

Buzz The Science And Lore Of Alcohol Caffeine Stephen Braun

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The Science of Happiness Stephen Braun 2001-12-14 How should we define happiness—and how happy are we supposed to be? Does each of us have a genetically determined "set point" of happiness? What dangers may lie in the new breed of drugs that allow us to fine-tune our moods so that we are happy most of the time? Fascinating research in a range of fields is providing provocative answers to these and many more questions about what makes us happy and how we can control our moods. We are in the midst of a revolution in the understanding of how our brains work; at the same time, we have entered a bold new age of pharmacology that is allowing drug-makers to craft molecules that are exquisitely tailored to produce desired mood-altering effects. In this lively and stimulating narrative, acclaimed science writer Stephen Braun takes readers to the frontlines of discovery in these areas and explores how this "brave new world" of mood manipulation will impact our lives. Based on extensive interviews with scientists at the forefront of research, as well as the compelling personal stories of many individuals, *The Science of Happiness* presents an accessible, engaging, and well-balanced account of what we need to know as we enter this new era. "Readers who want a quick overview of the latest neuroscientific research into how antidepressants and mood-elevating drugs work need look no further."—Publishers Weekly "Chiefly valuable in raising some important issues."—Kirkus Reviews "This brief, engaging, and personal view of mood and its influence on all aspects of our lives travels from drug company labs to Zen retreats in an effort to open up the black box containing temperament. [Braun's] writing is powerfully charming, even while delving into deep philosophical issues and little-understood scientific theories."—Amazon.com

The Wisdom of Crowds James Surowiecki 2005-08-16 In this fascinating book, New Yorker business columnist James Surowiecki explores a deceptively simple idea: Large groups of people are smarter than an elite few, no matter how brilliant—better at solving problems, fostering innovation, coming to wise decisions, even predicting the future. With boundless erudition and in delightfully clear prose, Surowiecki ranges across fields as diverse as popular culture, psychology, ant biology, behavioral economics, artificial intelligence, military history, and politics to show how this simple idea offers important lessons for how we live our lives, select our leaders, run our companies, and think about our world.

Cooking for Geeks Jeff Potter 2010-07-20 Presents recipes ranging in difficulty with the science and technology-minded cook in mind, providing the science behind cooking, the physiology of taste, and the techniques of molecular gastronomy.

Phylogenesis Alan Dean Foster 2006-11-28 Bestselling author Alan Dean Foster takes us back to the unplanned beginnings of the extraordinary Humanx Commonwealth... In the years after first contact, humans and the intelligent insectlike Thranx agree to a tentative sharing of ideas and cultures despite the ingrained repulsion they have yet to overcome. Thus, a slow, lengthy process of limited contact begins. Yet they never plan for a chance meeting between a misfit artist and a petty thief. Desvendapur is a talented Thranx poet who is bored with his life and needs new inspiration for his work. Venturing beyond the familiar, Desvendapur runs into Cheelo Montoya, a small-time criminal with big dreams of making a fast buck. Together they will embark upon a journey that will forever change their beliefs, their futures, and their worlds . . .

Zinfandel Charles L. Sullivan 2003-09-02 This concise and accessible history of a true American, and Californian, wine grape varietal illuminates its mysterious origins and relates its compelling journey from humble obscurity to cult following.

The Fix Up Kendall Ryan 2016-10-11 From New York Times bestseller, Kendall Ryan, comes a sexy new standalone novel. My tempting and very alpha friend Sterling Quinn is someone I consider off-limits. It's not just

that we're friends, he's also cocky, confident, and British, which means he's a walking aphrodisiac. But lately he's been giving me the look. You know the one. When he thinks I'm not paying attention, and his gaze lingers for too long. When we start working together, that's when the sexual tension between us gets so thick, I want to hack through it with a machete. I want to make all these deep feelings I've harbored for him disappear, because there's no way this can end well. The lines between business and pleasure become irrevocably blurred, and I'm stuck between a rock and Sterling's very, very hard place. Rather than keep a level head about our growing attraction, Sterling wants to go all in, showing me just how explosive we can be together. But I've been around long enough to know that this British bad boy is more than my heart can handle. I'm not about to be cast aside like yesterday's underwear when he's done having fun. Sterling's never been told no, and he's not about to put his ego aside and play by my rules. But I never thought he'd fight so dirty.

Rum Ian Williams 2006-08-18 Ian Williams describes in captivating detail how Rum and the molasses that it was made from was to the 18th century what oil is today. Rum was used by the colonists to clear Native American tribes and to buy slaves. To make it, they regularly traded with the enemy French during the Seven Years' War, angering their British masters and setting themselves on the road to Revolution. The regular flow of rum was essential to keeping both armies in the field since soldiers relied on rum to keep up their fighting spirits. Even though the Puritans themselves were fond of rum in quantities that would appall modern day doctors, temperance and Prohibition have obscured the historical role of the "Global Spirit with its warm heart in the Caribbean." Ian Williams' book triumphantly restores rum's rightful place in history, taking us across space and time, from its origins in the plantations of Barbados through Puritan and Revolutionary New England, to voodoo rites in modern Haiti, where to mix rum with Coke risks invoking the wrath of the god, and across the Florida straits where Fidel and the Bacardi family are still fighting over the rights for the ingredients of Cuba Libre.

Boozehound Jason Wilson 2010-09-21 While some may wonder, "Does the world really need another flavored vodka?" no one answers this question quite so memorably as spirits writer and raconteur Jason Wilson does in *Boozehound*. (By the way, the short answer is no.) A unique blend of travelogue, spirits history, and recipe collection, *Boozehound* explores the origins of what we drink and the often surprising reasons behind our choices. In lieu of odorless, colorless, tasteless spirits, Wilson champions Old World liquors with hard-to-define flavors—a bitter and complex Italian amari, or the ancient, aromatic herbs of Chartreuse, as well as distinctive New World offerings like lively Peruvian pisco. With an eye for adventure, Wilson seeks out visceral experiences at the source of production—visiting fields of spiky agave in Jalisco, entering the heavily and reverently-guarded Jägermeister herb room in Wolfenbüttel, and journeying to the French Alps to determine if mustachioed men in berets really handpick blossoms to make elderflower liqueur. In addition, *Boozehound* offers more than fifty drink recipes, from three riffs on the Manhattan to cocktail-geek favorites like the Aviation and the Last Word. These recipes are presented alongside a host of opinionated essays that cherish the rare, uncover the obscure, dethrone the overrated, and unravel the mysteries of taste, trends, and terroir. Through his far-flung, intrepid traveling and tasting, Wilson shows us that perhaps nothing else as entwined with the history of human culture is quite as much fun as booze.

The Pugilist at Rest Thom Jones 2016-11-08 Thom Jones made his literary debut in *The New Yorker* in 1991. Within six months his stories appeared in *Harper's*, *Esquire*, *Mirabella*, *Story*, *Buzz*, and in *The New Yorker* twice more. "The Pugilist at Rest" - the title story from this stunning

collection - took first place in Prize Stories 1993: The O. Henry Awards and was selected for inclusion in Best American Short Stories 1992. He is a writer of astonishing talent. Jones's stories - whether set in the combat zones of Vietnam or the brittle social and intellectual milieu of an elite New England college, whether recounting the poignant last battles of an alcoholic ex-fighter or the hallucinatory visions of an American wandering lost in Bombay in the aftermath of an epileptic fugue - are fueled by an almost brutal vision of the human condition, in a world without mercy or redemption. Physically battered, soul-sick, and morally exhausted, Jones's characters are yet unable to concede defeat: his stories are infused with the improbable grace of the spirit that ought to collapse, but cannot. For in these extraordinary pieces of fiction, it is not goodness that finally redeems us, but the heart's illogical resilience, and the ennobling tenacity with which we cling to each other and to our lives. The publication of *The Pugilist at Rest* is a major literary event, heralding the arrival of an electrifying new voice in American fiction, and a writer of magnificent depth and range. With these eleven stories, Thom Jones takes his place among the ranks of this country's most important authors. *Smoke Signals* Martin A. Lee 2013-08-13 The best-selling co-author of *Acid Dream* traces the dramatic social history of marijuana from its origins and its emergence in the 1960s culture wars through the 1996 legalization of medicinal marijuana in California, profiling the multibillion-dollar marijuana industry and how it is reshaping health care. 35,000 first printing.

An Illustrated Guide to Cocktails Orr Shtuhl 2013-05-07 Shaken or stirred, on the rocks or straight up, every cocktail has a unique history. Bringing this rich lore to life, *An Illustrated Guide to Cocktails* showcases the often romantic origin of classic and modern mixed drinks and the fascinating characters who made them famous. From the crooked gangster who inspired the Jack Rose (a drink often served in Manhattan's gilded Astor mansion during the Jazz Age) to the legendary Margarita (associated with the Tijuana dancer now known by her stage name, Rita Hayworth), the spirited blend of alcohol and alchemy is showcased on each beautifully illustrated page. The drink recipes include favorite classics (such as Old Fashion, White Russian, Sidecar) alongside forgotten standards such as the Blood and Sand. With guides to various spirits, suggestions for stocking your home bar, and mixing tips and techniques, *An Illustrated Guide to Cocktails* brings the marvels of mixology to every home bartender.

Super Nutrition and Mindfulness Exercises for Staying Sober to Support Long Term Catherine Mason Thomas 2016-02-11 The first book in the three book practical series on becoming and living alcohol free by alcohol free lifestyle coach and personal trainer, Catherine Mason Thomas. This series is written to inspire you if you want to control alcohol or be alcohol free for an evening, a day, a month or forever. This book introduces some mindfulness exercises and techniques into your daily routine to help with cravings and increase happiness levels. There is also a discussion of supplements specific to alcohol addiction and recovery. The nutrition sections in the book look at eating to avoid the triggers for wanting to drink or cravings HALT and rebuilding your health and looks. The recipes are for healthy eating with specific nutrients to target liver health. There is also a section on juices for everyday and rejuvenation.* Building the sober person from the inside out* How you got sober does not matter* Looking and feeling great* It's all about blood sugar* How is alcohol metabolised* Effect of stopping drinking on your body* Supporting your body to get back to optimum health* The food element of HALT* Supplements* Liver supporting foods and recipes* Juices for sobriety

Tide, Feather, Snow Miranda Weiss 2009-05-19 "Tide, Feather, Snow is about the resplendence and subtleties of coastal Alaska, and about one woman's attempt to be fully present in them. Weiss serves as a skilled and poetic witness to a place undergoing incessant change." — Anthony Doerr, author of *The Shell Collector* A memoir of moving to Alaska—and staying—by a writer whose gift for writing about place and natural beauty is reminiscent of John McPhee and Jonathan Raban. An extreme landscape in both its beauty and challenges, Alaska is a place where know-how is currency and a novice's mistakes can be fatal. But it is a place for glorious reinvention—a refuge for those desperate to escape . . . and for those looking for something more. Miranda Weiss, a young woman who grew up landlocked in a well-kept East Coast suburb, moved to Homer, Alaska, with her boyfriend, determined to make a place for herself in this unfamiliar country where the years are marked by seasons of fish, and where locals carry around the knowledge of tides, boats, and weather as ballast. In *Tide, Feather, Snow*, Weiss introduces readers to the memorable people and peculiar beauty of Alaska's vast landscape, as

she takes us along on her remarkable personal journey of adventure, physical challenge, and culture clash.

One-Woman Farm Jenna Woginrich 2013-01-01 A popular blogger and homesteader shares the joys, sorrows, trials, tribulations and blessings she experienced during a year spent farming on her own land, during which she found deep fulfillment in the practical tasks and timeless rituals of agricultural life.

Beer Charles W. Bamforth 2008-04-15 This important and extremely interesting book is a serious scientific and authoritative overview of the implications of drinking beer as part of the human diet. Coverage includes a history of beer in the diet, an overview of beer production and beer compositional analysis, the impact of raw materials, the desirable and undesirable components in beer and the contribution of beer to health, and social issues. Written by Professor Charlie Bamforth, well known for a lifetime's work in the brewing world, *Beer: Health and Nutrition* should find a place on the shelves of all those involved in providing dietary advice.

Buzz Stephen Braun 1996

Merchant of Death Douglas Farah 2007-07-09 Praise for *Merchant of Death* "A riveting investigation of the world's most notorious arms dealer—a page-turner that digs deep into the amazing, murky story of Viktor Bout. Farah and Braun have exposed the inner workings of one of the world's most secretive businesses—the international arms trade." —Peter L. Bergen, author of *The Osama bin Laden I Know* "Viktor Bout is like Osama bin Laden: a major target of U.S. intelligence officials who time and again gets away. Farah and Braun have skillfully documented how this notorious arms dealer has stoked violence around the world and thwarted international sanctions. Even more appalling, they show how Bout ended up getting millions of dollars in U.S. government money to assist the war in Iraq. A truly impressive piece of investigative reporting." —Michael Isikoff, coauthor of *Hubris: The Inside Story of Spin, Scandal, and the Selling of the Iraq War* "Douglas Farah and Stephen Braun are two of the toughest investigative reporters in the country. This is an important book about a hidden world of gunrunning and profiteering in some of the world's poorest countries." —Steve Coll, author of *Ghost Wars: The Secret History of the CIA, Afghanistan, and bin Laden, from the Soviet Invasion to September 10, 2001* "In *Merchant of Death*, two of America's finest reporters have performed a major public service, turning over the right rocks that reveal the brutal international arms business at the dawn of the twenty-first century. In Viktor Bout, they have given us a new Lord of War, a man who knows no side but his own, and who has a knack for turning up in every war zone just in time to turn a profit. As Farah and Braun uncover and document his troubling role in the Bush Administration's Global War on Terror, his ties to Washington almost seem inevitable." —James Risen, author of *State of War: The Secret History of the CIA and the Bush Administration* "An extraordinary and timely piece of investigative reporting, *Merchant of Death* is also a vividly compelling read. The true story of Viktor Bout, a sociopathic Russian gunrunner who has supplied weapons for use in some of the most gruesome conflicts of modern times—and who can count amongst his clients both the former Taliban regime in Afghanistan and the U.S. military in Iraq—is a stomach-churning indictment of the policy failures and moral contradictions of the world's most powerful governments, including that of the United States." —Jon Lee Anderson, author of *The Fall of Baghdad* Two respected journalists tell the incredible story of Viktor Bout, the Russian weapons supplier whose global network has changed the way modern warfare is fought. Bout's vast enterprise of guns, planes, and money has fueled internecine slaughter in Africa and aided both militant Islamic fanatics in Afghanistan and the American military in Iraq. This book combines spy thrills with crucial insights on the shortcomings of a U.S. foreign policy that fails to confront the lucrative and lethal arms trade that erodes global security.

The Perfect Blending Cookbook The Williams-Sonoma Test Kitchen 2019-11-12 Your all-inclusive, recipe-packed guide to mastering any high-power blender. Inside this book, you'll find more than thirty easy, innovative recipes for using a Vitamix® Professional Series™ blender for any meal of the day, from breakfast to dinner, and including snacks and desserts. Also included in this inspired cookbook is a primer on using your blender, with useful tips and tricks. Recipes include Pork Tenderloin with Plum Chutney; Carrot-Ginger Soup; Spinach and Tomato Frittata; Pico De Gallo; Frozen Margaritas; Pulled Pork Sliders with Coleslaw; Chicken and Cheese Enchiladas; Strawberry Sorbet, and many more. Whether you want to make a nutrition-packed smoothie, a hearty soup, or a delicious dip, *The Perfect Blending Cookbook* will enhance your

meals and snacks with outstanding recipes everyone will love.

Drinking with Dickens Cedric Dickens 1998-04-21 *Drinking with Dickens* is a light-hearted sketch by Cedric Dickens, the great-grandson of Charles Dickens. There are vivid and memorable drinking scenes in Dickens' books, and *Drinking with Dickens* abounds in recipes, many based on the drinks of Dickensian England and America: Bishop, Dog's Nose, Hot Bowl Punch, Milk Punch, Mint Julep, Sherry Cobbler, Shrub and Negus, to mention only a few. Unbelievably it seems to be the first book on this vast and important subject, and Cedric has added some recipes and experiences of his own. The Victorian sources include a penny notebook dated 1859 and kept by "Auntie Georgie," Georgina Hogarth, when she was looking after the younger children of Charles Dickens at Gads Hill. It starts with a recipe for Ginger Beer, a teetotal drink which calls for a quart of brandy! Then there is the catalogue for the sale of Gads Hill after Charles Dickens died which shows what was in the cellar at that time. This book transcends the generations. Cedric, with an eye for people and detail, describes a whole series of joyous episodes where drink, wisely taken, has been the catalyst.

Signs of You Emily France 2016 Since sixteen-year-old Riley Strout lost her mother two years ago, her survival has depended on the quirky little family formed from a grief support group at school. Jay, Kate, and Noah understand her pain; each lost a loved one. The four have stuck together in spite of their differences, united by tragedies only they understand. When Riley sees her mother shopping in a grocery store, she fears she is suffering from some sort of posttraumatic stress episode--until Jay and Kate report similar visions. Noah is the only one who hasn't shared their experience. He withdraws from the others, skeptical and distant, and then suddenly disappears. Riley fears the worst. As she, Jay, and Kay frantically search for their missing friend, they are drawn into the mystery surrounding a famous relic that belonged to Jay's father--something that may contain clues about the afterlife. And in reaching for the ones who are gone, Riley uncovers hidden truths about those she hasn't yet lost.

US of AA Joe Miller 2019-04-02 In *US of AA*, Miller shares the never-before-told story of how in the aftermath of prohibition America's top scientists helped launch a movement that would give rise to a multi-million-dollar treatment industry and a new government agency devoted to alcoholism that has made available millions of dollars for research. Despite the fact that this research showed that alcoholism is a complex disease requiring an array of treatment strategies, among which Alcoholics Anonymous (AA) is one of the least effective, money continued to flow to treatment facilities using approaches similar to AA. Five years in the making, his brilliant, in-depth investigative reporting into the history, politics and science of alcoholism will show how AA became our nation's de facto treatment policy, even as evidence for more effective remedies accumulated. *US of AA* is a character-driven, beautifully written exposé, full of secrecy, irony, liquor industry money, the shrillest of scare tactics and, at its center, a grand deception. In the tradition of *Crazy* by Pete Earley, and David Goldhill's *Catastrophic Care*, *US of AA* shines a much-needed spotlight on the addiction treatment industry. It will forever change the way we think about the entire enterprise.

New Classic Cocktails Gary Regan 2002-10-17 *Cocktails Are Back* and their new incarnations make more sophisticated sipping than ever before. These updated classics from the country's most popular chefs and bartenders are simple to concoct yet complex in character and flavor. Here's how to stir up new, exciting tastes with finesse. Cheers! White Peach Sangria and Pomegranate Sangria --chef Bobby Flay The Cajun Martini --chef Paul Prudhomme The Citrus Cooler --Paul Bolles-Beaven, Union Square Cafe The Rumbo Jam --Katy Keck, New World Grill

Idea Man Paul Allen 2011-04-19 By his early thirties, Paul Allen was a world-famous billionaire--and that was just the beginning. In 2007 and 2008, *Time* named Paul Allen, the cofounder of Microsoft, one of the hundred most influential people in the world. Since he made his fortune, his impact has been felt in science, technology, business, medicine, sports, music, and philanthropy. His passion, curiosity, and intellectual rigor--combined with the resources to launch and support new initiatives--have literally changed the world. In 2009 Allen discovered that he had lymphoma, lending urgency to his desire to share his story for the first time. In this classic memoir, Allen explains how he has solved problems, what he's learned from his many endeavors--both the triumphs and the failures--and his compelling vision for the future. He reflects candidly on an extraordinary life. The book also features previously untold stories about everything from the true origins of Microsoft to Allen's role in the dawn of private space travel (with SpaceShipOne) and in discoveries at the frontiers of brain science. With honesty, humor, and insight, Allen

tells the story of a life of ideas made real.

Caffeinated Murray Carpenter 2015-01-27 "You'll never think the same way about your morning cup of coffee."—Mark McClusky, editor in chief of *Wired.com* and author of *Faster, Higher, Stronger Journalist* Murray Carpenter has been under the influence of a drug for nearly three decades. And he's in good company, because chances are you're hooked, too. Humans have used caffeine for thousands of years. A bitter white powder in its most essential form, a tablespoon of it would kill even the most habituated user. This addictive, largely unregulated substance is everywhere—in places you'd expect (like coffee and chocolate) and places you wouldn't (like chewing gum and fruit juice), and Carpenter reveals its impact on soldiers, athletes, and even children. It can make you stronger, faster, and more alert, but it's not perfect, and its role in health concerns like obesity and anxiety will surprise you. Making stops at the coffee farms of central Guatemala, a synthetic caffeine factory in China, and an energy shot bottler in New Jersey, among numerous other locales around the globe, *Caffeinated* exposes the high-stakes but murky world of caffeine, drawing on cutting-edge science and larger-than-life characters to offer an unprecedented understanding of America's favorite drug.

Microbe Hunters Paul De Kruif 1926 First published in 1927.

Given Willow Winters 2017-03-03 From USA Today best selling authors, Willow Winters and Lauren Landish, comes a sexy and forbidden series of standalone romances. I knew she'd ruin me. But I wanted her anyway. I was born into wealth and my name comes with a reputation. One I've upheld and leveraged for power. Now everyone owes me and I plan to keep it that way. Until she's offered to me. Only for a single month to repay a debt. Her tempting curves call to me and beg me to risk it all. I shouldn't take her, I shouldn't even consider his offer. Women like her bring men to their knees. But there's something in her baby blues. They're haunted by what lies behind them. She sees through me, leaving me nowhere to hide. I knew taking her would destroy me, but it only took one taste. Now I'm addicted. And I'm not giving her back.

Give Me Liberty and Give Me a Drink! C. Jarrett Dieterle 2020-09-15 "An impassioned case against a senseless system . . . Come for the cocktail recipes, stay for the call to arms." —Clay Risen, author of *American Whiskey, Bourbon, and Rye* "A potent, thought-provoking mixture of fun and 'what the hell' awareness." —Lew Bryson, author of *Whiskey Master Class* Across this nation, in breweries, liquor stores, bars, and even our own homes, we're being stripped of our most basic boozy rights. Thanks to Prohibition and its 100-year hangover, some of the most outdated, bizarre, and laughably loony laws still on the books today center around alcohol and how we drink it. In New Mexico, \$1 margaritas are illegal. In Utah, cocktails must be mixed behind a barrier called the "Zion curtain." And forget about happy hour in Massachusetts—the state banned it in 1984. But we don't have to stand down and dry up—it's time to take to liquid protest. Created by the nation's leading alcohol policy expert, *Give Me Liberty and Give Me a Drink!* combines the thirst-inducing pleasure of trivia with 65 recipes for classic and innovative cocktails. So arm yourself with a mezcal-based One Pint, Two Pint, inspired by Vermont's ban on beer pitchers, or The Boiling Point, a beer cocktail that is highly illegal in Virginia, and get ready to drink your way to a revolution on the rocks.

Last Call at the Nightshade Lounge Paul Krueger 2016-06-07 In this sharp and funny urban fantasy novel, booze is magic, demons are real, and millennial Bailey Chen joins a band of monster-fighting Chicago bartenders instead of finding a "real" post-college job. Bailey Chen is fresh out of college with all the usual new-adult demons: no cash, no job offers, and an awkward relationship with Zane, the old friend she kinda-sorta hooked up with during high school. But when Zane introduces Bailey to his monster-fighting bartender friends, her demons become a lot more literal. It turns out that evil creatures stalk the city streets after hours, and they can be hunted only with the help of magically mixed cocktails: vodka grants super-strength, whiskey offers the power of telekinesis, and rum lets its drinker fire blasts of elemental energy. But will all these powers be enough for Bailey to halt a mysterious rash of gruesome deaths? And what will she do when the safety of a "real world" job beckons? This sharp and funny urban fantasy is perfect for fans of *Buffy the Vampire Slayer*, *Scott Pilgrim Vs. The World*, and grown-up readers of *Harry Potter*. Includes 14 recipes from a book of ancient cocktail lore.

RoseBlood A. G. Howard 2017-01-10 From the bestselling author of the *Splintered* series, a talented young opera singer enrolls in a French performing arts school shrouded in mystery. Rune has a mysterious affliction that's linked to her musical talent. Her mother believes creative

direction will help, so she sends Rune to a French arts conservatory rumored to have inspired *The Phantom of the Opera*. When Rune begins to develop a friendship with the elusive Thorn, she realizes that with him, she feels cured. But as their love grows, Thorn is faced with an impossible choice: save Rune or protect the phantom haunting RoseBlood, the only father he's ever known. Fans of *Daughter of Smoke & Bone* and the *Splintered* series will adore this retelling of one of the most famous stories of all time. Praise for *RoseBlood* "The Phantom of the Opera is reborn in this supernatural tale of music, passions, and love. . . . A rich, atmospheric story that readers will be hard-pressed to put down." —Kirkus Reviews "Rune is a multifaceted, artistic character whose actions and reactions feel believably young adult as she confronts questions about family secrets and heredity. This is an accomplished undertaking. . . . VERDICT A good purchase for paranormal romance collections, and the connections to a classic work of literature add appeal." —School Library Journal

Complete Book of Mah Jongg Amy Lo 2016-01-26 Master the exhilarating game of Mahjong with this introductory guide. This complete, easy-to-follow instructional Mahjong handbook includes over 150 full-color photographs and illustrations to introduce players to this captivating game. This is the first Mahjong book to fully cover the Cantonese or "old rules" game. It also includes all of the most popular variations, such as the Shanghai game, the 16-tile or Taiwanese game, and the 12-tile game. Included are the rules, tactics, techniques, strategy and the rituals only the most experienced players know. This Mahjong book includes: Easy-to-follow instructions Full-color illustrations and photographs Instruction on: Authentic Chinese Mahjong play Cantonese Mahjong play Shanghai Mahjong play American Mahjong play The 12-tile versions of the game The Complete Book of Mah Jongg is the perfect guide for all skill levels to learn the different styles of Mahjong—from Mahjong beginners to pros.

In Defense of Processed Food Robert L. Shewfelt 2016-11-23 It has become popular to blame the American obesity epidemic and many other health-related problems on processed food. Many of these criticisms are valid for some processed-food items, but many statements are overgeneralizations that unfairly target a wide range products that contribute to our health and well-being. In addition, many of the proposed dangers allegedly posed by eating processed food are exaggerations based on highly selective views of experimental studies. We crave simple answers to our questions about food, but the science behind the proclamations of food pundits is not nearly as clear as they would have you believe. This book presents a more nuanced view of the benefits and limitations of food processing and exposes some of the tricks both Big Food and its critics use to manipulate us to adopt their point of view. Food is a source of enjoyment, a part of our cultural heritage, a vital ingredient in maintaining health, and an expression of personal choice. We need to make those choices based on credible information and not be beguiled by the sophisticated marketing tools of Big Food nor the ideological appeals and gut feelings of self-appointed food gurus who have little or no background in nutrition.

Drowning World Alan Dean Foster 2003-01-01 "A fast, fun read for fans of Foster's fantastic alien worlds . . . Driven by political intrigue and wilderness adventure, this is SF of noble vintage."—Booklist *Fluva*, the *Drowning World*, is a rain-drenched planet on the fringes of the Commonwealth whose indigenous species, the warlike *Sakuntala*, and its immigrant species, the hardworking *Deyzara*, stand on the brink of civil war. The wettest place on *Fluva* is *Viisiiviisii*, an immense jungle thriving with exotic plants and deadly predators. Endless rains have made the jungle a treasure trove of rare and valuable botanicals. A man can get rich there. Or die trying. Bio-pro prospector Shadrach Haselemoga has come to seek his fortune—if he survives the terrain once his sabotaged ship goes down. When a *Sakuntala* and a *Deyzara* are dispatched to rescue the unfortunate soul, their ship crashes, too. Now, in order to survive, the three unlikely allies must do something that no one has ever done before: escape the *Viisiiviisii* before it consumes them. . . . "[A] rousing SF adventure packed with action, intriguing human and alien characters, and a message of strength through diversity."—Library Journal "Surefire entertainment . . . The author's mastery of his exotic setting cannot be denied."—Publishers Weekly

A Sidecar Named Desire Greg Clarke 2018-11-13 A rollicking illustrated history of alcohol and its literary imbibers, from Jane Austen's beer brewing to James Joyce's passion for Guinness to E.B. White's cure for writers' block—a dry martini—by celebrated illustrator Greg Clarke and award-winning editor/art director Monte Beauchamp. "The tools that I need for my trade are simply pen, paper, food, tobacco, and a little

whiskey." —William Faulkner "I keep a dictionary, a Bible, a deck of cards and a bottle of sherry in the room." —Maya Angelou "A writer who drinks carefully is probably a better writer." —Stephen King Throughout history, there has been no greater catalyst for creativity among writers, so they claim, than a good, stiff drink. In this graphic volume, the authors take us on an unforgettable literary bar crawl, packed with historical factoids, anecdotes, booze trivia, and fascinating detours into the lives of our favorite writers, along with literary-themed cocktail recipes such as Ernest Hemingway's *Death in the Afternoon* and Philip Larkin's *Gin and Tonic* set to verse. For the literary-minded drinker, whether wine, gin, vodka, beer, whiskey, or tequila is your elixir of choice, *A Sidecar Named Desire* will whet your appetite. Bottoms up!

Duel Nature John Conroe 2012 "Chris and Tanya have been assigned as Coven Rovers, trouble shooters to the supernatural world. Their mission will bring them face to face with wild vamps, powerful witches [sic] and monsters from the darkest Native American legends. But facing the biggest vampire political event in four centuries will be their greatest test. Mixing Chris' s uncertain temper with cranky old vampires may well be the kiss of death"—Cover p. [4].

Noni Scot C. Nelson 2006-01-01

Lovecraft Cocktails: Elixirs & Libations from the Lore of H. P. Lovecraft Mike Slater 2021-10-19 75 drinks, potions, concoctions, and offerings for your next haunted housewarming or Samhain soirée. The author and the illustrator behind the best-selling *Necronomnomnom* have summoned another glorious grimoire—this time featuring cursed cocktails. These boozy and punny recipes pay homage to Lovecraftian horror themes and monsters with titles such as the King in Jell-O, Pink FlaMi-Go, and Sunken Island Iced Tea. Further libations include the Hell Residente, Moscow Ghoul, the Root Beer of All Evil, and the Bloodbath & Beyond. The book provides "Virgin Sacrifices" for the coachman designated to drive everyone back from the séance, or for anyone not wanting to imbibe the devil's water. There are 75 delicious and malicious recipes, each gorgeously illustrated, mercilessly tested, and hilariously written. Recipes appear in the form of cryptic rhymes and arcane rituals but are always easy (and fun) to follow. Bibulous and ridiculous, *Lovecraft Cocktails* will bring delight and fright for Halloween, the holidays, and beyond.

Buzz Stephen Braun 1996 Discusses both the scientific and cultural impact of alcohol and caffeine, the world's most widely-consumed mind-altering substances

Javatrekker Dean Cycon 2007-10-17 In each cup of coffee we drink the major issues of the twenty-first century-globalization, immigration, women's rights, pollution, indigenous rights, and self-determination-are played out in villages and remote areas around the world. In *Javatrekker: Dispatches from the World of Fair Trade Coffee*, a unique hybrid of Fair Trade business, adventure travel, and cultural anthropology, author Dean Cycon brings readers face-to-face with the real people who make our morning coffee ritual possible. Second only to oil in terms of its value, the coffee trade is complex with several levels of middlemen removing the 28 million growers in fifty distant countries far from you and your morning cup. And, according to Cycon, 99 percent of the people involved in the coffee economy have never been to a coffee village. They let advertising and images from the major coffee companies create their worldview. Cycon changes that in this compelling book, taking the reader on a tour of ten countries in nine chapters through his passionate eye and unique perspective. Cycon, who is himself an amalgam-equal parts entrepreneur, activist, and mischievous explorer-has traveled extensively throughout the world's tropical coffeelands, and shows readers places and people that few if any outsiders have ever seen. Along the way, readers come to realize the promise and hope offered by sustainable business principles and the products derived from cooperation, fair pricing, and profit sharing. Cycon introduces us to the Mamos of Colombia-holy men who believe they are literally holding the world together-despite the severe effects of climate change caused by us, their "younger brothers." He takes us on a trip through an ancient forest in Ethiopia where many believe that coffee was first discovered 1,500 years ago by the goatherd Kaldi and his animals. And readers learn of Mexico's infamous *Death Train*, which transported countless immigrants from Central America northward to the U.S. border, but took a horrifying toll in lost lives and limbs. Rich with stories of people, landscapes, and customs, *Javatrekker* offers a deep appreciation and understanding of the global trade and culture of coffee. In each cup of coffee we drink the major issues of the twenty-first century-globalization, immigration, women's rights, pollution, indigenous rights, and self-determination-are played out in villages and remote areas around the world. What is Fair

Trade Coffee? Coffee prices paid to the farmer are based on the international commodity price for coffee (the "C" price) and the quality premium each farmer negotiates. Fair Trade provides an internationally determined minimum floor price when the C plus premium sinks below \$1.26 per pound for conventional and \$1.41 for organics (that's us!). As important as price, Fair Trade works with small farmers to create democratic cooperatives that insure fair dealing, accountability and transparency in trade transactions. In an industry where the farmer is traditionally ripped off by a host of middlemen, this is tremendously important. Cooperatives are examined by the Fairtrade Labeling Organization (FLO), or the International Fair Trade Association (IFAT), European NGOs, for democratic process and transparency. Those that pass are listed on the FLO Registry or become IFAT members. Cooperatives provide important resources and organization to small farmers in the form of technical assistance for crop and harvest improvement, efficiencies in processing and shipping, strength in negotiation and an array of needed social services, such as health care and credit. Fair Trade also requires pre-financing of up to sixty percent

of the value of the contract, if the farmers ask for it. Several groups, such as Ecologic and Green Development Fund have created funds for pre-finance lending.

Life of Pi Yann Martel 2009-03-19 Life of Pi is a masterful and utterly original novel that is at once the story of a young castaway who faces immeasurable hardships on the high seas, and a meditation on religion, faith, art and life that is as witty as it is profound. Using the threads of all of our best stories, Yann Martel has woven a glorious spiritual adventure that makes us question what it means to be alive, and to believe.

Speak Daggers To Her Rosemary Edghill 2014-08-12 Karen Hightower (aka "Bast") is a single witch living in Manhattan, working as a freelance graphic designer while reading tarot cards on the side. But when a close friend dies mysteriously, Bast must turn detective to find out why. Bast's investigation leads her through the cults and covens of New York's occult underground--in search of a killer who may have black magic on his side, in Rosemary Edghill's Speak Daggers to Her. At the Publisher's request, this title is being sold without Digital Rights Management Software (DRM) applied.