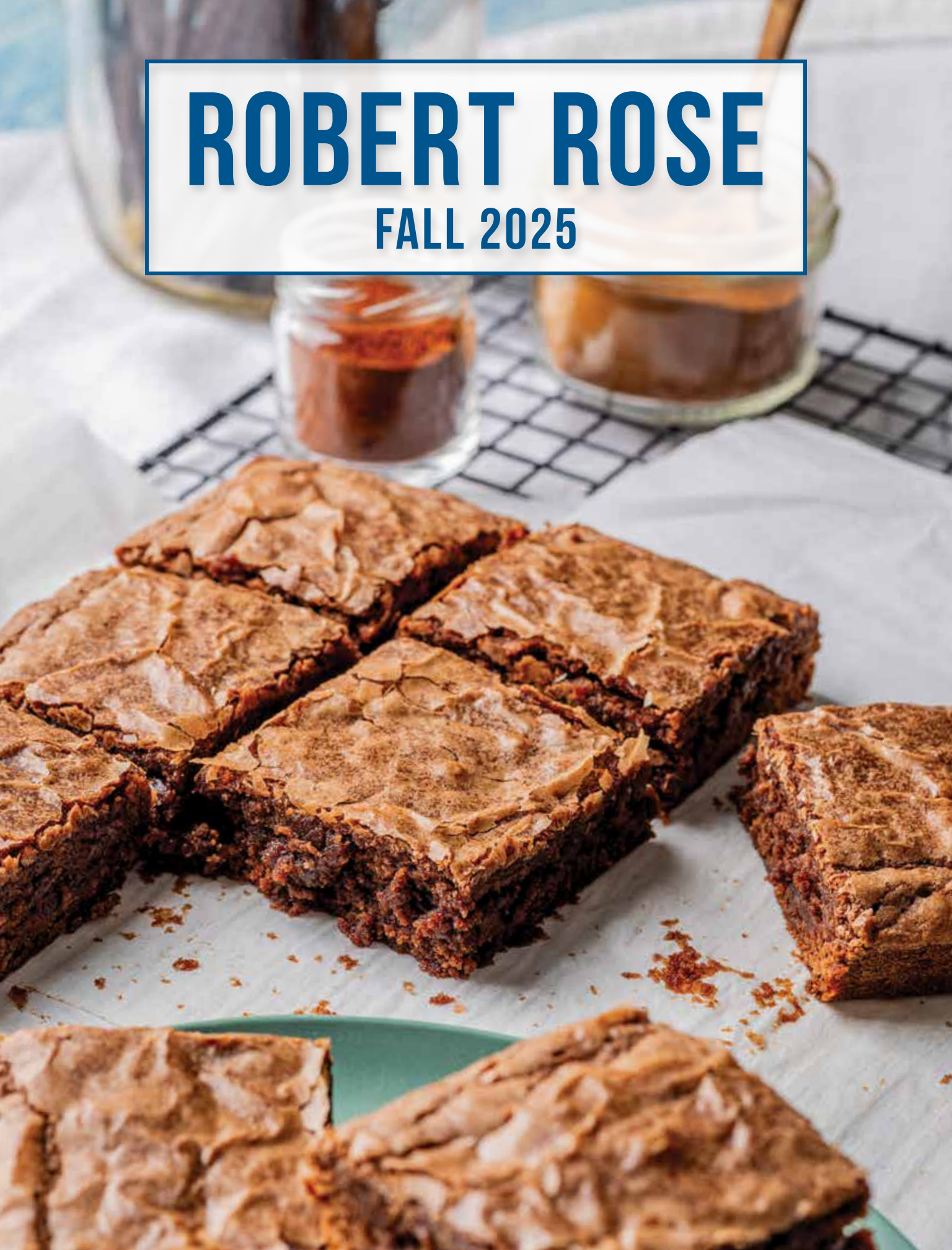
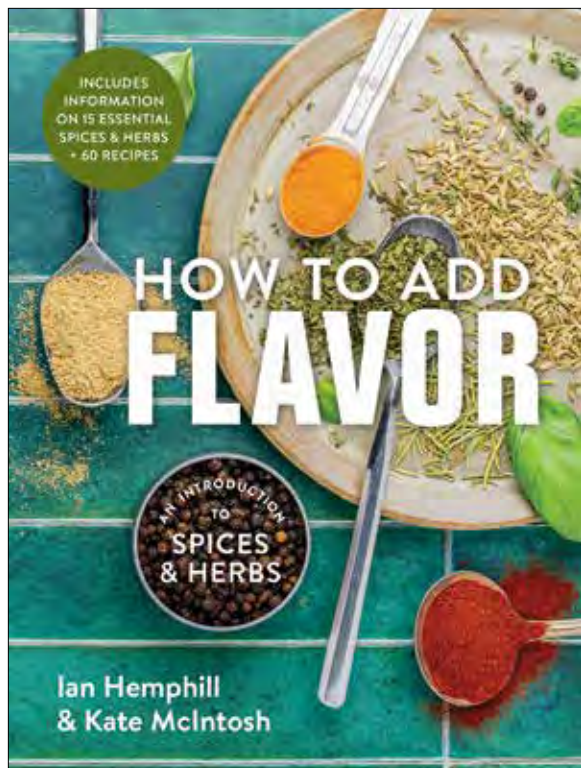


ROBERT ROSE

FALL 2025





HOW TO ADD FLAVOR

An Introduction to Spices & Herbs

Unlock the secrets to vibrant, mouth-watering meals

How to Add Flavor is the perfect guide for novice cooks looking to elevate their culinary skills. With just 15 key spices and herbs—ranging from aromatic basil to earthy turmeric—this book shows you how easy it is to enhance the flavors of your favorite dishes.

Learn the unique aromas, flavors, and ideal pairings of each spice and herb. A special “Spice and Herb Tutorial” section takes you through four versatile recipes—Skillet Chicken Breast, Classic Pot Roast, Salmon Parcels, and Crispy Fried Tofu—demonstrating how the flavor profile of each dish can change dramatically with just a few variations.

An in-depth sidebar on salt and pepper offers valuable insights into using these two pantry staples to their full potential. Finally, explore 60 easy-to-follow recipes, organized by the featured spice or herb, helping you build confidence in the kitchen while mastering the art of flavor.

IAN HEMPHILL was raised in Sydney Australia and is the founder of Herbie's Spices, the internationally respected spice and herb business www.herbies.com.au. He is the author, along with Kate McIntosh, of the award winning *The Spice & Herb Bible*, which is now in its 3rd edition.

KATE MCINTOSH, based in London, England, is a qualified chef and food writer, who also works on recipe development, social media and marketing at Herbie's Spices.



ISBN(S): 978-0-7788-0734-6 / 0778807347

PUBLICATION DATE: September 2025
(shipping August 2025)

PRICE: \$24.95 US / \$29.95 CAD

FORMAT/TRIM: TP with French flaps / 7.5" x 10"

PAGE COUNT: 160

RECIPES / ILLUSTRATIONS: Full color photography throughout

SUBJECT / CATEGORY: CKB040000
COOKING / Specific Ingredients / Herbs,
Spices, Condiments

BLAD



SOLO

Embrace the Pleasure of Cooking for Yourself

Cooking for one just got a lot more fun

Calling all singles! Cooking for one doesn't have to mean repetitive meals or bland leftovers. In *Solo*, Emma de Thouars transforms the experience of cooking for yourself into something exciting, easy, and full of flavor. With years of experience cooking just for herself, Emma offers you the tools and inspiration to make each meal a creative adventure.

No more boring meals! Emma shares vibrant recipes that don't require a lot of equipment or time—perfect for your small kitchen or busy schedule. Think savory sauces that work on almost anything, fresh veggies, indulgent snacks, and mouth-watering treats. Plus, you'll learn how to shop smart, use leftovers creatively, and get the most out of every ingredient.

Try dishes like Eggs with Instagrammable Nutty Butter, Tofu Salad with Quick Chili Oil, Harissa Eggplant Caprese, and Brothy Beans—each designed to make you feel like a culinary pro.

Whether you're a seasoned cook or just starting out, *Solo* shows you that cooking for one can be a joyful, flavorful, and totally satisfying experience. Turn your solo meals into moments of culinary inspiration!

EMMA DE THOUARS is a food writer, columnist and podcast host. She is also the author of successful cookbooks on Asian food, vegan Asian food, tofu and noodles.



ISBN(S): 978-0-7788-0736-0 / 0778807363

PUBLICATION DATE: September 2025
(shipping August 2025)

PRICE: \$29.95 US / \$39.95 CAD

FORMAT/TRIM: HC / 7.5" x 10"

PAGE COUNT: 176

RECIPES / ILLUSTRATIONS: Full color
photography throughout

SUBJECT / CATEGORY: CKB020000
COOKING / Methods / Cooking for One





CARNIVORE

A Butcher's Secrets for Perfectly Cooked Meats

A carnivore's journey

Dominique Rioux is more than a chef—she's a force in the world of meat. After earning a diploma in retail butchering from Montreal's culinary arts school in 2013—where she was the only woman in her class and won an award of excellence—Dominique's expertise and dynamic personality quickly made her a beloved figure in the culinary world.

Carnivore is her tribute to the art of meat, packed with essential knowledge on cuts, terminology, and techniques. With 60 recipes for every level of carnivore, you'll find creative twists on classics like Chicken Legs with Roasted Carrots, Pistachios, and Feta, or Veal Roast with Miso, Beer, and Orange. Take your skills further with showstoppers like Filet Mignon with Bone Marrow, Escargots, and Arugula Pesto or Lamb Shoulder Confit with Prunes, Garlic, and Rosemary. Ready to push the limits? Try daring dishes like Calf Brain Popcorn with Mayo, Pesto, and Parmesan or Deer Frenched Center Cut Chop with Sea Buckthorn and Bacon Marmalade.

Carnivore isn't just a cookbook; it's a celebration of life through meat.

DOMINIQUE RIOUX's journey is a testament to following your true self, no matter how unconventional the path may seem. She's proud of the road less traveled, and her story continues to inspire others to embrace what makes them unique. For Dominique, where there's meat, there's hope. Join her on this exciting, delicious journey. She lives in Montreal.



ISBN(S): 978-0-7788-0737-7 / 0778807371

PUBLICATION DATE: November 2025
(shipping October 2025)

PRICE: \$34.95 US / \$44.95 CAD

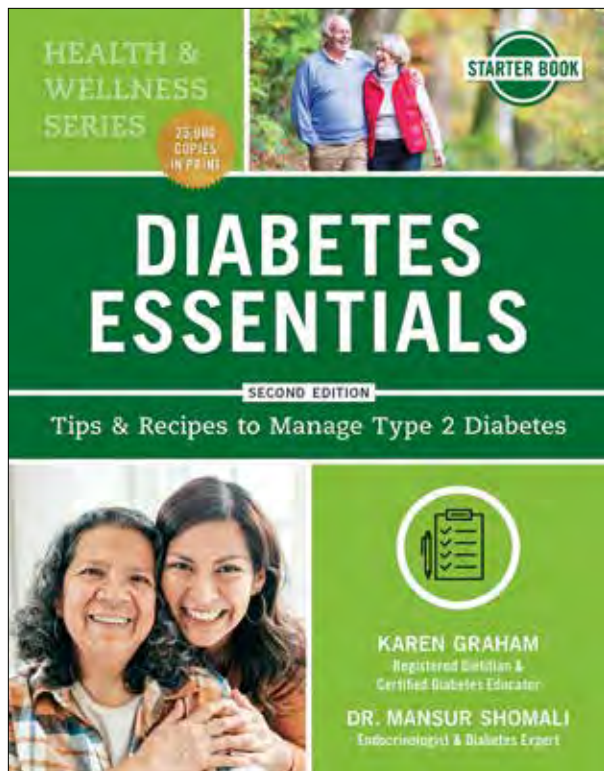
FORMAT/TRIM: HC / 7.625" x 10"

PAGE COUNT: 232

RECIPES / ILLUSTRATIONS: Full color
photography throughout

SUBJECT / CATEGORY: CKB054000 COOKING / Specific
Ingredients / Meat

BLAD



DIABETES ESSENTIALS, SECOND EDITION

Tips and Recipes to Manage Type 2 Diabetes

Your easy-to-follow guide to managing diabetes and prediabetes

Diabetes Essentials is the perfect companion to Robert Rose's *Complete Diabetes Guide* and *Diabetes Meals for Good Health Cookbook*. Updated with the latest expert advice, this book provides easy-to-understand education for anyone living with diabetes or prediabetes. Whether you're newly diagnosed, at risk, or simply seeking to deepen your understanding, this essential guide offers practical and accessible tips to help you manage your health and thrive — from medications and nutrition to gut health, exercise, and more.

KAREN GRAHAM, RD, CDE is a Registered Dietitian, Certified Diabetes Educator and nutrition counsellor with over 30 years of specialization in the management and treatment of diabetes. She lives in British Columbia, Canada.

DR. MANSUR SHOMALI, MD, CM, is the associate Director of the Diabetes & Endocrine Center at MedStar Union Memorial Hospital in Baltimore, MD, where he also serves as the Program Director for the Fellowship Training Program in Endocrinology, Diabetes, and Metabolism. He is Clinical Associate Professor of Medicine at the University of Maryland School of Medicine and Instructor of Medicine at the Johns Hopkins University School of Medicine in Baltimore, MD where he lives.



ISBN(S): 978-0-7788-0631-8 / 0778806316

PUBLICATION DATE: September 2025 (shipping July 2025)

PRICE: \$27.95 US / \$29.95 CAD

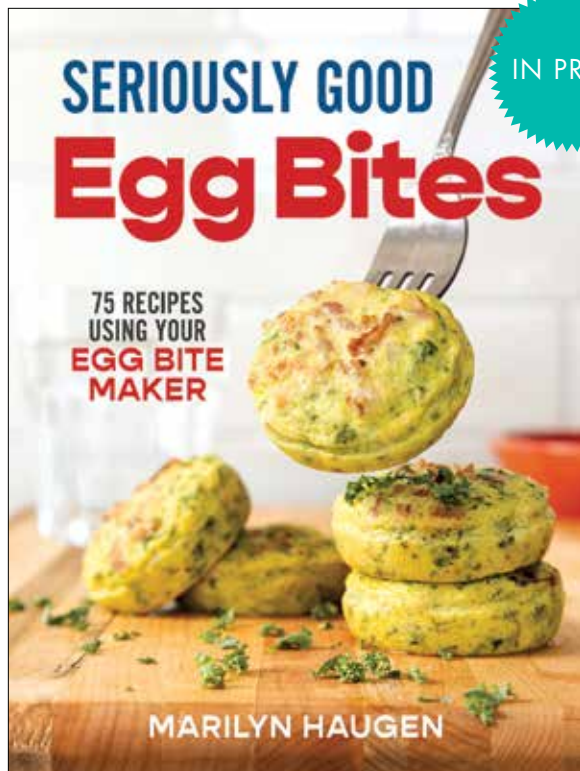
FORMAT/TRIM: TP / 8.5" x 10.875"

PAGE COUNT: 192

RECIPES / ILLUSTRATIONS: Full color photography throughout

SUBJECT / CATEGORY: HEA039050 HEALTH & FITNESS / Diseases & Conditions / Diabetes

BLAD



IN PRINT

SERIOUSLY GOOD EGG BITES

75 Recipes Using Your Egg Bite Maker

Everybody loves egg bites

They are portable, nutrient-dense and delicious, and at-home egg bite makers are quickly becoming a must-have in every kitchen. Using an egg bite maker is a breeze. No preheating is needed. Just get your ingredients ready and you're good to go. This small appliance steams the egg bites, locking in moisture and flavor. It's efficient and saves you time and clean up in the kitchen.

Seriously Good Egg Bites includes 75 inspiring recipes designed for your egg bite maker. Discover the ease of creating perfectly fluffy egg bites bursting with wholesome ingredients such as Smoked Salmon and Dill Bites, Classic Bacon and Cheddar Bites, Western Egg Bites, Eggs Benedict, Classic Deviled Eggs, Coffee House Egg Whites and Roasted Red Pepper, Quick Huevos Rancheros and so much more.

When you're looking for a fast, nutritious breakfast, snack, lunch or appetizer, look no further. Seriously easy. Seriously fast. Seriously good.

MARILYN HAUGEN is a bestselling cookbook author, recipe developer, business owner and a former finance director at a Fortune 100 company. She holds a BBA and an MBA. She has authored several bestselling cookbooks, including *150 Best Spiralizer Recipes*, *5-Ingredient Instant Pot Cookbook*, and *150 Best Breakfast Sandwich Maker Recipes*. She is the founder of SmashingEats.com a food blog dedicated to sharing delicious, easy comfort food.



ISBN(S): 978-0-7788-0726-1 / 0778807266

PUBLICATION DATE: January 2025
(Shipping November 2024)

PRICE: \$19.95 USA / \$24.95 CAD

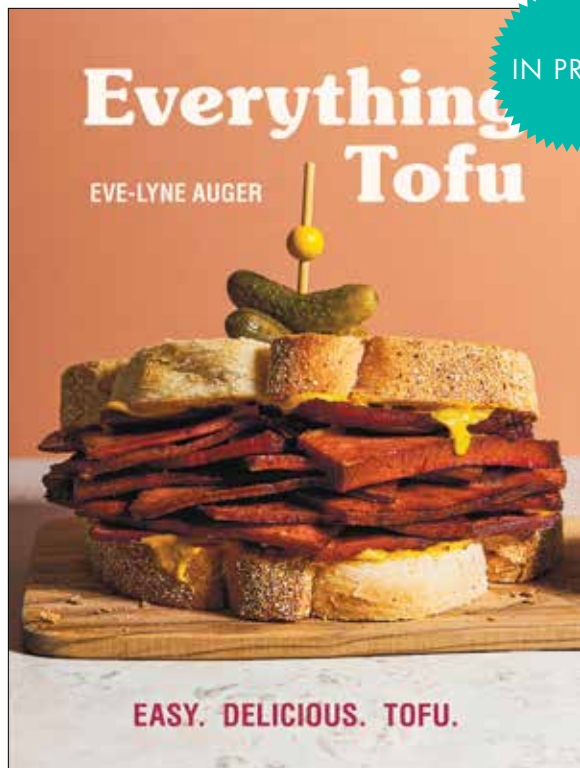
FORMAT/TRIM: TP / 7.5" x 10"

PAGE COUNT: 160

PHOTOGRAPHY: 60 color photographs

SUBJECT / CATEGORY: Cooking / Methods /
Special Appliances / Eggs

BLAD



IN PRINT

EVERYTHING TOFU

Easy. Delicious. Tofu.

Discover the exciting (and delicious!) possibilities of tofu

If tofu feels like a mystery or you're stuck in a cooking rut, *Everything Tofu* is your guide to unlocking its full potential. This book is designed to take you from tofu novice to aficionado, with easy and flavorful recipes that show just how versatile this plant-based protein can be.

Inside you'll find:

- Tips on choosing the right tofu for each dish
- Tofu cooking charts
- Easy-to-follow instructions on how to make your own silken, medium, firm and smoked tofu right at home
- Marinades for even tastier tofu
- Lots of up-to-date info on the health benefits of tofu
- 75 unique and delicious recipes that cover everything from breakfast to dessert

Whether you're looking to broaden your vegetarian options or simply add a versatile protein-packed boost to your meals, *Everything Tofu* delivers a wealth of tantalizing ideas designed to inspire.

EVE-LYNE AUGER is passionate about vegetarian cuisine, and everything related to nutrition and the environment. She is the founder, author and culinary creator of the popular *la Fraiche* brand where she champions an intuitive vegetarian lifestyle through recipes, values, home and health content.



ISBN(S): 978-0-7788-0727-8 / 0778807274

PUBLICATION DATE: January 2025
(Shipping November 2024)

PRICE: \$19.95 US / \$24.95 CAD

FORMAT/TRIM: TP / 7.5" X 10"

PAGE COUNT: 208 pages

PHOTOGRAPHY: Full-color photography throughout

SUBJECT / CATEGORY: Ckb086000 / Cooking
/ Vegetarian / Special Ingredients / Tofu

BLAD



FISSLER: THE WORLD OF PRESSURE COOKING

The Healthy Cooker

One essential pot – endless possibilities

Pressure cooking helps you to gain back time in your everyday life, while cooking healthier and with more flavor. Discover Fissler's *The World of Pressure Cooking*: with over 150 recipes and a ton of information, tips and tricks, this book contains everything you need to know about pressure cooking.

Fissler presents all the possibilities of the pressure cooker!

- *Healthy*: pressure cooking preserves valuable vitamins, minerals, colors and flavors.
- *Easy to use*: audible and visual cues make Fissler pressure cooking simpler and easier
- *Quick*: pressure cooking reduces many standard cooking times by up to 70%.
- *Trustworthy*: since 1953, Fissler pressure cookers, with their patented safety valve, have been awarded again and again for their best in class performance and quality
- *Energy Efficient*: thanks to shorter cooking times and cutting-edge technology, you can reduce the amount of energy consumed when cooking by up to 50%.

FISSLER has won numerous international awards for design and performance. Known as **The Healthy Cooker®**, Fissler products are made in Germany and are readily available on www.fissler.com, Amazon, Wayfair, Nordstrom, Macy's and leading North American kitchenware stores.



ISBN(S): 978-0-7788-0729-2 / 0778807290

PUBLICATION DATE: February 2025
(Shipping January 2025)

PRICE: \$39.95 US / \$54.95 CAD

FORMAT/TRIM: HC / 8.25" X 10.5"

PAGE COUNT: 312 pages

PHOTOGRAPHY: 70–90 full color photos

SUBJECT / CATEGORY: CKB129000 / Cooking
/ Methods / Pressure Cooking

BLAD



MOUTHWATERING SAUERKRAUT

Fermentation Made Easy!

Supercharge your gut health

Experience the profound health benefits of fermenting sauerkraut and kimchi—a time-honored tradition that enriches your diet with vibrant flavors and essential nutrients. *Mouthwatering Sauerkraut & Kimchi* explores how easily fermented foods can transform your overall well-being by enhancing your gut health. Holly Howe, a Fermentation Educator and cookbook author, provides step-by-step instructions for fermenting your own sauerkraut and kimchi at home. Learn about the essential tools, ingredients, and techniques to create 40 easy-to-follow recipes.

Why Ferment Sauerkraut and Kimchi?

- **Boost Gut Health:** Fermented foods like sauerkraut and kimchi are rich in probiotics that help balance gut flora, improve digestion, and enhance nutrient absorption.
- **Strengthen Immunity:** The probiotics found in fermented vegetables contribute to a robust immune system.
- **Support Mental Well-being:** Emerging research links gut health with mental health.
- **Enhance Flavor and Variety:** Adding homemade sauerkraut and kimchi to your meals introduces unique flavors and textures, enriching your culinary experience and encouraging a diverse diet.

HOLLY HOWE, a.k.a. the Sauerkraut Wizard, is a fermentation educator and founder of the [MakeSauerkraut](https://www.makesauerkraut.com) website. Holly's family lives on Vancouver Island, in beautiful British Columbia.



ISBN(S): 978-0-7788-0733-9 / 0778807339

PUBLICATION DATE: April 2025 (Shipping February 2025)

PRICE: \$19.95 US / \$24.95 CAD

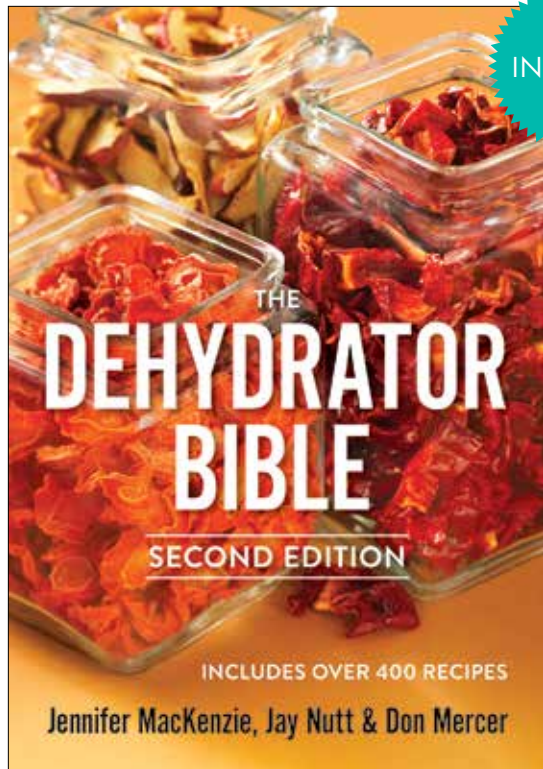
FORMAT/TRIM: TP / 7.5" X 10"

PAGE COUNT: 160 pages

PHOTOGRAPHY: 50–60 full color photographs

SUBJECT / CATEGORY: CKB015000 / Cooking / Methods / Canning & Preserving

BLAD



IN PRINT

THE DEHYDRATOR BIBLE, 2ND EDITION

Includes over 400 Recipes

Updated second edition

Dehydrating foods is one of the oldest forms of food preservation. With the rising popularity of at-home dehydrators, this ancient practice is now more popular than ever.

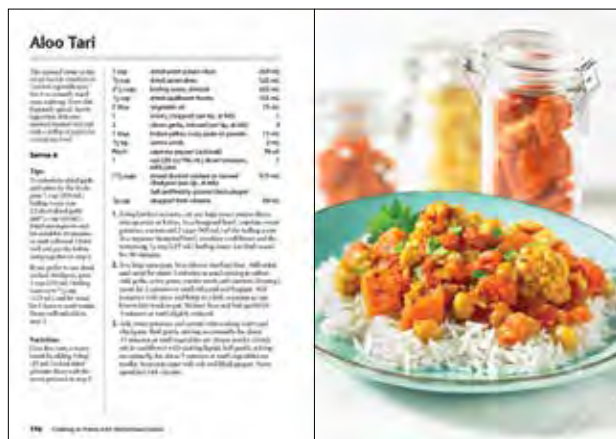
Updates and Highlights include:

- Up-to-date best practices for safe and economical food dehydration and storage
- Enhanced recipe sections for snacks, fruit and veggie leathers and pet treats
- Easy-to-follow drying instructions and time guides for all types of dehydrators
- More than 200 recipes for dehydrating everything from herbs and seasonings to fruits and vegetables to meats and fish
- More than 200 recipes that use dehydrated foods as ingredients so you can put preserved food to work for you in your home, RV, boat or campsite

JENNIFER MACKENZIE is a professional home economist specializing in recipe development and testing. She has written five cookbooks for Robert Rose (*Complete Book of Pickling*, *The Complete Root Cellar Book*, *The Complete Trail Food Cookbook* and *Complete Curry Cookbook*).

JAY NUTT is a chef and the proprietor of Nutshell Next Door Cafe in Lakefield ON.

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): 978-0-7788-0213-6 / 0778802132

PUBLICATION DATE: March 2025 (Shipping January 2025)

PRICE: \$24.95 US / \$29.95 CAD

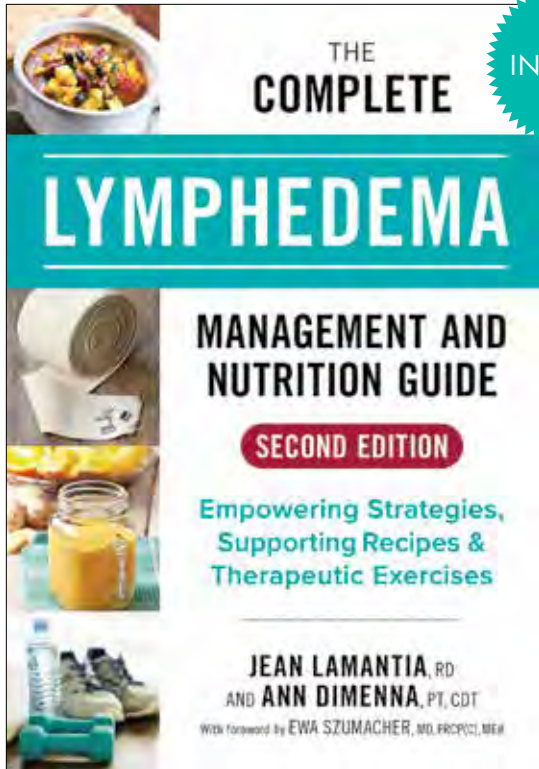
FORMAT/TRIM: TP / 7" X 10"

PAGE COUNT: 384 pages

PHOTOGRAPHY: Full color photo inserts

SUBJECT / CATEGORY: CKB015000 / Cooking / Methods / Canning & Preserving

BLAD



THE COMPLETE LYMPHEDEMA MANAGEMENT AND NUTRITION GUIDE, SECOND EDITION

Empowering Strategies, Supporting Recipes & Therapeutic Exercises

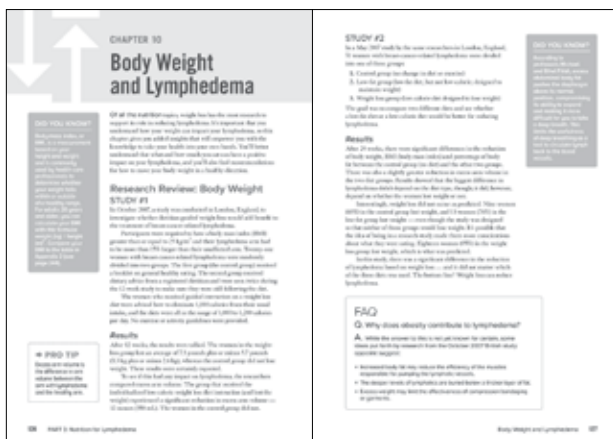
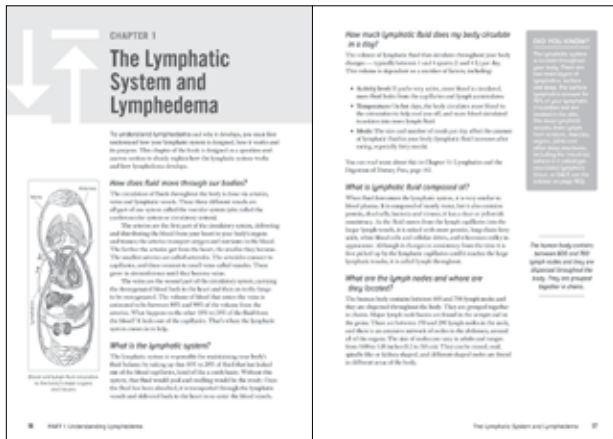
Updated second edition

In *The Complete Lymphedema Health and Nutrition Guide, Second Edition*, experts Jean LaMantia, RD, and Ann DiMenna, PT, CDT, share their extensive knowledge of the condition and explain nutrition and lifestyle adjustments that can lessen symptoms and improve quantity of life.

This supportive and comprehensive guide has been skillfully updated for the millions of people who suffer from lymphedema and lymphatic diseases. Step-by-step photographs and detailed illustrations offer guidance on performing self-MDL, putting on compression bandages, exercising safely and more.

JEAN LAMANTIA, RD, is a registered dietitian, cancer survivor and bestselling author of *The Essential Cancer Treatment Nutrition Guide And Cookbook*. In her private practice, she provides nutrition counseling and leads nutrition seminars.

ANN DIMENNA, PT, CDT, is a trained physiotherapist with many years of clinical experience, including private practice, inpatient hospital settings and home care. She is an active member of the Lymphedema Association of Ontario and a regular attendee of conferences on lymphedema.



ISBN(S): 978-0-7788-0627-1 / 0-7788-0627-8

PUBLICATION DATE: February 2025
(Shipping January 2025)

PRICE: \$24.95 US / \$29.95 CAD

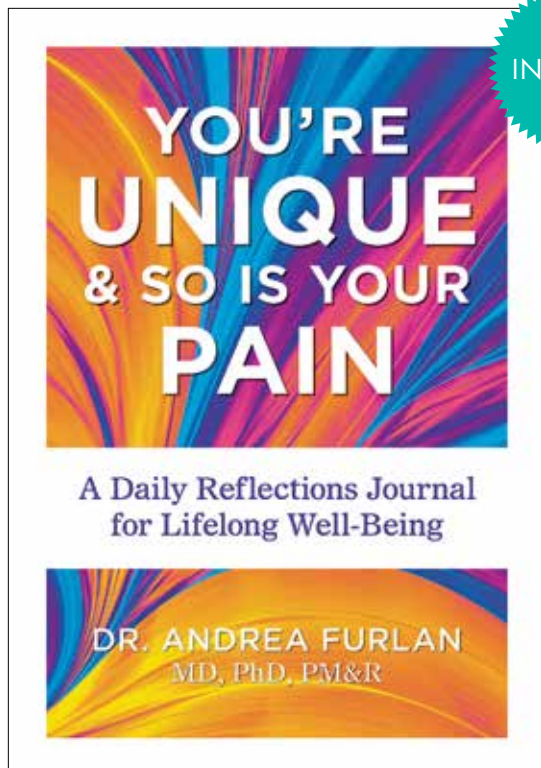
FORMAT/TRIM: TP / 7" X 10"

PAGE COUNT: 288 pages

PHOTOGRAPHY: B&W photographs, charts and graphs

SUBJECT / CATEGORY: HEA039000 / Health & Fitness / Diseases & Conditions / General

BLAD



IN PRINT

YOU'RE UNIQUE & SO IS YOUR CHRONIC PAIN

A Daily Reflections Journal for Lifelong Well-Being

A journal for those who want to forget their chronic pain and live their life

Life with chronic pain can be unpredictable! One day you're in misery, the next you feel better; maybe you see a glimmer of hope . . . and then, boom, you're crashing down again. You think you know what's causing your pain, but maybe you don't. Dr. Andrea Furlan, award-winning pain specialist and internationally respected author of *8 Steps to Conquer Chronic Pain*, knows from experience that people need to fully understand their individual pain to learn what is at the root of their suffering and how to overcome it. And she knows that journaling can be a very effective tool in your pain management journey.

Ninety days of guided writing prompts will help you to understand your pain and inspire you on your journey of self-discovery and healing. Don't let chronic pain make your life be smaller than it has to be. Through journaling, with Dr. Furlan guiding the way, you can discover ways to forget your pain and live a fulfilling and happy life.

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 channel has more than 670,000 subscribers and more than 61 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.



ISBN(S): 978-0-7788-0731-5 / 0778807312

PUBLICATION DATE: April 2025 (Shipping February 2025)

PRICE: \$19.95 US / \$24.95 CAD

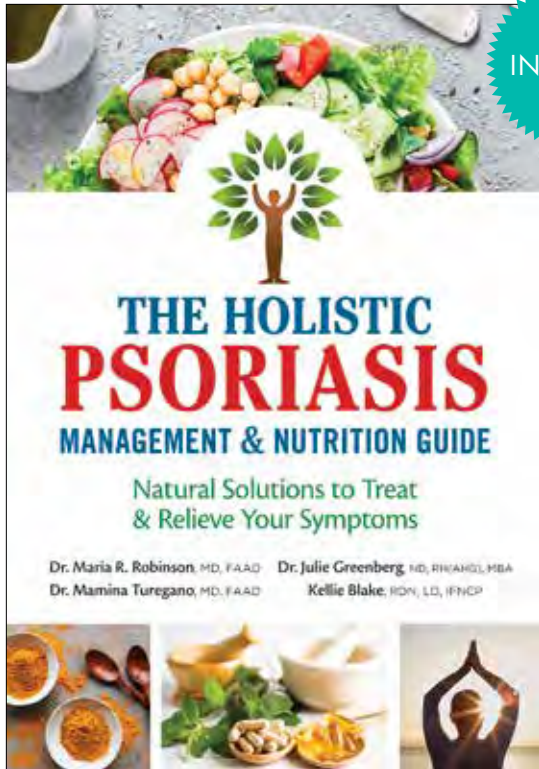
FORMAT/TRIM: TP / 7.5" X 10"

PAGE COUNT: 192 pages

PHOTOGRAPHY: 2 color

SUBJECT / CATEGORY: SEL045000 / Self-Help / Journaling / Chronic Pain

BLAD



IN PRINT

THE HOLISTIC PSORIASIS MANAGEMENT & NUTRITION GUIDE

Natural Solutions to Treat & Relieve Your Symptoms

Unlock the power of integrative healing for psoriasis

While advancements in targeted medications have significantly improved symptom relief, psoriasis remains a chronic condition with no definitive cure. *The Holistic Psoriasis Management & Nutrition Guide* embraces both innovative treatments and time-tested holistic approaches, empowering you with an integrative strategy for managing psoriasis symptoms.

Whether you're seeking to complement traditional treatments or explore alternative therapies, this book provides the insights and practical strategies you need.

DR. MARIA R. ROBINSON, MD is a practicing Dermatologist (Skin Specialist). She is Board-certified in Dermatology and Dermatopathology.

DR. MAMINA TUREGANO Triple board-certified dermatologist, offering a refreshing approach to holistic skincare focusing on the connection between your mind, body, and skin health.

DR. JULIE GREENBERG, ND, RH(AHG), MBA, is a naturopathic doctor who specializes in dermatology. She is the founder of the Center of Integrative & Naturopathic dermatology and Root Cause Dermatology, a medical education website.

KELLIE BLAKE, RDN, LD, IFNCP is a registered dietitian specializing in integrative and functional nutrition. She's the co-owner of NutriSense Nutrition Consulting, LLC.

ISBN(S): 978-0-7788-0730-8 / 0778807304

PUBLICATION DATE: April 2025 (Shipping February 2025)

PRICE: \$24.95 US / \$29.95 CAD

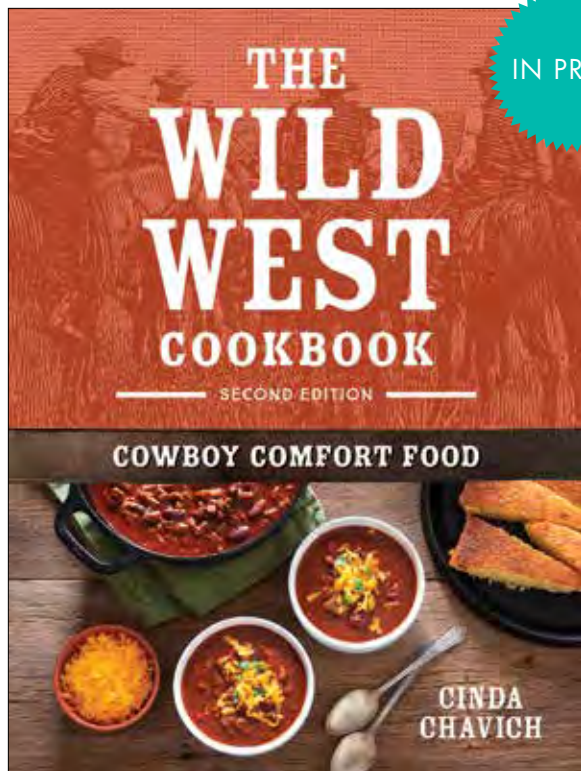
FORMAT/TRIM: TP / 7" X 10"

PAGE COUNT: 272 pages

PHOTOGRAPHY: 2 color

SUBJECT / CATEGORY: HEA039130 / Health & Fitness / Diseases & Conditions / Skin

BLAD



THE WILD WEST COOKBOOK, SECOND EDITION

Cowboy Comfort Food

Modern Ranch-to-Table Cowboy Cuisine

The Wild West Cookbook brings you a new taste of cowboy comfort food, inspired by the chuckwagon and homestead cooks of the Old West, and today's western ranch house and restaurant fare. It's a celebration of both historic and modern cowboy cuisine — homey and uncomplicated but refined recipes featuring today's farm-to-table ingredients, from heirloom potatoes and beans to artisanal sausages.

HIGHLIGHTS:

- Includes a fun and informative history of cowboy cuisine, lore and nostalgia.
- 90 recipes for homestyle meals and desserts.
- Includes both food and lifestyle photography.
- Includes directions on how to stock the perfect Wild West Pantry.

CINDA CHAVICH is a long-time food journalist, author and former newspaper food editor. She specializes in food and wine, cultural history, lifestyle and trends, and is a frequent contributor to magazines, radio and newspapers, along with her food and travel website, TasteReport.com. She lives in British Columbia.



ISBN(S): 978-0-7788-0725-4 / 0778807258

PUBLICATION DATE: September 2024
(shipping August 2024)

PRICE: \$19.95 US / \$24.95 CAD

FORMAT/TRIM: TP / 7.5" x 10"

PAGE COUNT: 208

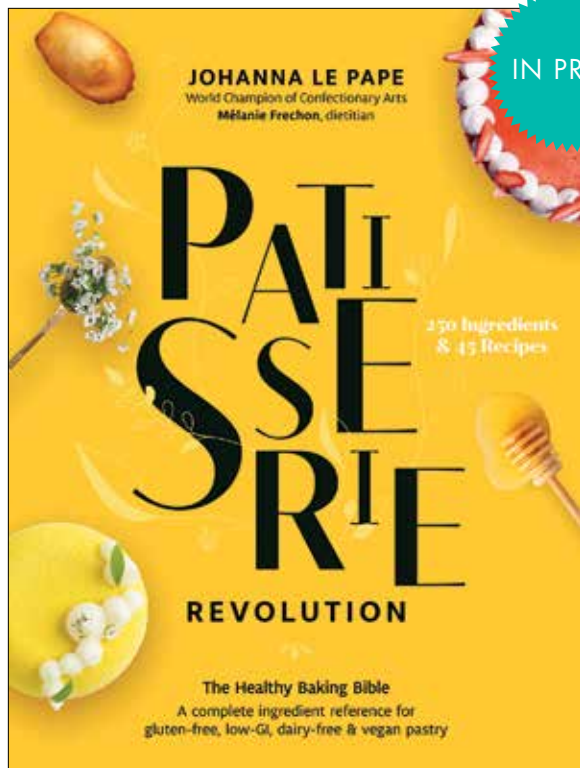
WORD COUNT: 40,510

RECIPES / ILLUSTRATIONS: 90 recipes /
Full-color photographs throughout

SUBJECT / CATEGORY: COOKING / Regional
& Ethnic / American / Middle Western States

RIGHTS: World

BLAD



PATISSERIE REVOLUTION

The Healthy Baking Bible

Innovative recipes for perfect French baking – the healthy way

Patisserie Revolution is a ground-breaking book by award-winning French pastry chef Johanna Le Pape that will teach you everything you need to know about healthier patisserie baking.

In an easy-to-follow design, you'll quickly learn how to create sugar-free, vegan or gluten-free patisserie. *Patisserie Revolution* includes guidance on how to work with more than 30 different flours and 18 cooking oils, plus much more. She also provides information on how to preserve micronutrients, balance sugar and fiber for a low GI and shares extensive dietary substitutions for those who want to make modifications based on sugar, carbohydrate, protein or dairy intake. Be prepared to reframe how you think about French patisserie!

Award-winning author **JOHANNA LE PAPE** is an award-winning pastry chef who specializes in well-being. She began her career at Lutetia, then at Le Meurice with Cédric Grolet and Maxime Frédéric. She continued her adventure at Ladurée and won the World Cup of Confectionary Arts in 2014. She founded the Auras workshop, and devotes herself to creation, consulting and training. Johanna and her family divide their time between Paris, France and Los Angeles, California.

MÉLANIE FRÉCHON is a dietitian and nutritionist, specialized in sports nutrition. She lives in Paris, France.



ISBNs: 978-0-7788-0724-7 / 077880724X

PUBLICATION DATE: September 2024
(shipping August 2024)

PRICE: \$34.95 US / \$44.95 CAD

FORMAT/TRIM: HC / 8" x 11"

PAGE COUNT: 256

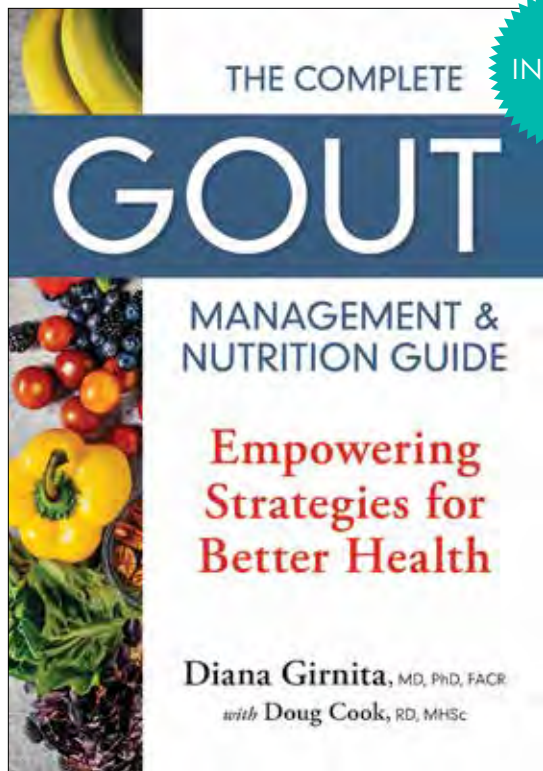
WORD COUNT: 53,737

RECIPES / ILLUSTRATIONS: 45 Recipes /
Full-color photographs throughout

SUBJECT / CATEGORY: COOKING /
Methods / Baking

RIGHTS: English Language





THE COMPLETE GOUT MANAGEMENT AND NUTRITION GUIDE

Empowering Strategies for Better Health

Everything You Need to Know about Gout

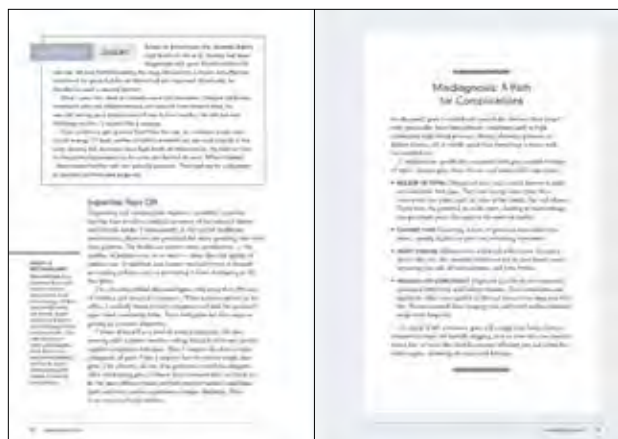
Gout is a form of arthritis caused by uric acid crystals in the body causing inflammation leading to pain in the joints. *The Journal of American Medicine* reports that gout currently affects approximately 9.2 million people in the United States (or 3.9% of the population) and yet very little has been published about gout and its treatment. *The Complete Gout Management and Nutrition Guide* is for both the newly diagnosed and long-term sufferers.

HIGHLIGHTS:

- Discover which foods can trigger a gout attack, and which foods can help with controlling the disease.
- Includes more than 90 recipes for delicious, easy-to-prepare meals and meal plans for a month.

DIANA GIRNITA, MD, PhD, FACR is the founder and CEO of Rheumatologist OnCall, the only specialized, physician-led telemedicine rheumatology company. She is a double-board certified rheumatologist specializing in the treatment of arthritis, in particular, gout. She lives in California.

DOUG COOK, RD, MHSc, is a registered dietitian and nutritional consultant with nearly two decades of experience. He lives in Toronto.



ISBN(S): 978-0-7788-0723-0 / 0778807231

PUBLICATION DATE: October 2024
(shipping September 2024)

PRICE: \$24.95 US / \$29.95 CAD

FORMAT/TRIM: TP / 7" x 10"

PAGE COUNT: 256

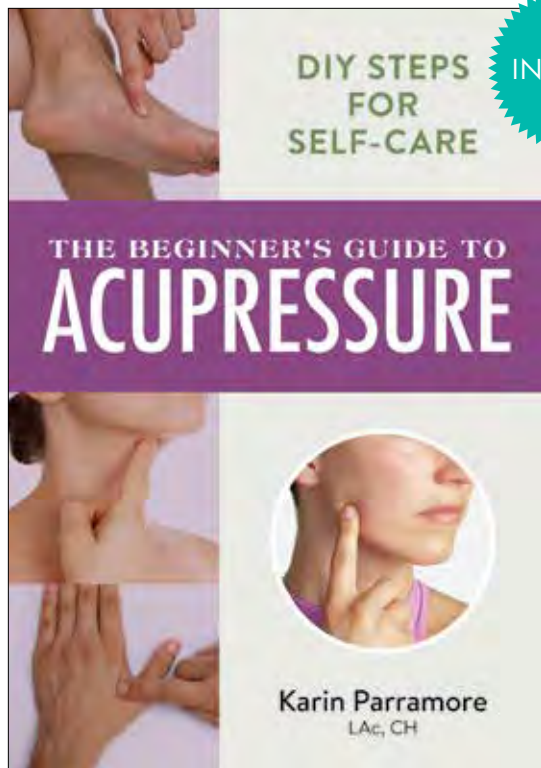
WORD COUNT: 72,644

RECIPES / ILLUSTRATIONS: 90+ recipes /
No illustrations

SUBJECT / CATEGORY: HEALTH & FITNESS /
Diseases & Conditions / General

RIGHTS: World

BLAD



THE BEGINNER'S GUIDE TO ACUPRESSURE

DIY Steps for Self-Care

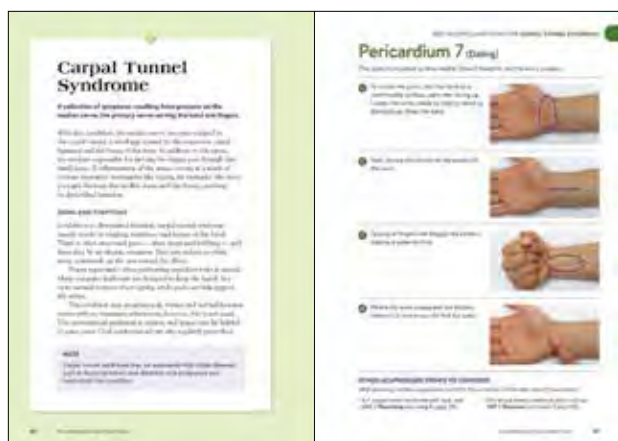
The Essential Guide to Self-Acupressure

The Beginner's Guide to Acupressure is an introduction to acupressure for self-treatment and it is primarily dedicated to reducing symptoms of common ailments. This book adapts Traditional Chinese medicine acupressure techniques to create an easy-to-use program for people to use at home. Acupressure seeks to unblock and balance the flow of the body's physiological energy, or qi, restoring the energy needed to deal with health issues.

HIGHLIGHTS:

- Designed for beginners interested in DIY self-acupressure.
- Includes more than 140 step-by-step photographs and easy-to-follow directions.
- Includes a short history of acupressure and its use.
- Describes how to apply basic acupressure techniques for more than 40 pressure points to ease symptoms associated with ailments like depression, allergies, carpal tunnel syndrome, constipation, sciatica, the common cold and much more.

KARIN PARRAMORE has been a practicing aromatherapist since 2002 and she obtained her degree in Chinese Medicine a few years later. She has her own clinic and teaches at her alma mater, the National College of Natural Medicine and East West College of the Healing Arts. Karin lives in California.



ISBNs: 978-0-7788-0722-3 / 0778807223

PUBLICATION DATE: October 2024
(shipping September 2024)

PRICE: \$19.95 US / \$24.95 CAD

FORMAT/TRIM: TP / 7" x 10"

PAGE COUNT: 160

WORD COUNT: 27,103

ILLUSTRATIONS: 140+ step-by-step photographs

SUBJECT / CATEGORY: HEALTH & FITNESS / Acupressure & Acupuncture

RIGHTS: World

BLAD



IN PRINT

MASTERING AUTHENTIC CREPES & GALETTES

Authentic Recipes and Instruction from the Founder of France's Breizh Café

Crepes and Galettes are a French food speciality enjoyed around the world. Originally a “peasant” food, because they required few fresh ingredients, crepes and galettes are now enjoyed as both a delicacy and street food. Whether sweet or savory, the soft and delectable food is easy to make and a guaranteed hit for breakfast, lunch or dinner at creperies around the world.

Mastering Authentic Crepes & Galettes includes 50 recipes from Bertrand Larcher, founder of Breizh Café — the world-famous crepes restaurant in Paris and Tokyo, and the founder of Atelier de la Crêpe, an international school specializing in learning the craft of crepe and galette making for beginners and professionals. In *Mastering Authentic Crepes & Galettes*, you'll discover a collection of genuine recipes for crepes and galettes, many including the traditional buckwheat flour. You'll find step-by-step photos and detailed instructions for batters, different modes of cooking, folding and presentation, and delicious sweet and savory recipes for every flavor palate.

BERTRAND LARCHER is a successful French chef and entrepreneur who started the Breizh Café, a restaurant devoted to crepes and pancakes with more than twenty locations around the world.



ISBN(S): 978-0-7788-0720-9 / 0778807207

PUBLICATION DATE: September 2024
(shipping August 2024)

PRICE: \$24.95 US / \$29.95 CAD

FORMAT/TRIM: TP / 6.7" x 10" w/ French Flaps

PAGE COUNT: 144

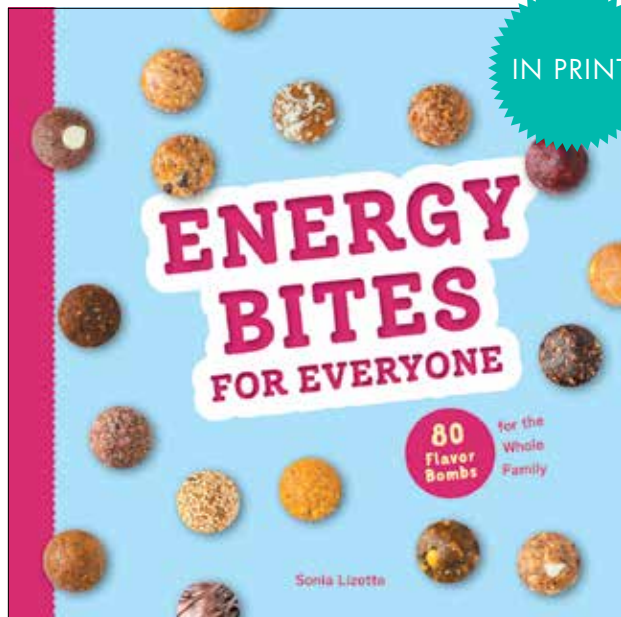
WORD COUNT: 21,302

RECIPES / ILLUSTRATIONS: 90 Recipes / Full-color photographs throughout

SUBJECT / CATEGORY: COOKING /
Regional & Ethnic / French

RIGHTS: World English

BLAD



ENERGY BITES FOR EVERYONE

80 Flavor Bombs for the Whole Family

The Smarter Way to Snack

Energy bites are the smarter way to snack. In just a few quick and easy steps, you can make delicious and healthy nibbles for the whole family to enjoy. Bestselling author Sonia Lizotte offers 80 recipes in four distinct sections for all tastes including:

- **Motivating:** Pecan and Coffee, or Granola and Cranberries are bites that boost and give fuel!
- **Delectable:** Toasted Coconut, Pistachio and Mint, or Old-Fashioned Donut bites will delight your kids or inner child while still being healthy.
- **Decadent:** Dulce de Leche, or Piña Colada bites are little desserts to satisfy a sweet tooth.
- **Surprising:** Cheese and BBQ Chips or Tofu Maple Walnut bites take you on a journey with their unusual and unique flavors.

This beautifully designed book is perfectly sized for counter display and table promotion. The original photography and design are great for cooks, caregivers and children, making each recipe super simple to follow and enjoy. The book also includes practical storage and freezing tips to help busy families on the go.

SONIA LIZOTTE is the founder of the Culinary Squad, a full-service food business. She is also a speaker, food stylist, consultant, teacher and author of numerous bestselling books. She is based in Montreal, Canada.



ISBN(S): 978-0-7788-0721-6 / 0778807215

PUBLICATION DATE: September 2024
(shipping August 2024)

PRICE: \$19.95 US / \$24.95 CAD

FORMAT/TRIM: HC / 8" x 8"

PAGE COUNT: 192

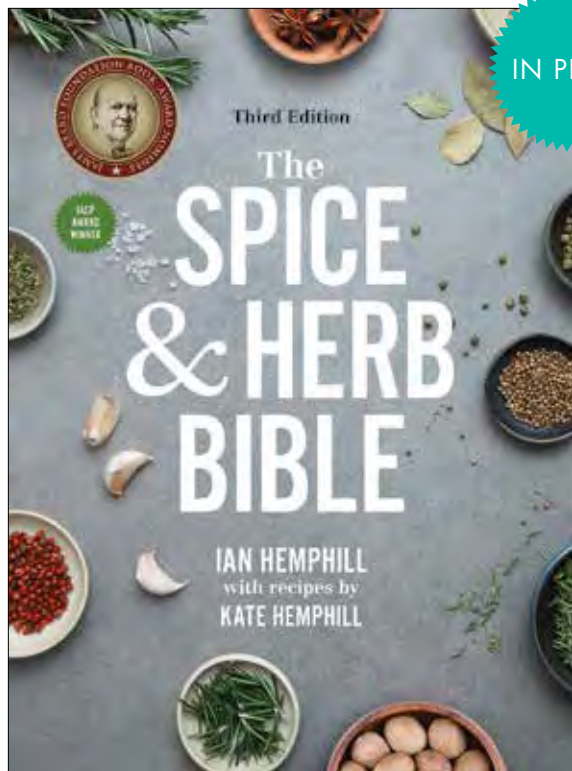
WORD COUNT: 12,748

RECIPES / ILLUSTRATIONS: 80 Recipes /
Full-color photographs throughout

SUBJECT / CATEGORY: COOKING /
Methods / General

RIGHTS: World English





IN PRINT

THE SPICE & HERB BIBLE, THIRD EDITION

The IACP award-winning and James Beard nominated The Spice and Herb Bible has a brand-new cover treatment.

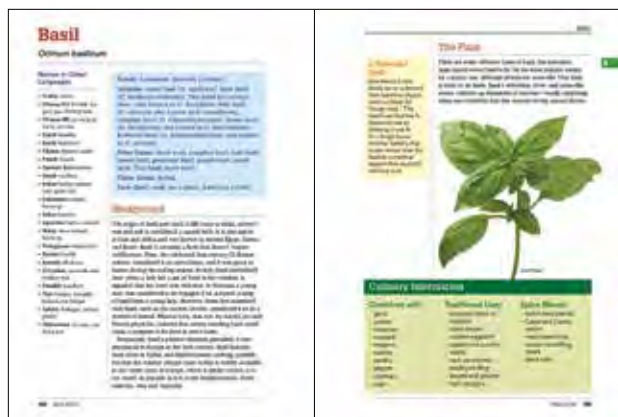
From bay leaves to lemongrass to vanilla beans, it is virtually impossible to imagine a well-stocked kitchen without herbs and spices. *The Spice and Herb Bible, Third Edition* continues to be the most complete and informative book on this topic. Over its numerous editions this beautifully designed and photographed book has sold more than 125,000 copies, and the newly updated cover is strategically designed to reach an even broader audience. This is the only spice and herb book you need on your shelf.

WHAT'S INSIDE:

- 97 global herbs and spices
- 177 classic recipes
- 66 spice blends
- Full-color photography throughout

IAN HEMPHILL, a native of Sydney, Australia, oversees Herbie's Spices, which boasts the largest selection of herbs and spices for sale and export. His website is www.herbies.com.au or www.herbiesspicesusa.com.

KATE HEMPHILL is a chef, food writer and home economist who runs her own cooking classes in London.



ISBN(S): 978-0-7788-0493-2 / 0778804933

PUBLICATION DATE: Available

PRICE: \$39.95 US / \$49.95 CAD

FORMAT/TRIM: TP / 7.75" x 10.5"

PAGE COUNT: 800

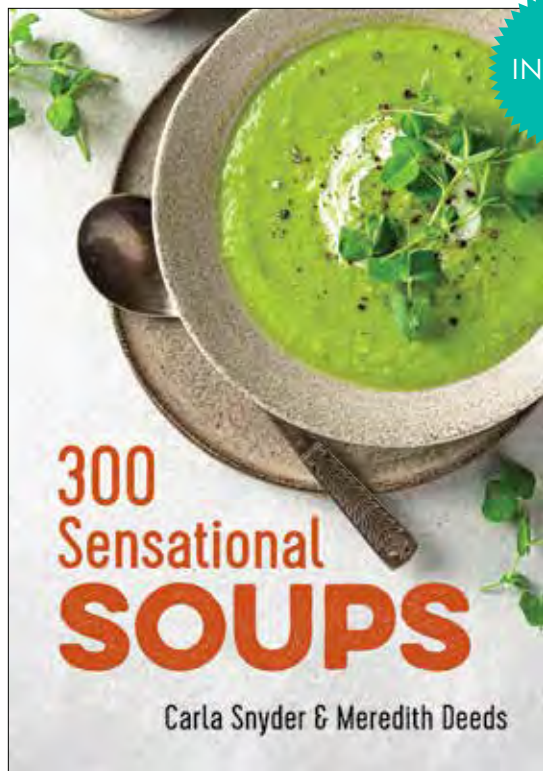
WORD COUNT: 257,425

RECIPES / ILLUSTRATIONS: 170 Recipes / 200+ Full-color photographs throughout

SUBJECT / CATEGORY: Cooking / Specific Ingredients / Herbs, Spices, Condiments Cooking / Reference

RIGHTS: World

BLAD



300 SENSATIONAL SOUPS

Soups On!, with a Side of Trending Recipes, Tips and Techniques

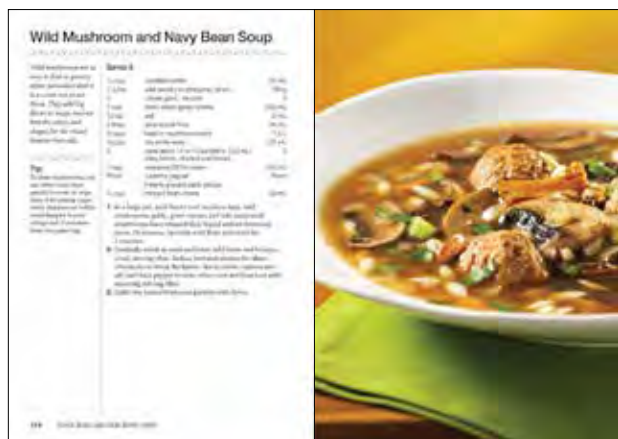
Soup recipes are trendier than ever and it's no surprise. With the ever-rising costs of food and energy alongside the demand for healthy and delicious meals, a good soup is both cost-effective and nourishing for the soul as well as the stomach.

This edition of *300 Sensational Soups* re-introduces all the same expertly written and tested recipes, and to meet the new demand, we've updated the cover to increase curb appeal. The book begins with a variety of stock basics and then moves on to 10 chapters devoted to all types of soup including Split Pea Soup with Pumpernickel Croutons, Beef and Ale Soup, Pumpkin Soup with Ham and Swiss Chard, Yellow Tomato Gazpacho with Cilantro Oil, and an entire chapter devoted to toppings and garnishes. This is the ultimate soup book, your one-stop guide for all things savory, simmering, and sensational.

CARLA SNYDER is a caterer, artisan baker and food writer who has also taught cooking. She lives in Cleveland, Ohio.

MEREDITH DEEDS teaches cooking classes and has written extensively about food. She lives in Minneapolis, Minnesota.

Carla and Meredith have co-authored three other cookbooks, including the James Beard Award-nominated *The Big Book of Appetizers* and *The Mixer Bible*.



ISBN(S): 978-0-7788-0196-2 / 0778801969

PUBLICATION DATE: Available

PRICE: \$24.95 US / \$29.95 CAD

FORMAT/TRIM: TP / 7" x 10"

PAGE COUNT: 384

WORD COUNT: 117,748

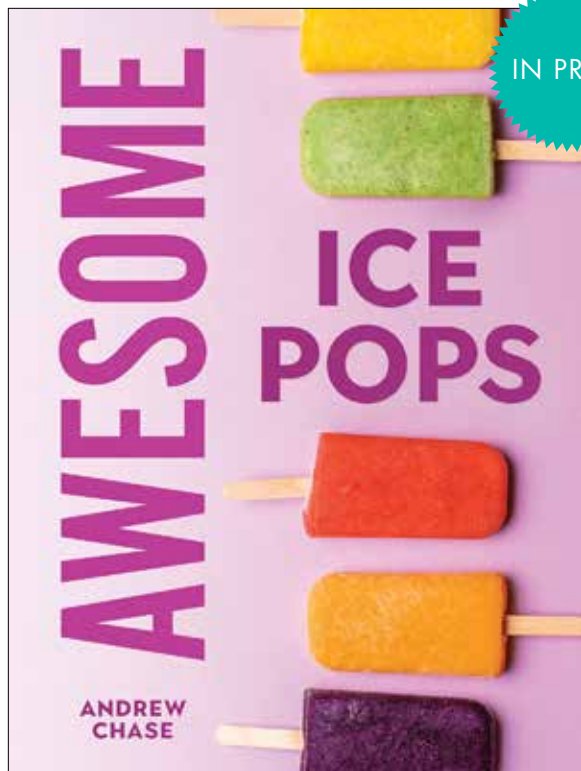
RECIPES / ILLUSTRATIONS: 32 color photographs

SUBJECT / CATEGORY: COOKING /
Courses & Dishes / Soups & Stews

RIGHTS: World

BLAD





IN PRINT

AWESOME ICE POPS

70 Cool Treats

From fruity to boozy, there's enough variety in the Awesome Ice Pops to keep you and every member of your family experimenting all summer long!

Making your own ice pops is one of the easiest ways to create mouth-watering homemade treats. The world's favorite hot-weather pick-me-up can satisfy every craving, from fresh and fruity to rich and creamy.

This tantalizing collection contains a wide range of recipes, including tastier versions of old standards like Fudge Ice Pops and Orange Cream Ice Pops to globally inspired flavors, like Hong Kong Milk Tea Ice Pops and Strawberry Lassi Ice Pops, and even cocktail-inspired ice pops (Margarita Ice Pops, anyone?). With recipes to appeal to kids and adults alike, this book provides a super-fun and easy, not to mention delicious, way to cool off.

ANDREW CHASE was the food editor of two leading magazines for more than a decade. A critically acclaimed chef and food writer, he focuses on authentic and creative international cooking, with a particular interest in Chinese and other Asian cuisines.



ISBN(S): 978-0-7788-0719-3 / 0778807193

PUBLICATION DATE: Available

LIST PRICE: \$19.95 US / \$24.95 CAD

FORMAT/TRIM: TP / 7.5" x 10"

PAGE COUNT: 176

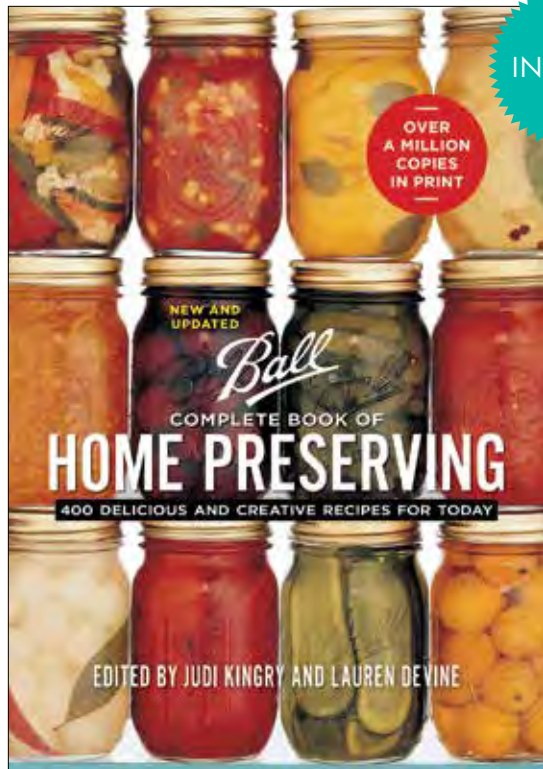
WORD COUNT: 23,170

ILLUSTRATIONS: Full color photography

SUBJECT / CATEGORY: Cooking

RIGHTS: World

BLAD



IN PRINT

BALL / BERNARDIN COMPLETE BOOK OF HOME PRESERVING

500 Delicious and Creative Recipes
for Today

From the experts, the updated bible in home preserving

The Ball/Bernardin Complete Book of Home Preserving is the bestselling home preserving book in the world and it's been updated again!

What's new?

- New information and changes throughout the book reflect the best in current standards from the experts at Ball.
- Every updated recipe has been thoroughly tested and refined by the quality engineers at Ball.
- All changes make the book – which already has over a million copies in print — easier to use and an even better resource for home preservers.

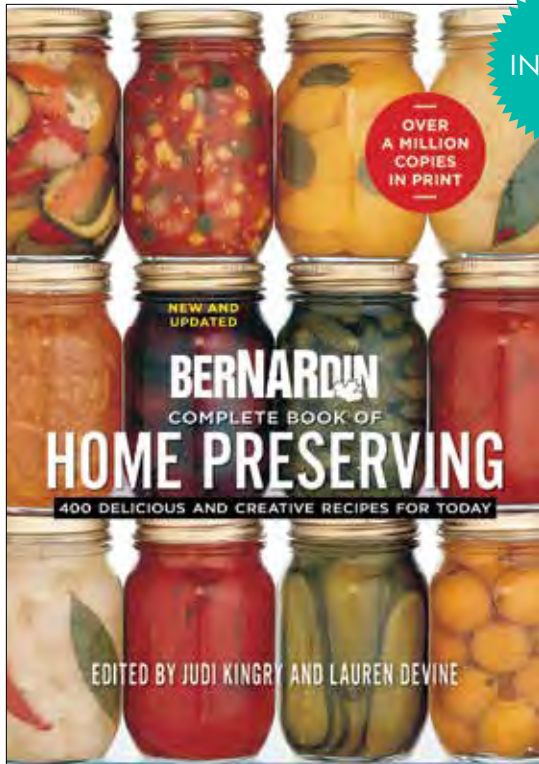
Ball/Bernardin Home Canning Products are the gold standard in home preserving supplies. Their trademark jars are on display in stores every summer from coast to coast. Ball has more than a 90% market share.

This bible from the experts on home preserving is an obvious companion to their products. And there is a new generation ready to try out home preserving. The Ball/Bernardin Complete Book of Home Preserving is just what they need to get started.

What's inside?

- The broadest selection of 400 innovative recipes. Home cooks can choose from 36 jams, 24 jellies, 15 salsas, 17 relishes, 51 pickle recipes, 22 tomato recipe, plus fruit spreads, savory sauces, chutneys and more.
- Comprehensive directions on safe canning and preserving methods plus lists of required equipment and utensils.





IN PRINT

- A specific section for first-timers and handy tips for the experienced, with solutions to every home canning problem.
- A produce purchase guide and an extensive glossary that identifies everything that might need explaining.

JUDI KINGRY honed her skills and passion for preserving as the Marketing and Consumer Services Manager at Bernardin.

LAUREN DEVINE has experience as a Product Research and Test Kitchen Scientist at Ball® Fresh Preserving.

SARAH PAGE brings her knowledge and expertise to this updated edition. She has experience as the Culinary Marketing Manager for Ball® Fresh Preserving.

BALL COMPLETE BOOK OF HOME PRESERVING

TRADE PAPERBACK

ISBN(S): 978-0-7788-0131-3 / 0778801314

LIST PRICE: \$24.95 US

HARDCOVER

ISBN(S): 978-0-7788-0139-9 / 077880139X

LIST PRICE: \$29.95 US

WIRE-O

ISBN(S): 978-0-7788-0510-6 / 0778805107

LIST PRICE: \$34.95 US

BERNARDIN COMPLETE BOOK OF HOME PRESERVING

TRADE PAPERBACK

ISBN(S): 978-0-7788-0137-5 / 0778801373

LIST PRICE: \$29.95 CAD

PUBLICATION DATE FOR ALL VERSIONS: Available

TRIM: 7" x 10"

PAGE COUNT: 448

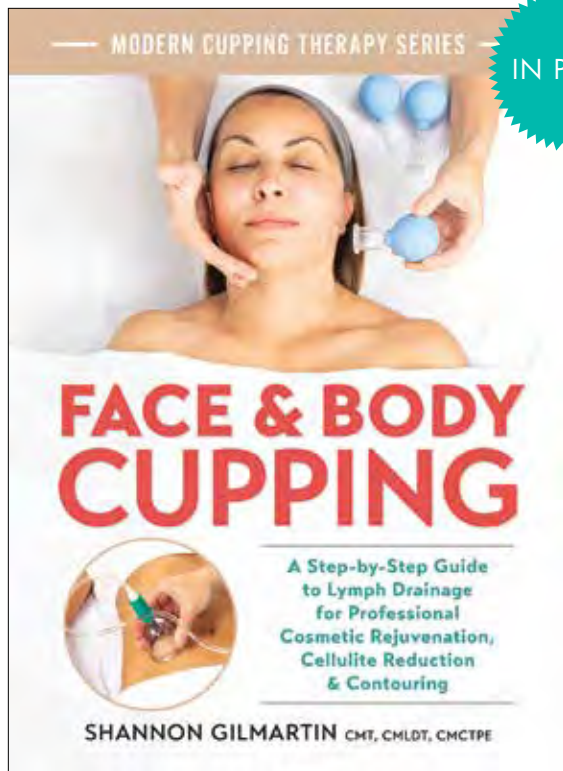
WORD COUNT: 167,225

ILLUSTRATIONS: 32 photos

SUBJECT / CATEGORY: Cooking

RIGHTS: World





FACE AND BODY CUPPING

A Step-by-Step Guide to Lymph Drainage for Professional Cosmetic Rejuvenation, Cellulite Reduction and Contouring

This book teaches the best and safest professionally applied, therapeutic methods for face cupping for cosmetic rejuvenation and body cupping for cellulite reduction and contouring

Cupping has become one of the most popular therapeutic tools employed by acupuncturists, massage therapists, physical therapists, athletic trainers and estheticians.

Author Shannon Gilmartin's teaching program includes her first book *The Guide to Modern Cupping Therapy*. In this new book, Shannon has created a program for educating bodywork professionals and cupping practitioners.

This book examines the effects of cups, the physical responses they evoke, and the relative anatomy involved with cupping for esthetic purposes. Photographs and detailed information outline the different types of cupping equipment, how to use cups on the body for esthetic purposes and what to do before and after for maximum benefit.

SHANNON GILMARTIN is a certified massage therapist, certified manual lymph drainage practitioner and certified modern cupping therapy practitioner and educator. Author of *The Guide to Modern Cupping Therapy*, she has over 20 years of experience in therapeutic bodywork. She has taught all over the United States and abroad and practises in Virginia Beach.



ISBN(S): 978-0-7788-0718-6 / 0778807185

PUBLICATION DATE: Available

LIST PRICE: \$27.95 US / \$29.95 CAD

FORMAT/TRIM: TP / 7.65" x 10.5"

PAGE COUNT: 256

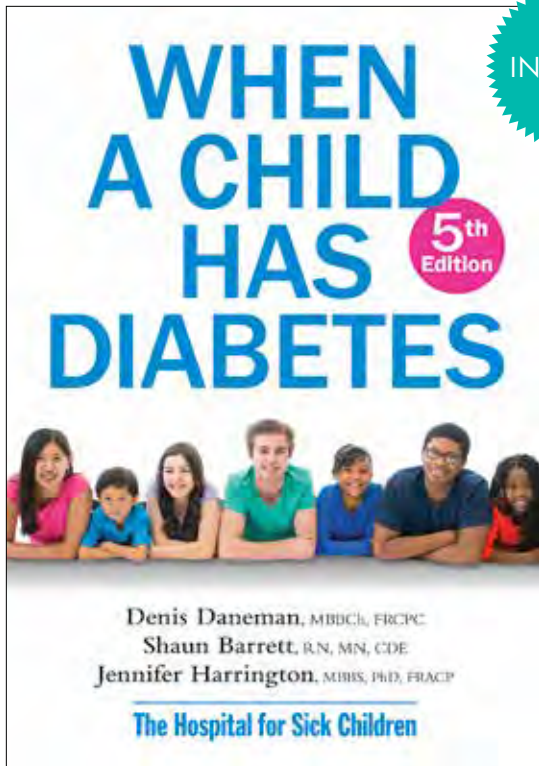
WORD COUNT: 61,105

ILLUSTRATIONS: Full-color photography and illustrations throughout

SUBJECT / CATEGORY: Health & Fitness / Beauty & Grooming

RIGHTS: World

BLAD



WHEN A CHILD HAS DIABETES, FIFTH EDITION

Updated edition from the highly respected Diabetes Team at the world-renowned Hospital for Sick Children

- Offers the latest medical expertise on juvenile diabetes and information on underlying causes, clinical features and effective treatments.
- Previous editions are among the most highly respected resources on the subject, making this new edition a must-have.
- Includes new content based on current research and standards for diagnosis and treatment.
- This comprehensive and supportive guide will help parents, caregivers and children understand diabetes and live happy, healthy lives.
- The approach of the book is friendly and accessible, with sections that include relatable case studies, easy-to-understand charts and answers to FAQs.

DENIS DANEMAN, OC, MBBCh, DSc(Med), FRCPC, FFAED(Hon)RCPI, is Professor and Chair Emeritus at the Department of Paediatrics, University of Toronto, and Paediatrician-in-Chief Emeritus at The Hospital for Sick Children (SickKids).

SHAUN BARRETT, RN, MN, CDE, is a Clinical Nurse Specialist and Certified Diabetes Educator, who has been a part of the SickKids Diabetes Team for more than 20 years.

JENNIFER HARRINGTON, MBBS, PhD, FRACP, is a Paediatric Endocrinologist at the Women's and Children's Hospital in Adelaide, Australia. She previously was a member of the SickKids Diabetes team for 10 years.

ISBN(S): 978-0-7788-0717-9 / 0778807177

PUBLICATION DATE: Available

LIST PRICE: \$24.95 US / \$29.95 CAD

FORMAT/TRIM: TP / 7" x 10"

PAGE COUNT: 240

WORD COUNT: 83,256

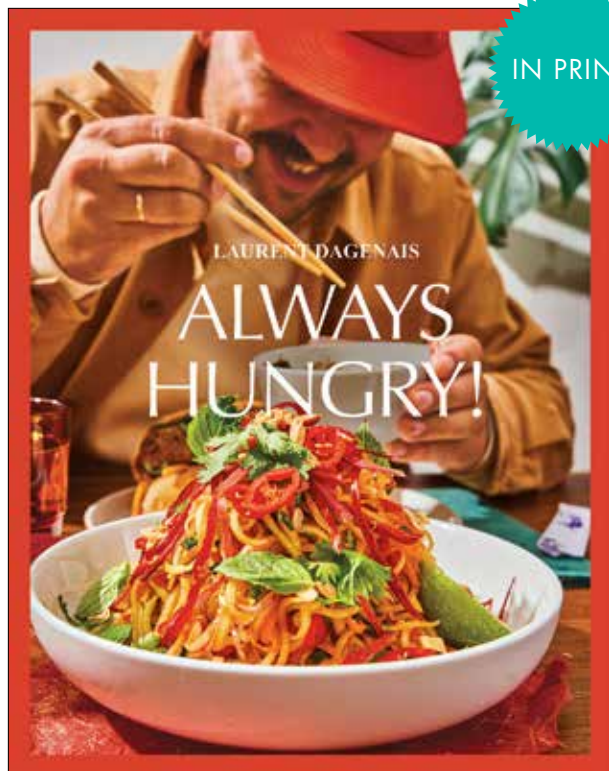
ILLUSTRATIONS:

SUBJECT / CATEGORY: Health

RIGHTS: World

BLAD





ALWAYS HUNGRY!

The highly anticipated, debut cookbook of TikTok sensation Laurent Dagenais, featuring 70+ delicious, easy-to-follow recipes

Chef and social media phenomenon Laurent Dagenais never imagined that one day he would leave the restaurant business to devote himself exclusively to his social media networks, let alone write a cookbook. Laurent's audience vast: his Instagram following currently boasts 1.8 million followers and his 2 million TikTok followers have racked up more than 19.8 million likes.

Encouraged by his success, Laurent now aims to conquer the publishing market with his new cookbook *Always Hungry!* Appealing to both amateur and more advanced cooks alike, it offers over 70 recipes ranging from elevated everyday meals like Creamy Udon Noodles with Mushrooms to showstoppers such as Prime Rib and Garlic Escargots. Laurent's scenic world travels and family history are blended into the book's beautiful photography, all designed to motivate you to get out and discover life through food.

LAURENT DAGENAIS was born and raised in Montreal, where he quickly carved out a space in the culinary scene. With his creativity and one-of-a-kind approach, he has attracted a committed community with more than a million followers across his social networks. His aim is to pass on techniques in a fun, spirited way by creating playful, easy-to-make and delicious food that inspires others to spend more time in the kitchen.



ISBN(S): 978-0-7788-0714-8 / 0778807142

PUBLICATION DATE: Available

LIST PRICE: \$29.95 US / \$39.95 CAD

FORMAT/TRIM: HC / 8.25" x 10.5"

PAGE COUNT: 224

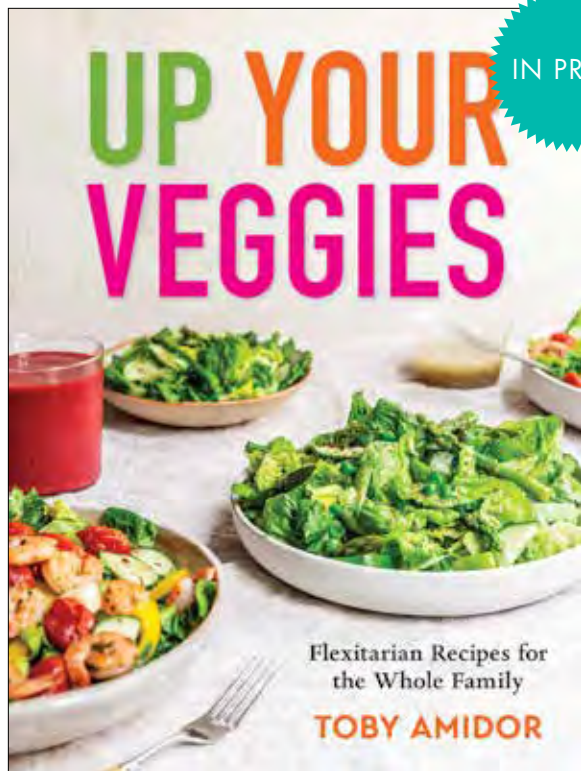
WORD COUNT: 23,950

ILLUSTRATIONS: Full-color photography throughout

SUBJECT / CATEGORY: COOKING /
Celebrities & Media Tie-In

RIGHTS: English World

BLAD



UP YOUR VEGGIES

Flexitarian Recipes for the Whole Family

100 Plant-Forward Recipes

How many times have you heard a parent tell their kids to eat their veggies? Kids aren't the only problem though: in the United States, only 1 in 10 adults meet the daily recommended vegetable intake while in Canada it's just 3 in 10 adults.

Whether you're a vegetarian, flexitarian or just looking to eat more plants, this book's for you. Bestselling author Toby Amidor wants to help you overcome common barriers such as taste, cost and time in order to eat more vegetables, which can help provide your body with the nutrition it needs to thrive and help lower the risk of chronic diseases, including cardiovascular disease and type 2 diabetes.

Up Your Veggies is truly a celebration of vegetables — their delicious flavors, gorgeous colors and important contributions to overall health.

TOBY AMIDOR, MS, RD, CDN, FAND is a *Wall Street Journal* bestselling cookbook author, award-winning dietitian and spokesperson who believes that healthy and wholesome can also be appetizing and delicious. She is the author of nine cookbooks, including *The Best 3-Ingredient Cookbook*, *The Best Rotisserie Chicken Cookbook* and *The Family Immunity Cookbook*, which won a Gourmand Award for Best Health Book. She is the founder of Toby Amidor Nutrition and the nutrition expert for FoodNetwork.com. She lives in New York.



ISBN(S): 978-0-7788-0713-1 / 0778807134

PUBLICATION DATE: Available

LIST PRICE: \$24.95 US / \$29.95 CAD

FORMAT/TRIM: TP with French flaps / 7.5" x 10"

PAGE COUNT: 208

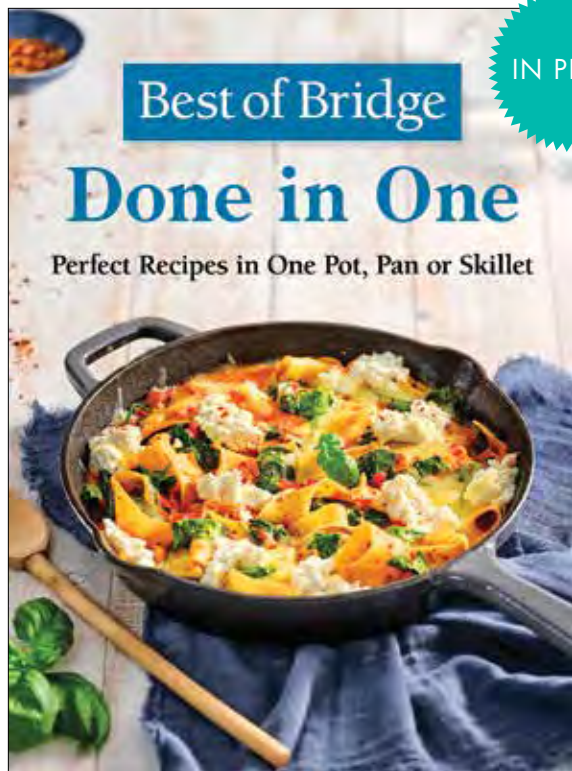
WORD COUNT: 40,600

ILLUSTRATIONS: Full-color photography throughout

SUBJECT / CATEGORY: COOKING /
Vegetables

RIGHTS: World

BLAD



IN PRINT

BEST OF BRIDGE: DONE IN ONE

Perfect Recipes in One Pot, Pan or Skillet

Generations of home cooks have come to trust Best of Bridge for their family-friendly, easy-to-prepare meals

This all-new collection includes 105 recipes perfected for preparing in one pot, pan, sheet pan, skillet or bowl. After almost 50 years and 4 million books, who better than Best of Bridge to create the ultimate book of one-pot knockout recipes? Their recipes are always budget conscious and include ingredients you can find at any grocery store, so you don't have to break the bank to eat good food.

We listened to Best of Bridge fans, and now we've got more salads and dressings than ever and tons of tips for recipe flavor variations, ingredient substitutions, make-ahead planning, freezer-friendly options and easier clean-up.

Done in One will have you sharing memories and living large all without creating a chaotic mess of your kitchen.

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

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

This is their sixth Best of Bridge book.



ISBN(S): 978-0-7788-0712-4 / 0778807126

PUBLICATION DATE: Available

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

FORMAT/TRIM: HC / 7.75" x 10.5"

PAGE COUNT: 224

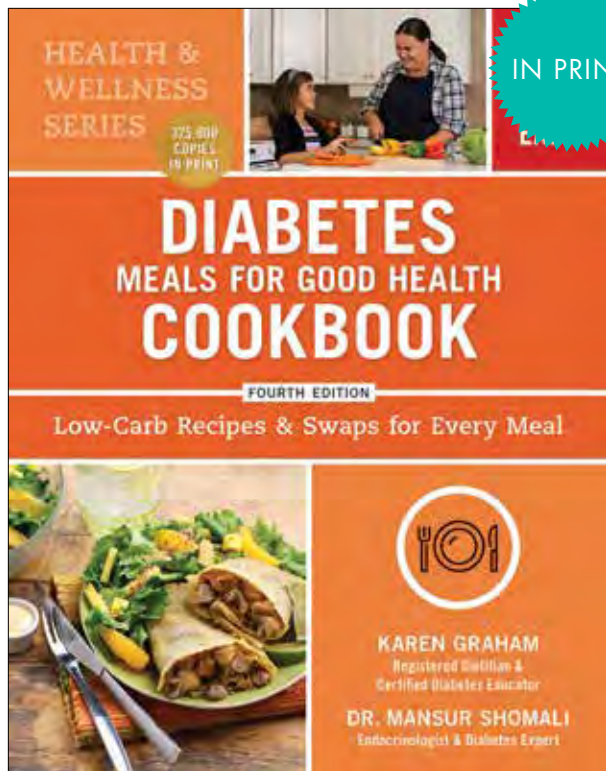
WORD COUNT: 34,200

ILLUSTRATIONS: Full-color photography throughout

SUBJECT / CATEGORY: COOKING / Methods / Quick & Easy

RIGHTS: World





DIABETES MEALS FOR GOOD HEALTH COOKBOOK, 4TH EDITION

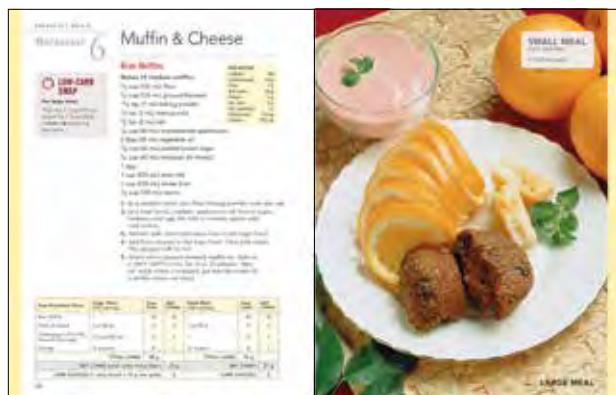
Low-Carb Recipes & Swaps for Every Meal

Includes all the most up-to-date dietary information for those living with diabetes or pre-diabetes

This 4th edition of the cookbook is a companion to Karen Graham's bestselling *The Complete Diabetes Guide*. Recent CDC reports indicate that over 37 million Americans have diabetes and another 96 million have pre-diabetes. Trending fad diets such as keto and Atkins have been used to help people with diabetes manage their caloric intake and lose weight. However, these restrictive diets are challenging to maintain. This simple meal planning guide includes balanced options for every meal of the day.

KAREN GRAHAM, RD, CDE is a Registered Dietitian, Certified Diabetes Educator and nutrition counsellor with over 30 years of specialization in the management and treatment of diabetes. She lives in British Columbia, Canada.

MANSUR SHOMALI, MD, CM, is a physician, researcher and educator specializing in endocrinology, diabetes and metabolism. He cares for people with diabetes at MedStar Health and is an Adjunct Professor of Medicine at the University of Maryland School of Medicine. Dr. Shomali also serves as Chief Medical Officer at the technology company Welldoc, where he helps develop solutions for people with diabetes and other chronic health conditions. He resides near Baltimore, Maryland.



ISBN(S): 978-0-7788-0716-2 / 0778807169

PUBLICATION DATE: Available

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

FORMAT/TRIM: TP / 8.5" x 10.875"

PAGE COUNT: 288

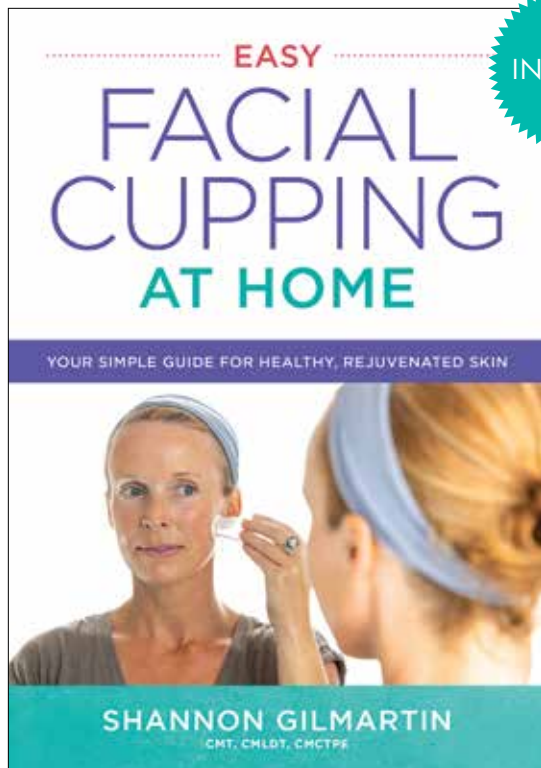
WORD COUNT: 55,371

ILLUSTRATIONS: Full-color photography throughout

SUBJECT / CATEGORY: COOKING /
Health & Healing / Diabetic & Sugar-Free

RIGHTS: World

BLAD



EASY FACIAL CUPPING AT HOME

Your Simple Guide For Healthy, Rejuvenated Skin

Treat yourself to the anti-aging benefits of facial cupping without the expense of a professional cosmetic procedure

Facial cupping is a safe, non-invasive and easy practice designed to highlight cheekbones, define the jawline, tighten skin and target those dreaded drooping jowls. In this book you'll find more than 60 photos and clear easy-to-follow directions. You will learn how to prepare your skin for treatment, which equipment and products to use and all the proper procedures for best results. Facial cupping increases circulation while stimulating natural collagen and elastin production. Increased blood flow delivers oxygen and nutrients, giving the face a youthful glow.

Author Shannon Gilmartin is a cupping expert with decades of experience teaching and administering the treatment. With Shannon's expertise, you'll quickly master this age-old practice and skip expensive sessions with a dermatologist or esthetician.

SHANNON GILMARTIN, CMT, is a certified manual lymph drainage practitioner, and certified modern cupping therapy practitioner and educator. In addition to her focus in cupping, she has over 20 years of experience in therapeutic bodywork, including manual lymph drainage and medical massage. She has taught all over the United States and abroad and practices in Virginia Beach.



ISBN(S): 978-0-7788-0715-5/ 0778807150

PUBLICATION DATE: Available

LIST PRICE: \$19.95 US / \$24.95 CAD

FORMAT/TRIM: TP / 7" x 10"

PAGE COUNT: 176

WORD COUNT: 21,310

ILLUSTRATIONS: 60+ full color photographs

SUBJECT / CATEGORY: Health & Fitness / Beauty & Grooming

RIGHTS: World

BLAD



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 such as *milk* and *diaper*. You'll also learn practical songs to sign and sing with your child. Also included are the alphabet and numbers (1 to 10) 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.



ISBN(S): 978-0-7788-0710-0 / 077880710X

PUBLICATION DATE: Available

LIST PRICE: \$19.95 US / \$24.95 CAD

FORMAT/TRIM: TP / 7" x 10"

PAGE COUNT: 176

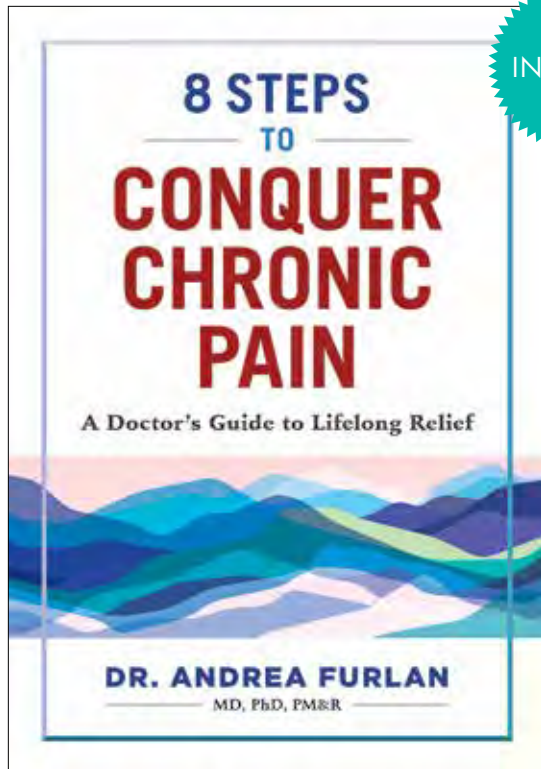
WORD COUNT: 16,246

ILLUSTRATIONS: 60+ photos and illustrations, 4 color text, cover printed on both sides

SUBJECT / CATEGORY: Education - ANF / Sign Language

RIGHTS: World

BLAD



8 STEPS TO CONQUER 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 U.S. adults live with chronic pain. That's more than 50 million adults in the U.S. 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.

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.

ISBN(S): 978-0-7788-0711-7 / 0778807118

PUBLICATION DATE: Available

LIST PRICE: \$24.95 US / \$29.95 CAD

FORMAT/TRIM: TP / 7" x 10"

PAGE COUNT: 256

WORD COUNT: 74,867

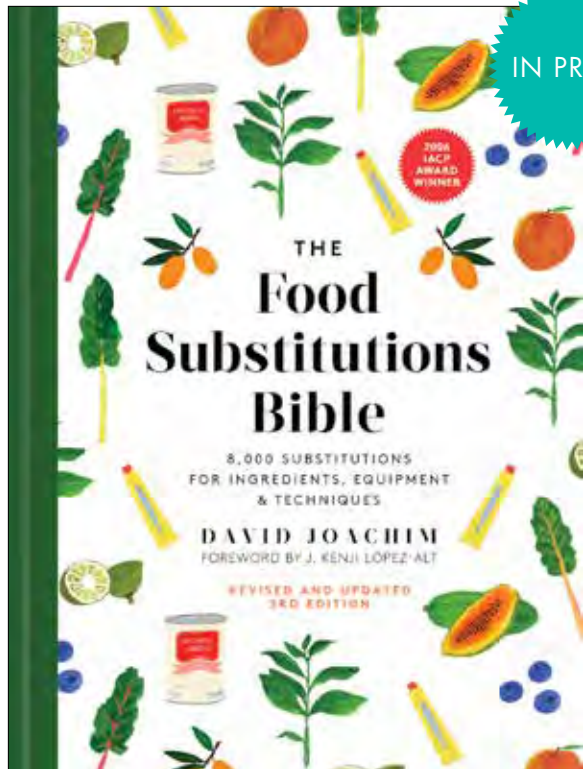
ILLUSTRATIONS: Fully illustrated throughout, charts and graphs, two color

SUBJECT / CATEGORY: HEALTH & FITNESS / Pain Management

RIGHTS: World

BLAD





IN PRINT

THE FOOD SUBSTITUTIONS BIBLE: THIRD EDITION

8,000 Substitutions for Ingredients, Equipment & Techniques

This full-color, hardcover edition features a brand-new 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 such as choosing fresh chiles and pan size equivalents.





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, lower-calorie 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.



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 1 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.



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.

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



ISBN(S): 978-0-7788-0706-3 / 0778807061

PUBLICATION DATE: Available

LIST PRICE: \$49.95 US / \$59.95 CAD

FORMAT & TRIM: HC / 7.5" x 10"

PAGE COUNT: 688

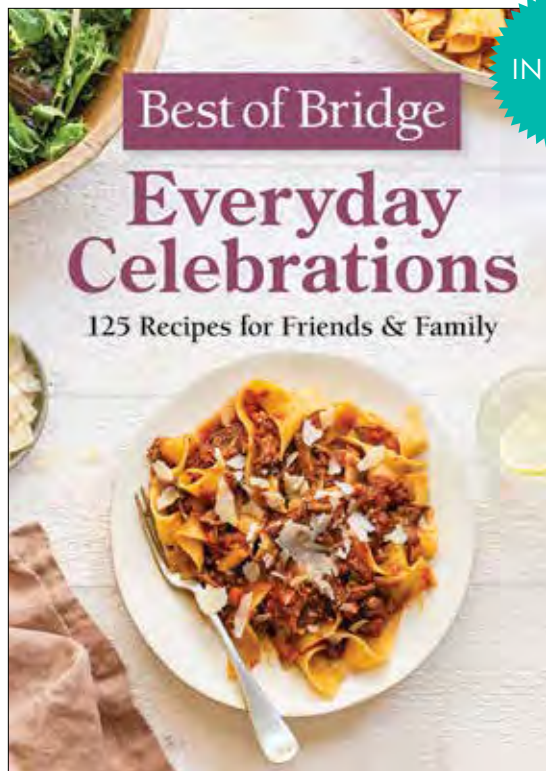
WORD COUNT: 220,007

ILLUSTRATIONS: Full-color and illustrated throughout with 170+ unique illustrations

SUBJECT/ CATEGORY: CKB071000 COOKING / Reference

RIGHTS: World





IN PRINT

BEST OF BRIDGE: EVERYDAY CELEBRATIONS

125 Recipes for Friends & Family

Fall 2022 welcomed a complete reinvention of Best of Bridge. Full-color hardcover format with 80-plus enticing photos. New website, new newsletter, increased social media. Congratulations, Best of Bridge!

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-color 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.

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

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

This is their fifth Best of Bridge book.



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

PUBLICATION DATE: Available

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

FORMAT & TRIM: HC / 7.75" x 10.5"

PAGE COUNT: 256

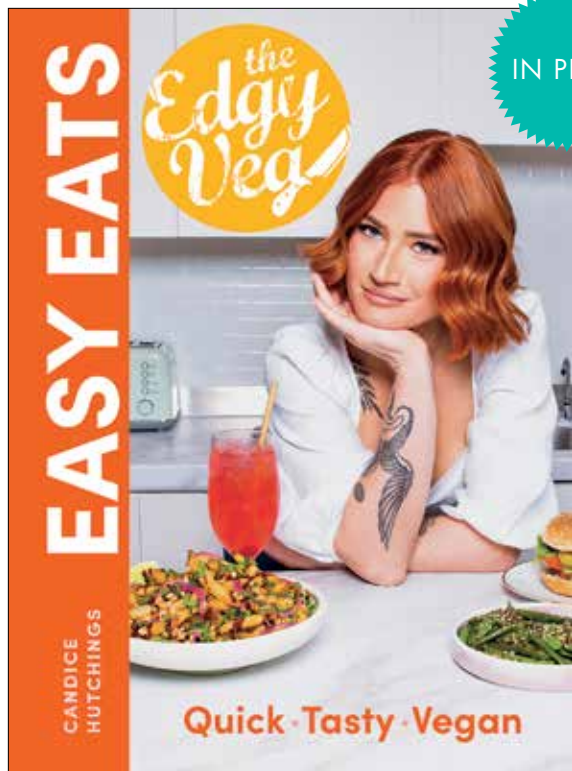
WORD COUNT: 44,583

ILLUSTRATIONS: Full color book including 80+ color photographs and index

SUBJECT/ CATEGORY: CKB029000 COOKING / Entertaining; CKB127000 COOKING / Comfort Food

RIGHTS: World

BLAD



IN PRINT

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.

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.

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

PUBLICATION DATE: Available

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

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

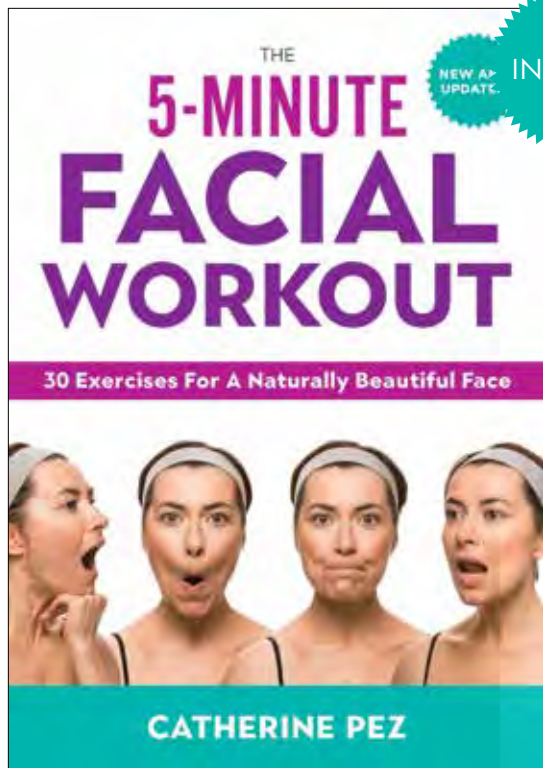
SUBJECT/ CATEGORY: CKB125000 COOKING / Vegan; CKB086000 COOKING / Vegetarian

RIGHTS: World

BLAD







THE 5-MINUTE FACIAL WORKOUT

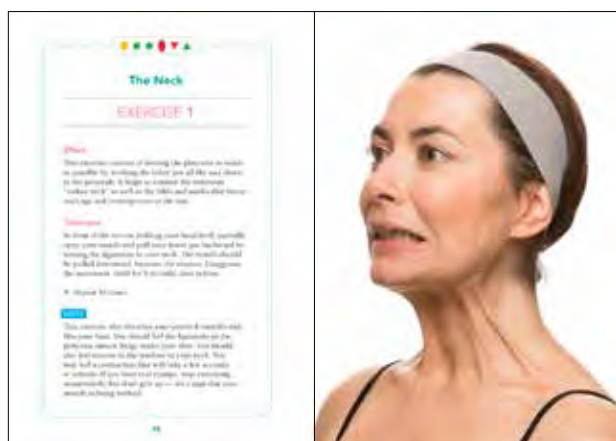
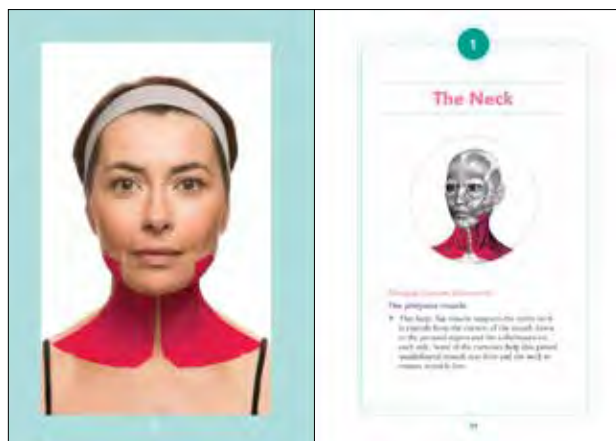
30 Exercises for a Naturally Beautiful Face

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

Did you know that your face contains 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.

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 at conferences and workshops, as well as thalassotherapy sessions. She resides in Paris, France.



ISBNs: 978-0-7788-0471-0 / 0778804712

PUBLICATION DATE: Available

LIST PRICE: \$19.95 US / \$19.95 CAD

FORMAT & TRIM: TP / 7" x 10"

PAGE COUNT: 208

WORD COUNT: 22,507

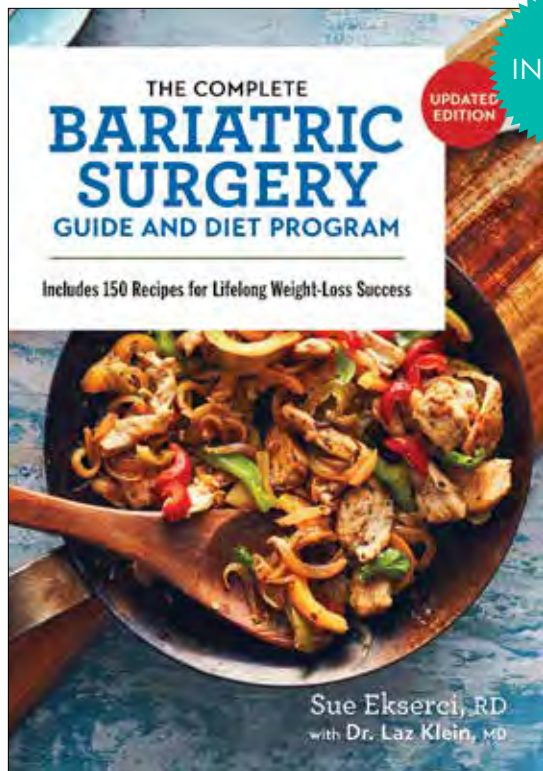
ILLUSTRATIONS: Full color book including 80+ color photographs and index

SUBJECT/ CATEGORY: HEA003000

HEALTH & FITNESS / Beauty & Grooming

RIGHTS: English World

BLAD



IN PRINT

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 CAD

FORMAT & TRIM: TP / 7" x 10"

PAGE COUNT: 352

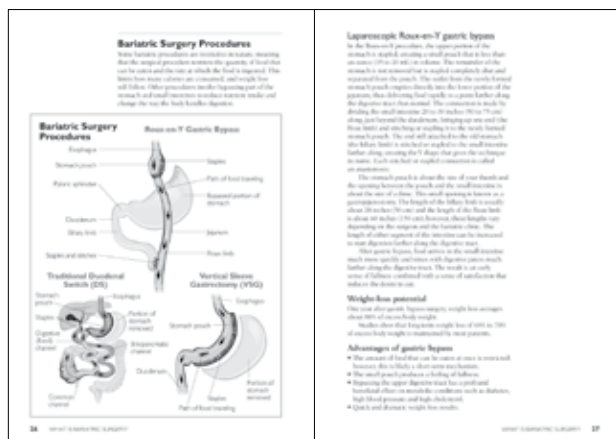
WORD COUNT: 84,199

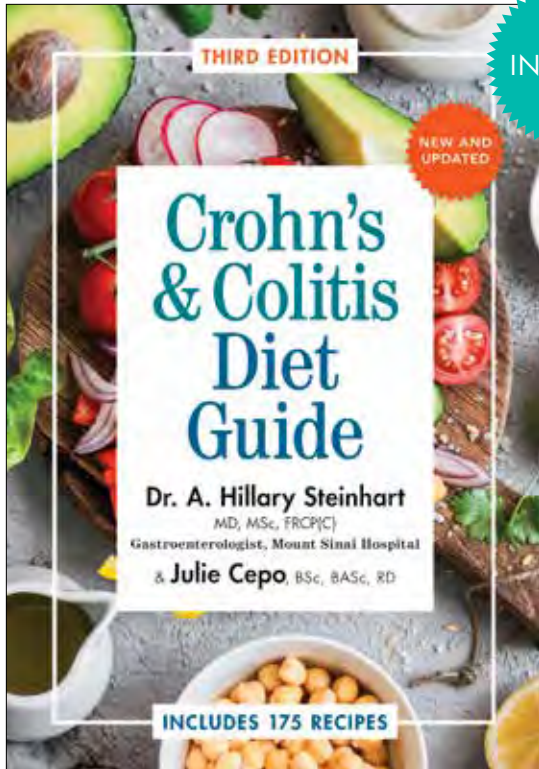
ILLUSTRATIONS: B&W Diagrams and index

SUBJECT/ CATEGORY: CKB026000 COOKING / Health & Healing / Weight Control

RIGHTS: World

BLAD





IN PRINT

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 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.

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.

ISBNs: 978-0-7788-0478-9 / 077880478X

PUBLICATION DATE: Available

LIST PRICE: \$24.95 US / \$27.95 CAD

FORMAT & TRIM: TP / 7" x 10"

PAGE COUNT: 336

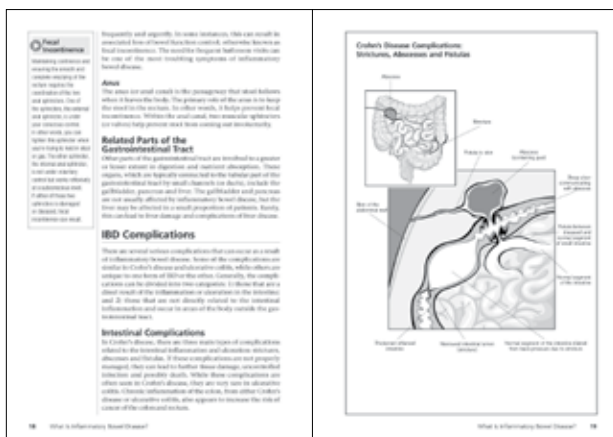
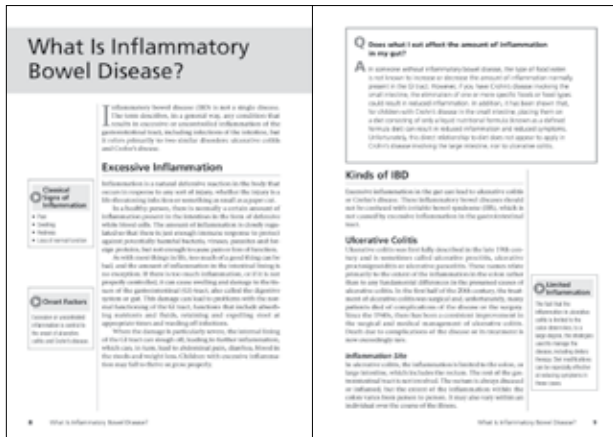
WORD COUNT: 118,283

ILLUSTRATIONS: B&W Diagrams and index

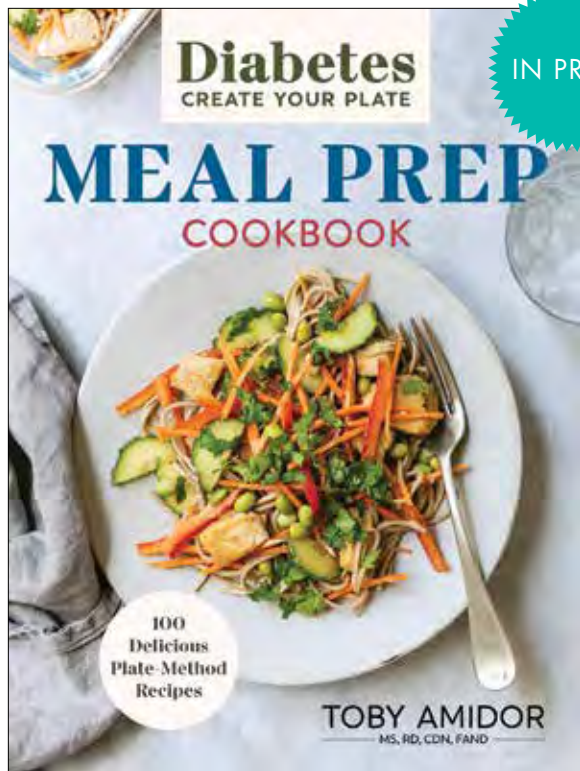
SUBJECT / CATEGORY: HEA039010 HEALTH & FITNESS / Diet & Nutrition / Diets

RIGHTS: World

BLAD







DIABETES CREATE YOUR PLATE MEAL PREP COOKBOOK

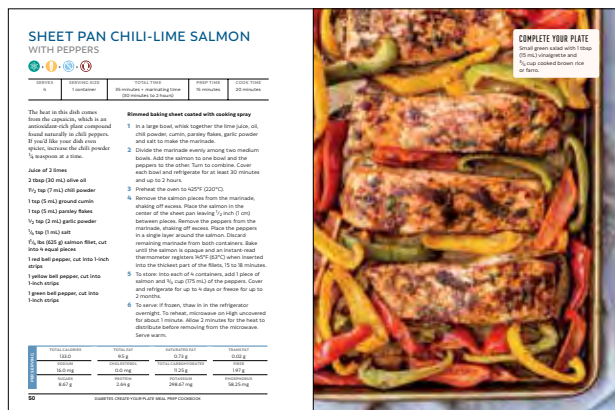
100 Delicious Plate-Method Recipes

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, award-winning dietitian and spokesperson. She is the author of nine cookbooks, including *The Best 3-Ingredient Cookbook*, *The Best Rotisserie Chicken Cookbook* and *The Family Immunity Cookbook*, which won a Gourmand Award for Best Health Book. She is the founder of Toby Amidor Nutrition and the nutrition expert for FoodNetwork.com. She lives in New York.



ISBN(S): 978-0-7788-0707-0 / 077880707X

PUBLICATION DATE: Available

LIST PRICE: \$24.95 US / \$29.95 CAD

FORMAT/TRIM: TP / 7.5" x 10"

PAGE COUNT: 288

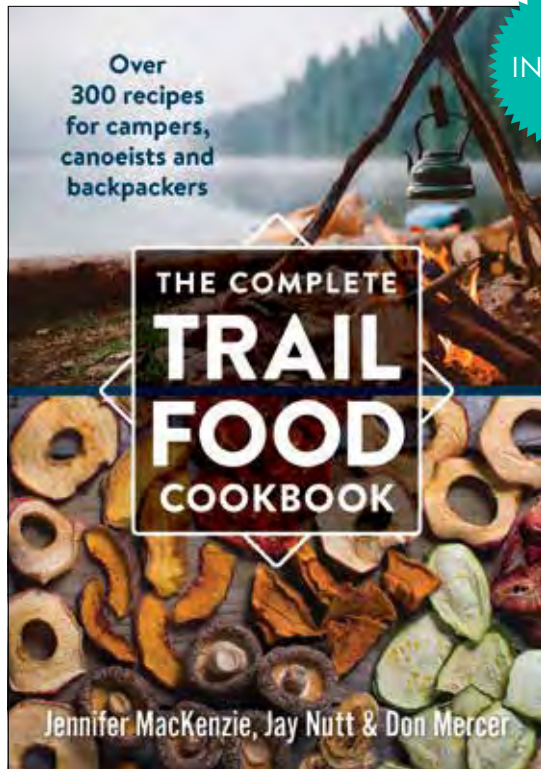
WORD COUNT: 50,996

ILLUSTRATIONS: 80 full color photos

SUBJECT/CATEGORY: Cooking / Health & Healing

RIGHTS: World





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.

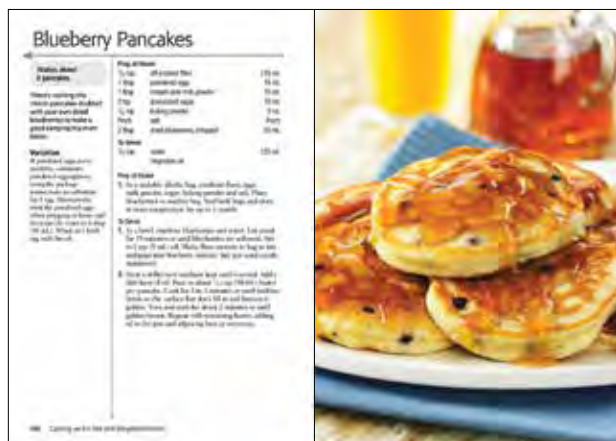
Recipes for breakfast, main courses and high-energy snacks are featured, as well as desserts and beverages. Using dried foods, you can create a wide array of meals, from the everyday to the truly gourmet.

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

PUBLICATION DATE: Available

LIST PRICE: \$21.95 US / \$24.95 CAD / £14.95 UK

FORMAT/TRIM: TP / 7" x 10"

PAGE COUNT: 256

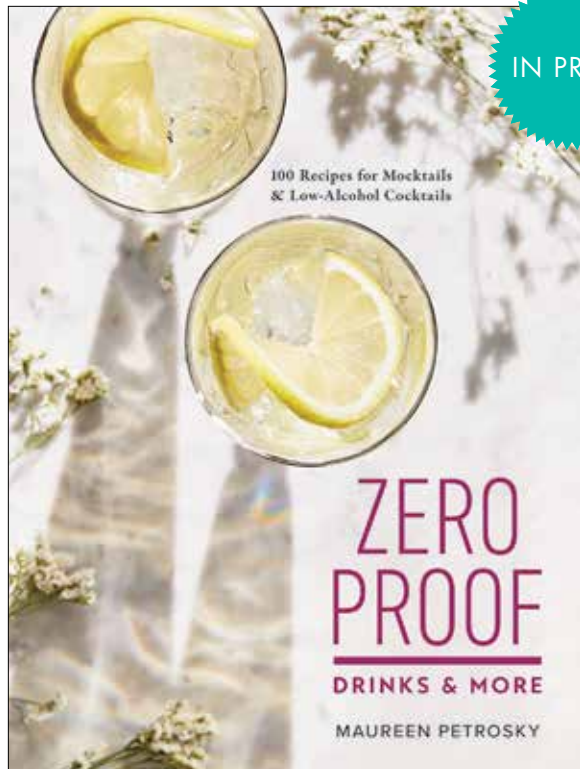
WORD COUNT: 80,972

ILLUSTRATIONS: 8 color photos

SUBJECT/CATEGORY: Cooking

RIGHTS: World

BLAD



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.

More than 50% 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.

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.



ISBN(S) 978-0-7788-0675-2 / 0778806758

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

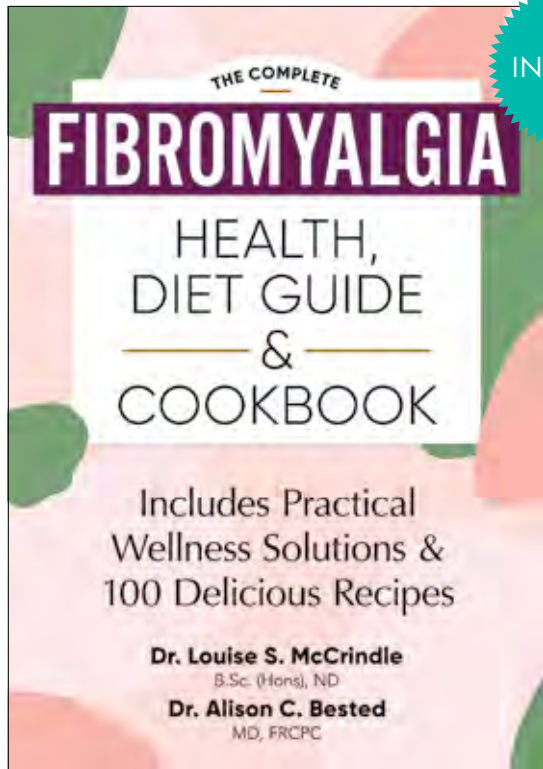
WORD COUNT: 31,059

ILLUSTRATIONS: 85 full color photos

SUBJECT/CATEGORY: Cooking/Drinks

RIGHTS: World

BLAD



IN PRINT

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 common-sense 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 Schach 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.

ISBN(S): 978-0-7788-0453-6 / 0778804534

PUBLICATION DATE: Available

LIST PRICE: \$24.95 US / \$24.95 CAD / £16.95 UK

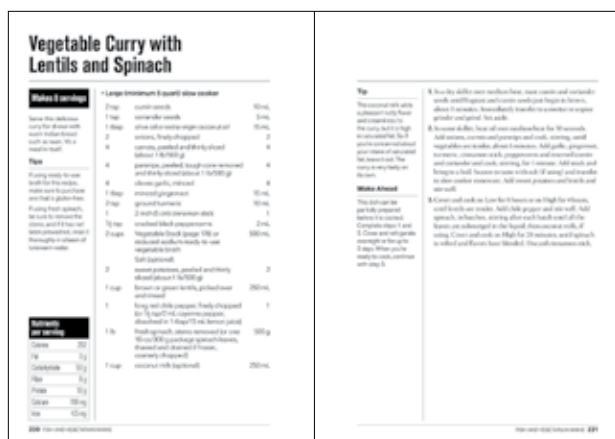
FORMAT/TRIM: TP / 7" x 10"

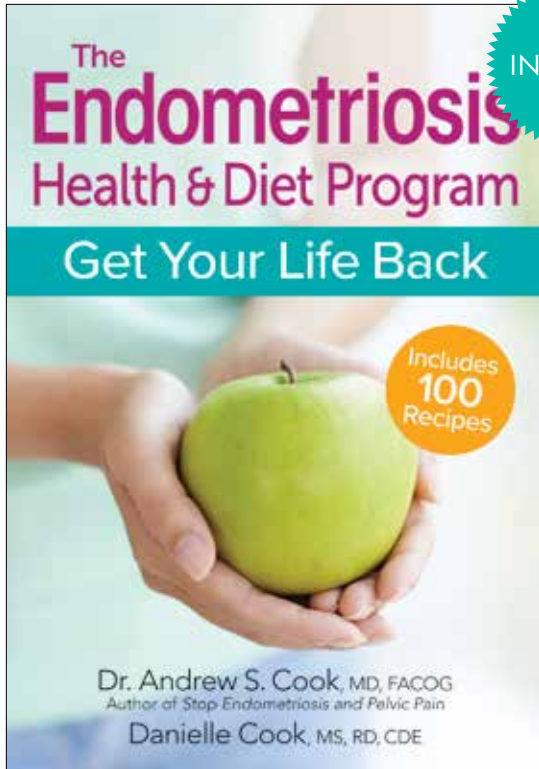
PAGE COUNT: 288

WORD COUNT: 84,952

SUBJECT/CATEGORY: Health

RIGHTS: World





IN PRINT

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 1 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.

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

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.

ISBN(S) 978-0-7788-0562-5 / 077880562X

PUBLICATION DATE: Available

LIST PRICE: \$24.95 US / \$24.95 CAD

FORMAT/TRIM: TP / 7" x 10"

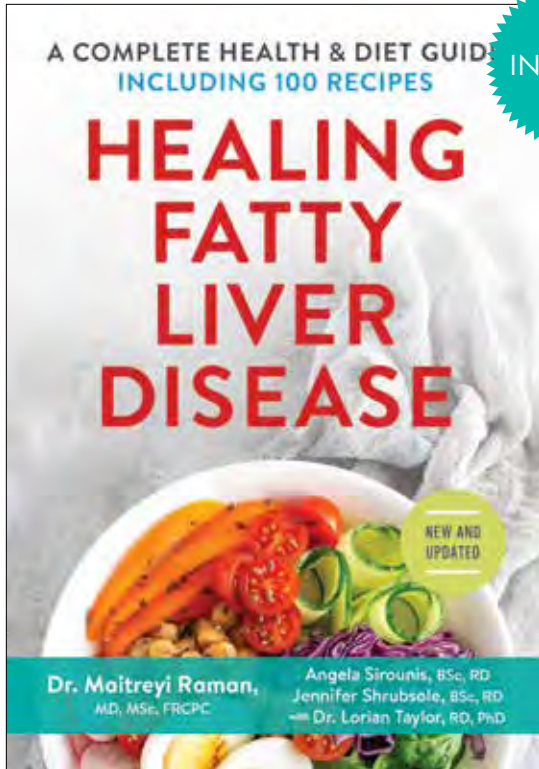
PAGE COUNT: 288

WORD COUNT: 115,502

SUBJECT/CATEGORY: Health

RIGHTS: World

BLAD



IN PRINT

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 steatohepatitis (NASH). NASH can lead to permanent liver damage and cirrhosis.

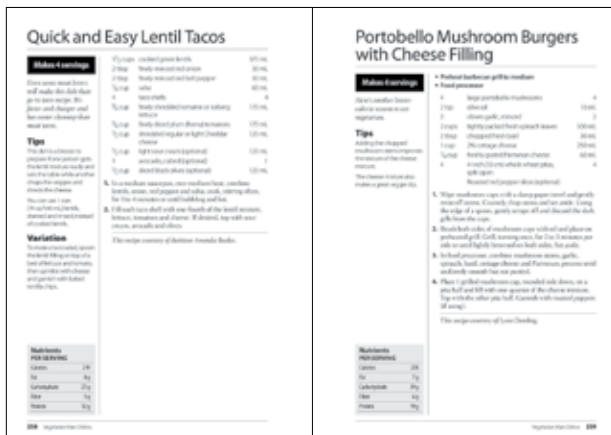
Both types of nonalcoholic fatty liver disease (NAFLD) are becoming more common. Up to 20% of adults have either fatty liver or NASH.

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.



ISBN(S): 978-0-7788-0437-6 / 0778804372

PUBLICATION DATE: Available

LIST PRICE: \$24.95 US / \$27.95 CAD / £16.95 UK

FORMAT/TRIM: TP / 7" x 10"

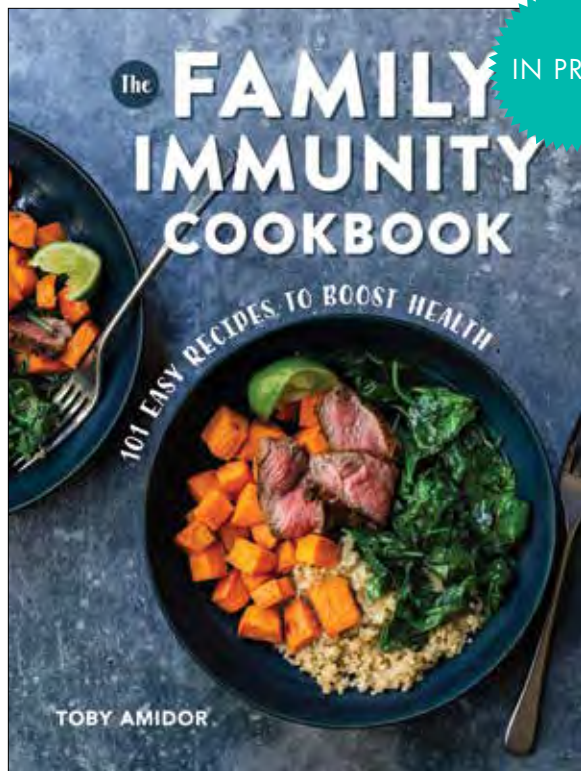
PAGE COUNT: 288

WORD COUNT: 72,414

SUBJECT/CATEGORY: Health

RIGHTS: World

BLAD



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, award-winning dietitian and spokesperson who believes that healthy and wholesome can also be appetizing and delicious. She is the author of nine cookbooks, including *The Best 3-Ingredient Cookbook*, *The Best Rotisserie Chicken Cookbook* and *Up Your Veggies*. She is the founder of Toby Amidor Nutrition and the nutrition expert for FoodNetwork.com. She lives in New York.



ISBN(S): 978-0-7788-0680-6 / 0778806804

PUBLICATION DATE: Available

LIST PRICE: \$24.95 US / \$29.95 CAD

FORMAT/TRIM: TP / 7.5" x 10" / French Flaps

PAGE COUNT: 256

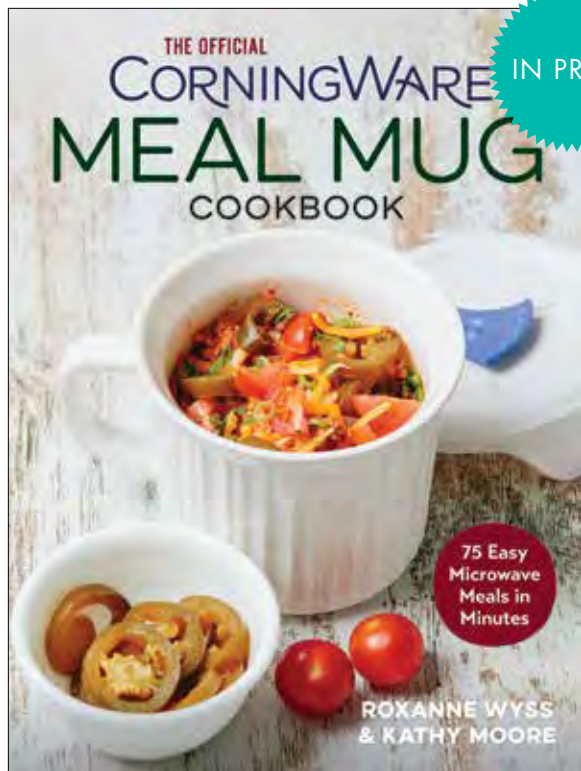
WORD COUNT: 48,545

ILLUSTRATIONS: 90 color photos

SUBJECT/CATEGORY: Cooking / Health & Healing / General

RIGHTS: World

BLAD



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® Meal Mug® Cookbook gives you can-do solutions for 75 meals in minutes. All you need are our recipes, a CorningWare® Meal Mug®, 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® Meal Mug®, 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 easier and more fun. They have written seventeen cookbooks, including *Delicious Bundt Cakes*, *Delicious Dump Cakes*, *175 Best Babycakes Cupcake Maker Recipes*, *175 Best Babycakes Cake Pop Maker Recipes* and *The Best Cast Iron Baking Book*. Their popular food blog can be found at www.pluggedintocooking.com.



ISBN(S): 978-0-7788-0705-6 / 0778807053

PUBLICATION DATE: Available

LIST PRICE: \$19.95 US / \$24.95 CAD

FORMAT/TRIM: TP / 7.5" x 10"

PAGE COUNT: 176 pages

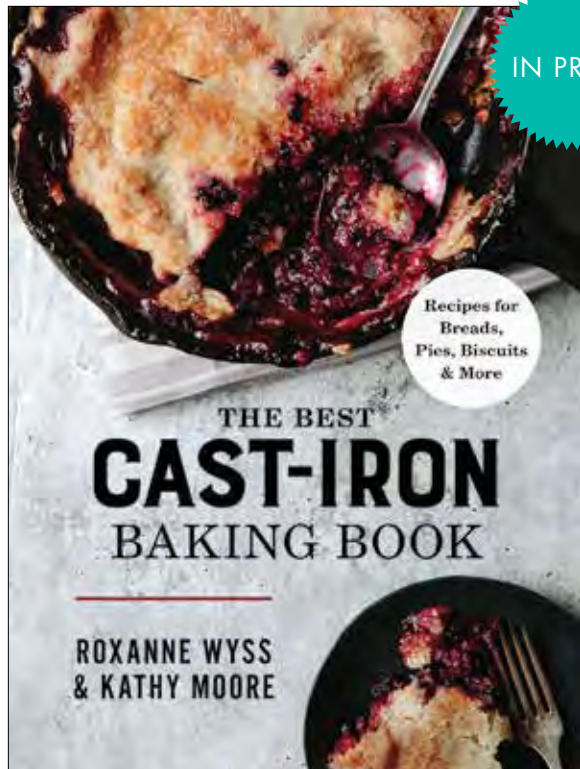
WORD COUNT: 21,573

ILLUSTRATIONS: 75 color photos

SUBJECT/CATEGORY: Cooking

RIGHTS: World

BLAD



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.



ISBN(S): 978-0-7788-0683-7 / 0778806839

PUBLICATION DATE: Available

LIST PRICE: \$19.95 US / \$24.95 CAD

FORMAT/TRIM: TP / 7.5" x 10"

PAGE COUNT: 192 pages

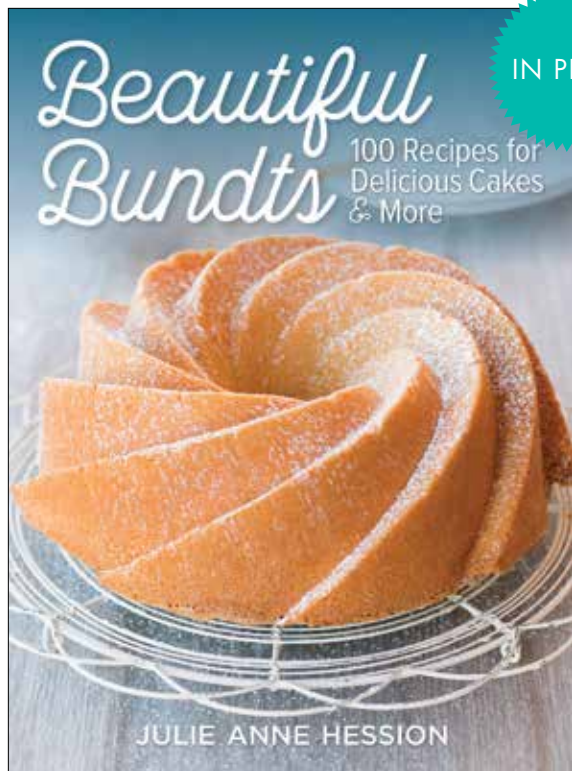
WORD COUNT: 43,177

ILLUSTRATIONS: 60 color photos

SUBJECT/CATEGORY: Cooking / Methods / Baking

RIGHTS: World

BLAD



BEAUTIFUL BUNDTS

100 Recipes for Delicious Cakes & More

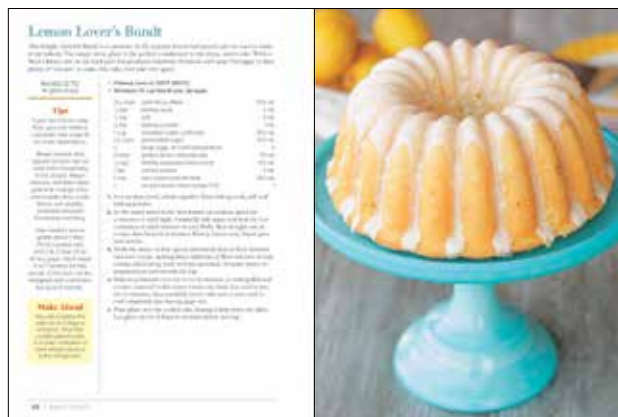
The appeal of Bundt-style cakes is stronger than ever

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.

JULIE 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*.



ISBN(S): 978-0-7788-0576-2 / 077880576X

PUBLICATION DATE: Available

LIST PRICE: \$24.95 US / \$27.95 CAD / £16.95 UK

FORMAT/TRIM: TP / 7.75" x 10.5"

PAGE COUNT: 288

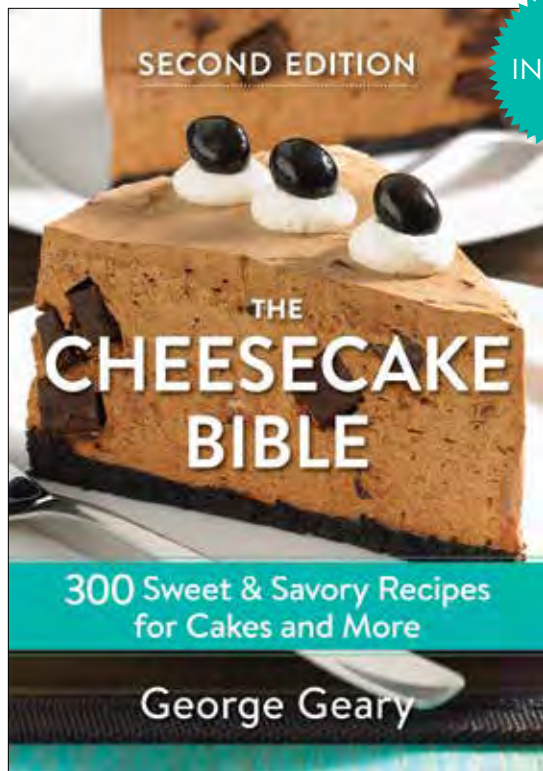
WORD COUNT: 82,534

ILLUSTRATIONS: 100 color photos

SUBJECT/CATEGORY: Baking

RIGHTS: World

BLAD



THE CHEESECAKE BIBLE, SECOND EDITION

300 Sweet & Savory Recipes
for Cakes and More

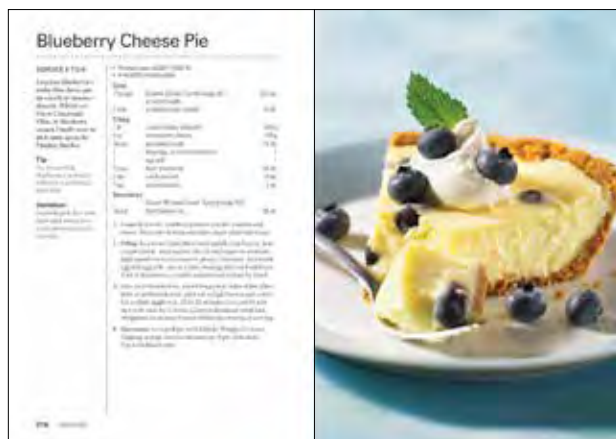
The highly anticipated upgraded edition of the definitive book on luscious, decadent cheesecake by a master chef and baker

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.

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.

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.



ISBN(S): 978-0-7788-0618-9 / 0778806189

PUBLICATION DATE: Available

LIST PRICE: \$24.95 US / \$27.95 CAD / £16.95 UK

FORMAT/TRIM: TP / 7" x 10"

PAGE COUNT: 384

WORD COUNT: 115,197

ILLUSTRATIONS: 32 color photos

SUBJECT/CATEGORY: Baking

RIGHTS: World

BLAD



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 GLUTEN-FREE BREAD MACHINE RECIPES

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

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.

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
- 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): 978-0-7788-0238-9 / 0778802388

PUBLICATION DATE: Available

LIST PRICE: \$24.95 US / \$27.95 CAD / £16.95 UK

FORMAT/TRIM: TP / 7" x 10"

PAGE COUNT: 256

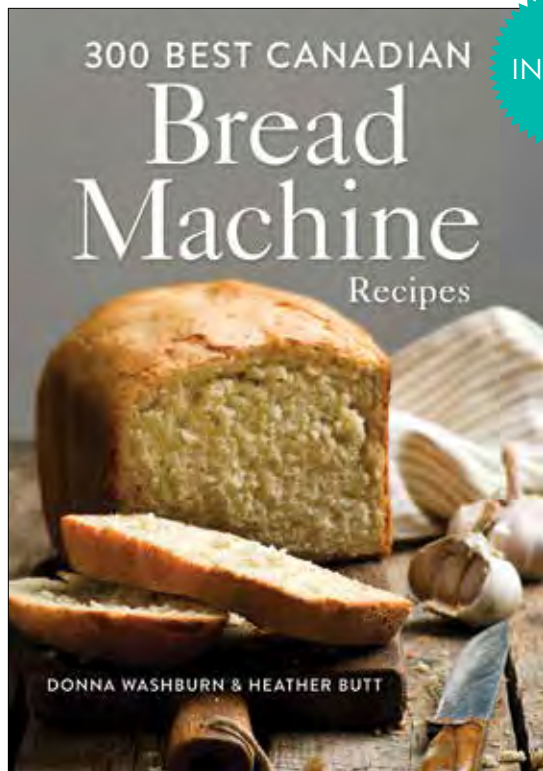
WORD COUNT: 76,670

ILLUSTRATIONS: 8 color photos

SUBJECT/CATEGORY: Cooking

RIGHTS: World

BLAD



IN PRINT

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. COVID-19 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

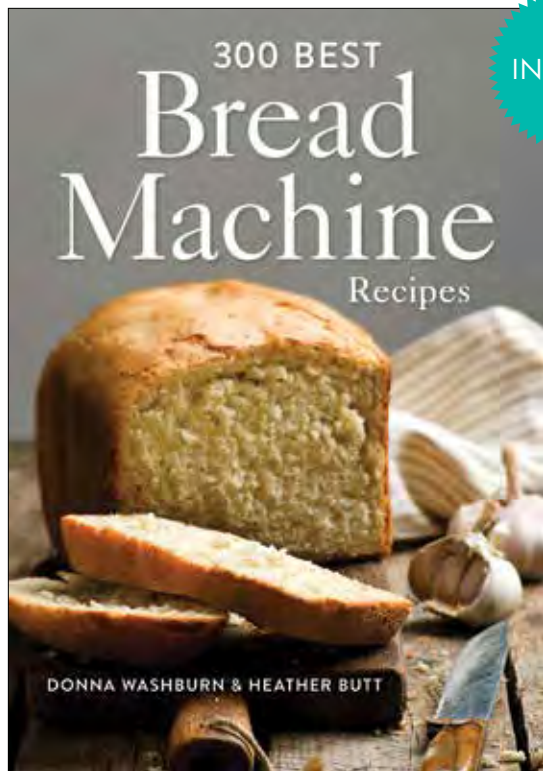
WORD COUNT: 97,562

ILLUSTRATIONS: 32 full-color photos

SUBJECT/CATEGORY: Cooking

RIGHTS: World

BLAD



300 BEST 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. COVID-19 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): 978-0-7788-0244-0 / 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

BLAD





ESSENTIAL INSTANT™ VORTEX™ AIR FRYER OVEN COOKBOOK

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

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

Essential Instant™ Vortex™ 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®. 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™ Vortex™ Air Fryer Oven Cookbook* includes more than 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

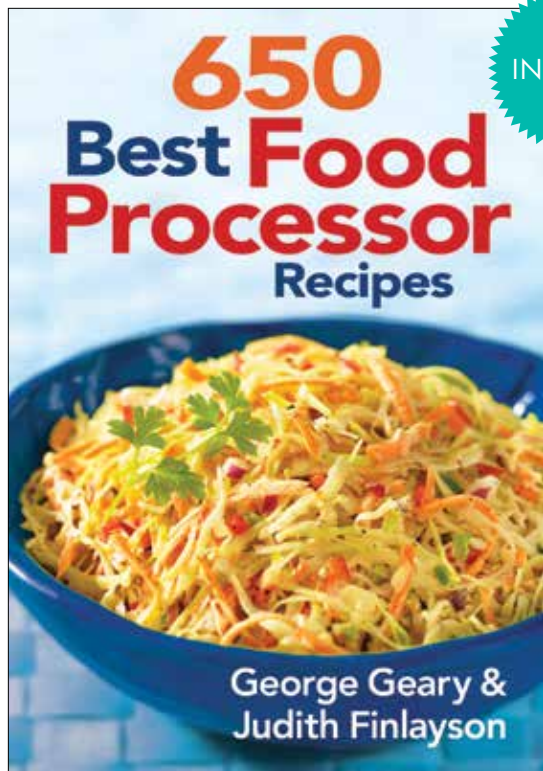
WORD COUNT: 49,100

ILLUSTRATIONS: 18 color photos

SUBJECT/CATEGORY: Cooking

RIGHTS: World

BLAD



650 BEST FOOD PROCESSOR RECIPES

The ultimate cookbook for creating dishes using a food processor

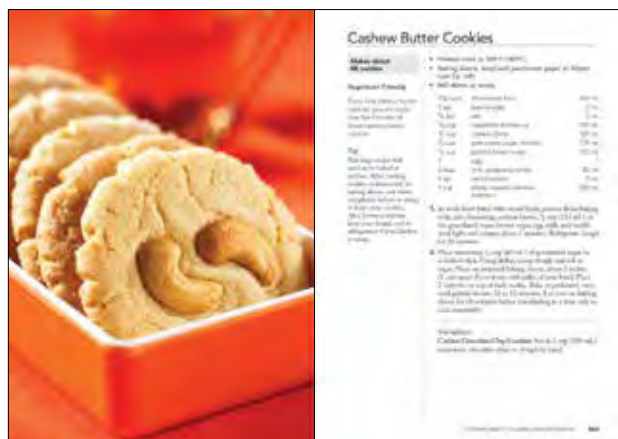
Most of us have food processors in our kitchens, yet we don't fully maximize their usefulness. These machines can eliminate lengthy prep time and help you prepare fabulous and innovative dishes in minutes.

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 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.

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.



ISBN(S): 978-0-7788-0250-1 / 0778802507

PUBLICATION DATE: Available

LIST PRICE: \$29.95 US / \$39.95 CAD / £16.95 UK

FORMAT/TRIM: TP / 7" x 10"

PAGE COUNT: 648

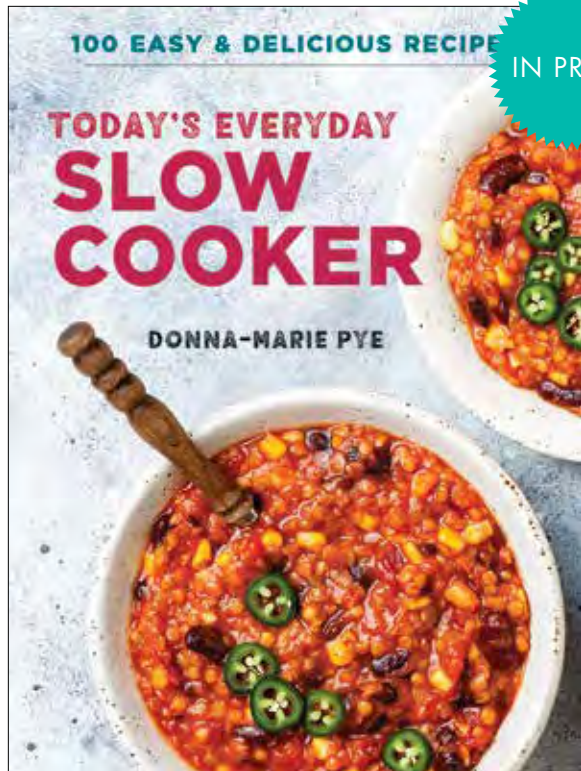
WORD COUNT: 190,000

ILLUSTRATIONS: 32 color photos

SUBJECT/CATEGORY: Cooking

RIGHTS: World

BLAD



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 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 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) 978-0-7788-0676-9 / 0778806766

PUBLICATION DATE: Available

LIST PRICE: \$19.95 US / \$24.95 CAD / £14.95 UK

FORMAT/TRIM: TP / 7.5" x 10"

PAGE COUNT: 192

WORD COUNT: 46,040

ILLUSTRATIONS: 20 full-color photos

SUBJECT/CATEGORY: Cooking

RIGHTS: World

BLAD



TINNED FISH PANTRY COOKBOOK

100 Recipes from Tuna & Salmon to Crab & More

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

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 pantry-loading 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*.



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

RIGHTS: World

BLAD



IN PRINT

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 (1 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 a 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

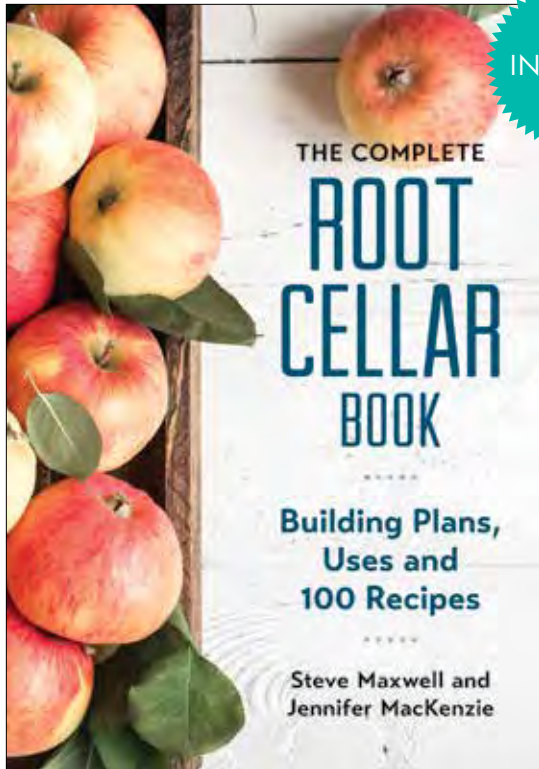
ILLUSTRATIONS: 85 full-color photos

SUBJECT/CATEGORY: Cooking

RIGHTS: World

BLAD





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-before-seen 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 specializing in recipe development and testing. She lives in Lakefield, Ontario.

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

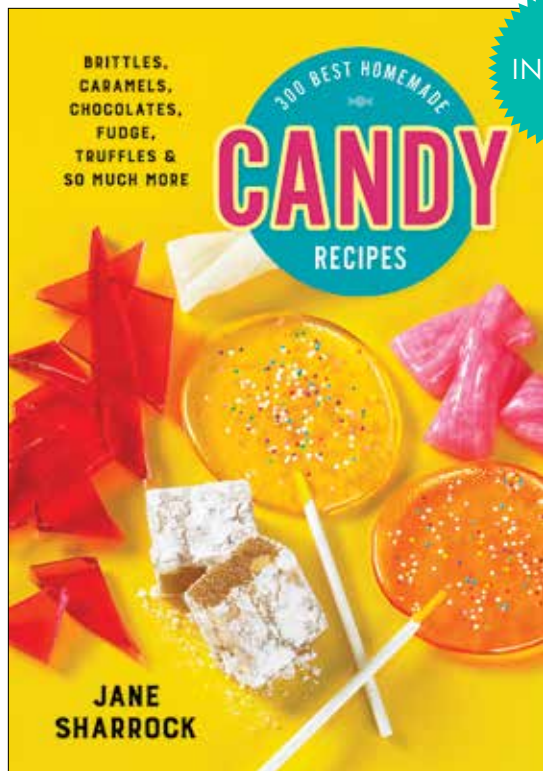
WORD COUNT: 92,729

ILLUSTRATIONS: 25 technical illustrations

SUBJECT/CATEGORY: Cooking

RIGHTS: World

BLAD



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

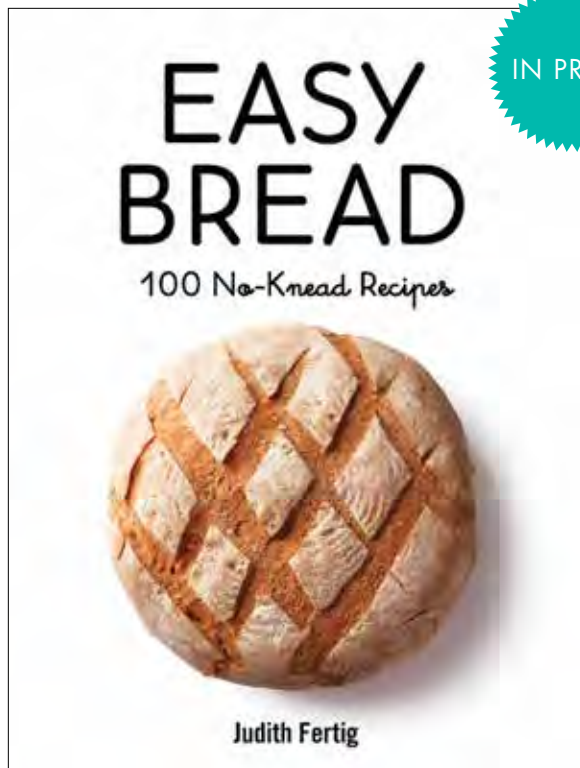
WORD COUNT: 107,732

ILLUSTRATIONS: 32 color photos

SUBJECT/CATEGORY: Cooking

RIGHTS: World

BLAD



EASY BREAD

100 No-Knead Recipes

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

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.

Baking bread was never so easy — or so satisfying!

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.



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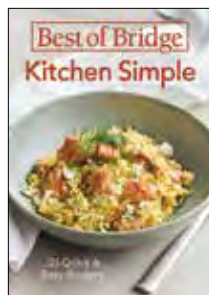
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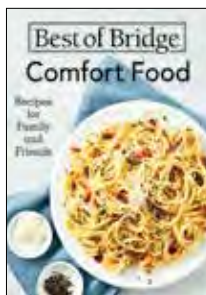
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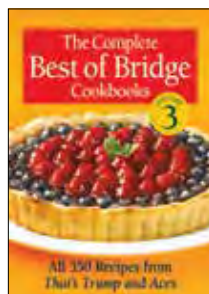
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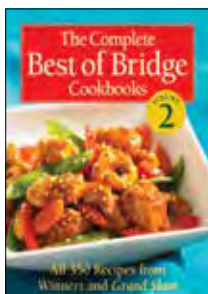
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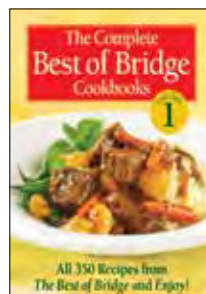
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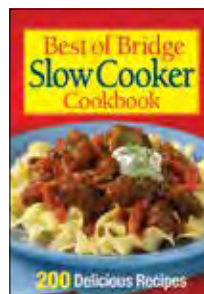
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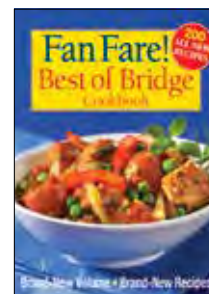
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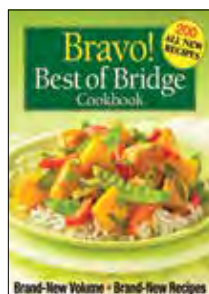
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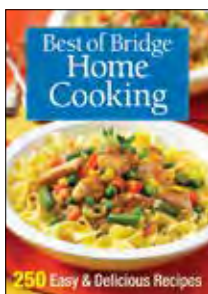
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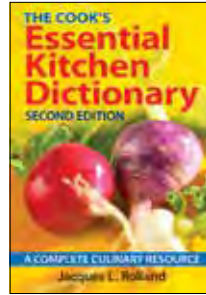




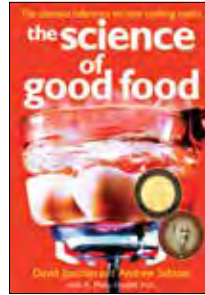
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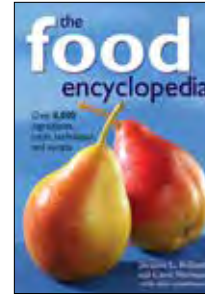
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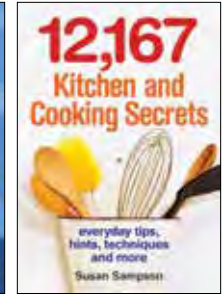
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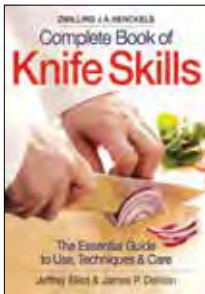
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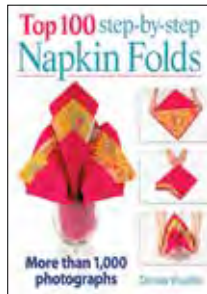
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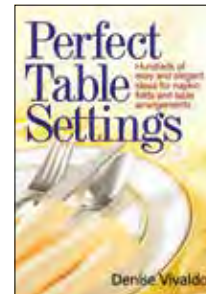
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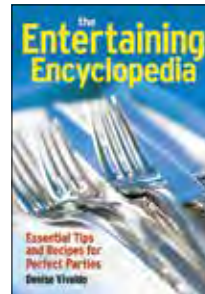
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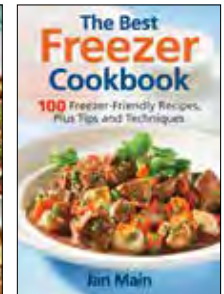
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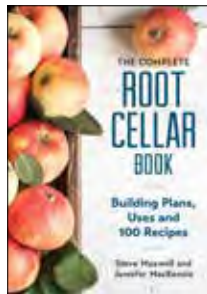
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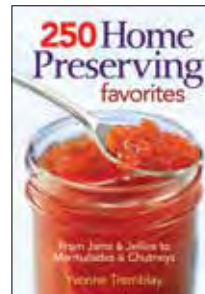
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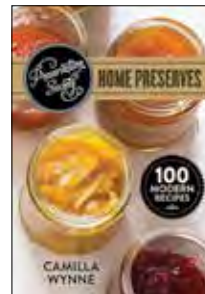
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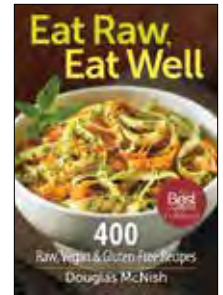
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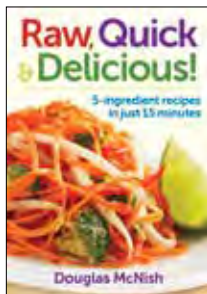
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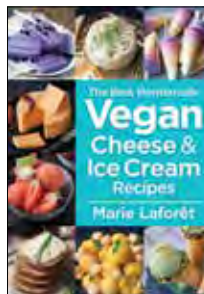
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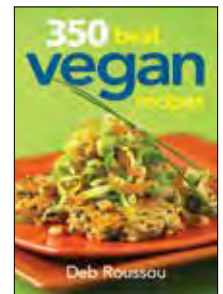
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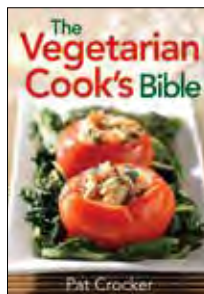
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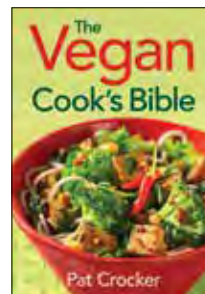
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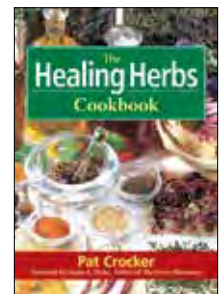
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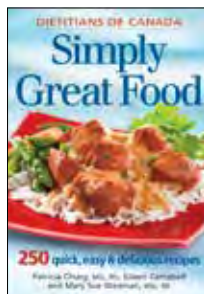
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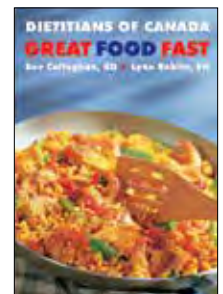
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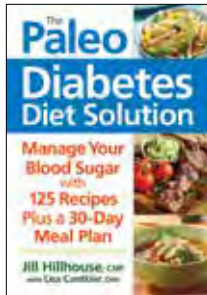
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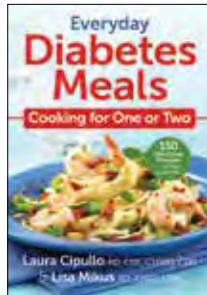
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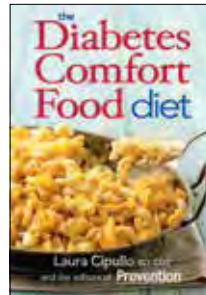
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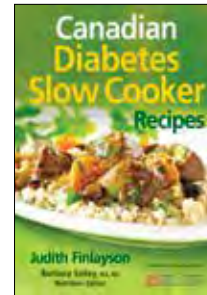
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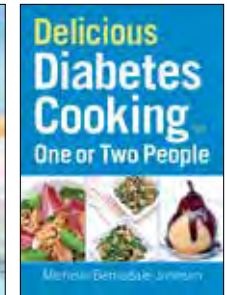
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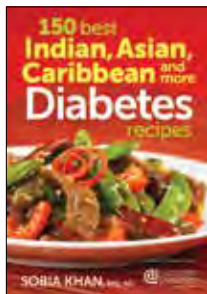
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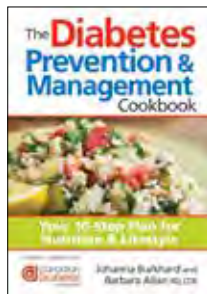
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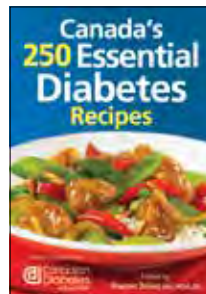
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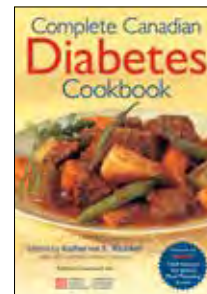
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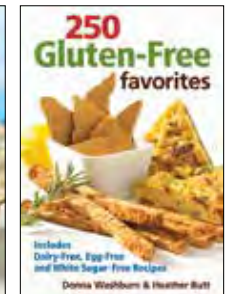
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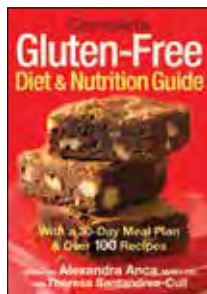
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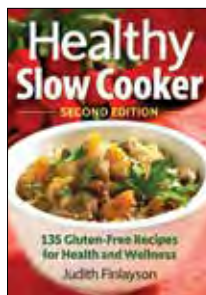
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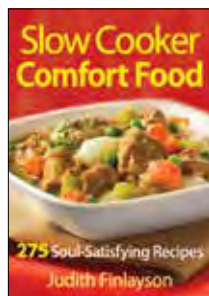
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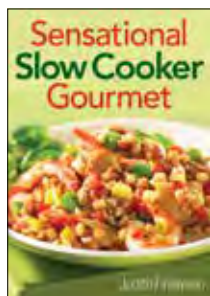
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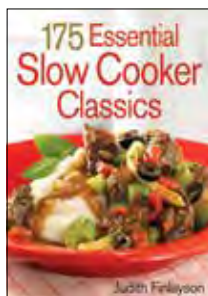
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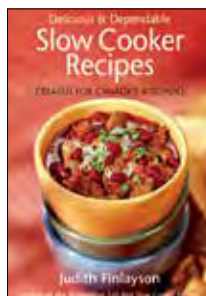
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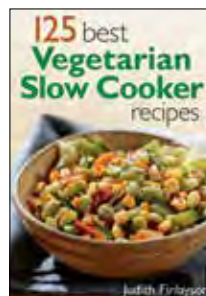
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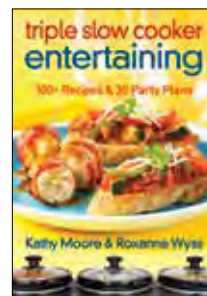
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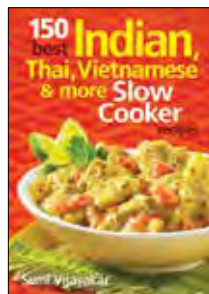
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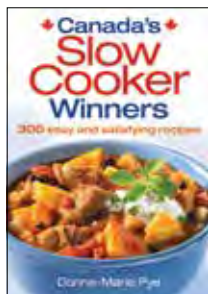
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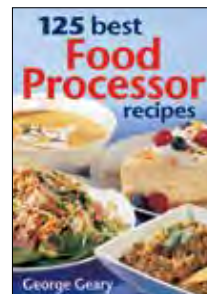
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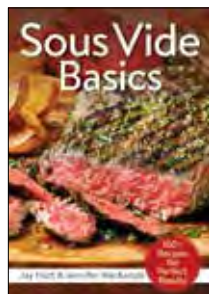
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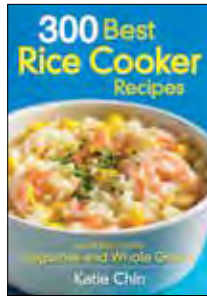
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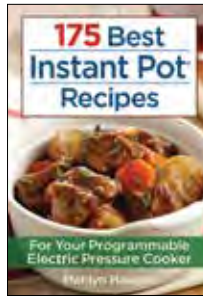
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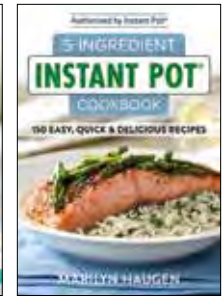
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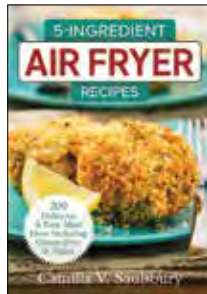
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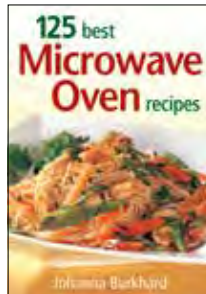
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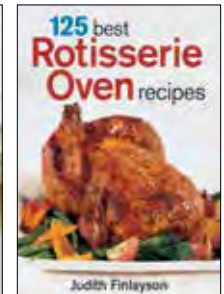
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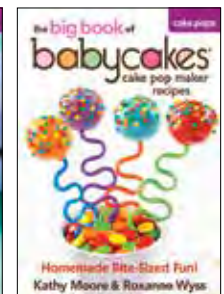
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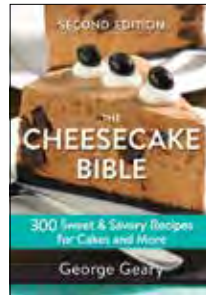
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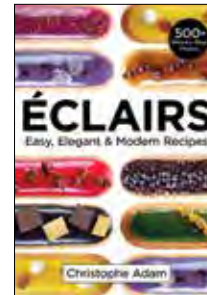
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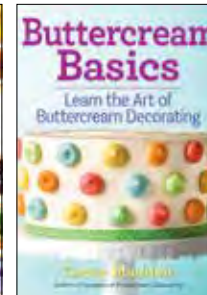
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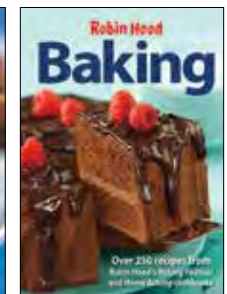
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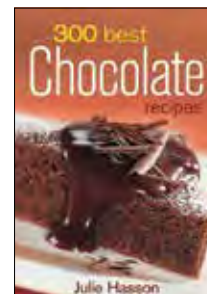
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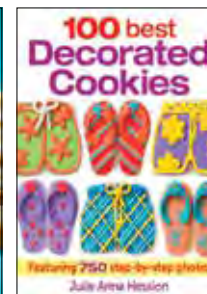
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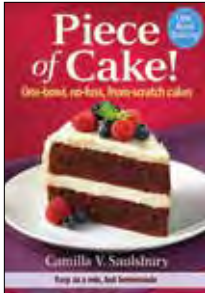
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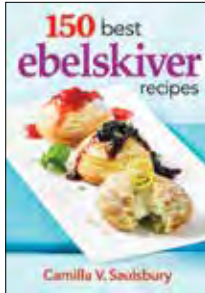
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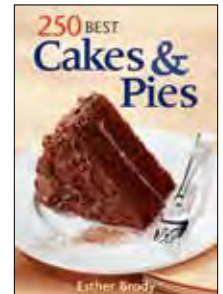
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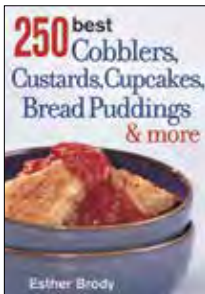
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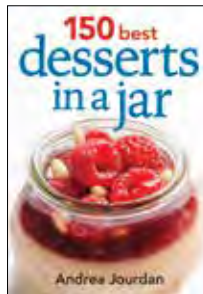
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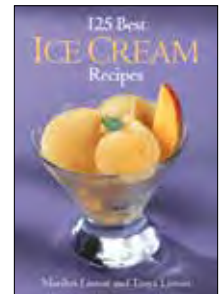
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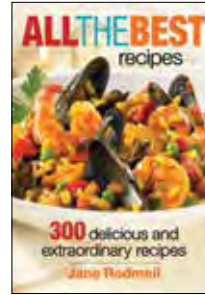
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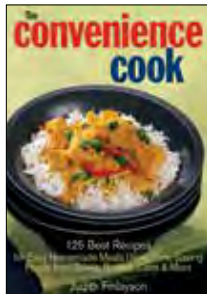
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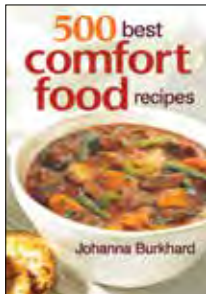
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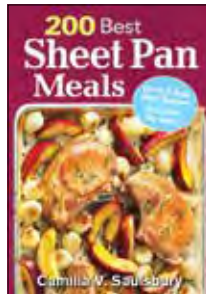
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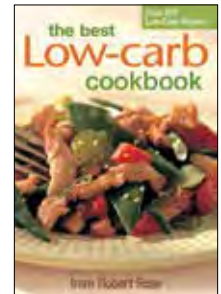
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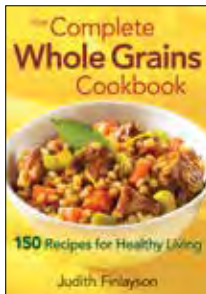
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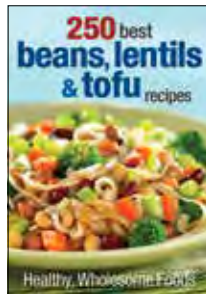
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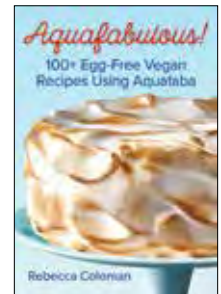
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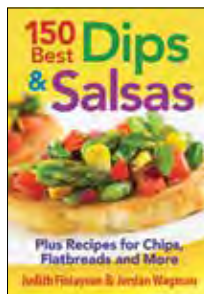
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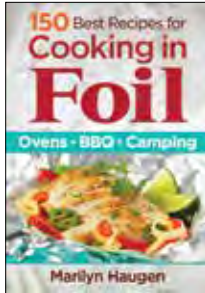
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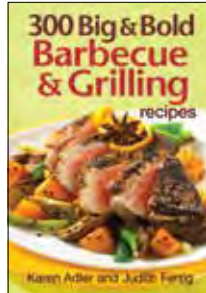
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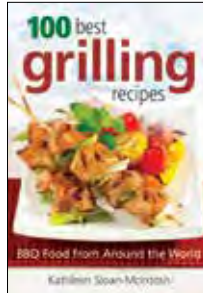
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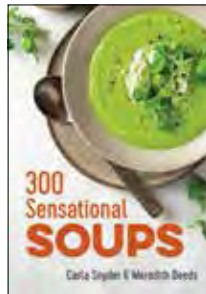
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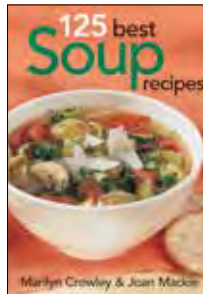
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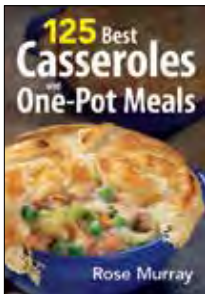
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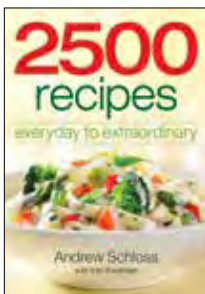
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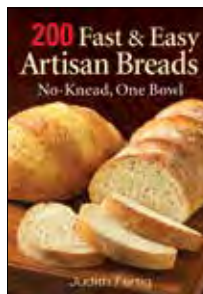
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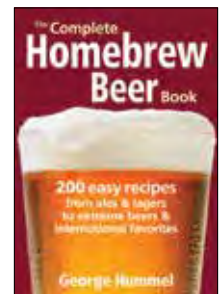
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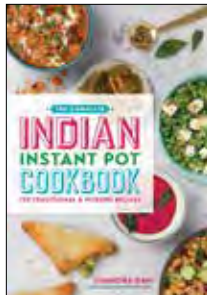
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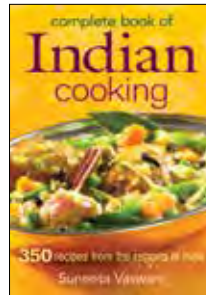
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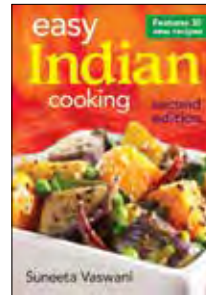
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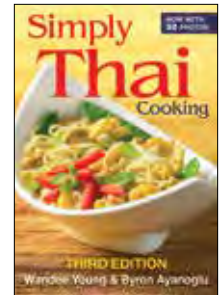
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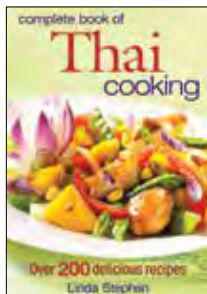
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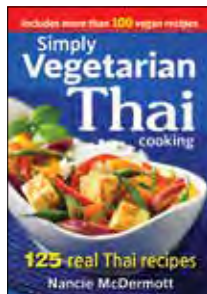
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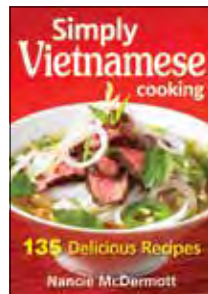
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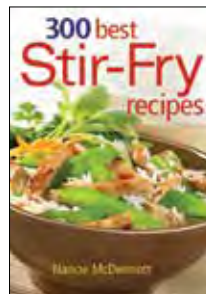
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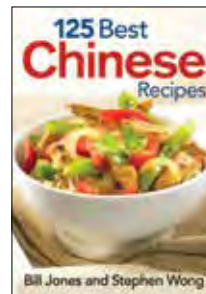
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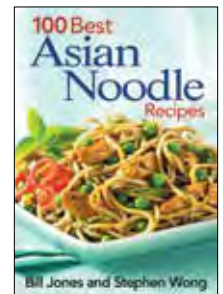
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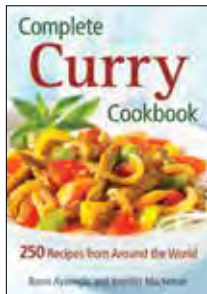
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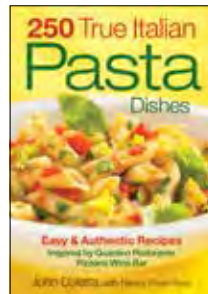
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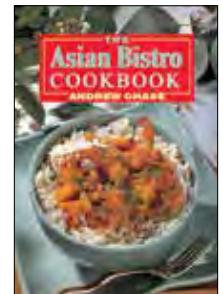
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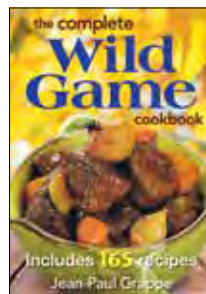
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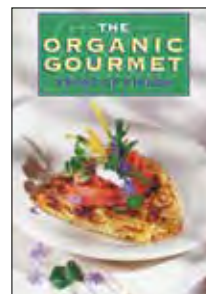
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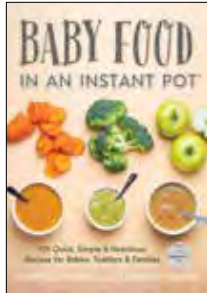
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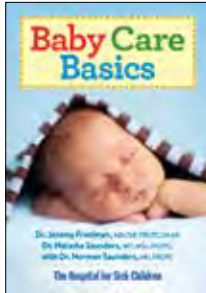
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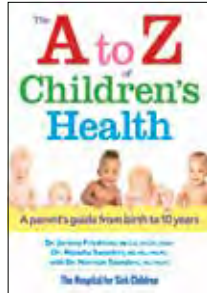
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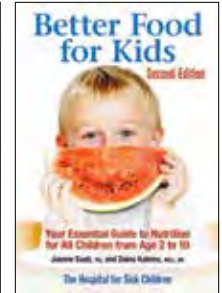
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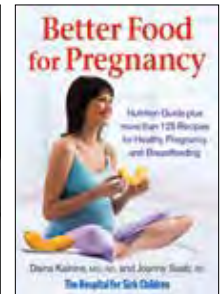
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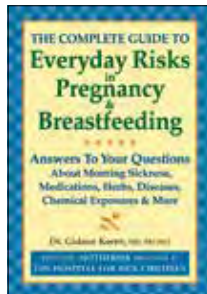
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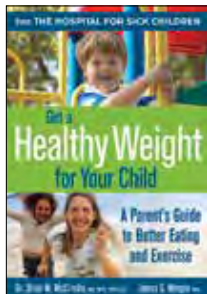
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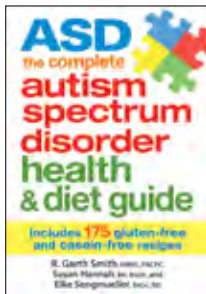
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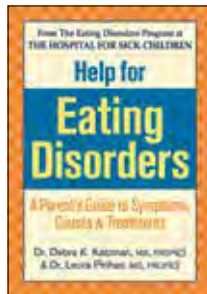
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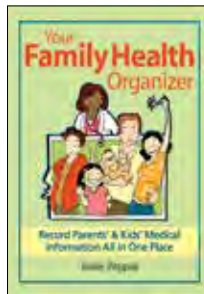
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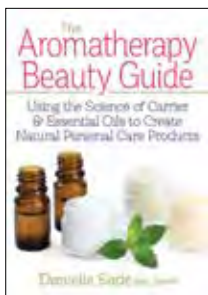
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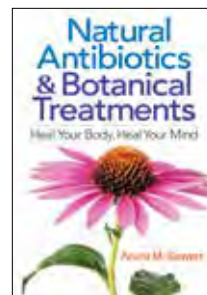
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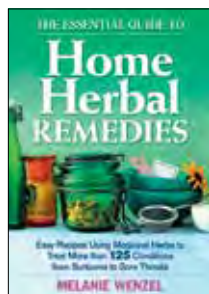
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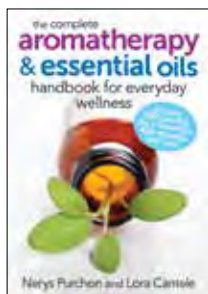
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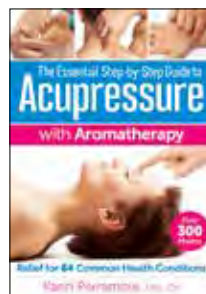
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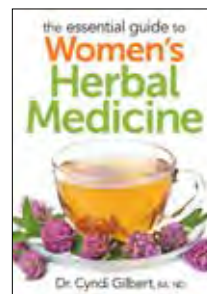
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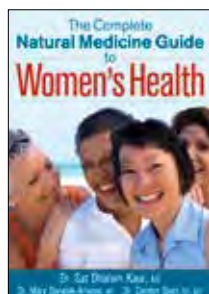
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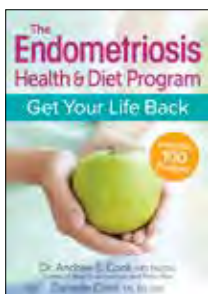
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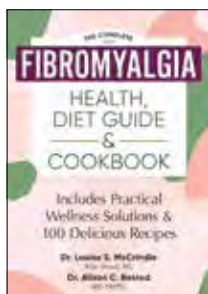
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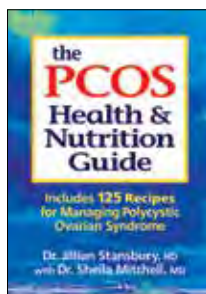
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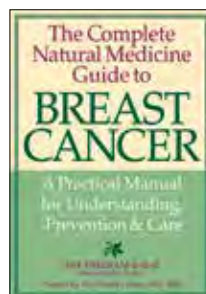
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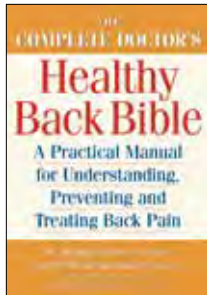
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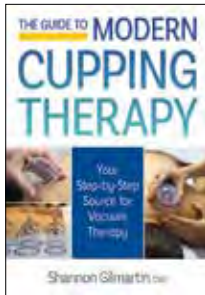
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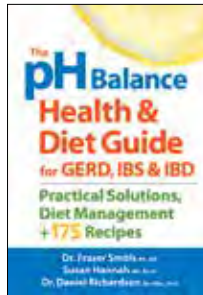
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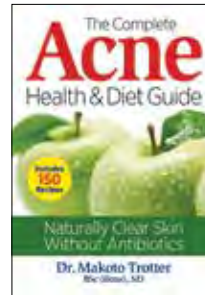
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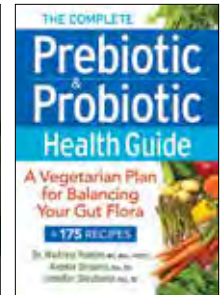
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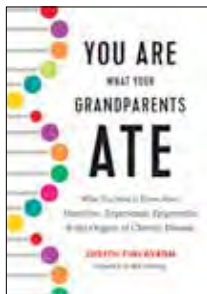
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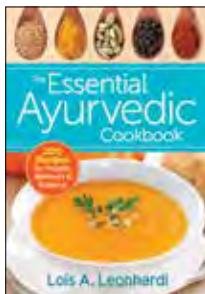
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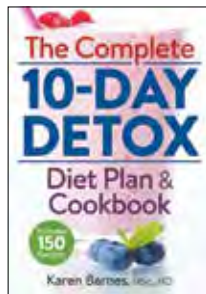
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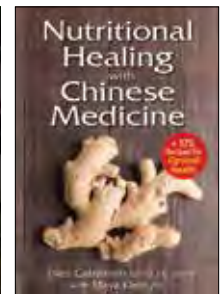
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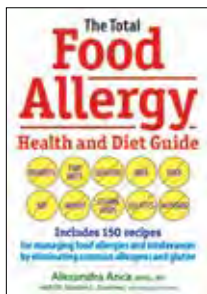
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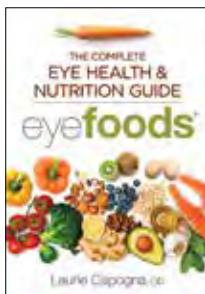
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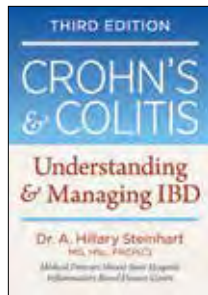
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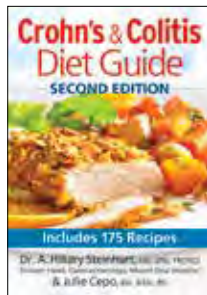
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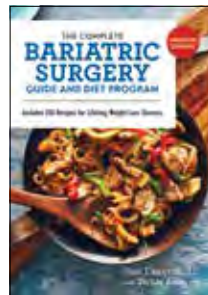




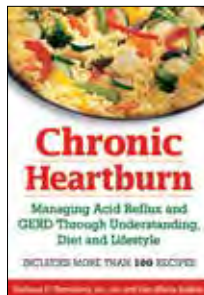
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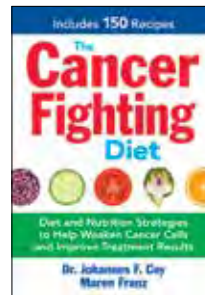
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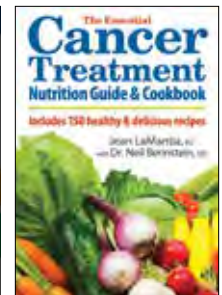
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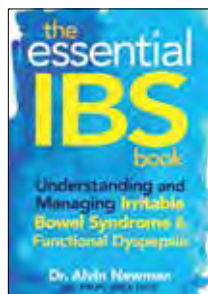
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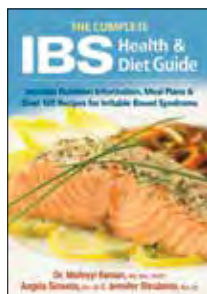
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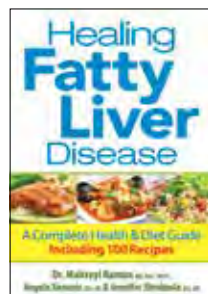
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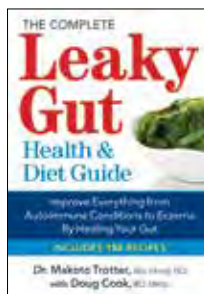
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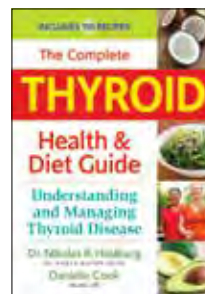
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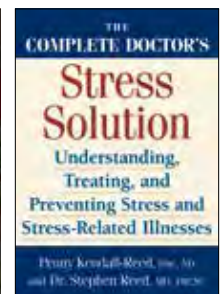
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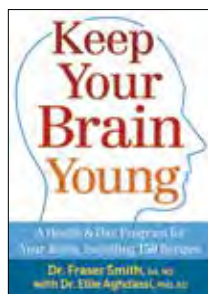
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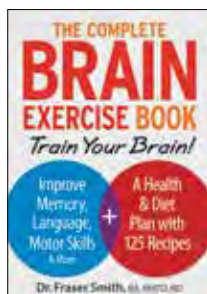
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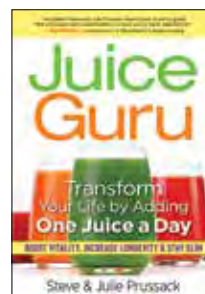
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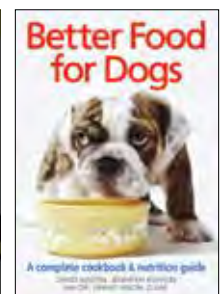
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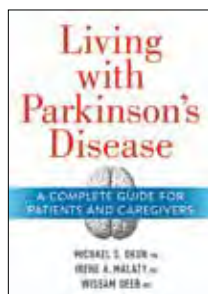
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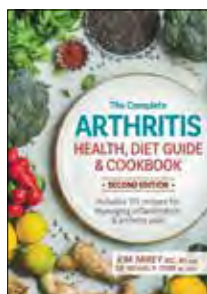
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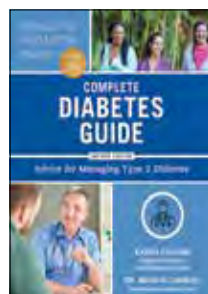
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