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Phineas Redux The Little Slow Cooker Cookbook McKenzie Barber Redux Winning The City Redux 300 Low-Carb Slow Cooker Recipes 1,001 Low-Carb Recipes The Mediterranean Redux Play Redux Cooking with Coconut The Best Low Carb Sides and Salads Revolting Librarians Redux Writing Children's Books For Dummies 200 Low-Carb High-Fat Recipes Mad Hungry Cravings Food52 Mighty Salads The Nature of Computer Games The Thinsulin Program Chicken Soup for the Soul: New Moms Chicken Soup for the Soul: O Canada FutureChefs American Wife The Practice of Medicine Fullstack React Invisible Child PEOPLE the Secrets to a Celebrity Body Hazan Family Favorites Encyclopedia of African American Actresses in Film and Television Public Health Profiteering Harper's Weekly Natura Urbana The Pandemic Century: One Hundred Years of Panic, Hysteria, and Hubris Index Medicus Hollywood Remembrance and American War Cruising World Skateboarding and the City The Compu-mark Directory of U.S. Trademarks Vegetarian Times Tokyo Year Zero The Daylight Marriage The Professional Communications Toolkit

Hollywood Remembrance and American War addresses the synergy between Hollywood war films and American forms of war remembrance. Subjecting the notion that war films ought to be considered 'the war memorials of today' to critical scrutiny, the book develops a theoretical understanding of how Hollywood war

films, as rhetorical sites of remembering and memory, reflect, replicate and resist American modes of remembrance. The authors first develop the framework for, and elaborate on, the co-evolution of Hollywood war cinema and American war memorialization in the historical, political and ideological terms of remembrance, and the parallel synergic relationship between the aesthetic and industrial status of Hollywood war cinema and the remembering of American war on film. The chapters then move to analysis of Hollywood war films - covering The Great War, World War II, The Korean War, The Vietnam War, The Cold War, and the wars in Afghanistan and Iraq - and critically scrutinize the terms upon which a film could be considered a memorial to the war it represents. Bringing together the fields of film studies and memory studies, this book will be of interest to scholars and students in not just these areas but those in the fields of history, media and cultural studies more broadly, too. A collection of 60 recipes for turning ordinary salads into one-dish worthy meals. Does anybody need a recipe to make a salad? Of course not. But if you want your salad to hold strong in your lunch bag or carry the day as a one-bowl dinner, dressing on lettuce isn't going to cut it. Make way for *Mighty Salads*, in which the editors of Food52 present sixty salads hefty with vegetables, meats, grains, beans, fish, seafood, pasta, and bread. Think shrimp and radicchio tossed in a bacon vinaigrette, a make-ahead jumble of white beans with charred lemon and fennel, slow-roasted duck and apples scattered across spicy greens. It's comforting food made captivating by simply charring one ingredient or marinating another—shaving some, or roasting a bunch. But because we don't always follow recipes, there are also loose formulas for confident off-roading, as well as back-pocket tips and genius tricks for improving any old salad. Because once you know how to fix too-salty dressing, wash greens once and for all, keep an avocado from browning, and even sprout your own grains, the humble salad starts looking a lot more

interesting—and a whole lot more like dinner. "Play Redux excels in tying together intellectual traditions that are rooted in literary studies, cognitive science, play studies and several other fields, thereby creating a logical whole. Through this, the book makes service to several academic communities by pointing out their points of contact. This is clearly an important contribution to a growing academic field, and will no doubt become important in many future discussions about digital games and play." --Frans Mäyrä, University of Tampere, Finland "David Myers has researched video games longer than anyone else. Play Redux shows him continually relevant, never afraid of courting controversy." ---Jesper Juul, IT University of Copenhagen, Denmark Play Redux is an ambitious description and critical analysis of the aesthetic pleasures of video game play, drawing on early twentieth-century formalist theory and models of literature. Employing a concept of biological naturalism grounded in cognitive theory, Myers argues for a clear delineation between the aesthetics of play and the aesthetics of texts. In the course of this study, Myers asks a number of interesting questions: What are the mechanics of human play as exhibited in computer games? Can these mechanisms be modeled? What is the evolutionary function of cognitive play, and is it, on the whole, a good thing? Intended as a provocative corrective to the currently ascendant, if not dominant, cultural and ethnographic approach to game studies and play, Play Redux will generate interest among scholars of communications, new media, and film. David Myers is Reverend Aloysius B. Goodspeed Distinguished Professor at the School of Mass Communication, Loyola University New Orleans. With a New Chapter and Updated Epilogue on Coronavirus A Financial Times Best Health Book of 2019 and a New York Times Book Review Editors' Choice "Honigsbaum does a superb job covering a century's worth of pandemics and the fears they invariably unleash." —Howard Markel, MD, PhD, director of the Center for the History of Medicine, University of

Michigan How can we understand the COVID-19 pandemic? Ever since the 1918 Spanish influenza pandemic, scientists have dreamed of preventing such catastrophic outbreaks of infectious disease. Yet despite a century of medical progress, viral and bacterial disasters continue to take us by surprise, inciting panic and dominating news cycles. In *The Pandemic Century*, a lively account of scares both infamous and less known, medical historian Mark Honigsbaum combines reportage with the history of science and medical sociology to artfully reconstruct epidemiological mysteries and the ecology of infectious diseases. We meet dedicated disease detectives, obstructive or incompetent public health officials, and brilliant scientists often blinded by their own knowledge of bacteria and viruses—and see how fear of disease often exacerbates racial, religious, and ethnic tensions. Now updated with a new chapter and epilogue. PULITZER PRIZE WINNER • A “vivid and devastating” (The New York Times) portrait of an indomitable girl—from acclaimed journalist Andrea Elliott “From its first indelible pages to its rich and startling conclusion, *Invisible Child* had me, by turns, stricken, inspired, outraged, illuminated, in tears, and hungering for reimmersion in its Dickensian depths.”—Ayad Akhtar, author of *Homeland Elegies* ONE OF THE TEN BEST BOOKS OF THE YEAR: The New York Times • ONE OF THE BEST BOOKS OF THE YEAR: The Atlantic, The New York Times Book Review, Time, NPR, Library Journal In *Invisible Child*, Pulitzer Prize winner Andrea Elliott follows eight dramatic years in the life of Dasani, a girl whose imagination is as soaring as the skyscrapers near her Brooklyn shelter. In this sweeping narrative, Elliott weaves the story of Dasani’s childhood with the history of her ancestors, tracing their passage from slavery to the Great Migration north. As Dasani comes of age, New York City’s homeless crisis has exploded, deepening the chasm between rich and poor. She must guide her siblings through a world riddled by hunger, violence, racism, drug addiction, and the threat of foster care. Out on the street, Dasani

becomes a fierce fighter “to protect those who I love.” When she finally escapes city life to enroll in a boarding school, she faces an impossible question: What if leaving poverty means abandoning your family, and yourself? A work of luminous and riveting prose, Elliott’s *Invisible Child* reads like a page-turning novel. It is an astonishing story about the power of resilience, the importance of family and the cost of inequality—told through the crucible of one remarkable girl. Winner of the J. Anthony Lukas Book Prize • Finalist for the Bernstein Award and the PEN/John Kenneth Galbraith Award

Ah, the wonders of a slow cooker. After a long, hard day you can walk in the door and the aroma of a hot, home-cooked meal fills the air. You don't have to do that fast tango from fridge to pantry to stove and back again. It's nearly as good as having a personal chef! But for the low-carb dieter, traditional slow cooker recipes can be a problem. Many of them depend on potatoes, noodles, rice, and starchy canned soups. And if you've tried to make up your own slow cooker recipes, you may have found the results less than compelling—too often the food can be mushy, water-logged, and bland. Fortunately, with *300 Low-Carb Slow Cooker Recipes*, you can use your slow cooker and follow your low-carb diet, too! This new, expanded version contains 100 new recipes from Dana's healthy and delicious kitchen. Come home to: Tuscan Chicken Kashmiri Lamb Shanks Teriyaki-Tangerine Ribs Chicken Minestrone Orange Rosemary Pork Chipotle Brisket Firehouse Chili Thai Chicken Bowls Braised Pork with Fennel Pizza Stew Morty's Mixed Meat Loaf Low-Carb Slow Cooker Paella But that's not all! The gentle, even heat of a slow cooker makes it the perfect way to cook many different kinds of foods. You'll make low-carb party treats like Hot Crab Dip and Glazed Chicken Wings, and snacks like Smokin' Chili Peanuts and Curried Pecans. It's the superior way to cook incredible sugar-free desserts like Mochaccino Cheesecake and Maple-Pumpkin Custard. And you've never had moister, more tender seafood than my Lime-Basted Scallops or Lemon-Mustard Salmon Steaks. Plus,

every recipe lists the calories, protein, fiber, and usable carbs per serving, so you'll not only be in control of your life and your time, you'll be in control of your diet as well. So go ahead, plug in your slow cooker, and look forward to coming home to a fabulous low-carb supper tonight with Dana Carpender's new and expanded 300 Low-Carb Slow Cooker Recipes! The first work of its kind, this encyclopedia provides 360 brief biographies of African American film and television actresses from the silent era to 2009. It includes entries on well-known and nearly forgotten actresses, running the gamut from Academy Award and NAACP Image Award winners to B-film and blaxploitation era stars. Each entry has a complete filmography of the actress's film, TV, music video or short film credits. The work also features more than 170 photographs, some of them rare images from the Schomburg Center for Research in Black Culture. Create the next very hungry caterpillar, big red dog, or cat in the hat with a hand from this trusted guide *In Writing Children's Books For Dummies*, you'll learn what to write between "Once upon a time . . ." and "The End" as you dive into chapters about getting started writing, how to build great characters, and how to design a dramatic plot. On top of the technical writing advice, you'll discover how talented illustrators work and how to find an agent. The newest edition of this popular *For Dummies* title even shows you how to choose a publisher—or self-publish—and how to use social media and other marketing and PR to get the word out about your new masterpiece. In the book, you'll learn about: The fundamentals of writing for children, including common book formats and genres, and the structure of the children's book market Creating a spellbinding story with scene description, engaging dialogue, and a child-friendly tone Polishing your story to a radiant shine with careful editing and rewriting Making the choice between a traditional publisher, a hybrid publisher, or self-publishing Using the most-effective marketing and publicity techniques to get your book noticed Perfect for anyone who's ever dreamed of creating

the next Ferdinand the Bull or Grinch, *Writing Children's Books For Dummies* is an essential, easy-to-read guide for budding children's authors everywhere. To do what no other magazine does: Deliver simple, delicious food, plus expert health and lifestyle information, that's exclusively vegetarian but wrapped in a fresh, stylish mainstream package that's inviting to all. Because while vegetarians are a great, vital, passionate niche, their healthy way of eating and the earth-friendly values it inspires appeals to an increasingly large group of Americans. VT's goal: To embrace both. The diet industry feeds on the hopes and the fears of those who need-or think that they need-to lose weight. Since the publication of the first known diet book in 1864, a host of sanctimonious preachers and self-proclaimed experts-often overweight themselves-have stoked fears of obesity effectively for both profit and political power, none more so than former surgeon general C. Everett Koop. In *Public Health Profiteering*, James T. Bennett and Thomas J. DiLorenzo offer a scathing and irreverent assessment of Koop's public and private career showing how a brilliant pediatric surgeon has evolved into a self-seeking and hypocritical public scold. During his term as Surgeon General under the Bush administration, Koop, enamored of the military trappings of title and uniform, saw himself as leading an army of public health administrators against an enemy. As often as not, the enemy took on the disquieting countenance of the American people. In Koop's view they were stupid, improvident, feckless, unable to make the simplest decisions about their lives. As Bennett and DiLorenzo show, he used his position as a bully pulpit for intemperate attacks on the tobacco and alcohol industries and to irresponsibly exaggerate the dangers of obesity. While taking a prohibitionist line, Koop himself smoked a pipe, drank martinis, and weighed in at a hefty 210 pounds. Although Koop claimed that he would never cash in on his office, his subsequent career tells a far different story. He has lobbied, hawked, and endorsed products for a host of firms: Wyeth Ayerst

(makers of the dubious diet drug Fen-Phen), Weight Watchers, Jenny Craig, Intel, Neurocrine, Kelloggs, BioPure, and many others. Lively in style and carefully researched, *Public Health Profiteering* will be of interest to health policy specialists, political scientists, economists, and media analysts. James T. Bennett is professor of economics at George Mason University. He is founder and editor of the *Journal of Labor Research* and has authored many books and articles, including *Health Research Charities: Image and Reality* and *Official Lies: How Washington Misleads Us*, co-authored with Thomas DiLorenzo. Thomas DiLorenzo is professor of economics at the Sellinger School of Business and Management at Loyola College in Baltimore. He has co-authored many books and is widely published in academic journals as well as the popular press, including the *Wall Street Journal* and *USA Today*. This tasty collection draws on the best 1,001 recipes from Dana Carpender's bestselling books including *500 Low-Carb Recipes*, *15-Minute Low-Carb Recipes*, *500 More Low-Carb Recipes*, *200 Low-Carb Slow Cooker Recipes*, *The Low-Carb Barbeque Book*, and *Low-Carb Smoothies*. You'll find delicious and varied options including recipes for "high-carb" foods you thought you had to give up forever such as Cinnamon Raisin Bread and Mocha Chocolate Cheesecake. Staying the low-carb course will be easy with choices from barbecue to slow-cooker to internationally-inspired dishes. **NEW YORK TIMES BESTSELLER** • A gorgeously written novel that weaves class, wealth, race, and fate into a brilliant portrait of a first lady—from the author of *Rodham* and *Eligible* "Terrific . . . an intelligent, bighearted novel about a controversial political dynasty."—*Entertainment Weekly* **NAMED ONE OF THE TEN BEST BOOKS OF THE YEAR: Time • People • Entertainment Weekly** A kind, bookish only child born in the 1940s, Alice Lindgren has no idea that she will one day end up in the White House, married to the president. In her small Wisconsin hometown she learns the virtues of politeness, but a tragic



accident when she is seventeen shatters her identity and changes the trajectory of her life. More than a decade later, when the charismatic son of a powerful Republican family sweeps her off her feet, she is surprised to find herself admitted into a world of privilege. And when her husband unexpectedly becomes governor and then president, she discovers that she is married to a man she both loves and fundamentally disagrees with—and that her private beliefs increasingly run against her public persona. As her husband's presidency enters its second term, Alice must confront contradictions years in the making and face questions nearly impossible to answer.

**NAMED ONE OF THE BEST BOOKS OF THE YEAR:** The New York Times Book Review • Chicago Tribune • NPR • Rocky Mountain News • St. Louis Post-Dispatch • The Washington Post Book World

**Everything You Need to Get Fit for Summer!** The editors of People bring you an insider's guide to how your favorite Hollywood stars stay in shape. With interviews and inspiration from Jennifer Lopez, Kate Hudson, Jennifer Aniston, Khloe Kardashian, Carrie Underwood, Jennifer Hudson and many more, you'll be ready for the beach and the pool in no time. Inside *The Secrets to a Celebrity Body* you'll find fun step-by-step workout routines from fitness experts Jillian Michaels, Jenna Wolfe and celebrity yoga instructor Mandy Ingber. You'll see what stars really eat in a day: 10 famously fit women open up their food diaries. And, you'll find easy, tasty and healthy recipes including breakfast, entrees, snacks, and sweet treats. Feel fit and fabulous and get a peek into the lives of your favorite celebrities in this all-new Special Edition.

This book on historical anthropology remaps the Mediterranean by reframing classical themes from early Mediterraneanist anthropology. This edited volume showcases how anthropology can contribute to an understanding of ongoing transnational dynamics and the new wave of scholarship on the Mediterranean. The Mediterranean is back as a locus of international anxiety and academic concern. It has reemerged in the international news cycle as a space of

desperate crossings and tragic endings, as the site in which a refugee crisis rivalling that of the Second World War is playing out in real time for a global viewing public. The scale of the crisis has called into question Europe's humanitarian principles and internal political union, making the Mediterranean into a mirror for long-standing tensions between norms of universalism and demands for national security. These captivating events have further raised the tide of scholars' interest in the Mediterranean. How should ethnographers contribute to the new wave of scholarship on the Mediterranean? To what extent does the Mediterranean offer alternative forms of political relatedness to those construed from within Europe, North Africa, and the Middle East? In this volume, we reframe classical themes from early iterations of Mediterranean anthropology to address these questions in our examinations of changing dynamics across land and sea borders, bringing ethnography back to the study of the Mediterranean, and the Mediterranean - with its Mediterraneanism - back to ethnography. The chapters in this book were originally published as a special issue of the journal, *History and Anthropology*. 'Brilliant.' *New York Times* 'Remarkable.' *Irish Times* August 1946. One year on from surrender and Tokyo lies broken and bleeding at the feet of its American victors. Against this extraordinary historical backdrop, *Tokyo Year Zero* opens with the discovery of the bodies of two young women in Shiba Park. Against his wishes, Detective Minami is assigned to the case; as he gets drawn ever deeper into these complex and horrific murders, he realises that his own past and secrets are indelibly linked to those of the dead women and their killer. 'A feat of prodigious and intense imagination.' *The Times* 'A chilling tale of murder, corruption and post-war devastation.' *Observer* Books of the Year 'Part historical stunner, part Kurosawa crime film, an original all the way.' James Ellroy

*The Little Slow Cooker Cookbook* contains 500 comforting slow cooker recipes compiled from multiple titles and authors that

span across various different dietary needs. LEARN REACT TODAY The up-to-date, in-depth, complete guide to React and friends. Become a ReactJS expert today With 101 heartwarming and inspiring stories by Canadians and for Canadians, this book will delight, amuse, and invigorate Canadian readers. Chicken Soup for the Soul: O Canada is full of inspirational, amusing, and encouraging stories that will touch the heart of any Canadian. Stories include a wide range of topics written by Canadians, from daily life to Canadian holidays, along with tales from tourists and visitors. "Revolting librarians aren't defined by what they are, they are defined by what they do. In fact, it's not even what they do, but how they do it"--Katia Roberto and Jessamyn West, in the Preface. This compilation of witty, insightful, and readable writings on the various aspects of alternative librarianship edited by two outspoken library professionals is a sequel to Revolting Librarians, which was published in 1972. The contributors, including Alison Bechdel, Sanford Berman, and Utne Reader librarian Chris Dodge, cover topics that range from library education and librarianship as a profession to the more political and spiritual aspects of librarianship. The contributions include critiques of library and information science programs, firsthand accounts of work experiences, and original fiction, poetry and art. Ten of the original librarians who wrote essays for Revolting Librarians back in 1972 reflect upon what they wrote thirty years ago and the turns that their lives and careers have taken since. Dale dreams of leading his team to the City Basketball Championship. These are shattered when the top player is replaced by the son of a team sponsor. He turns to Miss Furbish, the beautiful homeroom teacher whose kindness builds into a dangerous passion. Then, he discovers a hardscrabble team of street-ballers that may have what it takes to win. Staying the low-carb course will be easy all year long with a seemingly endless choice of everything from barbecue and simple-to-prepare slow-cooker fare to internationally inspired dishes and snacks. A

curated collection of 150 recipes drawn from the experience and kitchens of young cooks all over America, FutureChefs brings real, cooking-obsessed tweens and teens to the page as relatable characters who span a diverse social and cultural experience. Here, in rich, inspiring detail, is the ethnoculinary America of the future. Veteran journalist and trained chef Ramin Ganeshram has crafted profiles of serious young cooks who run the gamut of experience, ethnic, and socioeconomic backgrounds to create an inspiring prism through which readers might see what's ahead in America's food culture. Whether they've taken to it because of necessity, inspiration, or sheer passion, these are kids, teens, and tweens who are very serious about food. This is a generation more interested in hands-on cooking than ever, but they're lacking material that treats them as a serious part of cooking culture; FutureChefs is the perfect vehicle. Learn to cook with the delectable and diverse coconut using its many forms—from coconut oil to coconut flour—with this fully illustrated book of recipes. Coconut is one of the most healthy, delicious, and versatile foods available at any grocery store. It is also native to cuisines around the world, including Thai, Indian, Filipino, Vietnamese, and many Caribbean cultures. Now you can incorporate this tropical superfood into your home cooking repertoire with *Cooking with Coconut*. *Cooking with Coconut* offers a tantalizing taste of coconut's culinary diversity, with 125 original recipes using coconut in all its forms. Options span the menu, from breakfast dishes like Savory Coconut Crêpes to dinner and dessert dishes like Asparagus with Shallots and Shredded Coconut, Coconut Pork Kabobs, and Coconut Rum Crème Brûlée. Ramin Ganeshram, an award-winning food journalist, dishes up everything home cooks and health-conscious eaters need to know to fully enjoy this delectable powerhouse! Hannah was tall and graceful, naturally pretty, spirited and impulsive, the upper-class young woman who picked, of all men, Lovell--the introverted climate scientist who thought he could

change the world if he could just get everyone to listen to reason. After a magical honeymoon, they settled in the suburbs to raise their two children. But over the years, Lovell and Hannah's conversations have become charged with resentments and unspoken desires. She has become withdrawn. His work affords him a convenient distraction. And then, after one explosive argument, Hannah vanishes. For the first time, Lovell is forced to examine the trajectory of his marriage through the lens of memory. As he tries to piece together what happened to his wife--and to their life together--readers follow Hannah on that single day when a hasty decision proves irrevocable. With haunting intensity, a seamless balance of wit and heartbreak, and the emotional acuity that author Heidi Pitlor brings to every page, *The Daylight Marriage* mines the dark and delicate nature of a marriage. "A page-turning exploration of unexpressed love and unnecessary loss. Riveting and heartbreaking." —GERALDINE BROOKS, author of *Caleb's Crossing* "In *The Daylight Marriage*, there are two mysteries--the whereabouts of a missing woman and the vagaries of the human heart. Heidi Pitlor explores both of these enigmas with equal mastery, merging a shocking crime story with an incisive portrait of a failed marriage. The result is a novel that is fast-moving, emotionally complex, and ultimately heartbreaking." —Tom Perrotta, author of *Nine Inches* "Pitlor brings forth the emotions that surge beneath the surface with the precision and power of a conductor . . . This powerful analysis of how dreams become nightmares will make readers want to hold their loved ones close." —Booklist, starred review

*The Professional Communications Toolkit* presents a compelling vision of communication that offers little known and amazingly effective techniques for the novice speaker and stage-savvy pro alike. Author D. Joel Whalen provides practical, research-based tools that apply perfectly to all professional communication, whether it's one-on-one conversations, speaking at small staff meetings, or delivering a keynote address to a ballroom full of people.

Skateboarding is both a sport and a way of life. Creative, physical, graphic, urban and controversial, it is full of contradictions - a billion-dollar global industry which still retains its vibrant, counter-cultural heart. Skateboarding and the City presents the only complete history of the sport, exploring the story of skate culture from the surf-beaches of '60s California to the latest developments in street-skating today. Written by a life-long skater who also happens to be an architectural historian, and packed through with full-colour images - of skaters, boards, moves, graphics, and film-stills - this passionate, readable and rigorously-researched book explores the history of skateboarding and reveals a vivid understanding of how skateboarders, through their actions, experience the city and its architecture in a unique way.

McKenzie Barber Redux is the story of a reunion of McKenzie Barber (an acquired consulting firm) and Robson Barber (the acquiring firm.) It has been five years following the 1992 merger vote held at the Boca Mirage Club. The merger resulted in capsized careers for many McKenzie Barber Partners and advancements for a select few. John Grunwaldyt, the protagonist, has been a casualty. Since the merger he has been in the Litigation "Penalty Box" flopped in the backwaters of the merged firm's Chemical Industries Practice, left his wife and moved in with a lady named Amanda, a media communications consultant, and his career is in limbo short of vesting in the firm's retirement plan. One of the youngest partner admissions in the history of the firm at age 28, his golden boy career, appears to have landed in a permanent ditch. He is summoned to the office of Dr. Gilbert Ranglinger, Vice Chairman-Human Resources for Robson Barber for an early morning meeting. Dr.Ranglinger's nickname in the corridors of Robson Barber is "Dr. Death". Grunwaldyt assumes he has been summoned to commence termination discussions. Instead Dr. Death proposes that Grunwaldyt organize a Reunion for the McKenzie Barber Partners. He is given the choice, organize the reunion or begin termination discussions. Jon

Grunwaldyt begins an odyssey that confronts his past, faces the options of a cloudy future, and leads to a confrontation in the final fork in his career road, a McKenzie Barber Alumni Reunion at the resort hotel called Boca Mirage. *Chicken Soup for the Soul: New Moms* celebrates the physical, emotional, and spiritual experience of having a child and creating a family, and will encourage and amuse any expectant and new mom. A great baby shower and new mother gift! Becoming a mom is the most amazing event. *Chicken Soup for the Soul: New Moms* will delight new and expectant moms with its heartwarming and humorous stories about raising babies and toddlers. This book is full of stories by other moms sharing the wonders of early motherhood, from waiting for the baby, to those early weeks and first few years, and everything in between! Offering one of the first fully articulated theories of computer games based on game play rather than game texts, *The Nature of Computer Games* mounts a serious challenge to literary critics, cultural theorists, and others who might assume computer game play is best understood with reference to preexisting social contexts. “Packed with everything from diner and burger joint favorites to takeout-style meals you can whip up at home, this book makes summer cooking fun.” —*Better Homes & Gardens* Your family has a hankering—a yen for chicken tikka masala or queso fundido, for shrimp pad thai or a Philly cheesesteak—and they want it bad. So you decide to eat out at a local ethnic or roadside restaurant, or do take-out. It’s expedient, but is the food really that good? Really really good? Because Lucinda Scala Quinn’s versions of all those dishes families crave will knock your socks off and prove beyond a doubt that the foods you love can be made better, faster, tastier, cheaper, and more healthfully at home. *Lucinda Scala Quinn* is all about smart strategies that simplify and make for great taste, so why outsource feeding our families when it takes less time, money, and effort to cook these favorite comfort foods ourselves? And why miss out on the untold gifts of sitting at home with your

family around the dining room table? So next time there's a request for pulled pork or deep-dish pizza or chicken fettuccine Alfredo, or cold soba noodles or fried rice, forget about soggy takeout and overpriced restaurants—just crack open this book and you'll find simple recipes for all those dishes your family wants to eat, right now. "Teach[es] home cooks how to prepare better versions of fast food indulgences." —The Boston Globe

"Will appeal to readers looking for indulgent home-cooked recipes to satisfy fast-food cravings." —Library Journal

The tradition of tasty Italian food continues with this beautifully illustrated collection of creative recipes, from primo to dolci! As a child in America, Giuliano Hazan's mother, Marcella, packed him meatballs with potatoes and peas, veal stew with mushrooms, and other homemade dishes for lunch—dishes that in no way resembled the peanut butter sandwiches his classmates enjoyed. And so began his appreciation of great food. *Hazan Family Favorites* celebrates delicious recipes from the Hazan family, prepared just as Giuliano prepares them for his own family today. Here are 85 recipes for every course in the Italian meal, including Appetizers, Soups, Pastas and Rice, Meats and Seafood, and Sides and Desserts. With recipes from Swiss Chard Tortelloni to Strawberry Gelato and everything in between, *Hazan Family Favorites* offers an intimate look at this iconic family and their most beloved recipes.

A study of urban nature that draws together different strands of urban ecology as well as insights derived from feminist, posthuman, and postcolonial thought. Postindustrial transitions and changing cultures of nature have produced an unprecedented degree of fascination with urban biodiversity. The "other nature" that flourishes in marginal urban spaces, at one remove from the controlled contours of metropolitan nature, is not the poor relation of rural flora and fauna. Indeed, these islands of biodiversity underline the porosity of the distinction between urban and rural. In *Natura Urbana*, Matthew Gandy explores urban nature as a multilayered material



and symbolic entity, through the lens of urban ecology and the parallel study of diverse cultures of nature at a global scale. Gandy examines the articulation of alternative, and in some cases, counterhegemonic, sources of knowledge about urban nature produced by artists, writers, scientists, as well as curious citizens, including voices seldom heard in environmental discourse. The book is driven by Gandy's fascination with spontaneous forms of urban nature ranging from postindustrial wastelands brimming with life to the return of such predators as wolves and leopards on the urban fringe. Gandy develops a critical synthesis between different strands of urban ecology and considers whether "urban political ecology," broadly defined, might be imaginatively extended to take fuller account of both the historiography of the ecological sciences, and recent insights derived from feminist, posthuman, and postcolonial thought.

High-fat, high-sugar foods get most of the blame for weight gain and obesity, but doctors have found that high insulin levels are actually the culprit. When we eat foods that raise our insulin level, the body stores fat; when we lower our insulin level, the body naturally burns fat. In *The Thinsulin(TM) Program*, bariatric internist Tu Song-Anh Nguyen and psychiatrist Charles Nguyen share their proven, science-based, two-stage plan for weight loss. First, the active phase shows you how to gain control of and lower your insulin levels through food choices that enable dramatic weight loss. Next, the passive phase helps you to adopt a new way of thinking about food, focusing on insulin rather than calories, to keep excess weight off for good. *Drop the Pounds Permanently with the Hottest New Diet Craze!* You've hit it before - the dreaded weight-loss plateau that you just can't break through. No matter what, the pounds won't go even with calorie counting and traditional low-carb diets. Turns out there is a secret weapon to losing weight - fat (and lots of it). After decades of taking butter, bacon, eggs, and avocados off the table, it turns out that fats are far better for beating the battle of the bulge than "healthy whole

grains" and high protein diets. Backed up by science, the LCHF diet is quickly becoming the hottest way to shed pounds and jumpstart a stalled metabolism. Low-carb proponent and bestselling author Dana Carpender will guide you through the LCHF lifestyle and shed light on important questions such as: Is LCHF safe? Why does the traditional low-carb, high-protein diet not work for you? Which Are Good Fats? (Not all fats are created equal!) In 200 Low-Carb, High-Fat Recipes you get tips for creating low-carb/high-fat meals, and find out why three meals a day may not be needed! With 200 recipes, including soups, breakfasts, appetizers, sides and sauces, you'll never be cooked for delicious ideas!

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