

Until Dark

Increase your meat counter confidence with this must-have companion for cooking beef, pork, lamb, and veal with more than 300 kitchen-tested recipes. Part cookbook, part handbook organized by animal and its primal cuts, *Meat Illustrated* is the go-to source on meat, providing essential information and techniques to empower you to explore options at the supermarket or butcher shop (affordable cuts like beef shanks instead of short ribs, lesser-known cuts like country-style ribs, leg of lamb instead of beef tenderloin for your holiday centerpiece), and recipes that make those cuts (72 in total) shine. Meat is a treat; we teach you the best methods for center-of-the-plate meats like satisfying Butter-Basted Rib Steaks (spooning on hot butter cooks the steaks from both sides so they come to temperature as they acquire a deep crust), meltingly tender Chinese Barbecued Roast Pork Shoulder (cook for 6 hours so the collagen melts to lubricate the meat), and the quintessential Crumb-Crusted Rack of Lamb. Also bring meat beyond centerpiece status with complete meals: Shake up surf and turf with Fried Brown Rice with Pork and Shrimp. Braise lamb shoulder chops in a Libyan-style chickpea and orzo soup called Sharba. Illustrated primal cut info at the start of each section covers shopping, storage, and prep pointers and techniques with clearly written essays, step-by-step photos, break-out tutorials, and hundreds of hand-drawn illustrations that take the mystery out of meat prep (tie roasts without wilderness training; sharply cut crosshatches in the fat), so you'll execute dishes as reliably as the steakhouse. Learn tricks like soaking ground meat in baking soda before cooking to tenderize, or pre-roasting rather than searing fatty cuts before braising to avoid stovetop splatters. Even have fun with DIY curing projects.

22 years of foolproof recipes from the hit TV show captured in one complete volume *The Complete America's Test Kitchen TV Show Cookbook* is a living archive of every recipe that has been on every episode of public television's top-rated cooking show, including the new season that debuts in January 2022. It also includes the top-rated equipment and ingredients from the new testing and tasting segments. Cook along with Bridget and Julia and the test kitchen chefs as the new episodes of the 2022 season air with all-new recipes. Every recipe that has appeared on the show is in this cookbook along with the test kitchen's indispensable notes and tips. A comprehensive shopping guide shows readers what products the ATK Reviews team recommends and it alone is worth the price of the book.

A four-book course satisfying all language needs for lower secondary to CSEC examination level.

Telekinetic The apocalypse has come and gone. The people of the world are divided. The Advanced: those with powerful abilities that mutated from a treatment given them. The Humans: those who would rather see the Advanced dead than have to live without their own advancements. The Purists: those who wish to remain completely human. They are at war. Reem Kahrin, telekinetic soldier, has been branded the savior of her people, the one thought to end the war that has covered the world for centuries. She is sent to the Advanced city of Athena with teleporter Jameson Willow on a secret assignment and completes a task for which her people then brand her as treasonous. Jameson teleports her from the city to save her life, and together they are on the run. Now Reem and Jameson must fight to survive and to keep the dream of peace alive with them

This collection of interconnected essays relates the Undead in literature, art and other media to questions concerning gender, race, genre, technology, consumption and social change. A coherent narrative follows Enlightenment studies of the vampire's origins in folklore and folk panics, the sources of vampire fiction, through Romantic incarnations in Byron and Polidori to Le Fanu's *Carmilla*. Further essays discuss the Undead in the context of *Dracula*, fin-de-siècle decadence, Nazi Germany and early cinematic treatments. The rise of the sympathetic vampire is charted from Coppola's film, Bram Stoker's *Dracula*, to *Buffy the Vampire Slayer* and *Twilight*. More recent manifestations in novels, TV, Goth subculture, young adult fiction and cinema are dealt with in discussions of *True Blood*, *The Vampire Diaries* and much more. Featuring distinguished contributors, including a prominent novelist, and aimed at interdisciplinary scholars or postgraduate students, it will also appeal to aficionados of creative writing and Undead enthusiasts.

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"The landlocked nation of Nepal is tucked into the Himalayan Mountains between India and China (Tibet). Possessed of a varied landscape and such treasures as Mount Everest, the Nepalese are proud of their time-worn temples, sublime scenery, hiking trails, and a rich and vibrant culture. The cuisine is surprisingly diverse for such a small country, with influences from Chinese and Indian culinary methods and tastes. One of the very few Nepali cookbooks on the market, *Taste of Nepal* is a thorough and comprehensive guide to this cuisine, featuring more than 350 authentic recipes, a section on well-known Nepali herbs and spices, menu planning, Nepalese kitchen equipment, and delightful illustrations. Instructions are clearly detailed and most ingredients are readily available in the United States. Complete with illustrations. There is something for everyone in this book. For the most timid cook--Fried Rice (Baasi-Bhaat Bhutuwa) or Stir-Fried Chicken (Kukhura Taareko) are easily achievable. The adventurous home chef will be tempted to try Goat Curry (Khasi-Boka ko Maasu) and Sun-Dried Fish with Tomato Chutney (Golbheda ra Sidra Maacha)." -- Amazon.com viewed August 31, 2020.

Poultry enthusiasts unite! ATK has you covered from the basic to the spectacular with 500 recipes that deliver low-key dinners, game-day favorites, simple sandwiches, special-occasion showstoppers, and beyond. You can call chicken a lot of things. Blank canvas, weeknight go-to, lean protein, we've heard it all. But boring? That's where we draw the line. Sure, it might have started to feel a bit redundant. But that's not the chicken's fault. ATK is here with the inspiration you need. It's time those chicken pieces in your freezer got the respect they deserve. Chicken is the go-anywhere, eat-with-anything, highly transformable crowd favorite that always fills the bill. Find exactly what you're looking for (and more!) with a wide breadth of themed chapters, including Easy Dinners, Classic Braises, Breaded and Fried, Pasta and Noodles, Savory Pies and Casseroles, and appliance-specific recipes. There's even a dedicated chapter of recipes for cooking for

two. And with an introduction detailing how to prep any chicken part, from pounding breasts and preparing cutlets, to whole bird skills like butterflying or breaking down a chicken, you'll be a poultry pro in no time. Cozy up to succulent roast chickens with sauces made from pan drippings, sink your teeth into the crispiest, crunchiest fried chicken you've ever had, try your hand at sous vide for unbelievably moist chicken, or fire up the grill for anything from kebabs to beer can chicken. Feel like wingin' it? Us too. Our favorite is our game-changing Korean Fried Chicken Wings, double-fried so they stay extra-crispy under their blanket of spicy, salty, slightly-sweet sauce. With over 500 recipes, you could eat chicken every night and never tire of it. (And yes, that's a challenge.)

Jeb West is a 19 year old hand for the Double B Ranch on the spring roundup when he accidentally comes upon a rustling operation. While he is watching the rustlers he hears a voice that is seared into his mind as the leader of the gang that murdered his family five years before. He takes action to capture the person and it leads to his uncovering a plot to murder all of the people on the Double B, stealing their herd and selling it. He is joined by Jeb Nash, a former gun slinger and mountain man, in his quest to thwart the nefarious action of the gang. During their preparation they discover that the gang has a strangle hold on the Idaho Territory of 1872 and the law seems to not be able to do anything about it or even recognize the danger. While they are gathering a counter force they enlist the aid of the Chinese community of the territory and become close friends with a Wu Han, a former Officer in a Chinese Princes private army, who along with the Prince, is in exile from the present Chinese Emperor . The trio enlists the aid of various ranchers, miners and other citizens to combat the on coming onslaught of the Double B. Also during their travels they fall in love with three ladies who are very involved in the womens right movement. The action takes place in the 1872 Southwest section of the Idaho Territory centering around Horseshoe Bend and Boise City. There are many different characters brought into play, some historical and most fictional. The settings depict what life was like in that time with all of the hardships and the luxuries of the time.

"In recent years, shapeshifting characters in literature, film and television have been on the increase. The works in this book are grouped around specific themes that are explored through the metaphor of shapeshifting. With coverage of iconic fantasy texts and a focus on current works, this work engages with the shapeshifting figure in popular culture"--Provided by publisher.

Feel Better. . .Live Better Scientific discoveries are unlocking the mysteries of our emotional lives. Every week brings us new information on the environmental, hormonal, genetic, and chemical factors that affect our feelings, and an ever-expanding repertoire of methods to manage specific emotional conditions. But how can we apply this cutting-edge research to our own lives? In *The Emotional Revolution*, Norman E. Rosenthal, psychiatrist, researcher, and specialist in the fields of psychopharmacology and psychobiology, offers a comprehensive guide to these exciting breakthroughs. He explores the latest findings about the body mechanisms that create emotions--and why our feelings can sometimes go out of control. He also offers simple self-help strategies and evaluates dozens of the newest treatments--both traditional and alternative--that can help with everything from depression and addiction to anxiety and excessive anger. Here is fascinating, up-to-the-minute information you won't find in any other single resource, including: • Clues to the biological basis of monogamy • A new link between depression and heart disease, and what this means for the treatment of both conditions • How simple patterns of eye movements can help alleviate painful memories • How taking a commonly-used blood pressure medication can help you cope with trauma • How lying in the dark releases a hormone that can alleviate anxiety and craving • The surprising health benefits of friendship and religion • The deadly dangers of anger • The health-promoting powers of love The first book to combine scientific research with prescriptive guidelines for the general reader, *The Emotional Revolution* is your guide to understanding the complexities of human feelings--and improving your life. "A well-researched, clearly-written, and absorbing book. Highly recommended for anyone who's ever seen a psychiatrist--or who hasn't!" --Dean Hamer, Ph.D., author of *The Science of Desire* Norman E. Rosenthal, M.D., is Clinical Professor of Psychiatry at Georgetown University. A practicing psychiatrist, Dr. Rosenthal has been listed in *The Best Doctors in the U.S.* For twenty years, he was a senior researcher in psychiatry and psychobiology at the National Institute of Mental Health. He has appeared on 20/20, CNN, National Public Radio, *The Today Show*, *CBS Morning News*, and *Good Morning, America*. Dr. Rosenthal lives and practices in Rockville, Maryland. Visit his Web site at www.normanrosenthal.com.

A Darkling Plain fills a scholarly void by asking how people maintain or reclaim their humanity during war.

The quiet mechanical genius—with an untenable past and a doubtful future. “Suzanne Brockmann fans will love this!” – Booklist Connie Davis despises helicopters and joins the Army’s Night Stalkers specifically to work on these ultimate war machines. Why? Because they are the devil that killed her father and she must solve how, before they kill her. Always the lead mechanic, until now, Big John Wallace remains baffled by his fellow mechanic’s dark side—he embraces life at every turn. But when a weapon of mass destruction slips into the hands of a bloody dictator, they must join their passions for anyone to survive. “High-energy military romance at its best.” – RT Book Reviews “OMG! Who knew a guy could write such a great romance!” – Kirkus Reviews [Can be read stand-alone or in series. A complete happy-ever-after with no cliffhangers. Originally published in 2013. Re-edited 2021 for improved reader experience but still the same great story.] Buy now to join the military romance adventure.

100 Select Poems plus one is a collection of the Wonderful works of the Highly Celebrated Poet and Author, Martina Reisz Newberry. Ms. Newberry's perspectives she has poetically shared with the Public and her Readership over the years has left an indelible mark on all who have had the occasion or pleasure to read her offerings. The "Select" Poems here in this compilation are a sampling of her previous Poetic Publishings. We know you will enjoy them.

A diverse collection of home cooking recipes from America’s top chefs, including David Chang, Rick Bayless, Nathalie Dupree, and many more. The James Beard Award-winning Food & Dining editor of *The Washington Post*, Joe Yonan

asked a hundred of America's best chefs, artisan producers, and food personalities a personal question: What do you love to cook for the people that you love? Their answers comprise this unique cookbook—the ultimate celebration of contemporary American cuisine in all its glorious diversity. From well-known chefs and TV personalities like Buddy Valastro and Carla Hall to culinary revolutionaries such as Michael Voltaggio and Dan Barber, these great American culinary heroes share their most treasured home recipes. Lavishly photographed with spectacular images of food and locations from across the United States, this gorgeous cookbook highlights the very best of American food.

Cooking the Hippy Way: It's as Simple as Following Your Pleasure Bruce Brennan, the host of the hit PBS show *The Hippy Gourmet*, travels the globe sampling local, healthy cuisines. The show is a global sensation, airing across the U.S. and in-flight international airlines such as Lufthansa and Swiss Air. Now in a cookbook packed with over 150 recipes, Bruce shows how you can make these easy, delicious dishes using freshly-grown ingredients, in your own home. His vegan, vegetarian, and pescatarian meals will transform your eating experience—and change the world for the better, one meal at a time. Don't miss: **AMAZING BREAKFASTS**--Enjoy Blueberry Pecan Pancakes that will make you flip! **SIMPLE SOUPS**--When it's too hot to turn on the stove, taste Cold Cucumber Soup and spend the rest of the day skinny dipping. **GLORIOUS BEANS**--Try Brazilian-Style Black Beans that'll make you tango. **SOLAR PIZZA**--Prepare everyone's favorite meal and if the mood strikes, bake it in your homemade solar oven. (It really works!) **SHARE THE LOVE DESSERTS**--Make Mocha Mousse, a dark and powerful end to your meal that tastes as soft and light as a cloud. **PLUS SALADS, SANDWICHES, SIDE DISHES, AND MORE!**

Provide your mystery fans with background information on their favorite writers and series characters, and use this as a guide for adding contemporary titles to your collections. • Provides interesting and informative profiles of 100 popular, contemporary mystery and crime writers as well as overviews of their series characters • Contains over 60 author photographs • A bibliography lists information on each author's works as well as supporting source materials for the profiles

Wait Until Dark Simon and Schuster

From New York Times bestselling author Mariah Stewart comes a novel of sexy romantic suspense for fans of Nora Roberts, Catherine Coulter, and Karen Robards. A skilled compositor for the FBI, Kendra Smith has a way with witnesses, helping them to remember crucial details about their attackers they might otherwise have forgotten. She believes her work helps to provide closure for the victims and their families—closure that has eluded her for the eleven years since her brother was kidnapped, his body never found. Determined to put her painful past behind her, Kendra throws herself into every case one hundred percent. Now she is called in to sketch the face of a man the press is calling the Soccer Mom Killer. It's a difficult investigation made even harder by the presence of Special Agent Adam Stark, a man with whom she once had a brief, passionate affair. As the number of victims continues to rise, and with a killer always one step ahead, Kendra will learn a lethal lesson: You can run from the past, but you can't hide. . . .

Notting Hill Gate, London. A sinister con man and two ex-convicts are about to meet their match. They have traced the location of a mysterious doll to the home of Sam Henderson and his blind wife, Susy and set about trying to retrieve it. They start an elaborate scam to persuade Susy to hand it over, but Susy, it seems, is no easy target. *Wait Until Dark*, made into a film starring Audrey Hepburn in 1967, is often ranked as one of the top 100 scariest films of all time.-2 women, 6 men

Richard Deming (1915-1983) wrote prolifically for magazines (more than 200 short stories) as well as for major book publishers (more than two dozen novels, ranging from original crime novels to media tie-ins (*Dragnet* and *The Mod Squad*) to even a pseudonymous nautical series involving submarines. He was a meticulous professional who never disappointed readers. Included here are 15 of his best crime tales, including: **THE ART OF DEDUCTION** **THE CLOCK IS CUCKOO** **SAY IT WITH FLOWERS** **STOLEN GOODS** **MR. OLEM'S SECRET** **CHEERS HE'LL KILL YOU** **A GIRL MUST BE PRACTICAL** **ACTING JOB** **BLACK BELT** **A PUTTING AWAY OF TOYS** **DAN AND THE DEATH-CELL** **BLUFF** **HOUSEBOAT** **NICE GUY** **A GOOD FRIEND** **THIS IS MY NIGHT** (Novel Sample) **DRAGNET: THE CASE OF THE COURTEOUS KILLER** (Novel Sample) **PACIFIC STANDOFF** (Novel Sample) If you enjoy this book, search your favorite ebook store for "Wildside Press Megapack" to see the 200+ other entries in the series, covering science fiction, fantasy, mysteries, westerns, classics, adventure stories, and much, much more!

In the Silent Era, film reissues were a battle between rival studios—every Mary Pickford new release in 1914 was met with a Pickford re-release. For 50 years after the Silent Era, reissues were a battle between the studios, who considered old movies "found money," and cinema owners, who often saw audiences reject former box office hits. In the mid-1960s, the return of *The Bridge on the River Kwai* (1957)—the second biggest reissue of all time—altered industry perceptions, and James Bond double features pushed the revival market to new heights. In the digital age, reissues have continued to confound the critics. This is the untold hundred-year story of how old movies saved new Hollywood. Covering the booms and busts of a recycling business that became its own industry, the author describes how the likes of Charlie Chaplin, Humphrey Bogart and Alfred Hitchcock won over new generations of audiences, and explores the lasting appeal of films like *Napoléon* (1927), *Gone with the Wind* (1939), *The Rocky Horror Show* (1975) and *Blade Runner* (1982).

In *Gothic Queer Culture*, Laura Westengard proposes that contemporary U.S. queer culture is gothic at its core. Using interdisciplinary cultural studies to examine the gothicism in queer art, literature, and thought—including ghosts embedded in queer theory, shadowy crypts in lesbian pulp fiction, monstrosity and cannibalism in AIDS poetry, and sadomasochism in queer performance—Westengard argues that during the twentieth and twenty-first centuries a queer culture has emerged that challenges and responds to traumatic marginalization by creating a distinctly gothic aesthetic. *Gothic Queer Culture* examines the material effects of marginalization, exclusion, and violence and explains why discourse around the complexities of genders and sexualities repeatedly returns to the gothic. Westengard places this queer knowledge production within a larger framework of gothic queer culture, which inherently includes theoretical texts, art, literature, performance, and popular culture. By analyzing queer knowledge production alongside other forms of queer culture, *Gothic Queer Culture* enters into the most current conversations on the state of gender and sexuality, especially debates surrounding negativity, anti-relationalism, assimilation, and neoliberalism. It provides a framework for understanding these debates in the context of a distinctly gothic cultural mode that acknowledges violence and insidious trauma, depathologizes the association between trauma and queerness, and offers a rich counterhegemonic cultural aesthetic through the circulation of gothic tropes.

This definitive history brings Chicago's celebrated theater and comedy scenes to life with stories from some of its biggest stars spanning sixty-five years. Chicago is a bona fide theater town, bursting with vitality that thrills local fans and produces generation

after generation of world-renowned actors, directors, playwrights, and designers. Now Mark Larson shares the rich theatrical history of Chicago through first-person accounts from the people who made it. Drawing from more than three hundred interviews, Larson weaves a narrative that expresses the spirit of Chicago's ensemble ethos: the voices of celebrities such as Julia Louis-Dreyfus, Ed Asner, George Wendt, Michael Shannon, and Tracy Letts comingle with stories from designers, composers, and others who have played a crucial role in making Chicago theater so powerful, influential, and unique. Among many other topics, this book explores the early days of the fabled Compass Players and the legendary Second City in the '50s and '60s; the rise of acclaimed ensembles like Steppenwolf in the '70s; the explosion of storefront and neighborhood companies in the '80s; and the enduring global influence of the city as the center of improv training and performance.

Book 1 of the Honky Tonk series From New York Times and USA Today-bestselling author Carolyn Brown comes a contemporary Western romance inspired by the hit country music song, featuring the romantic adventures of the feisty new owner of the Honky Tonk beer joint and the hot, hard-headed cowboy who is out to steal her heart. Daisy O'Dell doesn't need anything but her bar. She has her hands full with hotheads and thirsty ranchers, and she's determined to run the Honky Tonk until they drag her cold dead body through the swinging doors. But when a damn fine cowboy walks in one day, her whole life is thrown into turmoil. Jarod McBroy was looking for a cold drink and a moment's peace. Instead he found one red hot woman. She's just what Jarod needs to deal with his ornery Uncle Rural, who won't listen to a damn thing he says until he brings home a good woman. Now if only he can convince her to come out from behind that bar, and come on home with him... Honky Tonk Series: I Love This Bar (Book 1) Hell, Yeah (Book 2) My Give a Damn's Busted (Book 3) Honky Tonk Christmas (Book 4) Praise for I Love This Bar: "This book will make you kick up your heels and holler for more!" -Cheryl's Book Nook "Chock full of colorful characters with just enough sass to keep you entertained page after page." -Fresh Fiction "Guaranteed to leave you countrified and satisfied!" -Love Romance Passion "Brown's fans will be pleased to reconnect with her trademark cast of quirky characters." -Booklist STARRED Review Don't miss the thrilling prequel to New York Times bestselling author Kat Martin's brand-new series, Maximum Security! Private investigator Jonah Wolfe knows trouble when he sees it. So when April Vale storms into his office at Maximum Security, all his warning signs flash red. April's been accused of murder, except she has no memory of how she woke up in her coworker's bed—drenched in his blood, as he was shot with her gun. As the campaign manager for the mayor, April's job and life are on the line if she doesn't figure out who's trying to frame her. But the clock is ticking, and the pair must find the murderer...before April winds up dead. "Kat Martin is a fast gun when it comes to storytelling, and I love her books." —#1 New York Times bestselling author Linda Lael Miller

When the sun goes down, the mood is right -- for heart-pounding romantic suspense! A sizzling, stay-up-all-night anthology featuring the national bestselling and award-winning talents of four sensational storytellers! KAREN ROBARDS/Once in a Blue Moon Danger and desire ignite when Charlotte Bates drives straight into a DEA agent's hot pursuit of a drug smuggler. But when the lawman takes Charlie hostage, an electrifying adventure begins.... ANDREA KANE/Stone Cold An architect inherits the house of her dreams -- a mansion by the sea -- only to find that someone will do anything to keep her away.... LINDA ANDERSON/Once in a Blue Moon When a killer targets her book club friends, a small-town librarian sees a handsome visiting professor in a new light: is he her happy ending? Or a fatal attraction? MARIAH STEWART/Til Death Do Us Part Coming home to Montana after a stalker's attack, a model finds an old love rekindled and a safe place for healing. Until her attacker finds her....

The most ambitious and personal account ever written about Hollywood's most gracious star-Audrey Hepburn by Barry Paris is a "moving portrayal" (The New York Times Book Review) that truly captures the woman who captured our hearts... With the insights of family and friends who never before spoke to a Hepburn biographer-and never-before-published photographs-Paris has created an in-depth portrait of the actress, from her childhood in Nazi-occupied Europe, through her legendary career, and into her UN ambassadorship.

The #1 New York Times bestseller by the 7-time Super Bowl champion The first book by Tampa Bay Buccaneers and former New England Patriots quarterback Tom Brady—the 7-time Super Bowl champion who is still reaching unimaginable heights of excellence in his forties—a gorgeously illustrated and deeply practical “athlete’s bible” that reveals Brady’s revolutionary approach to sustained peak performance for athletes of all kinds and all ages. In this new edition of The TB12 Method, Tom Brady further explains and details the revolutionary training, conditioning, and wellness system that has kept him atop the NFL at an age when most players are deep into retirement. Brady—along with the expert Body Coaches at TB12, the performance lifestyle brand he cofounded in 2013 with Alex Guerrero—explain the principles and philosophies of pliability, a paradigm-shifting fitness concept that focuses on a more natural, healthier way of exercising, training, and living. Filled with lessons from Brady’s own training regimen, The TB12 Method provides step-by-step guidance on how develop and maintain one’s own peak performance while dramatically decreasing injury risks. This illustrated, highly visual manual also offers more effective approaches to functional strength & conditioning, proper hydration, supplementation, cognitive fitness, restorative sleep, and nutritious, easy-to-execute recipes to help readers fuel-up and recover. Brady steadfastly believes that the TB12 approach has kept him competitive while extending his career, and that it can make any athlete, male or female, in any sport and at any level achieve his or her own peak performance and do what they love, better and for longer. With instructions, drills, photos, in-depth case studies that Brady himself has used, along with personal anecdotes and experiences from his legendary career, The TB12 Method gives you a better way to train and get results with Tom Brady himself as living proof.

So, you want to become vegan but you don't want to spend a ton of money or completely turn your life upside down? Here is the book to help you along the way! Before making the transition to a plant-based diet, new herbivores are encouraged to arm themselves with information. For any significant dietary change, it's important to embrace new habits healthfully. Vegan is more than what we buy or eat; it is a lifestyle dedicated to kindness and compassion for all. Health benefits are one of the main reasons why everyone should become a vegan. The primary benefits are: weight loss, lower cholesterol and blood pressure, less use of medication, avoiding surgery and cancer, feeling more energized, and looking great. Vegans, in addition to being vegetarian, do not use other animal products and by-products such as eggs, dairy products, honey or any product derived from animal. Many vegans choose this lifestyle to promote a more humane and caring world. They know they are not perfect, but believe they have a responsibility to try to do their best, while not being judgmental of others. This book is an attempt to prompt you to have at least 2 vegan meals a day to save our planet and to keep you healthy.

In many pop culture texts, "monsters" can be read as metaphors for marginalized Others in U.S. culture. This book applies the philosophical lens of Michel Foucault's normalizing and bio-powers to zombies, vampires, magicians, genetic mutants and others, asking whether these stories of apparent liberation really are so. Exploring a single theme in depth across a series of pop culture texts, this book encourages a radical new understanding of liberation narratives and of political activism as a mechanism of social change.

Sink your teeth into the first novel in the #1 New York Times bestselling Sookie Stackhouse series—the books that gave life to the Dead and inspired the HBO® original series True Blood. Sookie Stackhouse is just a small-time cocktail waitress in small-town Bon Temps, Louisiana. She's quiet, doesn't get out much, and tends to mind her own business—except when it comes to her “disability.” Sookie can read minds. And that doesn't make her too dateable. Then along comes Bill Compton. He's tall, dark, handsome—and Sookie can't hear a word he's thinking. He's exactly the type of guy she's been waiting for all her life... But Bill has a disability of his own: he's a vampire with a bad reputation. And when a string of murders hits Bon Temps—along with a gang of truly nasty bloodsuckers looking for Bill—Sookie starts to wonder if having a vampire for a boyfriend is such a bright idea.

Start your morning off right with this collection of over one hundred amazing breakfast and brunch recipes. When the first decision of your day is what to have for breakfast, the easy recipes and inspired ideas provided in The Breakfast Bible will make your choice an effortless one. With more than one hundred recipes covering every part of the morning meal—from eggs and bacon to fruits and grains, breads and pastries, healthful bowls, griddle cakes, morning beverages, and more—there are plenty of options to wake up your day. Featuring a comprehensive collection of classic and contemporary breakfast recipes, easy-to-customize options for morning favorites, simple tips and techniques, and gluten-free alternatives, The Breakfast Bible has everything you need to prepare the most important meal of the day. Whether you want to host a weekend brunch with a DIY Bloody Mary bar, treat someone to breakfast in bed with homemade waffles, or take something to go, there's a for everyone in this diverse recipe collection. Additional recipes include: Orange Marmalade Bread and Butter Pudding; Raspberry Lemon Muffins; Almond Streusel; Egg-topped Asian Noodle Bowl; Mediterranean Strata; Honey Butter; Fingerling Potato, Green Onion, Bacon & Rosemary Frittata; Smoked Salmon, Crème Fraiche & Chive Scrambled Eggs; Classic Buttermilk Pancakes; Buckwheat Crepes; Banana, Almond Butter, Date & Cinnamon Protein Shake; Maple Pecan Coconut Granola; Breakfast Yogurt Parfaits; and many more!

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