

## Who Moved My Cheese

Dosas, a popular Indian street food, are thin, rice- and lentil-based pancakes that can be stuffed with or dipped into a variety of flavorful fillings. Dosa Kitchen shows you how to make this favorite comfort food at home with a master batter, plus 50 recipes for fillings, chutneys, and even cocktails to serve alongside. Dosas are endlessly adaptable to all tastes and dietary restrictions: naturally fermented and gluten-free, they are easy to make vegetarian, vegan, and dairy-free as well. With dishes featuring traditional Indian flavors, like Masala Dosa and Pork Vindaloo Dosa, as well as creative twists, like the Dosa Dog and the Cream Cheese, Lox, and Caper Dosa Wrap, any kitchen can become Dosa Kitchen!

Go get the life you want. Be a Rhinoceros! There is something dangerous about this book. Something big. Something full of power, energy and force of will. It could be about you. You could become three tons of thick-skinned, snorting hard-charging rhinoceros. It is time to go get the life you want.

From beloved cookbook author and recipe developer Sarah Copeland, *Every Day Is Saturday* brims with inspiration. More than 100 beautiful recipes that make weeknight cooking a breeze, gorgeous food and lifestyle photography, and easy-to-follow tips for cooking delicious, healthful, sustaining food provide a joyous Saturday mentality of taking pleasure in food and occasion, whatever the day of the week. Recipes cover every course, from breakfast to dessert, including dishes perfect for the life occasions of a busy family: potlucks, picnics, lazy Sundays, and casual dinners with friends. Here is a delightful and inspiring resource—in a bright and beautiful jacketed package—for weeknight cooks, weekend dreamers, and working parents who want to put great meals at the center of the table where their family gathers.

If you were a mouse trapped in a maze and someone kept moving the cheese, what would you do? Over a decade ago the bestselling business fable *Who Moved My Cheese?* offered its answer to this question: accept that change is inevitable and beyond your control, don't waste your time wondering why things are the way they are, keep your head down and start looking for the cheese. But success in the areas of innovation, entrepreneurship, creativity, leadership, and business growth—as well as personal growth—depends on the ability to push the boundaries, reshape the environment, and play by a different set of rules: our own. With that in mind, Harvard Business School professor Deepak Malhotra offers a radically different answer to this question. Malhotra tells an inspiring story about three unique and adventurous mice—Max, Big, and Zed—who refuse to accept their reality as given. As we watch their lives unfold and intersect, we discover that instead of just blindly chasing after the cheese, each of us has the ability to escape the maze or even reconfigure it to our liking. In the face of established practices, traditional ideas, scarce resources, and the powerful demands or expectations of others, we often underestimate our ability to control our own destiny and overcome the constraints we face—or think we face. *I Moved Your Cheese* reminds us that we can create the new circumstances and realities we want, but first we must discard the often deeply ingrained notion that we are nothing more than mice in someone else's maze. As Zed explains, "You see, Max, the problem is not that the mouse is in the maze, but that the maze is in the

mouse.”

A trendy restaurant has small town Idaho up in arms—and a goat farmer six feet under—in a New York Times bestselling author’s cozy mystery series debut. Angie Turner is back in her hometown of River Vista, Idaho, ready to open her own farm-to-table restaurant. Together with her friend and business partner Felicia, Angie is lining up vendors from local farmer’s markets to Old Man Moss’s goat dairy farm. Not everyone in the Boise suburb is keen on having a fancy new eatery in town. But the cantankerous Moss takes a shine to Angie, as does his kid goat Precious. When Angie hears the shocking news that Moss has been killed, she jumps in to mind the man's livestock—and help solve his murder. Now with her grand opening just days away, Angie has grave reservations about her new neighbors. But one thing's for sure, Angie's not about to let some killer get her goat.

DESCRIPTION OF THE ORIGINAL BOOK: Who Moved My Cheese? is a motivational book that was published in 1998. With a style that brings it closer to the parable, its author, Spencer Johnson, clearly explains the typical reactions that people manifest when there is a change in work or life. His teachings are truly useful in all times and areas of human development, whatever the goal you want to achieve. The characters are two mice and two "little people". They live the experience of change in their quest for Cheese, which represents the goal: happiness, work, money, love. The labyrinth in which the action takes place is the real world, with unknown and dangerous areas, with dead ends, dark corners and rooms full of cheese. It is a bestseller in the business field since its launch and its validity lasts through the years.

In this story, number one bestselling author Dr. Spencer Johnson reveals a simple, easy way to bring out the best in yourself. Using his proven world-famous One Minute program, you can: Take better care of yourself and encourage others to do the same Reduce stress at work and at home Enjoy a sense of peace and balance Have more business and personal success Life is lived minute by minute. With the practical wisdom that characterizes all of his One Minute books, Dr. Johnson shows how stopping and taking a minute out of the day can make life more meaningful and enjoyable—for your and for those near you. More than eleven million copies of Dr. Johnson's books are in use in twenty-four languages.

Little friends in a maze find and enjoy some cheese, but when that cheese is gone, only Sniff and Scurry adapt and go searching for more while Hem and Haw wait for more cheese to appear. Includes a note to parents and discussion questions.

NEW YORK TIMES BESTSELLER “I come from a family forged by tragedies and bound by a remarkable, unbreakable love,” Hunter Biden writes in this deeply moving memoir of addiction, loss, and survival. When he was two years old, Hunter Biden was badly injured in a car accident that killed his mother and baby sister. In 2015, he suffered the devastating loss of his beloved big brother, Beau, who died of brain cancer at the age of forty-six. These hardships were compounded by the collapse of his marriage and a years-long battle with drug and alcohol addiction. In Beautiful Things, Hunter recounts his descent into substance abuse and his tortuous path to sobriety. The story ends with where Hunter is today—a sober married man with a new baby, finally able to appreciate the beautiful things in life.

Discover just how luscious and indulgent both steak and cake can be with Elizabeth Karmel, Southern baker extraordinaire and one of America’s leading pitmasters. Let them eat cake—and steak! This unique cookbook shares more than 100 recipes that beg to be prepared, paired, and eaten with pure joy. How about a Cowboy Steak with Whiskey Butter followed by a Whiskey Buttermilk Bundt Cake? Or a

Porterhouse for Two with My Mother's Freshly Grated Coconut Cake? Or mix and match yourself—maybe an Indoor/Outdoor Tomahawk Steak paired with a Classic Key Lime Cheesecake? Not only will you find some of the best recipes ever for steak—and steakhouse sides and sauces—and those all-butter-eggs-and-sugar cakes, but you will also pick up tips and tricks for choosing and cooking steaks and baking cakes. The result is an instant dinner party, the kind of universally loved meal that makes any and every occasion special.

There are hidden laws at work in every aspect of your business. Understand them, and you can create extraordinary growth. Ignore them, and you run the risk of becoming another statistic. It's become almost cliché: 8 out of every 10 new ventures fail. Of the ones that succeed, how many truly thrive-for the long run? And of those that thrive, how many continually overcome their growth hurdles ... and ultimately scale, with meaning, purpose, and profitability? The answer, sadly, is not many. Author Lex Sisney is on a mission to change that picture. After more than a decade spent leading and coaching high-growth technology companies, Lex discovered that the companies that thrive do so in accordance with 6 Laws - universal principles that govern the success or failure of every individual, team, and organization.

In this newly released edition of one of his classic books, *The One Minute Sales Person*, Spencer Johnson, the author of the number one New York Times bestseller *Who Moved My Cheese?*, shows you how to sell your ideas, products, or services successfully! This is the book that has proved to be a must-have for the millions of people who were looking for the quickest way to improve their selling skills. In these changing times, Spencer Johnson, coauthor of *The One Minute Manager®*, shows you how the phenomenal One Minute® methods can bring real and lasting sales success with the least amount of time and effort. You will learn how to enjoy your job and your life more as you discover the effective secrets of "self-management," the integrity of "selling on purpose," and the liberating "wonderful paradox" of helping others get what they want so you can get what you need. *The One Minute Sales Person* is a clear, easy and invaluable guide that works for both you and the people you sell to, for your financial prosperity and personal well-being. In short, it is a classic Spencer Johnson bestseller that can help you enjoy more success with less stress.

A guide to living life in the moment uses lessons learned from the dying to help the living find the most enjoyment and happiness.

THE #1 INTERNATIONAL BESTSELLER WITH OVER 28 MILLION COPIES IN PRINT! A timeless business classic, *Who Moved My Cheese?* uses a simple parable to reveal profound truths about dealing with change so that you can enjoy less stress and more success in your work and in your life. It would be all so easy if you had a map to the Maze. If the same old routines worked. If they'd just stop moving "The Cheese." But things keep changing... Most people are fearful of change, both personal and professional, because they don't have any control over how or when it happens to them. Since change happens either to the individual or by the individual, Dr. Spencer Johnson, the coauthor of the multimillion bestseller *The One Minute Manager*, uses a deceptively simple story to show that when it comes to living in a rapidly changing world, what matters most is your attitude. Exploring a simple way to take the fear and anxiety out of managing the future, *Who Moved My Cheese?* can help you discover how to anticipate, acknowledge, and accept change in order to have a positive impact on your job, your relationships, and every aspect of your life.

GORDANA BIERNAT is the only European to have been named an Oprah Winfrey SuperSoul 100 Teacher. Her straightforward and empowering tweets have already inspired hundreds of thousands across the globe and this book is a collection of her most profound wisdom. #KnowTheTruth will open your eyes to your true potential and inherent inner power; it will remind you of who you are and why you are here. All the 'truth thoughts' in this book have ONE purpose - to help you understand yourself and your place in the world. The truth is never complicated or irrational; the truth always feels easy and right. If you have an unresolved issue or need guidance, just ask, 'What is my

message for today?' then open this book and read the message it has for you.

The personal stories of the founder of Patagonia, Inc. describes his underprivileged childhood as an immigrant in southern California, early fame as a successful mountain climber, and company's dedication to quality and environmental responsibility. Reprint. 75,000 first printing.

\* Our summary is short, simple and pragmatic. It allows you to have the essential ideas of a big book in less than 30 minutes. \*By reading this summary, you will discover how to deal with change in a positive way in your professional and personal life in order to remain dynamic and never let yourself be overwhelmed by events. \*You will also discover that : the way you perceive change influences the way you deal with it; it is possible to see change positively regardless of your personality; when viewed positively, change can become a real driving force; the solution to your professional and personal problems can be found in the exploration of new horizons; change is not to be feared but to be anticipated.

\*Feeling lost in life is a feeling that everyone can experience at some point. A company going bankrupt, a couple going under... are all events that everyone can find themselves facing one day. However, through this fable imagined by the author, you will learn that a solution exists. It is within you and is only waiting for your courage to be implemented. \*Buy now the summary of this book for the modest price of a cup of coffee!

In *The Genome Odyssey*, Dr. Euan Ashley, Stanford professor of medicine and genetics, brings the breakthroughs of precision medicine to vivid life through the real diagnostic journeys of his patients and the tireless efforts of his fellow doctors and scientists as they hunt to prevent, predict, and beat disease. Since the Human Genome Project was completed in 2003, the price of genome sequencing has dropped at a staggering rate. It's as if the price of a Ferrari went from \$350,000 to a mere forty cents. Through breakthroughs made by Dr. Ashley's team at Stanford and other dedicated groups around the world, analyzing the human genome has decreased from a heroic multibillion dollar effort to a single clinical test costing less than \$1,000. For the first time we have within our grasp the ability to predict our genetic future, to diagnose and prevent disease before it begins, and to decode what it really means to be human. In *The Genome Odyssey*, Dr. Ashley details the medicine behind genome sequencing with clarity and accessibility. More than that, with passion for his subject and compassion for his patients, he introduces readers to the dynamic group of researchers and doctor detectives who hunt for answers, and to the pioneering patients who open up their lives to the medical community during their search for diagnoses and cures. He describes how he led the team that was the first to analyze and interpret a complete human genome, how they broke genome speed records to diagnose and treat a newborn baby girl whose heart stopped five times on the first day of her life, and how they found a boy with tumors growing inside his heart and traced the cause to a missing piece of his genome. These patients inspire Dr. Ashley and his team as they work to expand the boundaries of our medical capabilities and to envision a future where genome sequencing is available for all,

where medicine can be tailored to treat specific diseases and to decode pathogens like viruses at the genomic level, and where our medical system as we know it has been completely revolutionized.

Money, love, friendship, investment portfolios-The Smart Money Tribe is back! Zuri, Tami, Lara, Adesuwa, and Ladun are faced with new challenges in this season of their lives. From the hustle and bustle of Lagos, to cosmopolitan London, and the glamour of Cape Town, through their individual stories we see how effective the collaborative power of women can be in building wealth. Is your Friendship Circle your Money Circle? The Real Estate Executive Can Zuri be a boss, get her coins, and live her best life without the money habits from her past coming to haunt her? And can her relationship with Tsola survive the allure of an ex? The Oil and Gas Big Babe Will Lara's resilience be enough to endure the effects of a series of financial blows that threaten to destroy the lifestyle she has become accustomed to? The Fashion Entrepreneur Is Tami ready to grow beyond her pampered princess lifestyle and turn her passion to profit? Or is her business still a hobby? The Formerly Fabulous Housewife Can Ladun withstand the aftershocks of family financial scandal, adjust to a new financial status and cope with the rigours of a nine-to-five job? The Conservative Lawyer Is Adesuwa strong enough to disentangle herself from a financial abusive husband? and will the complexities in her personal life affect her ability to earn? This book navigates the conversations African millennial women should be having about money to forge new paths to prosperity and economic power. It explores getting paid more in the workplace, overcoming adversity, how to assess investment opportunities, building a business in Africa, taking risks, profit goals, and the role our friendship circles play when it comes to how we earn, spend, and invest. With each chapter comes a smart money lesson to help you tackle your personal finances.

A new edition based on the timeless business classic—updated to help today's readers succeed more quickly in a rapidly changing world. For decades, The One Minute Manager® has helped millions achieve more successful professional and personal lives. While the principles it lays out are timeless, our world has changed drastically since the book's publication. The exponential rise of technology, global flattening of markets, instant communication, and pressures on corporate workforces to do more with less—including resources, funding, and staff—have all revolutionized the world in which we live and work. Now, Ken Blanchard and Spencer Johnson have written The New One Minute Manager to introduce the book's powerful, important lessons to a new generation. In their concise, easy-to-read story, they teach readers three very practical secrets about leading others—and explain why these techniques continue to work so well. As compelling today as the original was thirty years ago, this classic parable of a young man looking for an effective manager is more relevant and useful than ever.

"Yes" or "No," from the #1 New York Times bestselling author Spencer Johnson, presents a brilliant and practical system

anyone can use to make better decisions, soon and often -- both at work and in personal life. The "Yes" or "No" System lets us: focus on real needs, versus mere wants create better options see the likely consequences of choices and identify and then use our own integrity, intuition, and insight to gain peace of mind, self-confidence, and freedom from fear 'An optimistic, accessible way to start thinking about change' - Financial Times Who Moved My Cheese? offered millions of readers relief for an evergreen problem: unanticipated and unwelcome change. Now its long-awaited sequel digs deeper, to show how readers can adapt their beliefs and achieve better results in any field. Johnson's theme is that all of our accomplishments are due to our beliefs: whether we're confident or insecure, cynical or positive, open-minded or inflexible. But it's difficult to change your beliefs - and with them, your outcomes. Find out how Hem, Haw, and the other characters from Who Moved My Cheese? deal with this challenge.

The team behind the podcast presents a one-of-a-kind book exploring the influential relationship between chefs and music This first-of-its-kind anthology of personal stories from over 75 of the world's most acclaimed chefs chronicles how music has been a constant force throughout their lives, helping to define themselves individually, opening gateways to understanding their cultures and igniting the creativity behind their work. Featuring all-new candid interviews, never-before-published recipes and custom playlists from each chef, this book provides readers with intimate insights and a wholly fresh perspective on some of today's top culinary minds.

Another Spencer Johnson #1 Bestseller #1 New York Times Business #1 Wall Street Journal #1 BusinessWeek From the Author of Who Moved My Cheese? Dr. Spencer Johnson's stories of timeless, simple truths have changed the work and lives of millions of readers around the world. Now comes an insightful new tale of inspiration and practical guidance for these turbulent times. Good Things Happen To Those Who Open The Present The Gift That Makes Your Work And Life Better Each Day! For over two decades, Spencer Johnson has been inspiring and entertaining millions with his simple yet insightful stories of work and life that speak directly to the heart and soul. The Present is an engaging story of a young man's journey to adulthood, and his search for The Present, a mysterious and elusive gift he first hears about from a great old man. This Present, according to the old man, is "the best present a person can receive." Later, when the young boy becomes a young man, disillusioned with his work and his life, he returns to ask the old man, once again, to help him find The Present. The old man responds, "Only you have the power to find The Present for yourself." So the young man embarks on a tireless search for this magical gift that holds the secret to his personal happiness and business success. It is only after the young man has searched high and low and given up his relentless pursuit that he relaxes and discovers The Present—and all of the promises it offers. The Present will help you focus on what will make you happier and more successful in your work and in your personal life, today! Like the young man, you may find that it is the best gift you can

give yourself. [www.ThePresent.com](http://www.ThePresent.com)

Essay from the year 2013 in the subject Business economics - Personnel and Organisation, grade: 4.00 (entspr. Note 1), Atlantic International University (AIU), course: Doctor Of Philosophy - Human Resource Management, language: English, comment: Good title page Good topic!! Good TOC Good running header &, page #'s Good info from good sources Good personal input! (seminary in Kuala Lumpur) Good conclusion w/ final thoughts and summary Good references &, APA! Awesome job!! Fun paper to read!!! "A" Scott, Wilson, abstract: Change is vital and change is a MUST. The interpretation of the story about Who Moved The Cheese depicts a simple story but a very significant one which can be related to people or an organization. Everyone needs change and organisation needs continuous improvement. If you do not change the forces will change you. Read more in the pages to come how changes can take effect.

THE MANUAL FOR LIVING is the first and best primer for living the best possible life -- as helpful in the twenty-first century as it was in the first. Epictetus's teachings rank among the greatest wisdom texts of human civilization. Epictetus taught that philosophy is a way of life and not just a theoretical discipline. To Epictetus, all external events are beyond our control; we should accept calmly and dispassionately whatever happens. However, individuals are responsible for their own actions, which they can examine and control through rigorous self-discipline. By putting into practice the ninety-three wise instructions that make up The Art of Living, readers learn to successfully meet the challenges of everyday life.

From the #1 New York Times bestselling author of Who Moved My Cheese?, a brilliant new parable that shows readers how to stay calm and successful, even in the most challenging of environments. A young man lives unhappily in a valley. One day he meets an old man who lives on a mountain peak. At first the young man doesn't realize that he is talking to one of the most peaceful and successful people in the world. But in the course of further encounters and conversations, the young man comes to understand that he can apply the old man's remarkable principles and practical tools to his own life to change it for the better. Spencer Johnson knows how to tell a deceptively simple story that teaches deep lessons. The One Minute Manager (co-written with Ken Blanchard) sold 15 million copies and stayed on the New York Times bestseller list for more than twenty years. Since it was published a decade ago, Who Moved My Cheese? has sold more than 25 million copies. In fact there are more than 46 million copies of Spencer Johnson's books in print, in forty-seven languages—and with today's economic uncertainty, his new book could not be more relevant. Pithy, wise, and empowering, Peaks and Valleys is clearly destined to become another Spencer Johnson classic.

Give Me Just 3 Hours And I Will Show You How To Start, Grow And Turn Your Small Business Into Your Personal ATM That Will Give You Money On A Daily Basis! Are you planning to start a business? Do you have a small business but you are not making enough money to cover your bills and live the kind of life you want? If you answered YES to any of those

questions, this is the most important book you will ever read. Here's why; In this book, I shared the exact business and marketing techniques I used in starting my business from scratch and turning it into an empire that it has become today. You will discover valuable lessons like... 1. How to decide on the kind of business you should do 2. Why it can be a bad idea to sell what people NEED to buy 3. 7 commandments you must follow before you spend any money on advertising 4. How to get others to promote your business for you for FREE 5 How to price your products and services for maximum profitability 6. 10 factors you should consider before you quit your job to start a business 7. The full story of how I started NairaBET.com And lots more. Read this book, apply the lessons in it and watch your business transform into a cash minting venture. See you at the bank.

Presents the author's parable about change framed in a story about a group of high school friends trying to handle change in their lives.

**NEW YORK TIMES BEST SELLER** • Celebrated food blogger and best-selling cookbook author Deb Perelman knows just the thing for a Tuesday night, or your most special occasion—from salads and slaws that make perfect side dishes (or a full meal) to savory tarts and galettes; from Mushroom Bourguignon to Chocolate Hazelnut Crepe. “Innovative, creative, and effortlessly funny.” —Cooking Light Deb Perelman loves to cook. She isn’t a chef or a restaurant owner—she’s never even waitressed. Cooking in her tiny Manhattan kitchen was, at least at first, for special occasions—and, too often, an unnecessarily daunting venture. Deb found herself overwhelmed by the number of recipes available to her. Have you ever searched for the perfect birthday cake on Google? You’ll get more than three million results. Where do you start? What if you pick a recipe that’s downright bad? With the same warmth, candor, and can-do spirit her award-winning blog, Smitten Kitchen, is known for, here Deb presents more than 100 recipes—almost entirely new, plus a few favorites from the site—that guarantee delicious results every time. Gorgeously illustrated with hundreds of her beautiful color photographs, The Smitten Kitchen Cookbook is all about approachable, uncompromised home cooking. Here you’ll find better uses for your favorite vegetables: asparagus blanketing a pizza; ratatouille dressing up a sandwich; cauliflower masquerading as pesto. These are recipes you’ll bookmark and use so often they become your own, recipes you’ll slip to a friend who wants to impress her new in-laws, and recipes with simple ingredients that yield amazing results in a minimum amount of time. Deb tells you her favorite summer cocktail; how to lose your fear of cooking for a crowd; and the essential items you need for your own kitchen. From salads and slaws that make perfect side dishes (or a full meal) to savory tarts and galettes; from Mushroom Bourguignon to Chocolate Hazelnut Crepe Cake, Deb knows just the thing for a Tuesday night, or your most special occasion.

Four little friends in a maze find and enjoy some cheese, but when the cheese is gone, only Sniff and Scurry adapt and

go searching for more while Hem and Haw wait for more cheese to appear. Includes a note to parents and discussion questions.

You read the famous cheese book and digested its message. Perhaps it even moved you. Now here's your chance for a fresh perspective, an opportunity to understand cheese from the bottom up.

For those sick of corporate scandals and underhanded business practices, laughter may be the best medicine. A hilarious parody of the classic bestseller *Who Moved My Cheese*, *Who Stole My Cheese?!!* offers a little lift in an otherwise challenging situation. Inside is an insipid tale that reveals profound truths about greed. It's a cloying yet inspiring story of four small characters -- two rats and two "loyal employees" -- who are trapped in a "maze" and looking for their share of the "cheese" to sustain them and bring them happiness.

From one of the world's most recognized experts on management comes a simple parable filled with insights designed to help readers manage change quickly and prevail in changing times. Written for all ages, the story takes less than an hour to read, but its unique insights can last for a lifetime. Copyright © Libri GmbH. All rights reserved.

In *Mooncakes & Milk Bread*, food blogger Kristina Cho (eatchofood.com) introduces readers to Chinese bakery cooking with fresh, uncomplicated interpretations of classic recipes for the modern baker. Inside you'll find sweet and savory baked buns, steamed buns, Chinese breads, unique cookies, whimsical cakes, juicy dumplings, Chinese breakfast dishes, and drinks. Recipes for steamed BBQ pork buns, pineapple buns with a thick slice of butter, silky smooth milk tea, and chocolate Swiss rolls all make an appearance--because a book about Chinese bakeries wouldn't be complete without them! Kristina teaches you to whip up these delicacies like a pro, including how to Knead dough without a stand mixer Avoid collapsed steamed buns Infuse creams and custards with aromatic tea flavors Mix the most workable dumpling dough Pleat dumplings like an Asian grandma This is the first book to exclusively focus on Chinese bakeries and cafés, but it isn't just for those nostalgic for Chinese bakeshop foods--it's for all home bakers who want exciting new recipes to add to their repertoires.

Most of us think we are happy-- but could be happier. Kelly takes a look at why we sabotage our own happiness-- and what to do about it. If you hold back from God because you want to be in control, what are you gaining in life? If you make yourself available to God, incredible things will happen.

Author of the cult-favorite *Cooking for Artists*, Mina Stone, returns with a collection of 80 new recipes inspired by her traditional Greek heritage and her years cooking for some of New York's most innovative artists. Growing up in a close-knit Greek-American household, Mina Stone learned to cook from her Yiayia, who taught her that food doesn't have to be complicated to be delicious—and that almost any dish can be improved with judicious amounts of lemon, olive oil, and

salt. In this deeply personal cookbook, Stone celebrates her grandmother and the other influences that have shaped her life, her career, and her culinary tastes and expertise. *Lemon, Love & Olive Oil* weaves together more than 80 Mediterranean-style dishes with the stories that inspired them. Stone offers home cooks a taste of her heritage with healthy, flavorful, and uncomplicated dishes such as Syrian Bulgur and Yogurt with Brown Butter Pine Nuts; Persian Figs with Cardamom and Rosewater; Baby Lettuces with Toasted Sesame Seeds, Mint, and Meyer Lemon Yogurt; and Braised Chickpeas with Orange Zest and Garlic Bread Crumbs. These recipes use fresh, flavorful ingredients to create elegantly simple dishes, complemented by beautiful, minimalist photography and original art throughout. A fresh and unconventional fusion of art and food, *Lemon, Love & Olive Oil* is an engaging (and delicious!) cultural and culinary tour, all complimented by the design of world-renowned artist Urs Fischer.

It's the return of the MOB! This time celebrating all things crispy, squidgy, cheesy, spicy, warming, sticky, nourishing... all the flavours, textures and feel of comfort pulled together in one book, 100 recipes. *COMFORT MOB* is a celebration of hearty dishes from around the world that warm, soothe and fill us. Spending time in the kitchen recreating comfort is a way to indulge in dishes from the past and find new flavour and texture combinations that appeal to our senses.

Featuring old-school bangers with a MOB Kitchen twist such as Roast Garlic Chicken Pie or Beef Brisket Lasagne, and modern dishes like Sriracha Crispy Tofu or Coca Cola Chicken Wings, *COMFORT MOB* encourages you to indulge every palate and craving in a fun, affordable and achievable way. If you're in a hurry but need a quick dose of comfort, recipes like the Grilled Halloumi and Peach Burger with Chipotle Mayo or Ben's Dad's Puttanesca will hit the spot in no time. For an extra dose of comfort, follow Mob's recipes for making your own pasta, focaccia and gnocchi to take your meal to the next level. Mob have also cooked up some cosy dessert recipes to finish - try Miso Sticky Toffee Pudding or extra-oozy Chocolate Jaffa Pool. *COMFORT MOB* is a nod to homeliness and cosy nights spent cooking with friends and family, recapturing the feeling of better, safer times with food that loves you back.

Change can turn our plans, our lives and our dreams upside down. Whether you have faced a redundancy, dealt with a break-up, been in an accident, lost a loved one, had a health scare, or been impacted by an economic downturn, your ability to navigate through the change process and create an alternative plan will be the key to your future happiness. Shannah Kennedy, bestselling author of *The Life Plan*, has created a simple yet powerful four-part guide that is designed to give you the confidence to accept, heal, grow and adapt. Full of practical tips and exercises to help you process your emotions, restore and recover, shift your mindset, set clear goals and take control, *Plan B* is your roadmap to finding happiness once again.

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