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The Ultimate Book Of Modern Juicing More Than 200 Fresh Recipes To Cleanse Cure And Keep You Healthy

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Mimi Kirk is the author of numerous books including Raw-Vitalize and

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The Ultimate Book of Modern Juicing: More than 200 Fresh ...

Ultimate Book of Modern Juicing : More Than 200 Fresh Recipes to Cleanse, Cure, and Keep You Healthy, Hardcover by Kirk, Mimi; Mendell, Mike (PHT), ISBN 1581572603, ISBN-13 9781581572605, Brand New, Free shipping in the US Offers two hundred recipes for turning fruits and vegetables into drinks that will promote health and vitality, and provides advice on how to get the most from these nutritious concoctions.

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The book inspires engaged couples to think outside of the box and focus on what actually matters -- creating a celebration that feels personal and memorable. Read More Contact Info for The Ultimate Book on Modern Weddings

The most current and comprehensive juicing guide available Step aside, Juicing Bible and Big Book of Juices: Mimi Kirk is back with the most current and fresh guide to juicing yet. With more than 200 recipes, handy advice on how to get the most from your juicing, and an eye toward taste, health, and cost, The Ultimate Book of Modern Juicing is the only book on the topic you'll ever need. Kirk has been juicing vegetables and fruits for more than 40 years, yet she doesn't look a day over 50. (And yes, those two things are connected.) She recently became more interested in how to use juicing to feel and look even better. Her discoveries—genuinely up-to-the-minute—are shared here, along with vibrant photographs of her creations The Ultimate Book of Modern Juicing is a must-have for everyone interested in or committed to the juicing lifestyle.

Classic and comprehensive, this guide to over 350 games is sure to appeal to all ages. From Bridge to Poker and Solitaire to Hearts, card games are a beloved source of entertainment and competition (and they are recession proof!). This authoritative book is ideal for every household, college dorm, family cabin, or neighborhood bar that has a pack of cards. Designed in the style of the popular Ultimate Bar Book, this essential resource provides the rules to dozens of variations of your favorite games, and a few you've probably never heard of (Bezique, anyone?). With simple instructions and clear illustrations to guide the way, this volume will be a welcome addition to any gamer's library.

As even a quick glance around a saddler shop or through a tack store catalog will show, the world of horse bits is both enormous and mystifying. The primary means of communicating with and controlling a horse, Western and English bits come in a bewildering assortment of materials, sizes, and shapes. Their descriptions—full-cheek snaffle, hackamore, high port, French link, Tom Thumb, spade, KK Ultra—are no less puzzling, and with new bits and refinements being produced every year, even the most experienced horseman must struggle to keep up with the state of the art. The Ultimate Book of Horse Bits will answer all your questions on the subject . . . and then some. Not only does the author and horsewoman Emily Esterson go into detail about all kinds of

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equine mouthware and how each is constructed, but she also explains how and why each works in the context of what the rider wants the horse to accomplish. Does your horse have difficulty bending or flexing? Suggestions and solutions to these and myriad other horse-and-rider problems will be found throughout these authoritative yet user-friendly pages. Whether a novice or expert horseman, every rider, trainer, or owner in any equestrian discipline will benefit from this book's wide-ranging and practical information for years to come.

Presents a collection of fifty card games, organized by type and difficulty, and complete with instructions, rules, and strategies.

Puts the fun back into the fundamentals of being a modern man. This sleek guide combines the wit of Glenn O'Brien's *How To Be a Man* with the style and tone of cult fashion magazine *Fantastic Man*. With tips on everything from dating to careers, it will appeal equally to the twenty-something hipster as the established career man who has his sights set on that corner office. Combining quirky two-color illustrations with tips, facts, and famous quotes, *The Modern Man Guide* delivers serious advice in a witty, cheeky tone—more like talking to your cool best friend than listening to a lecture from your dad. Divided into six key areas of style, grooming, food and drink, work, leisure, and dating, it's a cheat sheet to everything the modern man needs to be his best. Topics like fashion, career advice, or choosing the right wine are often dry and boring. While other men's guides take themselves too seriously and end up turning the reader off, this book engages with its cheeky, irreverent voice.

Whether it's lively with citrus, or chilled to frosty perfection, nothing beats a perfectly mixed cocktail -- served in the right glass, at the right time, your signature drink can lift any mood. In *The Ultimate Book of Cocktails*, Dan Jones shows you how to turn out drinks like a pro with 100 of his best-loved concoctions. Loaded with all the essential know-how, including the basic kit for your home bar, and recipes for homemade syrups, sours and infusions, discover how to make classics like an Old Fashioned, Vodka Martini or the perfect Gin & Tonic to more adventurous mixed drinks such as The Rattlesnake, Rhubarb Mojito or the Pomegranate Sour. Featuring all the top spirit bases including gin, rum, vodka, tequila and everything in-between, alongside top tricks of the trade *The Ultimate Book of Cocktails* is an indispensable guide to making simple, delicious and highly creative cocktails from scratch.

The Ultimate Book of Party Food presents the know-how required to master the art of entertaining guests with savoury and sweet treats. Each recipe features a full-colour cross-section illustration, step-by-step photography and a beautiful hero image to inspire the reader and demystify the cooking and preparation process. **The Ultimate Book of**

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Party Food includes basic building-block recipes such as sauces, breads, doughs and fillings, followed by detailed recipes, from fingerfood and small bites to sandwiches, rolls, soups, and tarts, to tiny sweet treats such as macarons and mini crèmes. Rounded off with tips on menu planning, preparation timing and food storage, alongside sample menus, cooking and preparation techniques and information on produce, **The Ultimate Book of Party Food** is the complete toolbox you need to host your next celebration.

The sheer beauty of the elegant, lonely lighthouses along our shores—and their unspoiled, scenic natural settings—has captivated our collective imagination. More than simply picturesque, the lighthouse has become an enduring symbol of salvation, fortitude, and heroic folklore. The Ultimate Book of Lighthouses is a comprehensive and fascinating work, where you'll discover: - Profiles of every kind of lighthouse, from the boldly striped 196-foot tower overlooking the notorious Diamond Shoals off Cape Hatteras, North Carolina, to the many octagonal and pyramidal beacons built to guide sailors into North American harbors - Fascinating information about lightships, foghorns, and modest beacons - Many remarkable engineering techniques used in constructing lighthouses - Historical examples of our ancestors' courageous efforts to guide mariners through treacherous seas and storms - Scores of stunning full-color photographs, and more! A celebration of one of America's purest landmarks, The Ultimate Book of Lighthouses is a must-have for any home.

Every vintage-obsessed sewist dreams of having a closet full of gorgeous dresses. The follow-up to the popular Gertie's New Book for Better Sewing and Gertie Sews Vintage Casual, Gertie's Ultimate Dress Book is packed with all the information and patterns you could ever need to create a wardrobe filled with stunning vintage frocks. The book begins with all the essential techniques for dressmaking and includes instructions and patterns for 23 dresses for a variety of occasions. Elements of each pattern can be mixed and matched, allowing readers to customize the bodice, skirt, sleeves, pockets, and details of each dress for a truly unique creation.

Where does the Express bus take you? How many swans are in the lake at the park? What replaces the shoe repair store? The Ultimate Book of Cities reveals the answers to these questions and much, much more in an oversized fact- and action-packed look at life in the big city! Featuring 59 flaps, pop-ups, pull tabs and movable parts, this all-you-need-to-know guide provides detailed information about what makes a city tick: from the different ways of getting around and what goes on in all the big buildings, to what traffic signs mean and who are all the people who keep the city in tip-top shape! It is a must-have volume to add to a young reader's library of The Ultimate Book series.

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