

The new American diet system, 0671687050, 9780671687052, 574 pages, Sonja L. Connor, William E. Connor, Simon & Schuster, 1991

Demonstrates how one number--CSI, the cholesterol-saturated fat index--tracks and can help reduce the risk of heart disease by 40 percent, and also includes the CSI rating for hundreds of foods, as well as 300 recipes for low CSI meals

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The UCSD Healthy Diet for Diabetes A Comprehensive Nutritional Guide and Cookbook, Susan Algert, Jan 1, 1991, Diabetes, 352 pages. Offers diabetics advice on weight loss and nutrition, and recommends healthful recipes for main dishes, side dishes, and desserts.

The New South Carolina Cookbook , S C Family, 1997, Cooking, 187 pages. Includes recipes for appetizers, soups, salads, breads, vegetables, entrees, and desserts.

Fast and Fabulous Diabetic Menus , Betty Wedman-St. Louis, 1998, Cooking, 210 pages. Provides menus for different types of diabetic needs, with recipes for main dishes, accompaniments, breads, desserts, and holiday foods.

Secrets of Living Fat-Free Hints, Tips, Recipes, and Strategies for Losing Weight and Feeling Great, Sandra Woodruff, Jun 1, 1997, Cooking, 198 pages. Discusses the advantages of reducing fat in the diet, and shares low-fat recipes for sauces, dips, breads, soups, salads, vegetables, and main dishes.

Quick Meal Solutions More Than 150 New, Easy, Tasty, and Nutritious Recipes for Families on the Go, Sandra K. Nissenberg, Margaret L. Bogle, Audrey C. Wright, Apr 10, 2007, Cooking, 272 pages. Quick Meal Solutions puts the flavor and the nutrition back in fast food. From Healthy Sweet & Sour Slaw to Chicken Pesto Panini and Oatmeal Cookie Sandwiches, it gives you.

Lowfat American Favorites , Goldie Silverman, Jacqueline B. Williams, 1990, Cooking, 160 pages. Don't give up your favorite hamburgers, shakes, fries, fried chicken, chocolate pie and many other favorites. They've all been adapted to be low-fat in this terrific collection..

Fat burning foods , Judy Jameson, Porter Shimer, 2004, Health & Fitness, 568 pages. .

The Best Kept-Secrets of Healthy Cooking Your Culinary Resource to Hundreds of Delicious Kitchen-Tested Dishes, Sandra Woodruff, Nov 30, 1999, Cooking, 374 pages. Collects low-fat and low-calorie recipes for appetizers, sandwiches, soups, main dishes, and desserts, and offers advice on eating healthy to lose weight..

Coronary heart disease prevention, complications, and treatment, William E. Connor, 1985, Medical, 461 pages. .

The new American diet , Sonja L. Connor, William E. Connor, 1986, Health & Fitness, 410 pages. By gradually phasing in permanent food substitutions, this diet plan provides a simple method of promoting health through good nutrition and features 350 high-carbohydrate, low.

Don't Eat Your Heart Out Cookbook , Joseph C. Piscatella, Bernie Piscatella, 1989, Cooking, 473 pages. Gathers recipes that are low in cholesterol, salt, fat, and sugar, and suitable for people who have had or want to avoid heart problems, and includes advice on weight control.

Kids, Food and Diabetes , Gloria Loring, 1986, Cooking, 418 pages. Explains nutritional considerations and the exchange diet for young diabetics, tells how to handle special dining situations, and recommends healthful recipes for breakfast.

AARP New American Diet Lose Weight, Live Longer, John Whyte, MD, Nov 27, 2012, Health & Fitness, 240 pages. Weight loss for grownups! Drawing on the NIH/AARP Diet and Health Study, the largest-ever survey of American diet and lifestyle Complete with three prescriptive weight-loss.

Catapult Harry and I Build a Siege Weapon, Jim Paul, 1991, Science, 256 pages. As two modern-day men attempt to build a medieval siege engine or catapult, the author offers an imaginative, introspective reflection on the nature of war, the history of Marvin Gaye I Heard It Through the Grapevine, Sharon Davis, 2000, Biography & Autobiography, 369 pages. When Marvin Gaye was shot dead in 1984 by his own father, the world lost one of its greatest singers, a man who was one of the most original musical talents of his time. This

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Wasserklavier for 2 pianos (1965), Luciano Berio, 1999, Piano music (Pianos (2)), 3 pages
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An introduction to applied probability , Ian F. Blake, 1979, Mathematics, 528 pages
Anti-Semitism in Times of Crisis , Sander L. Gilman, Steven T. Katz, Mar 1, 1993, History, 406 pages. The question of whether anti-Semitism is a transitory phenomenon, appearing randomly in Western history, or whether it reflects a deep seated tradition inherent in Western download
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The stories of the most significant coastal lighthouses from North Carolina to Florida come alive Z99 stirring profiles and photographs. Presents the absurd antics of an animal for each letter of the alphabet, such as "an ape in an airplane isn't about to ask anybody about anything."

The Spiritual Wisdom of the Gospels for Christian Preachers and., Volume 3 , John Shea, 2006, Religion, 330 pages. Storyteller and theologian John Shea provides a unique commentary that's ideal for preaching, teaching, or simply meditating on the Gospels. His writing is poignant and

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Selling Hollywood to the World U.S. and European Struggles for Mastery of the Global Film Industry, 1920-1950, John Trumbour, Sep 21, 2007, History, 400 pages. The global expansion of Hollywood and American popular culture in the first decades of the twentieth century met with strong opposition throughout the world. Determined to Enriched air Nitrox student manual and workbook, Dick Rutkowski, International Association of Nitrox and Technical Divers, 1994, Sports & Recreation, 117 pages
Here is a superb collection of unprecedented photographs celebrating every detail of the tractors considered to be icons of industrial design, sure to captivate those who bleed.

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The Cambridge History of Latin America, Volume 6, Part 2 , Leslie Bethell, Jan 27, 1995, History, 800 pages. Volume 6 brings together general essays on major themes in the economic, social, and political history of Latin America from 1930 to 1990. Part 2 deals primarily with politicalConsequences of Pragmatism Essays, 1972-1980, Richard Rorty, 1982, Philosophy, 237 pages Sonja L. Connor, William E. Connor Flood Tide , Clive Cussler, Dec 29, 2009, Fiction, 678 pages. Dirk Pitt matches wits with a nefarious Chinese smuggler who specializes in secretly transporting illegal Chinese immigrants into countries around the world, as he tracks his The 1995 U.S. Open champion offers advice on strategy, controlling trajectory, applying spin, developing a good wedge game, and improving one's putting. Alyssa finds an amethyst, a stone believed to aid in psychic awareness. Suddenly she?s interpreting dreams and making predictions, all with 100 percent accuracy. While half the.

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That man in the kitchen how to teach a woman to cook, Malcolm LaPrade, 1946, Cookery, 244 pages
Rocky Mountain Gardener's Handbook All You Need to Know to Plan, Plant & Maintain a Rocky Mountain Garden - Montana, Id, John Cretti, Mary Ann Newcomer, Nov 30, 2012, Gardening, 272 pages. Rocky Mountain Gardener's Handbook is an all-inclusive gardener's reference book. It includes plant information as well as when-to-do-it information. Covering decorative

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The road to Hillsborough the shaping of the Anglo-Irish agreement, Anthony Kenny, Anthony John Patrick Kenny, 1986, Political Science, 141 pages. On 15 November 1985 at Hillsborough Castle the Prime Ministers of the United Kingdom and the Republic of Ireland signed an agreement which will determine the future of Northern Ireland. Experiencing the Depth of Jesus Christ The Autobiography, Jeanne Marie Bouvier de La Motte Guyon, 2000, Religion, 307 pages. Widowed at 28, Jeanne-Marie Guyon was a French woman of the 17th century whose writings on her belief in prayer and the prayer life have been followed for many years. She was

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La catastrophe Mount Pelée and the destruction of Saint-Pierre, Martinique, Alwyn Scarth, 2002, History, 246 pages. On May 8, 1902, on the Caribbean island of Martinique, the volcano Mount Pele loosed the most terrifying and lethal eruption of the twentieth century. In minutes, it killed 27 Interpretation, Old Testament Series Set , No Author, Westminster John Knox Press, Aug 1, 2005, Religion, . This set contains all twenty-six Old Testament commentaries from the acclaimed Interpretation series. Interpretation: A Bible Commentary for Teaching and Preaching is a Coasts and Seas of the United Kingdom Wales: Margam to Little Orme. Region 12, J. H. Barne, 1995, Coastal zone management, 239 pages. Part of a planned 17-part project that sets out to collect and collate summary information on coastal and marine resources and human activities around the United Kingdom This is another in the famous Knight series by the renowned medieval historian Ewart Oakeshott. Explore another fascinating dimension of medieval warfare in this engaging. From the bestselling author of Somebodies and Nobodies and All Rise, Dignity For All shows how to recognize and eliminate a pervasive, damaging, but largely unrecognized form.

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Food Processing, Volume 53 , , 1984, Food industry and trade
Handsome Brute The True Story of a Ladykiller, Sean O'Connor, Feb 14, 2013, True Crime, 480 pages. Handsome Brute explores the facts of a once-renowned, now little-remembered British murder case, the killings of the charming, but deadly ex-RAF playboy Neville Heath. Since download The new American diet system 1991 Simon & Schuster, 1991 Central America Since Independence , Leslie Bethell, 1985, History, 366 pages. General chapters on Central America 1821-1870, 1870-1930 & 1930 to the present, are followed by chapters on each of the five Central American republics -- Guatemala, El A guide to writing a living will--a document that allows for euthanasia in the event that one is unable to communicate his or her wishes about medical treatment and does not. In this unique collection, Yale literary critic Shoshana Felman and psychoanalyst Dori Laub examine the nature and function of memory and the act of witnessing, both in their.

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A Friend for Old Tom , Leigh Hobbs, 2008, Cats, 94 pages. Angela Throgmorton lives alone and likes it that way. Then one day a baby monster turns up on her doorstep and Angela's life is never the same again... The hilarious story
Volcanoes in Human History The Far-reaching Effects of Major Eruptions, Jelle Zeilinga de Boer, Donald Theodore Sanders, 2002, Science, 295 pages. Beginning with the Bronze Age eruption that caused the demise of Minoan Crete, this book shows how volcanism shaped religion in Hawaii, permeated Icelandic mythology and
Pride and prejudice , Jane Austen, 1985, Courtship, 61 pages
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Mississippi Current Cookbook A Culinary Journey Down America's Greatest River, Regina Charboneau, May 20, 2014, Cooking, 336 pages. Discover the diverse food and culinary traditions from the ten states that border America's most important river--and the heart of American cuisine--with 200 contemporary recipes.

Great Timber Race , Tim Champlin, 2001, Fiction, 333 pages. Given in memory of Don S. Wilkerson by Tom and Mary Longbrake

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Phenomenon Forty Years of Flying Saucers, John Spencer, Hilary Evans, Aug 1, 1989, Body, Mind & Spirit, 413 pages. Examines the evidence collected over the past forty years on UFOs and extraterrestrials, discussing instances of alien abductions, traces of UFO landings, UFO cults, and secretStandin' Tall Gratitude , Janeen Brady, Diane Woolley, Jan 1, 1982, Children's plays, American, 22 pages. Stories and songs designed to teach the value of gratitude

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Rehabilitating the disabled worker a platform for action; report, National Institutes on Rehabilitation and Health Services (U.S.), University of Michigan, 1963, Business & Economics, 180 pages
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Environmental Engineering , Bill T. Ray, 1995, Technology & Engineering, 496 pages
Pressure is a Privilege Lessons I've Learned from Life and the Battle of the Sexes, Billie Jean King, 2008, Biography & Autobiography, 192 pages. The tennis star recounts her life and athletic career, from childhood, through her athletic successes, to her life after professional tennis, and discusses the life lessons

Music, reflections in sound , Marilyn Barnes-Ostrander, Jan 1, 1976, Music, 370 pages
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The encyclopaedia of myths & legends of all nations , Barbara Leonie Picard, 1962, Mythology, 244 pages
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The Best-ever Christian Baby Name Book , Nick Harrison, Steve Miller, 2007, Family & Relationships, 261 pages. Harrison and Miller offer Christian parents more than 5,000 names and their meanings, along with interesting sidebars filled with facts and trivia relating to name selection. The Mediterranean Basins Tertiary Extension Within the Alpine Orogen, Bernard Durand, Jan 1, 1999, Science, 570 pages. "The coexistence in space and time of growing mountain belts and actively extending basins poses a number of yet unsolved questions in terms of mechanics. This problem is Engineering Fluid Mechanics , K.L. Kumar, Jan 1, 2008, Fluid mechanics, 566 pages. It is a long way from the first edition in 1976 to the present sixth edition in 1995. This edition is dedicated to the memory of Prof.S.P.Luthra(Once Head, Applied Mechanics

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The M68HC11 Microcontroller Applications in Control, Instrumentation, and Communication, Michael Kheir, 1997, Technology & Engineering, 399 pages. This book is designed to help readers develop hands-on experience in both software and hardware. It differs in scope from many other books on microcontrollers in that itSQL For Dummies , Allen G. Taylor, Jan 7, 2010, Computers, 456 pages. Learn SQL the fun and easy way вЂ” no programming experience needed! SQL For Dummies, 7th Edition, shows programmers and web developers how to use SQL to build relational

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