

## Sugar Nation The Hidden Truth Behind Americas Deadliest Habit And The Simple Way To Beat It

From New York Times bestselling author of *The Virgin Diet* comes a groundbreaking program that will revolutionize the way readers think about sugar and help you drop fat fast--up to 10 pounds in just two weeks! New York Times Bestseller *If you're eating healthy, but just can't seem to lose weight, you're not alone. Sugar is the single biggest needle mover when it comes to your health and the number on the scale, but sugar hides in places you'd never expect: whole foods, diet foods, packaged foods, dressings . . . even sugar substitutes. And it's not enough to cut out or cut back on sugar--you have to cut out the right kinds of sugar. In this groundbreaking book, New York Times bestselling author JJ Virgin explains the powerful concept of Sugar Impact: how different sugars react differently in the body. High Sugar Impact foods cause weight gain, energy crashes, and inflammation. Low Sugar Impact foods fuel your body for prolonged energy and promote fat burning. This eye-opening book pinpoints the most damaging sugars that we eat every day--without even realizing it--in common foods like skim milk, diet soda, whole-grain bread, and "healthy" sweeteners like agave. By swapping High Sugar Impact foods for Low Sugar Impact foods, you will shed fat fast--up to 10 pounds in 2 weeks!--and transform your body and your health for good. Best of all, you don't need to eliminate sugar completely or count calories. Prepare to: Lose the bloat Target belly fat Rev your metabolism Cut cravings Become a fat burner, not a sugar burner Lose fat fast--and forever!*

As a botanist, Robin Wall Kimmerer has been trained to ask questions of nature with the tools of science. As a member of the Citizen Potawatomi Nation, she embraces the notion that plants and animals are our oldest teachers. In *Braiding Sweetgrass*, Kimmerer brings these two lenses of knowledge together to take us on “a journey that is every bit as mythic as it is scientific, as sacred as it is historical, as clever as it is wise” (Elizabeth Gilbert). Drawing on her life as an indigenous scientist, and as a woman, Kimmerer shows how other living beings—asters and goldenrod, strawberries and squash, salamanders, algae, and sweetgrass—offer us gifts and lessons, even if we've forgotten how to hear their voices. In reflections that range from the creation of Turtle Island to the forces that threaten its flourishing today, she circles toward a central argument: that the awakening of ecological consciousness requires the acknowledgment and celebration of our reciprocal relationship with the rest of the living world. For only when we can hear the languages of other beings will we be capable of understanding the generosity of the earth, and learn to give our own gifts in return.

A sweeping reassessment of the American Revolution, showing how the Founders were influenced by overlooked Americans—women, Native Americans, African Americans, and religious dissenters. Using more than a thousand eyewitness accounts, *Liberty Is Sweet* explores countless connections between the Patriots of 1776 and other Americans whose passion for freedom often brought them into conflict with the Founding Fathers. “It is all one story,” prizewinning historian Woody Holton writes. Holton describes the origins and crucial battles of the Revolution from Lexington and Concord to the British surrender at

Yorktown, always focusing on marginalized Americans—enslaved Africans and African Americans, Native Americans, women, and dissenters—and on overlooked factors such as weather, North America's unique geography, chance, misperception, attempts to manipulate public opinion, and (most of all) disease. Thousands of enslaved Americans exploited the chaos of war to obtain their own freedom, while others were given away as enlistment bounties to whites. Women provided material support for the troops, sewing clothes for soldiers and in some cases taking part in the fighting. Both sides courted native people and mimicked their tactics. Liberty Is Sweet gives us our most complete account of the American Revolution, from its origins on the frontiers and in the Atlantic ports to the creation of the Constitution. Offering surprises at every turn—for example, Holton makes a convincing case that Britain never had a chance of winning the war—this majestic history revivifies a story we thought we already knew.

Thirty years after her death in March 1982, Ayn Rand's ideas have never been more important. Unfettered capitalism, unregulated business, bare-bones government providing no social services, glorification of selfishness, disdain for Judeo-Christian morality—these are the tenets of Rand's harsh philosophy. In *Ayn Rand Nation*, Gary Weiss explores the people and institutions that remain under the spell of the Russian-born novelist. He provides new insights into Rand's inner circle in the last years of her life, with revelations of never-before-publicized predictions by Rand that still resonate today. Weiss charts Rand's infiltration of the Tea Party and Libertarian movements, and provides an inside look at the radical belief system that has exerted a powerful influence on the Republican Party and its presidential candidates. It's a fascinating cast of characters that ranges from Glenn Beck to Oliver Stone, and includes Rand's most influential disciple, Alan Greenspan. Weiss describes in penetrating detail how Greenspan became a stalking horse for Rand—slashing and burning regulations with ideological zeal, and then seeking to conceal her influence on his life and thinking. Lastly, Weiss provides a strategy for a renewed national dialogue, an embrace of the nation's core values that is needed to deal with Rand's pervasive grip on society. From *The Fountainhead* and *Atlas Shrugged* to Rand's lesser-known and misunderstood nonfiction books, Gary Weiss examines the impact of Rand's thinking across our society.

Do you have a real relationship with God, or do you just have a religion? Do you know God, or do you just know about God? In *How Big Is Your God?* Paul Coutinho, SJ, challenges us to grow stronger and deeper in our faith and in our relationship with God—a God whose love knows no bounds. To help us on our way, Coutinho introduces us to people in various world religions—from Hindu friends to Buddhist teachers to St. Ignatius of Loyola—who have shaped his spiritual life and made possible his deep, personal relationship with God.

This covetable cookbook is a greatest-hits collection from Sugar Cube, a tiny pink food cart in Portland, Oregon, that is thronged daily by hungry hordes craving voluptuous sweets intensified with a spike of booze, a lick of sea salt, or a whoop" of whipped cream. Sugar Cube founder and baker Kir Jensen left the fine-dining pastry track to sell her handmade treats on the street. Recipes for 50 of Kir's most enticing cupcakes, cookies, tarts, muffins, sips, and candies are made more irresistible (if possible!) by 32 delicious color photographs. Sassy headnotes and illustrations that resemble vintage tattoos liven up this singular boutique baking book."

**#1 NEW YORK TIMES BESTSELLER • ONE OF TIME MAGAZINE'S 100 BEST YA BOOKS OF ALL TIME** The extraordinary, beloved novel about the ability of books to feed the soul even in the darkest of times. When Death has a story to tell, you listen. It is 1939. Nazi Germany. The country is holding its breath. Death has never been busier, and will become busier still. Liesel Meminger is a foster girl living outside of Munich, who scratches out a meager existence for herself by stealing when she encounters something she can't resist—books. With the help of her accordion-playing foster father, she learns to read and shares her stolen books with her neighbors during bombing raids as well as with the Jewish man hidden in her basement. In superbly crafted writing that burns with intensity, award-winning author Markus Zusak, author of *I Am the Messenger*, has given us one of the most enduring stories of our time. “The kind of book that can be life-changing.” —The New York Times “Deserves a place on the same shelf with *The Diary of a Young Girl* by Anne Frank.” —USA Today **DON'T MISS BRIDGE OF CLAY, MARKUS ZUSAK'S FIRST NOVEL SINCE THE BOOK THIEF.**

**NATIONAL BOOK AWARD FINALIST •** Latinas of Indigenous descent living in the American West take center stage in this haunting debut story collection—a powerful meditation on friendship, mothers and daughters, and the deep-rooted truths of our homelands. “Here are stories that blaze like wildfires, with characters who made me laugh and broke my heart.”—Sandra Cisneros **WINNER OF THE AMERICAN BOOK AWARD • FINALIST FOR THE STORY PRIZE • FINALIST FOR THE PEN/ROBERT W. BINGHAM PRIZE FOR DEBUT SHORT STORY COLLECTION** Kali Fajardo-Anstine's magnetic story collection breathes life into her Latina characters of indigenous ancestry and the land they inhabit in the American West. Against the remarkable backdrop of Denver, Colorado—a place that is as fierce as it is exquisite—these women navigate the land the way they navigate their lives: with caution, grace, and quiet force. In “Sugar Babies,” ancestry and heritage are hidden inside the earth but tend to rise during land disputes. “Any Further West” follows a sex worker and her daughter as they leave their ancestral home in southern Colorado only to find a foreign and hostile land in California. In “Tomi,” a woman leaves prison and finds herself in a gentrified city that is a shadow of the one she remembers from her childhood. And in the title story, “Sabrina & Corina,” a Denver family falls into a cycle of violence against women, coming together only through ritual. *Sabrina & Corina* is a moving narrative of unrelenting feminine power and an exploration of the universal experiences of abandonment, heritage, and an eternal sense of home. **NAMED ONE OF THE BEST BOOKS OF THE YEAR BY The New York Public Library • Kirkus Reviews • Library Journal** “Sabrina & Corina isn't just good, it's masterful storytelling. Fajardo-Anstine is a fearless writer: her women are strong and scarred witnesses of the violations of their homelands, their culture, their bodies; her plots turn and surprise, unerring and organic in their comprehensiveness; her characters break your heart, but you keep on going because you know you are in the hands of a master. Her stories move through the heart of darkness and illuminate it with the soul of truth.”—Julia Alvarez, author of *How the García Girls Lost Their Accents* “[A] powerhouse debut . . . stylistically superb, with crisp dialogue and unforgettable characters, *Sabrina & Corina* introduces an impressive new talent to American letters.”—Rigoberto González, NBC News  
. *Renewal of Life by Transmission*. The most notable distinction between living and inanimate things is that the former maintain

themselves by renewal. A stone when struck resists. If its resistance is greater than the force of the blow struck, it remains outwardly unchanged. Otherwise, it is shattered into smaller bits. Never does the stone attempt to react in such a way that it may maintain itself against the blow, much less so as to render the blow a contributing factor to its own continued action. While the living thing may easily be crushed by superior force, it none the less tries to turn the energies which act upon it into means of its own further existence. If it cannot do so, it does not just split into smaller pieces (at least in the higher forms of life), but loses its identity as a living thing. As long as it endures, it struggles to use surrounding energies in its own behalf. It uses light, air, moisture, and the material of soil. To say that it uses them is to say that it turns them into means of its own conservation. As long as it is growing, the energy it expends in thus turning the environment to account is more than compensated for by the return it gets: it grows. Understanding the word "control" in this sense, it may be said that a living being is one that subjugates and controls for its own continued activity the energies that would otherwise use it up. Life is a self-renewing process through action upon the environment.

The academy may claim to seek and value diversity in its professoriate, but reports from faculty of color around the country make clear that departments and administrators discriminate in ways that range from unintentional to malignant. Stories abound of scholars--despite impressive records of publication, excellent teaching evaluations, and exemplary service to their universities--struggling on the tenure track. These stories, however, are rarely shared for public consumption. *Written/Unwritten* reveals that faculty of color often face two sets of rules when applying for reappointment, tenure, and promotion: those made explicit in handbooks and faculty orientations or determined by union contracts and those that operate beneath the surface. It is this second, unwritten set of rules that disproportionately affects faculty who are hired to "diversify" academic departments and then expected to meet ever-shifting requirements set by tenured colleagues and administrators. Patricia A. Matthew and her contributors reveal how these implicit processes undermine the quality of research and teaching in American colleges and universities. They also show what is possible when universities persist in their efforts to create a diverse and more equitable professorate. These narratives hold the academy accountable while providing a pragmatic view about how it might improve itself and how that improvement can extend to academic culture at large. The contributors and interviewees are Ariana E. Alexander, Marlon M. Bailey, Houston A. Baker Jr., Dionne Benson-Smith, Leslie Bow, Angie Chabram, Andreana Clay, Jane Chin Davidson, April L. Few-Demo, Eric Anthony Grollman, Carmen V. Harris, Rashida L. Harrison, Ayanna Jackson-Fowler, Roshanak Kheshti, Patricia A. Matthew, Fred Piercy, Deepa S. Reddy, Lisa Sanchez Gonzalez, Wilson Santos, Sarita Echavez See, Andrew J. Stremmel, Cheryl A. Wall, E. Frances White, Jennifer D. Williams, and Doctoral Candidate X.

Harness The Power Of The Fruit Diet! Lose Weight, Boost Your Energy Levels & Feel Fantastic Are You Ready To

Improve Your Life With The Fruit Diet? If So You've Come To The Right Place... Here's A Preview Of What This Fruitarian Diet Book Contains... An Overview of Fruitarianism The Beauty of Being a Fruitarian Is The Fruitarian Diet Right For You? Here's Who Will Benefit Most... The Select Few Who Should Not Implement A Fruit Based Diet **\*\*Must Read\*\*** The Typical Fruitarian Diet Simple Fruits Explained Compound Fruits Explained Nuts & Seeds - A Necessity For The Fruitarian? Transitioning To the Fruitarian Diet Correctly Understanding the Different Fruitarian Diets (Survivor, Modern etc.) Developing Your New Meal Plan A Plethora Of Fruitarian Diet Recipes For You To Enjoy! Buying, Storing, and Preserving Fruits And Much, Much More!

1781. An investigation into a gruesome murder on the Deptford Docks leads to a dark secret that could change the very core of British society . . .

Are you a sugarholic? As Americans, we consume on average 150 pounds of sugar a year, and that's as bad for you as it sounds. Sugar upsets body chemistry and devastates the endocrine and immune systems, leading to a host of diseases and conditions including hypoglycemia, diabetes, osteoporosis, arthritis, cancer, heart disease, headaches, allergies, asthma, obesity, periodontal disease, tooth decay, and more. A sugarholic since childhood, Dr. Nancy Appleton cured herself of chronic illnesses by changing her diet. In *Lick the Sugar Habit*, she explains how it worked for her, and how it can help you too through a variety of simple techniques, and mouth-watering, healthful recipes. Are you a sugarholic? Answer the questionnaire to find out Test yourself for food allergies caused by sugar End sugar-related calcium loss, heartburn, and indigestion—without drugs! Follow one of three detailed food plans to ease yourself into a low-sugar life Through a variety of simple techniques, learn how to banish sugar cravings Savor healthy, hearty dishes like Hot Asparagus Soup, Persian Lamb and Bean Stew, and Savory Pepper Pilaf. Choose from an entire chapter of easy-to-prepare recipes

INSTANT NEW YORK TIMES BESTSELLER A Science News favorite science book of 2019 As you read these words, copies of you are being created. Sean Carroll, theoretical physicist and one of this world's most celebrated writers on science, rewrites the history of 20th century physics. Already hailed as a masterpiece, *Something Deeply Hidden* shows for the first time that facing up to the essential puzzle of quantum mechanics utterly transforms how we think about space and time. His reconciling of quantum mechanics with Einstein's theory of relativity changes, well, everything. Most physicists haven't even recognized the uncomfortable truth: physics has been in crisis since 1927. Quantum mechanics has always had obvious gaps—which have come to be simply ignored. Science popularizers keep telling us how weird it is, how impossible it is to understand. Academics discourage students from working on the "dead end" of quantum foundations. Putting his professional reputation on the line with this audacious yet entirely reasonable book, Carroll says

that the crisis can now come to an end. We just have to accept that there is more than one of us in the universe. There are many, many Sean Carrolls. Many of every one of us. Copies of you are generated thousands of times per second. The Many Worlds Theory of quantum behavior says that every time there is a quantum event, a world splits off with everything in it the same, except in that other world the quantum event didn't happen. Step-by-step in Carroll's uniquely lucid way, he tackles the major objections to this otherworldly revelation until his case is inescapably established. Rarely does a book so fully reorganize how we think about our place in the universe. We are on the threshold of a new understanding—of where we are in the cosmos, and what we are made of.

Achieve optimal health and improve your quality of life by uncovering holistic health secrets from the Bible.

Provides meal plans, shopping lists, food swaps, and over 100 recipes to lower sugar intake and lose weight.

The landmark New York Times best seller that reveals how the explosion of sugar in our diets has created an obesity epidemic, and what we can do to save ourselves. Robert Lustig is at the forefront of war against sugar — showing us that it's toxic, it's addictive, and it's everywhere because the food companies want it to be. His 90-minute YouTube video "Sugar: The Bitter Truth" has been viewed more than 7 million times. Now, in this landmark book, he documents the science and the politics that have led to personal misery and public crisis — the pandemic of obesity and chronic disease--over the last thirty years. In the late 1970s, when the U.S. government declared that we needed to get the fat out of our diets, the food industry responded by pumping in more sugar to make food more palatable (and more salable), and by removing the fiber to make food last longer on the shelf. The result has been a perfect storm for our health, disastrously altering our biochemistry to make us think we're starving, drive our eating habits out of our control, and turn us into couch potatoes. If we cannot control how we eat, it's because of the catastrophic excess of sugar in our diet--the resulting hormonal imbalances have rewired our brains! To help us lose weight and recover our health, Lustig presents strategies we can each use to readjust the key hormones that regulate hunger, reward, and stress, as well as societal strategies to improve the health of the next generation. With scientific rigor and even a little humor, *Fat Chance* categorically proves that "a calorie is not a calorie," and takes that knowledge to its logical conclusion--an overhaul of the global food system.

More than 40 years before Gary Taubes published *The Case Against Sugar*, John Yudkin published his now-classic exposé on the dangers of sugar—reissued here with a new introduction by Robert H. Lustig, the bestselling author of *Fat Chance*. Scientist John Yudkin was the first to sound the alarm about the excess of sugar in the diet of modern Americans. His classic exposé, *Pure, White, and Deadly*, clearly and engagingly describes how sugar is damaging our bodies, why we eat so much of it, and what we can do to stop. He explores the ins and out of sugar, from the different

types—is brown sugar really better than white?—to how it is hidden inside our everyday foods, and how it is harming our health. In 1972, Yudkin was mostly ignored by the health industry and media, but the events of the last forty years have proven him spectacularly right. Yudkin's insights are even more important and relevant now, with today's record levels of obesity, than when they were first published. Brought up-to-date by childhood obesity expert Dr. Robert H. Lustig, this emphatic treatise on the hidden dangers of sugar is essential reading for anyone concerned about their health, the health of their children, and the wellbeing of modern society.

#1 New York Times bestselling author Dr. Mark Hyman sorts through the conflicting research on food to give us the skinny on what to eat. Did you know that eating oatmeal actually isn't a healthy way to start the day? That milk doesn't build bones, and eggs aren't the devil? Even the most health conscious among us have a hard time figuring out what to eat in order to lose weight, stay fit, and improve our health. And who can blame us? When it comes to diet, there's so much changing and conflicting information flying around that it's impossible to know where to look for sound advice. And decades of misguided "common sense," food-industry lobbying, bad science, and corrupt food polices and guidelines have only deepened our crisis of nutritional confusion, leaving us overwhelmed and anxious when we head to the grocery store. Thankfully, bestselling author Dr. Mark Hyman is here to set the record straight. In *Food: What the Heck Should I Eat?* -- his most comprehensive book yet -- he takes a close look at every food group and explains what we've gotten wrong, revealing which foods nurture our health and which pose a threat. From grains to legumes, meat to dairy, fats to artificial sweeteners, and beyond, Dr. Hyman debunks misconceptions and breaks down the fascinating science in his signature accessible style. He also explains food's role as powerful medicine capable of reversing chronic disease and shows how our food system and policies impact the environment, the economy, social justice, and personal health, painting a holistic picture of growing, cooking, and eating food in ways that nourish our bodies and the earth while creating a healthy society. With myth-busting insights, easy-to-understand science, and delicious, wholesome recipes, *Food: What the Heck Should I Eat?* is a no-nonsense guide to achieving optimal weight and lifelong health.

Results from the National Research Council's (NRC) landmark study *Diet and health* are readily accessible to nonscientists in this friendly, easy-to-read guide. Readers will find the heart of the book in the first chapter: the Food and Nutrition Board's nine-point dietary plan to reduce the risk of diet-related chronic illness. The nine points are presented as sensible guidelines that are easy to follow on a daily basis, without complicated measuring or calculating--and without sacrificing favorite foods. *Eat for Life* gives practical recommendations on foods to eat and in a "how-to" section provides tips on shopping (how to read food labels), cooking (how to turn a high-fat dish into a low-fat one), and eating out (how to read a menu with nutrition in mind). The volume explains what protein, fiber, cholesterol, and fats are and what foods contain them, and tells readers how to reduce their risk of chronic disease by modifying the types of food they eat. Each chronic disease is clearly defined, with information provided on its prevalence in the United States. Written for everyone concerned about how they can influence their health by what they eat, *Eat for Life* offers potentially lifesaving information in an understandable and persuasive way. Alternative Selection, Quality Paperback Book Club

A shocking look at the link between sugar, inflammation, and a host of preventable chronic diseases—perfect for fans of bestselling author Gary Taubes' *The Case Against Sugar*—from leading nerve surgeon Dr. Richard Jacoby. What *Grain Brain* did for wheat, this book by a leading peripheral nerve surgeon now does for sugar, revealing how it causes crippling nerve damage throughout the body—in our feet,

organs, and brain—why sugar and carbohydrates are harmful to the body's nerves, and how eliminating them can mitigate and even reverse the damage. If you suffer from ailments your doctors can't seem to diagnose or help—mysterious rashes, unpredictable digestive problems, debilitating headaches, mood and energy swings, constant tiredness—nerve compression is the likely cause. Sugar Crush exposes the shocking truth about how a diet high in sugar, processed carbohydrates, and wheat compresses and damages the peripheral nerves of the body, leading to pain, numbness, and tingling in the hands and feet, along with a host of related conditions, including migraines, gall bladder disease, and diabetes. Over the years, Dr. Richard Jacoby has treated thousands of patients with peripheral neuropathy. Now, he shares his insights as well as the story of how he connected the dots to determine how sugar is the common denominator of many chronic diseases. In Sugar Crush, he offers a unique holistic approach to understanding the exacting toll sugar and carbs take on the body. Based on his clinical work, he breaks down his highly effective methods, showing how dietary changes reducing sugar and wheat, coinciding with an increase of good fats, can dramatically help regenerate nerves and rehabilitate their normal function. Sugar Crush includes a quiz to assess your nerve damage, practical dietary advice, and the latest thinking on ways to prevent and reverse neuropathy. If you have diabetes, this essential guide will help you understand the dangers and give you the tools you need to make a difference beyond your doctor's prescriptions. If you have the metabolic syndrome or prediabetes, or are just concerned about your health, it will help you reverse and prevent nerve damage. The wondrous Aimee Bender conjures the lush and moving story of a girl whose magical gift is really a devastating curse. On the eve of her ninth birthday, unassuming Rose Edelstein, a girl at the periphery of schoolyard games and her distracted parents' attention, bites into her mother's homemade lemon-chocolate cake and discovers she has a magical gift: she can taste her mother's emotions in the cake. She discovers this gift to her horror, for her mother—her cheerful, good-with-crafts, can-do mother—tastes of despair and desperation. Suddenly, and for the rest of her life, food becomes a peril and a threat to Rose. The curse her gift has bestowed is the secret knowledge all families keep hidden—her mother's life outside the home, her father's detachment, her brother's clash with the world. Yet as Rose grows up she learns to harness her gift and becomes aware that there are secrets even her taste buds cannot discern. The Particular Sadness of Lemon Cake is a luminous tale about the enormous difficulty of loving someone fully when you know too much about them. It is heartbreaking and funny, wise and sad, and confirms Aimee Bender's place as "a writer who makes you grateful for the very existence of language" (San Francisco Chronicle). **BONUS:** This edition includes an excerpt from Aimee Bender's *The Color Master*.

Documenting the science and the politics that has led to the pandemic of metabolic syndrome - whose symptoms include obesity, diabetes and heart disease - Robert Lustig exposes for the first time how changes in the food industry and in our wider environment have affected our collective metabolisms and waistlines.

**#1 NEW YORK TIMES BESTSELLER • NATIONAL BOOK AWARD WINNER • NAMED ONE OF TIME'S TEN BEST NONFICTION BOOKS OF THE DECADE • PULITZER PRIZE FINALIST • NATIONAL BOOK CRITICS CIRCLE AWARD FINALIST • ONE OF OPRAH'S "BOOKS THAT HELP ME THROUGH" • NOW AN HBO ORIGINAL SPECIAL EVENT** Hailed by Toni Morrison as "required reading," a bold and personal literary exploration of America's racial history by "the most important essayist in a generation and a writer who changed the national political conversation about race" (Rolling Stone) **NAMED ONE OF THE MOST INFLUENTIAL BOOKS OF THE DECADE BY CNN • NAMED ONE OF PASTE'S BEST MEMOIRS OF THE DECADE • NAMED ONE OF THE TEN BEST BOOKS OF THE YEAR BY The New York Times Book Review • O: The Oprah Magazine • The Washington Post • People • Entertainment Weekly • Vogue • Los Angeles Times • San Francisco Chronicle • Chicago Tribune • New York • Newsday • Library Journal • Publishers Weekly** In a profound work that pivots



from the biggest questions about American history and ideals to the most intimate concerns of a father for his son, Ta-Nehisi Coates offers a powerful new framework for understanding our nation's history and current crisis. Americans have built an empire on the idea of "race," a falsehood that damages us all but falls most heavily on the bodies of black women and men—bodies exploited through slavery and segregation, and, today, threatened, locked up, and murdered out of all proportion. What is it like to inhabit a black body and find a way to live within it? And how can we all honestly reckon with this fraught history and free ourselves from its burden? *Between the World and Me* is Ta-Nehisi Coates's attempt to answer these questions in a letter to his adolescent son. Coates shares with his son—and readers—the story of his awakening to the truth about his place in the world through a series of revelatory experiences, from Howard University to Civil War battlefields, from the South Side of Chicago to Paris, from his childhood home to the living rooms of mothers whose children's lives were taken as American plunder. Beautifully woven from personal narrative, reimagined history, and fresh, emotionally charged reportage, *Between the World and Me* clearly illuminates the past, bravely confronts our present, and offers a transcendent vision for a way forward. The modern successor to *Sweetness and Power*, James Walvin's *Sugar* is a rich and engaging work on a topic that continues to change our world. How did a simple commodity, once the prized monopoly of kings and princes, become an essential ingredient in the lives of millions, before mutating yet again into the cause of a global health epidemic? Prior to 1600, sugar was a costly luxury, the domain of the rich. But with the rise of the sugar colonies in the New World over the following century, sugar became cheap, ubiquitous and an everyday necessity. Less than fifty years ago, few people suggested that sugar posed a global health problem. And yet today, sugar is regularly denounced as a dangerous addiction, on a par with tobacco. While sugar consumption remains higher than ever—in some countries as high as 100lbs per head per year—some advertisements even proudly proclaim that their product contains no sugar. How did sugar grow from prize to pariah? Acclaimed historian James Walvin looks at the history of our collective sweet tooth, beginning with the sugar grown by enslaved people who had been uprooted and shipped vast distances to undertake the grueling labor on plantations. The combination of sugar and slavery would transform the tastes of the Western world. Masterfully insightful and probing, James Walvin reveals the relationship between society and sweetness over the past two centuries—and how it explains our conflicted relationship with sugar today.

Golding's iconic 1954 novel, now with a new foreword by Lois Lowry, remains one of the greatest books ever written for young adults and an unforgettable classic for readers of any age. This edition includes a new *Suggestions for Further Reading* by Jennifer Buehler. At the dawn of the next world war, a plane crashes on an uncharted island, stranding a group of schoolboys. At first, with no adult supervision, their freedom is something to celebrate. This far from civilization they can do anything they want. Anything. But as order collapses, as strange howls echo in the night, as terror begins its reign, the hope of adventure seems as far removed from reality as the hope of being rescued.

From Los Angeles Times Book Prize Award winner and Edgar Award nominee Malla Nunn comes a stunning portrait of a family divided and a powerful story of how friendship saves and heals. When Amandla wakes up on her fifteenth birthday, she knows it's going to be one of her mother's difficult days. Her mother has had another vision. This one involves Amandla wearing a bedsheet loosely stitched as a dress. An outfit, her mother says, is certain to bring Amandla's father back home, as if he were the prince and this was the fairytale ending their family was destined for. But in truth, Amandla's father has long been gone--since before Amandla was born--and even her mother's memory of him is hazy. In fact, many of her mother's memories from before Amandla was born are hazy. It's just one of the many reasons people in Sugar Town give them strange looks--that and the fact her mother is white and Amandla is Black. When Amandla finds a mysterious address in the bottom of her mother's handbag along with a large amount of cash, she decides it's finally time to get answers about her mother's life. What

she discovers will change the shape and size of her family forever. But with her best friends at her side, Amandla is ready to take on family secrets and the devil himself. These Sugar Town queens are ready to take over the world to expose the hard truths of their lives.

In the newest edition of The Dietary Guidelines for Americans, the U.S. government has – for the very first time – limited the amount of sugar that it is safe for us to consume. Yet sugar hides behind many names on ingredient lists, making it sometimes impossible to discover. Although "evaporated cane juice" might be easy enough to puzzle out – what about “diastatic malt” or “panocha?” In Sugar Has 56 Names, Robert H. Lustig, MD, bestselling author of Fat Chance and The Fat Chance Cookbook, provides a list of ingredient names that food manufacturers use to disguise sugar content as well as a rundown of common grocery store items and their total sugar content. Concise and direct, Sugar Has 56 Names is an essential tool for smart shopping.

#1 New York Times Bestseller Oprah's Book Club Selection The “extraordinary . . . monumental masterpiece” (Booklist) that changed the course of Ken Follett’s already phenomenal career—and begins where its prequel, The Evening and the Morning, ended. “Follett risks all and comes out a clear winner,” extolled Publishers Weekly on the release of The Pillars of the Earth. A departure for the bestselling thriller writer, the historical epic stunned readers and critics alike with its ambitious scope and gripping humanity. Today, it stands as a testament to Follett’s unassailable command of the written word and to his universal appeal. The Pillars of the Earth tells the story of Philip, prior of Kingsbridge, a devout and resourceful monk driven to build the greatest Gothic cathedral the world has known . . . of Tom, the mason who becomes his architect—a man divided in his soul . . . of the beautiful, elusive Lady Aliena, haunted by a secret shame . . . and of a struggle between good and evil that will turn church against state and brother against brother. A spellbinding epic tale of ambition, anarchy, and absolute power set against the sprawling medieval canvas of twelfth-century England, this is Ken Follett’s historical masterpiece.

Uses research conducted in Europe to argue that America's food supply contains toxins that can be blamed for increases in such conditions as ADHD, allergies, cancer, and asthma among children.

A classic work of American literature that has not stopped changing minds and lives since it burst onto the literary scene, The Things They Carried is a ground-breaking meditation on war, memory, imagination, and the redemptive power of storytelling. The Things They Carried depicts the men of Alpha Company: Jimmy Cross, Henry Dobbins, Rat Kiley, Mitchell Sanders, Norman Bowker, Kiowa, and the character Tim O'Brien, who has survived his tour in Vietnam to become a father and writer at the age of forty-three. Taught everywhere—from high school classrooms to graduate seminars in creative writing—it has become required reading for any American and continues to challenge readers in their perceptions of fact and fiction, war and peace, courage and fear and longing. The Things They Carried won France's

prestigious Prix du Meilleur Livre Etranger and the Chicago Tribune Heartland Prize; it was also a finalist for the Pulitzer Prize and the National Book Critics Circle Award.

This work is an examination of what makes us fat. In his book *Good Calories, Bad Calories*, the author, an acclaimed science writer argues that certain kinds of carbohydrates, not fats and not simply excess calories, have led to our current obesity epidemic. Now he brings that message to a wider, nonscientific audience. With fresh evidence for his claim, this book makes his critical argument newly accessible. He reveals the bad nutritional science of the last century, none more damaging than the "calories-in, calories-out" model of why we get fat, the good science that has been ignored, especially regarding insulin's regulation of our fat tissue. He also answers key questions: Why are some people thin and others fat? What roles do exercise and genetics play in our weight? What foods should we eat or avoid? Concluding with an easy-to-follow diet, this book is one key to understanding an international epidemic and a guide to improving our own health.

From a Pulitzer Prize-winning investigative reporter at *The New York Times* comes the troubling story of the rise of the processed food industry -- and how it used salt, sugar, and fat to addict us. *Salt Sugar Fat* is a journey into the highly secretive world of the processed food giants, and the story of how they have deployed these three essential ingredients, over the past five decades, to dominate the North American diet. This is an eye-opening book that demonstrates how the makers of these foods have chosen, time and again, to double down on their efforts to increase consumption and profits, gambling that consumers and regulators would never figure them out. With meticulous original reporting, access to confidential files and memos, and numerous sources from deep inside the industry, it shows how these companies have pushed ahead, despite their own misgivings (never aired publicly). *Salt Sugar Fat* is the story of how we got here, and it will hold the food giants accountable for the social costs that keep climbing even as some of the industry's own say, "Enough already."

For fans of the *New York Times* bestseller *I Quit Sugar* or Katie Couric's controversial food industry documentary *Fed Up, A Year of No Sugar* is a "delightfully readable account of how [one family] survived a yearlong sugar-free diet and lived to tell the tale...A funny, intelligent, and informative memoir." —Kirkus It's dinnertime. Do you know where your sugar is coming from? Most likely everywhere. Sure, it's in ice cream and cookies, but what scared Eve O. Schaub was the secret world of sugar—hidden in bacon, crackers, salad dressing, pasta sauce, chicken broth, and baby food. With her eyes opened by the work of obesity expert Dr. Robert Lustig and others, Eve challenged her husband and two school-age daughters to join her on a quest to quit sugar for an entire year. Along the way, Eve uncovered the real costs of our sugar-heavy American diet—including diabetes, obesity, and increased incidences of health problems such as heart disease and cancer. The stories, tips, and recipes she shares throw fresh light on questionable nutritional advice we've been following

for years and show that it is possible to eat at restaurants and go grocery shopping—with less and even no added sugar. Year of No Sugar is what the conversation about "kicking the sugar addiction" looks like for a real American family—a roller coaster of unexpected discoveries and challenges. "As an outspoken advocate for healthy eating, I found Schaub's book to shine a much-needed spotlight on an aspect of American culture that is making us sick, fat, and unhappy, and it does so with wit and warmth."—Suvir Sara, author of Indian Home Cooking "Delicious and compelling, her book is just about the best sugar substitute I've ever encountered."—Pulitzer Prize-winning author Ron Powers

A biochemist shows how we can finally control our fat—by understanding how it works. Fat is not just excess weight, but actually a dynamic, smart, and self-sustaining organ that influences everything from aging and immunity to mood and fertility. With cutting-edge research and riveting case studies—including the story of a girl who had no fat, and that of a young woman who couldn't stop eating—Dr. Sylvia Tara reveals the surprising science behind our most misunderstood body part and its incredible ability to defend itself. Exploring the unexpected ways viruses, hormones, sleep, and genetics impact fat, Tara uncovers the true secret to losing weight: working with your fat, not against it.

THIS BOOK COULD SAVE YOUR LIFE -Every five seconds, one more person develops diabetes. -Worldwide, 285 million people are affected by type 2 diabetes. -Many of them have no idea. Here is the personal story of one man who has unearthed the mysteries of this global epidemic and offers hard-won practical advice for how readers can take control of their lives and combat this deadly disease. "Sugar Nation is a must-read! As a fitness expert myself, who has dealt with family diabetes and coaching families on how to limit their sugar intake, this book is a fundamental tool in educating the world on just how dangerous dietary sugar can be. Jeff O'Connell's direct yet user-friendly approach to this important and overlooked subject is more than refreshing. All will benefit from picking this book up." --Jennifer Nicole Lee, author of The Jennifer Nicole Lee Fitness Model Diet

Sugar NationThe Hidden Truth Behind America's Deadliest Habit and the Simple Way to Beat ItHachette Books

Do you want to lose weight? In BLAST the Sugar Out!, Ian K. Smith, #1 New York Times bestselling author of The Shred Power Cleanse, will guide you to eat well—and frequently—while controlling carbohydrates and dropping pounds to get to goal. You will lose weight on this diet—and start losing fast. Has your doctor suggested you get your blood sugar numbers down? This 5-week plan comprised of simple, affordable, accessible food as well as more than 50 sugar swaps will immediately lower your blood sugar levels painlessly and easily. Do you need a plan that will decrease your fat and increase your lean muscle? The BLAST the Sugar Out! five-week program is structured and clear about what you must eat at meals and for snacks every day to keep on track. There's no meal skipping, plenty of food, and short bursts of exercise to super-charge your results. You won't be hungry on BLAST the Sugar Out! You'll eat, drink, and learn to really taste good food again. Features more than 45 recipes for breakfast,

lunch, dinner and smoothies to satisfy every craving.

**NEW YORK TIMES BESTSELLER** • From the author of *Salt Sugar Fat* comes a “gripping” (*The Wall Street Journal*) exposé of how the processed food industry exploits our evolutionary instincts, the emotions we associate with food, and legal loopholes in their pursuit of profit over public health. “The processed food industry has managed to avoid being lumped in with Big Tobacco—which is why Michael Moss’s new book is so important.”—Charles Duhigg, author of *The Power of Habit* Everyone knows how hard it can be to maintain a healthy diet. But what if some of the decisions we make about what to eat are beyond our control? Is it possible that food is addictive, like drugs or alcohol? And to what extent does the food industry know, or care, about these vulnerabilities? In *Hooked*, Pulitzer Prize–winning investigative reporter Michael Moss sets out to answer these questions—and to find the true peril in our food. Moss uses the latest research on addiction to uncover what the scientific and medical communities—as well as food manufacturers—already know: that food, in some cases, is even more addictive than alcohol, cigarettes, and drugs. Our bodies are hardwired for sweets, so food giants have developed fifty-six types of sugar to add to their products, creating in us the expectation that everything should be cloying; we’ve evolved to prefer fast, convenient meals, hence our modern-day preference for ready-to-eat foods. Moss goes on to show how the processed food industry—including major companies like Nestlé, Mars, and Kellogg’s—has tried not only to evade this troubling discovery about the addictiveness of food but to actually exploit it. For instance, in response to recent dieting trends, food manufacturers have simply turned junk food into junk diets, filling grocery stores with “diet” foods that are hardly distinguishable from the products that got us into trouble in the first place. As obesity rates continue to climb, manufacturers are now claiming to add ingredients that can effortlessly cure our compulsive eating habits. A gripping account of the legal battles, insidious marketing campaigns, and cutting-edge food science that have brought us to our current public health crisis, *Hooked* lays out all that the food industry is doing to exploit and deepen our addictions, and shows us why what we eat has never mattered more.

**INSTANT NEW YORK TIMES and LOS ANGELES TIMES BESTSELLER** “Brilliant... riveting, scary, cogent, and cleverly argued.”—Beth Macy, author of *Dopesick* As heard on *Fresh Air* This book is about pleasure. It’s also about pain. Most important, it’s about how to find the delicate balance between the two, and why now more than ever finding balance is essential. We’re living in a time of unprecedented access to high-reward, high-dopamine stimuli: drugs, food, news, gambling, shopping, gaming, texting, sexting, Facebooking, Instagramming, YouTubing, tweeting... The increased numbers, variety, and potency is staggering. The smartphone is the modern-day hypodermic needle, delivering digital dopamine 24/7 for a wired generation. As such we’ve all become vulnerable to compulsive overconsumption. In *Dopamine Nation*, Dr. Anna Lembke, psychiatrist and author, explores the exciting new scientific discoveries that explain why the relentless pursuit of pleasure leads to pain...and what to do about it. Condensing complex neuroscience into easy-to-understand metaphors, Lembke illustrates how finding contentment and connectedness means keeping dopamine in check. The lived experiences of her patients are the gripping fabric of her narrative. Their riveting stories of suffering and redemption give us all hope for managing our consumption and transforming our lives. In

essence, Dopamine Nation shows that the secret to finding balance is combining the science of desire with the wisdom of recovery.

WIN THE FIGHT AGAINST FAT–THE SUGAR BUSTERS!® WAY When SUGAR BUSTERS! hit the shelves almost five years ago, it quickly became a diet and lifestyle phenomenon. The millions of people across the country on the SUGAR BUSTERS! plan discovered that by simply choosing the correct carbohydrates and lowering their sugar intake, they could shed the pounds they failed to lose with other diets. Now the weight-loss program that swept the nation has been completely revised and updated–incorporating all the newest nutritional findings, health statistics, and scientific studies, and featuring all-new, easy-to-follow recipes and meal plans. Among the wealth of new material in this edition, you’ll find amazing testimonials from men and women who are losing weight and feeling fit the SUGAR BUSTERS! way; frequently asked questions and helpful answers; the latest on diabetes–and how SUGAR BUSTERS! can help prevent it; essential facts on women, weight loss, and nutrition; and new tips, updated charts, and practical exercise suggestions. So arm yourself with the facts and get the figure you’ve always wanted. When it comes to optimal wellness on the SUGAR BUSTERS! program, it’s survival of the fittest—a way of life in which everybody wins!

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