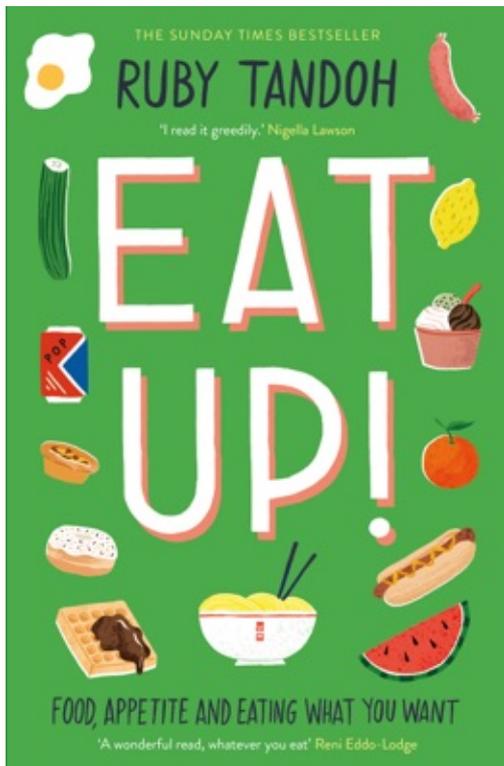


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## TOP TEN SUNDAY TIMES BESTSELLER

Think about that first tickle of hunger in your stomach. A moment ago, you could have been thinking about anything, but now it's thickly buttered marmite toast, a frosty scoop of ice cream straight from the tub, some creamy, cheesy scrambled eggs or a fuzzy, perfectly-ripe peach.

Eating is one of life's greatest pleasures. Food nourishes our bodies, helps us celebrate our successes (from a wedding cake to a post-night out kebab), cheers us up when we're down, introduces us to new cultures and - when we cook and eat together - connects us with the people we love.

In *Eat Up*, Ruby Tandoh celebrates the fun and pleasure of food, taking a look at everything from gluttons and gourmets in the movies, to the symbolism of food and sex. She will arm you against the fad diets, food crazes and bad science that can make eating guilt-laden and expensive, drawing eating inspiration from influences as diverse as Roald Dahl, Nora

Ephron and Gemma from TOWIE. Filled with straight-talking, sympathetic advice on everything from mental health to recipe ideas and shopping tips, this is a book that clears away the fog, to help you fall back in love with food.

<b>título</b>	:	Eat Up
<b>Autor</b>	:	Ruby Tandoh
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## 7 Books Which Our Visitor Love Too:

### [PDF] **The InSTITUTE**

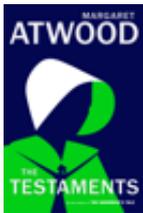


<http://media.woobooks.info/us-1451202881/the-institute.html>

From #1 New York Times bestselling author Stephen King, the most riveting and unforgettable story of kids confronting evil since *It*— publishing just as the second part of *It* , the movie, lands in theaters. In the middle of the night, in a house on a quiet street in suburban Minneapolis,...

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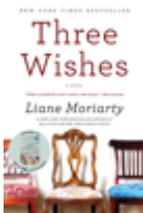


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SHORTLISTED FOR THE BOOKER PRIZE Margaret Atwood's dystopian masterpiece, *The Handmaid's Tale*, has become a modern classic—and now she brings the iconic story to a dramatic conclusion in this riveting sequel. More than fifteen years after the events of *The Handmaid's Tale*, the...

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A New York Times bestseller, *Three Wishes* is the funny, heartwarming and completely charming first novel from Liane Moriarty, also the author of #1 New York Times bestsellers *The Husband's Secret*, *Big Little Lies*, and *Truly Madly Guilty*. Lyn, Cat, and Gemma Kettle, beautiful...

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Malcolm Gladwell, host of the podcast *Revisionist History* and author of the #1 New York Times bestseller *Outliers* , offers a powerful examination of our interactions with strangers--and why they often go wrong . How did Fidel Castro fool the CIA for a generation? Why did Neville Chamberlain think...

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#1 New York Times Bestseller A Reese Witherspoon x Hello Sunshine Book Club Pick "I can't even express how much I love this book! I didn't want this story to end!"--Reese Witherspoon "Painfully beautiful."-- The New York Times Book Review "Perfect for fans of Barbara...

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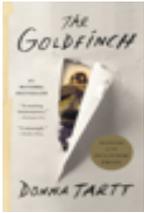


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In the vein of Big Little Lies and Reconstructing Amelia comes an emotionally charged domestic suspense novel about a mother unraveling the truth behind how her daughter became brain dead. And pregnant. A search for the truth. A lifetime of lies. In the small hours of the morning, Abi Knight is...

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A young New Yorker grieving his mother's death is pulled into a gritty underworld of art and wealth in this "extraordinary" and beloved Pulitzer Prize winner that "connects with the heart as well as the mind" (Stephen King, New York Times Book Review ). Theo Decker, a...