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meringhe, macaron, waffle, muffin, oltre a salse, burger, quiche e frittate. 80 ricette fotografate tutte vegetali e goduriose (con le varianti senza glutine, soia e frutta secca) per cambiare musica in cucina. Con approfondimenti e consigli su ingredienti, tecniche e attrezzatura, e un capitolo di ricette

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con protagonisti i ceci avanzati, per evitare ogni spreco. L'edizione italiana è curata da Annalisa Malerba.

Prendersi il tempo per fare un pasto vero e proprio è il modo migliore per iniziare la giornata, non solo dal punto di vista energetico, ma anche psicologico e sociale.

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Tiziana Alberti ha soggiornato a lungo negli Stati Uniti ed è sempre stata ingolosita dai piatti dolci e salati serviti al risveglio.

Rientrata in Italia, ne ha fatto uno dei punti di forza nel suo B&B vegano. Oltre 45 ricette dolci e salate per mangiare bene fin dal mattino, utilizzando solo ingredienti vegetali e di

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stagione, per lo più  
autoprodotti, e ricreando  
in modo molto  
personale (apprezzato  
dalla sua famiglia e  
dalla sua clientela) i  
piatti della tradizione  
anglosassone e della  
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Importato in Europa agli  
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favorisce la digestione, rafforza i muscoli, migliora l'acutezza visiva e l'attività probiotica del tratto intestinale, aiuta a contrastare i dolori artritici. Ma è soprattutto una bevanda sana e naturale in grado di dare una marcia in più a ogni preparazione. Stephen Lee, che nel 2001 ha fondato negli

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dessert, oltre  
naturalmente a succhi,  
smoothies e cocktail di  
ogni tipo. Una vera  
rivoluzione in cucina.  
Dopo aver provato  
ricette come Kombucha  
con limonata alla  
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verde, Ceviche con lime  
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pera e kombucha, non potrete più farne a meno.

The student protests of 1968, followed by the Hot Autumn factory strikes of 1969, shook the foundations of the Italian Republic. They also prepared the way for a whole decade of

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intense and widespread social conflict—a decade in which militant social movements arose with new aspirations, centered on protagonists such as women, young people and the unemployed. States of Emergency provides a vivid reconstruction of the events and movements of that period—from the

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students of 1968 to the  
Autonomists of 1977.

The book's title evokes  
both the emergence of  
new social subjects and  
the crises they provoked  
in the social order. But  
Lumley also looks at the  
paradoxes and  
contradictions of the  
movements, their  
creative potential and  
ultimate failure. The  
political debates which

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they initiated soon became part of the agenda of the Left internationally. Drawing on the work of theorists such as Umberto Eco, Alberto Melucci, Norberto Bobbio and Antonio Negri, *States of Emergency* is a vital contribution not only to Italy's social history but to contemporary political discussion.

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The Celebrity Chefs' Cookbooks series is an authentic collection of recipes from celebrity chefs all over the world. These specially selected authors are established professionals in their own field of cuisine and are no strangers to the media. Useful tips and helpful shortcuts, together with brief

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cultural notes, add to make every book in this series, unique and comprehensive. Readers will appreciate the British and American terms that are given for common ingredients, as well as weighs and measures in metric and American units. With its practical approach and invaluable advice, the series will appeal to

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both the novice as well  
as the professional cook.

Once upon a time in a  
very busy city, on a very  
busy street, in two very  
small apartments,  
lived... Herman and  
Rosie. Herman liked  
playing the oboe, the  
smell of hot dogs in the  
winter, and watching  
films about the ocean.  
Rosie liked pancakes,



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listening to old jazz records, and watching films about the ocean. They both loved the groovy rhythm of the city, but sometimes the bustling crowds and constant motion left them lonely, until one night ... A Neal Porter Book

Millions of people suffer from IBS --

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following a low-FODMAP diet is effective for nearly 75 percent of those.

Approximately one in seven people suffer from Irritable Bowel Syndrome. The symptoms are difficult to diagnose and treat and until recently, patients had to endure ill health and a poor quality of life with no

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hope in sight. We now

understand that

FODMAPs, which are

Fermentable

Oligosaccharides,

Disaccharides,

Monosaccharides and

Polyols, are all

carbohydrates that are

poorly digested in the

intestine, which in turn

causes the pain and

discomfort of IBS.

FODMAPs are found in

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dairy, wheat, beans, pulses, fruit and some vegetables. Cinzia's objective is to provide you with a tool that will help you attain intestinal wellbeing via a diet that's low in FODMAPs. The first part of her book presents the theory and provides the understanding of why the diet works as well as how you adopt the

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lifestyle. This includes everything from recommendations for vegetarians to an easy to follow chart which lists all the foods and ingredients that need to be avoided on the diet. She also offers sound advice on reading labels and adapting your favorite recipes. In the second section of the book, there are 125

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recipes and 4 weeks of meal plans that will help you ease into the diet with support and understanding. And the recipes are delicious -- just because you're managing IBS doesn't mean you and your family can't eat flavorful and enticing meals. The 125 recipes are for breakfasts, starters and salads, soups, entrees,

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sandwiches, sides, snacks and desserts. A typical lunch is Rice and Lentil Salad with Herbs and Tomato, or Pork Fillet and Prosciutto with Spinach, Raisins and Steamed Brown Rice. And dinner is something as easy to prepare as Chicken Fajitas with Tomato and Cucumber Salsa or if you're entertaining, Filet

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Mignon with a Creamy Paprika Sauce with Greek-Style Roasted Vegetables. And simply by buying the book, you receive a reduced-rate subscription to coaching by Registered Dietitians with IBS experience, a Facebook support group and personalized low-FODMAP meal plans and smart grocery lists.



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If you had a bank that credited your account each morning with \$86,400-with no balance carried from day to day-what would you do?

Well, you do have such a bank...time. It credits you with 86,400 seconds. Every night the credits roll off.

Whatever you have failed to use toward good purposes is lost

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First Thing Every Morning has everything you need to energize your life and make the best use of those 86,400 seconds each day through-reflections,

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stories and quotes that will lift your spirits and lighten your load. Lewis Timberlake's insights on more than 50 topics will help you to turn your life around...one day at a time. There are 217 reflections in this book. Read one each day to start your day right, or we won't tell if you skip ahead for more daily inspiration. Each

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chapter tells a brief inspirational story and is enhanced with several quotes for the day and some chapters include space for you to write down your own thoughts.

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