
Suicide By Sugar A Startling Look At Our 1 National Addiction Nancy Appleton

Tenth of December

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Suicide by Sugar

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MARIANA SHEPARD

Tenth of December Square One Publishers, Inc.

A stand-alone fantasy tale from Seanan McGuire's Alex-award winning Wayward Children series, which began in the Alex, Hugo, Nebula, and Locus Award-winning, World Fantasy Award finalist, Tiptree Honor List Every Heart a Doorway Beneath the Sugar Sky, the third book in McGuire's Wayward Children series, returns to Eleanor West's Home for Wayward Children in a standalone

contemporary fantasy for fans of all ages. At this magical boarding school, children who have experienced fantasy adventures are reintroduced to the "real" world. When Rini lands with a literal splash in the pond behind Eleanor West's Home for Wayward Children, the last thing she expects to find is that her mother, Sumi, died years before Rini was even conceived. But Rini can't let Reality get in the way of her quest - not when she has an entire world to save! (Much more common than one would suppose.) If she can't find a way to restore her mother, Rini will have more than a world to save: she will never have been born in the first place. And in a world without magic, she doesn't have long before Reality notices her existence and washes her away.

Good thing the student body is well-acquainted with quests... A tale of friendship, baking, and derring-do. Warning: May contain nuts. The Wayward Children Series Book 1: Every Heart a Doorway Book 2: Down Among the Sticks and Bones Book 3: Beneath the Sugar Sky Book 4: In an Absent Dream At the Publisher's request, this title is being sold without Digital Rights Management Software (DRM) applied.

Killer Colas Suicide by Sugar

It's as American as fast foods, ice cream, and candy bars. So why are people saying all those nasty things about soft drinks? The answer is simple: All those terrible things are true. And while the facts may be hard to swallow, it is high time we look at the damage that has been done by our long-running love affair with the beverage industry. In their new book, *Killer Colas*, Dr. Nancy Appleton and G. N. Jacobs provide a startling picture of a greedy industry hell-bent on destroying our country's health, no matter what the cost. Over the last twenty-five years, the sale of sodas, energy beverages, and sports drinks has exploded, as has the incidence of adult and childhood obesity, diabetes, hypertension, heart disease, cancer, and stroke. In *Killer Colas*, the authors detail why this downward spiral has occurred. They look at the history and growth of the soft drink industry from fountain shops to multinational mega-corporations; they examine the industry's powerful influence over the media; and they look at the addictive and harmful ingredients these companies have added to their formulas. The authors also offer scientific evidence that links our growing consumption of soft drinks with our declining health. In the light of our country's health crisis, the consequences of our addiction to soft drinks can no longer be ignored. *Killer Colas*

exposes the facts behind an addiction that is just as powerful and dangerous as our love of tobacco. Once you have read this book, you will never look at a soft drink in the same way.

Bloomsbury Publishing

Looking back at a tragic event that occurred during his thirteenth year, Frank Drum explores how a complicated web of secrets, adultery, and betrayal shattered his Methodist family and their small 1961 Minnesota community.

Suicide of a Superpower Little, Brown

Argues against the implementation of the USDA food guide pyramid and the study that inspired it.

The Glass Castle Simon and Schuster

The bestseller that challenges conventional thinking about morality, politics, and religion in a way that speaks to conservatives and liberals alike—a “landmark contribution to humanity's understanding of itself” (The New York Times Book Review). Drawing on his twenty-five years of groundbreaking research on moral psychology, social psychologist Jonathan Haidt shows how moral judgments arise not from reason but from gut feelings. He shows why liberals, conservatives, and libertarians have such different intuitions about right and wrong, and he shows why each side is actually right about many of its central concerns. In this subtle yet accessible book, Haidt gives you the key to understanding the miracle of human cooperation, as well as the curse of our eternal divisions and conflicts. If you're ready to trade in anger for understanding, read *The Righteous Mind*.

The Righteous Mind Vintage

'To write about suicide . to transform the subject into something beautiful - this is the foreboding task that Alvarez set for himself .

he has succeeded.' The New York Times

The Death and Life of Zebulon Finch, Volume One Flatiron Books

Uncover the secret to wellness: a balanced body chemistry. An expert nutritionist gets to the heart of what makes us susceptible to diseases from diabetes to osteoporosis, and shows how to maintain the body in its natural healing mode. This comprehensive program addresses the impact of diet, food allergies, and environmental contaminants on the body, and includes recipes, healing food plans, charts, and self-assessment exercises to strengthen the immune system.

Old Age Houghton Mifflin Harcourt

A deconstruction of the stereotypical depictions of the coolie in the British Empire.

Heal Yourself with Natural Foods Seven Stories Press

"Nineteen Eighty-Four: A Novel", often published as "1984", is a dystopian social science fiction novel by English novelist George Orwell. It was published on 8 June 1949 by Secker & Warburg as Orwell's ninth and final book completed in his lifetime.

Thematically, "Nineteen Eighty-Four" centres on the consequences of totalitarianism, mass surveillance, and repressive regimentation of persons and behaviours within society. Orwell, himself a democratic socialist, modelled the authoritarian government in the novel after Stalinist Russia. More broadly, the novel examines the role of truth and facts within politics and the ways in which they are manipulated. The story takes place in an imagined future, the year 1984, when much of the world has fallen victim to perpetual war, omnipresent government surveillance, historical negationism, and

propaganda. Great Britain, known as Airstrip One, has become a province of a totalitarian superstate named Oceania that is ruled by the Party who employ the Thought Police to persecute individuality and independent thinking. Big Brother, the leader of the Party, enjoys an intense cult of personality despite the fact that he may not even exist. The protagonist, Winston Smith, is a diligent and skillful rank-and-file worker and Outer Party member who secretly hates the Party and dreams of rebellion. He enters into a forbidden relationship with a colleague, Julia, and starts to remember what life was like before the Party came to power.

Killer Colas Crown

A triumphant tale of a young woman and her difficult childhood, *The Glass Castle* is a remarkable memoir of resilience, redemption, and a revelatory look into a family at once deeply dysfunctional and wonderfully vibrant. Jeannette Walls was the second of four children raised by anti-institutional parents in a household of extremes.

Death by Food Pyramid Simon and Schuster

"The story follows Zebulon Finch, a teenager murdered in 1896 Chicago who inexplicably returns from the dead and searches for redemption through the ages."--

[The Sugar Fix](#) Antonella Gambotto-Burke

Having severe autism does not stop Annie Lehmann's son Jonah from teaching her some of life's most valuable lessons. *The Accidental Teacher*, a heartfelt memoir about self-discovery rather than illness, uses insight and humor to weave a tale rich with kitchen-table wisdom. It explains the realities of life with a largely nonverbal son and explores the frustrations and triumphs of the Lehmann family as Jonah grew into a young adult. This

book is a must-read for anyone who has been personally touched by a major life challenge. Book jacket.

Secrets of Natural Healing with Food Algonquin Books

Suicide by Sugar Square One Pub

The Savage God Anthem Press

In *The Sugar Fix*, Dr. Richard Johnson, who oversees a pioneering research program, reports on discoveries about how fructose impacts the body—and directly connects the American obesity epidemic to a frightening escalation in our fructose consumption. It comes as no surprise that the sugar is found in processed foods like candy, baked goods, canned foods, and frozen meals in the form of high-fructose corn syrup, but it is also hidden in less obvious foods like peanut butter, egg products, and soups. Many fruits and vegetables contain high levels of it naturally. Dr. Johnson shows how to cut way back on the sweetener by making effective substitutions. The daily meal plans included here contain no more than 25 grams of fructose, one-quarter of the amount the average American now ingests. Rather than the low-carb approach of so many recent diets, Dr. Johnson recommends a much easier to enjoy and stick to formula: 50% carbs, 25% fat, and 25% protein. The immediate benefit of this diet is to help anyone shed excess weight. The additional benefits are even more impressive—reduced risk for such serious health problems as high blood pressure, elevated blood fats, and insulin resistance, conditions directly linked to heart disease, diabetes, kidney disease, and stroke.

The S-Word Titan Books (US, CA)

A troubled teen, living in Paris, is torn between two boys, one of whom encourages her to embrace life, while the other—dark,

dangerous, and attractive—urges her to embrace her fatal flaws.

In 27 Days Simon and Schuster

It is a dangerous, addictive white powder that can be found in abundance throughout this country. It is not illegal. In fact, it is available near playgrounds, schools, and workplaces. It is in practically everything we eat and drink, and once we are hooked on it, the cravings can be overwhelming. This white substance of abuse is sugar. Over two decades ago, Nancy Appleton's *Lick the Sugar Habit* exposed the health dangers of America's high-sugar diet. Now, in *Suicide by Sugar*, Appleton, along with journalist G. N. Jacobs, presents a broader view of the problems caused by our favorite ingredient. The authors offer startling facts that link a range of disorders—from dementia and hypoglycemia to obesity and cancer—to our growing sugar addiction. Rounding out the book is a sound diet plan along with a number of recipes for sweet, easy-to-prepare dishes—all made without sugar or fruit. *Suicide by Sugar* shines a bright light on our nation's addiction and helps us begin the journey toward health.

Lick the Sugar Habit Sugar Counter Macmillan

The book is an astonishing account of one woman's experience of love and loss. The author explains the premise of suicide and how it pivots on a fatal logical flaw. Her life has been saturated by death. The first boy who proposed to her shot himself in the head at the age of 16. Michael VerMeulen, her great love and the legendary American editor of *British GQ*, overdosed on cocaine at the age of 38. And then her brother, gone. Presenting an eloquent case against our understanding of depression and bereavement, she poses a profound question: If death is a process and not a state, how does that change the experience of

grief?

Sugar Money Simon and Schuster

A wildly imaginative novel about a man who is reincarnated over ten thousand lifetimes to be with his one true love: Death herself. “Tales of gods and men akin to Neil Gaiman’s Sandman as penned by a kindred spirit of Douglas Adams.”—Kirkus Reviews (starred review) First we live. Then we die. And then . . . we get another try? Ten thousand tries, to be exact. Ten thousand lives to “get it right.” Answer all the Big Questions. Achieve Wisdom. And Become One with Everything. Milo has had 9,995 chances so far and has just five more lives to earn a place in the cosmic soul. If he doesn’t make the cut, oblivion awaits. But all Milo really wants is to fall forever into the arms of Death. Or Suzie, as he calls her. More than just Milo’s lover throughout his countless layovers in the Afterlife, Suzie is literally his reason for living—as he dives into one new existence after another, praying for the day he’ll never have to leave her side again. But Reincarnation Blues is more than a great love story: Every journey from cradle to grave offers Milo more pieces of the great cosmic puzzle—if only he can piece them together in time to finally understand what it means to be part of something bigger than infinity. As darkly enchanting as the works of Neil Gaiman and as wisely hilarious as Kurt Vonnegut’s, Michael Poore’s Reincarnation Blues is the story of everything that makes life profound, beautiful, absurd, and heartbreaking. Because it’s more than Milo and Suzie’s story. It’s your story, too. Praise for Reincarnation Blues “The most fun you’ll have reading about a man who has been killed by both catapult and car accident.”—NPR “This book made me laugh out loud. And then a page later, it made me sob.

Reminiscent of Tom Robbins and Christopher Moore, Poore finds humor in the dark absurdities of life.”—Chicago Review of Books “Charming . . . surprisingly light and uplifting . . . It reads like a writer having fun.”—New York Journal of Books

How Not to Die Del Rey

“A marvelously harrowing, thrillingly picaresque tale” of enslaved brothers sent on an impossible mission across eighteenth-century Caribbean islands (The New York Times Book Review). Grenada, 1765. When a band of mendicant French monks were ousted from Martinique, they were forced to leave without their slaves. Now settled in Grenada, the monks send two enslaved brothers, Emile and Lucien, to retrieve those who were left behind. Adding to the inherent dangers of travel, Grenada is now under British rule—effectively making it enemy territory. Based on true events, Sugar Money spins a tale of harrowing adventure and tenacity in the face of unspeakable cruelty. As narrated by Lucien, it is both a coming of age story and a vivid evocation of the eighteenth-century Caribbean sugar trade. SHORTLISTED FOR THE WALTER SCOTT PRIZE FOR HISTORICAL FICTION and THE WILBUR SMITH ADVENTURE WRITING PRIZE

Romancing the Dark in the City of Light Vintage

From the bestselling and wildly imaginative novelist Mark Leyner, a romp through the excesses and exploits of gods and mortals. High above the bustling streets of Dubai, in the world’s tallest and most luxurious skyscraper, reside the gods and goddesses of the modern world. Since they emerged 14 billion years ago from a bus blaring a tune remarkably similar to the Mister Softee jingle, they’ve wreaked mischief and havoc on mankind. Unable to control their jealousies, the gods have splintered into several

factions, led by the immortal enemies XOXO, Shanice, La Felina, Fast-Cooking Ali, and Mogul Magoo. Ike Karton, an unemployed butcher from New Jersey, is their current obsession. Ritualistically recited by a cast of drug-addled bards, THE SUGAR FROSTED

NUTSACK is Ike's epic story. A raucous tale of gods and men confronting lust, ambition, death, and the eternal verities, it is a wildly fun, wickedly fast gambol through the unmapped corridors of the imagination.