

# Bueno/smoke/Organic Lip Balms Made Easy Nourish Rejuvenate And Protect Your Lips With Natural Homemade Lip Balm Recipes

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Encyclopedia of Natural Healing Alive Research Group 2002-01-01

The Tortilla Book Diana Kennedy 1991 Diana Kennedy, the authoritative cultural missionary for the foods of Mexico, shows the incredible range of her imagination as she concentrates on one amazingly versatile ingredient: the humble tortilla. "No one touches Diana Kennedy when it comes to Mexican food".--New York magazine. 38 halftones and line drawings.

Martin Crimp's Theatre Clara Escoda Agusti 2013-05-28 This book reads Martin Crimp's The Treatment (1993), Attempts on her Life (1997), The Country (2000), Face to the Wall (2002), Cruel and Tender (2004) and his adaptation of Chekhov's The Seagull (2006) in the context of contemporary, late capitalist societies of control or of 'spectacle', and explores how female collapse in particular works as a form of denunciation of the violence of globalized, technological neo-liberalism. The book contends that Crimp is a post-Holocaust writer, whose dramaturgy is pervaded by the ethical and aesthetic debates that the Holocaust has generated in the twentieth and twenty-first centuries. Its main claim is that, by interpellating spectators through the defamiliarized language of collapse and testimony, Crimp invites spectators to contribute to detecting the seeds of 'barbarism' as they may detect them in their context, thus warning them about the introduction of violence in supposedly civilized relationships and thereby also contributing to overcoming the contemporary ethical impasse. The book finally argues that female characters who pass on their testimony are shown to the audience in the 'process of becoming' ethical bodies – namely, they are emerge as ethical out of the perceived necessity to integrate both the Other as essential parts of their beings, thus recovering an innate, Baumian sense of responsibility towards the Other.

Little Elf Sequoia Childrens Publishing 2021-09-01 Get ready for Christmas with Little Elf! Search for hidden surprises in 8 festive scenes while Little Elf prepares presents, has fun in the snow, makes Christmas cookies, and much more.

A Thesaurus of English Word Roots Horace Gerald Danner 2014-03-27 Horace G. Danner's A Thesaurus of English Word Roots is a compendium of the most-used word roots of the English language. As Timothy B. Noone notes in his foreword: "Dr. Danner's book allows you not only to build up your passive English vocabulary, resulting in word recognition knowledge, but also gives you the rudiments for developing your active English vocabulary, making it possible to infer the meaning of words with which you are not yet acquainted. Your knowledge can now expand and will do so exponentially as your awareness of the roots in English words and your corresponding ability to decode unfamiliar words grows apace. This is the beginning of a fine mental linguistic library: so enjoy!" In A Thesaurus of English Word Roots, all word roots are listed alphabetically, along with the Greek or Latin words from which they derive, together with the roots' original meanings. If the current meaning of an individual root differs from the original meaning, that is listed in a separate column. In the examples column, the words which contain the root are then listed, starting with their prefixes, for example, dysacusia, hyperacusia. These root-starting terms then are followed by terms where the root falls behind the word, e.g., acouesthesia and acoumeter. These words are followed by words where the root falls in the middle or the end, as in such terms as bradyacusia and odyacusis.. In this manner, A Thesaurus of English Word Roots places the word in as many word families as there are elements in the word. This work will interest linguists and philologists and anyone interested in the etymological aspects of English language.

The Wicked Healthy Cookbook Chad Sarno 2018-05-08 Hi, we're Chad and Derek. We're chefs and brothers who craft humble vegetables into the stuff of food legend. Everything we create is a bold marriage of delicate and punchy flavors, and crunchy textures-all with knife-sharp attention to detail. We're proud graduates of the University of Common Sense who simply believe that eating more veg is good for you and good for the planet. THE WICKED HEALTHY COOKBOOK takes badass plant-based cooking to a whole new level. The chefs have pioneered innovative cooking techniques such as pressing and searing mushrooms until they reach a rich and delicious meat-like consistency. Inside, you'll find informative sidebars and must-have tips on everything from oil-free and gluten-free cooking (if you're into that) to organizing an efficient kitchen. Celebrating the central role of crave-able food for our health and vitality, Chad and Derek give readers 129 recipes for everyday meals and dinner parties alike, and they also show us how to kick back and indulge now and then. Their drool-inducing recipes include Sloppy BBQ Jackfruit Sliders with Slaw, and Grilled Peaches with Vanilla Spiced Gelato and Mango Sriracha Caramel. They believe that if you shoot for 80% healthy and 20% wicked, you'll be 100% sexy: That's the Wicked Healthy way.

Non-Timber Forest Products Azamal Husen 2021-07-30 Forests cover thirty-one percent of the world's land surface, provide habitats for animals, livelihoods for humans, and generate household income in rural areas of developing countries. They also supply other essential amenities, for instance, they filter water, control water runoff, protect soil erosion, regulate climate, store nutrients, and facilitate countless non-timber forest products (NTFPs). The main NTFPs comprise herbs, grasses, climbers, shrubs, and trees used for food, fodder, fuel, beverages, medicine, animals, birds and fish for food, fur, and feathers, as well as their products, like honey, lac, silk, and paper. At present, these products play an important role in the daily life and well-being of millions of people worldwide. Hence the forest and its products are very valuable and often NTFPs are considered as the 'potential pillars of sustainable forestry'. NTFPs items like food, herbal drugs, forage, fuel-wood, fountain, fibre, bamboo, rattans, leaves, barks, resins, and gums have been continuously used and exploited by humans. Wild edible foods are rich in terms of vitamins, protein, fat, sugars, and minerals. Additionally, some NTFPs are used as important raw materials for pharmaceutical industries. Numerous industry-based NTFPs are now being exported in considerable quantities by developing countries. Accordingly, this sector facilitates employment opportunities in remote rural areas. So, these developments also highlight the role of NTFPs in poverty alleviation in different regions of the world. This book provides a wide spectrum of information on NTFPs, including important references. We hope that the compendium of chapters in this book will be very useful as a reference book for graduate and postgraduate students and researchers in various disciplines of forestry, botany, medical botany, economic botany, ecology, agroforestry, and biology. Additionally, this book should be useful for scientists, experts, and consultants associated with the forestry sector.

The Jesuits in Ethiopia (1609-1641) Jesuits 2017 This volume constitutes the first English translation of Latin letters relating to the Jesuit mission in Ethiopia. It covers a period beginning shortly after the accession of Emperor Susenyos, who would convert to Catholicism in 1612 and declare Roman Catholicism the religion of Ethiopia in 1621, to the ejection of the Jesuits by Susenyos's son Fasiladas in 1633 and the suppression of the mission over the course of the following decade. The letters document a fascinating encounter between Western and African Christianities and detailed accounts of the theological, political, and educational activities of the Jesuit mission, as well as the significant role played by Ethiopian aristocratic and royal women in resisting the imposition of Western Catholicism. Much of the official correspondence of the mission remained inaccessible to readers without knowledge of Latin, including all the letters of the head of the mission, Patriarch Mendes, who conducted his correspondence mostly in Latin. The translations by Jessica Wright and Leon Grek are accompanied by a substantial historical introduction by Leonardo Cohen, and an extensive glossary by Wendy Laura Belcher and Emily Dalton. The volume as a whole is a valuable resource for readers with or without access to the letters in the original Latin, and to scholars of Ethiopian history, African studies, colonial and postcolonial studies, and Jesuit and missionary history.

The Lightning Rod Brad Meltzer 2022-03-08 New York Times Bestseller "Nola is the most accomplished kicker of ass since The Girl with the Dragon Tattoo." —A. J. Finn Zig and Nola are back—in the hugely entertaining, highly anticipated follow-up to Brad Meltzer's #1 New York Times bestselling thriller The Escape Artist. What's the one secret no one knows about you? Archie Mint has a secret. He's led a charmed life—he's got a beautiful wife, two impressive kids, and a successful military career. But when he's killed while trying to stop a robbery in his own home, his family is shattered—and then shocked when the other shoe drops. Mint's been hiding criminal secrets none of them could have imagined. While working on Mint's body before his funeral, mortician "Zig" Zigarowski discovers something he was never meant to see. That telling detail leads him to Mint's former top secret military unit and his connection to artist Nola Brown. Two years ago, Nola saved Zig's life—so he knows better than most that she's as volatile and dangerous as a bolt of lightning. Following Nola's trail, he uncovers one of the U.S. government's most intensely guarded secrets—an undisclosed military facility that dates back to the Cold War and holds the key to something far more sinister: a hidden group willing to compromise the very safety and security of America itself. Trouble always finds her... She's the lightning rod.

Twelve Years a Slave Solomon Northup 2021-01-01 "Having been born a freeman, and for more than thirty years enjoyed the blessings of liberty in a free State—and having at the end of that time been kidnapped and sold into Slavery, where I remained, until happily rescued in the month of January, 1853, after a bondage of twelve years—it has been suggested that an account of my life and fortunes would not be uninteresting to the public." -an excerpt

Dreams of Freedom Ricardo Flores Magón 2005 The words of this Mexican American working-class hero brought to English-language readers for the first time.

Poetry in Pieces Michelle Clayton 2011-01-10 Set against the cultural and political backdrop of interwar Europe and the Americas, Poetry in Pieces is the first major study of the Peruvian poet César Vallejo (1892–1938) to appear in English in more than thirty years. Vallejo lived and wrote in two distinct settings—Peru and Paris—which were continually crisscrossed by new developments in aesthetics, politics, and practices of everyday life; his poetry and prose therefore need to be read in connection with modernity

in all its forms and spaces. Michelle Clayton combines close readings of Vallejo's writings with cultural, historical, and theoretical analysis, connecting Vallejo—and Latin American poetry—to the broader panorama of international modernism and the avant-garde, and to writers and artists such as Rainer Maria Rilke, James Joyce, Georges Bataille, and Charlie Chaplin. Poetry in Pieces sheds new light on one of the key figures in twentieth-century Latin American literature, while exploring ways of rethinking the parameters of international lyric modernity.

Rhythms of the Afro-Atlantic World Ifeoma C Nwankwo 2010-11-22 "Collecting essays by fourteen expert contributors into a trans-oceanic celebration and critique, Mamadou Diouf and Ifeoma Kiddoe Nwankwo show how music, dance, and popular culture turn ways of remembering Africa into African ways of remembering. With a mix of Nuyorican, Cuban, Haitian, Kenyan, Senegalese, Trinidadian, and Brazilian beats, Rhythms of the Afro-Atlantic World proves that the pleasures of poly-rhythm belong to the realm of the discursive as well as the sonic and the kinesthetic." ---Joseph Roach, Sterling Professor of Theater, Yale University "As necessary as it is brilliant, Rhythms of the Afro-Atlantic World dances across, beyond, and within the Black Atlantic Diaspora with the aplomb and skill befitting its editors and contributors." ---Mark Anthony Neal, author of Soul Babies: Black Popular Culture and the Post-Soul Aesthetic Along with linked modes of religiosity, music and dance have long occupied a central position in the ways in which Atlantic peoples have enacted, made sense of, and responded to their encounters with each other. This unique collection of essays connects nations from across the Atlantic---Senegal, Kenya, Trinidad, Cuba, Brazil, and the United States, among others---highlighting contemporary popular, folkloric, and religious music and dance. By tracking the continuous reframing, revision, and erasure of aural, oral, and corporeal traces, the contributors to Rhythms of the Afro-Atlantic World collectively argue that music and dance are the living evidence of a constant (re)composition and (re)mixing of local sounds and gestures. Rhythms of the Afro-Atlantic World distinguishes itself as a collection focusing on the circulation of cultural forms across the Atlantic world, tracing the paths trod by a range of music and dance forms within, across, or beyond the variety of locales that constitute the Atlantic world. The editors and contributors do so, however, without assuming that these paths have been either always in line with national, regional, or continental boundaries or always transnational, transgressive, and perfectly hybrid/syncretic. This collection seeks to reorient the discourse on cultural forms moving in the Atlantic world by being attentive to the specifics of the forms---their specific geneses, the specific uses to which they are put by their creators and consumers, and the specific ways in which they travel or churn in place. Mamadou Diouf is Leitner Family Professor of African Studies, Director of the Institute of African Studies, and Professor of History at Columbia University. Ifeoma Kiddoe Nwankwo is Associate Professor of English at Vanderbilt University. Jacket photograph by Elias Irizarry

Institutes of the Christian Religion; A New Translation by Henry Beveridge; Jean Calvin 2017-08-23 This work has been selected by scholars as being culturally important, and is part of the knowledge base of civilization as we know it. This work was reproduced from the original artifact, and remains as true to the original work as possible. Therefore, you will see the original copyright references, library stamps (as most of these works have been housed in our most important libraries around the world), and other notations in the work. This work is in the public domain in the United States of America, and possibly other nations. Within the United States, you may freely copy and distribute this work, as no entity (individual or corporate) has a copyright on the body of the work. As a reproduction of a historical artifact, this work may contain missing or blurred pages, poor pictures, errant marks, etc. Scholars believe, and we concur, that this work is important enough to be preserved, reproduced, and made generally available to the public. We appreciate your support of the preservation process, and thank you for being an important part of keeping this knowledge alive and relevant.

Mavericks on the Border J. Douglas Canfield 2001 The author analyzes metaphorical border crossings between ideologies and between cultures in films and novels set in the early US Southwest. In addition to seminal works such as Blood Meridian , Go Down Moses , and The Wild Bunch , he considers lesser-known American works, Chicano, Mexican, and Native American literature, and writings by women and ex-slaves.

El Filibusterismo José Rizal 1968 José Rizal has a good claim to being the first Asian nationalist. An extremely talented Malay born a hundred years ago in a small town near Manila, educated partly in the Philippines and partly in Europe, Rizal inspired the Filipinos by his writing and example to make the first nationalist revolution in Asia in 1896. Today the Philippines revere Rizal as their national hero, and they regard his two books, The Lost Eden (Noli Me Tangere) and The Subversive (El Filibusterismo) as the gospel of their nationalism. The Subversive, first published in 1891, is strikingly timely today. New nations emerging in Africa and Asia are once again in conflict with their former colonial masters, as were the Filipinos with their Spanish rulers in Rizal's day. The Subversive poses questions about colonialism which are still being asked today: does a "civilizing mission" justify subjection of a people? Should a colony aim at assimilation or independence? If independence, should it be by peaceful evolution or force of arms? Despite the seriousness of its theme, however, The Subversive is more than a political novel. It is a romantic, witty, satirical portrait of Spanish colonial rule in the Philippines at the end of the nineteenth century, written in the tradition of the great adventure romances. The translation by Leon Ma. Guerrero, Philippine ambassador to the Court of St. James, conveys the immediacy of the original, and makes this important work available to a new generation of readers. His translation of The Lost Eden is also available in the Norton Library.

Dictionary of Spoken Spanish U. S. War Dept 2013-03-27 Prepared by U.S. linguists, this dictionary uses idioms, phrases and sentences as basic units — not single words. English-Spanish and Spanish-English sections contain modern equivalents for over 18,000 sentences.

Blippi: So Much to See! Editors of Studio Fun International 2020-03-03 There's so much to see, color, and paint in this book packed with images of Blippi and his favorite things...with paints and crayons included! In the spirit of YouTube sensation Blippi's joyous videos, this 128-page coloring and painting book presents an amazing array of animals, a variety of vrooming vehicles, and some basic early learning concepts, too! There are nearly 100 images for kids to color or paint using the crayons and paints provided...including lots of poses of Blippi.

Historical Linguistics Lyle Campbell 2004 This accessible, hands-on text not only introduces students to the important topics in historical linguistics but also shows them how to apply the methods described and how to think about the issues; abundant examples and exercises allow students to focus on how to do historical linguistics. Distinctive to this text is its integration of the standard topics with others now considered important to the field, including syntactic change, grammaticalization, sociolinguistic contributions to linguistic change, distant genetic relationships, areal linguistics, and linguistic prehistory. Examples are taken from a broad range of languages; those from the more familiar English, French, German, and Spanish make the topics more accessible, while those from non-Indo-European languages show the depth and range of the concepts they illustrate. This second edition features expanded explanations and examples as well as updates in light of recent work in linguistics, including a defense of the family tree model, a response to recent claims on lexical diffusion/frequency, and a section on why languages diversify and spread.

PAW Patrol 5-Minute Stories Collection (PAW Patrol) Nickelodeon Publishing 2018-01-23 A storybook starring Nickelodeon's PAW Patrol! Boys and girls ages 3-7 who love Adventure Bay's favorite pups will enjoy this collection of tales. Featuring Chase, Marshall, Skye, and the rest of the funny, furry team, each story can be read in five minutes or less, so it's perfect for bedtime-or anytime! Get on a roll with the Nickelodeon's PAW Patrol! Chase, Marshall, Rubble, Skye, and the rest of the puppy heroes are on a mission to save their friends and protect the community of Adventure Bay using PAW-some vehicles, tools, and teamwork. This Nickelodeon read-along contains audio narration.

English Anna Wierzbicka 2006-04-27 It is widely accepted that English is the first truly global language and lingua franca. Anna Wierzbicka, the distinguished linguist known for her theories of semantics, has written the first book that connects the English language with what she terms "Anglo" culture. Wierzbicka points out that language and culture are not just interconnected, but inseparable. She uses original research to investigate the "universe of meaning" within the English language (both grammar and vocabulary) and places it in historical and geographical perspective. This engrossing and fascinating work of scholarship should appeal not only to linguists and others concerned with language and culture, but the large group of scholars studying English and English as a second language.

Near False Creek Mouth Earle Birney 1964

Doctors and Slaves Richard B. Sheridan 1985-01-25 The disease environments and epidemiology. The rise of the South Atlantic system ; The importance of the West Indies ; Malaria and yellow fever ; The Army Medical Board's report ; Early words on epidemiology ; The fever books ; Slave medical manuals -- The medical profession. Recruitment of doctors ; Medical gentlemen and quacks ; Efforts to upgrade the profession ; Medicine in Cuba and North America ; Diploma holders from Europe ; Doctor-scientists and authors ; Jamaican doctor-scientists and authors -- African and Afro-West Indian medicine. The two medical cultures: Africa ; The two medical cultures: West Indies ; Folk medicine ; Yaws and its treatment ; Slave medical attendants -- The Guinea surgeons. "To buy or to breed" ; The Atlantic slave trade ; West Africa and the slave trade ; The Guinea surgeons ; Duties on the coast ; Diseases and their treatment ; Preserving the health of seamen and slaves ; Mortality on the Middle Passage -- Slaves and plantations. The sugar plantation ; Treatment of slaves ; Seasoning imported slaves ; Clothing and housing ; The work force ; Management of absentees' estates -- Labor, diet, and punishment. Cane hole digging and night work ; War and famine ; Hurricanes, wars, and famine ; Pickled and salted fish ; Slave provision grounds ; Calories and protein ; Provisioning slaves in the eastern Caribbean ; The punishment of slaves -- Morbidity and mortality. "Disorders peculiar to the Negroes" ; Sickness and accidents ; Patterns of mortality ; Malnutrition and diseases of infants and children ; Diseases of children and adults -- The problem of reproduction. Patterns of reproduction ; Debate on the population failure ; "To multiply and rear the human species" ' Pro-natalist policies frustrated ; The victimization of black youngsters ; Black women as "work units" and "breeding units" -- Smallpox and slavery. Introduction ; Variolation or inoculation ; Inoculation in Jamaica and England ; The Jamaican vaccine establishment ; Other campaigns against smallpox -- Slave hospitals. Introduction ; The eighteenth-century experience ; Practical rules for hospital management ; Slave hospitals in Guyana ; Slave hospitals in Jamaica ; Critics of hospital management ; Slave hospitals in Cuba and the United States -- Plantation medical practice. The "irregular" practitioners ; Grenada doctors and slaves ; Doctors in the Leeward Islands and Barbados ; Doctor Jonathan Troup of Dominica ; Medical practice in Jamaica ; Doctor John Williamson of Jamaica ; Medical practice in Cuba and the United States ; Costs and benefits -- Slavery and medicine. Slave population attrition ; heroic medicine in the West Indies ; The quality of plantation health care ; An epilogue.

Renaissance Food from Rabelais to Shakespeare Joan Fitzpatrick 2016-04-08 Providing a unique perspective on a fascinating aspect of early modern culture, this volume focuses on the role of food and diet as represented in the works of a range of European authors, including Shakespeare, from the late medieval period to the mid-seventeenth century. The volume is divided into several sections, the first of which is "Eating in Early Modern Europe"; contributors consider cultural formations and cultural contexts for early modern attitudes to food and diet, moving from the more general consideration of European and English manners to the particular consideration of historical attitudes toward specific foodstuffs. The second section is "Early Modern Cookbooks and Recipes," which takes readers into the kitchen and considers the development of the cultural artifact we now recognize as the cookbook, how early modern recipes might "work" today, and whether cookery books specifically aimed at women might have shaped domestic creativity. Part Three, "Food and Feeding in Early Modern Literature" offers analysis of the engagement with food and feeding in key literary European and English texts from the early sixteenth to the early seventeenth century: François Rabelais's Quart livre, Shakespeare's plays, and seventeenth-century dramatic prologues. The essays included in this collection are international and interdisciplinary in their approach; they incorporate the perspectives of historians, cultural commentators, and literary

critics who are leaders in the field of food and diet in early modern culture.

Warning Miracle

Instalaciones y nuevos medios en la colección del IVAM Institut Valencià d'Art Modern 2006 Esta exposición reflejará a partir de las instalaciones que integran la colección permanente del IVAM las diversas maneras de entender el espacio y la participación del público en la creación visual contemporánea.

50 Simple Steps to Save the Earth from Global Warming Green Patriot Working Group 2008-01-01 Presents simple but effective steps each person can take to help prevent and alleviate the devastation of global warming, including recycling, reducing energy use, and avoiding petroleum products and petrochemicals.

Decades of Beauty Kate Mulvey 1998 Decades of Beauty offers a unique treatment of female beauty and how it has been perceived since the end of the Victorian era. Each chapter covers one decade, outlining the 'look' current at that time.

The Owners of Kinship Luiz Costa 2017-10-15 The Owners of Kinship investigates how kinship in Indigenous Amazonia is derived from the asymmetrical relation between an "owner" and his or her dependents. Through a comprehensive ethnography of the Kanamari, Luiz Costa shows how this relationship is centered around the bond created between the feeder and the fed. Building on anthropological studies of the acquisition, distribution, and consumption of food and its role in establishing relations of asymmetrical mutuality and kinship, this book breaks theoretical ground for studies in Amazonia and beyond. By investigating how the feeding relation traverses Kanamari society--from the relation between women and the pets they raise, shaman and familiar spirit, mother and child, chiefs and followers, to those between the Brazilian state and the Kanamari--The Owners of Kinship reveals how the mutuality of kinship is determined by the asymmetry of ownership.

A Treasury of Jewish Folklore Nathan Ausubel 1972

Not Just a Pretty Face Stacy Malkan 2007-10-01 Lead in lipstick? 1,4 dioxane in baby soap? Coal tar in shampoo? How is this possible? Simple. The \$35 billion cosmetics industry is so powerful that they've kept themselves unregulated for decades. Not one cosmetic product has to be approved by the US Food and Drug Administration before hitting the market. Incredible? Consider this: The European Union has banned more than 1,100 chemicals from cosmetics. The United States has banned just 10. Only 11% of chemicals used in cosmetics in the US have been assessed for health and safety - leaving a staggering 89% with unknown or undisclosed effects. More than 70% of all personal care products may contain phthalates, which are linked to birth defects and infertility. Many baby soaps are contaminated with the cancer-causing chemical 1,4 dioxane. It's not just women who are affected by this chemists' brew. Shampoo, deodorant, face lotion and other products used daily by men, women and children contain hazardous chemicals that the industry claims are "within acceptable limits." But there's nothing acceptable about daily multiple exposures to carcinogenic chemicals -- from products that are supposed to make us feel healthy and beautiful. Not Just a Pretty Face delves deeply into the dark side of the beauty industry, and looks to hopeful solutions for a healthier future. This scathing investigation peels away less-than-lovely layers to expose an industry in dire need of an extreme makeover. 15 percent of the purchase price of each book sold benefits the national Campaign for Safe Cosmetics, administered by the Breast Cancer Fund, through December 31, 2012.

Green Beauty Recipes Julie Gabriel 2013-02-08 Learn which vegetable oils, herbs, floral waters, essential oils, plant-based emulsifiers, and natural preservatives to use, how to pack and label your own beauty products, and how to store them safely.

A Dictionary of English Etymology Hensleigh Wedgwood 1872

Approaches Ernst Jünger 2021-07-31 It is true that it is problematic to decide whether or not to include alcoholic beverages among drugs in the strict sense of the word. Perhaps their primordial power has been domesticated during millennia of enjoyment.

Myths have passed down to us a more powerful image, and also a more disturbing one, in which Dionysius appears as the master of the festival, with his retinue of satyrs, sileni, maenads and wild beasts.

The Whole Foods Cookbook John Mackey 2018-10-30 Whole Foods Market has long been synonymous with high-quality and healthy ingredients. Now, John Mackey, CEO and co-founder of Whole Foods Market, has teamed up with nutritional experts and leading chefs to create a cookbook inspired by these values. They know that cooking food yourself is the secret to changing your diet and sustaining a new lifestyle, and are sharing their favorite recipes that celebrate nutrient-rich, health-promoting whole plant foods. The Whole Foods Cookbook philosophy starts with the basic tenet that the most important dietary change you can make is to eat more fruits and vegetables. To help you navigate the nebulous world of healthy eating, the authors have written a clear and friendly introductory summary of the Whole Foods Diet's principles, the essential 8 foods to eat, tips on setting up a stress-free kitchen, and more. You'll also find specific guides on cooking beans and grains, building flavors, and impressive techniques like sautéing without oil and roasting to add layers of flavor. But most tantalizing are their 120 recipes covering breakfast, smoothies, entrees, pastas, pizzas, healthy desserts, and more. The ultimate goal of The Whole Foods Cookbook is to change your habits around eating and preparing food. In the midst of our busy lives, the last thing most of us need is an overly complicated diet. Get the basics right, learn to cook a few meals you love, and eat plenty of them. Once you become accustomed to the whole foods, plant-based lifestyle, you'll quickly gain the confidence to create your own delicious variations.

Red Men and White Owen Wister 1895

Codex Espangliensis Guillermo Gomez-Pena 2000-06 Inspired by the pre-Hispanic codices that escaped immolation during colonial invasions, this artists' book opens out in accordion folds expanding to a length of over 21 feet. Rice has created a series of beautiful and jarring montages in which the mixture of languages, slang, poetry, and prose of Gomez-Pena's performance texts are woven through and around Chagoya's collages filled with pre-Hispanic drawings, colonial-era representations of New World natives, and comic book superheroes. Irreverent to the last, Gomez-Pena and Chagoya employ iconic figures and persistent stereotypes to overturn the fantasies of nationalism, ethnocentrism, and historical amnesia that cloud international relations. Rice's masterful typographic compositions orchestrate the text's many voices and views, offering a history of the Americas which must be read forward and backward, in fragments and in recurring episodes - in short, as history itself tends to unfold. About the Authors Guillermo Gomez-Pena was born in Mexico City in 1955 and came to the U.S. in 1978. His work, which includes performance art, poetry, journalism, criticism, and cultural theory, explores cross-cultural issues and North/South relations. He is the recipient of an American Book Award for The New World Border (City Lights) and a MacArthur Foundation Genius Award, among many other honors. Enrique Chagoya is a Mexican-born painter and printmaker who has been living and working in the U.S. since 1977. The recipient of two NEA Fellowships, his most recent show of paintings was at the DeYoung Museum in San Francisco. He currently teaches at Stanford University. Felicia Rice is a book artist, typographer, printer, and publisher whose work has earned her many honors. She lectures and exhibits internationally, and her books are represented in the collections of various museums and libraries. She currently directs the graphic design and production program at the University of California, Santa Cruz Extension.

Evolving Vegan Mena Massoud 2020-09-15 From actor and avid traveler Mena Massoud comes a collection of diverse, delicious, and accessible vegan recipes inspired from dishes all over the world, perfect for the aspiring vegan! It's safe to say that veganism is no longer just a trend. Lifelong vegans, part-time vegans, and the vegan curious are a diverse and eclectic group of people from all walks of life and backgrounds, and yet, there's very little out there in mainstream media that reflects this new reality. The Evolving Vegan cookbook celebrates both flavors and stories from a wide array of plant-based eateries all across North America, proving that a plant-friendly diet is truly accessible to all! Some of the recipes you will learn to make include: -Sausage Shakshuka in a Skillet from the restaurant Chickpea in Vancouver -Young Coconut Ceviche from the restaurant Rosalinda in Toronto -BBQ Pulled "Pork" Jackfruit Sandwiches from the Butcher's Son in Oakland, CA -Indian Tofu Curry from The Sudra in Portland, OR - Boston Cream Pie-Cake from Veggie Galaxy in Cambridge, MA -Plus authentic Egyptian dishes from Mena's mother, and many from Mena's own SoCal home kitchen Come travel with Mena to meet Cyrus Ichiza from Ichiza Kitchen in Portland, whose Taiwanese mother inspired him to share his Southeast Asian roots through authentically flavorful vegan dishes. Get a behind-the-scenes peek at the secrets of San Francisco's Peña Pachamama, a Bolivian plant-based restaurant that serves national dishes like pique macho and aji de fideo. Containing recipes from many different countries and cultures, and including helpful tips for lifelong vegans or flexitarians looking to expand their repertoire of vegan dishes, Evolving Vegan takes you on a food-based road trip to explore the vibrancy of veganism across North America.

The Green Beauty Guide Julie Gabriel 2008 Examines the differences between natural, organic, and biodynamic products, discusses how to shop for the best products for the best prices, offers instructions for making homemade cleansers and toner, and includes other practical suggestions for natural skin, teeth, and hair care. Original. 25,000 first printing.