

The Get Healthy, Go Vegan Cookbook: 125 Easy and Delicious Recipes to Jump-Start Weight Loss and Help You Feel Great, 2010, 249 pages, Neal Barnard, 0738214124, 9780738214122, Da Capo Press, 2010

In Dr. Neal Barnard's Get Healthy, Go Vegan Cookbook, the country's leading diabetes team weighs in on America's hottest dietary trend. The cookbook is based on a landmark two-year study conducted by Dr. Barnard, which showed that a vegan diet more effectively controls type 2 diabetes. In fact, it's also beneficial for weight loss, the reversal of heart disease, and the improvement of many other conditions. Dr. Barnard and nutritionist Robyn Webb now offer easy, delicious meals to improve your health. Featuring 125 flavorful recipes, readers will find all-occasion dishes that use familiar ingredients and require minimal effort. All recipes are free of animal products, low in fat, and contain a low-to-moderate glycemic index. Barnard and Webb explain how diet changes can have such dramatic health effects and provide simple ways to get started. With convenient menus, scientifically proven advice, and inspiring stories from real people who have used Barnard's recommendations to turn their health around, there's no better cookbook to help you eat well and feel great.

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LESLIE BECK'S HEALTHY KITCHEN , Leslie Beck, Dec 16, 2011, Cooking, 384 pages. Leslie Beck's Healthy Kitchen is a must-have kitchen staple, with 250 sumptuous recipes and quick ways to help you eat the healthiest diet possible, including meal-planning.

Vegan 101 Master Vegan Cooking with 101 Great Recipes, Kate DeVivo, Nov 1, 2011, Cooking, 144 pages. "A guide to vegan cooking including 101 recipes, equipment and pantry suggestions, how-to tips, glossary, and photographs"--Provided by publisher..

Restore Cookbook , Barbara Bryant, John Reinhold, 3rd, Sam Tsang, Nancy Walker, Aug 1, 2007, , 146 pages. .

The Complete Idiot's Guide Anti-Inflammation Cookbook , Elizabeth Vierck, Lucy Beale, Sep 4, 2012, Health & Fitness, 304 pages. The body's healing response to injury or infection is localized inflammation and it is normal. However, when inflammation moves beyond the local, it becomes abnormal. Much new.

One-Dish Vegetarian Meals 150 Easy, Wholesome, and Delicious Soups, Stews, Casseroles, Stir-Fries, Pastas, Rice Dishes, Chilis, and More, Robin Robertson, 2010, Cooking, 364 pages. Whip up delicious, nourishing main courses in a matter of minutes! Now you can make satisfying and flavorful meat-free dishes that are quick and easy. In One-Dish Vegetarian.

The Ethnic Vegetarian Traditional and Modern Recipes from Africa, America, and the Caribbean, Angela Shelf Medearis, Sep 22, 2004, Cooking, 272 pages. Ranging from Moroccan Zucchini Pancakes to Congo Moambe, a taste-tempting array of recipes for meatless dishes is based on African, Afro-Caribbean, Native American, Creole.

Clean Eating for Busy Families Get Meals on the Table in Minutes with Simple and Satisfying Whole-Foods Recipes You and Your Kids W, Michelle Dudash, Nov 1, 2012, Cooking, 176 pages. DIV All

moms know what a struggle it can be to get dinner on the table night after night. You want to prepare healthy meals for your family, but picky eaters, busy schedules.

The Chopra Center Cookbook Nourishing Body and Soul, Deepak Chopra, David Simon, Leanne Backer, 2002, Health & Fitness, 310 pages. Draws on the principles of Ayurveda to offer more than thirty days of balanced meal plans and more than two hundred recipes for soups, stews, vegetarian meals, breakfast dishes.

The Everything Healthy Casserole Cookbook Includes - Bubbly Black Bean and Cheese Dip, Chicken Jambalaya, Seitan Shepard's Pie, Turkey and Summer Squash Mousse, Harvest Fruit Cake, Kristen Widican, Oct 15, 2011, Cooking, 304 pages. Casserole - that old weeknight standby - is trendy again! The fat- and calorie-laden dishes of old have been replaced with lighter, delicious fare you'll feel good about.

The Everything Vegan Cookbook , Jolinda Hackett, Lorena Novak Bull, Jul 18, 2010, Cooking, 304 pages. Veganism is about more than just avoiding meat and dairy; it's about cooking and eating healthy food while being good to the planet. Luckily, being good to the planet can be.

Cooking Vegetarian Healthy, Delicious and Easy Vegetarian Cuisine, Joseph Forest, Vesanto Melina, R. D., Dec 6, 2011, Cooking, 272 pages. Cooking Vegetarian Following a vegetarian or vegan diet doesn't mean you have to sacrifice taste or nutrition. Far from it! Canadian professional chef Joseph Forest and.

The Everything Vegetarian Slow Cooker Cookbook Includes Tofu Noodle Soup, Fajita Chili, Chipotle Black Bean Salad, Mediterranean Chickpeas, Hot Fudge Fondue and Hundreds More!, Amy Snyder, Justin Snyder, Feb 15, 2012, Cooking, 304 pages. Presents three hundred recipes for preparing vegetarian dishes in a slow cooker, with options for appetizers, soups, stews, chilis, rice, beans, tofu, and desserts..

The Big Book of Gluten-Free Recipes More Than 500 Easy Gluten-Free Recipes for Healthy and Flavorful Meals, Kimberly A. Tessmer, Apr 18, 2013, Cooking, 512 pages. Hundreds of delicious, gluten-free recipes for every occasion! The Big Book of Gluten-Free Recipes is the perfect guide for creating family-friendly gluten-free meals. It.

Try-It Diet - Vegan A two-week healthy eating plan, Adams Media, Dec 1, 2011, Cooking, 55 pages. Think all diets have to be boring and bland? Think again. With Try-It Diet: Vegan, you'll get a taste for the nutritional plan without having to give up great tasting food like.

The Sonoma Diet Cookbook , Connie Guttersen, 2006, Cooking, 287 pages. Presents recipes that conform to the principles laid down by the Sonoma diet, including those for breakfasts, lunches, dinners, and snacks and desserts..

Skinny Bitch in the Kitchen Kick-Ass Solutions for Hungry Girls Who Want to Stop Cooking Crap (and Start Looking Hot!), Rory Freedman, John Grogan, Kim Barnouin, Dec 22, 2008, COOKING, 128 pages. A vegan cookbook presents over a hundred recipes for everything from breakfast to dessert, including appetizers, snacks, soups, salads, sandwiches, international foods, main.

World Literature , Holt Rinehart & Winston, Jun 1, 1997, Juvenile Nonfiction, 1505 pages
Data and Computer Communications , Stallings, Sep 1, 2007, , 852 pages. With A Focus On The Most Current Technology And A Convenient Modular Format, This Best-Selling Text Offers A Clear And Comprehensive Survey Of The Entire Data And Computer

The Deceiver , Melanie Tem, Mar 28, 2003, Fiction, 342 pages. For years, members of the Harkness family have received helpful advice at key moments in their lives from a mysterious, persuasive stranger. His influence on the family seems

Infant Development , Margaret B. Puckett, Janet K. Black, 2001, Education, 96 pages. This three-part booklet discusses major developmental theories and applications as they relate to the physical psychosocial, and cognitive domains in infancy.

Includes a

Archimedes to Hawking: Laws of Science and the Great Minds Behind Them , Clifford Pickover, Mar 19, 2008, Science, 528 pages. Archimedes to Hawking takes the reader on a journey across the centuries as it explores the eponymous physical laws--from Archimedes' Law of Buoyancy and Kepler's Laws ofDescendants of Josiah Bull, Jr. (1738-1813) of Dutchess County, N., Volume 1 also included are the histories of his sons. and the Canadian families of his daughters., , 1992, Canada, 582 pages Does it show? , Paul Magrs, 1997, Family & Relationships, 218 pages This fresh introduction to graph theory offers a reassessment of the theory's main fields, methods, and results. This new edition offers the mathematician an overview of graph. Teenage girls ask questions and provide answers and advice about boys, including crushes, jealousy, and falling in and out of love. To understand the molecular mechanisms of XP, XP mouse models have been used, and mice deficient in XPA, XPC, XPD, XPG, XPF, and XPA/CSB have been produced and analysed. A.

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Confronting the New Conservatism The Rise of the Right in America, Michael Thompson, May 1, 2007, Political Science, 304 pages. William Kristol, Paul Wolfowitz, Donald Rumsfeld, Condoleeza Rice, George F. Will, and Dick Cheney. These are today's neoconservatives confident, clear-cut, and a political download
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Practical Paediatric Nutrition , E. M. E. Poskitt, Jan 1, 1988, Medical, 308 pages. Practical Paediatric Nutrition Beyond survival , Theresa Saldana, Oct 1, 1986, Biography & Autobiography, 270 pages. This true story of an up-and-coming actress who became the victim of a premeditated, brutally violent crime describes her remarkable road to recovery and offers insight into James Stephens a literary and bibliographical study, Birgit BrΓmsbΓck, 1959, , 209 pages The Get Healthy, Go Vegan Cookbook: 125 Easy and Delicious Recipes to Jump-Start Weight Loss and Help You Feel Great 249 pages Images too small to see with the naked eye spring to incredible life! Discover the wonderful world of hidden detail by placing the enclosed mirror in the center of each. Having learned from Clarence Terence, their fairy godmother, what their lives will be like ten years in the future, Zola, Olivia, Min, and Sally rely on each other to help them. Dating from around 300BC, Tao Te Ching is the first great classic of the Chinese school of philosophy called Taoism. Within its pages is summed up a complete view of the cosmos.

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Indian Horizons, Volume 33 , , 1984, IndiaThe Retrospective , Abraham B. Yehoshua, 2013, Fiction, 336 pages. Unsettled during a retrospective of his early work, aging film director Yair Moses attempts to reconcile with the difficult but brilliant screenwriter from whom he is estranged

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Race and Slavery in the Middle East An Historical Enquiry, Bernard Lewis, 1992, Medical, 184 pages. Bernard Lewis shows that racism was long intertwined with slavery in the Islamic world, as he traces the history of slavery in the region where it lasted longest. ThisBathtime Rap , Rosalind K. Adam, 2008, Readers (Primary), 31 pages. Fun rhyming stories with bright illustrations for newly independent readers The Get Healthy, Go Vegan Cookbook: 125 Easy and Delicious Recipes to Jump-Start Weight Loss and Help You Feel Great 2010 Da Capo Press, 2010 Second language pedagogy , N. S. Prabhu, 1987, Language Arts & Disciplines, 153 pages Explains financial analysis techniques, shows how to interpret financial statements, and discusses the analysis of fixed-income securities and the valuation of stocks. The author, once a teenage welfare mother who became the much-publicized founder of Hip Mama: The Parenting Zine, presents a no-nonsense, down-to-earth guide for working. Brigadier General Winfield Scott, United States Army, regarded the red-coated infantry before him. He had not expected to find the British in strength on this side of the.

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Conflict in Afghanistan A Historical Encyclopedia, Frank Clements, Jan 1, 2003, History, 377 pages.
A comprehensive A-Z study of the history of conflict in Afghanistan from 1747 to the present
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<http://www.jstor.org/stable/21126832329498>

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Scramble for Eggs , Random House Disney, Frank Berrios, Walt Disney Company, Disney Press, Jan 1, 2002, Juvenile Nonfiction, 32 pagesSide Effects , Harvey Jacobs, Dec 30, 2008, Fiction, 382 pages. Side Effects, a novel by Harvey Jacobs, the award-winning author of American Goliath, recounts the medical misadventures of Simon Apple, whose life has been one long battle

The Decameron, Volume 1 , Giovanni Boccaccio, 1903
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Integrating Language Arts Through Literature and Thematic Units , Betty D. Roe, Elinor Parry Ross, 2005, Education, 645 pages. Presents techniques and classroom strategies for developing listening, speaking, reading, and writing skills in the elementary and middle school classroomCountry Reports on Human Rights Practices Report Submitted to the Committee on Foreign Affairs, U.S. House of Representatives and Committee on Foreign Relations, U.S. Senate by the Department of State in Accordance with Sections 116(d) and 502B(b) of the Foreign Assistance Act of 1961, as Amended, , 1983, Human rights Neal Barnard

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Stanley R. Munro, 1979, Chinese fiction 20th century Translations into English, 202 pages

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The Management of Intellectual Property , D. Bosworth, Jan 1, 2006, Law, 352 pages. This book will be a useful resource for those studying or teaching the management of IP. . . a welcome addition on the reading list for all good IP management courses. DuncanKanerva's Occupational Dermatology, Volume 3 , , 2012, , 38 pages Bone Rock jaw master of the Eastern border. Vol. 5, , 1998, Juvenile Fiction, 128 pages. Graphic novel. Recommended reluctant readers. 9 yrs+ Concise lessons in design, drawing, the creative process, and presentation, from the basics of "How to Draw a Line" to the complexities of color theory. The definitive reference on designing commercial interiors-expanded and updated for today's facilities Following the success of the ASID/Polsky Prize Honorable Mention in 1999. Classic Blyton, featuring Julian, Dick, Anne, George and not forgetting Timmy!.

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How to get off drugs , Ira Mothner, Alan Weitz, 1984, Medical, 267 pages. Discusses the long-term effects of addictive drugs and offers practical guidance on curing addictions to cocaine, alcohol, narcotics, amphetamines, and other drugs
The Golden Dawn A Complete Course in Practical Ceremonial Magic/4 in 1, Israel Regardie, Nov 1, 1989, Body, Mind & Spirit, 807 pages. The Golden Dawn by Israel Regardie is considered by many to be the book that started the modern occult movement. The original Hermetic Order of the Golden Dawn, which started

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Shine , Lauren Myracle, May 1, 2011, Best friends, 376 pages. When her best guy friend falls victim to a vicious hate crime, sixteen-year-old Cat sets out to discover who in her small town did it. Richly atmospheric, this daring mystery

Can You Forgive Her? , Anthony Trollope, Jan 1, 2004, Fiction, . The first novel of Trollope's six-work Palliser series, also known as the Parliamentary Novels, Can You Forgive Her? revolves primarily around the young Alice Vavasor, a woman

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The Missing Gene Psychiatry, Heredity, and the Fruitless Search for Genes, Jay Joseph, 2006, Medical, 324 pages. Researchers still haven't found the genes that underlie schizophrenia, bipolar disorder, ADHD, and autism; perhaps they do not exist. A genetic researcher in psychiatry and

Sex Files , Avon Books, 2001, Juvenile Nonfiction, 128 pages. Real teens share their experiences--from why they choose abstinence to how they make decisions about birth control--to offer facts about sex and sexuality that every teen needs

They Shall Inherit the Earth , Morley Callaghan, Jan 6, 2009, Fiction, 350 pages. First published in 1935, this novel is a penetrating study of a father and son caught in the moral and economic undertow of the Great Depression. The action hinges upon a download

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