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Le proteine vegetali, libro di Martino Beria, edito da Gribaudo.
Le proteine vegetali nasce per permettere al lettore di trovare ricette proteiche appetitose e tecniche di autoproduzione spiegate in modo semplice ed esaurtivo, e al contempo d\u2019imparare ad abbinare ingredienti diversi e a preparare piatti completi, variando ogni giorno.

100 authentic Thai recipes that can be prepared simply in thirty minutes or fewer by home cooks of all levels
The food of Thailand is renowned the world over for its distinctive blend of hot, sour, sweet, and salty flavours. With Thai restaurants emerging in towns and cities all over the world at an astonishing rate, this is the perfect time to start cooking classic and authentic Thai food at home. This book proves it can be both quick and easy to do just that. The 100 recipes in Quick and Easy Thai Recipes, all of which have been selected and adapted from Phaidon's national cuisine cookbook, Thailand: The Cookbook, form the ultimate collection of authentic and approachable recipes for home cooks of all levels.

As with the best-selling 'Architects Pocket Book' this title includes everyday information which the architect/designer normally has to find from a wide variety of sources and which is not always easily to hand. Focusing on kitchen design, this book is of use to the student as well as the experienced practitioner. It outlines all the information needed to design a workable kitchen, including ergonomics, services such as water and waste, appliances, and material choices for the floor, walls and ceiling. There is no similar compendium currently available.

An introduction to the life of Benjamin Franklin that details his childhood, inventions, and efforts to bring freedom to our country, and highlights his life-long love of reading.

The second edition of *Environmental Ethics* combines a strong theoretical foundation with applications to some of the most pressing environmental problems. Through a mix of classic and new essays, it discusses applied issues such as pollution, climate change, animal rights, biodiversity, and sustainability. Roughly half of the selections are original essays new to this edition. *Accessible* introduction for beginners, including important established essays and new essays commissioned especially for the volume
Roughly half of the selections are original essays new to this edition, including an entirely new chapter on Pollution and climate change and a new section on Sustainability
Includes new material on ethical theory as a grounding for understanding the ethical dimensions of the environment, our interactions with it, and our place in it
The text incorporates helpful pedagogy, including extensive editorial material, cases, and study questions
Includes key information on recent developments in the field
Presents a carefully selected set of readings designed to progressively move the reader to competency in subject comprehension and essay writing

John Cheever's last novel is a fable set in a village so idyllic it has no fast-food outlet and having as its protagonist an old man, Lemuel Sears, who still has it in him to fall wildly in love with strangers of both sexes. But Sears's paradise is threatened; the pond he loves is being fouled by unscrupulous polluters. In Cheever's accomplished hands the battle between an elderly romantic and the monstrous aspects of late-twentieth-century civilization becomes something ribald, poignant, and ineffably joyful.

Both because it is the gift of the Russian people to be able to describe another's soul-configuration in a particularly pictorial and concrete way, and because each of these writers knew Rudolf Steiner and saw him frequently, their impressions are especially living and vivid. In these eminently readable reminiscences, Andrei Belyi, the foremost symbolist poet of Russia in the twentieth century, Assya Turgenieff, a niece of novelist Ivan Turgenieff, and Margarita Voloschin, wife of a Russian poet and a well-known painter in her own right, recount their personal observations and experiences with Rudolf Steiner. Beautifully illustrated by photographs as well as drawings and paintings by Turgenieff and Voloschin, this collection offers striking and surprising impressions of Rudolf Steiner.

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