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Expert planting advice for growing fruit and vegetables in pots from the acclaimed English garden - with 50 delicious recipes
Beautifully illustrated, Grow Fruit & Vegetables in Pots provides clear, practical information on growing fruit and vegetables in containers, whether that be a window box or a terracotta pot on a balcony.
Aaron Bertelsen of the acclaimed English garden at Great Dixter will guide you through what to grow, which pots to use, give personal tips on varieties to choose, and advice on cultivation and care.
Featuring more than 50 delicious recipes, Bertelsen shows that lack of space is no barrier to growing what you want to eat, and proves that harvesting and cooking food you have grown yourself is a total pleasure, with dishes that showcase a few perfectly chosen - and personally grown - ingredients.

This Seventh Edition of the best-selling intermediate Italian text, DA CAPO, reviews and expands upon all aspects of Italian grammar while providing authentic learning experiences (including new song and video activities) that provide students with engaging ways to connect with Italians and Italian culture. Following the guidelines established by the National Standards for Foreign Language Learning, DA CAPO develops Italian language proficiency through varied features that accommodate a variety of teaching styles and goals. The Seventh Edition emphasizes a well-rounded approach to intermediate Italian, focusing on balanced acquisition of the four language skills within an updated cultural framework.
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Donna?s groundbreaking book, THE INSTANT COOK, now comes in a beautiful paperback edition. Showcasing fuss-free recipes, Donna?s trademark modern photography and styling - plus her tips on how to get the best results out of whatever you?re making for cooking - this is the book to turn to when asked ?what?s for dinner??. Whether you need to whip up busy midweek fare for a famished family or present something chic and easy for a casual weekend dinner with friends ? time is on your side with Donna Hay?s moreish collection of over 190 inspiring recipes. Donna gives her readers the know-how and confidence to create great meals that are filling and substantial at short notice: soup; salads; pasta; rice & noodles; chicken; meat; fish + seafood; vegetables; sweets. Each chapter also includes a new feature; in which Donna shows you one essential sauce or dish with three very clever twists for you to then create three very fresh and original meals and concludes with her ever-popular ?short order? ideas: quick dishes to serve on the side or as meals on their own; using simple methods and flavour combinations.

Includes a sneak peek of Undoctored—the new book from Dr. Davis!
In this #1 New York Times bestseller, a renowned cardiologist explains how eliminating wheat from our diets can prevent fat storage, shrink unsightly bulges, and reverse myriad health problems.
Every day, over 200 million Americans consume food products made of wheat. As a result, over 100 million of them experience some form of adverse health effect, ranging from minor rashes and high blood sugar to the unattractive stomach bulges that preventive cardiologist William Davis calls "wheat bellies." According to Davis, that excess fat has nothing to do with gluttony, sloth, or too much butter: It's due to the whole grain wraps we eat for lunch. After witnessing over 2,000 patients regain their health after giving up wheat, Davis reached the disturbing conclusion that wheat is the single largest contributor to the nationwide obesity epidemic—and its elimination is key to dramatic weight loss and optimal health.
In Wheat Belly, Davis exposes the harmful effects of what is actually a product of genetic tinkering and agribusiness being sold to the American public as "wheat"—and provides readers with a user-friendly, step-by-step plan to navigate a new, wheat-free lifestyle.
Informed by cutting-edge science and nutrition, along with case studies from men and women who have experienced life-changing transformations in their health after waving goodbye to wheat, Wheat Belly is an illuminating look at what is truly making Americans sick and an action plan to clear our plates of this seemingly benign ingredient.

Un intrigante viaggio a 360° nell'infinito mondo della natura selvatica, con Cristina Rovelli, prima donna guardiacaccia, tra erbe, fiori e alberi, per entrare dentro l'anima delle piante. Dove e come cercarle, come e quando raccoglierle, come utilizzarle in cucina e come conservarle. La preparazione di cosmetici, creme, maschere e prodotti naturali per la casa, da preparare autonomamente con le proprie mani...

Enjoy authentic Italian Insalata in every season!
Salads introduces you to the authentic flavors of Italian cuisine in all its glory - the highest quality fresh ingredients, the subtle balance of tradition and innovation, and, above all, a joyous spirit.
From the world-famous Insalata Caprese to the classic seafood salad of Naples, here are 50 sensational salads to savor.

THE INTERNATIONAL BESTSELLER!
Valerie Orsoni's French diet sensation comes to America!
Discover the food and fitness plan that's changed over a million lives...delicious recipes included.
DETOX/ATTACK/MAINTENANCE
After a lifetime of insane regimens, weight fluctuations, and feeling utterly demoralized, Valerie Orsoni had enough of the diet scene. She wanted a way to shed pounds, become healthy, and keep to the great French tradition of enjoying food--and enjoying life. The result? A groundbreaking diet plan that, to date, has more than one million members in 38 countries—and counting!
Orsoni's plan, Le Bootcamp, is based on four simple tenets:
• Gourmet Nutrition—A long, healthy life can be achieved while eating tasty, tempting meals and snacks from all food groups.
• Easy Fitness—A program that will get your heart pumping, your blood flowing, and your muscles moving without having to block hours out of your busy day.
• Motivation—Proven techniques to keep you from getting down and help you stay on track.
• Stress and Sleep Management—Bringing both the body and mind into harmony to reduce stress, improve sleep quality, and even trim down belly fat.
Getting fit doesn't mean a lifetime of deprivation and misery. With the right tools, any food, activity, and lifestyle can be transformed into a healthy one—and Valerie Orsoni can show you how.

In 1995, Vianna Stibal, a mother of three young children, was diagnosed with a cancer that was quickly destroying her right femur. Everything she had tried using conventional and alternative medicine had failed, until she employed a simple technique that she used in her work as an intuitive reader. Amazed that she had cured herself instantaneously, Vianna started to use this technique in her sessions with clients and saw person after person miraculously heal.
ThetaHealing is essentially applied quantum physics. Using a theta brain wave, which until now was believed to be accessible only in deep sleep or yogi-level meditation, the practitioner is able to connect with the energy of All That Is - the energy in everything - to identify issues with and witness healings on the physical body, and to identify and change limiting beliefs.
Discover: the belief and feeling work that can instantly change the thinking within you that creates illness; the 7 Planes of Existence, a concept that allows you to connect to the highest level of love and energy of All That Is; how to develop the ability to change on all levels: physically, mentally, emotionally and spiritually, using the Creator of All That Is.

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