ISBN13 : 9780307952172

Title : Dirt Candy

Author : Ryan Dunlavey / Amanda Cohen

Genre : Food & Fun

Image : https://d1w7fb2mkkr3kw.cloudfront.net/assets/images/book/lrg/9780/3079/9780307952172.jpg

Description : From chef-owner of the popular all-vegetable New York City restaurant, Dirt Candy, a cookbook of nearly 100 vegetable recipes for home cooks everywhere. Amanda Cohen does not play by the rules. Her vegetable recipes are sophisticated and daring, beloved by omnivore, vegetarian, and vegan diners alike. Dirt Candy: A Cookbook shares the secrets to making her flavorful dishes--from indulgent Stone-Ground Grits with Pickled Shiitakes and Tempura Poached Egg, to hearty Smoked Cauliflower and Waffles with Horseradish Cream Sauce, to playfully addictive Popcorn Pudding with Caramel Popcorn. It also details Amanda's crazy story of building a restaurant from the ground up to its success, becoming one of the most popular restaurants in New York City--all illustrated as a brilliant graphic novel. Both a great read and a source of kitchen inspiration, Dirt Candy: A Cookbook is a must-have for any home cook looking to push the boundaries of vegetable cooking.

ISBN13 : 9780141006871

Title : Fast food nation

Author : Eric Schlosser

Genre : Food & Fun

Image : https://d1w7fb2mkkr3kw.cloudfront.net/assets/images/book/lrg/9780/1410/9780141006871.jpg

Description : Now the subject of a film by Richard Linklater, Eric Schlosser's explosive bestseller Fast Food Nation: What the All-American Meal is Doing to the World tells the story of our love affair with fast food.   
Britain eats more fast food than any other country in Europe. It looks good, tastes good, and it's cheap. But the real cost never appears on the menu.   
Eric Schlosser visits the lab that re-creates the smell of strawberries; examines the safety records of abattoirs; reveals why the fries really taste so good and what lurks between the sesame buns - and shows how fast food is transforming not only our diets but our world.

ISBN13 : 9780141031934

Title : Eating Animals

Author : Jonathan Safran Foer

Genre : Food & Fun

Image : https://d1w7fb2mkkr3kw.cloudfront.net/assets/images/book/lrg/9780/1410/9780141031934.jpg

Description : From the bestselling author of Extremely Loud and Incredibly Close andEverything is Illuminated:   
Discover the mind-blowing, life-changing book which revolutionised the way we think about meat - coming soon as a major documentary film by Natalie Portman   
Eating Animals is the single most original book about food written this century. It will change the way you think and change the way you eat. For good.   
Whether you're doing veganuary, trying to cut back on animal consumption, or a lifelong meat-eater, you need to read this book.

ISBN13 : 9781580082198

Title : The Perfect Scoop

Author : David Lebovitz

Genre : Food & Fun

Image : https://images-na.ssl-images-amazon.com/images/I/51EL87jgZKL.\_SX347\_BO1,204,203,200\_.jpg

Description : Ripe seasonal fruits. Fragrant vanilla, toasted nuts, and spices. Heavy cream and bright liqueurs. Chocolate, chocolate, and more chocolate. Every luscious flavor imaginable is grist for the chill in The Perfect Scoop, pastry chef David Lebovitz's gorgeous guide to the pleasures of homemade ice creams, sorbets, granitas, and more. With an emphasis on intense and sophisticated flavors and a bountiful helping of the author's expert techniques, this collection of frozen treats ranges from classic (Chocolate Sorbet) to comforting (Tin Roof Ice Cream), contemporary (Mojito Granita) to cutting edge (Pear-Pecorino Ice Cream), and features an arsenal of sauces, toppings, mix-ins, and accompaniments (such as Lemon Caramel Sauce, Peanut Brittle, and Profiteroles) capable of turning simple ice cream into perfect scoops of pure delight.

ISBN13 : 9780099498339

Title : Blood, Bones and Butter : The inadvertent education of a reluctant chef

Author : Gabrielle Hamilton

Genre : Food & Fun

Image : https://d1w7fb2mkkr3kw.cloudfront.net/assets/images/book/lrg/9780/0994/9780099498339.jpg

Description : Blood, Bones & Butter follows the chef Gabrielle Hamilton's extraordinary journey through the places she has inhabited over the years: the rural kitchen of her childhood, where her adored mother stood over the six-burner with wooden spoon in hand; the kitchens of France, Greece, and Turkey, where she was often fed by complete strangers and learned the essence of hospitality; and the kitchen of her beloved Italian mother-in-law, who serves as the link between Hamilton's idyllic past and her own future family.   
  
Unflinchingly honest, moving, beautifully crafted and funny, this is a rollicking, passionate story of food, purpose and family.

ISBN13 : 9781444791907

# Title : Grain Brain

Author : David Perlmutter

Genre : Health

Image : <https://d1w7fb2mkkr3kw.cloudfront.net/assets/images/book/lrg/9781/4447/9781444791907.jpg>

Description : Ground breaking research on how gluten is damaging our minds - Sunday Times Style  
Renowned neurologist Dr David Perlmutter, blows the lid off a topic that's been buried in medical literature for far too long: gluten and carbs are destroying your brain.  
And not just unhealthy carbs, but even healthy ones like whole grains can cause dementia, ADHD, anxiety, chronic headaches, depression, and much more.  
Dr Perlmutter explains what happens when the brain encounters common ingredients in your daily bread and fruit bowls, why your brain thrives on fat and cholesterol, and how you can spur the growth of new brain cells at any age. He offers an in-depth look at how we can take control of our 'smart genes' through specific dietary choices and lifestyle habits, demonstrating how to remedy our most feared maladies without drugs.  
With a revolutionary 30-day plan, GRAIN BRAIN teaches us how we can reprogram our genetic destiny for the better.

ISBN13 : 9781447282440

Title : How not to die

Author : Gene Stone / Michael Greger

Genre : Health

Image : https://d1w7fb2mkkr3kw.cloudfront.net/assets/images/book/lrg/9781/4472/9781447282440.jpg

Description : The International Bestseller  
Why rely on drugs and surgery to cure you of life-threatening disease when the right decisions can prevent you from falling ill to begin with?  
How Not To Die gives effective, scientifically-proven nutritional advice to prevent our biggest killers - including heart disease, breast cancer, prostate cancer, high blood pressure and diabetes - and reveals the astounding health benefits that simple dietary choices can provide.   
Based on the latest scientific research, How Not To Die examines each of the most common diseases to reveal what, how and why different foods affect us, and how increasing our consumption of certain foods and avoiding others can dramatically reduce our risk of falling sick and even reverse the effects of disease. It also shares Dr Greger's 'Daily Dozen' - the twelve foods we should all eat every day to stay in the best of health.  
With emphasis on individual family health history and acknowledging that everyone needs something different, Dr Michael Greger offers practical dietary advice to help you live longer, healthier lives.

ISBN13 : 9780762424931

# Title : Skinny Bitch : A No-nonsense, Tough-love Guide for Savvy Girls Who Want to Stop Eating Crap and Start Looking Fabulous!

Author : Kim Barnouin / Rory Freedman

Genre : Health

Image : https://d1w7fb2mkkr3kw.cloudfront.net/assets/images/book/lrg/9780/7624/9780762424931.jpg

Description : Not your typical boring diet book, this is a tart-tongued, no-holds-barred wakeup call to all women who want to be thin. With such blunt advice as, `Soda is liquid Satan` and `You are a total moron if you think the Atkins Diet will make you thin,` it's a rallying cry for all savvy women to start eating healthy and looking radiant. Unlike standard diet books, it actually makes the reader laugh out loud with its truthful, smart-mouthed revelations. Behind all the attitude, however, there's solid guidance. Skinny Bitch espouses a healthful lifestyle that promotes whole grains, fruits, and vegetables, and encourages women to get excited about feeling `clean and pure and energized.`

ISBN13 : 9781473680500

Title : Food: WTF Should I eat?

Author : Mark Hyman

Genre : Health

Image : https://d1w7fb2mkkr3kw.cloudfront.net/assets/images/book/lrg/9781/4736/9781473680500.jpg

Description : No 1 New York Times bestselling author Dr Mark Hyman sorts through the conflicting research on food to give us the truth on what we should be eating and why.   
Did you know that porridge isn't actually a healthy way to start the day? That milk doesn't build bones, and eggs aren't the devil? In WTF Should I eat? - Dr Hyman looks at every food group and explains what we've gotten wrong, revealing which foods nurture our health and which pose a threat. He also explains the crucial role food plays in functional medicine and how food systems and policies affect our environmental and personal health.  
With myth-busting insights, easy-to-understand science, and delicious, wholesome recipes in every chapter, WTF Should I Eat? is an invaluable resource for cooking, eating and living well.

ISBN13 : 9781925228793

Title : The Obesity Code : Unlocking the secrets of weight loss

Author : Dr. Jason Fung

Genre : Health

Image : https://d1w7fb2mkkr3kw.cloudfront.net/assets/images/book/lrg/9781/9252/9781925228793.jpg

Description : We are in the midst of an obesity epidemic, but despite being inundated with diet advice we are only getting fatter. We count calories and exercise regularly, yet still the pounds won't budge. Why?  
In this highly readable and provocative book, Dr Jason Fung sets out a groundbreaking new theory: that obesity is caused by our hormones, rather than a lack of self-control.  
He reveals that overproduction of insulin in the body is the root cause of obesity and obesity-related illnesses including type 2 diabetes, and offers robust scientific evidence that reversing insulin resistance is the only way to lose weight in the long term.  
It turns out that when we eat is just as important as what we eat, so in addition to his five basic steps - a set of life-long eating habits that will improve your health and control your insulin levels - Dr Fung explains how to use intermittent fasting to break the cycle of insulin resistance and reach a healthy weight - for good.