
Next Stop Vegan St Nicholas

Isadora

On the Line

The Complete Vegetarian Cookbook

Antifragile

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The Animals' Vegan Manifesto

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Meet Me on the Porch
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KENDAL LILIANNA

Isadora Souvenir
Press

Despite a shiny new graduate degree, a dream job, and a great relationship, something felt terribly off in Kristin's life. With the weight of uncertainty riding high, she stumbled upon some reading materials that would inspire a

complete upheaval of her current life path. To the shock of family and friends, Kristin quit her job, ditched almost all of her belongings, crowdsourced funds, moved into an old van named Gerty, and set out on the road in an effort to eat at and write about every single vegan restaurant in the United States. Join Kristin for the ultimate foodie-inspired road trip that spanned 2

years, 48 states, 547 restaurants, and more than 39,000 miles; and find out how it led to her unparalleled freedom, love, and amazing self-discovery.

On the Line Penguin

This is a new release of the original 1950 edition.

The Complete Vegetarian

Cookbook BenBella Books, Inc.

Urban gardener, plantpreneur, and star of Netflix's *Instant Dream Home* "Farmer Nick" Nick Cutsumpas combines

sustainability, science, and philosophy to coach new plant owners on how to find the right houseplants for their space and help them thrive

Despite the abundance of resources on caring for houseplants, many people continue to

struggle with their plant care or don't even know where to begin on the journey to plant parenthood. An increasing number of young urbanites are filling their apartments with plants only to realize that they don't know what it takes to care for them long term. That's because knowledge isn't enough, and most people need a shift in plant perspective before they can start changing their behavior—houseplants are nature, not just furniture. This is why most people need a coach, someone to encourage them, give them the right game plan, and help them achieve their houseplant potential. Enter Nick Cutsumpas—plant coach, urban gardener,

and Netflix personality—whose mission is to give people the knowledge and confidence they need to create their own green spaces. Plant Coach is his comprehensive guide for the everyday plant owner who wants to alleviate the stress of plant ownership while doing the best for their plants and the planet. Cutsumpas reframes what it means to be a plant parent by viewing the home as an ecosystem, introducing unconventional and sustainable plant tactics that go beyond the basic requirements of water and sunlight. Just as he does for his clients, Cutsumpas shares project ideas and coaches new plant owners on how to select and care for plants that are right for

their space and lifestyle with deep insight and lighthearted fun. At the same time, he inspires readers to care for the planet, using houseplants as a stepping stone toward sustainability and environmental action. Antifragile Vintage Discover the nationally bestselling, true story of a life-changing friendship between a man and his rescue cat, Nala, as they adventure together on a bike journey around the world -- from the Instagram phenomenon @1bike1world. When 30-year-old Dean Nicholson set off from Scotland to cycle around the world, his aim was to learn as much as he could about our troubled planet. But he hadn't

bargained on the lessons he'd learn from his unlikely companion. Three months after leaving home, on a remote road in the mountains between Montenegro and Bosnia, he came across an abandoned kitten. Something about the piercing eyes and plaintive meowing of the bedraggled little cat proved irresistible. He couldn't leave her to her fate, so he put her on his bike and then, with the help of local vets, nursed her back to health. Soon on his travels with the cat he named Nala, they forged an unbreakable bond -- both curious, independent, resilient and adventurous. The video of how they met has had 20 million views and their Instagram has grown to almost 750k

followers -- and still counting! Experiencing the kindness of strangers, visiting refugee camps, rescuing animals through Europe and Asia, Dean and Nala have already learned that the unexpected can be pretty amazing. Together with Garry Jenkins, writer with James Bowen of the bestselling *A Street Cat Named Bob*, Dean shares the extraordinary tale of his and Nala's inspiring and heart-warming adventure together. *Nala's World* America's Test Kitchen
NEW YORK TIMES BESTSELLER • A FOOD52 BEST COOKBOOK OF THE YEAR • Join Brad Leone, star of Bon Appétit's hit YouTube series *It's Alive*, for a year of cooking

adventures, tall tales, and fun with fire and fermentation in more than 80 ingenious recipes. Come along with Brad Leone as he explores forests, fields, rivers, and the ocean in the hunt for great food and good times. These pages are Brad's field notes from a year of adventures in the Northeast, getting out into nature to discover its bounty, and capturing memorable ideas for making delicious magic at home anytime. He taps maple trees to make syrup, and shows how to use it in surprising ways. He forages for ramps and mushrooms, and preserves their flavors for seasons to come. He celebrates the glory of tomatoes along with undersung fruits of the sea like squid and seaweed.

Inspiration comes from hikes into the woods, trips to the dock, and cooking poolside in the dead of summer. And every dish has a signature Brad Leone approach—whether that's in Sous Vide Mountain Ribs or Spicy Smoked Tomato Chicken, Sumac Lemonade or Fermented Bloody Marys, Cold Root Salad, Marinated Beans, or just a few shakes of a Chile Hot Sauce that's dead simple to make. This is a book about experimentation, adventure, fermentation, fire, and having fun while you're cooking. And hey, you might just learn a thing or two. Let's get going! [The Animals' Vegan Manifesto](#) [The Complete Vegetarian Cookbook](#)

‘Magnificent...Definitive.’ Tristram Hunt, Observer --
Tartine Bread Library of Alexandria
Latinos across the United States are redefining identities, pushing boundaries, and awakening politically in powerful and surprising ways. Many—Afrolatino, indigenous, Muslim, queer and undocumented, living in large cities and small towns—are voices who have been chronically overlooked in how the diverse population of almost sixty million Latinos in the U.S. has been represented. No longer. In this empowering cross-country travelogue, journalist and activist Paola Ramos embarks on a journey to find the communities of people

defining the controversial term, “Latinx.” She introduces us to the indigenous Oaxacans who rebuilt the main street in a post-industrial town in upstate New York, the “Las Poderosas” who fight for reproductive rights in Texas, the musicians in Milwaukee whose beats reassure others of their belonging, as well as drag queens, environmental activists, farmworkers, and the migrants detained at our border. Drawing on intensive field research as well as her own personal story, Ramos chronicles how “Latinx” has given rise to a sense of collectivity and solidarity among Latinos unseen in this country for decades. A vital and inspiring work

of reportage, *Finding Latinx* calls on all of us to expand our understanding of what it means to be Latino and what it means to be American. The first step towards change, writes Ramos, is for us to recognize who we are.

Finding Latinx

Macmillan

Sir Francis

Walsingham's official title was principal secretary to Queen Elizabeth I, but in fact this pious, tight-lipped Puritan was England's first spymaster. A ruthless, fiercely loyal civil servant, Walsingham worked brilliantly behind the scenes to foil Elizabeth's rival Mary Queen of Scots and outwit Catholic Spain and France, which had arrayed their forces behind her. Though he

cut an incongruous figure in Elizabeth's worldly court, Walsingham managed to win the trust of key players like William Cecil and the Earl of Leicester before launching his own secret campaign against the queen's enemies. Covert operations were Walsingham's genius; he pioneered techniques for exploiting double agents, spreading disinformation, and deciphering codes with the latest code-breaking science that remain staples of international espionage. Beacon Press Best-Selling vegetarian cookbook destined to become a classic. Everyone knows they should eat more vegetables and grains,

but that prospect can be intimidating with recipes that are often too complicated for everyday meals or lacking in fresh appeal or flavor. For the first time ever, the test kitchen has devoted its considerable resources to creating a vegetarian cookbook for the way we want to eat today. The Complete Vegetarian Cookbook is a wide-ranging collection of boldly flavorful vegetarian recipes covering hearty vegetable mains, rice and grains, beans and soy as well as soups, appetizers, snacks, and salads. More than 300 recipes are fast (start to finish in 45 minutes or less), 500 are gluten-free, and 250 are vegan and are all highlighted with icons on the pages. The book

contains stunning color photography throughout that shows the appeal of these veggie-packed dishes. In addition, almost 500 color photos illustrate vegetable prep and tricky techniques as well as key steps within recipes.

Poetree Random House
Trade Paperbacks
The Complete
Vegetarian
Cookbook
America's
Test Kitchen
Isle of Dogs Da Capo
Press

The Best Guide to Eastern Philosophy & Religion provides a thorough discussion of the most widely practiced belief systems of the East. Author Diane Morgan understands how to direct the materialistic, linear way of Western thinking toward a comprehension of the

cyclical, metaphysical essence of Eastern philosophy. With an emphasis on the tenets and customs that Western seekers find most compelling, this text is accessible to the novice yet sophisticated enough for the experienced reader. Inside, you'll find complete coverage of Hinduism, Buddhism, Confucianism, and Taoism, as well as the less-widely practiced faiths of Shintoism, Jainism, Sikhism, and Zoroastrianism. Learn the fundamentals of the tantric path to liberation and the relationship between sex and seeking. Discover the true meaning of Feng Shui, the philosophical underpinnings of Hatha Yoga and Taoist connection to the

martial art of Tai chi chuan. And if you've ever wondered: what is the sound of one hand clapping?, this book will get you started on finding that answer. The Eastern traditions, with their emphasis on harmony and oneness, have much to offer us in our hectic, demanding lives. For a comprehensive, entertaining exploration of the beliefs of Asia, *The Best Guide to Eastern Philosophy & Religion* is the essential manual for the seeker in all of us.

Her Majesty's Spymaster St. Martin's Press

Vegan chef of one of the top 50 food blogs on the Web, HappyHerbivore.com, Lindsay Nixon, gives hundreds of thousands of her followers recipes

each month, showing that the vegan diet is not only healthy but delicious, too. Now, Nixon combines some of her tastiest recipes in *The Happy Herbivore Cookbook*, each made with no added fats, using only whole, plant-based foods. It's easy to make great food at home using the fewest number of ingredients and ones that can easily be found at any store, on any budget. *The Happy Herbivore Cookbook* includes:

- A variety of recipes from quick and simple to decadent and advanced
- Helpful hints and cooking tips, from basic advice such as how to steam potatoes to more specific information about which bread, tofu or egg replacer works best in a recipe
- An easy-to-use

glossary demystifying any ingredients that may be new to the reader

- Healthy insight: Details on the health benefits and properties of key ingredients
- Pairing suggestions with each recipe to help make menu planning easy and painless
- Allergen-free recipes, including gluten-free, soy-free, corn-free, and sugar-free

With a conventionally organized format; easy-to-follow, step-by-step instructions; nutritional analyses, colorful photographs; funny blurbs at the beginning of each recipe; helpful tips throughout; and chef's notes suggesting variations for each dish, even the most novice cook will find healthy cooking easy—and delicious!

Proverbs for Daily Living National Geographic Books

Set against the sweeping backdrop of Europe and the United States in the early 20th century, this is the story of Isadora Duncan--the most accurate account of her magnificent life yet. of photos.

The Best Guide to Eastern Philosophy and Religion Chronicle Books

A leader of dream workshops and seminars details a unique, nine-step approach to understanding dreams, using contemporary dreamwork techniques developed from shamanic cultures around the world.

Conscious Dreaming shows you how to use your dreams to understand your past,

shape your future, get in touch with your deepest desires, and be guided by your higher self. Author Robert Moss explains how to apply shamanic dreamwork techniques, most notably from Australian Aboriginal and Native American traditions, to the challenges of modern life and embark on dream journeys. Moss's methods are easy, effective, and entertaining, animated by his skillful retelling of his own dreams and those of his students—and the dreams' often dramatic insights and outcomes. According to Moss, some shamans believe that nothing occurs in ordinary reality unless it has been dreamed first. In the dreamscape, we not only glimpse future

events, we can also develop our ability to choose more carefully between possible futures. Conscious Dreaming's innovative system of dream-catching and transpersonal interpretation, of dream re-entry and keeping a dream journal enables the reader to tap the deepest sources of creativity and intuition and make better choices in the critical passages of life.

Via Carota Convergent Books

'Essential brain food'

Condé Nast Traveler

'As much a manifesto

as a guide' Los Angeles

Times 'Read this book

and save the planet'

Soho House Notes One

of Business Insider's

Most Anticipated Non-

fiction Books of 2022

We cannot save the

planet without uplifting the voices of its people - especially those most often unheard. Leah Thomas coined the term 'intersectional environmentalism' to describe the inextricable link between climate change, activism, racism and privilege. The fight for the planet should go hand in hand with the fight for civil rights. In fact, one cannot exist without the other. This book is a call to action, a guide to instigating change for all and a pledge to work toward the empowerment of all people and the betterment of the planet - an indispensable primer for activists looking to create meaningful, inclusive and sustainable change. Driven by Leah's

expert voice and complemented by the words of young activists from around the globe, it is essential reading on the issue - and the movement - that will define a generation.

Under the Sky We Make Vegan

Publishers

A girl writes a poem to a tree, but then is surprised when the tree writes back in this wondrous and warm picture book about friendship, nature, and the power of poetry. The snow has melted, the buttercups are blooming, and Sylvia celebrates winter's end by writing a poem. She ties her poem to a birch tree, hoping that it doesn't count as littering if it makes the world more beautiful. But when she returns, a new poem is waiting

for her. Could the tree really be writing back? Sylvia decides to test her theory, and so begins a heartwarming poetic correspondence...as well as an unexpected new friendship. Lyrical and sweetly satisfying, *Poetree* is about finding beauty in the world around you, and new friends in unlikely places.

Let's Go 2005 USA
Princeton University Press

Brynne Lockwood has come home to Brattleboro, Vermont after a humiliating job loss. She's weary and broken, and still hasn't truly forgiven herself for a former unhealthy relationship with long-lasting consequences. She doesn't believe that she deserves anything good and can't imagine that God

could ever use her. After recovering from a shattering loss, Pastor Adam Johnston is on his way to a new assignment. A mix-up takes him and his baby daughter to beautiful southern Vermont. If he stays, he'll face opposition, but God has prepared his heart for ministry, and he's committed to serving there. Adam and Brynne connect quickly and unexpectedly, but circumstances demand that they be cautious. Now, you are invited to join Adam and Brynne on the porch at her grandparents' home—a special place where you'll experience their joy as Adam and Brynne build a friendship rooted in Biblical principles, find healing for their wounds, and discover God's plan for their

lives.

Dreamers of a New Day Pelican Ventures Book Group

A BON APPETIT BEST BOOK OF THE YEAR •

The much-anticipated cookbook from “New York’s Most Perfect Restaurant” (The New Yorker), featuring impossibly flavorful, vegetable-centric Italian dishes, from Fresh Pasta Squares with Fava Pesto to Meyer Lemon Risotto. “Via Carota is one of my very favorite restaurants in New York City, and this cookbook perfectly captures its magic: simple, seasonal, organic, local, and profoundly delicious, these are recipes that I want to eat all the time.” —Alice Waters James Beard Award-winning chefs Jody Williams and Rita Sodi

share the secrets of their beloved restaurant, which has become synonymous with New York City's Greenwich Village. Since 2014, Via Carota has been a destination for food lovers, celebrities, and well-informed travelers because of its impeccable Italian fare. Emphasizing vegetables and seasonal cooking, the dishes that come out of Williams and Sodi's kitchen are astonishing in their simplicity yet dazzling in their elegance. Now, with this beautiful, deeply personal cookbook, they share the keys to cooking Via Carota's traditional (but not too traditional) cuisine at home. Here are more than 140 recipes, including: Lasagna Cacio e Pepe Roasted

Carrots with Spiced Yogurt and Pistachios
 Tuscan Onion Soup
 Potato Gnocchi Sweet Ricotta Cake and more!
 Here, too, is the restaurant's signature Insalata Verde—that celebrate the bounty of every time of the year, highlighting the very best uses for the most delicious seasonal produce, from spring peas to summer squashes, autumnal legumes to winter citrus.

The Secret of Our Success St. Martin's Griffin
 Promoted to commander and assigned to convince the Pharsi High Council to submit to Lord Bhayar's rule, Quaeryt leads an Imagery team into hostile lands once held by the tyrannical Rex Kharst, where they confront a powerful

order of women.

Will Travel For Vegan Food Penguin

A congresswoman and her son reveal how he survived a ten-year battle with opioid abuse—and what their family’s journey to recovery can teach us about finding hope amid the unspeakable. “Beautiful and inspiring.”—Maria Shriver’s Sunday Paper (Book of the Week) When Madeleine Dean discovered that her son Harry was stealing from the family to feed a painkiller addiction, she was days away from taking the biggest risk of her life: running for statewide office in Pennsylvania. For years, she had sensed something was wrong. Harry was losing weight and losing friends. He had lost the brightness in his eyes

and voice, changing from a young boy with boundless enthusiasm to a shadow of himself, chasing something she could not see. Now her worst fears had come to light. Under Our Roof is the story of a national crisis suffered in the intimacy of so many homes, told with incredible candor through the dual perspectives of a mother rising in politics and a son living a double life, afraid of what might happen if his secret is exposed. In this honest, bracing, yet ultimately uplifting memoir, they discuss the patterns of a family dealing with an unspoken disease, the fear that keeps addicts hiding in shame, and the moments of honesty, faith, and personal insight that led to Harry’s recovery.

In a country searching for answers to the devastating effects of opioids and drug abuse, *Under Our Roof* is a ray of hope in the darkness. It is not only

a love story between mother and son but also an honest account of a pressing national crisis by a family poised to make a difference.

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