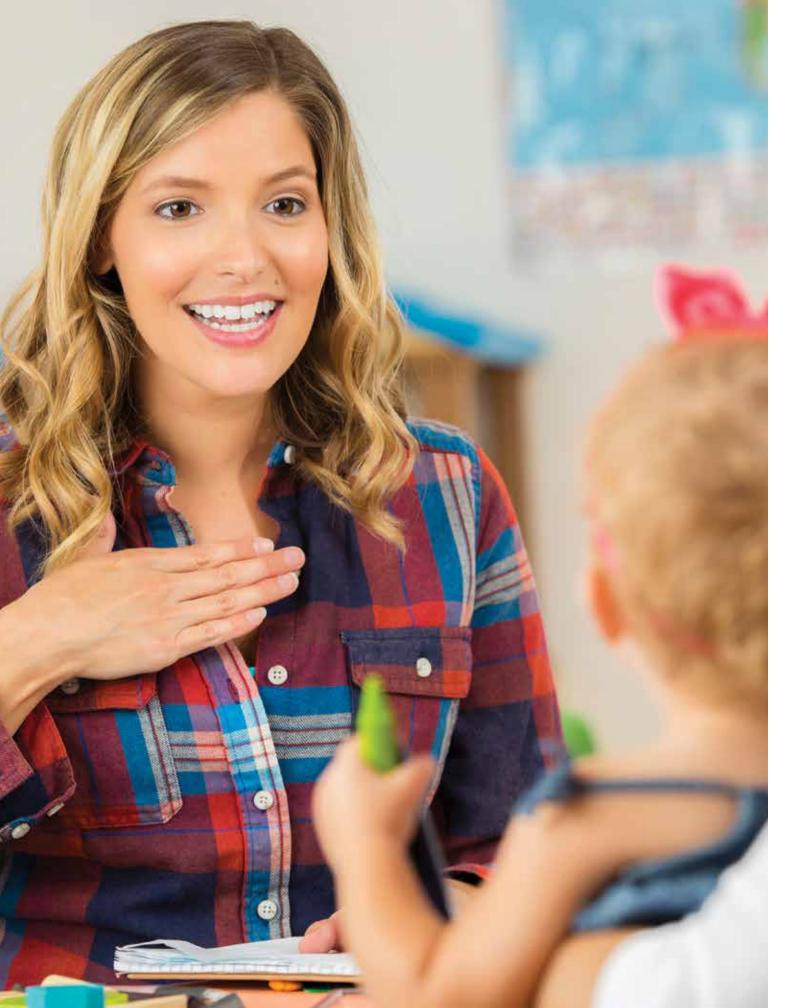
# ROBERT ROSE Spring 2023



# - BEGINNER'S -**BABY SIGN** LANGUAGE

## • SIGN & SING AT HOME •





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## **BEGINNER'S BABY SIGN** LANGUAGE Sign & Sing at Home

#### Your baby is ready to sign when they can wave bye-bye

Beginner's Baby Sign Language: Sign & Sing at Home includes 100+ American Sign Language (ASL) signs to introduce to your baby. This book is designed to show you what and when to sign to your child. Not only is it surprisingly easy, signing with your baby can increase connection as you better understand baby's behavior and can relieve frustration by helping them to communicate their wants. You'll find easy-to-follow illustrations and instructions for signs like milk and diaper. You'll also learn practical songs to sign and sing with your child. Also included are the alphabet and numbers (I-I0) in ASL conveniently located at the front and back of the book for quick reference. Unlike other books in the genre, this beautifully designed educational book stands out with loads of full-color photographs to make it easy to look up the signs you want to share. With this book you and your baby will be communicating clearly and confidently!

**SARA BINGHAM** is the founder of WeeHands, the world's leading children's sign language and language development program for babies, toddlers and preschool children. She is a trained therapist, the mother of two and a frequent contributor to parenting magazines and baby-related professional websites.

): 978-0-7788-0710-0 / 077880710X	
CATION DATE: March 2023 (Shipping February 202	3)
RICE: \$19.95 US / \$24.95 CAN	
AT/TRIM: TP / 7" X 10"	
COUNT: 176	
D COUNT: 16,246	
RATIONS: 60+ photos and illustrations, text, cover printed on both sides	
CT / CATEGORY: Education - ANF /	
nguage	
S: World BLAD	D

#### Your Journey through the Eight Steps



The chapters in this book follow a progressive structure that leads you on an eight step journey to conquer pain. You will get the most out of this book if you road the steps in sequence

#### Your Journey

I find it helpful to liken your journey to conquer pain to climbing a monintain. I will be your gridle in your journey. But it is your journey. I cannot climb the mountain for you or with you. I will provide you with the knowledge, tools and resources. I will share with you what I have learned from many other patients, from collearnes and from the latest scientific research Your journey marts before you arrive at the base of the

mountain. Depending on the type of mountain, you will need to learn about hiking, mountaineering, rock climbing, alpine or see climbing. You should read guides, watch videos and talk to other people who have done this.

Once you understand what you need to help you along the way, you must visit a specialized store and putchase the necessary equipment. You will need to pack food for many weeks or monitor.

10 # 1TEPS TO CONDUCT CHROMIC PAIN

> You need to be sure your timesi levels are adequate for the altitude you will climb, or you could develop mountain sickness or experience shortness of breath. You should be physically and mentally prepared for potential challenges, such as failing rocks, rain and snow, heat during the day and cold nights, as well as your physiological needs. Maybe you are bringing someone with you in the mountain or maybe or you will meet your group there. Together you will decide how to work to reach your goals. Finally, after months of preparation, you will be ready for your first steps up. Each person will travel at a different speed on their own trail; you will find the one that works. lient for you.

WE DON'T CHOOSE PAIN: PAIN CHOOSES US A climbing journey has some similarities to conquering chronic pain, but also differences. While mountain climbing is optional, chronic pain is not a choice. No one wakes up one morning and says. "I need a challenge, so I will inflict pain on my body and then I will ov

Pain happens as an injury, an eccident or a disease. Sometimes it appears without an apparent cause, as with a neuropathy (damage to the nerves) or fibromyaloja. We don't choose pain; pain chooses us.

What is the first obstacle that I see in many of my patients? They deny chronic pain. They don't see the mountain in front of them. And I can't guide them to climb it if they don't believe they have chronic pain.

> "Each person will travel at a different speed on their own trail; you will find the one that works best for you."

12 # STEPS TO CONSIDER CHRONIC PAIN



#### Are you ready for your journey? Brre's our itinetary:

In What & Pain? we will examine what pain actually is. Our body has a pain system that acts like the alarm system of a house. When the pain system is working well, pain is a sensation that alerts our brain that something needs to be fixed or eliminated. However, there might be malfunctioning of the pain system itself, leading to false alarma, increased pain volume or short circuits in the brain. They prolong the pain without an injury or disease triggering it. In this chapter:

· We will learn about the three kinds of pain: noticeptive neuropathic and nociplastic. Basically, nociceptive pain occurs when the alarm system is working well, while neuropathic pain occurs when there is an injury or disea in the pain system, and nociplastic pain occurs because the pain system is iteact but malfunctioning.

· When the alarm system of the house malibusctions, we need to fix the alarm system instead of trying to find a free to yest out. Much chronic pain is caused by abnormal nam systems, so we need to learn how to fix the pain system instead of trying to find where the injuty causing the

#### Next, in Getting a Diagnosis, we will visit a pain clinic and learn how a doctor diagnoses chronic pain.

· We will talk about the types of doctors that treat patient with chronic pain, including pain clinics and specialists. and what the doctors will ask you, which tests they might run and why labs and images aren't always necessary. Often, a physical examination is all the doctor needs. We will also look at some messages that doctors give their patients and how they can be planting the seeds of pain

> YOUR JOONNEY THROUGH THE EXCHT STEPS 13



# **8 STEPS TO CONOUER** CHRONIC PAIN A Doctor's Guide to Lifelong Relief

#### A practical, solution-based guide for ending chronic pain

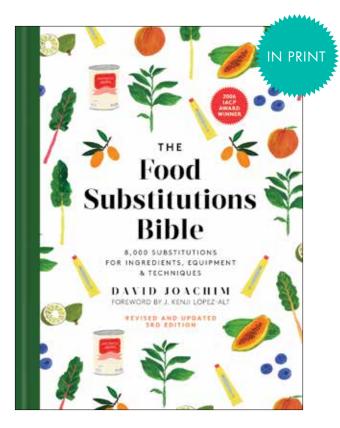
Chronic pain is one of the most common chronic conditions in the United States. The CDC estimates that 20% of US adults live with chronic pain. That's more than 50 million adults in the US, alone! But what exactly is chronic pain? And is there a solution for it? 8 Steps to Conquer Chronic Pain answers these questions and more, presenting attainable, accessible and evidence-based solutions to your pain problems. Written by a pain specialist with extensive hands-on experience and knowledge of the latest advances in treatment, this book will help you to understand the different types of pain, how they're diagnosed and, most important, what you can do to relieve your chronic pain.

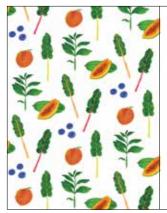
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**DR. ANDREA FURLAN** is an Associate Professor in the Department of Medicine at the University of Toronto and a Staff Physician and Senior Scientist at the Toronto Rehabilitation Institute. Her YouTube page has more than 400,000 subscribers and more than 30 million views. She received a CIHR New Investigator Award, and her research focus is on treatments of chronic pain including medications, complementary and alternative therapies, and rehabilitation.

5): 978-0-7788-0711-7 / 0778807118	
CATION DATE: April 2023 ng March 2023)	
RICE: \$24.95 US / \$29.95 CAN	
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COUNT: 256	
D COUNT: 74,867	
RATIONS: Fully illustrated throughout, chart , two color	s and
CT / CATEGORY: HEALTH & FITNESS / anagement	
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#### Preface to the Third Edition

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# THE FOOD SUBSTITUTIONS **BIBLE, THIRD EDITION**

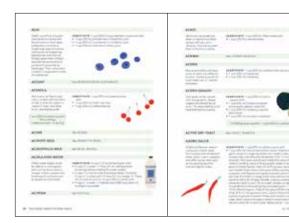
8,000 Substitutions for Ingredients, Equipment & Techniques

This full-color, hardcover edition features a brandnew design with a foreword by J. Kenji López-Alt, 8,000 substitutions, custom hand-drawn illustrations by Emily Isabella, and 24 new recipes, increasing the total to 188 recipes

Have you ever been in the middle of making a meal only to discover you have run out of a key ingredient or don't own a specialty pan called for in the recipe? Or maybe, you want to create a different flavor or texture for a tried-and-true family dish by experimenting with something new and exciting.

The answer to these dilemmas? Substitute. But the internet doesn't always have reliable answers or accurate replacements. Winner of an International Association of Culinary Professionals (IACP) award, The Food Substitutions Bible, now in an expanded, updated, and revised third edition, is the authoritative guide to making substitutions in the kitchen.

In one comprehensive, easy-to-use book that's organized from A to Z, bestselling author David Joachim has compiled creative and clear options to solve cooking conundrums. Now it offers more than 8,000 alternative ingredients, equipment, and techniques plus 188 simple recipes, covering emergency substitutions, time-saving substitutions, healthy substitutions, alternatives for hard-to-find ingredients, vegan and kosher alternatives, and ideas for varying the flavor of a dish in countless ways. You'll also find over 30 ingredient guides and measurements tables to help decipher things like choosing fresh chiles and pan size equivalents.









**DAVID JOACHIM** has written, edited, or collaborated on more than 50 cookbooks. With Andrew Schloss. he co-authored The Science of Good Food, which was nominated for a James Beard Award. He also wrote the A Man, A Can, A Plan series, which has sold more than I million copies. David recently co-wrote Mastering Pizza with James Beard Award-winning chef Marc Vetri and The Wicked Healthy Cookbook with plant-based chefs Chad and Derek Sarno. He lives in Pennsylvania.

**EMILY ISABELLA** is a New York-based illustrator. Her clients include Kate Spade and Anthropologie.

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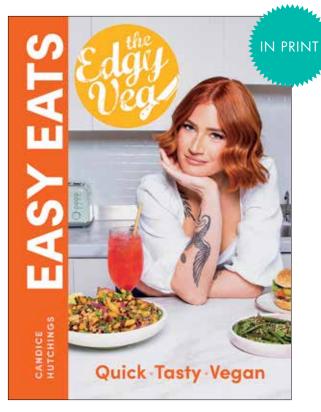
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Don't have mirin? Use a mixture of sherry and sugar instead. Looking for a less-rich alternative to whipped cream? Evaporated milk whips up surprisingly well and makes a creamy, lowercalorie substitute you can dollop onto your favorite desserts. Can't find your fondue pot? Use a heavy stoneware dish set on a warming tray or heating pad. David gives you all the information you need to improvise with confidence at home or in a commercial kitchen.

J. KENJI LÓPEZ-ALT is The New York Times bestselling author of The Food Lab and Every Night Is Pizza Night. He is a New York Times food columnist; the chief culinary advisor for Serious Eats; and the host of Kenji's Cooking Show, which has more than a million subscribers on YouTube. He lives in Seattle.

): 978-0-7788-0706-3 / 0778807061
CATION DATE: Available
RICE: \$49.95 US / \$59.95 CAN
AT & TRIM: HC / 7.5" x 10"
COUNT: 220,007
D COUNT: 220,007
RATIONS: Full-color and illustrated throughout 0+ unique illustrations
CT/ CATEGORY: CKB071000 COOKING /
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# THE EDGY VEG: EASY EATS

Quick • Tasty • Vegan

#### Mouth-Watering Vegan Food You'll Crave — Everyday

She's back! In her follow-up to the bestselling *The Edgy Veg*, Candice Hutchings, the face of the Edgy Veg YouTube channel (445,000+ Subscribers, 500,000+ Average Monthly Views) returns with *The Edgy Veg Easy Eats*, a collection of 106 brand-new recipes that don't sacrifice creativity or bold flavor for ease or time.

Candice's recipes are always as exciting and original as she is and in these deliciously designed pages, you'll find vegan food built differently. This is food that satiates every craving. Everything from Lazy Lasagna to impress your main squeeze to tasty one-pot dinners like Easy Breezy Creamy Chic-Peas for when you've got a case of the Mondays. Candice is serving you finger-licking and lightning-fast appetizers (think Fancy Fall Charcuterie Board) and no-fuss desserts, such as Chipsy Marshmallow Treats, for when you need a sweet-fix in a hurry. Flip open to any page, and each recipe will take you no longer than 45 minutes to make, while never compromising your need for great taste. In no time at all, you will be serving up dinner with an attitude and a cheeky side.

Whether life throws you lemons or tosses you a bone, we all need to eat — preferably really tasty food — and, as always, Edgy Veg has got your back!

**CANDICE HUTCHINGS** is the face of the popular Edgy Veg YouTube channel and blog, where she delivers plant-based recipes with comedy and attitude, and the author of the bestselling *The Edgy Veg: 138 Carnivore-Approved Vegan Recipes.* She disrupts the vegan community with her candid and humorous takes on activism not only for animals and plant-based food, but also mental health, the environment, and female empowerment. She lives in Toronto, Ontario, with her three rescue dogs.



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ISBNS: 978-0-7788-0703-2 / 0778807037

PUBLICATION DATE: Available

LIST PRICE: \$29.95 US / \$34.95 CAN

FORMAT & TRIM: HC / 7.75" x 10.5"

PAGE COUNT: 256

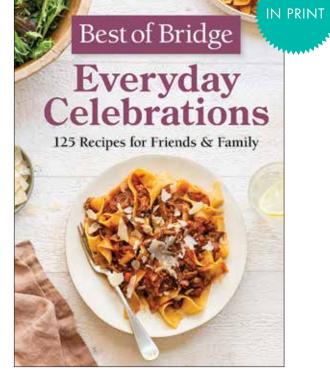
WORD COUNT: 46,829

ILLUSTRATIONS: Full-color book including 100 full-color photographs and index

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SUBJECT/ CATEGORY: CKB125000 COOKING / Vegan; CKB086000 COOKING / Vegetarian

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## **BEST OF BRIDGE: EVERYDAY CELEBRATIONS**

125 Recipes for Friends & Family

Fall 2022 will see a complete reinvention of Best of Bridge. Full color format with 80 photos in hardcover format. New website, new newsletter, increased social media. The new Best of Bridge

As we come through a pandemic that has separated family and friends and inspired home cooks to carefully balance the weekly grocery bill, Best of Bridge is back with a bold new look and style to inspire each of us to find joy and togetherness by bringing delicious food to everyday celebrations.

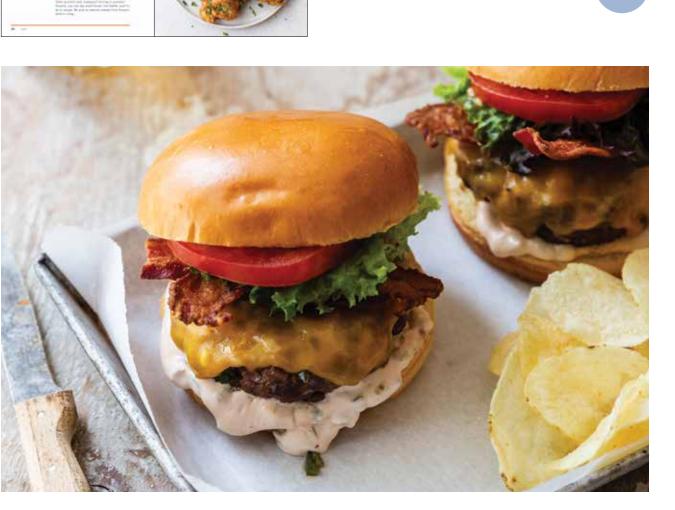
In Best of Bridge: Everyday Celebrations you'll find 124 brand-new recipes designed in the Bridge style you've come to know and trust, now in a beautifully updated hardcover format. We've also included more photographs than ever, with more than 80 vibrant full-colour photos that bring the recipes to life. If you're reuniting with loved ones for a long overdue holiday get-together, try Make-Ahead Herb and Spice Turkey. Lamb and Pistachio Meatballs with Yogurt Mint Sauce are perfect for an overdue work potluck. If you're having a cozy party just for one or two, the Herbed Cheese and Zucchini Tart partnered with Blueberry Brunch Sangria will have you toasting to your own success. Best of Bridge: Everyday Celebrations brings all the recipes, all the ease, and all the fun.

Best of Bridge is a beloved recipe treasure trove as familiar as apple pie or, more fittingly for its Canadian authors, Nanaimo bars! With over 4 million books sold, Best of Bridge has become a household tradition spanning generations. Best of Bridge recipes are made for everyone. Ingredients are easy to find, directions are easy to follow, and the results are always guaranteed to be delicious.



**SYLVIA KONG** is a food stylist, home economist and consultant at Savory Palate Consulting. She lives in Calgary, Alberta.

PUBLICATION DATE: Available LIST PRICE: \$29.95 US / \$34.95 CAN FORMAT & TRIM: HC / 7.75" x 10.5" PAGE COUNT: 256 WORD COUNT: 44,583 ILLUSTRATIONS: Full color book including 80+ color photographs and index SUBJECT/ CATEGORY: CKB029000 COOKING / Entertaining; CKBI27000 COOKING / Comfort Food



**EMILY RICHARDS** is a cookbook author, recipe developer, chef and home economist. She lives in Guelph, Ontario.

This is their fifth Best of Bridge book.

ISBNS: 978-0-7788-0708-7 / 0778807088

**RIGHTS: World** 







**CATHERINE PEZ** 



..... The Neck

EXERCISE 1







**CATHERINE PEZ** is an ardent believer in natural beauty and has taught her facial gymnastics method for several years. She is convinced that muscles have a significant role in the architecture of the body as well as the face. Catherine teaches regular conferences and workshops, as well as thalassotherapy sessions. She resides in Paris, France. ISBNS:

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# THE 5-MINUTE FACIAL WORKOUT

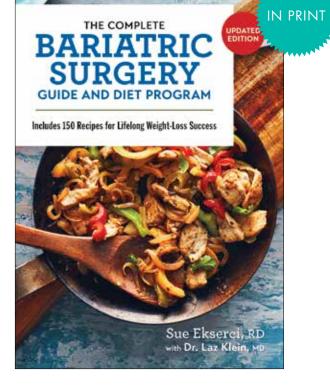
30 Exercises for a Naturally Beautiful Face

#### Updated and expanded 2nd edition of The 5-Minute Facial

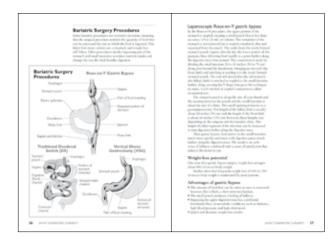
Did you know that the structure of your face is made up of more than 50 muscles, and that their fitness, to a large degree, determines its appearance? Just as we can exercise and tone our body's muscles, we can do the same with our facial muscles. This can ultimately make a marked difference in our appearance and can potentially eliminate the need for invasive plastic surgery.

This updated 2nd edition includes a new section on exercises specific to facial shape. Icons identify which face shape is best for each exercise. Performing these facial gymnastics on a regular basis may combat common concerns, including "empty"-looking cheekbones, floppy jowls, relaxed eyelids, wrinkles and unwelcome elasticity. This program requires no special equipment, and each of the 30 exercises feature clear instructions, with a photograph to demonstrate the movement.

978-0-7788-0471-0 / 0778804712
CATION DATE: Available
RICE: \$19.95 US / \$19.95 CAN
AT & TRIM: TP / 7" x 10"
COUNT: 208
) COUNT: 22,507
RATIONS: Full color book including 80+ color raphs and index
CT/ CATEGORY: HEA003000
H & FITNESS / Beauty & Grooming
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# THE COMPLETE BARIATRIC SURGERY GUIDE AND DIET PROGRAM

Includes 150 Recipes for Lifelong Weight-Loss Success

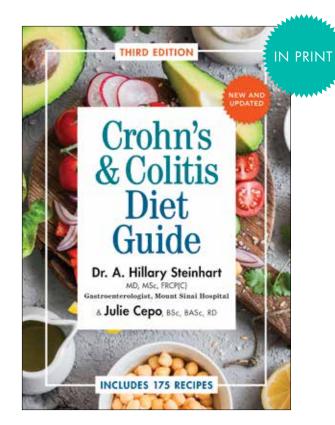
#### Find post-surgery confidence, creativity and satisfaction in good food

Bariatric surgery is a procedure designed to help people decrease their food intake and change the way their body handles food — the result being significant weight loss. This new edition of The Complete Weight-Loss Surgery Guide and Diet Program (9780778802730) provides up-to-date information on the many procedures that are currently available in North America, including vertical sleeve gastrectomy, duodenal switch and the Roux-en-Y gastric bypass. All the potential risks and benefits associated with each type of bariatric surgery are examined, as well as measures of success, and preparation and recovery instructions. To further ensure success, 150 recipes have been included that have been specially created with weight-loss patients in mind.

**SUE EKSERCI**, BASc, RD, has worked at Humber River Hospital in several areas of dietetics, including bariatrics and medicine, and she is currently a dietitian in the hospital's Maternal and Child Program.

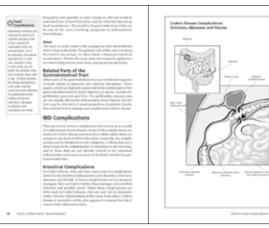
**LAZ KLEIN**, MD, MSc, FRCS(C), is a staff surgeon at Humber River Hospital in Toronto, where he converted the existing bariatric program from "open" to "laparoscopic," and he is an assistant professor in the Department of Surgery at the University of Toronto.

ISBNS 978-0-7788-0709-4 / 0778807096	
PUBLICATION DATE: Available	
LIST PRICE: \$24.95 US / \$27.95 CAN	
FORMAT & TRIM: TP / 7" x 10"	
PAGE COUNT: 352	
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ILLUSTRATIONS: B&W Diagrams and index	
SUBJECT/ CATEGORY: CKB026000 COOKING Health & Healing / Weight Control	1
RIGHTS: World	BLAD



What Is Inflammatory Bowel Disease? 020 • 748 • 348749 • 748749





to abdominal pain, severe diarrhea, fatigue, weight loss and malnutrition. This updated 3rd edition, in a very informative

and easy-to-understand manner, provides all the necessary guidelines regarding the specific foods that might cause problems, as well as IBD-tailored recipes that can be enjoyed without compromising taste and overall nutrition.

DR. A. HILLARY STEINHART, MD, MSc, FRCP(C), is a Gastroenterologist at Mount Sinai Hospital in Toronto and an Associate Professor in the Department of Medicine at the University of Toronto.

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# CROHN'S AND COLITIS DIET GUIDE, THIRD EDITION

#### Includes 175 Recipes

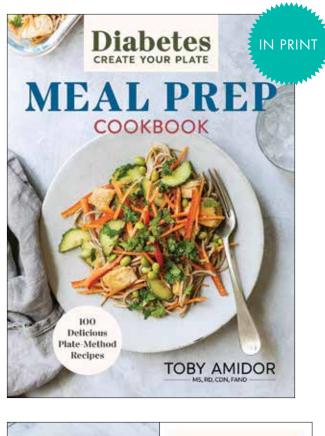
#### Easy to follow guidance for sufferers, families, friends and caregivers in helping to manage IBD (inflammatory bowel disease) symptoms

Inflammatory bowel disease (IBD) describes a group of conditions, the two main forms of which are Crohn's disease and ulcerative colitis. IBD causes inflammation of your digestive tract, which can lead

JULIE CEPO, BSc, BASc, RD, is the in-patient clinical dietitian for the Gastrointestinal Program at Mount Sinai Hospital. She specializes in parenteral and enteral nutrition support, and perioperative diet education.

978-0-7788-0478-9 / 077880478X	
CATION DATE: Available	
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AT & TRIM: TP / 7" x 10"	
COUNT: 336	
) COUNT: 118,283	
RATIONS: B&W Diagrams and index	
CT / CATEGORY: HEA039010 HEALTH ESS / Diet & Nutrition / Diets	
S: World	BLAD









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# DIABETES CREATE YOUR PLATE MEAL PREP СООКВООК

#### 100 Delicious Plate-Method Recipes

#### Finally, the perfect diabetes meal-prep cookbook everyone has been waiting for!

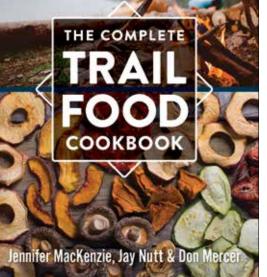
Diabetes Create Your Plate Meal Prep Cookbook presents and explains the popular Diabetes Plate Method with 100 delicious recipes, and 5 different meal plans that range in complexity for beginners to experienced meal preppers. Specific food safety concerns are outlined for people with diabetes along with helpful tips, and all recipes contain nutritional information and step-by-step guidance for creating multiple dishes at one time.

Meal plans include grocery lists and nutritional information for each individual-serving meal prep container. At-a-glance icons show which recipes are freezer-friendly, one-pot, 30 minutes or less, vegetarian, vegan, dairy-free, gluten-free or a complete plate in one dish. Each recipe is a make-ahead meal designed for preparing in advance so you can confidently grab and go all week long.

TOBY AMIDOR, MS, RD, CDN, FAND, is a Wall Street Journal bestselling cookbook author, leading dietitian and recipe developer who believes that healthy and wholesome can also be appetizing and delicious. She is the author of six cookbooks, including The Best 3-Ingredient Cookbook, The Best Rotisserie Chicken Cookbook and The Family Immunity Cookbook. She is the founder of Toby Amidor Nutrition and the nutrition expert for FoodNetwork.com. She lives in New York.

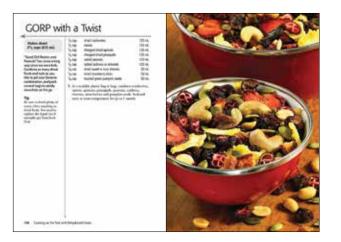
RIGHTS: World	
SUBJECT/CATEGORY: Cooking / Health & Healing	BLAD
ILLUSTRATIONS: 80 full color photos	
WORD COUNT: 50,996	
PAGE COUNT: 288	
FORMAT/TRIM: TP / 7.5" X 10"	
LIST PRICE: \$24.95 US / \$29.95 CAN	
PUBLICATION DATE: Available	
ISBN(S): 978-0-7788-0707-0 / 077880707X	

Over 300 recipes for campers, canoeists and backpackers



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# THE COMPLETE TRAIL FOOD COOKBOOK

Over 300 recipes for campers, canoeists and backpackers

#### 300 appetizing, energizing and easy-to-prepare recipes

These outstanding recipes have been created to appeal to and meet the needs of wilderness and camping enthusiasts. Making your own food is more economical than buying commercial packaged food, and you can customize any recipe to suit your tastes. You'll also benefit from the lack of preservatives.

Recipes for breakfast, main courses and highenergy snacks are featured, as well as desserts and beverages. Using dried foods, you can create a wide array of meals, from the everyday to the truly gourmet.

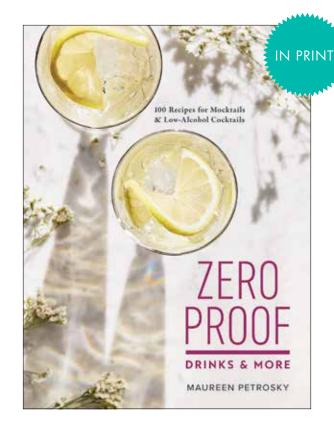
Together, the authors bring a wealth of culinary knowledge and experience to the table. When you add in their enthusiasm for camping, it's clear that they've created the definitive book on trail food.

JENNIFER MACKENZIE is a professional home economist specializing in recipe development and testing. She lives in Lakefield, Ontario.

**JAY NUTT** is a chef and proprietor of Nuttshell Next Door Cafe in Lakefield, Ontario.

DON MERCER, PH.D., P.ENG., is a professional engineer and an associate professor in the Food Science Department at the University of Guelph.

ISBN(S): 978-0-7788-0236-5 / 0778802361	
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PAGE COUNT: 256	
WORD COUNT: 80,972	
ILLUSTRATIONS: 8 color photos	
SUBJECT/CATEGORY: Cooking	
RIGHTS: World	BLAD







52% of Americans who drink alcohol report that they are actively trying to cut back. The choice for no- and low-alcohol drinking is as individual as the drinks themselves: health concerns; calorie reduction; religion; cultural trends; pregnancy... Zero Proof Drinks & More has the perfect flavor for every pallet along with easy tips and tricks for creating the perfect on trend drink. Mindful drinking is no longer relegated to Dry January – this is now a year-round trend.

ISBN(S) PUBLIC LIST PR FORMA PAGE C WORD ILLUST SUBJEC RIGHT

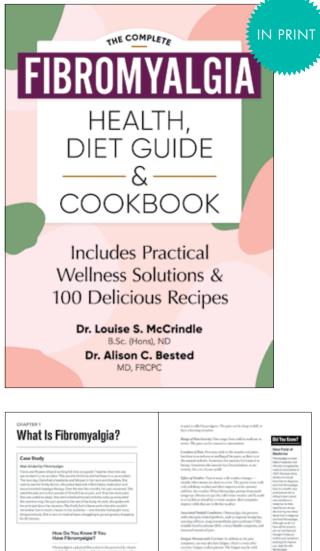
## **ZERO PROOF DRINKS & MORE** 100 Recipes for Mocktails & Low-Alcohol Cocktails

#### Leave no guest out and get creative with on-trend drink recipes perfect for every occasion

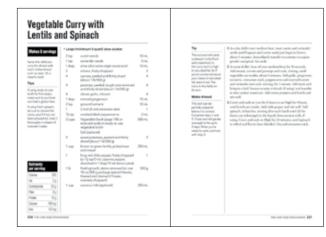
Zero Proof Drinks & More offers delicious and mindful drinks for every guest and every occasion. Maureen Petrosky, an Entertaining and Lifestyle Expert who appears regularly on NBC's TODAY show and hosts multiple video series on TODAY.com, shares over 100 no-alcohol and low-alcohol recipes for cocktails, spritzers, ciders, coffees, shandys & radlers, and a whole lot more.

**MAUREEN PETROSKY** appears regularly as an Entertaining and Lifestyle Expert on NBC's Today Show. Author of The Wine Club and The Cocktail Club, she's also a popular columnist for today.com and thekitchn.com. She currently resides in Bucks County, Pennsylvania.

) 978-0-7788-0675-2 / 0778806758
CATION DATE: Available
RICE: \$24.95 US / \$29.95 CAD / £19.95 UK
AT/TRIM: TP / French flaps / 7.5" X 10"
COUNT: 224
) COUNT: 31,059
RATIONS: 85 full color photos
CT/CATEGORY: Cooking/Drinks
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# THE COMPLETE FIBROMYALGIA HEALTH, DIET **GUIDE AND COOKBOOK**

Includes Practical Wellness Solutions & 100 Delicious Recipes

Fibromyalgia affects 1 of 438,900 people in Canada and 1 of an estimated 5 million adults in the United States

This book, written by leading experts, gives commonsense tools that will help fibromyalgia patients help themselves on the road to improvement and perhaps recovery. Not so very long ago, fibromyalgia was thought to be a psychosomatic illness — it was all in your head — and received little attention. Although attitudes have begun to change, it's still difficult to get a doctor to diagnose and treat fibromyalgia.

This outstanding resource provides the necessary hope, support and resources for a condition that is often misunderstood, left undiagnosed and untreated.

DR. LOUISE S. MCCRINDLE, B.SC. (HONS),

ND, is a naturopathic doctor currently in charge of the Fibromyalgia and Myalgic Encephalomyelitis/Chronic Fatigue Syndrome Clinic at the Robert Schad Clinic, affiliated with the Canadian College of Naturopathic Medicine in Toronto.

DR. ALISON BESTED, MD, FRCPC, is a

hematological pathologist by training who has devoted the last 20 years of her practice to treating patients with fibromyalgia, myalgic encephalomyelitis/chronic fatigue syndrome, and multiple chemical sensitivities. Recently she has been appointed the Medical Director of the Complex Chronic Diseases Program at BC Women's Hospital in Vancouver, British Columbia.

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RIGHTS: World BLAD

# Endometriosis IN PRINT Health & Diet Program Get Your Life Back



Dr. Andrew S. Cook, MD, FACOG and Palvic Pain Danielle Cook, MS, RD, CDE



The GI Tract and Defecation

Whether you suffer from endometriosis or have a loved one who does, the advice in this guide will offer relief and healing.

While activities are dependent on more common in scenars with endometrices, many version with endometrices do not have any such dependent,

DR. ANDREW S. COOK, MD, FACOG, is the founder and director of the Vital Health Institute. He is an internationally renowned endometriosis specialist, pelvic pain specialist and women's health expert, as well as a highly respected gynecologic surgeon and a leader in minimally invasive surgical techniques. He has devoted his life to helping women with complex health problems.

DANIELLE COOK, MS, RD, CDE, is the Director of Integrative Medicine at the Vital Health Institute. Danielle has a Master's Degree in nutrition and food science and now specializes in functional preventative nutrition. She is working on her Doctor of Health Science (DHS) in integrative health care.

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# THE ENDOMETRIOSIS HEALTH & DIET PROGRAM

#### Get Your Life Back

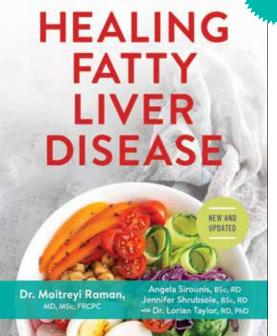
#### Endometriosis can have a profound impact on a woman's quality of life and affects 6% to 10% of women worldwide

This timely book dispels the myths surrounding endometriosis and provides recommendations that are easy to understand and follow.

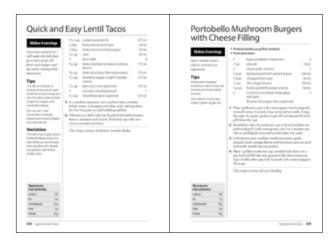
The book is split into four sections. Part I provides information on the medical side of endometriosis and how lifestyle factors may impact the disease. Part 2 consists of an integrative lifestyle plan to manage symptoms and potentially slow or halt endometriosis disease progression. Part 3 offers a scientifically based diet plan that addresses the many factors associated with the disease. And Part 4 provides 100 recipes that will help you follow the diet plan.

) 978-0-7788-0562-5 / 077880562X	
CATION DATE: Available	
ICE: \$24.95 US / \$24.95 CAD	
AT/TRIM: TP / 7" X 10"	
COUNT: 288	
) COUNT: 115,502	
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Robert Rose • Spring 2023	21

#### A COMPLETE HEALTH & DIET GUID INCLUDING 100 RECIPES



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# HEALING FATTY LIVER DISEASE

A Complete Health and Diet Guide, Including 100 Recipes

#### The most common cause of chronic liver disease in North America

Some people with fatty liver disease simply have excess fat in the liver. Although not normal, it's not serious if it doesn't lead to inflammation or damage. However, once there's a buildup of fat, the liver becomes vulnerable to injury. Others have what's called nonalcoholic steatohepatisis (NASH). NASH can lead to permanent liver damage and cirrhosis. Both types of nonalcoholic fatty liver disease

(NAFLD) are becoming more common. Up to 20% of adults have either fatty liver or NASH.

DR. MAITREYI RAMAN, MD, MSC, FRCPC, is a gastroenterologist and physician nutritionist. She is the medical director of the Southern Alberta Home Enteral and Parenteral Program.

**ANGELA SIROUNIS, BSC, RD**, is a clinical dietitian at Foothills Medical Centre in Calgary, Alberta, who works in enteral and parenteral nutrition support, in both in- and outpatient settings.

JENNIFER SHRUBSOLE, BSC, RD, is a clinical dietitian at Foothills Medical Centre in Calgary, Alberta. She specializes in enteral and parenteral nutrition support for gastrointestinal medical and surgical patients.

DR. LORIAN TAYLOR, RD, PHD, is a registered dietitian and behavior change specialist. She is the research director for Alberta's Collaboration of Excellence for Nutrition in Digestive Diseases (Ascend) and also a co-founder of LyfeMD.

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SUBJECT/CATEGORY: Health	
RIGHTS: World	BLAD

# FAMILY IN PRINT IMMUNITY COOKBOOK AN RECIPES TO BOOST HEALTH

TOBY AMIDOR

Chipotle Chicken Sandwich 100 TIPS



ISBN(S) PUBLIC LIST PR FORMA PAGE C WORD ILLUST SUBJEC

# THE FAMILY IMMUNITY COOKBOOK

101 Easy Recipes to Boost Health

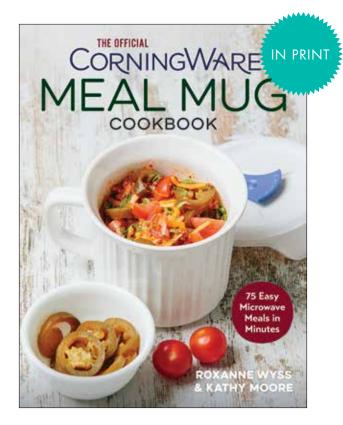
#### An easy-to-follow, family friendly cookbook filled with delicious recipes all designed to boost health, energy and wellness

All of us want to keep our families safe and healthy. We also want to eat delicious and satisfying food. The Family Immunity Cookbook includes 25 of the top immune-boosting foods, incorporated into 101 delicious recipes. These are ingredients that provide immune-essential nutrients like vitamin C, vitamin D, zinc, selenium, iron and protein to keep your body's defenses in tip-top shape, or they are foods that help decrease inflammation and boost antioxidant activity. Bestselling cookbook author and nutritionist Toby Amidor is skilled at making tricky topics fun and easy to understand – she's done the work for you. She expertly describes the nutritional benefits of foods and then weaves them into recipes the whole family will enjoy.

TOBY AMIDOR, MS, RD, CDN, FAND, is a Wall Street Journal bestselling cookbook author, leading dietitian and recipe developer who believes that healthy and wholesome can also be appetizing and delicious. She is the author of six cookbooks, including The Best 3-Ingredient Cookbook, The Best Rotisserie Chicken Cookbook, Smart Meal Prep For Beginners, The Healthy Meal Prep Cookbook and The Easy 5-Ingredient Healthy Cookbook. She is the founder of Toby Amidor Nutrition and the nutrition expert for FoodNetwork.com. She lives in New York.

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WORD COUNT: 48,545	
ILLUSTRATIONS: 90 color photos	
SUBJECT/CATEGORY: Cooking / Health & Healing / General	
RIGHTS: World	BLAD

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# OFFICIAL CORNINGWARE MEAL MUG COOKBOOK

75 Easy Microwave Meals in Minutes

Whether at school, the office or in your own home, you can have delicious food in minutes every day of the week

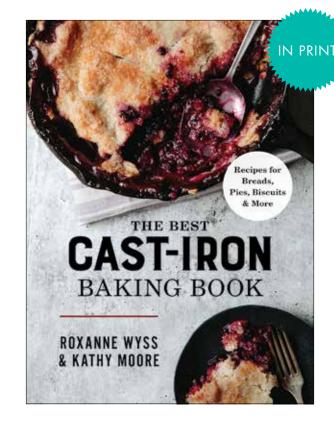
The Official CorningWare<sup>®</sup> Meal Mug<sup>®</sup> Cookbook gives you can-do solutions for 75 meals in minutes. All you need are our recipes, a CorningWare<sup>®</sup> Meal Mug<sup>®</sup>, a few ingredients and a microwave. The results will give you hot, hearty, wholesome home-cooked food every time. And most recipes are designed to be transported in a cool pack, so they can easily go where you go.

Looking for an easy way to make breakfasts, lunches, dinners or snacks? Every recipe has been carefully tested to give you perfect results every time, in and out of the microwave in under 10 minutes. This cookbook, the perfect companion to the CorningWare<sup>®</sup> Meal Mug<sup>®</sup>, will inspire you to create delicious, easy meals in minutes wherever you are!

#### **ROXANNE WYSS** and **KATHY MOORE** are

cookbook authors, food consultants, cooking teachers and bloggers who share their test-kitchen expertise through creative recipes and tips that make cooking and more fun. They have written 17 cookbooks, ing Delicious Bundt Cakes, Delicious Dump Cakes, est Babycakes Cupcake Maker Recipes, 175 Best cakes Cake Pop Maker Recipes and The Best Cast Iron g Book. Their popular food blog can be found at .pluggedintocooking.com.

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PUBLICATION DATE: Available	
LIST PRICE: \$19.95 US / \$24.95 CAN	
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PAGE COUNT: 176 pages	
WORD COUNT: 21,573	
ILLUSTRATIONS: 75 color photos	
SUBJECT/CATEGORY: Cooking	
RIGHTS: World	BLAD
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# Artisan No-Knead Bread





ISBN(S PUBLIC LIST PF FORM PAGE WORE ILLUST SUBJEC Baking

# THE BEST CAST-IRON **BAKING BOOK** Recipes for Breads, Pies, Biscuits & More

#### The Best Baking You'll Ever Taste

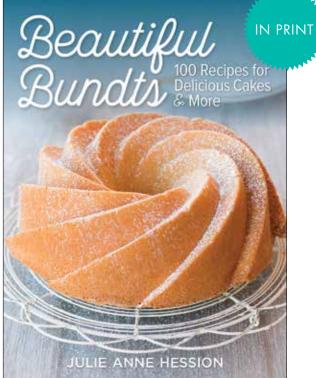
Many home cooks have learned from relatives and top chefs about the benefits of cooking with cast iron: it infuses food with more flavor, reaches higher temperatures and is naturally nonstick. But did you know cast iron is the key to the most delicious baking you will ever taste?

In The Best Cast-Iron Baking Book, veteran cookbook authors Roxanne Wyss and Kathy Moore share over eighty sweet and savory recipes. Everything in this book is cooked in a 10-inch skillet or Dutch oven. You'll find breads, biscuits, cobblers, pies, cakes, pizzas, brownies and much more. Cast-iron baking is easy — and this cookbook empowers home cooks to bake and use their cast iron confidently. Roxanne and Kathy also include tips for cooking with cast iron and information for how to care for, season and store these versatile products.

**ROXANNE WYSS** and **KATHY MOORE** are

cookbook authors, food consultants, cooking teachers and bloggers who share their test-kitchen expertise through creative recipes and tips that make cooking easier and more fun. They have written seventeen cookbooks, including Delicious Bundt Cakes, Delicious Dump Cakes, 175 Best Babycakes Cupcake Maker Recipes and 175 Best Babycakes Cake Pop Maker Recipes. Their popular food blog can be found at www.pluggedintocooking.com.

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PUBLICATION DATE: Available	
LIST PRICE: \$19.95 US / \$24.95 CAD	
FORMAT/TRIM: TP / 7.5" x 10"	
PAGE COUNT: 192 pages	
WORD COUNT: 43,177	
ILLUSTRATIONS: 60 color photos	
SUBJECT/CATEGORY: Cooking / Methods / Baking	
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## **BEAUTIFUL BUNDTS** 100 Recipes for Delicious Cakes & More

#### The appeal of Bundt-style cakes is stronger than ever

The distinctive ring shape of a Bundt pan is more popular than ever, with many next-generation bakers discovering the unique and iconic shape for the first time. Julie has created 100 delicious and versatile recipes — from the retro classics to modern twists — for every occasion. The recipes are simple and easy to make, but the results are nothing short of spectacular. There are vegan and gluten-free options, so absolutely everyone can enjoy these Bundts.

Full color throughout and loaded with photos, this book will show you just how spectacular a slice of Bundt cake can be! And if you're new to baking, Julie has included loads of helpful tips to get you started, from info on key ingredients to how to glaze a cake.

Celebrate the holidays with Cinnamon-Raisin Challah Bundt or impress your guests with Mini Chai-Spiced Bundts with Vanilla Glaze. It's always a good time for the homemade goodness of a Bundt cake.

**IULIE ANNE HESSION** has combined her love of food with her love of words to become a successful chef, food writer, competitive cook, photographer and food blogger. She took all the photographs for Beautiful Bundts. Her sweet creations have been featured in People, O, The Oprah Magazine, Better Homes and Gardens and Food Network Magazine.

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PUBLICATION DATE: Available	
LIST PRICE: \$27.95 CAD / \$24.95 US / £16.95 UK	
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PAGE COUNT: 288	
WORD COUNT: 82,534	
ILLUSTRATIONS: 100 color photos	
SUBJECT/CATEGORY: Baking	
RIGHTS: World	BLAD

# SECOND EDITION IN PRINT

# CHEESECAKE BIBLE

300 Sweet & Savory Recipes for Cakes and More

George Geary





The book features extensive how-to instructions, along with sections on equipment, basic tips and techniques for perfect cheesecakes, a list of common ingredients and frequently asked questions from the author's baking classes. It is the ideal guide for beginners and seasoned bakers alike, ensuring that they make the very best cheesecakes.

ISBN(S) PUBLIC LIST PR FORMA PAGE C WORD ILLUST SUBJEC RIGHT

# THE CHEESECAKE BIBLE. SECOND EDITION 300 Sweet & Savory Recipes for Cakes and More

#### The highly anticipated upgraded edition of the definitive book on luscious, decadent cheesecake by a master chef and baker

Beloved for over a decade, this comprehensive resource allows its many readers to indulge in recipes that range from traditional and chocolate to fruity and savory. Now, The Cheesecake Bible is back and better than ever with 90 new recipes to satisfy people who eat a gluten-free diet and to answer the recent cultural appetite for more savory cheesecakes. Iconic recipes include Deep Dark Chocolate Fudge Cheesecake and White Chocolate Velvet Cheesecake with Port Wine Berry Compote. Then there are the more savory options, such as Black Olive and Herb Cheesecake and Blue Cheese Cheesecake with Pecans. With more than 300 recipes, there's a cheesecake for everyone.

#### **GEORGE GEARY** teaches baking and cooking techniques at more than 100 cooking schools across North America every year. He is a food journalist and the author of five cookbooks.

): 978-0-7788-0618-9 / 0778806189	
CATION DATE: Available	
RICE: \$27.95 CAD / \$24.95 US / £16.95 UK	
AT/TRIM: TP / 7" x 10"	
COUNT: 384	
) COUNT: 115,197	
RATIONS: 32 color photos	
CT/CATEGORY: Baking	BLAD
S: World	

# Home-Ground Book Learn Complete Milling & Baking Technique Sue Becker Includes 100 Delicious Recipes



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THE ESSENTIAL HOME-
GROUND FLOUR BOOK

Learn Complete Milling & Baking Techniques, Includes 100 Delicious Recipes

#### Learn how to mill and bake flour at home with 100 delicious recipes

Home flour milling can result in food that is more flavorful and more nutritious than its store-bought counterparts. The process can also save a ton of money just in the cost of bread alone, especially for those with special dietary needs and restrictions.

This comprehensive how-to book details the process behind home flour milling and features the history of whole grains and grain anatomy; benefits of commercially milled flour vs. home-milled flour; tools and equipment for home flour milling; baking basics, including mixing methods and techniques; and a thorough description of different grains.

There are also 100 recipes for tasty quick breads, rolls and buns, muffins, pancakes, coffee cakes, biscuits and scones, cookies, brownies and pastries, plus others that are gluten-free, dairy-free and vegan. The Essential Home-Ground Flour Book is ideal for anyone who wants to create their own flours.

**SUE BECKER** is a popular speaker and teacher. She has been teaching others the healthful benefits of whole-grain nutrition and baking with freshly milled flour for nearly 30 years. She is a business owner and has a degree in Food Science from the University of Georgia. She lives in Woodstock, Georgia.

ISBN(S): 978-0-7788-0534-2 / 0778805344	
PUB. DATE: Available	
LIST PRICE: \$24.95 US / \$27.95 CAD / £16.95 UK	
FORMAT / TRIM: TP / 7" x 10"	
PAGE COUNT: 288	
WORD COUNT: 78,525	
ILLUSTRATIONS: 16 color photos	
SUBJECT / CATEGORY: Cooking	
RIGHTS: World	BLAD

# - 125 BEST -RECIPES



DONNA WASHBURN AND HEATHER BUTT





# **125 BEST GLUTEN-FREE BREAD MACHINE RECIPES**

IN PRINT

For anyone who enjoys the flavor and aroma of freshly baked bread, nothing beats the convenience of a bread machine. And for those who are managing gluten intolerance, a bread machine makes it easier to prepare their own loaves from scratch, so they can enjoy the food they would otherwise miss the most.

 Cinnamon Buns Throughout the book you'll find tips and techniques for using your bread machine, as well as ideas and recipes for creating your own bread mixes. These are recipes everyone can enjoy, whether or not they are affected by gluten intolerance.

#### **DONNA WASHBURN** and **HEATHER BUTT** are bestselling authors, food stylists and recipe developers. Their previous gluten-free books have 150,000 copies in print, and their bread machine books have over 300,000 copies in print.

ISBN(S) PUBLIC LIST PR FORMA PAGE C WORD ILLUST SUBJEC RIGHT

#### Breads made in your kitchen that taste like they came from the bakery

These recipes not only provide delicious results, but are specifically designed to meet the exacting requirements of a bread machine. Each has been extensively tested to ensure a successful product every time, including:

• Egg-Free Corn-Free Lactose-Free Brown Bread • Italian Herb Bread

• Pumpernickel Loaf

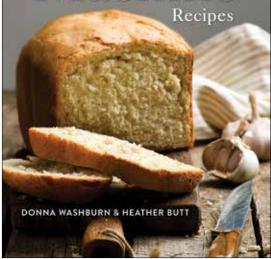
Sun-Dried Tomato Ciabatta

• Thin Pizza Crust

): 978-0-7788-0238-9 / 0778802388	
CATION DATE: Available	
LICE: \$24.95 US / \$27.95 CAD / £16.95 UK	
AT/TRIM: TP / 7" X 10"	
COUNT: 256	
) COUNT: 76,670	
RATIONS: 8 color photos	
CT/CATEGORY: Cooking	
S: World	BLAD

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# 300 BEST CANADIAN IN PRINT Bread Machine



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Robert Rose • Spring 2023

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# **300 BEST CANADIAN BREAD** MACHINE RECIPES

#### The ultimate bread machine recipes

The aroma of freshly baked bread is one of the world's greatest comforts and making bread at home is more popular than ever. 2020 quarantines and the resulting drive toward self-sustainability has reenergized home baking with bread machines seeing a surge in popularity. As people begin to reengage with normalcy, or prepare for future restrictions, the convenience of bread machines will continue to provide comfort. After all, not everyone has time to keep complicated sour dough starter alive, but everyone has time for quick and healthy home baked bread! We have reprinted this book five times in the last two years and now we are updating the cover to coincide with another reprint. Over the last ten years Donna Washburn and Heather Butts bread machine books have sold more than 250,000 copies.

**DONNA WASHBURN** and **HEATHER BUTT** live in Ontario. They are professional recipe developers and appliance testers. They have written twelve books with more than 385,000 copies in print.

ISBN(S): 978-0-7788-0242-6 / 0778802426	
PUBLICATION DATE: Available	
LIST PRICE: \$27.95 CAD	
FORMAT/TRIM: TP / 7" x 10"	
PAGE COUNT: 448	
WORD COUNT: 97,562	
ILLUSTRATIONS: 32 full-color photos	
SUBJECT/CATEGORY: Cooking	
RIGHTS: World BI	LAD

# 300 BEST Bread Machine





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IN PRINT

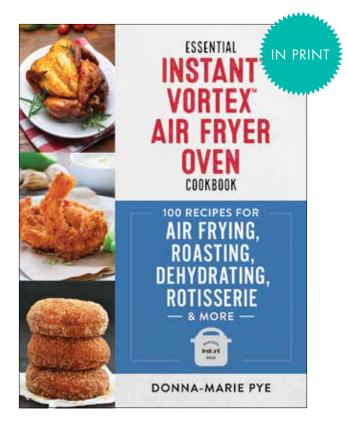
#### The ultimate bread machine recipes

The aroma of freshly baked bread is one of the world's greatest comforts and making bread at home is more popular than ever. 2020 quarantines and the resulting drive toward self-sustainability has reenergized home baking with bread machines seeing a surge in popularity. As people begin to reengage with normalcy, or prepare for future restrictions, the convenience of bread machines will continue to provide comfort. After all, not everyone has time to keep complicated sour dough starter alive, but everyone has time for quick and healthy home baked bread! We have reprinted this book five times in the last two years and now we are updating the cover to coincide with another reprint. Over the last ten years Donna Washburn and Heather Butts bread machine books have sold more than 250,000 copies.

**DONNA WASHBURN** and **HEATHER BUTT** live in Ontario. They are professional recipe developers and appliance testers. They have written twelve books with more than 385,000 copies in print.

# **300 BEST BREAD MACHINE** RECIPES

ISBN(S): 978-0-7788-0244-0 / 0778802442	
PUBLICATION DATE: Available	
LIST PRICE: \$24.95 US / \$27.95 CAD / £19.95 UK	
FORMAT/TRIM: TP / 7" x 10"	
PAGE COUNT: 448	
WORD COUNT: 97,562	
ILLUSTRATIONS: 32 full-color photos	
SUBJECT/CATEGORY: Cooking	
RIGHTS: World BLA	D







# ESSENTIAL INSTANT<sup>™</sup> VORTEX<sup>™</sup> AIR FRYER OVEN COOKBOOK

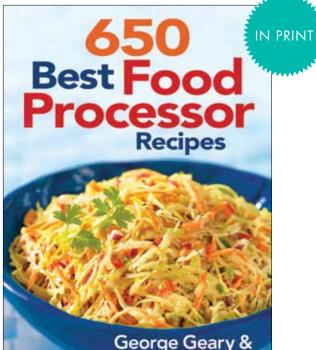
100 Recipes for Air Frying, Roasting, Dehydrating, Rotisserie & More

The creators of Instant Pot<sup>®</sup> have launched the next new sensation, the Instant<sup>™</sup> Vortex<sup>™</sup> Air Fryer Oven, and this is one of the first official cookbooks on the market to go with it

Essential Instant<sup>™</sup> Vortex<sup>™</sup> Air Fryer Oven Cookbook is the essential companion to both Instant Vortex Pro Air Fryer Oven, and Instant Vortex Plus Air Fryer Oven, to help you cook in a brand-new way with the hottest new appliances from Instant Pot<sup>®</sup>. The Instant Vortex Pro Air Fryer Oven includes 9 built-in smart programs; the Instant Vortex Plus Air Fryer Oven includes 7 built-in smart programs: incorporating air fry, bake, roast, toast, proofing, broil, dehydrate and rotisserie, all in one appliance! Essential Instant<sup>™</sup> Vortex<sup>™</sup> Air Fryer Oven Cookbook includes more that 100 all new recipes from bestselling author and chef, Donna-Marie Pye, to create the fastest, healthiest and most flavourful dishes using all of the Instant Vortex smart programs.

**DONNA-MARIE PYE** is a bestselling author of four cookbooks with more than 300,000 copies in print. In her 20-year career in the food industry, Donna-Marie has worked with companies such as Kraft Foods. She now creates recipes and acts as a media spokesperson for Piller's Fine Foods, Maple Leaf Foods, California Raisins, Dare and others. She is co-owner of Relish Cooking Studio in Waterloo, Canada.

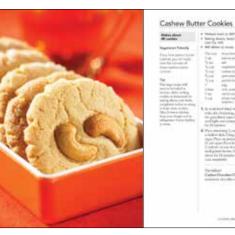
ISBN(S) 978-0-7788-0674-5 / 077880674X	
PUBLICATION DATE: Available	
LIST PRICE: \$19.95 US / \$24.95 CAD	
FORMAT/TRIM: TP / 7.5" X 10"	
PAGE COUNT: 192	
WORD COUNT: 49,100	
ILLUSTRATIONS: 18 color photos	
SUBJECT/CATEGORY: Cooking	
RIGHTS: World	BLAD



Judith Finlayson







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# 650 BEST FOOD PROCESSOR RECIPES

# The ultimate cookbook for creating dishes using a food processor

Most of us have food processors in our kitchens, yet we don't fully maximize their usefulness. These machines can eliminate lengthy prep time and help you prepare fabulous and innovative dishes in minutes.

These delicious and foolproof dishes have been specifically created for the food processor. From appetizers and soups to main courses to cookies and cakes, you'll discover that it's an indispensable kitchen appliance. Many of these delicious recipes have even been designed so that no bowl cleanup is necessary until all the steps are completed.

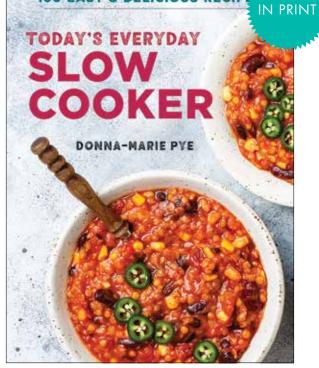
Also included is information on getting maximum use out of your food processor, equipment and safe usage, basic processor parts and an A to Z of ingredients and how to process them, as well as extensive tips and techniques.

**GEORGE GEARY** teaches extensively in more than 100 cooking schools across North America every year. He's a regular contributing editor to magazines and newsletters. He lives in Los Angeles, California.

**JUDITH FINLAYSON** is a food writer, journalist and author. Her slow cooker books have sold over 750,000 copies. She has now written over 10 cookbooks. She lives in Toronto, Ontario.

): 978-0-7788-0250-1 / 0778802507	
CATION DATE: Available	
RICE: \$24.95 US / \$27.95 CAD / £16.95 UK	
AT/TRIM: TP / 7" X 10"	
COUNT: 648	
) COUNT: 190,000	
RATIONS: 32 color photos	
CT/CATEGORY: Cooking	
S: World BLAD	

#### **100 EASY & DELICIOUS RECIPE**



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#### BUTTER CHICKEN



# TODAY'S EVERYDAY **SLOW COOKER**

100 Easy & Delicious Recipes

#### Cooking trends come and go, but slow cookers continue as a beloved and trustworthy kitchen staple

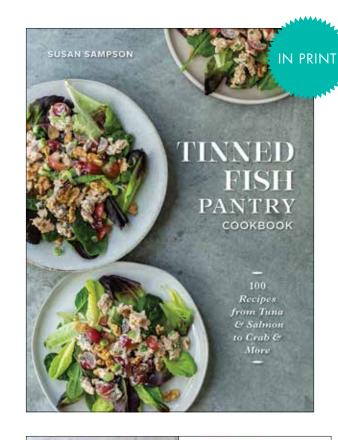
Planning a meal can be almost as satisfying as cooking it. But when life is just too busy to cook, the best meal planner knows a slow cooker can do it all for you.

Today's Everyday Slow Cooker is a collection of Donna-Marie Pye's most popular recipes from her bestselling cookbooks and includes more than 100 recipes updated and perfected for today's kitchen.

Bestselling cookbook author Donna-Marie Pye has chosen her most perfect, easy and economical mealtime solutions for every occasion. Whether you spend your weekends batch cooking, or simply relish the ease and pleasure of coming home after a long day at school or work to a house filled with the savoury smells of old-time Sunday cooking.

**DONNA-MARIE PYE** is the best-selling author of four cookbooks that have sold over 300,000 copies including Essential Instant Vortex Air Fryer Oven Cookbook, The Best Family Slow Cooker Recipes, 300 Slow Cooker Favorites and 300 Slow Cooker Winners. Donna-Marie lives in Kitchener, Ontario

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PAGE COUNT: 192
WORD COUNT: 46,040
ILLUSTRATIONS: 20 full-color photos
SUBJECT/CATEGORY: Cooking
RIGHTS: World BLAD





TURA PANTRY PASTA







Tinned Fish Pantry Cookbook: 100 Recipes from Tuna & Salmon to Crab & More, includes 100 classic canned fish and seafood recipes. North Americans already consume about 4 lbs of canned fish and seafood per person annually. With home-cooking and pantryloading gaining momentum, sales of tinned fish are soaring, some by as much as 100%. That's a lot of tuna casserole! This book is devoted to expanding the range of ways for using tinned fish and shellfish. Why? Because tinned seafood is a great way to consume inexpensive protein in troubled times. Enjoy recipes for salmon, tuna and crab, and then expand your repertoire to include anchovies and sardines. Consumers want safe, healthy, ready-to-eat tinned seafood and we've got the easy and delicious recipes to make every meal its best.

SUSAN SAMPSON is food writer based in Toronto. Susan was born in Budapest, grew up in Toronto's "Goulash Archipelago" and worked for three decades as a newspaper journalist. In the Toronto Star's Test Kitchen, she stirred the pot as an editor, columnist, news and feature writer, recipe tester and product reviewer. Susan was given a Cordon d'Or – Gold Ribbon International Culinary Academy Award for 12,167 Kitchen And Cooking Secrets. She is also the author of The Complete Leafy Greens Cookbook.

# TINNED FISH PANTRY COOKBOOK

#### 100 Recipes from Tuna & Salmon to Crab & More

#### Enjoy the modern convenience, fresh flavors, and reliability of tinned seafood

ISBN(S): 978-0-7788-0681-3 / 0778806812	
PUBLICATION DATE: Available	
LIST PRICE: \$19.95 US / 24.95 CAD / £15.95 UK	
FORMAT/TRIM: TP / 7.5" x 10"	
PAGE COUNT: 192	
WORD COUNT: 47,685	
ILLUSTRATIONS: 20 full-color photos	
SUBJECT/CATEGORY: Cooking	
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## LIV B'S EASY EVERYDAY 100 Sheet Pan, One Pot and 5-Ingredient Vegan Recipes on a Budget

#### Vegan on a Budget. Simplified

Fans already know Olivia Biermann, from her Liv B YouTube fame (I million average monthly views!), the Liv B blog (140,000 average monthly views!) and for her effortless and inexpensive plant-based cooking. In this follow-up to her bestselling Liv B's Vegan on Budget, Olivia is back with a new collection of more than 100 recipes that are tastier and easier than ever before — all helping you master plant-based cooking. Everything in this book is cooked with either five ingredients or in one pot or on a sheet pan.

Liv B's Easy Everyday also includes pressure cooker recipes, meal prep and freezing instructions, tips and food substitutions — all to help you streamline your time in the kitchen. Looking to meal prep savory breakfasts for the week? Whip up a batch of Chorizo Tempeh Breakfast Wraps. Hosting a cozy family gathering? Try Sheet Pan Pot Pie. In a world of seemingly endless tasks, to-do lists and people clamoring for our attention, it's no wonder so many of us don't have the time or energy to cook. Olivia is here to help.

**OLIVIA BIERMANN** is the creator of the Liv B blog and YouTube channel. She focuses on a mix of comfort and health-conscious recipes, while keeping everything entirely plant-based. She is the author of the bestselling cookbook Liv B's Vegan on a Budget. She's also an avid baker and oat milk latte addict. She lives in Halifax. Nova Scotia.

ISBN(S): 978-0-7788-0679-0 / 0778806790	
PUBLICATION DATE: Available	
LIST PRICE: \$24.95 US / \$29.95 CAD / £19.95 UK	
FORMAT/TRIM: TP / French flaps / 7.5" x 10"	
PAGE COUNT: 224	
WORD COUNT: 33,175	
ILLUSTRATIONS: 85 full-color photos	
SUBJECT/CATEGORY: Cooking	
RIGHTS: World	BLAD





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# THE COMPLETE ROOT CELLAR BOOK Building Plans, Uses and 100 Recipes

#### Root cellars are nature's way of storing fruits, vegetables and preserves

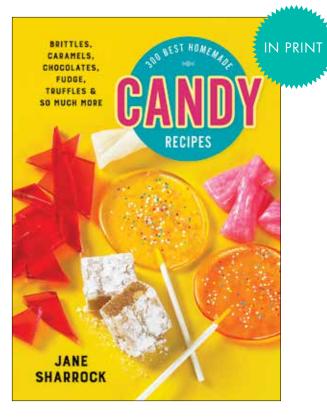
Whether as a way to manage challenging economic times or to retain a garden bounty, root cellars are making a big comeback. This book takes a fresh look at the art and science of building, stocking and living well with a root cellar. It includes detailed and illustrated construction guides for making four different kinds of root cellars, including never-beforeseen models for apartment- and condo-dwellers and homeowners without a basement.

Must-know information on how to choose, store and manage a supply of vegetables, fruits and preserves is included, as well as 100 recipes that incorporate your stored produce into both classic and innovative dishes, with a focus on good nutrition. There's truly no better or more natural way to store food than in a root cellar. Everything you need to know about this time-honored tradition can be found within the pages of this book.

**STEVE MAXWELL** is a cabinet-maker, builder and award-winning home improvement author. He is also a photographer, videographer and seminar leader. Over the past two decades, Steve's magazine and newspaper articles have appeared in publications across North America.

**JENNIFER MACKENZIE** is a professional home economist and author with 15 years of experience in recipe development, testing and editing.

ISBN(S): 978-0-7788-0243-3 / 0778802434	
PUBLICATION DATE: Available	
LIST PRICE: \$24.95 US / \$27.95 CAD / £16.95 UK	
FORMAT/TRIM: TP / 7" X 10"	
PAGE COUNT: 264	
WORD COUNT: 92,729	
ILLUSTRATIONS: 25 technical illustrations	
SUBJECT/CATEGORY: Cooking	
RIGHTS: World	BLAD
Robert Rose • Spring 202	3 <b>37</b>







Robert Rose • Spring 2023

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# 300 BEST HOMEMADE CANDY RECIPES

Brittles, Caramels, Chocolates, Fudge, Truffles & So Much More

#### The step-by-step candy bible for beginners and accomplished candy-makers alike

With hundreds of recipes for sumptuously mouthwatering candies, chocolates, pralines, crèmes, fudges, toffee, holiday treats and no-bake cookies, this candy bible covers everything from the traditional to the exotic.

Complete with easy-to-follow instructions and step-by-step photos, it's a treasure trove of information and inspiring recipes. Many of us are intimidated by the thought of making our own candies, but Jane shows us how to master a few basic principles that every candy-maker should know. Before you know it, you're producing these delicious homemade goodies in your own kitchen.

The Candy Cooking Guide, metric charts, candy glossary and problem/solution section answer virtually every question or concern, truly making this a candy bible!

**JANE SHARROCK** is a third-generation candy-maker from a large extended family in Oklahoma. Before sharing her passion for candy-making, she had a long, successful career in the information technology field.

ISBN(S): 978-0-7788-0475-8 / 0778804755
PUBLICATION DATE: Available
LIST PRICE: \$24.95 US / \$24.95 CAD / £16.95 UK
FORMAT/TRIM: TP / 7" X 10"
PAGE COUNT: 288
WORD COUNT: 107,732
ILLUSTRATIONS: 32 color photos
SUBJECT/CATEGORY: Cooking
RIGHTS: World BLAD

EASY BREAD 100 No-Knead Recipes



**Judith Fertig** 



Danish Orange Pinwheels

# Rustic French Boule



# IN PRINT

*Easy Bread* will change the way you think about baking bread. Skip the traditional rounds of kneading and rising. With dough always ready to go, you'll be serving up glorious, fresh-baked breads in no time! Award-winning cookbook author Judith Fertig shares her expertise with a simplified, step-by-step technique and clear, detailed recipes easy enough for even beginning bread bakers. Start with a simple French loaf or pizza dough and quickly advance to filled breads, bagels and flaky buttery croissants. Prepare delicious bread toppings and fillings, like artisan butter, cinnamon sugar and caramelized onions, ready for whenever a craving for sweet or savory strikes.

**JUDITH FERTIG** is an award-winning and bestselling cookbook author, specializing in baking, barbecue, and the regional cuisine of the North American Heartland. Her food and lifestyle writing has appeared in The New York Times, The London Sunday Times, Bon Appetit, Food & Wine, Natural Awakenings, Better Homes & Gardens, Saveur, Fine Cooking, and Eating Well. Fertig has appeared on the Food Network and many TV and radio programs.

# EASY BREAD 100 No-Knead Recipes

#### Yes, you can have wonderful, home-baked bread any day of the week

Baking bread was never so easy — or so satisfying!

ISBN(S): 978-0-7788-0684-4 / 0778806847	
PUBLICATION DATE: Available	
LIST PRICE: \$19.95 US / \$24.95 CAD	
FORMAT/TRIM: TP / 7.5" X 10"	
PAGE COUNT: 224	
WORD COUNT: 52,572	
ILLUSTRATIONS: 60 color photos	
SUBJECT/CATEGORY: Cooking / Courses & Dishes / Bread	
RIGHTS: World	BLAD

#### BEST OF BRIDGE SERIES



978-0-7788-0682-0













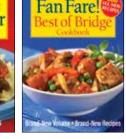
ISBN 978-0-7788-0632-5 ISBN 978-0-7788-0610-3 ISBN 978-0-7788-0575-5 ISBN 978-0-7788-0544-1 \$29.95 US / \$29.95 CAD \$29.95 US / \$29.95 CAD



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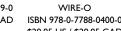




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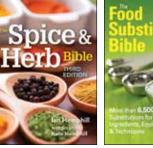
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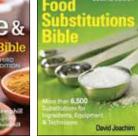
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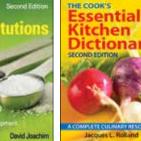
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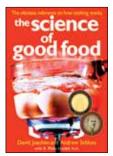
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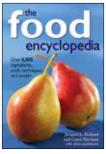
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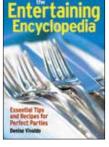
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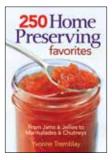
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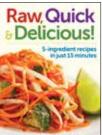
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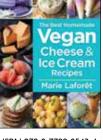
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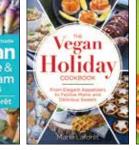


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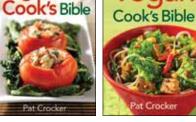
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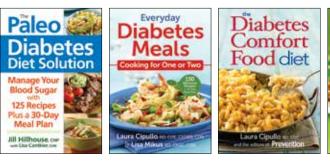
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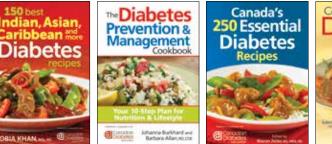


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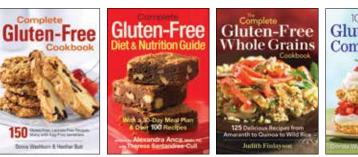






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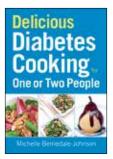
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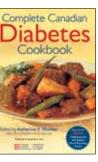
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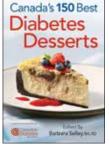
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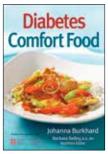
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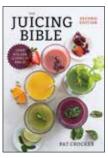
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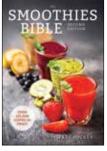
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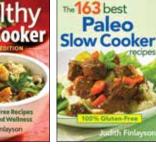
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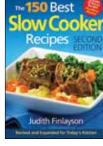


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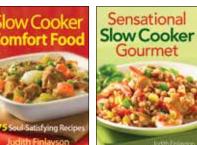






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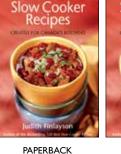
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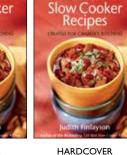


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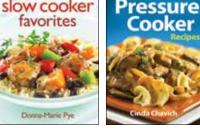


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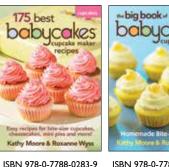
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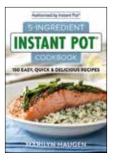
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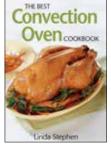
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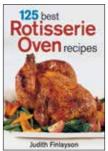
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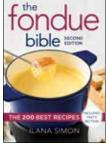
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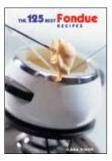
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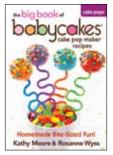
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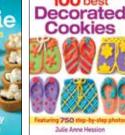


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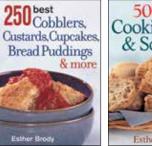


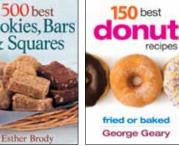
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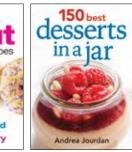
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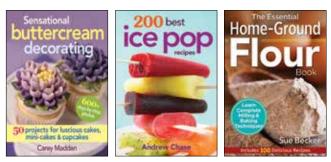






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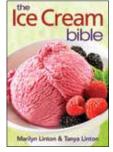
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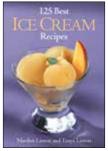


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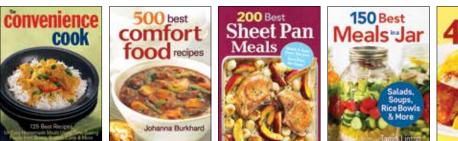
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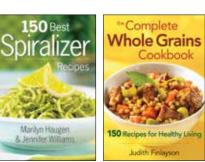
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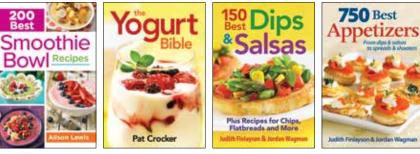
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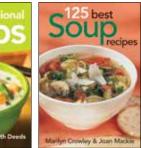
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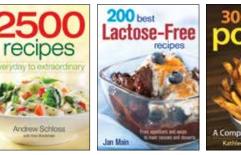


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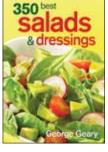


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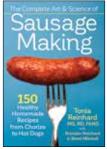
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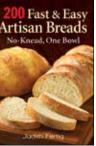
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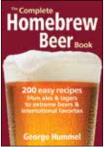
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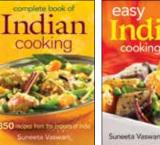
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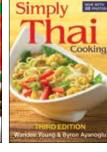
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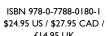
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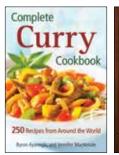
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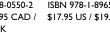


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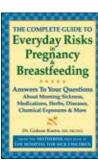
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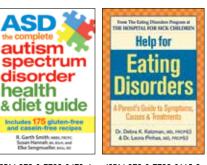
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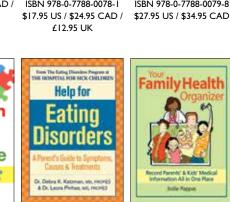
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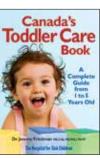






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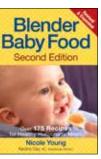
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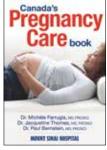
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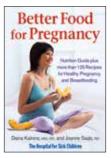
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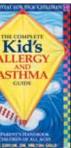
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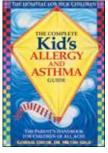
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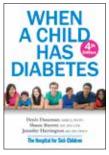


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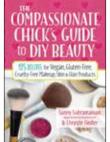


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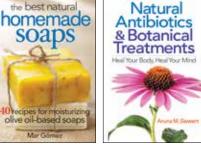
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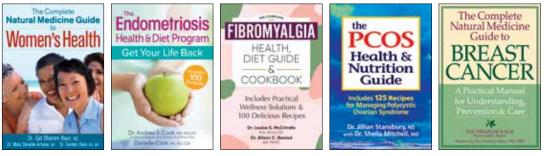


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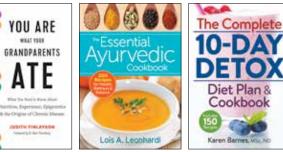
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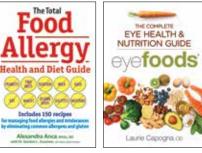




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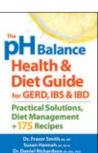
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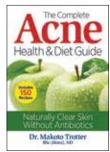
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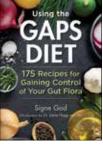


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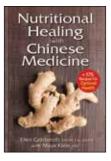
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