

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

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 In 27 Days

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## BISHOP AUGUST

*The Glass Castle* Little, Brown

The book is an astonishing account of one woman's experience of love and loss. The author explains the premise of suicide and how it pivots on a fatal logical flaw. Her life has been saturated by death. The first boy who proposed to her shot himself in the head at the age of 16. Michael VerMeulen, her great love and the legendary American editor of British GQ, overdosed on cocaine at the age of 38. And then her brother, gone. Presenting an eloquent case against our understanding of depression and bereavement, she poses a profound question: If death is a process and not a state, how does that change the experience of grief?

Tor.com

Fourteen-year-old Sherokee Harriman drove a knife into her stomach as her alleged bullies watched. Perhaps it was an accident. Perhaps there was a sinister truth ...The story of Sherokee's death flew through social media; it reveals bullying exists within the family, in the mental health care system, the hallways of the educational system, and growing within us all.

*Tenth of December* Square One Pub

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.

*Secrets of Natural Healing with Food* Algonquin Books

This companion to the bestselling "Lick the Sugar Habit" details the sugar content of more than 10,000 brand name and generic food items, including fast foods. The pocked-sized reference lists sugar content in both grams and teaspoons, plus caloric values, as well as breakdowns of simple and complex carbohydrate components.

*The Death and Life of Zebulon Finch, Volume One* Suicide by Sugar

A troubled teen, living in Paris, is torn between two boys, one of whom encourages her to embrace life, while the other—dark, dangerous, and attractive—urges her to embrace her fatal flaws.

*The Righteous Mind* Kensington

America is disintegrating. The "one Nation under God, indivisible" of the Pledge of Allegiance is passing away. In a few decades, that America will be gone forever. In its place will arise a country unrecognizable to our parents. This is the thrust of Pat Buchanan's *Suicide of a Superpower*, his most controversial and thought-provoking book to date. Buchanan traces the disintegration to three historic changes: America's loss of her cradle faith, Christianity; the moral, social, and cultural collapse that have followed from that loss; and the slow death of the people who created and ruled the nation. And as our nation disintegrates, our government is failing in its fundamental duties, unable to defend our borders, balance our budgets, or win our wars. How Americans are killing the country they profess to love, and the fate that awaits us if we do not turn around, is what *Suicide of a Superpower* is all about.

*Fast Food Nation* Macmillan

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 Eclipse* Simon and Schuster

From acclaimed author Charlie Donlea comes a twisting, impossible-to-put-down novel of suspense in which a filmmaker helps clear a woman convicted of murder—only to find she may be a puppet in a sinister game. The *Girl of Sugar Beach* is the most watched documentary in television history—a riveting, true-life mystery that unfolds over twelve weeks and centers on a fascinating question: Did Grace Sebold murder her boyfriend, Julian, while on a Spring Break vacation, or is she a victim of circumstance and poor police work? Grace has spent the last ten years in a St. Lucian prison, and reaches out to filmmaker Sidney Ryan in a last, desperate attempt to prove her innocence. As Sidney begins researching, she uncovers startling evidence, additional suspects, and timeline issues that were all overlooked during the original investigation. Before the series even finishes filming, public outcry leads officials to reopen the case. But as the show surges towards its final episodes, Sidney receives a letter saying that she got it badly, terribly wrong. Sidney has just convinced the world that Grace is innocent. Now she wonders if she has helped to free a ruthless killer. Delving into Grace's past, she peels away layer after layer of deception. But as Sidney edges closer to the real heart of the story, she must decide if finding the truth is worth risking her newfound fame, her career . . . even her life.

*Beneath the Sugar Sky* Bloomsbury Publishing

Introduction by Richard Howorth and foreword by the author. The incomparable Lewis Nordan's first two collections of short fiction--WELCOME TO THE ARROW-CATCHER FAIR and THE ALL-GIRL FOOTBALL TEAM--originally published in 1983 and 1986, have long been out of print in all editions. Collectors' items, these two books are now almost impossible for Nordan fans to find anywhere. To rectify that, Algonquin is delighted to announce a selection of fifteen of the best stories from the two books, newly arranged and introduced by fellow Mississippian, bookseller Richard Howorth, and with a foreword by the author. Critics have called Lewis Nordan's fiction "extraordinary" and "marvelous" and "stunning" and "scorching" and "story-telling genius." The selected stories show that genius in the making. "Characters that people the South hobble and dance across the pages of his short stories."--United Press International; "Delightfully eccentric situations and colorful language add up to a work that is even stronger than WOLF WHISTLE."--Library Journal.

*Hiroshima* Simon and Schuster

In *The Sugar Fix*, Dr. Richard Johnson, who oversees a pioneering research program, reports on discoveries about how fructose impacts the body—and directly connects the American obesity epidemic to a frightening escalation in our fructose consumption. It comes as no surprise that the sugar is found in processed foods like candy, baked goods, canned foods, and frozen meals in the form of high-fructose corn syrup, but it is also hidden in less obvious foods like peanut butter, egg products, and soups. Many fruits and vegetables contain high levels of it naturally. Dr. Johnson

shows how to cut way back on the sweetener by making effective substitutions. The daily meal plans included here contain no more than 25 grams of fructose, one-quarter of the amount the average American now ingests. Rather than the low-carb approach of so many recent diets, Dr. Johnson recommends a much easier to enjoy and stick to formula: 50% carbs, 25% fat, and 25% protein. The immediate benefit of this diet is to help anyone shed excess weight. The additional benefits are even more impressive—reduced risk for such serious health problems as high blood pressure, elevated blood fats, and insulin resistance, conditions directly linked to heart disease, diabetes, kidney disease, and stroke.

*Bullied To Death* A&C Black

Hiroshima is the story of six people—a clerk, a widowed seamstress, a physician, a Methodist minister, a young surgeon, and a German Catholic priest—who lived through the greatest single manmade disaster in history. In vivid and indelible prose, Pulitzer Prize-winner John Hersey traces the stories of these half-dozen individuals from 8:15 a.m. on August 6, 1945, when Hiroshima was destroyed by the first atomic bomb ever dropped on a city, through the hours and days that followed. Almost four decades after the original publication of this celebrated book, Hersey went back to Hiroshima in search of the people whose stories he had told, and his account of what he discovered is now the eloquent and moving final chapter of Hiroshima.

*Old Age* Wildblue Press

"The story follows Zebulon Finch, a teenager murdered in 1896 Chicago who inexplicably returns from the dead and searches for redemption through the ages."--

*Lick the Sugar Habit* *Sugar Counter* Penguin

A deconstruction of the stereotypical depictions of the coolie in the British Empire.

**Suicide of a Superpower** 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.

*Suicide by Sugar* Houghton Mifflin Harcourt

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.

**Ordinary Grace** Primal Nutrition

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.

*Stopping Inflammation* Vintage

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* Simon and Schuster

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 recollects 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 astonishing charm and intensity.

*Suicide by Sugar* Penguin

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

**Don't Believe It** Simon and Schuster

"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.

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