

Leon Fast Free Free From Recipes For People Who Really Like Food

*** LEON was founded on the principle of nourishing the soul with food that nourishes the body - making us happy as a result. In the latest book in the bestselling LEON Happy series, the LEON team have created more than 100 recipes on eating for a happy, healthy gut and a boosted immune system. This is not about eating a restrictive diet or depriving yourself of delicious food, but instead incorporating gut-friendly ingredients into your daily diet with recipes loaded with fibre, live microbes, omega-3 and the colours of the rainbow - but less sugar. In addition to recipes, LEON Happy Guts offers the latest advice on improving your gut health, including why we should all use extra virgin olive oil in abundance and how wine and cheese might actually be good for you.

FREE SAMPLER Leon, the home of naturally fast food, have created a collection of more than 100 all-new, all-smiles soup recipes for Comforting, Naturally Fast, Bright & Fresh, Posh and Sweet Soups, plus those all-important Sides and Crunchy Tops & Swirly Swirls. Whether you're looking for a simple soup to take to work or something more elaborate for supper with friends, this book has the answer. We hope that you enjoy this free sampler.

Sunday Times bestselling author Caroline Taggart brings her usual gently humorous approach to punctuation, pointing out what really matters and what doesn't. In Roman times, blocks of text were commonly written just as blocks without even wordspacingnevermindpunctuation to help the reader to interpret them. Orators using such texts as notes for a speech would prepare carefully so that they were familiar with the content and didn't come a cropper over a confusion between, say, therapists and the rapists. As we entered the Christian era and sacred texts were widely read (by priests if not by the rest of us), it became ever more important to remove any likelihood of misinterpretation. To a potential murderer or adulterer, for example, there is a world of difference between 'If you are tempted, yield not, resisting the urge to commit a sin' and 'If you are tempted, yield, not resisting the urge to commit a sin'. And the only surface difference is the positioning of a comma. So yes, you SMS-addicts and 'let it all hang out' Sixties children, punctuation does matter. And, contrary to what people who tear their hair out over apostrophes believe, it is there to help - to clarify meaning, to convey emphasis, to indicate that you are asking a question or quoting someone else's words. It also comes in handy for telling your reader when to pause for breath. Caroline Taggart, who has made a name for herself expounding on the subjects of grammar, usage and words generally (and who for decades made her living putting in the commas in other people's work), takes her usual gently humorous approach to punctuation. She points out what matters and what doesn't; why using six exclamation marks where one will do is perfectly OK in a text but will lose you marks at school; why hang glider pilots in training really need a hyphen; and how throwing in the odd semicolon will impress your friends. Sometimes opinionated but never dogmatic, she is an ideal guide to the (perceived) minefield that is punctuation.

LEON, the home of naturally fast food, has created a collection of more than 100 fuss-free, full-of-flavour recipes for main course dishes that you can create with only one cooking pot, pan or baking tray. Simple-to-follow, satisfying recipes that are perfect for

Read Free Leon Fast Free Free From Recipes For People Who Really Like Food

any occasion, whether you are looking for a mid-week supper, a quick weekend lunch or something posh (but easy) to impress friends or family. From one-pan pastas to warming tagines, fragrant tray-baked fish and veg to Asian-inspired stir-fries, LEON Happy One-pot is all about the food and not the washing up. Includes recipes that are Naturally Fast, Fresh & Easy, Cosy & Warm, Posh, Low & Slow and Simple Suppers.

The latest book in the LEON Happy series - more than 250,000 copies in print. LEON, the home of naturally fast food, have turned their hand to creating a collection of curries - more than 100 new recipes inspired by dishes from Sri Lanka, India, Thailand and Burma, as well as Kenya, Somalia and the Caribbean. Find fiery, speedy, warming or creamy curries, plus everything you might want on the side, from fluffy flatbreads and perfect rice to crunchy relishes, garlicky greens and tangy pickles. If you want fast fixes with easy wins from a supermarket, or something more fancy for when you have a little more time, you will find them all here. Includes Sri Lankan jackfruit and vegetable curry, Kashmiri lamb rogan josh, Skinny salmon and coconut curry and Katsu chicken curry as well as tasty side dishes and tips for speedy curries and ingredient swaps.

Leon, the naturally healthy fast food chain, was founded on the twin principles that food can both taste good and do you good. In this book, bestselling Leon authors John Vincent and Jane Baxter bring together 100 all-new, all-smiles soup recipes for all the family. Whether you're looking for a simple soup to take to the office or something more elaborate for supper with friends, this book is a must-have kitchen staple. Alongside the recipes, the book is packed with tips and tricks for added extras.

This guide explains the process of goal setting and implementing strategies to help you change negative behaviours to more productive habits. This book magnifies the seven magical steps to change your life completely by reading it you will learn, improve and advance This book covers the Factors that push you to change your bad habits:

With more than 100 sweet and savoury bakes, LEON Happy Baking contains recipes for everyone, from the novice cook to the expert baker. Following the LEON principle that what tastes good can also do you good, many of the recipes are sugar-, dairy-, wheat- or gluten- free - so there's plenty to indulge in even if you have a food allergy, an intolerance or an eye on your waistline. New recipes from the LEON menu are combined with favourites from the classic cookbook, LEON Baking & Puddings, now with fresh photography.

The peace of a Venice library is shattered by the murder of a patron in the New York Times—bestselling series starring “a superb police detective” (Library Journal). A Seattle Times Best Mystery and Crime Novel of the Year One afternoon, Commissario Guido Brunetti gets a frantic call from the director of a prestigious Venetian library. Someone has stolen pages out of several rare books. After a round of questioning, the case seems clear: the culprit must be the man who requested the volumes, an American professor from a Kansas university. The only problem—the man fled the library earlier that day, and after they check his credentials, it seems the American professor doesn't exist. As the investigation proceeds, the suspects multiply. And when a seemingly harmless theologian who'd spent years reading at the library turns up brutally murdered, Brunetti must question his expectations about what makes a man innocent or guilty. “Leon offers a finely drawn tale that encompasses theft, blackmail, emotional violence, and murder, as well as a rich array of characters [and] compellingly combines their workaday crime-solving with a detailed picture of a vanishing Venice.” —The Boston Globe “Above all, Brunetti is a careful reader, of people, of places, of situations, and he never stops at surface meanings. That's why we bookish types adore him the way we do,

Read Free Leon Fast Free Free From Recipes For People Who Really Like Food

and why this will likely be one of his most-loved adventures.” —Booklist, starred review

Studies have shown it takes only 21 days for a new habit to take root. If there's a spiritual skill you've always wanted to take advantage of, the answer is only 21 days away with the 21 Days to Mastery series. We've all experienced dreams that have given us pause for thought or wondered what deeper insight these nighttime visitations have. Dreams can unlock the deepest parts of our minds, reveal solutions that the waking mind could not comprehend and provide important guidelines for our future. However, all of these valuable insights are useless to us without a simple, easy to refer to guide to the symbols and messages submerged into our dreams. 21 Days to Master Decoding Your Dreams is the package all dreamers need. Your sleeping life holds the solutions to your waking life, and this new e-book offers a comprehensive day by day guide to the most familiar themes, symbols and messages that our dreams transmit. In 21 days, you'll learn how to keep a dream journal, understanding recurring dreams, break troubling patterns that your dreams warn you about and create an incredible dream life to enrich your conscious time. This e-book will be available to you in searchable format whenever you need it. You'll soon see that though it only takes 21 days to master, your dreams are a treasure for the rest of your life.

National Bestseller • A Finalist for the Scotiabank Giller Prize • A Finalist for the Goldsmiths Prize • Longlisted for the International DUBLIN Literary Award • One of Time Magazine's Top 10 Fiction Books of the Year A New York Times Book Review Notable Book • Named a Best Book of the Year by Time, The Guardian, BOMB Magazine, San Francisco Chronicle, Commonweal, Southern Living, NOW Magazine, The Washington Independent Review of Books, Book Depository, The Globe and Mail, and The National Post (Canada) The stunning second novel of a trilogy that began with *Outline*, one of The New York Times Book Review's ten best books of 2015 In the wake of her family's collapse, a writer and her two young sons move to London. The process of this upheaval is the catalyst for a number of transitions—personal, moral, artistic, and practical—as she endeavors to construct a new reality for herself and her children. In the city, she is made to confront aspects of living that she has, until now, avoided, and to consider questions of vulnerability and power, death and renewal, in what becomes her struggle to reattach herself to, and believe in, life. Filtered through the impersonal gaze of its keenly intelligent protagonist, *Transit* sees Rachel Cusk delve deeper into the themes first raised in her critically acclaimed novel *Outline* and offers up a penetrating and moving reflection on childhood and fate, the value of suffering, the moral problems of personal responsibility, and the mystery of change. In this second book of a precise, short, yet epic cycle, Cusk describes the most elemental experiences, the liminal qualities of life. She captures with unsettling restraint and honesty the longing to both inhabit and flee one's life, and the wrenching ambivalence animating our desire to feel real.

'Cook yourself healthy and happy!' - the Sunday Telegraph From the very beginning, LEON has asked the question: why can't fast food be delicious and good for you? Well, it can - this book is packed with the quickest recipes from around the world that have been given a healthy-but-flavourful LEON spin. From burgers to baguettes, pizza to pasta and wraps to (jack)wings, Leon Happy Fast Food offers 100 recipes organized into five sections: Breads & Buns, Salads, On the Hob, Grilled & Baked, Sides, Sauces & Rubs and Sweets & Shakes.

Wholesome, yummy . . . joyously healthy - The Sunday Times Be pot-prudent with Little Leon: One Pot, the bite-sized collection of healthy and tasty one-pot recipes, from Storecupboard Daube and John's Thai Curry to warming Winter Vegetable Herb Pot Roast and Leon Chilli Con Carne.

Leon: Fast Vegetarian enables you to make the most of the fresh vegetables available in markets, allotments, veg boxes and supermarkets. The philosophy at the heart of this book is about cooking and eating delicious, healthy fast food made from sustainable ingredients. Eating

Read Free Leon Fast Free Free From Recipes For People Who Really Like Food

less - or no - meat has become key to the way many of us cook and this collection of more than 150 really simple, really fast recipes, is a treat for vegivores everywhere. The first part of the book offers Star Turns, those vegetable-based dishes that can stand alone as a whole meal, with ideas for Breakfast & Brunch, Pasta, Grains & Pulses, Pies & Bakes, Rice & Curry and Kids while the second part, Supporting Cast, explores accompaniments and smaller plates with chapters on Grazing Dishes, Sides, and Pickles, Salsas, Chutneys & Dressings. Avid conspiracy theorist John Marx, supervisor on an oil derrick in the Gulf of Mexico, comes into possession of an email and box that changes first his, then the world's point of view about oil. It all comes down to not who controls the world's petroleum supply, but who people, corporations and governments think control it. Tempers explode, guns flare, people die, all due to an email and a shard of crystal.

'The dream is to bring really good food at a good price to as many people as possible. It makes LEON sound like a new religion. If so, it's one that can count our judges as among its growing congregation of worshippers.' - Observer Food Monthly Awards The first Leon restaurant, in London's Carnaby Street, opened its doors in July 2004. For its founders - Henry Dimbleby, John Vincent and Allegra McEvedy - the aim was to change the face of fast food, by bringing fresh, wholesome cooking to the high street. Six months later, Leon was named the Best New Restaurant in Great Britain at the Observer Food Monthly Awards. The menu is based around bold flavours, using simply-cooked fresh, local, natural ingredients with an emphasis on seasonal dishes; it also reflects how our eating habits change as the daylight hours get longer and shorter. Leon Naturally Fast Food is again a book of two halves. The first half is Fast Food, which contains recipes for every occasion that take a maximum of 20 minutes to prepare: from a work day breakfast and children's meals to simple suppers and party food. The second half is Slow Fast Food which contains things that can be made in advance when you have time, to enjoy when you don't have time. There is plenty in both halves for both the experienced cook and the culinary adventurer in search of inspiration. LEON's food message is a simple and honest one - cook and eat with the best ingredients available and don't forget the naughty bits that are so necessary for a fully-rounded life. Everyone's favorite houseguest who never left, Leon Black (played by award-winning comedian JB Smoove on HBO's Curb Your Enthusiasm) drops his wisdom and good-bad advice for the masses. Learn the secrets Larry David has gleaned from the Falstaff of television. Live your best Leon. Bring the Ruckus. Aristotle. Gandhi. Lao Tzu. Dr. Ruth. Amateurs. For centuries bespeckled dorks have pored over the scrolls of the ancients, read tea leaves, and looked to the stars for philosophy, wisdom, and advice. While some people have probably offered good advice, and others offer bad advice, Leon is here to offer his brand of good-bad advice. These are the musings of a master genius spitting out the secrets of the universe—to help you become just like him. Be forewarned: in opening this tome and Leon's mind, you need to be prepared for straight talk. The kind of unfiltered blunt straight talk that pounds on your door, invites itself in,

Read Free Leon Fast Free Free From Recipes For People Who Really Like Food

makes itself at home, helps itself to your food, security pass code, your expensive organic beet juice, and finally makes itself comfortable on that twin bed in your guest room. All the while you think you're helping it—but really it's helping you help yourself! Because that's how this book doozit. Leon Black, he ain't wrong...he just ain't right.

What happens when you swap the nine-to-five for two wheels and a journey of a lifetime? Terrified of the prospect of a life spent behind a desk, without challenge or excitement, Leon takes off to cross America on an overloaded bicycle packed with everything but common sense. Over five months and 6000 miles, he cycled from New York to Seattle and then on to the Mexican border, facing tornados, swollen river crossings, wild roaming buffalo and one hungry black bear along the way. But he also met kind strangers, who offered their food, wisdom, hospitality and even the occasional local history lesson, and learned what happens when you take a chance and follow the scent of adventure. With a sharp eye and a genuine go-where-the-wind-takes-me attitude, McCarron makes for an ideal guide on this cycling adventure. He passes through small towns, rolls up and flies down the winding roads of the Blacks Hills is taken in and fed by strangers, all on a quest to discover the "real" America, and in the process, learn a little about himself. Funny, insightful, and full of life, *The Road Headed West* will inspire readers to chase their dreams and go off in search of adventure.

"Taut, emotionally intense, and wholly believable, this beautiful and uplifting debut" (Kirkus Reviews) about a young black boy's quest to reunite with his beloved white half-brother after they are separated in foster care is a sparkling novel perfect for fans of *The Language of Flowers*. Leon loves chocolate bars, Saturday morning cartoons, and his beautiful, golden-haired baby brother. When Jake is born, Leon pokes his head in the crib and says, "I'm your brother. Big brother. My. Name. Is. Leon. I am eight and three quarters. I am a boy." Jake will play with no one but Leon, and Leon is determined to save him from any pain and earn that sparkling baby laugh every chance he can. But Leon isn't in control of this world where adults say one thing and mean another. When their mother falls victim to her inner demons, strangers suddenly take Jake away; after all, a white baby is easy to adopt, while a half-black, nine-year-old faces a less certain fate. Vowing to get Jake back by any means necessary, Leon's own journey will carry him through the lives of a doting but ailing foster mother, Maureen; Maureen's cranky and hilarious sister, Sylvia; a social worker Leon knows only as "The Zebra"; and a colorful community of local gardeners and West Indian political activists. Told through the perspective of young Leon, too innocent to entirely understand what has happened to him and baby Jake, but determined to do what he can to make things right. In the end, this is an uplifting story about the power of love, the unbreakable bond between brothers, and the truth about what ultimately makes a family. *My Name Is Leon* will capture your imagination and steal your heart with its "moving exploration of race and the foster-care system that offers precious insight into the mind of a child forced to grow up well before his time" (Booklist).

Read Free Leon Fast Free Free From Recipes For People Who Really Like Food

Leon, the home of naturally fast food, has created a collection of free recipes for you to cook at home. Featuring recipes from across their range of cookbooks, including the recently released Happy One Pot, this free sampler has a recipe for every occasion whether it's a quick and easy breakfast, lunch, a heartwarming dinner or tasty desert. Leon have handpicked some of their favourites to share with you to celebrate 10 years of award-winning cookbooks. Includes recipes from Fast & Free, Happy One Pot, Happy Soups, Happy Salads, Family & Friends, Ingredients & Recipes, Naturally Fast Food, Baking & Puddings and Fast Vegetarian.

A rare eyewitness account by an important author of fleeing the Nazis' march on Paris in 1940, featuring a never-before-published introduction by Antoine de Saint-Exupéry. In June of 1940, Leon Werth and his wife fled Paris before the advancing Nazis Army. 33 Days is his eyewitness account of that experience, one of the largest civilian displacements in history. Encouraged to write 33 Days by his dear friend, Antoine de Saint-Exupéry, author of The Little Prince, Werth finished the manuscript while in hiding in the Jura mountains. Saint-Exupéry smuggled the manuscript out of Nazi-occupied France, wrote an introduction to the work and arranged for its publication in the United States by Brentanos. But the publication never came to pass, and Werth's manuscript would disappear for more than fifty years until the first French edition, in 1992. It has since become required reading in French schools. This, the first-ever English language translation of 33 Days, includes Saint-Exupéry's original introduction for the book, long thought to be lost. It is presented it here for the first time in any language. After more than seventy years, 33 Days appears—complete and as it was fully intended.

In the landmark thirtieth installment of the bestselling series the New Yorker has called “an unusually potent cocktail of atmosphere and event,” Guido Brunetti is forced to confront an unimaginable crime In his many years as a commissario, Guido Brunetti has seen all manner of crime and known intuitively how to navigate the various pathways in his native city, Venice, to discover the person responsible. Now, in Transient Desires, the thirtieth novel in Donna Leon's masterful series, he faces a heinous crime committed outside his jurisdiction. He is drawn in innocently enough: two young American women have been badly injured in a boating accident, joy riding in the Laguna with two young Italians. However, Brunetti's curiosity is aroused by the behavior of the young men, who abandoned the victims after taking them to the hospital. If the injuries were the result of an accident, why did they want to avoid association with it? As Brunetti and his colleague, Claudia Griffoni, investigate the incident, they discover that one of the young men works for a man rumored to be involved in more sinister nighttime activities in the Laguna. To get to the bottom of what proves to be a gut-wrenching case, Brunetti needs to enlist the help of both the Carabinieri and the Guardia di Costiera. Determining how much trust he and Griffoni can put in these unfamiliar colleagues adds to the difficulty of solving a peculiarly horrible crime whose perpetrators are technologically brilliant and ruthlessly organized. Donna Leon's Transient Desires is as powerful as any novel she has written, testing Brunetti to his limits and forcing him to listen very carefully

Read Free Leon Fast Free Free From Recipes For People Who Really Like Food

for the truth.

'LEON was the first restaurant on the high street to pay attention to a new way of eating - championing gluten-, dairy- and sugar-free food. We've always done it. It's always done us and our customers good. Now it's time to stop it being a secret.' - John Vincent, LEON co-founder Each recipe in this beautiful cookbook is completely gluten-, dairy- and refined sugar-free, with many following a 'paleon' formula (LEON's version of Paleo). From recipes for gluten-free Spaghetti Vongole to chocolate beetroot cake, breakfast dahl to chicken and olive tagine, this book contains recipes for every meal of the day and every occasion, and proves that a free-from menu can be utterly delicious. ** Newly revised and improved ebook edition, optimized for both small- and large-screen devices **

"A 22-volume, highly illustrated, A-Z general encyclopedia for all ages, featuring sections on how to use World Book, other research aids, pronunciation key, a student guide to better writing, speaking, and research skills, and comprehensive index"-- A collection of simple and delicious recipes from award-winning restaurant Leon that can be pulled together in a flash. 'The dream is to bring really good food at a good price to as many people as possible. It makes Leon sound like a new religion. If so, it's one that can count our judges as among its growing congregation of worshippers.' - Observer Food Monthly Awards The first Leon restaurant, on London's Carnaby Street, opened its doors in July 2004, aiming to change the face of fast food by bringing fresh, wholesome cooking to the high street. Since then Leon has grown to more than 55 restaurants, including in Washington DC. Leon's food message is a simple and honest one that hasn't changed since the opening of that first branch - cook and eat with the best ingredients available and don't forget the naughty bits that are necessary for a fully-rounded life. Leon Naturally Fast Food is a book of two halves. The first is Fast Food, which contains recipes for every occasion that take a maximum of 20 minutes to prepare: from a work day breakfast and children's meals to simple suppers and party food. The second half is Slow Fast Food, which contains meals that can be made in advance when you have the time, to enjoy when you don't. The wide range of recipes will satisfy both the experienced cook and the culinary adventurer in search of inspiration.

The book is divided into three sections. The first is Sky Haiku, a collection of pieces in which, over decades, Ed Manual has attempted to write in a tradition going back many centuries in Japan -- of the short three-line poem which might, as poet Ezra Pound said, "present an image". Ed has drawn inspiration from the early haiku masters. The second section is Road Poems, a group of "free verse" -- without regular rhyme, meter, etc. -- poems penned while driving through various states in the US. The final section, Other Poems, offers a mix of free verse pieces culled from different stages in a writing career, up to the present. The work is complemented by a series of illustrations -- including the cover art -- by artist Tom Mahady, who joins Ed here in their second collaboration. Tom also enhanced the booklet SPRING HAIKU with more of his striking collage/ink drawings. He holds an MFA from Hunter College in New York City, and his 12'X12' oil on canvas hangs in the City of St. Charles (IL) Municipal Center. "With haiku as fine as: 'Branches / reaching for buds, / buds for leaves', Ed Manual alerts us to much pleasure to come in the highly imagistic, sharply realized poems which follow in this rich and substantial collection -- one, surely, worth our keenest attention and

Read Free Leon Fast Free Free From Recipes For People Who Really Like Food

admiration." -- Lucien Stryk

'What we like most is to produce foods ourselves from start to finish – from farm to table, the Riverford way. Food should tell a story and, because we know what it is, we can tell you.'

Leon was founded on the twin principles that food can both taste good and do you good. In this book, Leon authors Jane Baxter and John Vincent bring together 100 recipes for fresh, vibrant, delicious salads that will have you feeling healthy and happy. Divided into chapters that include Classics, Naturally Fast, Salads for Friends, Family Salads and Lunchbox, this book contains salads for all tastes and all occasions. Whether you're looking for a bright salad with which to dazzle your friends, or a simple salad to take to the office, this book is a must-have kitchen staple. Recipes include: Pink Quinoa Salad Polish Herring Salad Ham Hock and Lentil Salad Vietnamese Chicken Salad with Rice Noodles Courgetti with Pesto and Grated Ricotta Salata Bacon Fried Corn with Greens, Pork and Crisp Sweet Potato Black Rice Salad with Peas, Egg and a Curry Dressing Asparague, Couscous, Feta & Orange Leon Original Superfood Hot-smoked Salmon, Beetroot, Horseradish & Dill

'LEON was the first restaurant on the high street to pay attention to a new way of eating - championing gluten-, dairy- and sugar-free food. We've always done it. It's always done us and our customers good. Now it's time to stop it being a secret.' - John Vincent, LEON co-founder Each recipe in this beautiful cookbook is completely gluten- and dairy-free, with some formed from a paleo diet. From recipes for gluten-free Spaghetti Vongole to chocolate beetroot cake, breakfast dahl to chicken and olive tagine, this book contains recipes for every meal of the day and every occasion, and proves that a free-from menu can be utterly delicious.

'Leon is the future' - The Times Sales of meat-free products now make up almost 60 per cent of LEON's sales. Leon: Fast Vegetarian enables you to make the most of the fresh vegetables available in markets, allotments, veg boxes and supermarkets. The philosophy at the heart of this book is about cooking and eating delicious, healthy fast food made from sustainable ingredients. Eating less - or no - meat has become key to the way many of us cook and this collection of more than 150 really simple, really fast recipes, is a treat for vegivores everywhere. The first part of the book offers Star Turns, those vegetable-based dishes that can stand alone as a whole meal, with ideas for Breakfast & Brunch, Pasta, Grains & Pulses, Pies & Bakes, Rice & Curry and Kids while the second part, Supporting Cast, explores accompaniments and smaller plates with chapters on Grazing Dishes, Sides, and Pickles, Salsas, Chutneys & Dressings.

'The dream is to bring really good food at a good price to as many people as possible. It makes Leon sound like a new religion. If so, it's one that can count our judges as among its growing congregation of worshippers.' - Observer Food Monthly Awards The first Leon restaurant, on London's Carnaby Street, opened its doors in July 2004, aiming to change the face of fast food by bringing fresh, wholesome cooking to the high street. Since then Leon has grown to more than 55 restaurants, including in Washington DC. Leon's food message is a simple and honest one that hasn't changed since the opening of that first branch - cook and eat with the best ingredients available and don't forget the naughty bits that are necessary for a fully-rounded life. Leon

Read Free Leon Fast Free Free From Recipes For People Who Really Like Food

Naturally Fast Food is a book of two halves. The first is Fast Food, which contains recipes for every occasion that take a maximum of 20 minutes to prepare: from a work day breakfast and children's meals to simple suppers and party food. The second half is Slow Fast Food, which contains meals that can be made in advance when you have the time, to enjoy when you don't. The wide range of recipes will satisfy both the experienced cook and the culinary adventurer in search of inspiration.

This amazing work, first published in 1909, is divided into five parts. The first is a discussion of ancient beliefs and the unifying truths that are found in all of them. The second concentrates on the basic concepts of spiritism such as the immortality of the soul, the purpose of life, reincarnation, God, and death. The third section explores deeper spiritist concepts such as fluids and magnetism, spiritual phenomena, nature and science, evolution of the spirit, dangers of Spiritism, and charlatanism. The fourth part discusses related topics to the spiritual world such as errant souls, higher life, inferior spirits, providence, free will, and hell. The last section discusses ethical topics such as moral life, faith, consolation, wealth, poverty, and charity.

What if your roommate is your soul mate? A joyful, quirky romantic comedy, Beth O'Leary's *The Flatshare* is a feel-good novel about finding love in the most unexpected of ways. Tiffany and Leon share an apartment. Tiffany and Leon have never met. After a bad breakup, Tiffany Moore needs a place to live. Fast. And cheap. But the apartments in her budget have her wondering if astonishingly colored mold on the walls counts as art. Desperation makes her open minded, so she answers an ad for a flatshare. Leon, a night shift worker, will take the apartment during the day, and Tiffany can have it nights and weekends. He'll only ever be there when she's at the office. In fact, they'll never even have to meet. Tiffany and Leon start writing each other notes – first about what day is garbage day, and politely establishing what leftovers are up for grabs, and the evergreen question of whether the toilet seat should stay up or down. Even though they are opposites, they soon become friends. And then maybe more. But falling in love with your roommate is probably a terrible idea...especially if you've never met.

NO MEAT, ONLY PLANTS A cookbook for vegans and anyone who wants more plants in their life, *LEON Fast Vegan* is all about delicious food, which just happens to be vegan. Whether you are looking for breakfasts or party food, weekday suppers or ambitious feasts, there is something here for everyone. With 200 recipes, the book is packed with everything from breakfast and brunch dishes to sharing plates and party food, via quick suppers and slow-cooked recipes, and masses of sauces, dressings and nourishing sides, with a generous serving of desserts, cakes, ices and drinks to round off your meal. As ever, healthy fast food chain *LEON* takes inspiration from around the world, with recipes for vegan sushi, Mexican tacos, Vietnamese pancakes and American burgers. The emphasis throughout is on great flavour and keeping things simple.

"Even 150 years after unification, Italy is still a divided nation where individual regions are defined by their local cuisine-- mirrors of their culture, history, and geography. But the cucina romana is the country's greatest standout. In [this book], journalist Katie Parla and photographer Kristina Gill capture Rome's unique character and truly evolved food culture--a [culmination] of two thousand years of history"--Amazon.com.

[Copyright: 880fe9d284af92369341784b7f14cbad](https://www.amazon.com/dp/B080fe9d284af92369341784b7f14cbad)