WE PUT INTO OUR BODIES HAS A HUGE IMPACT ON HOW WE LOOK AND FEEL EACH DAY, ANGELA STARTED A BLOG, OHSHEGLOWS.COM, WHICH IS NOW AN INTERNET SENSATION AND ONE OF THE MOST POPULAR VEGAN RECIPE BLOGS ON THE WEB. THIS IS ANGELA'S LONG-AWAITED DEBUT COOKBOOK, WITH A TRASURE TROVE OF MORE THAN 100 MOUTHERWATERING, WHOLESOME RECIPES — FROM REVAMPED CLASSICS THAT EVEN MEAT-EATERS WILL LOVE, TO FRESH AND INVENTIVE DISHES — ALL PACKED WITH FLAVOR. THE OH SHE GLOWS COOKBOOK ALSO INCLUDES MANY ALLERGY-FRIENDLY RECIPES — WITH MORE THAN 90 GLUTEN-FREE RECIPES — AND MANY RECIPES FREE OF SOY, NUTS, SUGAR, AND GRAINS, TOO! WHETHER YOU ARE A VEGAN, "VEGAN-CURIOUS," OR YOU SIMPLY WANT TO EAT DELICIOUS FOOD THAT JUST HAPPENS TO BE HEALTHY, TOO, THIS COOKBOOK IS A MUST-HAVE FOR ANYONE WHO LONGS TO EAT WELL, FEEL GREAT, AND SIMPLY GLOW!

NANCY SILVERTON'S PASTRIES FROM THE LA BREA BAKERY -
NANCY SILVERTON 2013-05-07

“THE PASTRIES WE MAKE ARE DELICIOUSLY SIMPLE AND RUSTIC AND NEVER TOO SWEET. WOVEN INTO MANY OF THEM ARE MY FAVORITE FLAVORS: BUTTER, CINNAMON, NUTS, AND FRUIT. THEY’RE FAMILIAR, UNCOMPLICATED, AND SATISFYING. ONE TASTE AND YOU’RE INSTANTLY COMFORTED. INSPIRED BY A SWEET MEMORY FROM CHILDHOOD, A EUROPEAN CLASSIC, OR A TIME-HONORED BAKESHOP STANDARD, THEY ARE FLAVORS YOU NEVER TIRE OF. LIKE MY BREAD, THESE ARE PASTRIES YOU WANT TO EAT EVERY DAY.”—FROM THE INTRODUCTION WHEN CELEBRATED PASTRY CHEF AND BAKER NANCY SILVERTON DECIDED TO ADD SWEETS TO THE LA BREA BAKERY’S SHELVES OF ARTISANAL BREADS, SHE KNEW THAT THEY COULDN’T BE JUST ANY SWEETS. INSTEAD OF BAKING FASTIDIOUS AND OVERELABORATE DESSERTS, SHE CREATES DELICIOUSLY SIMPLE, RUSTIC PASTRIES, FULL OF TEXTURE AND FLAVOR, THAT COMPLEMENT PERFECTLY HER HEARTY, COUNTRY-STYLE BREADS AND HAVE PEOPLE LINING UP MORNING AFTER MORNING. NOW, IN PASTRIES FROM THE LA BREA BAKERY, SILVERTON SHARES HER PASSION AND EXPERTISE IN MORE THAN 150 RECIPES OF HER MOST SCRUMPTIOUS FAVORITES—VIRTUALLY EVERY PASTRY IN THE LA BREA BAKERY’S IMPRESSIVE REPERTOIRE. SILVERTON DISTILLS YEARS OF EXPERIMENTATION AND INNOVATION INTO SIMPLE AND ACCESSIBLE DIRECTIONS. MANY OF HER RECIPES ARE SURPRISINGLY QUICK AND EASY—NOT TO MENTION INCREDIBLY TASTY—LIKE HER CRISPS, COBBLERS, AND

CRUMBLES, AND HER EVER-POPULAR SCONES, WHICH RUN THE GAMUT FROM CHOCOLATE-WALNUT TO GINGER TO MUSHROOM-ONION. HER MUFFINS ARE MOIST AND DISTINCTIVE, FROM THE HEALTHFUL BRAN TO THE RICH CROTTIN DE CHOCOLAT. SHE OFFERS AN ARRAY OF QUICKBREADS AND QUICKCAKES FOR ALL TASTES (INCLUDING MADELEINES, CANELLONIS, AND CRANBERRY-ALMOND TEA BREAD), AND HER TARTS BRING OUT THE BEST QUALITIES OF THE FINEST INGREDIENTS, FROM THE INTENSE, FRESH FRUIT OF HER CHERRY BUNDLES TO HER ELEGANT TRIPLE ALMOND TART. BEAUTIFUL COOKIES, SUCH AS ALMOND SUNFLOWERS, NUN’S BREASTS, AND SWEDISH GINGER WAFERS, ARE CENTERPIECE DESSERTS ON THEIR OWN. SILVERTON ALSO DEFTLY TEACHES THE DELICATE ART OF CONFECTIONS—HERE YOU’LL FIND ALMOND BARK, ENGLISH TOFFEE, AND LOLLIPOPS—AND DEMYSTIFIES THE SOMETIMES INTIMIDATING TECHNIQUE OF DOUGHNUT MAKING. THE CROWNING TOUCH IS HER DETAILED SECTION ON MORNING PASTRIES, WHERE SHE GUIDES US TO MASTERY OF THE CLASSIC DOUGHS: THE QUICK AND RICH BOBKA, THE FINE-TEXTURED TRADITIONAL BRIOCHE, THE FAMOUS AND FLEXIBLE CROISSANT, AND THE PISTACHE DE RESISTANCE: PUFF PASTRY. AN IMPORTANT BOOK FROM A BAKING AND PASTRY ICON, PASTRIES FROM THE LA BREA BAKERY, LIKE NANCY SILVERTON’S ACCLAIMED BREADS FROM THE LA BREA BAKERY, IS A BIBLE OF THE CRAFT FOR BAKERS EVERYWHERE.

DEVELOPING WRITING SKILLS IN SPANISH - JAVIER MUÑOZ

BASOLS 2011-08-02

DEVELOPING WRITING SKILLS IN SPANISH IS DESIGNED TO BE USED AS A CLASSROOM TEXT, SELF STUDY MATERIAL, OR SIMPLY AS A RESOURCE ON WRITING. IT PROVIDES INTERMEDIATE AND ADVANCED LEVEL STUDENTS OF SPANISH WITH THE NECESSARY SKILLS TO BECOME COMPETENT AND CONFIDENT WRITERS IN THE SPANISH LANGUAGE.

TWOCHUBBYCUBS THE COOKBOOK - JAMES ANDERSON
2020-01-02

AS SEEN ON ITV'S SAVE MONEY: LOSE WEIGHT!
OFFICIAL SUNDAY TIMES BESTSELLER! THIS MUST-HAVE, DELICIOUS DEBUT COOKBOOK FROM THE DUO BEHIND ONE OF THE UK'S MOST POPULAR SLIMMING BLOGS, TWOCHUBBYCUBS, AKA JAMES AND PAUL ANDERSON - WITH 100 AMAZING, HEALTHY YET FILLING RECIPES, ALL ELEGANTLY PRESENTED AND BEAUTIFULLY PHOTOGRAPHED AND EACH SPRINKLED WITH A MINI-BLOG OF TOTAL NONSENSE. JAMES AND PAUL WILL GIVE YOU A NEWFOUND CONFIDENCE TO GET COOKING AND HAVE YOU LAUGHING ALONG THE ROAD TO WEIGHT LOSS. FANCY THAT?! INCLUDES: - 100 TASTY, SLIMMING MEALS - TRIED, TESTED AND LOVED BY THE TWOCHUBBYCUBS - WITH 90 BRAND NEW RECIPES AND 10 UPDATED CLASSICS FROM THE BLOG. - THIS IS FUSS-FREE, RELIABLE AND FILLING PROPER FOOD YOU'LL ENJOY EATING, THAT HELPED THE CUBS SHED OVER 18 STONE BETWEEN THEM AND IT NEVER ONCE FELT LIKE A CHORE. -

THERE'S BANGING BREAKFASTS, LUNCHES TO KEEP HUNGER LOCKED UP AND MOUTH-WATERING DINNERS - PLUS FAKEAWAYS, LIGHTER TAKES ON YOUR FAVOURITES AND SNACKS, SIDES AND DESSERTS. - THEY'VE EVEN ADDED 'AN OCCASIONAL BLOW-OUT' CHAPTER - THOSE DELECTABLE DISHES FOR ONCE IN A BLUE MOON!

THE SMITTEN KITCHEN COOKBOOK - DEB PERELMAN
2012-10-30

NEW YORK TIMES BEST SELLER • CELEBRATED FOOD BLOGGER AND BEST-SELLING COOKBOOK AUTHOR DEB PERELMAN KNOWS JUST THE THING FOR A TUESDAY NIGHT, OR YOUR MOST SPECIAL OCCASION—FROM SALADS AND SLAWS THAT MAKE PERFECT SIDE DISHES (OR A FULL MEAL) TO SAVORY TARTS AND GALETTES; FROM MUSHROOM BOURGIGNON TO CHOCOLATE HAZELNUT CREPE. “INNOVATIVE, CREATIVE, AND EFFORTLESSLY FUNNY.”
—COOKING LIGHT DEB PERELMAN LOVES TO COOK. SHE ISN'T A CHEF OR A RESTAURANT OWNER—SHE'S NEVER EVEN WAITRESSED. COOKING IN HER TINY MANHATTAN KITCHEN WAS, AT LEAST AT FIRST, FOR SPECIAL OCCASIONS—AND, TOO OFTEN, AN UNNECESSARILY DAUNTING VENTURE. DEB FOUND HERSELF OVERWHELMED BY THE NUMBER OF RECIPES AVAILABLE TO HER. HAVE YOU EVER SEARCHED FOR THE PERFECT BIRTHDAY CAKE ON GOOGLE? YOU'LL GET MORE THAN THREE MILLION RESULTS. WHERE DO YOU START? WHAT IF YOU PICK A RECIPE THAT'S DOWNRIGHT BAD? WITH

THE SAME WARMTH, CANDOR, AND CAN-DO SPIRIT HER AWARD-WINNING BLOG, SMITTEN KITCHEN, IS KNOWN FOR, HERE DEB PRESENTS MORE THAN 100 RECIPES—ALMOST ENTIRELY NEW, PLUS A FEW FAVORITES FROM THE SITE—THAT GUARANTEE DELICIOUS RESULTS EVERY TIME. GORGEOUSLY ILLUSTRATED WITH HUNDREDS OF HER BEAUTIFUL COLOR PHOTOGRAPHS, THE SMITTEN KITCHEN COOKBOOK IS ALL ABOUT APPROACHABLE, UNCOMPROMISED HOME COOKING. HERE YOU’LL FIND BETTER USES FOR YOUR FAVORITE VEGETABLES: ASPARAGUS BLANKETING A PIZZA; RATATOUILLE DRESSING UP A SANDWICH; CAULIFLOWER MASQUERADING AS PESTO. THESE ARE RECIPES YOU’LL BOOKMARK AND USE SO OFTEN THEY BECOME YOUR OWN, RECIPES YOU’LL SLIP TO A FRIEND WHO WANTS TO IMPRESS HER NEW IN-LAWS, AND RECIPES WITH SIMPLE INGREDIENTS

THAT YIELD AMAZING RESULTS IN A MINIMUM AMOUNT OF TIME. DEB TELLS YOU HER FAVORITE SUMMER COCKTAIL; HOW TO LOSE YOUR FEAR OF COOKING FOR A CROWD; AND THE ESSENTIAL ITEMS YOU NEED FOR YOUR OWN KITCHEN. FROM SALADS AND SLAWS THAT MAKE PERFECT SIDE DISHES (OR A FULL MEAL) TO SAVORY TARTS AND GALETTES; FROM MUSHROOM BOURGUIGNON TO CHOCOLATE HAZELNUT CREPE CAKE, DEB KNOWS JUST THE THING FOR A TUESDAY NIGHT, OR YOUR MOST SPECIAL OCCASION.

DELICIOUS - VALLI LITTLE 2012

THIS ALL-NEW COLLECTION OF MORE THAN 100 RECIPES FOLLOWS VALLI’S SIGNATURE EFFORTLESS STYLE, WITH EACH DISH BEAUTIFULLY PHOTOGRAPHED. SHE PUTS A CREATIVE TWIST ON IDEAS FOR EVERY SEASON AND OCCASION AS WELL AS OFFERING MENU SUGGESTIONS TO CREATE THE PERFECT MEAL.