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From the #1 New York Times bestselling author of milk and honey and the sun and her flowers comes her greatly anticipated third collection of poetry. rupi kaur constantly embraces growth, and in home body, she walks readers through a reflective and intimate journey visiting the past, the present, and the potential of the self. home body is a collection of raw, honest conversations with oneself - reminding readers to fill up on love, acceptance, community, family, and embrace change. illustrated by the author, themes of nature and nurture, light and dark, rest here. i dive into the well of my body and end up in another world everything i need already exists in me there's no need to look anywhere else - home

Happy Hours: The Penguin Book of Cocktails is a first of its kind and all that you will need to set up your very own bar and make it the most talked-about one in town. It will show you how to master basic techniques and impress your guests: keep your glasses sparkling clean, create decorative ice cubes and use a cocktail shaker with panache. It will tell you about the origins, production and classification of different types of liquor, and provide smart tips on preserving and serving them. It will treat you to a splendid selection of over 650 recipes—from classics such as the Tom Collins and Daiquiri to unique concoctions like the Maheshwar Margarita (a feni-Cointreau-lemon juice mix) and Mango Bellini to inventive punches, mocktails and heady mixtures guaranteed to cure hangovers—complete with meticulous instructions on measurements, suggested glassware and garnishes, as well as a few tricks to reinvent popular mixes. Along the way, you'll also pick up • Up-to-date information on premier liquor brands and their availability in India • Entertaining asides on sundry topics of interest, from the most expensive whisky in the world to the status of alcohol in ancient Indian society • Crucial advice on how to recover from a night of hectic partying • A comprehensive glossary that provides clear definitions of otherwise unfamiliar terms Whether you're a professional bartender or a generous host, planning a lavish party or simply looking to add zing to an evening drink, this stylish, sumptuous book is the ultimate companion for your bar.

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An A to Z Catalog of Innovative Spices and Flavorings Designed to be a practical tool for the many diverse professionals who develop and market foods, the Handbook of Spices, Seasonings, and Flavorings combines technical information about spices—forms, varieties, properties, applications, and quality specifications — with information about trends, spice history, and the culture behind their cuisines. The book codifies the vast technical and culinary knowledge for the many professionals who develop and market foods. While many reference books on spices include alphabetized descriptions, the similarity between this book and others ends there. More than just a list of spices, this book covers each spice's varieties, forms, and the chemical components that typify its flavor and color. The author includes a description of spice properties, both chemical and sensory, and the culinary information that will aid in product development. She also explains how each spice is used around the world, lists the popular global spice blends that contain the spice, describes each spice's folklore and traditional medicine usage, and provides translations of each spice's name in global languages. New to this edition is coverage of spice labeling and a chapter on commercial seasoning formulas. Going beyond the scope of most spice books, this reference describes ingredients found among the world's cuisines that are essential in providing flavors, textures, colors, and nutritional value to foods. It explores how these ingredients are commonly used with spices to create authentic or new flavors. The author has created a complete reference book that includes traditionally popular spices and flavorings as well as those that are emerging in the US to create authentic or fusion products. Designed to help you meet the challenges and demands of today's dynamic marketplace, this book is a complete guide to developing and marketing successful products.

Introduces milking machines, discussing how they function and their purpose.

When his ship, Antler, becomes stranded off the coast of Morocco, Lord George Herbert is taken in for the night by the concubines of a local harem whose master is away. Herbert seizes the opportunity offered to him and spends the night taking pleasure in the eager women and convincing the nine ladies, each of a different nationality, to tell the story of her sexual history and how she came to be in the harem. In return, he tells stories of his own exploits. *A Night in a Moorish Harem* was banned for many years as a result of its erotic content, and throughout the early twentieth century numerous booksellers were arrested for selling it. It is now considered to be one of the classics of Victorian erotica. HarperPerennial Classics brings great works of literature to life in digital format, upholding the highest standards in ebook production and celebrating reading in all its forms. Look for more titles in the HarperPerennial Classics collection to build your digital library.

Based on the ancient healing tradition from India that dates back thousands of years, *The Complete Book of Ayurvedic Home Remedies* offers natural alternatives to conventional medicines and treatments with practical advice and easy-to-follow instructions. Dr. Vasant Lad, a leading authority in this field, has created an invaluable guide to treating common ailments and chronic problems with strategies tailored to your personal needs based on your dosha. Dr. Lad first explains the principles behind the science of Ayurveda, exploring the physical and psychological characteristics of each of the three doshas, or mind-body types--vata, pitta, and kapha. Once you have determined which type or combination of types you are, Dr. Lad helps you to begin your journey to the ultimate "state of balance" and well-being. Dr. Lad explains why certain imbalances often result in illness and shows you how to restore your body to natural order. You'll learn which traditional Ayurvedic remedies--herbal teas and formulas, essential oils, meditation, yoga--offer relief from a variety of conditions, such as cold and flu symptoms, headaches, toothaches, sore throats, high cholesterol, vision problems, anxiety, and depression. Dr. Lad also shows you how to use diet and

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specific Ayurvedic techniques to prevent future illness and to promote body consciousness and healthy living. The Complete Book of Ayurvedic Home Remedies enables us all to experience the benefits of Ayurveda's healing properties that have been refined over thousands of years. All of the herbs, foods, and oils Dr. Lad recommends can be found in local health food stores or through mail-order catalogs. Complete with an extensive glossary and resource list, this is the definitive guide to natural, safe, and effective remedies, everyday keys to a lifetime of vitality and well-being.

NEW YORK TIMES BESTSELLER Now in paperback—Peggy Orenstein, author of the groundbreaking New York Times bestseller *Girls & Sex*, turns her focus to the sexual lives of young men. “Eye-opening”. Every few pages, the boy world cracks open a little bit. Even in the most anxiety-provoking moments of *Boys & Sex*, it’s clear that Orenstein believes in the goodness of boys and the men they can become, and she believes in us, as parents, to raise them” (New York Times Book Review). Peggy Orenstein’s *Girls & Sex* broke ground, shattered taboos, and launched conversations about young women’s right to pleasure and agency in sexual encounters. It also had an unexpected effect on its author: Orenstein realized that talking about girls is only half the conversation. Boys are subject to the same cultural forces as girls—steeped in the same distorted media images and binary stereotypes of female sexiness and toxic masculinity—which equally affect how they navigate sexual and emotional relationships. In *Boys & Sex*, Peggy Orenstein dives back into the lives of young people to once again give voice to the unspoken, revealing how young men understand and negotiate the new rules of physical and emotional intimacy. Drawing on comprehensive interviews with young men, psychologists, academics, and experts in the field, *Boys & Sex* dissects so-called locker room talk; how the word “hilarious” robs boys of empathy; pornography as the new sex education; boys’ understanding of hookup culture and consent; and their experience as both victims and perpetrators of sexual violence. By surfacing young men’s experience in all its complexity, Orenstein is able to unravel the hidden truths, hard lessons, and important realities of young male sexuality in today’s world. The result is a provocative and paradigm-shifting work that offers a much-needed vision of how boys can truly move forward as better men.

For the past year, Manish and Neha’s marriage has been falling apart. Frustrated by Neha’s lack of interest in the bedroom, Manish turns to the new maid, Tanvi, for comfort. Although Tanvi offers him pleasure beyond anything he’s imagined, Manish is wracked with guilt afterward. What will Neha do when she learns of Manish’s indiscretion? All characters are 18 or older. Caution: This book is intended for adult readers only. It contains explicit sexual material. If such material offends you, please do not buy this book. Keywords: Indian erotica, Indian authors, Indian sex stories, maid erotica, books by indian authors, indian romance books, erotia novels

This comprehensive title is among the first to extensively use newly released 2010 U.S. Census data to examine multiculturalism today and tomorrow in America. This distinction is important considering the following NPR report by Eyder Peralta: “Based on the first national numbers released by the Census Bureau, the AP reports that minorities account for 90 percent of the total U.S. growth since 2000, due to immigration and higher birth rates for Latinos.” According to John Logan, a Brown University sociologist who has analyzed most of the census figures, “The futures of most metropolitan areas in the country are contingent on how attractive they are to Hispanic and Asian populations.” Both non-Hispanic whites and blacks are getting older as a group. “These groups are tending to fade out,” he added. Another demographer, William H. Frey with the Brookings Institution, told *The Washington Post* that this has been a pivotal decade. “We’re pivoting from a white-black-

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dominated American population to one that is multiracial and multicultural. Multicultural America: A Multimedia Encyclopedia explores this pivotal moment and its ramifications with more than 900 signed entries not just providing a compilation of specific ethnic groups and their histories but also covering the full spectrum of issues flowing from the increasingly multicultural canvas that is America today. Pedagogical elements include an introduction, a thematic reader's guide, a chronology of multicultural milestones, a glossary, a resource guide to key books, journals, and Internet sites, and an appendix of 2010 U.S. Census Data. Finally, the electronic version will be the only reference work on this topic to augment written entries with multimedia for today's students, with 100 videos (with transcripts) from Getty Images and Video Vault, the Agence France Press, and Sky News, as reviewed by the media librarian of the Rutgers University Libraries, working in concert with the title's editors.

"North Indian poetry, music, religion, and politics come to life in *Bodies of Song*, a textual and ethnographic work on the oral traditions of Kabir, one of the great fifteenth-century iconoclastic poet of Hindi literature. Linda Hess's book provides stories of individuals and families, villages and towns, religious and secular organizations, castes and communities of those who sing, hear, celebrate, revere, and dispute about Kabir"--

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