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# Vegan Sunrise Bay Sandals

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People of the Rainbow  
 A Family Looks Like Love  
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 Food Anatomy  
 The Able  
 Take Her, She's Yours

Vegan Sunrise Bay Sandals

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## MIYA CHOI

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**People of the Rainbow** Profile Books  
 Named one of BuzzFeed's Best Fiction of 2018 "Geni's character-driven environmental thriller—think *Silent Spring* by way of Celeste Ng—centers on the survivors of a tornado that destroys an Oklahoma farm and kills the family's father." —O, The Oprah Magazine When a Category Five tornado ravaged Mercy, Oklahoma, no family in the small town lost more than the McClouds. Their home and farm were instantly demolished, and orphaned siblings Darlene, Jane, and Cora made media headlines. This relentless national attention in the tornado's aftermath caused great tension with their brother, Tucker, who soon abandoned his sisters and disappeared. On the three-year anniversary of the tornado, a bomb explodes in a cosmetics factory outside of Mercy, and the lab animals trapped within are released. Tucker reappears, injured from the blast, and seeks the help of nine-year-old Cora. Caught up in the thrall of her charismatic brother, whom she has desperately missed, Cora agrees to accompany Tucker on a cross-country mission to make

war on human civilization. Cora becomes her brother's unwitting accomplice, taking on a new identity while engaging in acts of escalating violence. Darlene works with Mercy police to find her siblings, leading to an unexpected showdown at a zoo in Southern California. *The Wildlands* is another remarkable literary thriller from critically acclaimed writer Abby Geni, one that examines what happens when one family becomes trapped in the tenuous space between the human and animal worlds.

### **A Family Looks Like Love** Рипол Классик

An easy-to-read text focusing on all areas of nursing to aid in successful preparation for the NCLEX-RN. A unique feature of this book is the test-taking strategies included in each chapter. Additionally, students will find content review, practice tests at the end of each chapter with answers and rationales for right and wrong answers and a free CD-ROM that includes the 2,700 practice questions from the text plus 600 additional practice questions.

*The Ultimate Kaua'i Guidebook* Houghton Mifflin Harcourt

Lonely Planet's *Western Balkans* is your passport to the most up-to-date advice on what to see and skip, and what hidden discoveries await you. Watch the beautiful people over coffee in Budva's cobbled Old Town lanes in Montenegro; and trek around

Kosovo's Rugova Mountains - all with your trusted travel companion.

Moon Costa Rica W.B. Saunders Company

Global Nomads provides a unique introduction to the globalization of countercultures, a topic largely unknown in and outside academia. Anthony D'Andrea examines the social life of mobile expatriates who live within a global circuit of countercultural practice in paradoxical paradises. Based on nomadic fieldwork across Spain and India, the study analyzes how and why these post-metropolitan subjects reject the homeland in order to shape an alternative lifestyle. They become artists, therapists, exotic traders and bohemian workers seeking to integrate labor, mobility and spirituality within a cosmopolitan culture of expressive individualism. These countercultural formations, however, unfold under neo-liberal regimes that appropriate utopian spaces, practices and imaginaries as commodities for tourism, entertainment and media consumption. In order to understand the paradoxical globalization of countercultures, Global Nomads develops a dialogue between global and critical studies by introducing the concept of 'neo-nomadism' which seeks to overcome some of the shortcomings in studies of globalization. This book is an essential aide for undergraduate, postgraduate and research students of Sociology, Anthropology of Globalization, Cultural Studies and Tourism Studies.

Lonely Planet Western Balkans Tor Teen

An illuminating account of how history shapes our diets—now in a new revised and updated Third Edition Why did the ancient Romans believe cinnamon grew in swamps guarded by giant killer bats? How did African cultures imported by slavery influence cooking in the American South? What does the 700-seat McDonald's in Beijing serve in the age of globalization? With the answers to these and many more such questions, *Cuisine and Culture, Third Edition* presents an engaging, entertaining, and informative exploration of the interactions among history, culture, and food. From prehistory and the earliest societies in the Fertile Crescent to today's celebrity chefs, *Cuisine and Culture, Third Edition* presents a multicultural and multiethnic approach to understanding how and why major historical events have affected and defined the culinary traditions in different societies. Now revised and updated, this Third Edition is more comprehensive and insightful than ever before. Covers prehistory through the present day—from the discovery of fire to the emergence of television cooking shows Explores how history, culture, politics, sociology, and religion have determined how and what people have eaten through the ages Includes a sampling of recipes and menus from different historical periods and cultures Features French and Italian pronunciation guides, a chronology of food books and cookbooks of historical importance, and an extensive bibliography Includes all-new content on technology, food marketing, celebrity chefs and cooking television shows, and Canadian cuisine. Complete with revealing historical photographs and illustrations, *Cuisine and Culture* is an essential introduction to food history for students, history buffs, and food lovers.

Camino de Santiago Penguin

Inspired by one of Malibu's most beautiful and innovative farms, One Gun Ranch, this book will help empower readers to grow their own food, think differently about what they eat, and rejuvenate their minds and bodies. This book will change your life forever. With easy, approachable steps, One Gun Ranch will have you eating better, exercising with more pleasure, and feeling healthier in just weeks. Inspired by the beautiful setting and seasons of Malibu, this is a diet that will give you actionable steps for choosing the healthiest foods for you—and the planet—growing your own vegetables (even if you live in an

apartment), establishing a fun, energizing exercise routine, and embracing a holistic approach to improving your mind and body. Authors Alice Bamford and Ann Eysenring, have perfected the biodynamic lifestyle at their farm One Gun Ranch, a paradise of verdant green vegetables, running dogs and horses, perched high above the Pacific Ocean. With thoughtful, careful growing, they have created a dreamland of delicious, healthy food with an approach that goes beyond just organic, to grow, plant, and harvest one's food based on the cycles of the moon and the natural elements, resulting in the healthiest and tastiest food possible. For many generations leading farmers around the world have been practicing these same principles, but they have never quite reached the mainstream. Now, thanks to the easy-to-use and approachable style of this book, anyone will be able to take these same ideas and apply it to their own garden and diet. They will also learn about how to exercise, meditate, and shape their diet along the principles of a biodynamic life. This book will bring the biodynamic lifestyle into the mainstream.

Vanguard Press

*Finding Om* is a spiritual, and chaotic, journey through the highs and lows of India. Vivid and suspenseful, these are the tales of palm reader prophecies, the romances with a soul mate, the troubles of tour guide scams, the teachings from yoga gurus and the illuminating conversations had over a cup of chai. This is an intimate and true story of an intrepid young female on a quest to find compassion, adventure and a home in the world.

Baure Anchor

Musician and plant-based ambassador Moby shares his favorite creative and delicious vegan dishes Moby became vegan more than thirty years ago, when few people knew how to pronounce the word. Since then, vegan cuisine has flourished as the fastest-growing and most innovative cuisine on the planet. As a passionate animal rights advocate and also a food lover, Moby has helped fuel this evolution at his wildly popular restaurants. He is the original owner of the L.A. celebrity hotspot Little Pine, which showcases an elevated menu proving once and for all that vegan food is "all grown up" and the most delicious way to be eating today. Now Moby takes readers inside this special corner of Southern California with *The Little Pine Cookbook*, a collection of 125 recipes inspired by the restaurant's beloved dishes. Gateway recipes like Panko-Crusted Piccata will wow even the hardest-to-please meat lovers. And veg-forward small plates like Fried Cauliflower with Kimchi Aioli and go-to pastas like Orecchiette with Braised Leeks, Asparagus & English Peas will become back-pocket staples, no matter your diet. And didn't you know that desserts are healthier when they are vegan? Indulge in the simple pleasure of Butterscotch Pudding or the rich decadence of Chocolate Bread Pudding while feeling good about yourself and your contribution to a better planet. Whatever you're making, the spirit of Little Pine—of community, of sharing, and of giving—is in all these recipes, and they are here for you to savor every day.

**Global Nomads** HarperCollins

85 recipes for breakfast, lunch, dinner, and snack time from the Los Angeles bakery setting the standard for healthful, grain-free cooking "For years Sweet Laurel has been my go-to for desserts and I'm yet to try a recipe I didn't love. I can't wait to incorporate the recipes from Sweet Laurel Savory into our everyday meals."—Lauren Conrad Beloved for stunning and clean-yet-decadent cakes and confections, the grain-free brand Sweet Laurel offers its most delightful savory provisions, from pantry staples and breads to pastas, pizzas, and feasts. The recipes are gluten-free and refined sugar-free with keto, paleo, dairy-free, and vegan options, as well. Whether you're working toward a more wholesome way of eating and living or working around food

allergies, Sweet Laurel Savory brings satisfying simplicity to breakfast, lunch, dinner, and beyond. With Sweet Laurel's uncomplicated whole-food approach, the recipes here are as doable as they are flavorful and healthy. Simple and readily available core ingredients build the foundation for indulgent favorites and craveable staples. With options like Sicilian Pan Pizza, Epic Bagel Spread, The Ultimate Sweet Laurel Burger with Sweet Potato Fries, and Zucchini Lattice Tart, you'll never feel restricted.

**The Compassionate Contrarians** Simon and Schuster

A fictional re-creation of a day in the life of a Rainbow character named Sunflower begins the book, illustrating events that might typically occur at an annual North American Rainbow Gathering. Using interviews with Rainbows, content analysis of media reports, participant observation, and scrutiny of government documents relating to the group, Niman presents a complex picture of the Family and its relationship to mainstream culture - called "Babylon" by the Rainbows. Niman also looks at internal contradictions within the Family and examines members' problematic relationship with Native Americans, whose culture and spiritual beliefs they have appropriated.

**Haunted** Vegetarian Times 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. Vegetarian Times 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. Every Summer After

A serious and stylish look at sophisticated nonalcoholic beverages by a former Bon Appétit editor and James Beard Award nominee. "Julia Bainbridge resets our expectations for what a 'drink' can mean from now on."—Jim Meehan, author of Meehan's Bartender Manual and The PDT Cocktail Book NAMED ONE OF THE BEST COOKBOOKS OF THE YEAR BY Bon Appétit • Los Angeles Times • Wired • Esquire • Garden & Gun Blackberry-infused cold brew with almond milk and coconut cream. Smoky tea paired with tart cherry juice. A bittersweet, herbal take on the Pimm's Cup. Writer Julia Bainbridge spent a summer driving across the U.S. going to bars, restaurants, and everything in between in pursuit of the question: Can you make an outstanding nonalcoholic drink? The answer came back emphatically: "Yes." With an extensive pantry section, tips for sourcing ingredients, and recipes curated from stellar bartenders around the country—including Verjus Spritz, Chicha Morada Agua Fresca, Salted Rosemary Paloma, and Tarragon Cider—Good Drinks shows that decadent brunch cocktails, afternoon refreshers, and evening digestifs can be enjoyed by anyone and everyone.

**The New Yoga for People Over 50** Wizard Publications

This year, experience the holidays with a story of love, peace, and compassion! Meet Dana, a forthright and fun-loving reindeer who lives in the Arctic. On Christmas Eve, she meets Santa Claus, who has come looking for reindeer to pull his sleigh. Dana gently opens Santa's eyes to how we can be more kind to animals. Together they take off on a journey around the world, spreading far more than holiday cheer and giving far more than presents. By the time the sun rises on Christmas Day, things will never be the same!

**History of Whole Dry Soybeans, Used as Beans, or Ground, Mashed or Flaked (240 BCE to 2013)** Simon and Schuster

"Although New Zealand's economy has long depended on the bodies and infant milk of animals, this country also has a hidden history of vegetarianism. While some early vegetarians were concerned with health, spirituality, and purity, others took a broader view, speaking out on issues that included peace, feminism, animal rights, socialism, prison reform, and the environment. Yet others set up cafes, organised picnics, and wrote cookbooks. The Compassionate Contrarians uncovers the quirks of the vegetarian experience in a land of meat and dairy. More importantly, it acknowledges the hard work and courage of a group of idealists who dedicated their lives to creating a more just world for all sentient beings."--Publisher information.

[Lonely Planet Cambodia](#) Phoenix Books, Inc.

Fresh out of a failed engagement, Olivia Hales is in dire need of a fresh start. Tired of being the charming and accommodating girl that always gets stomped on, she's determined to change her outlook on life. When she finds her dream job in a small town in California, she thinks she's finally found her place in life. That is, until she meets her new neighbor. Roman Banks. Moody. Foul-mouthed. Jerk. And the hottest man on the planet. At a sprawling six foot five, he was coldly distant and physically intimidating. Not only was her new neighbor a God that was good with his hands, he was also a grade-A jerk. Trapped on the same street, sharing the same space together, they've become entrenched in an addictive, ridiculous, never-ending game of insults and pranks that result in the destruction of two perfectly good homes. The tension between them is as thick as the walls of their houses are thin. Roman's touch burned like fire even when his words were ice, and both of them will stop at nothing to make the others life hell. In the midst of the pranks and the hate they harbor for each other, Olivia slowly pulls back the layers of the man next door and finds herself consumed with wanting to fix him and his past. When both enemies start to catch feelings for each other, Olivia finds herself hiding her own secrets, not wanting to lose another man in her life. Lines are drawn. Strict rules put into place. But that doesn't stop Olivia from wanting to save the quiet, broody man next door. They say you're supposed to love thy neighbor, but that was the furthest emotion she felt when thinking about Roman. Hate was all there was to their relationship. At the very least, that's what she tried to tell herself. Hate Thy Neighbor is a full length Enemies-to-Lovers standalone.

**The Pink Umbrella** Soyinfo Center

Lonely Planet's Cambodia is your passport to the most relevant, up-to-date advice on what to see and skip, and what hidden discoveries await you. Watch the sun rise over the magnificent temples of Angkor, hit boho bars in Phnom Penh, and find a tropical hideaway in the Southern Islands- all with your trusted travel companion.

**Sweet Laurel Savory** Clarkson Potter

Whether you're zip-lining through cloud forests, relaxing on a wellness retreat, or swimming with manta rays, discover the real pura vida with Moon Costa Rica. Inside you'll find: Flexible, strategic itineraries designed for backpackers, beach-lovers, adventure travelers, honeymooners, and more, including the best beaches for swimming, sunsets, and seclusion The best spots for eco-friendly outdoor adventures like kayaking, hiking, and scuba-diving: Swim under a waterfall, raft over rapids, explore mysterious caves, and cliff-dive into river pools. Hike to the summit of Mount Chirripó, the highest point in Costa Rica, snorkel with sea turtles in warm turquoise water, or soak in a volcanic mineral pool Unique and authentic experiences: Admire the forest floor from the middle of a hanging bridge, or take an aerial tram to lake, volcano, and ocean views. Relax on a pristine beach and

watch the sunrise with a cup of flavorful local coffee. Fill up on fried plantains at a traditional soda, and shop at a neighborhood mercado Insight from Cartago local Nikki Solano on how to experience Costa Rica like an insider, support local and sustainable businesses, avoid crowds, and respectfully engage with the culture Full-color photos and detailed maps throughout Background information on Costa Rica's landscape, history, and cultural customs, as well as volunteer opportunities Handy tools including a Spanish phrasebook, packing suggestions, and travel tips for disability access, solo travelers, seniors, and LGBTQ travelers With Moon's practical tips and local know-how, you can experience Costa Rica your way. Exploring more of Central America? Check out Moon Belize.

*The Wildlands* Univ. of Tennessee Press

This book is first and foremost a grammatical description of Baure, a seriously endangered language from Bolivian Amazonia. Baure belongs to the Southern Arawak language family and it forms part of the Guapor -Mamor linguistic area. This book is the first detailed and comprehensive grammatical description of Baure, covering its phonology, morphology, syntax, and discourse structure. It is based on the author's extensive fieldwork in Bolivia in 2003, 2004, and 2006. The book furthermore addresses the historical, cultural, and sociolinguistic background of the speakers of Baure. Special attention is given to the complex (morpho)phonological processes within a phonological phrase, the rich noun classification system, the distinction of verbal and non-verbal predicates with respect to the argument marking pattern, the three-level distinction of verbal morphology, and specific clause types based on different nominalization strategies, which also play an important role in clause subordination. The relation to the surrounding Southern Arawak languages Trinitario, Ignaciano, and Paunaca is investigated through comparison of the lexicon and the grammar. The appendices contain different text types, lists of grammatical morphemes, classifiers, and the Swadesh 200 word list. It is a highly valuable addition to our knowledge of South American languages and cultures in general and the Arawak languages in particular. This book is aimed at linguists from all backgrounds and is of special interest to typologists, historical linguists, Arawakanists, Americanists, and anthropologists. It is also an important record of a dying language for its speech community and their descendants.

*Cuisine and Culture* John Wiley & Sons

Get your recommended daily allowance of facts and fun with *Food Anatomy*, the third book in Julia Rothman's best-selling *Anatomy* series. She starts with an illustrated history of food and

ends with a global tour of street eats. Along the way, Rothman serves up a hilarious primer on short order egg lingo and a mouthwatering menu of how people around the planet serve fried potatoes — and what we dip them in. Award-winning food journalist Rachel Wharton lends her editorial expertise to this light-hearted exploration of everything food that bursts with little-known facts and delightful drawings. Everyday diners and seasoned foodies alike are sure to eat it up.

**Good Drinks** Lonely Planet

Legendary leadership and elite performance expert Robin Sharma introduced The 5am Club concept over twenty years ago, based on a revolutionary morning routine that has helped his clients maximize their productivity, activate their best health and bulletproof their serenity in this age of overwhelming complexity. Now, in this life-changing book, handcrafted by the author over a rigorous four-year period, you will discover the early-rising habit that has helped so many accomplish epic results while upgrading their happiness, helpfulness and feelings of aliveness. Through an enchanting—and often amusing—story about two struggling strangers who meet an eccentric tycoon who becomes their secret mentor, The 5am Club will walk you through: How great geniuses, business titans and the world's wisest people start their mornings to produce astonishing achievements A little-known formula you can use instantly to wake up early feeling inspired, focused and flooded with a fiery drive to get the most out of each day A step-by-step method to protect the quietest hours of daybreak so you have time for exercise, self-renewal and personal growth A neuroscience-based practice proven to help make it easy to rise while most people are sleeping, giving you precious time for yourself to think, express your creativity and begin the day peacefully instead of being rushed "Insider-only" tactics to defend your gifts, talents and dreams against digital distraction and trivial diversions so you enjoy fortune, influence and a magnificent impact on the world Part manifesto for mastery, part playbook for genius-grade productivity and part companion for a life lived beautifully, The 5am Club is a work that will transform your life. Forever.

*Hate Thy Neighbor* Simon and Schuster

Increasing numbers of people—including actress Drew Barrymore, pop star Moby, and actor Alec Baldwin—are embracing veganism, a lifestyle that entails avoiding all animal-based products and behaving ethically and conscientiously within our surroundings. In *The Vegan Sourcebook*, long-time activist Joanne Stepaniak further explores and illuminates the principles and practical aspects of compassionate living.

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