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# Suicide By Sugar A Startling Look At Our 1 National Addiction Nancy Appleton

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Killer Colas

The Sugar Fix

Killer Colas

Things Have Gotten Worse Since We Last Spoke

And Other Misfortunes

How Not to Die

Stopping Inflammation

The Righteous Mind

Reincarnation Blues

Nineteen Eighty-Four

Sugar Among the Freaks

Suicide by Sugar

The Sugar Frosted Nutsack

Tenth of December

This Is How It Ends

Heal Yourself with Natural Foods

Romancing the Dark in the City of Light

In 27 Days

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The Glass Castle

Sugar Blues

Suicide by Sugar

Bullied To Death  
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The Eclipse  
Secrets of Natural Healing with Food  
Sugar Money  
Death by Food Pyramid  
Don't Believe It  
The Death and Life of Zebulon Finch, Volume One  
Old Age  
The S-Word  
Ordinary Grace  
Beneath the Sugar Sky  
Hiroshima  
Lick the Sugar Habit  
The Savage God  
Suicide of a Superpower

*Suicide By  
Sugar A  
Startling  
Look At Our  
1 National  
Addiction  
Nancy  
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## **KASH QUINTIN**

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*Killer Colas Crown*  
A wildly imaginative  
novel about a man who  
is reincarnated over  
ten thousand lifetimes  
to be with his one true  
love: Death herself.

“Tales of gods and  
men akin to Neil  
Gaiman’s Sandman as  
penned by a kindred  
spirit of Douglas  
Adams.”—Kirkus  
Reviews (starred  
review) First we live.  
Then we die. And then  
. . . we get another try?  
Ten thousand tries, to  
be exact. Ten thousand  
lives to “get it right.”

Answer all the Big Questions. Achieve Wisdom. And Become One with Everything. Milo has had 9,995 chances so far and has just five more lives to earn a place in the cosmic soul. If he doesn't make the cut, oblivion awaits. But all Milo really wants is to fall forever into the arms of Death. Or Suzie, as he calls her. More than just Milo's lover throughout his countless layovers in the Afterlife, Suzie is literally his reason for living—as he dives into one new existence after another, praying for the day he'll never have to leave her side again. But Reincarnation Blues is more than a great love story: Every journey from cradle to grave offers Milo more pieces of the great cosmic

puzzle—if only he can piece them together in time to finally understand what it means to be part of something bigger than infinity. As darkly enchanting as the works of Neil Gaiman and as wisely hilarious as Kurt Vonnegut's, Michael Poore's Reincarnation Blues is the story of everything that makes life profound, beautiful, absurd, and heartbreaking. Because it's more than Milo and Suzie's story. It's your story, too. Praise for Reincarnation Blues "The most fun you'll have reading about a man who has been killed by both catapult and car accident."—NPR "This book made me laugh out loud. And then a page later, it made me

sob. Reminiscent of Tom Robbins and Christopher Moore, Poore finds humor in the dark absurdities of life.”—Chicago Review of Books “Charming . . . surprisingly light and uplifting . . . It reads like a writer having fun.”—New York Journal of Books

*The Sugar Fix*  
Kensington

Argues against the implementation of the USDA food guide pyramid and the study that inspired it.

Killer Colas Square One Publishers, Inc.

The prize-winning, New York Times bestselling short story collection from the internationally bestselling author of *Lincoln in the Bardo*

'The best book you'll read this year' New York Times 'Dazzlingly surreal stories about a failing America' Sunday

Times WINNER OF THE 2014 FOLIO PRIZE AND SHORTLISTED FOR THE NATIONAL BOOK AWARD 2013

George Saunders's most wryly hilarious and disturbing collection yet, *Tenth of December* illuminates human experience and explores figures lost in a labyrinth of troubling preoccupations. A family member recalls a backyard pole dressed for all occasions; Jeff faces horrifying ultimatums and the prospect of Darkenfloxx(TM) in some unusual drug trials; and Al Roosten hides his own internal monologue behind a winning smile that he hopes will make him popular. With dark visions of the future riffing against ghosts of the past and the ever-settling present, this collection sings with

astounding charm and intensity.

*Things Have Gotten Worse Since We Last Spoke And Other Misfortunes* Macmillan  
Even though Angie stopped talking to Lizzie after she caught her with her boyfriend on prom night, the high schooler tries to uncover why her former best friend killed herself and who is posthumously slandering her.

**How Not to Die**  
Sterling Publishing Company Incorporated  
Looking back at a tragic event that occurred during his thirteenth year, Frank Drum explores how a complicated web of secrets, adultery, and betrayal shattered his Methodist family and their small 1961 Minnesota community.

**Stopping**

**Inflammation** A&C  
Black

'To write about suicide . to transform the subject into something beautiful - this is the foreboding task that Alvarez set for himself . he has succeeded.' The New York Times  
The Righteous Mind  
Algonquin Books

Suicide by  
SugarSquare One Pub  
**Reincarnation Blues**  
Little, Brown

It's as American as fast foods, ice cream, and candy bars. So why are people saying all those nasty things about soft drinks? The answer is simple: All those terrible things are true. And while the facts may be hard to swallow, it is high time we look at the damage that has been done by our long-running love affair with the beverage industry. In

their new book, *Killer Colas*, Dr. Nancy Appleton and G. N. Jacobs provide a startling picture of a greedy industry hell-bent on destroying our country's health, no matter what the cost. Over the last twenty-five years, the sale of sodas, energy beverages, and sports drinks has exploded, as has the incidence of adult and childhood obesity, diabetes, hypertension, heart disease, cancer, and stroke. In *Killer Colas*, the authors detail why this downward spiral has occurred. They look at the history and growth of the soft drink industry from fountain shops to multinational mega-corporations; they examine the industry's powerful influence over the media; and they look

at the addictive and harmful ingredients these companies have added to their formulas. The authors also offer scientific evidence that links our growing consumption of soft drinks with our declining health. In the light of our country's health crisis, the consequences of our addiction to soft drinks can no longer be ignored. *Killer Colas* exposes the facts behind an addiction that is just as powerful and dangerous as our love of tobacco. Once you have read this book, you will never look at a soft drink in the same way. Nineteen Eighty-Four University of Michigan Press  
 Sunday Times Crime Book of the Month  
 The Times Crime Book of the Month  
 Mail on

Sunday Thriller of the Week 'Elegantly crafted, humane and thought-provoking. She's top drawer' Ian Rankin This is how it begins. With a near-empty building, the inhabitants forced out of their homes by property developers. With two women: idealistic, impassioned blogger Ella and seasoned campaigner, Molly. With a body hidden in a lift shaft. But how will it end? *Sugar Among the Freaks* Titan Books (US, CA)  
Uncover the secret to wellness: a balanced body chemistry. An expert nutritionist gets to the heart of what makes us susceptible to diseases from diabetes to osteoporosis, and shows how to maintain the body in its natural

healing mode. This comprehensive program addresses the impact of diet, food allergies, and environmental contaminants on the body, and includes recipes, healing food plans, charts, and self-assessment exercises to strengthen the immune system.  
*Suicide by Sugar* epubli  
"The story follows Zebulon Finch, a teenager murdered in 1896 Chicago who inexplicably returns from the dead and searches for redemption through the ages."--  
The Sugar Frosted Nutsack Wildblue Press  
"Nineteen Eighty-Four: A Novel", often published as "1984", is a dystopian social science fiction novel by English novelist George Orwell. It was

published on 8 June 1949 by Secker & Warburg as Orwell's ninth and final book completed in his lifetime. Thematically, "Nineteen Eighty-Four" centres on the consequences of totalitarianism, mass surveillance, and repressive regimentation of persons and behaviours within society. Orwell, himself a democratic socialist, modelled the authoritarian government in the novel after Stalinist Russia. More broadly, the novel examines the role of truth and facts within politics and the ways in which they are manipulated. The story takes place in an imagined future, the year 1984, when much of the world has fallen victim to perpetual

war, omnipresent government surveillance, historical negationism, and propaganda. Great Britain, known as Airstrip One, has become a province of a totalitarian superstate named Oceania that is ruled by the Party who employ the Thought Police to persecute individuality and independent thinking. Big Brother, the leader of the Party, enjoys an intense cult of personality despite the fact that he may not even exist. The protagonist, Winston Smith, is a diligent and skillful rank-and-file worker and Outer Party member who secretly hates the Party and dreams of rebellion. He enters into a forbidden relationship with a colleague, Julia, and starts to remember



what life was like before the Party came to power. Simon and Schuster Most of us think of inflammation as a symptom associated with an infection or injury. Dr. Nancy Appleton, however, has discovered that it might be more than just a simple reaction to a health disorder. When the body's tissues are disturbed in some manner, a series of complex reactions takes place, resulting in inflammation. In most cases, when the disorder stops, the tissue returns to its normal healthy state. Sometimes, though, the tissue remains chronically inflamed. Dr. Appleton's research demonstrates that this condition might be more harmful than ever suspected.

Drawing on the latest medical research, Stopping Inflammation begins with a full explanation of inflammation and its causes. It then looks at inflammation's role in various health disorders, from obesity to cancer. Finally, the book provides a number of nondrug treatments aimed not at controlling the problem, but at removing its cause. Here are safe and credible solutions for restoring good health. **Tenth of December** Anthem Press From the physician behind the wildly popular NutritionFacts website, How Not to Die reveals the groundbreaking scientific evidence behind the only diet that can prevent and reverse many of the

causes of disease-related death. The vast majority of premature deaths can be prevented through simple changes in diet and lifestyle. In *How Not to Die*, Dr. Michael Greger, the internationally-renowned nutrition expert, physician, and founder of NutritionFacts.org, examines the fifteen top causes of premature death in America—heart disease, various cancers, diabetes, Parkinson's, high blood pressure, and more—and explains how nutritional and lifestyle interventions can sometimes trump prescription pills and other pharmaceutical and surgical approaches, freeing us to live healthier lives. The simple truth is that most doctors are good

at treating acute illnesses but bad at preventing chronic disease. The fifteen leading causes of death claim the lives of 1.6 million Americans annually. This doesn't have to be the case. By following Dr. Greger's advice, all of it backed up by strong scientific evidence, you will learn which foods to eat and which lifestyle changes to make to live longer. History of prostate cancer in your family? Put down that glass of milk and add flaxseed to your diet whenever you can. Have high blood pressure? Hibiscus tea can work better than a leading hypertensive drug—and without the side effects. Fighting off liver disease? Drinking coffee can reduce liver inflammation. Battling breast cancer?

Consuming soy is associated with prolonged survival. Worried about heart disease (the number 1 killer in the United States)? Switch to a whole-food, plant-based diet, which has been repeatedly shown not just to prevent the disease but often stop it in its tracks. In addition to showing what to eat to help treat the top fifteen causes of death, How Not to Die includes Dr. Greger's Daily Dozen -a checklist of the twelve foods we should consume every day. Full of practical, actionable advice and surprising, cutting edge nutritional science, these doctor's orders are just what we need to live longer, healthier lives.  
[This Is How It Ends](#)  
Rodale Books

Vanity Fair columnist Michael Kinsley escorts his fellow Boomers through the door marked "Exit." The notorious baby boomers—the largest age cohort in history—are approaching the end and starting to plan their final moves in the game of life. Now they are asking: What was that all about? Was it about acquiring things or changing the world? Was it about keeping all your marbles? Or is the only thing that counts after you're gone the reputation you leave behind? In this series of essays, Michael Kinsley uses his own battle with Parkinson's disease to unearth answers to questions we are all at some time forced to confront. "Sometimes," he writes, "I feel like a

scout from my generation, sent out ahead to experience in my fifties what even the healthiest Boomers are going to experience in their sixties, seventies, or eighties.” This surprisingly cheerful book is at once a fresh assessment of a generation and a frequently funny account of one man’s journey toward the finish line. “The least misfortune can do to make up for itself is to be interesting,” he writes. “Parkinson’s disease has fulfilled that obligation.”

Heal Yourself with Natural Foods Flatiron Books

“A marvelously harrowing, thrillingly picaresque tale” of enslaved brothers sent on an impossible mission across

eighteenth-century Caribbean islands (The New York Times Book Review). Grenada, 1765. When a band of mendicant French monks were ousted from Martinique, they were forced to leave without their slaves. Now settled in Grenada, the monks send two enslaved brothers, Emile and Lucien, to retrieve those who were left behind. Adding to the inherent dangers of travel, Grenada is now under British rule—effectively making it enemy territory. Based on true events, Sugar Money spins a tale of harrowing adventure and tenacity in the face of unspeakable cruelty. As narrated by Lucien, it is both a coming of age story and a vivid evocation

of the eighteenth-century Caribbean sugar trade.

SHORTLISTED FOR THE WALTER SCOTT PRIZE FOR HISTORICAL FICTION and THE WILBUR SMITH ADVENTURE WRITING PRIZE

Romancing the Dark in the City of Light  
Sterling Publishing Company Incorporated  
Celebrated transsexual trailblazer Kate Bornstein has, with more humor and spunk than any other, ushered us into a world of limitless possibility through a daring re-envisionment of the gender system as we know it. Here, Bornstein bravely and wittily shares personal and unorthodox methods of survival in an often cruel world. A one-of-a-kind guide to staying alive outside

the box, Hello, Cruel World is a much-needed unconventional approach to life for those who want to stay on the edge, but alive. Hello, Cruel World features a catalog of 101 alternatives to suicide that range from the playful (moisturize!), to the irreverent (shatter some family values), to the highly controversial. Designed to encourage readers to give themselves permission to unleash their hearts' harmless desires, the book has only one directive: "Don't be mean." It is this guiding principle that brings its reader on a self-validating journey, which forges wholly new paths toward a resounding decision to choose life. Tenderly intimate and unapologetically edgy,

Kate Bornstein is the radical role model, the affectionate best friend, and the guiding mentor all in one.

**In 27 Days** Tor.com  
Having severe autism does not stop Annie Lehmann's son Jonah from teaching her some of life's most valuable lessons. *The Accidental Teacher*, a heartfelt memoir about self-discovery rather than illness, uses insight and humor to weave a tale rich with kitchen-table wisdom. It explains the realities of life with a largely nonverbal son and explores the frustrations and triumphs of the Lehmann family as Jonah grew into a young adult. This book is a must-read for anyone who has been personally touched by a major life challenge.

Book jacket.

**Hello Cruel World**

Houghton Mifflin  
Harcourt

A triumphant tale of a young woman and her difficult childhood, *The Glass Castle* is a remarkable memoir of resilience, redemption, and a revelatory look into a family at once deeply dysfunctional and wonderfully vibrant. Jeannette Walls was the second of four children raised by anti-institutional parents in a household of extremes.

**The Glass Castle**

Primal Nutrition  
Along with the growth of the sale of sodas, energy beverages and sports drinks has been the explosion of adult and childhood obesity, diabetes, hypertension, heart disease, cancer and stroke. The authors examine the

industry's hold over the media and they look at the addictive and harmful ingredients added to the formulas. Scientific evidence is presented linking our growing consumption of soft drinks with our declining health.

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