
In The Miso Soup

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In The Miso Soup

IN THE MISO SOUP SUMMARY COLLECTION: OPEN THE ESSENCE IN BITE-SIZED CHUNKS

Invite to our fascinating publication summary collection. We are delighted to present you to the world of In The Miso Soup summaries and exactly how they can enhance your reading experience. As avid viewers ourselves, we understand the worth of diving into the heart of every tale and discovering its

significance in bite-sized portions.

In The Miso Soup publication summary collection uses simply that - a succinct and interesting recap of the key points and themes of a publication. In today's busy globe, we know that time is valuable, and our summaries are developed to save you time by giving a fast review of In The Miso Soup's web content and understandings.

Our team of professional writers carefully curates our publication summary of In The Miso Soup collection to make certain that we offer you with

high-quality summaries that capture the essence of each book. Whether you are seeking to discover brand-new genres, uncover brand-new authors, or just acquire deeper understandings into your favored publications, our collection has something for everybody.

Join us today and unlock the world of In The Miso Soup summaries. Discover the benefits of condensing complex ideas right into simple and easy-to-understand language. Our publication recaps are a fantastic means to increase your knowledge and widen your horizons without needing to invest hours of your time.

Keep tuned as we explore the idea of In The Miso Soup, discuss their advantages, and provide tips on exactly how to compose reliable recaps. With our

assistance, you'll locate the right book for your interests and unlock a globe of understanding.

EXPLORING BOOK RECAPS OF IN THE MISO SOUP

At our publication summary collection, we strongly rely on the power of exploring In The Miso Soup. Not only can this open brand-new expertise and understandings, but it can additionally save viewers time and assist them decide which books to invest their time in. Allow's dive into the principle of In The Miso Soup summaries and their advantages.

What are book recaps?

Book recaps are condensed versions of a book's key points and themes. They offer a fast review of In The Miso Soup's significance in bite-sized chunks. They can range from a few paragraphs to a few web pages.

Why are they beneficial?

In The Miso Soup summaries are useful due to the fact that they permit readers to get a much deeper understanding of a book's bottom lines and motifs without

needing to check out the complete book. They are specifically useful for active individuals that intend to stay informed but may not have the time to read a whole publication of In The Miso Soup.

Exactly how can they benefit In The Miso Soup viewers?

Reserve summaries can profit visitors by saving time, supplying a practical introduction of In The Miso Soup's significance, and helping readers determine which books deserve

spending more time in. They allow visitors to promptly and conveniently obtain understandings and knowledge without having to dedicate to reading the complete publication of In The Miso Soup.

- Conserves time
- Supplies a quick review
- Assists In The Miso Soup visitors make a decision which publications to spend even more time in

Stay tuned for our following section where we will certainly dive deeper right into the advantages of In The Miso Soup.

BENEFITS OF IN THE MISO SOUP PUBLICATION RECAPS

At our book recap collection, our team

believe in the countless benefits of reading In The Miso Soup summaries. Below are a couple of crucial advantages:

- **Time-saving:** With our active schedules, it can be challenging to locate time to review every publication we desire. Our book recaps use a quick overview of the most vital factors without needing to invest numerous hours in reviewing In The Miso Soup whole book.
- **Quick introduction of In The Miso Soup:** If there is a book you have an interest in, yet you're not sure if it's appropriate for you, our publication recaps supply a peek right into the writer's essences and

writing style before buying the full book.

- **Improved understanding in In The Miso Soup:** For those that have actually reviewed the entire book, our publication recaps offer a possibility to freshen your memory and uncover the bottom lines and motifs.

On the whole, book summaries of In The Miso Soup offer a valuable tool to boost your analysis experience and optimize your effort and time.

JUST HOW TO CREATE A PUBLICATION SUMMARY OF IN THE MISO SOUP

Composing a book recap may look like a challenging job, but it can actually be a

fun and satisfying experience. Below are some key elements to bear in mind when creating your book recap:

1. **Concentrate on the significance:** The objective of a book recap is to record the essence of In The Miso Soup in a succinct and compelling means. Avoid getting caught up in the information and instead focus on the key points and themes that the author is attempting to share.
2. **Keep it quick:** In The Miso Soup summary is suggested to be a fast review, so keep it brief. Adhere to one of the most important information and avoid going into excessive depth.
3. **Consist of the primary**

characters: Ensure to consist of a quick summary of the major personalities, including their names and any defining traits or attributes.

4. **Highlight the main styles:**

Identify the main styles of In The Miso Soup and highlight them in your summary. This will certainly give readers a much better idea of what guide has to do with and what they can anticipate to learn from it.

By keeping these key elements in mind, you can create an effective and engaging book summary that catches the significance of In The Miso Soup book and leaves viewers desiring a lot more.

FINDING THE RIGHT IN THE MISO SOUP BOOK RECAPS

Are you struggling to discover the right In The Miso Soup recaps for your rate of interests? Don't worry, we have actually obtained you covered. Below are some pointers on finding high-grade publication summaries:

1. Online Platforms

One of the simplest means to locate In The Miso Soup summaries is through on-line platforms. Websites like Blinkist, getAbstract, and Sumizeit provide a selection of summaries for different classifications and categories. You can

additionally look into Amazon Kindle's "Short Reads" section for fast, easy-to-digest recaps.

2. Reserve Review Websites

Schedule review web sites like Goodreads and BookPage frequently feature summaries along with their reviews. They can offer a deeper understanding of In The Miso Soup plot and themes while additionally supplying understanding right into the visitor's experience. You can additionally look into their "advised" web page to find new summaries.

3. Curated Collections

For visitors that prefer an extra tailored touch, curated collections are a wonderful alternative. These collections are frequently produced by market specialists or fanatics and give a list of must-read summaries for different styles. You can find them on blogs, podcasts, and also social media teams.

With these ideas, you can discover the right In The Miso Soup publication recaps for your interests and preferences. Pleased reading!

In the Miso Soup *Penguin*

From postmodern Renaissance man Ryu Murakami, master of the psychothriller and director of Tokyo Decadence, comes this hair-raising roller-coaster ride through the nefarious neon-lit world of Tokyo's sex industry. In the Miso Soup tells of Frank, an overweight American tourist who has hired Kenji to take him on a guided tour of Tokyo's sleazy nightlife. But Frank's behavior is so strange that Kenji begins to entertain a horrible suspicion—that his new client is in fact the serial killer currently terrorizing the city. It is not until later, however, that Kenji learns exactly how much he has to fear and how irrevocably his encounter with this great white whale of an American will change his life.

In the Miso Soup *Bloomsbury Paperbacks*

The Follow Up To In The Miso Soup, Piercing Confirms Ryu Murakami As The Master Of The Psycho-Thriller Every Night, Kawashima Masayuki Creeps From His Bed And Watches Over His Baby Girl S Crib While His Wife Sleeps. But This Is No Ordinary Domestic Scene. He Has An Ice Pick In His Hand, And A Barely Controllable Desire To Use It. Deciding To Confront His Demons, Kawashima Sets Into Motion A Chain Of Events Seeming To Lead Inexorably To Murder&

In The Miso Soup *A&C Black*

It's just before New Year, and Frank, an overweight American tourist, has hired Kenji to take him on a guided tour of Tokyo's nightlife. But Frank's behaviour

is so odd that Kenji begins to entertain a horrible suspicion: his client may in fact have murderous desires. Although Kenji is far from innocent himself, he unwillingly descends with Frank into an inferno of evil, from which only his sixteen-year-old girlfriend, Jun, can possibly save him.

In the Miso Soup *Kodansha International*

When tour guide Kenji is hired by Frank, an American with bizarre habits, to show him the seamier side of Tokyo's nightlife, the man's strange behavior leads Kenji to suspect that he is the serial killer that has been terrorizing the area.

Piercing *A&C Black*

Every night, Kawashima Masayuki creeps

from his bed and watches over his baby girl's crib while his wife sleeps. But this is no ordinary domestic scene. He has an ice pick in his hand, and a barely controllable desire to use it. Deciding to confront his demons, Kawashima sets into motion a chain of events seeming to lead inexorably to murder...

Just One Cookbook

Audition *A&C Black*

Since the death of his wife seven years ago, documentary maker Aoyama has not dated anyone else. Now even his teenage son, Shige, thinks that he should remarry and his best friend Yoshikawa comes up with a plan: to hold fake film auditions from which, he can choose a new bride. Of the thousands

who apply, it is a beautiful ballerina, Yamasaki Asami, who captivates Aoyama. Infatuated by her fragile nature and nervous smile, he ignores his increasing sense of unease, putting aside his doubts about his new love, until it may be too late... In Audition, Ryu Murakami delivers his most subtly disturbing novel yet, confirming him as Japan's master of the psycho-thriller.

Japanese Soups

66 Nourishing Broths, Stews and Hotpots *Tuttle Publishing*

Hearty and healthy recipes straight from an authentic Japanese kitchen! Soup is an integral part of the traditional Japanese meal—whether a delicate miso soup in a lacquered bowl to be sipped as

you eat your rice, or a rich and flavorful broth poured over a noodle dish. In this book, Japanese culinary expert Keiko Iwasaki shares the homemade soup recipes that she makes regularly for her family and friends at home—ranging from filling one-pot meals to light and tasty accompaniments. Recipes include: Japanese-Style Oyster Chowder Egg Soup with Shrimp and Napa Cabbage Pork Belly Soup with Vegetables Sesame Miso Soup with Beef and Watercress Summer Vegetable Soup Curried Tomato Soup with Pork Meatballs And many more—66 in all! All the soups in this book are made from homemade stocks that use healthy ingredients such as konbu seaweed or shiitake mushrooms, so that they are natural and additive free. The soup recipes themselves are

based largely on vegetables, which are combined with seafood and meat to maximize the nutritional balance. They are also low calorie, and naturally gluten free. One of the main differences between Japanese and Western soups is that Japanese soups are cooked lightly rather than simmered for a long time. By following the recipes in this book, you can quickly and easily rustle up a warm bowl of soup to soothe your soul after a busy day.

Coin Locker Babies *Pushkin Press*

Two babies are left in a Tokyo station coin locker and survive against the odds, but their lives are forever tainted by this inauspicious start. As they grow up, they join the ranks of Toxtown: a district of addicts, freaks and prostitutes. One

becomes a bisexual rock star and looks for his mother, while the other one, an athlete, seeks revenge. This savage and stunning story unfolds in a surrealistic whirl of violence.

The Woman in the White Kimono

A Novel *Harlequin*

Oceans and decades apart, two women are inextricably bound by the secrets between them. Japan, 1957. Seventeen-year-old Naoko Nakamura's prearranged marriage to the son of her father's business associate would secure her family's status in their traditional Japanese community, but Naoko has fallen for another man—an American sailor, a gaijin—and to marry him would bring great shame upon her entire

family. When it's learned Naoko carries the sailor's child, she's cast out in disgrace and forced to make unimaginable choices with consequences that will ripple across generations. America, present day. Tori Kovac, caring for her dying father, finds a letter containing a shocking revelation—one that calls into question everything she understood about him, her family and herself. Setting out to learn the truth behind the letter, Tori's journey leads her halfway around the world to a remote seaside village in Japan, where she must confront the demons of the past to pave a way for redemption. In breathtaking prose and inspired by true stories from a devastating and little-known era in Japanese and American history, *The*

Woman in the White Kimono illuminates a searing portrait of one woman torn between her culture and her heart, and another woman on a journey to discover the true meaning of home.

The Miso Book

The Art of Cooking with Miso *Square One Publishers, Inc.*

For centuries, the preparation of miso has been considered an art form in Japan. Through a time-honored process, soybeans and grains are transformed into this wondrous food, which is both a flavorful addition to a variety of dishes and a powerful medicinal. Scientific research has supported miso's use as an effective therapeutic aid in the prevention and treatment of a range of

disorders. Part One of this guide begins with miso basics—its types and uses. A chapter called “Miso Medicine” then details this superfood’s healing properties and role in maintaining good health. Easy directions for making miso at home are also found in Part One. Then Part Two presents over 140 healthy recipes in which miso is used in dips, spreads, soups, and much more. Whether you are in search of healthful foods or you simply want a delicious new take on old favorites, *The Miso Book* may be just what the doctor ordered.

Minimalist Baker's Everyday Cooking

101 Entirely Plant-based, Mostly Gluten-Free, Easy and Delicious

Recipes *Penguin*

The highly anticipated cookbook from the immensely popular food blog *Minimalist Baker*, featuring 101 all-new simple, vegan recipes that all require 10 ingredients or less, 1 bowl or 1 pot, or 30 minutes or less to prepare Dana Shultz founded the *Minimalist Baker* blog in 2012 to share her passion for simple cooking and quickly gained a devoted worldwide following. Now, in this long-awaited debut cookbook, Dana shares 101 vibrant, simple recipes that are entirely plant-based, mostly gluten-free, and 100% delicious. Packed with gorgeous photography, this practical but inspiring cookbook includes: • Recipes that each require 10 ingredients or less, can be made in one bowl, or require 30 minutes or less to prepare. • Delicious

options for hearty entrées, easy sides, nourishing breakfasts, and decadent desserts—all on the table in a snap • Essential plant-based pantry and equipment tips • Easy-to-follow, step-by-step recipes with standard and metric ingredient measurements Minimalist Baker's Everyday Cooking is a totally no-fuss approach to cooking for anyone who loves delicious food that happens to be healthy too.

Popular Hits of the Showa Era: A Novel *W. W. Norton & Company*

From the author of *Audition*, a wickedly satirical and wildly funny tale of an intergenerational battle of the sexes. In his most irreverent novel yet, Ryu Murakami creates a rivalry of epic proportions between six aimless youths

and six tough-as-nails women who battle for control of a Tokyo neighborhood. At the outset, the young men seem louche but harmless, their activities limited to drinking, snacking, peering at a naked neighbor through a window, and performing karaoke. The six "aunties" are fiercely independent career women. When one of the boys executes a lethal ambush of one of the women, chaos ensues. The women band together to find the killer and exact revenge. In turn, the boys buckle down, study physics, and plot to take out their nemeses in a single blast. Who knew that a deadly "gang war" could be such fun? Murakami builds the conflict into a hilarious, spot-on satire of modern culture and the tensions between the sexes and generations.

The Rawsome Vegan Cookbook

A Balance of Raw and Lightly-Cooked, Gluten-Free Plant-Based Meals for Healthy Living *Macmillan*

Whether you're a vegetarian, a raw vegan, avoiding dairy, a meat-lover just looking for something new and delicious or you want to lose weight and cleanse, Emily von Euw, author of the bestselling *Rawsome Vegan Baking* and newly released *100 Best Juices, Smoothies and Healthy Snacks*, has creative recipes for savory, mouthwatering main dishes and meals. Emily's balance of raw and lightly-cooked savory recipes range from Veggie Wraps with Miso Mustard Gravy to Raw Pizza with Spinach Pesto and Yam Burgers with Daikon Fries and Ketchup. They deliver the comfort and

complexity sometimes missed in vegan diets-and they're eye-catching to boot. Readers will be left feeling stuffed and satisfied. Emily's popular blog, *This Rawsome Vegan Life*, won the Vegan Woman's Vegan Food Blog Award and was named one of the Top 50 Raw Food Blogs. Her tempting vegan eats paired with her spectacular photography mesmerizes a strong following.

Almost Transparent Blue *Kodansha Amer Incorporated*

This controversial novel touched the raw nerves of the Japanese and became a million seller within six months of publication. It is a semi-autobiographical tale of the author's youth spent amidst the glorious squalor of sex, drugs and rock 'n' roll in 1970s Japan. Almost

Transparent Blue is a brutal tale of lost youth in a Japanese port town close to an American military base. Murakami's image-intensive narrative paints a portrait of a group of friends locked in a destructive cycle of sex, drugs and rock'n'roll. The novel is all but plotless, but the raw and

Miso Tasty

Everyday, tasty recipes with miso - the Japanese superfood *Pavilion*

Miso is fast becoming a vital ingredient for the health-conscious foodie. The fermented soybean paste, which originates from Japan, is prized for its rich, complex umami flavour alongside its health-giving properties. Despite being used by the Japanese for hundreds

of years, miso has been experiencing a new found popularity as top chefs, cooks and food writers champion miso as an essential yet exciting everyday ingredient. In *Miso Tasty: The Cookbook* Bonnie Chung, founder of the UK's only dedicated miso brand and a self-taught miso expert, explores the great versatility of this exciting paste, and demonstrates the depth that it can bring to everyday cooking. Her book shares 60 recipes on how to enjoy this ingredient in both Japanese and non-Japanese dishes. The recipes are a mix of well-loved classics and new discoveries: swirl it into a hot stock for miso soup, mix it with a drop of olive oil and a spoon of mustard for a deeply satisfying salad dressing, or baste it on to steaks for a quick but deeply flavoured barbecue marinade.

The book will also include simple cooking tips on how to make the most of miso, an in-depth exploration of the many different types of miso and even how to make your own miso at home. Miso is full of possibilities – as diets become more focused on being wholesome and nutritious, this ancient soybean paste is fast becoming a vital ingredient in every cook's kitchen.

Girlfriend in a Coma

A Novel *Harper Collins*

On a snowy Friday night in 1979, just hours after making love for the first time, Richard's girlfriend, high school senior Karen Ann McNeil, falls into a coma. Nine months later she gives birth to their daughter, Megan. As Karen

sleeps through the next seventeen years, Richard and their circle of friends reside in an emotional purgatory, passing through a variety of careers—modeling, film special effects, medicine, demolition—before finally reuniting on a conspiracy-driven supernatural television series. But real life grows as surreal as their TV show as Richard and his friends await Karen's reawakening . . . and the subsequent apocalypse.

Tokyo Decadence *Рипол Классик*

A cream-of-the-crop selection of Murakami's brilliance and piercing wit. This collection shows sides of Ryu Murakami that even avid fans may not be expecting. The intriguing, somewhat disturbing stories that Topaz was based

on are included here, as are three entertaining and revealing portraits of the artist as a young man back in the Transparent Blue period of the late sixties and early seventies. We hear tales told by four very different individuals living in eighties Tokyo, each with his or her own problems but all with a thing about a certain pro baseball player, and we meet a brokenhearted young woman who finds an unexpected moment of love in the nineties and a single mother who stumbles on a ray of hope in the hard times of the noughties. Mixed in there somewhere are three linked stories about desire and obsession, with the timeless, seductive rhythms of Cuban music in the background. This book contains explicit content and is not suitable for minors.

About the author: Ryu Murakami was not yet 24 when he won the prestigious Akutagawa Prize for his debut novel, *Almost Transparent Blue*. He has now published some forty best-selling novels, a dozen short-story collections, an armful of picture books, and a small mountain of essays. In his spare time, Ryu hosts a popular and long-running weekly TV show focusing on business and economic topics, and has for many years promoted tours and produced records for Cuban musicians. He has written and directed five feature films, of which *Topaz* a.k.a. *Tokyo Decadence* (1992) is probably the best known, and many of his novels have been made into films by other directors (notably Takashi Miike's *Audition*). Translated novels include *Coin Locker Babies* (Noma Prize

for New Writers), Sixty-Nine, Popular Hits of the Showa Era, Audition, In the Miso Soup (Yomiuri Prize for Literature), Piercing, and From the Fatherland, with Love (Noma Prize for Literature and Mainichi Publishing Culture Award).

Revenge

Eleven Dark Tales *Picador*

"It's not just Murakami but also the shadow of Borges that hovers over this mesmerizing book... [and] one may detect a slight bow to the American macabre of E.A. Poe. Ogawa stands on the shoulders of giants, as another saying goes. But this collection may linger in your mind -- it does in mine -- as a delicious, perplexing, absorbing and somehow singular experience." -- Alan

Cheuse, NPR Sinister forces collide---and unite a host of desperate characters---in this eerie cycle of interwoven tales from Yoko Ogawa, the critically acclaimed author of *The Housekeeper and the Professor*. An aspiring writer moves into a new apartment and discovers that her landlady has murdered her husband. Elsewhere, an accomplished surgeon is approached by a cabaret singer, whose beautiful appearance belies the grotesque condition of her heart. And while the surgeon's jealous lover vows to kill him, a violent envy also stirs in the soul of a lonely craftsman. Desire meets with impulse and erupts, attracting the attention of the surgeon's neighbor---who is drawn to a decaying residence that is now home to instruments of human torture. Murderers and mourners,

mothers and children, lovers and innocent bystanders---their fates converge in an ominous and darkly beautiful web. Yoko Ogawa's *Revenge* is a master class in the macabre that will haunt you to the last page. An NPR Best Book of 2013

The Steamy Kitchen Cookbook

101 Asian Recipes Simple Enough for Tonight's Dinner *Tuttle Publishing*

You will absolutely love the 101 Asian recipes in this easy-to-use cookbook. This engaging cookbook includes dozens upon dozens of full-proof Asian recipes that are quick and easy to do—all in time for tonight's supper! The recipes will appeal to Americans' growing interest in Asian cuisines and a taste for foods that

range from pot stickers to bulgogi burgers and from satay to summer rolls. Whether you're hurrying to get a weekday meal on the table for family or entertaining on the weekend, author and blogger (steamykitchen.com) Jaden Hair will walk you through the steps of creating fresh, delicious Asian meals without fuss. In an accessible style and a good splash of humor, Jaden takes the trauma out of preparing "foreign" Asian recipes. With Jaden's guiding hand, you'll find it both simple and fun to recreate Asian flavors in your own kitchen and to share the excitement of fresh Asian food with your family and friends! Asian recipes include: Firecracker Shrimp Pork & Mango Potstickers Quick Vietnamese Chicken Pho Beer Steamed Shrimp with Garlic Korean BBQ-style Burgers

Maridel's Chicken Adobo Simple Baby Bok Choy and Snow Peas Chinese Sausage Fried Rice Grilled Bananas with Chocolate and Toasted Coconut Flakes

JapanEasy

Classic and Modern Japanese Recipes to Cook at Home *Hardie Grant Publishing*

Many people are intimidated at the idea of cooking Japanese food at home. But in JapanEasy, Tim Anderson reveals that many Japanese recipes require no specialist ingredients at all, and can in fact be whipped up with products found at your local supermarket. In fact, there are only seven essential ingredients required for the whole book: soy sauce, mirin, rice vinegar, dashi, sake, miso and

rice. You don't need any special equipment, either. No sushi mat? No problem - use just cling film and a tea towel! JapanEasy is designed to be an introduction to the world of Japanese cooking via some of its most accessible (but authentic) dishes. The recipes here do not 'cheat' in any way; there are no inadequate substitutions for obscure ingredients: this is the real deal. Tim starts with some basic sauces and marinades that any will easily 'Japanify' any meal, then moves onto favourites such as gyoza, sushi, yakitori, ramen and tempura, and introduces readers to new dishes they will love. Try your hand at a range of croquettas, sukiyaki and a Japanese 'carbonara' that will change your life. Recipes are clearly explained and rated according to difficulty, making

them easy to follow and even easier to get right. If you are looking for fun, simple, relatively quick yet delicious Japanese dishes that you can actually make on a regular basis – the search stops here.

Mastering the Art of Japanese Home Cooking *HarperCollins*

The revered Iron Chef shows how to make flavorful, exciting traditional Japanese meals at home in this beautiful cookbook that is sure to become a classic, featuring a carefully curated selection of fantastic recipes and more than 150 color photos. Japanese cuisine has an intimidating reputation that has convinced most home cooks that its beloved preparations are best left to the experts. But legendary chef Masaharu

Morimoto, owner of the wildly popular Morimoto restaurants, is here to change that. In *Mastering the Art of Japanese Home Cooking*, he introduces readers to the healthy, flavorful, surprisingly simple dishes favored by Japanese home cooks. Chef Morimoto reveals the magic of authentic Japanese food—the way that building a pantry of half a dozen easily accessible ingredients allows home cooks access to hundreds of delicious recipes, empowering them to adapt and create their own inventions. From revelatory renditions of classics like miso soup, nabeyaki udon, and chicken teriyaki to little known but unbelievably delicious dishes like fish simmered with sake and soy sauce, *Mastering the Art of Japanese Home Cooking* brings home cooks closer to the authentic experience

of Japanese cuisine than ever before. And, of course, the famously irreverent chef also offers playful riffs on classics, reimagining tuna-and-rice bowls in the style of Hawaiian poke, substituting dashi-marinated kale for spinach in oshitashi, and upgrading the classic rice seasoning furikake with toasted shrimp shells and potato chips. Whatever the recipe, Chef Morimoto reveals the little details—the right ratios of ingredients in sauces, the proper order for adding seasonings—that make all the difference in creating truly memorable meals that merge simplicity with exquisite flavor and visual impact. Photography by Evan Sung

Samurai Shortstop *Penguin*

While obtaining a Western education at

a prestigious Japanese boarding school in 1890, sixteen-year-old Toyo also receives traditional samurai training which has profound effects on both his baseball game and his relationship with his father.

The Fast 800 Easy

Quick and simple recipes to make your 800-calorie days even easier

Hachette UK

****AS SEEN ON CHANNEL 4**** 130 brand-new recipes to cook up at home, any day of the week... Following their bestselling Fast 800 Recipe Book, Dr Clare Bailey and Justine Pattison return with a fabulous new cookbook, featuring super-simple recipes to enable you to eat well with minimum prep time on your fasting

days. All of the dishes in this book are based on the Mediterranean style of eating now proven to revolutionise your health, and many can be thrown together from freezer or store-cupboard staples. There are numerous vegetarian options, plus simple ways to expand meals for non-fast days or when you are eating with friends or family. With everything from salads and wraps to winter stews and curries, *The Fast 800 Easy* will help you rustle up delicious, nutritious meals in minutes - food that tastes so good you won't feel the low calorie count. 'One word - brilliant! I lost 28lb in 9-10 weeks and 7 inches off my waist. Also dropped 2 clothes sizes. Love this programme!' - Anne INCLUDES 8 WEEKS OF CALORIE-COUNTED MEAL PLANS

Villain

A Novel *Vintage Crime/Black Lizard*

A young insurance saleswoman is found strangled at Mitsuse Pass. Her family and friends are shocked and terrified. The pass—which tunnels through a mountainous region of southern Japan—has an eerie history: a hideout for robbers, murderers, and ghostly creatures lurking at night. Soon afterward, a young construction worker becomes the primary suspect. As the investigation unfolds, the events leading up to the murder come darkly into focus, revealing a troubled cast of characters: the victim, Yoshino, a woman much too eager for acceptance; the suspect, Yuichi, a car enthusiast misunderstood by everyone around him; the victim's

middle-aged father, a barber disappointed with his life; and the suspect's aging grandmother, who survived the starvation of postwar Japan only to be tormented by local gangsters. And, finally, there is desperate Mitsuyo, the lonely woman who finds Yuichi online and makes the big mistake of falling for him. A stunningly dark thriller and a tapestry of noir, *Villain* is the English-language debut for Shuichi Yoshida, one of Japan's most acclaimed and accomplished writers. From desolate seaside towns and lighthouses to love hotels and online chat rooms, *Villain* reveals the inner lives of men and women who all have something to hide. Part police procedural, part gritty realism, *Villain* is a coolly seductive story of loneliness and alienation in the

southernmost reaches of Japan.

Real World Vintage

In a crowded Tokyo suburb, four teenage girls indifferently wade their way through a hot, smoggy summer. When one of them, Toshi, discovers that her nextdoor neighbor has been brutally murdered, the girls suspect the killer is the neighbor's son. But when he flees, taking Toshi's bike and cell phone with him, the four girls get caught up in a tempest of dangers that rise from within them as well as from the world around them. Psychologically intricate and astute, *Real World* is a searing, eye-opening portrait of teenage life in Japan unlike any we have seen before.

Except for Palestine

The Limits of Progressive Politics

The New Press

A bold call for the American Left to extend their politics to the issues of Israel-Palestine, from a New York Times bestselling author and an expert on U.S. policy in the region. In this major work of daring criticism and analysis, scholar and political commentator Marc Lamont Hill and Israel-Palestine expert Mitchell Plitnick spotlight how holding fast to one-sided and unwaveringly pro-Israel policies reflects the truth-bending grip of authoritarianism on both Israel and the United States. Except for Palestine deftly argues that progressives and liberals who oppose regressive policies on immigration, racial justice, gender equality, LGBTQ rights, and other issues must extend these core principles to the

oppression of Palestinians. In doing so, the authors take seriously the political concerns and well-being of both Israelis and Palestinians, demonstrating the extent to which U.S. policy has made peace harder to attain. They also unravel the conflation of advocacy for Palestinian rights with anti-Semitism and hatred of Israel. Hill and Plitnick provide a timely and essential intervention by examining multiple dimensions of the Israeli-Palestinian conversation, including Israel's growing disdain for democracy, the effects of occupation on Palestine, the siege of Gaza, diminishing American funding for Palestinian relief, and the campaign to stigmatize any critique of Israeli occupation. Except for Palestine is a searing polemic and a cri de coeur for elected officials, activists, and everyday

citizens alike to align their beliefs and politics with their values.

Japanese Women Don't Get Old Or Fat

Secrets of My Mother's Tokyo Kitchen *Delta*

Presents the Japanese approach to diet and nutrition in a guide to good eating that offers recipes with an easy approach to a healthier, slimmer, and longer life, without counting calories or carbohydrates.

The Defined Dish

Healthy and Wholesome Weeknight Recipes *Houghton Mifflin*

Gluten-free, dairy-free, and grain-free

recipes that sound and look way too delicious to be healthy from The Defined Dish blog, fully endorsed by Whole30.

Japanese Home Cooking

Simple Meals, Authentic Flavors *Shambhala Publications*

The essential guide to Japanese home cooking—the ingredients, techniques, and over 100 recipes—for seasoned cooks and beginners who are craving authentic Japanese flavors. Using high-quality, seasonal ingredients in simple preparations, Sonoko Sakai offers recipes with a gentle voice and a passion for authentic Japanese cooking. Beginning with the pantry, the flavors of this cuisine are explored alongside fundamental recipes, such as dashi and

pickles, and traditional techniques, like making noodles and properly cooking rice. Use these building blocks to cook an abundance of everyday recipes with dishes like Grilled Onigiri (rice balls) and Japanese Chicken Curry. From there, the book expands into an exploration of dishes organized by breakfast; vegetables and grains; meat; fish; noodles, dumplings, and savory pancakes; and sweets and beverages. With classic dishes like Kenchin-jiru (Hearty Vegetable Soup with Sobagaki Buckwheat Dumplings), Temaki Zushi (Sushi Hand Rolls), and Oden (Vegetable, Seafood, and Meat Hot Pot) to more inventive dishes like Mochi Waffles with Tatsuta (Fried Chicken) and Maple Yuzu Kosho, First Garden Soba Salad with Lemon-White Miso Vinaigrette, and

Amazake (Fermented Rice Drink) Ice Pops with Pickled Cherry Blossoms this is a rich guide to Japanese home cooking. Featuring stunning photographs by Rick Poon, the book also includes stories of food purveyors in California and Japan. This is a generous and authoritative book that will appeal to home cooks of all levels.

The Turquoise Table

Finding Community and Connection in Your Own Front Yard *Thomas Nelson*

Loneliness is an epidemic right now, but it doesn't have to be that way. The Turquoise Table is Kristin Schell's invitation to you to connect with your neighbors and build friendships.

Featured in *Southern Living*, *Good Housekeeping*, and the *TODAY Show*, Kristin introduces a new way to look at hospitality. Desperate for a way to slow down and connect, Kristin put an ordinary picnic table in her front yard, painted it turquoise, and began inviting friends and neighbors to join her. Life changed in her community, and it can change in yours too. Alongside personal and heartwarming stories, Kristin gives you: Stress-free ideas for kick-starting your own Turquoise Table Simple recipes to take outside and share with others Stories from people using Turquoise Tables in their neighborhoods Encouragement to overcome barriers that keep you from connecting This gorgeous book, with vibrant photography, invites you to make a

difference right where you live. The beautiful design makes it ideal to give to a friend or to keep for yourself. Community and friendship are waiting just outside your front door.

The Smitten Kitchen Cookbook *Knopf*
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.

Ani's Raw Food Kitchen

Easy, Delectable Living Foods Recipes *Hachette+ORM*

The ultimate “uncookbook” for busy people. “Her array of delicious recipes will convince you that eating raw is not impossible and definitely not boring.” —Curve You don’t have to sacrifice taste or style to reap the benefits of raw foods. These delectable, easy recipes emphasize fresh, animal-free ingredients and how to include more organics into your daily diet. Chef Ani offers delicious raw, animal-free versions of: breakfast scrambles, pancakes, chowders, bisques, and other soups, cheezes, mylks, lasagna, burgers, cobblers, pies, and

cakes, and more. Included are recipes for dishes such as Stuffed Anaheim Chili with Mole Sauce, Ginger Almond Nori Roll, Coconut Kreme Pie with Carob Fudge on Brownie Crust, Mediterranean Dolmas, and Chicken-Friendly Spanish Scramble. Make your own kitchen more living-foods friendly with Chef Ani’s tips on essential tools, key ingredients, stocking your pantry, and how-to kitchen skills. “A must if you want to treat your body with first class nutrition and your mind with first class advice.” —Howard F. Lyman, author of *Mad Cowboy* “A cookbook dedicated to raw food appears oxymoronic to the uninitiated, but people who aim to pursue a raw vegan diet soon realize that eating uncooked foods involves more than simply chomping into whatever sits on grocers’

produce shelves. Phyto shows how to create more complex flavor harmonies.” —Booklist “Inspiring . . . makes raw cuisine accessible for everyone to enjoy.” —Juliano Brotman, author of *Raw*, *The Uncookbook*

In the Miso Soup

The Man from the Future: The Visionary Life of John von Neumann

W. W. Norton & Company

An electrifying biography of one of the most extraordinary scientists of the twentieth century and the world he made. The smartphones in our pockets and computers like brains. The vagaries of game theory and evolutionary biology. Nuclear weapons and self-replicating spacecrafts. All bear the fingerprints of

one remarkable, yet largely overlooked, man: John von Neumann. Born in Budapest at the turn of the century, von Neumann is one of the most influential scientists to have ever lived. A child prodigy, he mastered calculus by the age of eight, and in high school made lasting contributions to mathematics. In Germany, where he helped lay the foundations of quantum mechanics, and later at Princeton, von Neumann’s colleagues believed he had the fastest brain on the planet—bar none. He was instrumental in the Manhattan Project and the design of the atom bomb; he helped formulate the bedrock of Cold War geopolitics and modern economic theory; he created the first ever programmable digital computer; he prophesized the potential of

nanotechnology; and, from his deathbed, he expounded on the limits of brains and computers—and how they might be overcome. Taking us on an astonishing journey, Ananyo Bhattacharya explores how a combination of genius and unique historical circumstance allowed a single man to sweep through a stunningly diverse array of fields, sparking revolutions wherever he went. *The Man from the Future* is an insightful and thrilling intellectual biography of the visionary thinker who shaped our century.

The Graveyard Apartment

A Novel *Macmillan*

One of the most popular writers working in Japan today, Mariko Koike is a

recognized master of detective fiction and horror writing. Known in particular for her hybrid works that blend these styles with elements of romance, *The Graveyard Apartment* is arguably Koike's masterpiece. Originally published in Japan in 1986, Koike's novel is the suspenseful tale of a young family that believes it has found the perfect home to grow into, only to realize that the apartment's idyllic setting harbors the specter of evil and that longer they stay, the more trapped they become. This tale of a young married couple who harbor a dark secret is packed with dread and terror, as they and their daughter move into a brand new apartment building built next to a graveyard. As strange and terrifying occurrences begin to pile up, people in the building start to move out

one by one, until the young family is left alone with someone... or something... lurking in the basement. The psychological horror builds moment after moment, scene after scene, culminating with a conclusion that will make you think twice before ever going into a basement again.

Comfort MOB

Food That Makes You Feel Good

Hodder & Stoughton

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.

The Healthy Chef

Purely Delicious

Week Light

Super-Fast Meals to Make You Feel Good *HarperCollins Australia*

Australia's bestselling cookbook author

and most trusted home cook, Donna Hay, returns with a beautiful new cookbook that you'll want to use every night of the week. There are endless arguments out there for bringing more vegetables to your table - your own wellbeing, your budget, our environment, the list goes on. Whatever your personal reason, there's one that I think is universal - FLAVOUR. Gone are the days where a sad salad or soft steamed carrots were our only options. These recipes use vegetables in a whole new way, adding so much life to your weekly routine. Who knew broccoli (in my mind the superfood of all vegetables) could make such a delicious pizza base, flat-bread or tart shell? Often for lunch, or even a snack, I'll bake my super-green falafels in the oven and my studio team

love them. As for my boys? Their current weeknight request is my crunchy raw pad thai - so yum. Inside *Week Light*, you'll find all these ideas and so much more. It's essentially my week in food, in a book - super-quick, family-friendly, fuss-free meals made REAL. Vegetables are at the forefront of nearly every recipe, with a few meat options thrown in, and there are lots of my all-time classics re-worked to include more goodness. This book is about using food to refuel and re-energise, while nurturing

ourselves with flavour. Happy cooking!

Red X

A Novel *Strange Light*

Gay men disappear from Toronto, and amidst the AIDS crisis, police brutality, and other signs of homophobia over the years, no seems to care about it except the gay community, which begins to realize that what has been happening has been going on for a much longer period than seems to be humanly possible, in a novel that also reflects the author's personal experiences.