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P. Seymour

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Sandra Sellani,Susan Sellani

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The 40-Year-Old Vegan Sandra Sellani, Susan Sellani, 2017-04-04 Winner of the International Book Awards Green Book Festival and Readers Favorite Book Awards Do you wish you could have your pasta and eat it too So do Sandra and Susan Sellani twin sisters who transformed the traditional Italian comfort foods of their childhood into healthier plant based versions Sandra a West Coast vegan and Susan an East Coast omnivore have collaborated to create a rational approach to leaning in to vegan for those over forty The 40 Year Old Vegan includes a fifty two week plan to easily transition to a plant based lifestyle with old fashioned recognizable vegan recipes and a realistic vision for looking and feeling good in the second half of life without having to squeeze into a pair of size two Spanx Recipes include Lentil Shepherd's Pie Manicotti Florentine with Cashew Ricotta Zucchini Noodles with Lemon Walnut Pesto Unstuffed Poblano with Macadamia Cojita Jackfruit Chili Rocky Road Nice Cream And more Mercy for Animals is a beneficiary of 10% of author proceeds Illustrator's Market 33rd Edition Amy Jones, 2022-01-11 The Most Trusted Guide to the World of Children's Publishing fully revised and updated The 33rd edition of Children's Writer's and Illustrator's Market is the definitive and trusted guide for anyone who seeks to write or illustrate for kids and young adults If you re a writer or an illustrator for young readers and your goal is to get published CWIM is the resource you need In this book you ll find more than 500 listings for children s book markets including publishers literary agents magazines contests and more These listings include a point of contact how to properly submit your work and what categories each market accepts This edition also features 500 listings for children s markets including book publishers literary agents magazines contests and more Interviews with bestselling authors including Cassandra Clare N K Jemisin Jacqueline Woodson Leigh Bardugo and more Craft articles on topics ranging from P O V mocking up picture books and including diverse characters Business articles on topics such as making the most of your platform tracking submissions and maximizing the time energy you have to write and much more **Teaching Social** Media Liz Kirchhoff, 2014-08-26 Librarians who want to begin expand or improve their programs on teaching social media to adults and teens will find this guide invaluable Sharing social media expertise with library clientele is a natural way for libraries to support their communities and increase their relevance This book provides a roadmap for librarians who wish to offer this service but need to brush up on their own social media skills or learn how to cover the topics in a classroom situation Although there are many books on social media this volume is unique because it presents complete teaching scripts that can be adapted for various classroom situations along with general guidelines and tips You ll find general advice on social media as well as suggestions for getting support for the program creating a syllabus tailored to community needs and planning class format and logistics Entire chapters cover Twitter Facebook LinkedIn Foursquare Pinterest Yelp and Google explaining how these sites work and how to use them to your advantage as well as some of the privacy and safety concerns surrounding them and how they are trending Class variations such as Twitter for Business and How to Plan Your Trip Online

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