

The 4 Hour Chef Simple Path To Cooking Like A Pro Learning Anything And Living Good Life Timothy Ferriss

Yeah, reviewing a books **The 4 Hour Chef Simple Path To Cooking Like A Pro Learning Anything And Living Good Life Timothy Ferriss** could mount up your close links listings. This is just one of the solutions for you to be successful. As understood, talent does not recommend that you have fabulous points.

Comprehending as without difficulty as understanding even more than additional will give each success. bordering to, the pronouncement as without difficulty as keenness of this The 4 Hour Chef Simple Path To Cooking Like A Pro Learning Anything And Living Good Life Timothy Ferriss can be taken as well as picked to act.

One Simple Idea: Turn Your Dreams into a Licensing Goldmine While Letting Others Do the Work

- Stephen Key 2011-03-11

Turn your great idea into millions—without lifting a finger! Yes, a good idea is enough to build a fortune! Too many people think production, marketing, and distribution are essential to the entrepreneurial process. As One Simple Idea shows, you can hand these tasks off to others—and make big money in doing so. Stephen Key, a highly successful entrepreneur whose creations have generated billions of revenue, offers the simple, effortless secret to success: license your simple idea and let others do the work. Breaking down the process of generating and licensing a product idea to a large company, he explains why you don't need to reinvent the wheel: Simple improvements to existing products can be very successful endeavors—and the most lucrative. The old method of bringing products to market through prototyping and patents doesn't work anymore. It's cheaper and more profitable to do it Key's way. One Simple Idea gives you everything you need to tap into the marketing and sales power of partners and licensors for maximum profit.

Become a SuperLearner - Jonathan Levi 2015-04-01

Develop the Skills to Learn Anything Faster, Easier, and More Effectively Written by the creators of the #1 bestselling course of the same name, this book will teach you how to "hack" your learning, reading, and memory skills, empowering you to learn everything faster and more effectively. What Would You Do If You Could Learn Anything 3 Times Faster? In our rapidly changing and information-driven society, the ability to learn quickly is the single most important skill. Whether you're a student, a professional, or simply embarking on a new hobby, you are forced to grapple with an every-increasing amount of information and knowledge. We've all experienced the frustration of an ever-growing reading list, struggling to learn a new language, or forgetting things you learned in even your favorite subjects. This Book Will Teach You 3 Major Skills: Speed reading with high (80%+) comprehension and understanding Memory techniques for storing and recalling vast amounts of information quickly and accurately Developing the cognitive infrastructure to support this flood of new information long-term However, the SuperLearning skills you'll learn in this course are applicable to many aspects of your every day life, from remembering phone numbers to acquiring new skills or even speaking new languages. Anyone Can Develop Super-Learning Skills This course is about improving your ability to learn new skills or information quickly and effectively. We go far beyond the kinds of "speed reading" (or glorified skimming) you may have been exposed to, diving into the actual cognitive and neurological factors that make learning easier and more successful. We also give you advanced memory techniques to grapple with the huge loads of information you'll soon be able to process. "This book should be the go-to reference for anyone looking to upgrade their mind's firmware!" -Benny Lewis, Language Learning Expert Learn How to Absorb and Retain Information in a Whole New Way - A Faster, Better Way The Authors' Proprietary Method for Teaching Speed Reading & Memory Improvement You may have even taken a normal speed reading course in the past, only to realize that you didn't retain anything you read. The sad irony is that in order to properly learn things like speed reading skills and memory techniques in the past, you had to read dozens of books and psychological journals to decode the science behind it. Or, you had to hire an expensive private tutor who specializes in SuperLearning. That's what I did. And it changed my life. Fortunately, my co-authors (experts and innovators in the fields of

superlearning, memory improvement, and speed reading) agreed to help me transform their materials into the first ever digital course. Over 25,000 satisfied students later, we have transformed our course into a book you can enjoy anywhere. Our teaching methodology relies heavily on at-home exercises. The chapters themselves are only part of what you're buying. You will be practicing various exercises and assignments on a regular basis over the course a 7 week schedule. In addition to the lectures, there are hours of supplemental video and articles which are considered part of the curriculum. "This vital book contains all the tools needed to learn, memorize, and reproduce anything you want with the joy that ease brings. Don't take another class until you've read it!" -Dr. Anthony Metivier, Author & Memory Expert If you wish to improve memory and concentration, learn more effectively, read faster, and learn the techniques of memory champions - look no further! An awesome read that will push the limits of your brain. Levi does an incredible job of guiding you through, to bring your brain from average to UNSTOPPABLE!" -Nelson Dellis, 4-Time USA Memory Champion

How to Cook Like a Top Chef - Bravo Media 2011-10-21

The number one food show on cable TV presents the ultimate guide to becoming a Top Chef. This cookbook and culinary primer in one features recipes from all six seasons of the show and season one of Top Chef: Masters, along with insider techniques from everyone's favorite contestants and judges. Covering everything from knife skills to sauces and sous-vide, How to Cook Like a Top Chef teaches aspiring chefs what it takes to be a star in the kitchen. Packed with exclusive content including a foreword by Top Chef: Masters winner Rick Bayless, original recipes from contestants, behind-the-scenes interviews, juicy trivia, and tons of tips and tricks this volume is as indispensable on the cook's countertop as it is essential reading for Top Chef fans.

Cooking for Geeks - Jeff Potter 2010-07-20

Presents recipes ranging in difficulty with the science and technology-minded cook in mind, providing the science behind cooking, the physiology of taste, and the techniques of molecular gastronomy.

Secrets of the Best Chefs - Adam Roberts 2012-11-13

Learn to cook from the best chefs in America Some people say you can only learn to cook by doing. So Adam Roberts, creator of the award-winning blog The Amateur Gourmet, set out to cook in 50 of America's best kitchens to figure out how any average Joe or Jane can cook like a seasoned pro. From Alice Waters's garden to José Andrés's home kitchen, it was a journey peppered with rock-star chefs and dedicated home cooks unified by a common passion, one that Roberts understands deeply and transfers to the reader with flair, thoughtfulness, and good humor: a love and appreciation of cooking. Roberts adapts recipes from Hugh Acheson, Lidia Bastianich, Roy Choi, Harold Dieterle, Sara Moulton, and more. The culmination of that journey is a cookbook filled with lessons, tips, and tricks from the most admired chefs in America, including how to properly dress a salad, bake a no-fail piecrust, make light and airy pasta, and stir-fry in a wok, plus how to improve your knife skills, eliminate wasteful food practices, and create recipes of your very own. Most important, Roberts has adapted 150 of the chefs' signature recipes into totally doable dishes for the home cook. Now anyone can learn to cook like a pro!

Barefoot Contessa Foolproof - Ina Garten 2012-10-30

#1 NEW YORK TIMES BESTSELLER • The Food Network star and beloved home cook shares her secrets for pulling off deeply satisfying meals that have the “wow!” factor we all crave Start with delicious Dukes Cosmopolitans made with freshly squeezed lemon juice, plus Jalapeño Cheddar Crackers that everyone will devour. Lunches include Hot Smoked Salmon, Lobster & Potato Salad, and Easy Tomato Soup with Grilled Cheese Croutons, all featuring old-fashioned flavors with the volume turned up. Elegant Slow-Roasted Filet of Beef with Basil Parmesan Mayonnaise and show-stopping Seared Scallops & Potato Celery Root Purée are just two of the many fabulous dinner recipes. And your guests will always remember the desserts, from Sticky Toffee Date Cake with Bourbon Glaze to Salted Caramel Brownies. For Ina, “foolproof” means more than just making one dish successfully; it’s also about planning a menu, including coordinating everything so it all gets to the table at the same time. In Barefoot Contessa Foolproof, Ina shows you how to make a game plan so everything is served hot while you keep your cool. There are notes throughout detailing where a recipe can go wrong to keep you on track, plus tips for making recipes in advance. It’s as though Ina is there in the kitchen with you guiding you every step of the way. With 150 gorgeous color photographs and Ina’s invaluable tips, Barefoot Contessa Foolproof is a stunning yet infinitely practical cookbook that home cooks will turn to again and again.

How to Raise a Lady - Kay West 2012-01-03

How to Raise a Lady is an invaluable resource for parents who hope their little girls will grow up to be the kind of women who know which fork to use, how to treat others, and will generally make their parents proud. How to Raise a Lady focuses on real-life topics such as sleepovers; sex, religion, and politics; and saying "please" and "thank you." The book includes: Personal stories pertaining to each topic Suggestions for the age at which parents should introduce a child to certain rules Helpful ideas in easy-to-remember phrases And suggestions that parents can follow to "teach by example"

Good and Cheap - Leanne Brown 2015-07-14

A perfect and irresistible idea: A cookbook filled with delicious, healthful recipes created for everyone on a tight budget. While studying food policy as a master’s candidate at NYU, Leanne Brown asked a simple yet critical question: How well can a person eat on the \$4 a day given by SNAP, the U.S. government’s Supplemental Nutrition Assistance Program informally known as food stamps? The answer is surprisingly well: Broiled Tilapia with Lime, Spicy Pulled Pork, Green Chile and Cheddar Quesadillas, Vegetable Jambalaya, Beet and Chickpea Salad—even desserts like Coconut Chocolate Cookies and Peach Coffee Cake. In addition to creating nutritious recipes that maximize every ingredient and use economical cooking methods, Ms. Brown gives tips on shopping; on creating pantry basics; on mastering certain staples—pizza dough, flour tortillas—and saucy extras that make everything taste better, like spice oil and tzatziki; and how to make fundamentally smart, healthful food choices. The idea for Good and Cheap is already proving itself. The author launched a Kickstarter campaign to self-publish and fund the buy one/give one model. Hundreds of thousands of viewers watched her video and donated \$145,000, and national media are paying attention. Even high-profile chefs and food writers have taken note—like Mark Bittman, who retweeted the link to the campaign; Francis Lam, who called it “Terrific!”; and Michael Pollan, who cited it as a “cool kickstarter.” In the same way that TOMS turned inexpensive, stylish shoes into a larger do-good movement, Good and Cheap is poised to become a cookbook that every food lover with a conscience will embrace.

The Million-Dollar, One-Person Business, Revised - Elaine Pofeldt 2021-01-19

The self-employment revolution is here. Learn the latest pioneering tactics from real people who are bringing in \$1 million a year on their own terms. Join the record number of people who have ended their dependence on traditional employment and embraced entrepreneurship as the ultimate way to control their futures. Determine when, where, and how much you work, and by what values. With up-to-date advice and more real-life success stories, this revised edition of The Million-Dollar, One-Person Business shows the latest strategies you can apply from everyday people who--on their own--are bringing in \$1 million a year to live exactly how they want.

Paleo Slow Cooking - Chrissy Gower 2012-10-01

Although eating a paleo diet (no gluten, grains, dairy, or legumes) has proven to be highly effective in shedding unwanted weight and improving overall health, many find preparing and cooking real-food meals on a daily basis difficult to manage. Let's face it, prepping and cooking meals, as well as cleaning multiple

pots and pans, can take a lot of time from your already hectic schedule. Not to mention the difficulties in making healthy food taste delicious. Enter the slow cooker, an easy-to-use devise that allows you to enjoy a wonderful, home-cooked meal without slaving for hours in the kitchen. In Paleo Slow Cooking, Chrissy Gower shows you that cooking real food using a variety of vegetables, clean cuts of meat, and healthy fats does not have to be a complicated, boring, or time-consuming endeavor. In this real-food-made-easy guide, Gower teaches you how to prepare full-course paleo/primal entrees, soups, stews, breakfast dishes, and desserts. To make every meal more enjoyable, Gower also includes several quick and easy side dishes to go with your slow cooker meals. Paleo Slow Cooking is sure to win the hearts of every time-crunched individual or family that yearns to eat a healthier diet. Eating paleo has never been so easy or tasted so good!

The 4-Hour Work Week - Timothy Ferriss 2007

Offers techniques and strategies for increasing income while cutting work time in half, and includes advice for leading a more fulfilling life.

The 4-hour Chef - Timothy Ferriss 2012

Presents a practical but unusual guide to mastering food and cooking featuring recipes and cooking tricks from world-renowned chefs.

An Hour to Live, an Hour to Love - Richard Carlson 2007-12-18

If you had one hour to live and could make just one phone call, who would you call? What would you say? Why are you waiting? Richard Carlson's sudden, tragic death in December 2006 left his millions of fans reeling, but even their many letters, calls, and emails couldn't erase the loss felt by his wife, Kristine. To try and come to terms with her loss, she pored over 25 years of love letters, reliving the memories and cherishing her late husband's memory. But one letter stood out. Richard had written to his wife on their 18th wedding anniversary and attempted to answer the question: if you had one hour to live, what would you do, who would you call, and what would you say? An Hour to Live, an Hour to Love is a profoundly moving book that shows the importance of treasuring each day as the incredible gift it is.

The 4-Hour Chef - Timothy Ferriss 2012-11-20

Building on Timothy Ferriss's internationally successful "4-hour" franchise, The 4-Hour Chef transforms the way we cook, eat, and learn. Featuring recipes and cooking tricks from world-renowned chefs, and interspersed with the radically counterintuitive advice Ferriss's fans have come to expect, The 4-Hour Chef is a practical but unusual guide to mastering food and cooking, whether you are a seasoned pro or a blank-slate novice.

Cooking Like a Master Chef - Graham Elliot 2015-10-27

In the first cookbook from Graham Elliot, cohost of the popular Fox series MasterChef and MasterChef Junior, 100 deliciously creative recipes show home cooks the basics of cooking and combining flavors—and then urge them to break the rules and put their own spin on great meals. Graham Elliot wants everyone to cook. To push up their sleeves and get some good food on the table. It’s Graham’s simple philosophy that, while there is no right or wrong when it comes to creativity in the kitchen, you will benefit from knowing some time-honored methods that enable you to serve tasty meals to your family day after day, week after week. So, to teach you his methods and infuse some fun into the process, he’s written Cooking Like a Master Chef, an easygoing, accessible guide for the home cook to create delicious, beautiful food for every occasion. Grouped by season (without being a strictly seasonal cooking book), Graham’s 100 recipes are illustrated with gorgeous, full-color photographs and accompanied by simple, straightforward instructions—with great twists for every palate. That’s because being a top-notch chef or a talented home cook means being a free thinker, spontaneous, like a jazz musician. Cooks need to change the music every so often—once they’re comfortable with the basics—to stay on their toes and infuse their routine with new excitement and energy. Here you’ll find recipes for pork chops with root beer BBQ sauce, halibut BLTs, buffalo chicken with Roquefort cream, corn bisque with red pepper jam and lime crema, smoked salmon with a dill schmear and bagel chips, truffled popcorn, and much more. Kids will love whipped yams with roasted turkey, potato gnocchi with brown butter, PBJ beignets, and classic banana splits. It’s no wonder so many people love Graham and his energetic creativity in the kitchen. With Cooking Like a Master Chef, now you can learn to be a skilled, resourceful, and endlessly inventive cook who makes food everyone, adults

and kids alike, will absolutely relish.

Power of An Hour - Dave Lakhani 2010-12-03

Praise for The Power of an Hour "The master at getting what you want from others now tells us how to get what we want from ourselves! This is really a great book, and I recommend it highly—for you, for your team, and for your children." -Bob Burg, author, Endless Referrals "If you want to make predictable, systematic change in your life or your business, buy this book. Each chapter is a stand-alone system that results in powerful change . . . fast." -David Hancock, The Entrepreneurial Publisher, CEO, Morgan James Publishing "Dave's methods helped me take my business from \$0 to \$10 million in sales. If you're a creative business owner who wants total focus and massive success, run, don't walk, and get this book!" -Stephanie Frank, author, The Accidental Millionaire "The Power of an Hour is a mighty powerful way to sort out your finances by first sorting out yourself!" -Mark Joyner, #1 bestselling author, The Irresistible Offer "The disease of the twenty-first century, no matter who you are or what you do, is Time Deficit Disorder. Dave Lakhani offers a brilliant solution in this book. Get it and take the cure—you'll be surprised how much better you feel!" -David Garfinkel, author, Customers on Demand

Once Upon a Chef: Weeknight/Weekend - Jennifer Segal 2021-09-14

NEW YORK TIMES BESTSELLER • 70 quick-fix weeknight dinners and 30 luscious weekend recipes that make every day taste extra special, no matter how much time you have to spend in the kitchen—from the beloved bestselling author of Once Upon a Chef. "Jennifer's recipes are healthy, approachable, and creative. I literally want to make everything from this cookbook!"—Gina Homolka, author of The Skinnytaste Cookbook Jennifer Segal, author of the blog and bestselling cookbook Once Upon a Chef, is known for her foolproof, updated spins on everyday classics. Meticulously tested and crafted with an eye toward both flavor and practicality, Jenn's recipes hone in on exactly what you feel like making. Here she devotes whole chapters to fan favorites, from Marvelous Meatballs to Chicken Winners, and Breakfast for Dinner to Family Feasts. Whether you decide on sticky-sweet Barbecued Soy and Ginger Chicken Thighs; an enlightened and healthy-ish take on Turkey, Spinach & Cheese Meatballs; Chorizo-Style Burgers; or Brownie Pudding that comes together in under thirty minutes, Jenn has you covered.

Rick Stein's Complete Seafood - Rick Stein 2008

Fish is the ultimate sophisticated weeknight or company dinner, but it can intimidate even the most nimble home cooks. RICK STEIN'S COMPLETE SEAFOOD offers an almost limitless repertoire, with detailed instructions and extensive charts. Hundreds of photographs and illustrations show how to scale and gut fish for the grill, bake whole fish in a salt or pastry casing, hot-smoke fish, prepare live crabs, and clean and stuff squid, along with other essential techniques. The most comprehensive full-color seafood instructional available, now in paperback. 2005 James Beard Cookbook of the Year. Carefully vetted and adjusted to correspond with North American fish and shellfish availability and sustainability. Reviews For all things fish related, we've found no better source than Rick Stein's Complete Seafood, a handsome, amply illustrated volume that details the selecting, handling, and cooking of every species imaginable." --Saveur (Top 100 Home Cook Edition) "Many step-by-step photos make clear how to scale, gut and fillet fish and how to handle a wide variety of shellfish and crustaceans...Cooking techniques are given the same thoughtful, step-by-step treatment. And the text is compelling enough, with lots of first-person instruction, to read at bedtime."--Washington Post

Under Pressure - Thomas Keller 2016-10-25

A revolution in cooking Sous vide is the culinary innovation that has everyone in the food world talking. In this revolutionary new cookbook, Thomas Keller, America's most respected chef, explains why this foolproof technique, which involves cooking at precise temperatures below simmering, yields results that other culinary methods cannot. For the first time, one can achieve short ribs that are meltingly tender even when cooked medium rare. Fish, which has a small window of doneness, is easier to finesse, and shellfish stays succulent no matter how long it's been on the stove. Fruit and vegetables benefit, too, retaining color and flavor while undergoing remarkable transformations in texture. The secret to sous vide is in discovering the precise amount of heat required to achieve the most sublime results. Through years of trial and error, Keller and his chefs de cuisine have blazed the trail to perfection—and they show the way in this collection of never-before-published recipes from his landmark restaurants—The French Laundry in Napa Valley and

per se in New York. With an introduction by the eminent food-science writer Harold McGee, and artful photography by Deborah Jones, who photographed Keller's best-selling The French Laundry Cookbook, this book will be a must for every culinary professional and anyone who wants to up the ante and experience food at the highest level.

Tribe of Mentors - Timothy Ferriss 2017

Life-changing wisdom from 130 of the world's highest achievers in short, action-packed pieces, featuring inspiring quotes, life lessons, career guidance, personal anecdotes, and other advice

Just a Cook Book - George M. Clark & Company 1902

Brodo - Marco Canora 2015-12-01

No one has been more responsible for the recent explosion of interest in bone than New York City chef Marco Canora. After completely revitalizing his health by integrating bone broth into his diet, Marco began to make his nourishing broths available by the cupful to New Yorkers from a small window in his East Village restaurant, drawing sell-out crowds virtually from the beginning. No longer just a building block for soups and sauces, bone broths are now being embraced for their innumerable health benefits, from cultivating a healthier gut to greater resistance to colds and other illnesses. In Brodo, Marco shares the recipes for his flavorful, nutritious broths and shows how to serve them year round as well as incorporate them into recipes and as a daily health practice. Perfect for stirring into a broth bowl or a pot of risotto, as a more gentle, supportive alternative to the afternoon caffeine fix, and an immunity and health booster any time, the homey bone broths in Brodo should be a part of every well-stocked pantry.

Tools of Titans - Timothy Ferriss 2017

"Fitness, money, and wisdom—here are the tools. Over the last two years ... Tim Ferriss has collected the routines and tools of world-class performers around the globe. Now, the distilled notebook of tips and tricks that helped him double his income, flexibility, happiness, and more is available as Tools of Titans"--Page 4 of cover.

Pro-Life, Pro-Choice - Bertha Alvarez Manninen 2014-09-05

In this provocative and accessible book, the author defends a pro-choice perspective but also takes seriously pro-life concerns about the moral value of the human fetus, questioning whether a fetus is nothing more than "mere tissue." She examines the legal status of the fetus in the recent Personhood Amendments in state legislatures and in Supreme Court decisions and asks whether Roe v. Wade should have focused on the viability of the fetus or on the bodily integrity of the woman. Manninen approaches the abortion controversy through a variety of perspectives and ethical frameworks. She addresses the social circumstances that influence many women's decision to abort and considers whether we believe that there are good and bad reasons to abort. Manninen also looks at the call for post-abortion fetal grieving rituals for women who desire them and the attempt to make room in the pro-choice position for the views of prospective fathers. The author spells out how the two sides demonize each other and proposes ways to find degrees of convergence between the seemingly intractable positions.

The 4-Hour Work Week - Timothy Ferriss 2011-08-31

A new, updated and expanded edition of this New York Times bestseller on how to reconstruct your life so it's not all about work Forget the old concept of retirement and the rest of the deferred-life plan - there is no need to wait and every reason not to, especially in unpredictable economic times. Whether your dream is escaping the rat race, experiencing high-end world travel, earning a monthly five-figure income with zero management, or just living more and working less, this book is the blueprint. This step-by-step guide to luxury lifestyle design teaches: * How Tim went from \$40,000 dollars per year and 80 hours per week to \$40,000 per MONTH and 4 hours per week * How to outsource your life to overseas virtual assistants for \$5 per hour and do whatever you want * How blue-chip escape artists travel the world without quitting their jobs * How to eliminate 50% of your work in 48 hours using the principles of a forgotten Italian economist * How to trade a long-haul career for short work bursts and frequent 'mini-retirements'. This new updated and expanded edition includes: More than 50 practical tips and case studies from readers (including families) who have doubled their income, overcome common sticking points, and reinvented themselves using the original book as a starting point * Real-world templates you can copy for eliminating

email, negotiating with bosses and clients, or getting a private chef for less than £5 a meal * How lifestyle design principles can be suited to unpredictable economic times * The latest tools and tricks, as well as high-tech shortcuts, for living like a diplomat or millionaire without being either.

Graph Algorithms - Mark Needham 2019-05-16

Discover how graph algorithms can help you leverage the relationships within your data to develop more intelligent solutions and enhance your machine learning models. You'll learn how graph analytics are uniquely suited to unfold complex structures and reveal difficult-to-find patterns lurking in your data. Whether you are trying to build dynamic network models or forecast real-world behavior, this book illustrates how graph algorithms deliver value—from finding vulnerabilities and bottlenecks to detecting communities and improving machine learning predictions. This practical book walks you through hands-on examples of how to use graph algorithms in Apache Spark and Neo4j—two of the most common choices for graph analytics. Also included: sample code and tips for over 20 practical graph algorithms that cover optimal pathfinding, importance through centrality, and community detection. Learn how graph analytics vary from conventional statistical analysis Understand how classic graph algorithms work, and how they are applied Get guidance on which algorithms to use for different types of questions Explore algorithm examples with working code and sample datasets from Spark and Neo4j See how connected feature extraction can increase machine learning accuracy and precision Walk through creating an ML workflow for link prediction combining Neo4j and Spark

A Good Food Day - Marco Canora 2014-12-30

In A Good Food Day, more than 100 recipes made with good-for-you ingredients make a good food day—a day when feeling good and eating well go hand in hand—easy and attainable. After years of thoughtless eating that led to weight gain and poor health, chef Marco Canora knew he had to make every day a good food day: a whole day in which every meal was full of healthy and delicious ingredients. But he wasn't willing to give up flavor for health. Instead of dieting, he decided to make simple, natural recipes fit for a food lover's palate. Marco explains the secret powers of good-for-you ingredients (such as low-GI carbohydrates and alkaline-forming greens), and then builds them into recipes that are all about satisfaction, such as Amaranth Polenta with Tuscan Kale, Black Rice Seafood Risotto, Citrus-Spiked Hazelnut and Rosemary Granola, and Chickpea Crepe Sandwiches. He covers techniques to coax natural flavor out of dishes, including infusing seasoning into vegetable salads and pounding fresh herbs and spices into lean meats. To make a lasting change in your diet, the food you eat has to be delicious. A Good Food Day is for people who love real food, and know that healthy and flavorful can go hand in hand.

The Science of Cooking - Stuart Farrimond 2017-09-19

Get answers to all your cooking science questions, and cook tastier, more nutritious food using fundamental principles, practical advice, and step-by-step techniques. Where does the heat come from in a chili pepper? Why is wild salmon darker than farmed? Does searing meat really "seal in" the juices? A good recipe goes a long way, but if you can master the science behind it, you'll be one step ahead. Using full-color images, stats and facts through infographics, and an engaging Q&A format to show you how to perfect your cooking, The Science of Cooking brings food science out of the lab and into your kitchen. Topics include meat and poultry, seafood, dairy, pulses and grains, fruits, vegetables, spices, herbs, baked goods, and more, making it perfect for perfecting everyday cooking as well as for special meals.

Ask a Manager - Alison Green 2018-05-01

From the creator of the popular website Ask a Manager and New York's work-advice columnist comes a witty, practical guide to 200 difficult professional conversations—featuring all-new advice! There's a reason Alison Green has been called "the Dear Abby of the work world." Ten years as a workplace-advice columnist have taught her that people avoid awkward conversations in the office because they simply don't know what to say. Thankfully, Green does—and in this incredibly helpful book, she tackles the tough discussions you may need to have during your career. You'll learn what to say when • coworkers push their work on you—then take credit for it • you accidentally trash-talk someone in an email then hit "reply all" • you're being micromanaged—or not being managed at all • you catch a colleague in a lie • your boss seems unhappy with your work • your cubemate's loud speakerphone is making you homicidal • you got drunk at the holiday party Praise for Ask a Manager "A must-read for anyone who works . . . [Alison Green's] advice

boils down to the idea that you should be professional (even when others are not) and that communicating in a straightforward manner with candor and kindness will get you far, no matter where you work."—Booklist (starred review) "The author's friendly, warm, no-nonsense writing is a pleasure to read, and her advice can be widely applied to relationships in all areas of readers' lives. Ideal for anyone new to the job market or new to management, or anyone hoping to improve their work experience."—Library Journal (starred review) "I am a huge fan of Alison Green's Ask a Manager column. This book is even better. It teaches us how to deal with many of the most vexing big and little problems in our workplaces—and to do so with grace, confidence, and a sense of humor."—Robert Sutton, Stanford professor and author of The No Asshole Rule and The Asshole Survival Guide "Ask a Manager is the ultimate playbook for navigating the traditional workforce in a diplomatic but firm way."—Erin Lowry, author of Broke Millennial: Stop Scraping By and Get Your Financial Life Together

Homemade with Love - Jennifer Perillo 2013-03-26

With its delectable recipes and charming girl-next-door tone, Homemade With Love is sure to be a welcome addition to the kitchens of longtime readers of the blog, In Jennie's Kitchen. Jennifer Perillo has long written on the pleasures and importance of cooking from scratch, buying local, and eating at home. Jennie shares her love for her farmers' markets and local purveyors while dishing out a hearty dose of practical culinary know-how for the working parent-or any busy cook. Jennie has been writing online since 2006, and developing recipes for more than 15 years, even after the sudden death of her young husband, Mikey, in 2011. Gathering her family together around the table was her recipe for healing; though many things about her life have changed, her commitment to eating for nourishment—physical and spiritual—has not. A seasoned recipe developer and personal chef, Jennie has crafted shortcuts (like two homemade all-purpose baking mixes, used as a base for baked goods such as breads, muffins, and cupcakes) to make good eating just a little easier. Try recipes like Orange-Scented Waffles, Carrot Fennel Soup, Lentil Ricotta Meatballs, Drop Biscuit Chicken Pot Pie, Strawberry Blender Sherbet, and Lemon Buttermilk Doughnuts. Simple, soulful recipes for every meal of the day emphasize farm-fresh produce and whole foods. Jennie's distinctive voice is an evangelist for eating close to home, lingering around the table.

The 4-Hour Body - Timothy Ferriss 2010-12-14

#1 NEW YORK TIMES BESTSELLER • The game-changing author of Tribe of Mentors teaches you how to reach your peak physical potential with minimum effort. "A practical crash course in how to reinvent yourself."—Kevin Kelly, Wired Is it possible to reach your genetic potential in 6 months? Sleep 2 hours per day and perform better than on 8 hours? Lose more fat than a marathoner by bingeing? Indeed, and much more. The 4-Hour Body is the result of an obsessive quest, spanning more than a decade, to hack the human body using data science. It contains the collective wisdom of hundreds of elite athletes, dozens of MDs, and thousands of hours of jaw-dropping personal experimentation. From Olympic training centers to black-market laboratories, from Silicon Valley to South Africa, Tim Ferriss fixated on one life-changing question: For all things physical, what are the tiniest changes that produce the biggest results? Thousands of tests later, this book contains the answers for both men and women. It's the wisdom Tim used to gain 34 pounds of muscle in 28 days, without steroids, and in four hours of total gym time. From the gym to the bedroom, it's all here, and it all works. You will learn (in less than 30 minutes each): • How to lose those last 5-10 pounds (or 100+ pounds) with odd combinations of food and safe chemical cocktails • How to prevent fat gain while bingeing over the weekend or the holidays • How to sleep 2 hours per day and feel fully rested • How to produce 15-minute female orgasms • How to triple testosterone and double sperm count • How to go from running 5 kilometers to 50 kilometers in 12 weeks • How to reverse "permanent" injuries • How to pay for a beach vacation with one hospital visit And that's just the tip of the iceberg. There are more than 50 topics covered, all with real-world experiments, many including more than 200 test subjects. You don't need better genetics or more exercise. You need immediate results that compel you to continue. That's exactly what The 4-Hour Body delivers.

The Lost Kitchen - Erin French 2017-05-09

An evocative, gorgeous four-season look at cooking in Maine, with 100 recipes No one can bring small-town America to life better than a native. Erin French grew up in Freedom, Maine (population 719), helping her father at the griddle in his diner. An entirely self-taught cook who used cookbooks to form her culinary

education, she now helms her restaurant, The Lost Kitchen, in a historic mill in the same town, creating meals that draw locals and visitors from around the world to a dining room that feels like an extension of her home kitchen. The food has been called “brilliant in its simplicity and honesty” by Food & Wine, and it is exactly this pure approach that makes Erin’s cooking so appealing—and so easy to embrace at home. This stunning giftable package features a vellum jacket over a printed cover.

Pimp My Noodles - Kathy Kordalis 2017-08-10

When you want a feast in a flash, noodles are the obvious choice – quick, filling and utterly delicious. Pimp My Noodles shows you how, with just a few extra minutes and ingredients, you can elevate this store cupboard staple to a level you never thought possible. With over 50 imaginative noodle upgrades, this book is the ultimate guide to instant gourmet dishes. Not sure what to have for dinner? Why not whip-up the 10-Minute Ramen, topped with a yolky soft-boiled egg. Transport yourself to Italy with the Cacio e Pepe noodles or conquer your hanger with street food favourite, the Ramen Burger. For those of you with a sweet tooth, treat yourself to a Nutella® Swirl Cheese cake Pot with Crispy Spider Noodles or for ultimate indulgence, get stuck into the Butternut & Noodle Spiced Pancakes with Pecan and Maple. Fresh, fast and bursting with flavour, Pimp My Noodles will teach you how to transform the humble instant noodle into a tasty and impressive feast. Noodles just got pimped!

The First 20 Hours - Josh Kaufman 2013-06-13

Forget the 10,000 hour rule— what if it’s possible to learn the basics of any new skill in 20 hours or less? Take a moment to consider how many things you want to learn to do. What’s on your list? What’s holding you back from getting started? Are you worried about the time and effort it takes to acquire new skills—time you don’t have and effort you can’t spare? Research suggests it takes 10,000 hours to develop a new skill. In this nonstop world when will you ever find that much time and energy? To make matters worse, the early hours of practicing something new are always the most frustrating. That’s why it’s difficult to learn how to speak a new language, play an instrument, hit a golf ball, or shoot great photos. It’s so much easier to watch TV or surf the web . . . In The First 20 Hours, Josh Kaufman offers a systematic approach to rapid skill acquisition— how to learn any new skill as quickly as possible. His method shows you how to deconstruct complex skills, maximize productive practice, and remove common learning barriers. By completing just 20 hours of focused, deliberate practice you’ll go from knowing absolutely nothing to performing noticeably well. Kaufman personally field-tested the methods in this book. You’ll have a front row seat as he develops a personal yoga practice, writes his own web-based computer programs, teaches himself to touch type on a nonstandard keyboard, explores the oldest and most complex board game in history, picks up the ukulele, and learns how to windsurf. Here are a few of the simple techniques he teaches: Define your target performance level: Figure out what your desired level of skill looks like, what you’re trying to achieve, and what you’ll be able to do when you’re done. The more specific, the better. Deconstruct the skill: Most of the things we think of as skills are actually bundles of smaller subskills. If you break down the subcomponents, it’s easier to figure out which ones are most important and practice those first. Eliminate barriers to practice: Removing common distractions and unnecessary effort makes it much easier to sit down and focus on deliberate practice. Create fast feedback loops: Getting accurate, real-time information about how well you’re performing during practice makes it much easier to improve. Whether you want to paint a portrait, launch a start-up, fly an airplane, or juggle flaming chainsaws, The First 20 Hours will help you pick up the basics of any skill in record time . . . and have more fun along the way.

The Good Gut - Justin Sonnenburg 2015-04-21

The groundbreaking science behind the surprising source of good health Stanford University’s Justin and Erica Sonnenburg are pioneers in the most exciting and potentially transformative field in the entire realm of human health and wellness, the study of the relationship between our bodies and the trillions of organisms representing thousands of species to which our bodies play host, the microbes that we collectively call the microbiota. The microbiota interacts with our bodies in a number of powerful ways; the Sonnenburgs argue that it determines in no small part whether we’re sick or healthy, fit or obese, sunny or moody. The microbiota has always been with us, and in fact has coevolved with humans, entwining its functions with ours so deeply, the Sonnenburgs show us, humans are really composite organisms having both microbial and human parts. But now, they argue, because of changes to diet, antibiotic over-use, and

over-sterilization, our gut microbiota is facing a “mass extinction event,” which is causing our bodies to go haywire, and may be behind the mysterious spike in some of our most troubling modern afflictions, from food allergies to autism, cancer to depression. It doesn’t have to be this way. The Good Gut offers a new plan for health that focuses on how to nourish your microbiota, including recipes and a menu plan. In this groundbreaking work, the Sonnenburgs show how we can keep our microbiota off the endangered species list and how we can strengthen the community that inhabits our gut and thereby improve our own health. The answer is unique for each of us, and it changes as you age. In this important and timely investigation, the Sonnenburgs look at safe alternatives to antibiotics; dietary and lifestyle choices to encourage microbial health; the management of the aging microbiota; and the nourishment of your own individual microbiome. Caring for our gut microbes may be the most important health choice we can make.

Simple, Powerful Strategies for Student Centered Learning - George Martin Jacobs 2016-03-29

This book reminds us teachers about all the little things we can do to be more student-centric. It shows teachers how to “walk the walk,” and shows teacher educators how to guide colleagues along a student-centered path. The book examines why we should and how we can promote student-student interaction to enable students to learn more and enjoy the process. It also offers simple but effective strategies for enhancing student motivation, a factor that many experts consider to be the most important determinant of success in educational endeavors. In addition, it examines diversity, particularly the many differences that exist among students, and explains simple, easy strategies for how this diversity can be not only taken into consideration, but actively celebrated.

The Dip - Seth Godin 2007-05-10

A New York Times, USA Today, and Wall Street Journal bestseller In this iconic bestseller, popular business blogger and bestselling author Seth Godin proves that winners are really just the best quitters. Godin shows that winners quit fast, quit often, and quit without guilt—until they commit to beating the right Dip. Every new project (or job, or hobby, or company) starts out fun...then gets really hard, and not much fun at all. You might be in a Dip—a temporary setback that will get better if you keep pushing. But maybe it’s really a Cul-de-Sac—a total dead end. What really sets superstars apart is the ability to tell the two apart. Winners seek out the Dip. They realize that the bigger the barrier, the bigger the reward for getting past it. If you can beat the Dip to be the best, you’ll earn profits, glory, and long-term security. Whether you’re an intern or a CEO, this fun little book will help you figure out if you’re in a Dip that’s worthy of your time, effort, and talents. The old saying is wrong—winners do quit, and quitters do win.

Obsessed - Emily Heyward 2020-06-09

The 2020 Porchlight Marketing & Sales Book of the Year The cofounder and chief branding officer of Red Antler, the branding and marketing company for startups and new ventures, explains how hot new brands like Casper, Allbirds, Sweetgreen, and Everlane build devoted fan followings right out of the gate. We’re in the midst of a startup revolution, with new brands popping up every day, taking over our Instagram feeds and vying for our affection. Every category is up for grabs, and traditional brands are seeing their businesses erode as hundreds of small companies encroach on their territory, each hoping to become the next runaway success. But it’s not enough to have a great idea, or a cool logo. Emily Heyward founded Red Antler, the Brooklyn based brand and marketing company, to help entrepreneurs embed brand as a driver of business success from the beginning. In Obsessed, Heyward outlines the new principles of what it takes to build and launch a brand that has people queuing up to buy it on opening day. She takes you behind the scenes of the creation of some of today’s hottest new brands, showing you: • How Casper was able to upend the mattress industry by building a beloved brand where none had existed before • How the dating app Hinge won a fanatical user base and great word-of-mouth with the promise that the app was “designed to be deleted” • Why luggage startup Away, now valued at \$1.4 billion, could build their brand around love of travel by launching with just one product—a hard-shell carry-on suitcase—rather than a whole range of luggage offerings. Whether you’re starting a new business, launching a new product line, or looking to refresh a brand for a new generation of customers, Obsessed shows you why the old rules of brand-building no longer apply, and what really works for today’s customers.

Killing Sacred Cows - Garrett B. Gunderson 2008

Debunks nine myths about effective money management and describes the principles that lead to true

financial success and prosperity.

The Food Lab: Better Home Cooking Through Science - J. Kenji López-Alt 2015-09-21

A New York Times Bestseller Winner of the James Beard Award for General Cooking and the IACP Cookbook of the Year Award "The one book you must have, no matter what you're planning to cook or where your skill level falls."—New York Times Book Review Ever wondered how to pan-fry a steak with a charred crust and an interior that's perfectly medium-rare from edge to edge when you cut into it? How to make homemade mac 'n' cheese that is as satisfyingly gooey and velvety-smooth as the blue box stuff, but far tastier? How to roast a succulent, moist turkey (forget about brining!)—and use a foolproof method that

works every time? As Serious Eats's culinary nerd-in-residence, J. Kenji López-Alt has pondered all these questions and more. In *The Food Lab*, Kenji focuses on the science behind beloved American dishes, delving into the interactions between heat, energy, and molecules that create great food. Kenji shows that often, conventional methods don't work that well, and home cooks can achieve far better results using new—but simple—techniques. In hundreds of easy-to-make recipes with over 1,000 full-color images, you will find out how to make foolproof Hollandaise sauce in just two minutes, how to transform one simple tomato sauce into a half dozen dishes, how to make the crispiest, creamiest potato casserole ever conceived, and much more.