

Brendan Mccarthy Soup Diet En Francais

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Blindsight Peter Watts 2006-10-03 Blindsight is the Hugo Award–nominated novel by Peter Watts, "a hard science fiction writer through and through and one of the very best alive" (The Globe and Mail). Two months have past since a myriad of alien objects clenched about the Earth, screaming as they burned. The heavens have been silent since—until a derelict space probe hears whispers from a distant comet. Something talks out there: but not to us. Who should we send to meet the alien, when the alien doesn't want to meet? Send a linguist with multiple-personality disorder and a biologist so spliced with machinery that he can't feel his own flesh. Send a pacifist warrior and a vampire recalled from the grave by the voodoo of paleogenetics. Send a man with half his mind gone since childhood. Send them to the edge of the solar system, praying you can trust such freaks and monsters with the fate of a world. You fear they may be more alien than the thing they've been sent to find—but you'd give anything for that to be true, if you knew what was waiting for them. . . . At the Publisher's request, this title is being sold without Digital Rights Management Software (DRM) applied.

Impact of Processing on Food Safety Lauren S. Jackson 1999-04-30 This book represents a comprehensive overview of safety issues relating to food processing. There is a discussion of food processing and its effects on nutritional quality, the formation of toxic compounds, and the destruction of detrimental contaminants. Topics also include the effects of processing on microbial safety and chemical safety of food.

Flow My Tears, The Policeman Said Philip K. Dick 2010-05-14 Jason Taverner has a glittering TV career, millions of fans, great wealth and something close to eternal youth. He is one of a handful of brilliant, beautiful people, the product of top-secret government experiments forty years earlier. But suddenly, all records of him vanish. He becomes a man with no identity, in a police state where everyone is closely monitored. Can he ever be rich and famous again? Or was that life just an illusion?

Understanding Media Marshall McLuhan 2016-09-04 When first published, Marshall McLuhan's Understanding Media made history with its radical view of the effects of electronic communications upon man and life in the twentieth century.

Pediatric Palliative Care Hospice and Palliative Nurses Association 2015-08-31 Pediatric palliative care is a field of significant growth as health care systems recognize the benefits of palliative care in areas such as neonatal intensive care, pediatric ICU, and chronic pediatric illnesses. Pediatric Palliative Care, the fourth volume in the HPNA Palliative Nursing Manuals series, highlights key issues related to the field. Chapters address pediatric hospice, symptom management, pediatric pain, the neonatal intensive care unit, transitioning goals of care between the emergency department and intensive care unit, and grief and bereavement in pediatric palliative care. The content of the concise, clinically focused volumes in the HPNA Palliative Nursing Manuals series is one resource for nurses preparing for specialty certification exams and provides a quick-reference in daily practice. Plentiful tables and patient teaching points make these volumes useful resources for nurses.

Commercial Aviation Safety, Sixth Edition Stephen K. Cusick 2017-05-12 Up-To-Date Coverage of Every Aspect of Commercial Aviation Safety Completely revised edition to fully align with current U.S. and international regulations, this hands-on resource clearly explains the principles and practices of commercial aviation safety—from accident investigations to Safety Management Systems. Commercial Aviation Safety, Sixth Edition, delivers authoritative information on today's risk management on the ground and in the air. The book offers the latest procedures, flight technologies, and accident statistics. You will learn about new and evolving challenges, such as lasers, drones (unmanned aerial vehicles), cyberattacks, aircraft icing, and software bugs. Chapter outlines, review questions, and real-world incident examples are featured throughout. Coverage includes: • ICAO, FAA, EPA, TSA, and OSHA regulations • NTSB and ICAO accident investigation processes • Recording and reporting of safety data • U.S. and international aviation accident statistics • Accident causation models • The Human Factors Analysis and Classification System (HFACS) • Crew Resource Management (CRM) and Threat and Error Management (TEM) • Aviation Safety Reporting System (ASRS) and Flight Data Monitoring (FDM) • Aircraft and air traffic control technologies and safety systems • Airport safety, including runway incursions • Aviation security, including the threats of intentional harm and terrorism • International and U.S. Aviation Safety Management Systems

The Lantern Vegan Family Cookbook McCarthy, Brian 2005-12-01 Now that you've become a vegan, you're learning lots of ways to prepare tofu, but you or someone you love is really starting to miss macaroni and cheese, turkey dinners, pumpkin pie and birthday cake. Maybe you and your family feel self-conscious (and hungry) at holidays, picnics, and parties. Or maybe just one person in the family is vegan, but you need to create meals that everyone will eat. Since the day Brian McCarthy and his wife, Karen, chose a vegan diet for their family ten years ago, Chef McCarthy has created over 400 simple vegan recipes with easy-to-find ingredients for traditional favorites like biscuits, corn bread, stews, pastas, pizzas, cakes, pies, and even egg(less) nog. All the recipes come from the McCarthy home kitchen and have passed the test of many family meals. For individuals or families who are concerned about animals, the environment, or their health, mealtimes just got a whole lot easier.

Investing in Young Children Sophie Naudeau 2012-07-03 La Banque mondiale a rédigé ce guide du développement de la petite enfance (DPE) pour répondre à la demande croissante de conseil et d'appui des responsables de programmes en matière de dialogue politique sur le thème du DPE, et pour aider les clients à prendre et à mettre en oeuvre des décisions pertinentes sur la meilleure manière d'investir dans le DPE dans le cadre de leur économie et de leurs priorités nationales. Ce guide comble un manque dans la littérature actuelle sur le sujet (1) en distillant l'information existante sous la forme de notes concises et faciles à utiliser ;(2) en fournissant une information pratique sur les dernières questions pertinentes relatives au DPE, telles que la mesure des résultats du développement des enfants grâce à l'identification et l'adaptation d'instruments efficaces, aux transferts monétaires conditionnels destinés aux familles de jeunes enfants, et autres ; et (3) en évaluant la qualité des derniers faits rapportés pour chaque sujet et en identifiant les lacunes en matière de connaissances pour lesquelles des expérimentations et évaluations complémentaires sont nécessaires.

Nutrient Timing Revisited Applied Research Press 2015-07-21 Nutrient timing is a popular nutritional strategy that involves the consumption of combinations of nutrients—primarily protein and carbohydrate—in and around an exercise session. Some have claimed that this approach can produce dramatic improvements in body composition. It has even been postulated that the timing of nutritional consumption may be more important than the absolute daily intake of nutrients. The post-exercise period is widely considered the most critical part of nutrient timing. Theoretically, consuming the proper ratio of nutrients during this time not only initiates the rebuilding of damaged muscle tissue and restoration of energy reserves, but it does so in a supercompensated fashion that enhances both body composition and exercise performance. Several researchers have made reference to an anabolic "window of opportunity" whereby a limited time exists after training to optimize training-related muscular adaptations. However, the importance - and even the existence - of a post-exercise 'window' can vary according to a number of factors.

Not only is nutrient timing research open to question in terms of applicability, but recent evidence has directly challenged the classical view of the relevance of post-exercise nutritional intake with respect to anabolism. Therefore, the purpose of this paper will be twofold: 1) to review the existing literature on the effects of nutrient timing with respect to post-exercise muscular adaptations, and; 2) to draw relevant conclusions that allow practical, evidence-based nutritional recommendations to be made for maximizing the anabolic response to exercise. Proceeds from the sale of this book go to support an elderly disabled person.

The Case of the Withered Hand John G. Brandon 2008-03

A History of the Behavioral Therapies William O'Donohue 2001-04-01 In this unique work, eighteen of the most influential and significant figures in the various subareas of behavior therapy (from behavior analysis through cognitive therapy) are brought together to discuss their work and the sources and influences that affected it. At times moving, profound, and humorous, it casts a new and perhaps more human light on the most influential movement in behavioral health in the latter part of the 20th century. These intellectual biographies range in tone and intensity as each author uses their own particular style to convey their views about the field and their individual impact on it. For those interested in the behavioral and cognitive movement, this book is a must have since it is the only book to have chronicled the individual histories of the founders of the applied behavioral movement before they are lost forever.

Geographical Indications at the Crossroads of Trade, Development, and Culture Irene Calboli 2017-06-30 Historically, few topics have proven to be so controversial in international intellectual property as the protection of geographical indications (GIs). The adoption of TRIPS in 1994 did not resolve disagreements, and countries worldwide continue to quarrel today as to the nature, the scope, and the enforcement of GI protection nationally and internationally. Thus far, however, there is little literature addressing GI protection from the point of view of the Asia-Pacific region, even though countries in this region have actively discussed the topic and in several instances have promoted GIs as a mechanism to foster local development and safeguard local culture. This book, edited by renowned intellectual property scholars, fills the void in the current literature and offers a variety of contributions focusing on the framework and effects of GI protection in the Asia-Pacific region. The book is available as Open Access.

LGBTQ Cultures Michele J. Eliason 2017-10-16 Drawn from real-world experience and current research, the fully updated LGBTQ Cultures, 3rd Edition paves the way for healthcare professionals to provide well-informed, culturally sensitive healthcare to lesbian, gay, bisexual, transgender, and queer (LGBTQ) patients. This vital guide fills the LGBTQ awareness gaps, including replacing myths and stereotypes with facts, and measuring the effects of social stigma on health. Vital for all nursing specialties, this is the seminal guide to actively providing appropriate, culturally sensitive care to persons of all sexual orientations and gender identities.

Natalie Jill's 7-Day Jump Start Natalie Jill 2016-05-03 If you are like most people, you have probably tried many diets looking for one that works, makes you feel good, and that you can actually follow for more than a few days. You've probably come up empty-handed. We've all been there -- but Natalie Jill's 7 Day Jump Start is different. This easy-to-follow plan is based on REAL food and you get to choose the foods YOU like best. Natalie has helped millions of people ditch processed foods, lose weight, feel great, and change their mindset to become their best selves. Whether you have yo-yo dieted for years or have tried to "eat healthy" without seeing results, Natalie offers real solutions that will last a lifetime: Methods for using food to combat cravings and hunger pains Easy-to-follow meal plans and guidelines for any situation Delicious recipes for breakfast, lunch, dinner, and snacks -- plus guilt-free desserts 7-minute exercises for a leaner, toned body Success stories from people who have transformed their lives and bodies When you decide you're ready, Natalie will walk you through each step in your new unprocessed lifestyle. All it takes is 7 days to jump start a new you! ARE YOU IN?

The Juice Diet Christine Bailey 2011 Fresh juices have remarkable powers: they enable a clean inner system, while promoting weight loss, boosting energy and immunity, and enhancing natural beauty. The Juice Diet offers more than 100 mouthwatering juice and smoothie recipes divided into three simple yet super-effective diet plans : Juice Blitz (quick weekend startup), Juice Week (one-week plan), and Juicing for Life (a month-long schedule). Additional chapters cover juicing for beauty, energy, and immunity, providing the perfect balance to bring out the body's true potential.

The Psychosocial Implications of Disney Movies Lauren Dundes 2019-07-11 In this volume of 15 articles, contributors from a wide range of disciplines present their analyses of Disney movies and Disney music, which are mainstays of popular culture. The power of the Disney brand has heightened the need for academics to question whether Disney's films and music function as a tool of the Western elite that shapes the views of those less empowered. Given its global reach, how the Walt Disney Company handles the role of race, gender, and sexuality in social structural inequality merits serious reflection according to a number of the articles in the volume. On the other hand, other authors argue that Disney productions can help individuals cope with difficult situations or embrace progressive thinking. The different approaches to the assessment of Disney films as cultural artifacts also vary according to the theoretical perspectives guiding the interpretation of both overt and latent symbolic meaning in the movies. The authors of the 15 articles encourage readers to engage with the material, showcasing a variety of views about the good, the bad, and the best way forward.

The Apartment Plot Pamela Robertson Wojcik 2010-11-11 Rethinks films including *Pillow Talk* and *Rear Window* by identifying the apartment plot as a distinct genre, one in which the urban apartment figures as a central narrative device.

Does the Media Fail Aboriginal Political Aspirations? Amy Thomas 2021-08-27 For too long Australia's media has failed to communicate Aboriginal political aspirations. This unique study of key Aboriginal initiatives seeking self-determination and justice reveals a history of media procrastination and denial. A team of Aboriginal and non-Aboriginal researchers examine 45 years of media responses to these initiatives, from the 1972 Larrakia petition to the Queen seeking land rights and treaties, to the desire for recognition expressed in the 2017 Uluru Statement from the Heart. This analysis exposes how the media frames stories, develops discourses, and supports deeper historical narratives that corrode and undermine the intent and urgency of Aboriginal aspirations, through approaches ranging from sympathetic stalling to patronising parodies. This book can be used by media professionals to improve their practices, by Aboriginal communities to test media truth-telling and by anyone seeking to understand how Aboriginal desires and hopes have been expressed, and represented, in recent Australian political history.

Synopsis of Biological Data on the Hawksbill Turtle, *Eretmochelys Imbricata* (Linnaeus, 1766) W. N. Witzell 1983

News Literacy and Democracy Seth Ashley 2019-10-14 News Literacy and Democracy invites readers to go beyond surface-level fact checking and to examine the structures, institutions, practices, and routines that comprise news media systems. This introductory text underscores the importance of news literacy to democratic life and advances an argument that critical contexts regarding news media structures and institutions should be central to news literacy education. Under the larger umbrella of media literacy, a critical approach to news literacy seeks to examine the mediated construction of the social world and the processes and influences that allow some news messages to spread while others get left out. Drawing on research from a range of disciplines, including media studies, political economy, and social psychology, this book aims to inform and empower the citizens who rely on news media so they may more fully participate in democratic and civic life. The book is an essential read for undergraduate students of journalism and news literacy and will be of interest to scholars teaching and studying media literacy, political economy, media sociology, and political psychology.

They Came for the Children Truth and Reconciliation Commission of Canada 2012-01

Health Psychology Shelley E. Taylor 2006 Offering a balanced perspective, this text incorporates the latest research findings and statistics. It provides explanations of biological, psychological and social factors in health issues, reinforced with case studies.

The Sunshine Diet Shelina Permalloo 2015-01-01 Shelina knows how easy it is to let a busy lifestyle get in the way of looking after your health. Here, the food-loving MasterChef winner shares her favourite healthy recipes, inspired by exotic holidays and her Mauritian heritage, that helped her lose over 20 kilos (3 stone). Her diet is simple - homemade, whole food, packed with flavour and colour. Her recipes will keep you feeling full

and happy as you shed the pounds and get into the best health - try Steamed Hake with Wasabi, Soy and Ginger, Baked Moroccan Eggs, Braised Chicken with Tamarind and Pak Choi, Roasted Aubergines with Fennel and Labneh and Make-ahead Banana Bread and Orange Blossom and Rose Creme Brulee. This is healthy eating made simple, effortless and sustainable. Includes beautiful food photography and each delicious recipe comes with a calorie, sugar and fat count per portion so you know exactly what you're eating. All recipes have been nutritionally approved.

The Design of Design: Essays from a Computer Scientist Brooks Frederick P. 2010

The Art of Action Stephen Bungay 2011-02-16 What do you want me to do? This question is the enduring management issue, a perennial problem that Stephen Bungay shows has an old solution that is counter-intuitive and yet common sense. The Art of Action is a thought-provoking and fresh look at how managers can turn planning into execution, and execution into results. Drawing on his experience as a consultant, senior manager and a highly respected military historian, Stephen Bungay takes a close look at the nineteenth-century Prussian Army, which built its agility on the initiative of its highly empowered junior officers, to show business leaders how they can build more effective, productive organizations. Based on a theoretical framework which has been tested in practice over 150 years, Bungay shows how the approach known as 'mission command' has been applied in businesses as diverse as pharmaceuticals and F1 racing today. The Art of Action is scholarly but engaging, rigorous but pragmatic, and shows how common sense can sometimes be surprising.

Brew to Bikes Charles Heying 2010 From transportation to restoration, zines to greens, and yes, microbreweries to custom-made bikes, Portland's local industries form a strong artisan economy. Brew to Bikes takes an insightful and intellectual look at these urban businesses.

Marine Biotoxins Hans P. Egmond 2004 This paper provides an extensive review of different aspects of five shellfish-poisoning syndromes (paralytic, diarrhoeic, amnesic, neurologic and azapiracid), as well as one fish-poisoning syndrome (ciguatera fish poisoning), and discusses in detail the causative toxins produced by marine organisms, chemical structures and analytical methods of the toxins, habitat and occurrence of the toxin-producing organisms, case studies and existing regulations. Based on this analysis, risk assessments are carried out for each of the toxins, and recommendations are elaborated to improve the management of these risks in order to reduce the harmful effect of these toxins on public health.

Book of Abstracts of the 67th Annual Meeting of the European Federation of Animal Science EAAP scientific committee 2016-08-29 This Book of Abstracts is the main publication of the 67th Annual Meeting of the European Association for Animal Production (EAAP). It contains abstracts of the invited papers and contributed presentations of the sessions of EAAP's nine Commissions: Animal Genetics, Animal Nutrition, Animal Management and Health, Animal Physiology, Cattle Production, Sheep and Goat Production, Pig Production, Horse Production and Livestock Farming Systems.

Reimagining Homelessness O'Sullivan, Eoin 2020-01-01 The number of people experiencing homelessness is rising in the majority of advanced western economies. Responses to these rising numbers are variable but broadly include elements of congregate emergency accommodation, long-term supported accommodation, survivalist services and degrees of coercion. It is evident that these policies are failing. Using contemporary research, policy and practice examples, this book uses the Irish experience to argue that we need to urgently reimagine homelessness as a pattern of residential instability and economic precariousness regularly experienced by marginal households. Bringing to light stark evidence, it proves that current responses to homelessness only maintain or exacerbate this instability rather than arrest it and provides a robust evidence base to reimagine how we respond to homelessness.

The Future of Finance Henri Arslanian 2019-07-15 This book, written jointly by an engineer and artificial intelligence expert along with a lawyer and banker, is a glimpse on what the future of the financial services will look like and the impact it will have on society. The first half of the book provides a detailed yet easy to understand educational and technical overview of FinTech, artificial intelligence and cryptocurrencies including the existing industry pain points and the new technological enablers. The second half provides a practical, concise and engaging overview of their latest trends and their impact on the future of the financial services industry including numerous use cases and practical examples. The book is a must read for any professional currently working in finance, any student studying the topic or anyone curious on how the future of finance will look like.

Introduction to English Syntax Jim Miller 2016-09-28 REVIEW FROM PREVIOUS EDITION: 'A slim and useful student textbook for English Syntax. Although most of the examples are from English, the book introduces general concepts which provide the necessary tools for a basic syntactic analysis of any language. The book concentrates on topics that will remain useful to the student who does not go on to study linguistics but, say, literature or EFL teaching.' - The Year's Work in English Studies In this revised and fully updated new edition of his popular textbook, Jim Miller discusses the central concepts of syntax which are applied in a wide range of university courses, in business communication, in teaching and in speech therapy. The book deals with concepts which are central to traditional grammar but have been greatly refined over the past forty years: parts of speech and how to recognise them, constructions and their interrelationships, subordinate clauses and how to recognise the different types, subjects and objects, Agents and Patients and other roles. The book draws out the connections between syntax and meaning and between syntax and discourse; in particular, a new chapter focuses on the analysis of discourse and the final chapter deals with tense, aspect and voice, topics which are central to the construction of texts and are of major importance in second language learning. They are also areas where meaning and grammar interconnect very closely. Key Features Coverage of central themes with a wide application outside the study of syntax Explains basic concepts, supported by a glossary of technical terms Exercises and sources for further reading provided.

Icons of Horror and the Supernatural S. T. Joshi 2007 Offers entries on 24 of the significant archetypes of horror and the supernatural, from the classical epics of Homer to the novels of Stephen King.

Humanitarianism in the Modern World Norbert Götz 2020-07-31 A fresh look at two centuries of humanitarian history through a moral economy approach focusing on appeals, allocation, and accounting.

Arkansas John Brandon 2009 Kyle and Swin spend their nights crisscrossing the South with illicit goods, making shifty deals in dingy trailers, and taking vague orders from a boss they've never met. Soon their lazy peace is shattered with a shot: night blends into day filled with dead bodies, crooked superiors, and suspicious associates. It's on-the-job training, with no time for slow learning, bad judgment, or foul luck.

Proceedings of International Conference on Intelligent Computing, Information and Control Systems A. Pasumpon Pandian 2021-01-24 This book is a collection of papers presented at the International Conference on Intelligent Computing, Information and Control Systems (ICICCS 2020). It encompasses various research works that help to develop and advance the next-generation intelligent computing and control systems. The book integrates the computational intelligence and intelligent control systems to provide a powerful methodology for a wide range of data analytics issues in industries and societal applications. The book also presents the new algorithms and methodologies for promoting advances in common intelligent computing and control methodologies including evolutionary computation, artificial life, virtual infrastructures, fuzzy logic, artificial immune systems, neural networks and various neuro-hybrid methodologies. This book is pragmatic for researchers, academicians and students dealing with mathematically intransigent problems.

Weight Bias Kelly D. Brownell 2005-08-24 Discrimination based on body shape and size remains commonplace in today's society. This important volume explores the nature, causes, and consequences of weight bias and presents a range of approaches to combat it. Leading psychologists, health professionals, attorneys, and advocates cover such critical topics as the barriers facing obese adults and children in health care, work, and school settings; how to conceptualize and measure weight-related stigmatization; theories on how stigma develops; the impact on self-esteem and health, quite apart from the physiological effects of obesity; and strategies for reducing prejudice and bringing about systemic change.

The Art of Manliness Brett McKay 2009-09-17 Man up and discover the practical and inspirational information all men should know! While it's definitely more than just monster trucks, grilling, and six-pack abs, true manliness is hard to define. The words macho and manly are not

synonymous. Taking lessons from classic gentlemen such as Benjamin Franklin and Theodore Roosevelt, authors Brett and Kate McKay have created a collection of the most useful advice every man needs to know to live life to its full potential. This book contains a wealth of information that ranges from survival skills to social skills to advice on how to improve your character. Whether you are braving the wilds with your friends, courting your girlfriend, or raising a family, inside you'll find practical information and inspiration for every area of life. You'll learn the basics all modern men should know, including how to: -Shave like your grandpa -Be a perfect houseguest -Fight like a gentleman using the art of bartitsu - Help a friend with a problem -Give a man hug -Perform a fireman's carry -Ask for a woman's hand in marriage -Raise resilient kids -Predict the weather like a frontiersman -Start a fire without matches -Give a dynamic speech -Live a well-balanced life So jump in today and gain the skills and knowledge you need to be a real man in the 21st century.

The Irish Ulysses Maria Tymoczko 2021-05-28 This title is part of UC Press's Voices Revived program, which commemorates University of California Press's mission to seek out and cultivate the brightest minds and give them voice, reach, and impact. Drawing on a backlist dating to 1893, Voices Revived makes high-quality, peer-reviewed scholarship accessible once again using print-on-demand technology. This title was originally published in 1994.

The Death of Expertise Tom Nichols 2017-02-01 Technology and increasing levels of education have exposed people to more information than ever before. These societal gains, however, have also helped fuel a surge in narcissistic and misguided intellectual egalitarianism that has crippled informed debates on any number of issues. Today, everyone knows everything: with only a quick trip through WebMD or Wikipedia, average citizens believe themselves to be on an equal intellectual footing with doctors and diplomats. All voices, even the most ridiculous, demand to be taken with equal seriousness, and any claim to the contrary is dismissed as undemocratic elitism. Tom Nichols' The Death of Expertise shows how this rejection of experts has occurred: the openness of the internet, the emergence of a customer satisfaction model in higher education, and the transformation of the news industry into a 24-hour entertainment machine, among other reasons. Paradoxically, the increasingly democratic dissemination of information, rather than producing an educated public, has instead created an army of ill-informed and angry citizens who denounce intellectual achievement. When ordinary citizens believe that no one knows more than anyone else, democratic institutions themselves are in danger of falling either to populism or to technocracy or, in the worst case, a combination of both. An update to the 2017 breakout hit, the paperback edition of The Death of Expertise provides a new foreword to cover the alarming exacerbation of these trends in the aftermath of Donald Trump's election. Judging from events on the ground since it first published, The Death of Expertise issues a warning about the stability and survival of modern democracy in the Information Age that is even more important today.

Good and Cheap Leanne Brown 2015-07-14 A perfect and irresistible idea: A cookbook filled with delicious, healthful recipes created for everyone on a tight budget. While studying food policy as a master's candidate at NYU, Leanne Brown asked a simple yet critical question: How well can a person eat on the \$4 a day given by SNAP, the U.S. government's Supplemental Nutrition Assistance Program informally known as food stamps? The answer is surprisingly well: Broiled Tilapia with Lime, Spicy Pulled Pork, Green Chile and Cheddar Quesadillas, Vegetable Jambalaya, Beet and Chickpea Salad—even desserts like Coconut Chocolate Cookies and Peach Coffee Cake. In addition to creating nutritious recipes that maximize every ingredient and use economical cooking methods, Ms. Brown gives tips on shopping; on creating pantry basics; on mastering certain staples—pizza dough, flour tortillas—and saucy extras that make everything taste better, like spice oil and tzatziki; and how to make fundamentally smart, healthful food choices. The idea for Good and Cheap is already proving itself. The author launched a Kickstarter campaign to self-publish and fund the buy one/give one model. Hundreds of thousands of viewers watched her video and donated \$145,000, and national media are paying attention. Even high-profile chefs and food writers have taken note—like Mark Bittman, who retweeted the link to the campaign; Francis Lam, who called it “Terrific!”; and Michael Pollan, who cited it as a “cool kickstarter.” In the same way that TOMS turned inexpensive, stylish shoes into a larger do-good movement, Good and Cheap is poised to become a cookbook that every food lover with a conscience will embrace.