

Change of Heart: The Ecology of Nourishing Food, 2008, Kay Baxter, Bob Corker, 095828945X, 9780958289450, Body & Soul Publishing, 2008

This book is about re-creating 'culture', about getting back into relationship with our bodies and our environment. This is about nourishing food, about the internal as much as the external...This is a very exciting journey - it is our journey! Includes over 400 recipes.

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Real Food Vegetarian Recipes For Your Slo-Cooker , Annette Yates, 2004, Cooking, 144 pages. A terrific book for true vegetarians as well as omnivores who want to eat more healthfully, "Vegetarian Recipes for Your Slo-Cooker," part of the "Real Food" series, shows how.

Houses of the world, Volume 1 , Francisco Asensio Cerver, Jul 1, 1996, Architecture, 239 pages. .

Design Your Own Orchard Ringing Permaculture Design to the Ground in Aotearoa, Kay Baxter, 2008, Fruit-culture, 174 pages. DESIGN YOUR OWN ORCHARD, subtitled BRINGING PERMACULTURE TO THE GROUND IN AOTEAROA is an excellent guide to planning, planting and caring for a home orchard, with new chapters.

Nourishing traditions the cookbook that challenges politically correct nutrition and the diet dictocrats, Sally Fallon, Mary G. Enig, Oct 1, 1999, Cooking, 674 pages. Draws on traditional eating patterns to endorse a diet that contains animal fats and foods preserved in ways that actually increase their nutritional value..

Cutting the Curd Cheese Making at Home : with a Collection of Delicious Recipes, Katherine Mowbray, 2008, Cheesemaking, 115 pages. .

Claudia Roden's Invitation to Mediterranean Cooking 150 Vegetarian and Seafood Recipes, Claudia Roden, 1997, Cooking, 224 pages. "Invitation to Mediterranean Cooking" As more and more people adopt a healthy lifestyle and diet, they are discovering the refreshingly simple cuisine of the Mediterranean.

Real Food Healthy, Delicious, Easy to Prepare, Loukie Werle, 2005, Cooking, 128 pages. REAL FOOD is the new cookbook you've been waiting for. Food writer Loukie Werle (author of many cookbooks and food editor of House & Garden and Good Medicine) has created.

Deep Nutrition Why Your Genes Need Traditional Food, Catherine Shanahan, Luke Shanahan, 2008, Health & Fitness, 336 pages. "Deep Nutrition identifies the foods and techniques common to every culture and divides them into four categories, called the Four Pillars of World Cuisine. From the Masai and.

Powerdown Options and Actions for a Post-carbon World, Richard Heinberg, 2004, Conservation of natural resources, 209 pages. .

It's Easier Than You Think Simple and Delicious Recipes from the Cook School, Jo Seagar, 2010, Cooking, 320 pages. A sumptuously photographed and designed book, this is the second collection of recipes from Jo's cook school. The emphasis is on great food - breakfast, lunch, dinner, dessert.

KEKanga Garden Guide , Kay Baxter, 2007, Organic gardening, 345 pages. Kay's personal journey with the seeds; month by month what's happening in the garden; comprehensive beginning in the garden; saving your own seeds; poultry; growing grains.

Masterchef New Zealand The Cookbook, , Jan 1, 2010, Cooking, 296 pages. The MasterChef NZ show gave us excellent food, passionate contestants, smart judges, nail-biting drama and terrific television. This book collects the best of the recipes from.

The Detox Book How to Detoxify Your Body to Improve Your Health, Stop Disease, and Reverse Aging, Bruce Fife, 1997, Health & Fitness, 208 pages. We live in a toxic world. Environmental pollution and disease-causing germs assault us continually day after day. Our food is nutrient deficient and our water supply.

Put Your Heart in Your Mouth , Natasha Campbell-McBride, 2007, Heart, 186 pages. We all know somebody who suffers from heart disease or who has died from it, including members of our own families. Heart disease is our modern plague. It has become a.

Perfect Roasts Essential Dishes for Everyday Cooking, , 2008, Roasts, 80 pages. Cooking..

Cereal Killer The Unintended Consequences of the Low Fat Diet, Alan L. Watson, 2008, Cereals, Prepared, 140 pages. A short, succinct critical history of the low fat era; answering the question, has the low fat diet failed the test of time?.

Made in Morocco A Journey of Exotic Tastes and Places, Julie Le Clerc, Mar 29, 2005, Cooking, 196 pages. Middle Eastern food, with its emphasis on slowly cooked meats and interesting grains and vegetable dishes, is now very popular all around the world. In the new global market.

Up to No Good , Carl Weber, Feb 1, 2009, Fiction, 304 pages. There is always a man around the corner. And church trustee James Black should know-- he's usually that very man, carrying on affairs with married women and sleeping with one  
Beyond the Black Stump , Nevil Shute, Apr 27, 2010, Fiction, 256 pages. If somewhere is 'beyond the black stump' it means it is in the deepest darkest wilds of the Australian outback. This is the sun-baked setting for Nevil Shute's novel of a  
Foundations of Modern Society , Rajiva Wijesinha, Oct 1, 2004, Social Science, 84 pages. This book introduces students to ideas, events and personalities that have created the present-day world. Many of these significant factors either do not find mention in school  
Life is good for Farnor Yarrance. It is good for everybody in the valley. And has been for generations. So much so, that few ever feel the need to travel beyond it -- over the. The second collection of adventures of the officers of Precinct 10, Neopolis's finest, tells the tale of officers keeping the peace in a world where every last citizen has.

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Egypt , Patrick Ryan, Jan 1, 1998, Juvenile Nonfiction, 32 pages. An introduction to the geography, history, culture, and people of Egypt  
Stories of Knights , USBORNE, Alison Kelly, 2007, Children's stories, English, 47 pages. Part of Young Reading Series 1 for children just starting to read alone. It uses fairly short sentences and everyday vocabulary. Subjects include classic fables and fairytales  
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Sexual Harassment in the VA Hearing Before the Subcommittee [on] Oversight and Investigations of the Committee on Veterans' Affairs, House of Representatives, One Hundred Fifth Congress, First Session, April 17, 1997, United States. Congress. House. Committee on Veterans' Affairs. Subcommittee on Oversight and Investigations, 1997, Sexual harassment of women, 397 pagesXSLT 2.0 and XPath 2.0 Programmer's Reference , Michael Kay, May 5, 2008, Computers, 1368 pages. This book is primarily a practical reference book for professional XSLT developers. It assumes no previous knowledge of the language, and many developers have used it as their

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Recueil Des TraitΓ©s, Volume 855 , , 1973, TreatiesMoney , Joe Cribb, 1990, Juvenile Nonfiction, 63 pages. Full-color photos by the British Museum. "An attractive 'Eyewitness Book' with striking photos and a logically organized text describing what money is, the first coins, paper download Change of Heart: The Ecology of Nourishing Food 2008 095828945X, 9780958289450 Too Beautiful to Dance , Diana Appleyard, 2007, Separated women, 335 pages. Sara never doubted her husband, the successful, handsome Matt. Then his best friend blurts out the horrible truth - that he has a bright young girlfriend to match his



One Winter's Night (Mills & Boon Desire) (The Westmorelands - Book 24) , Brenda Jackson, Feb 1, 2013, Fiction, 192 pages. Riley Westmoreland never mixes business with pleasure until he meets his company's gorgeous new party planner. But when he gets Alpha Blake into bed, he realises one night  
North American F-86 Sabre , Duncan Curtis, 2000, History, 192 pages. Discusses airframe design, history and development, structure, operational requirements, and service life of the American military jets that ruled the skies in the years after

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Geology of the Country Around Harrogate , I. C. Burgess, A. C. Benfield, 1993, Geology, 105 pages  
Everything I Know about Business I Learned from Monopoly Successful Executives Reveal Strategic Lessons from the World's Greatest Board Game, Alan Axelrod, 2002, Business & Economics, 197 pages. Uses the world's most popular board game as a device for offering anecdotes and insights into the world of corporate gamemanship and management strategy  
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The Strange Career of Jim Crow , Comer Vann Woodward, 1955, History, 245 pages. Strange Career offers a clear and illuminating analysis of the history of Jim Crow laws and American race relations. This book presented evidence that segregation in the South  
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Political Theory Today , David Held, 1991, Political Science, 360 pages  
Nelson Chemistry , Jenkins, Aug 1, 1992, Science, 576 pages  
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