Simply Nigella

Nigella Lawson

Internationally bestselling author Nigella Lawson's Simply Nigella returns to the basics with everyday recipes that make our lives easier, that make us feel better, more alive, and less stressed.

Simply Nigella is an inspirational and practical cookbook about cooking food that makes our lives easier, the sort of cooking that can be incorporated into our daily lives and celebrated without any stress. This is food that will make everyone feel better, both in body and mind. In Simply Nigella there are everyday recipes that are lighter and easy to prepare and cook, but also indulgent dishes for special occasions—the message is simple: Balance is all!

Containing 150 recipes for nourishing oneself, friends, and family, Simply Nigella includes: breakfasts and brunches; fast, easy, and light suppers; a feasting chapter for entertaining a group; and a section dedicated to "Bowlfoods," to be eaten in comfort with a fork or spoon, from light soups and near-instant stir-fries, to pasta and one-pot dishes. There is also a wide array of sweet treats—including fabulous dairy-free and gluten-free recipes.

NIGELLA LAWSON is the internationally bestselling author of Nigella Express, Feast, Nigella Bites, How to Be a Domestic Goddess, Forever Summer, Nigellissima, and Nigella Christmas. She is a mentor and judge on ABC's The Taste and has sold more than 3 million cookbooks worldwide.
The Laws of Cooking . . . and How to Break Them

Justin Warner

In his first cookbook ever, cutting-edge chef and Food Network star Justin Warner shows how he has reduced all of cooking to eleven basic laws that allow you to go wild in the kitchen.

Foreword by Alton Brown.

The Laws of Cooking...and How to Break Them is a book that encourages improvisation and play, while explaining Justin's unique ideas about "flavor theory" . . . like color theory, but for your tongue. By introducing eleven laws based on familiar foods (e.g., "The Law of Peanut Butter and Jelly"; "The Law of Coffee, Cream, and Sugar"), the book teaches the reader why certain flavors combine brilliantly, and then shows how these combinations work in 110 more complex and inventive recipes (Tomato Soup with "Grilled Cheese" Ravioli; Scallops with Black Sesame and Cherry). At the end of many of the recipes, Justin "breaks the law," by adding a seemingly discordant flavor that takes the combination to a new level. The book features more than 100 images by renowned photographer Daniel Krieger.

PRAISE

"This is a cookbook unlike any other. This kid may be an outlaw but . . . the culinary force is strong with this one. And now, he's sharing a bit of that crazy magic with us all. So hang on, kids, it's going to be a tasty ride."

JUSTIN WARNER is the winner of the eighth season of Food Network Star and is the chef/co-owner of Michelin-rated Do or Dine restaurant in Bed-Stuy, New York. His first Food Network appearance was on 24 Hour Restaurant Battle in 2010, which he also won. He continues to be a frequent guest on Food Network and will host a new Food Network web series launching in 2015. Warner was a waiter at Danny Meyer's acclaimed restaurant The Modern prior to starting his own career as a chef.
Made in India
Recipes from an Indian Family Kitchen
Meera Sodha

A top-ten bestseller and sensation in the UK, Made In India has garnered praise from Yotam Ottolenghi, Nigel Slater, and Nigella Lawson for its authentic take of Indian home cooking.

The best Indian food is cooked (and eaten) at home.

Real Indian food is fresh, simple, and packed with flavor. In Made in India, Meera Sodha introduces you to the food she grew up eating every day. Unlike the fare you get at your local Indian takeout joint, her food is vibrant and surprisingly quick and easy to make.

Meera serves up a feast of more than 130 delicious recipes, collected from three generations of her family. On the menu is everything from hot chapatis to street food, fragrant curries to colorful side dishes, and mouthwatering desserts. Made in India will change the way you cook, eat, and think about Indian food forever.

PRAISE
"This book is full of real charm, personality, love, and garlic. Bring on the 100 clove curry! Not to mention fire-smoked eggplant, chicken livers in cumin butter masala, and beet and feta samosas. There's so much to be inspired by." —Yotam Ottolenghi

"I want to cook everything in this book." —Nigella Lawson on nigella.com

"This book cries out to be cooked from and you'll have a blast every time you do." —Guardian Cook!

"This delightful and unpretentious volume offers a glimpse of Indian home cookery not often seen in print, because it is usually passed down orally through families." —Bee Wilson, The Sunday Times

MEERA SODHA is a voracious home cook and an occasional chef at the Michelin-rated Indian restaurant Gymkhana in London. When Made in India was published in the UK, it became an instant top-ten bestseller and was named one of the year's best books by many newspapers and periodicals.
Furiously Happy

A Funny Book About Horrible Things

Jenny Lawson

A new book by #1 NYT bestselling author Jenny Lawson about the most compelling theme in her work: living with severe depression and mental illness—and taxidermied roadkill raccoons.

"We're all pretty bizarre. Some of us are just better at hiding it." -John Hughes

In Furiously Happy, a humor memoir tinged with just enough tragedy and pathos to make it worthwhile, Jenny Lawson, the Bloggess, examines her own experience with severe depression and a host of other conditions, and explains how it has led her to live life in the fullest:

"According to the many shrinks I've seen in the last two decades, I am a high-functioning depressive with severe anxiety disorder, mild bipolar tendencies, moderate clinical depression, mild self-harm issues, impulse control disorder, and occasional depersonalization disorder. Also, sprinkled in like paprika over a mentally unbalanced deviled egg, are mild OCD and trichotillomania.... I've often thought that people with severe depression have developed such a well for experiencing extreme emotion that they might be able to experience extreme joy in a way that 'normal people' also might never understand. And that's what Furiously Happy is all about."

Jenny's first book, Let's Pretend This Never Happened, sold over 400,000 copies. Her blog receives between 1-2 million page views per month and she has nearly 400,000 Twitter followers; her platform has grown exponentially since her first book and continues to expand. Her readings were standing room only, with fans lining up to have Jenny sign their bottles of Xanax or Prozac as often as they were to have her sign their books. Furiously Happy will appeal to Jenny's core fan base but will also transcend it. There are so many people out there struggling with depression and mental illness, either themselves or someone in their family—and in Furiously Happy they will find a member of their tribe offering up an uplifting message; via a taxidermied roadkill raccoon. Let's Pretend This Never Happened ostensibly was about embracing your own weirdness, but deep down it was about family. Furiously Happy is about depression and mental illness, but deep down it's about joy—and who doesn't want a bit more of that?
MARKETING

Advertising: Shelf Awareness, Facebook Buy Now, Google search

ARCs for BEA

B&N Blog post

Extensive tour in U.S. and Canada

Goodreads giveaways

Indiebound Whitebox mailing (750 ABA members)

Jacket poster blow-up giveaways on Shelf and social media

Landing page

Massive review coverage in dailies, weeklies, and long-lead magazines

National NPR and TV outreach, including morning shows

Pre-order campaign on The Blogess, cover reveal

Prominent feature attention in national publications

Social media campaign

BIOGRAPHY & AUTOBIOGRAPHY / PERSONAL MEMOIRS

FURIOUSLY HAPPY

A Funny Book About Horrible Things

JENNY LAWSON

#1 New York Times bestselling author

Flatiron Books | 9/22/2015
Hardcover | 352 pages | Carton Qty:
6.1 in W | 9.3 in H

Other Available Formats:
Audio ISBN: 9781427264787
Audio ISBN: 9781427264794
Home Is Burning

Dan Marshall

Dave Eggers meets David Sedaris in this uproariously funny, unflinchingly honest, and tender memoir.

Dan's mom has always had cancer. First diagnosed when he was only ten years old, she was the model of resilience throughout his childhood, fighting her disease with tenacity and a mouth foul enough to make a sailor blush. But just as she faces a relapse, her husband - a successful businessman and devoted father - is diagnosed with ALS. He is told that in a few months' time, he will be unable to walk, eat, or breathe on his own. Dan, a recent college graduate living the good life in Los Angeles, has no choice but to return home to help.

Reinstalled in his parents' basement (in one of the only non-Mormon homes in a Salt Lake City subdivision) Dan is reunited with his siblings. His older sister Tiffany is resentful, having stayed closer to home to bear the brunt of their mother's illness. Younger brother Greg comes to lend a hand, giving up a journalism career and evenings cruising Chicago gay bars. Younger sister Michelle is a sullen teenager experimenting with drinking and flirting with her 35-year-old soccer coach. And baby sister Chelsea - the oddest duck in a family of misfits - can only think about dance. Together they form Team Terminal, going to battle against their parents' illnesses and cracking plenty of jokes along the way.

As Dan steps into his role as caregiver, wheelchair wrangler, and sibling referee, he watches pieces of his previous life slip away, and comes to realize that you don't get to choose when it's time to gro...

PRAISE


"It's hard to imagine how a memoir about moving home to take care of your cancer-stricken mom and your dying dad could be fun to read, but Dan Marshall manages to pull it off. Equal parts hilarious and heart-breaking, Home is Burning proves that with family, tragedy always has company." (James Frey)

"A death in the family-the whole miserable and hilarious story, complete with all the gory mechanical details of grief, rage, drug binges, hostility, self-pity and more rage. As one parent battles ...

DAN MARSHALL grew up in a nice home with nice parents in Salt Lake City, Utah, before attending UC Berkeley. After college, Dan worked at a strategic communications public relations firm in Los Angeles. At 25, he left work and returned to Salt Lake to take care of his sick parents. While caring for them, he started writing detailed accounts about many of their weird, sad, funny adventures. Home is Burning is his first book.
Kurt Vonnegut, meet Brenda Walsh. A wickedly clever and surprisingly profound pop culture mash-up, based on the blog with more than 150,000 loyal fans.

Praised by Salon as "hilarious" and "artful", O Magazine as "A lovely little corner of the Internet," and called, "Instant profoundness" by BuzzFeed, Slaughterhouse 90210 pairs literature's greatest lines with pop culture's best moments.

In 2009, Maris Kreizman wanted to combine her fierce love for pop culture with a lifelong passion for reading, and so the blog Slaughterhouse 90210 was born. By matching poignant passages from literature with popular moments from television, film, and real life, Maris' work instantly caught the attention (and adoration) of thousands. And it's easy to see why.

Slaughterhouse 90210 is subversively brilliant, finding the depth in the shallows of reality television, and the levity in Lahiri. We see Taylor Swift paired with, "Above all, she is the girl who 'feels things'. The girl ever wounded, ever young," by Joan Didion. Tony Soprano, waist-deep in a pool surrounded by ducks is accompanied by a line from Middlemarch about, "The patches of hardness and tenderness [that] lie side by side in men's dispositions." These two pieces of art complement and deepen one another in surprising, profound, and tender ways.

Slaughterhouse 90210 is a book for anyone with a Netflix account and a library card. With over 150 color photographs from some of popular culture's most iconic moments, Kreizman shows why comparing Walter White to Faust makes sense in our celebrity obsessed, tv crazed society.

PRAISE

Praise for Slaughterhouse 90210 the Blog
"It's an instant day-brightener-a lovely little corner of the Internet." -O Magazine

"This Tumblr site takes stills from popular television shows and adds an intellectual quote underneath. Instant profoundness!" - Buzzfeed.com

"Touched by Bethenny Frankel's unmitigated pathos? Looking for a way to explain the tenets of Gossip Girl to your book club? Slaughterhouse 90210 pairs important literary quotes with screencaps from your favorite shows to help you feel better about your shallow side." - The Huffington Post

MARIS KREIZMAN is the creator of Slaughterhouse 90210, a blog that celebrates the intersection of her two great loves—literature and TV. She's currently a publishing community manager at Kickstarter. A former book editor, Maris cannot get enough of critiquing her own writing.
Pitch by Pitch
My View of One Unforgettable Game
Bob Gibson and Lonnie Wheeler

Legendary Cardinals pitcher Bob Gibson teams up with coauthor Lonnie Wheeler for a riveting throw-by-throw analysis of Game One of the 1968 World Series.

Pitch by Pitch gets inside Bob Gibson's head on the evening of October 2, 1968, when he took the mound in Game One of the World Series against the Detroit Tigers and struck out a record seventeen batters. Gibson, known as one of the most intimidating pitchers in baseball history, relives each inning and each pitch. Facing down batter after batter, Gibson shares his insights into every player that stepped into the batter's box against him that day—recounting in candid and in-depth detail the pitches he threw, his control over the ball, and his moments of synchronicity with catcher and friend Tim McCarver. This iconic game and all its players come to life on the page as Gibson gives a behind-the-scenes look at the way he played the game, his relationships with teammates, coaches, and opponents and their lives on and off the field. Like Dan Okrent's classic book, Nine Innings, Pitch by Pitch is a detailed look at a single fascinating game, this one told from the unique viewpoint of the mound, in the words of a perceptive pitcher who was one of baseball's all-time greats.

PRAISE
"Catching my friend Bob Gibson was an experience like no other—especially on that memorable autumn day in 1968, game one of the World Series. I can still see that last slider bearing down on the knees of Willie Horton. If you ever wondered what it's like to pitch or play in the World Series, this is the book to read." ---Tim McCarver

BOB GIBSON is a baseball Hall of Famer who played 17 seasons for the St. Louis Cardinals. During that time he was a two-time Cy Young Award and World Series winner. He is also the author of Stranger to the Game: The Autography of Bob Gibson and Sixty Feet, Six Inches, which was written with Reggie Jackson and coauthor Lonnie Wheeler. LONNIE WHEELER has written numerous baseball books and collaborated with baseball greats Bob Gibson, Reggie Jackson, Hank Aaron, and Mike Piazza.
This Is All a Dream We Dreamed

An Oral History of the Grateful Dead

Blair Jackson and David Gans

The definitive fifty-year oral history of this seminal band, as told by its members and their family, friends, and followers.

Fifty years after the Grateful Dead was formed, the band still exerts a powerful influence over hundreds of thousands of fans around the world. Today, an entire generation of Deadheads who have never experienced a live Dead show are still drawn to the music and the complex and colorful subculture that has grown up around it.

In This Is All a Dream We Dreamed, two of the most well-respected chroniclers of the Dead, Blair Jackson and David Gans, reveal the band's story through the words of its members and their creative collaborators, and a number of diverse fans, stitching together a multitude of voices into a seamless oral tapestry. Woven into this musical saga is an examination of the subculture that developed into its own economy, touching fans from all walks of life, from penniless hippies to celebrities, and at least one U.S. vice president.

The book traces the band's evolution from its folk/bluegrass beginnings through the Jug Band craze, an early incarnation as Rolling Stones wannabes, feral psychedelic warriors, the Americana jam band that blazed through the '70s, to the shockingly popular but still iconoclastic, stadium-filling band of later years. The Dead broke every rule of the music business along the way, taking risks and venturing into new territory as they fused inspired ideas and techniques with intuition and fearlessness to create a sound-and a business model unlike anything heard and seen before.

PRAISE

Despite its title, what makes this book different from all other books on the Grateful Dead is that it is anything but dreamlike. It is down-to-earth, plainspoken, without special pleading or arguments for differing levels of awareness. You didn't have to be there. On many pages, this could be the story of any band—the story as it emerges here carries no pretensions—and elsewhere it is the story of people doing their work. And it is so full of the intensity and repetitions of ordinary life that it throws the work that was done into a new light.

BLAIR JACKSON penned Grateful Dead: The Music Never Stopped and wrote and published 27 issues of the acclaimed fanzine The Golden Road. He is also the author of the definitive biography, Garcia: An American Life.

DAVID GANS has published three books on the Dead; he is the producer and host of the nationally syndicated Grateful Dead Hour, is cohost of SiriusXM's Tales from the Golden Road, and is a working musician who has incorporated Grateful Dead songs and improvisation into his own work.
O's Little Guide to Finding Your True Purpose

The Editors of O, The Oprah Magazine

The second in our Little Books series from the editors at O, The Oprah Magazine, O's Little Guide to Finding Your True Purpose offers a mix of prescriptive advice and real stories of self-discover...

From the beginning, O has been a catalyst for women hoping to discover who they're meant to be. O's Little Guide to Finding Your True Purpose continues this tradition by combining actionable advice and relatable true-life accounts of trial, error, and triumph. Each entry in this engaging and thoughtful volume guides readers in their quest to come into their own. Contributors include Paige Williams on the lessons she learned from aptitude testing; Martha Beck on how to chart your own course; Patti Smith on how she found her calling; Elizabeth Gilbert on the enlightening aspects of failure; Michael Cunningham on the revelations to be found in small moments; and more.

Each month O, The Oprah Magazine helps readers live their best lives, serving up information and inspiration on everything from lasting love to luscious food. With a signature blend of candor and humor, fresh advice and timeless wisdom, the magazine offers people the tools they need to, as Oprah Winfrey says, "become more of who they are"-to love themselves more deeply, to look hopefully toward the future, and to leap wholeheartedly into the adventure of being alive.

Since its record-breaking launch in 2000, O, The Oprah Magazine has been a trusted and beloved source of compelling stories and empowering ideas. Reaching twelve million readers each month, the content of O. Magazine, stamped with Oprah Winfrey's unique vision, encourages confident, intelligent women to reach for their dreams and make the choices necessary to lead happier, more fulfilling lives.
I Blame Dennis Hopper

And Other Stories from a Life Lived In and Out of the Movies

Illeana Douglas

From award winning actress Illeana Douglas comes a memoir in essays about learning to survive in Hollywood while staying true to her quirky vision of the world.

In 1969, Illeana Douglas' parents saw the film Easy Rider. Like many folks of that generation, the groundbreaking film transformed them. Taking Dennis Hopper's words, "That's what it's all about man", to heart, they abandoned what Illeana had hoped would be her comfortable upper middle class life for a childhood filled with hippies, goats, free spirits, and free love. Illeana writes, "Since it was all out of my control, I began to think of my life as a movie, with a Dennis Hopper like father at the center of it. Years later I would work with Dennis Hopper on the film Search and Destroy. I couldn't wait to meet him, so I could blame him for everything that had ever happened to me. Instead I had the same transformational experience. How did I get here? "What's it all about man?" I would soon learn from Dennis Hopper himself.

I Blame Dennis Hopper is a testament to the power of art, the tenacity of passion, and the profound effect of how one movie can change our destiny. Douglas writes with crackling humor about her struggle accepting her hippie upbringing. Hoping a good Liza impression might land her a musical, or how Rudy Valley taught her the meaning of being a show biz trouper.

While visiting her grandfather and mentor (Two Time Academy Award-winning actor Melvyn Douglas) on ...

PRAISE

Illeana Douglas takes you through her years in Hollywood and beyond the same way she experienced them - by happy, hilarious accident. The revelations fly off the pages of this book are cringe-inducing, gut-busting and terrifying, usually all at once.

Celebrated Actress, comedienne, writer, producer, director, Illeana Douglas has starred in films like Goodfellas, Cape Fear, To Die For, Picture Perfect, Ghost World, as well as TV shows from Six Feet Under to Welcome to Sweden. She was an Internet pioneer with Easy To Assemble; millions have watched the web series she created and starred in from 2008 to 2013. As part of the Turner Classic Movies family she hosted Second Looks, and has done film introductions and memorable interviews with some ...
What Would Jesus Craft?
30 Simple Projects for Making a Blessed Home

Ross MacDonald

A playful look at what our savior would make to create a blessed home.

A hilarious take on a Sunday school's craft book, What Would Jesus Craft? features 30 simple projects all made using commonly found items like popsicle sticks, glitter, yarn, and pipe cleaners to make items to bless your home and wardrobe. Award-winning author and illustrator Ross MacDonald guides you through each step of every project while channeling a campy and enthusiastic bible-thumper who expresses his love of Jesus through the art of homespun crafts.

In the same vein as Amy Sedaris's I Like You: Hospitality Under the Influence and Simple Times: Crafts for Poor People, the projects in this book can easily be replicated at home or poked fun at as you flip through the pages.

Crafts for your home, pets, family, and Sunday school class are included in the book along with clear step-by-step photographs for how to complete each project. Some of the irreverent and laugh-out-loud projects include a Crown of Thorns Hat Topper, Jesus Jean Jacket, Saint Francis Pet Collar, Guardian Angel Toilet Paper Cozy, See You in Hell Mirror, Last Supper Lunch Box, and much more!

ROSS MACDONALD is an author, illustrator, and prop designer whose work has appeared on Boardwalk Empire and in the pages of The New Yorker, The New York Times, Rolling Stone, The Wall Street Journal, Newsweek, and many other publications. He is also the author of the adult humor book In and Out with Dick and Jane, which was awarded a gold medal from the Society of Illustrators.
**To Disco, with Love**

*The Records That Defined an Era*

David Hamsley

Over 250 Disco-era album, covers—from sexy to silly, elegant to outrageous—that brings alive a time when fashion, politics, and sexuality all converged in harmony on the dance floor.

With over 250 full color photographs of Disco's greatest album covers, paging through To Disco, with Love is like catching Saturday Night Fever all over again. From Diana Ross and Donna Summer gazing fiercely from their chart topping albums to the Village People's trademark costumes and the Bee Gee's blinding white jumpsuits, To Disco celebrates the days when the dance floor ruled the world.

Gathered together, and presented chronologically these striking covers tell the story of a moment in time when art and photography, music, and dance changed the world. We see a rapid evolution, from the early days when Disco's roots were firmly planted in Soul, Latin, and Jazz, all the way to the digital revolution of the 1980s. Like fleeting moments caught in the strobe, these covers vibrantly capture our takes on fashion and beauty, wealth and status, sex, race, and even God. As the hair gets bigger, bell bottoms wider, and platform shoes steeper, the vibrancy and energy of this moment in music history is brought back to vivid life. Accompanied by insightful, spirited descriptions that showcase the evolving trends in photography, illustration, and design, To Disco, with Love charts the history of the music and the industry during its groovy heyday.

So dust off that record player, start moving those hips, and remember the days when the beat went on and on.

DAVID HAMSLEY is a photographer living and working in New York City. To Disco, with Love is his first book, and a true love letter to the music and art of a legendary era.
Breeds

A Canine Compendium

Fenella Smith and The Brothers McLeod

From British siblings Greg, Myles, and Fenella comes a funny and charming guide to 150 dogs, each with its own beautiful illustration. From Afghan to Yorkie, Breeds will make dog owners smile.

From aloof Afghans to tearaway terriers, Breeds will strike a chord with dog lovers everywhere.

Afghan Hound – Tall, elegant, and well behaved. Dogs with excellent eyesight. Have a tendency to be aloof. Will require shampoo (curlers optional).

Borzoi – The wolf-hunter of Russia, this wonderfully tall and swift breed was once used in hunts with packs of over a hundred dogs! These days they prefer to relax by the fire and read Tolstoy.

Corgi – Spirited yet loyal dogs. Unusually large ears, all the better for hearing with. The Queen's favorite and they know it.

Dachshund – A long, loving, and inquisitive dog. Slightly neurotic - will spend large parts of the day worrying.

Scottie – Elegant and compact. Trots along like a dressage horse. Deeply suspicious of other dogs, all of whom are considered lesser beings.

GREG AND MYLES MCLEOD run a BAFTA award winning animation agency and work with companies such as Disney, Dreamworks, BBC and the Royal Shakespeare Company.

Their sister FENELLA SMITH runs a homewares business including the very popular Animals range. Her products are sold across the world.
**Pogue's Basics: Life**

*Essential Tips and Shortcuts (That No One Bothers to Tell You) for Simplifying Your Day*

David Pogue

For anyone who loved the irresistible tips in the first book of the series *Pogue's Basics: Tech*-here is a new book of tips and shortcuts that simplify everyday life.

Did you know that you can use the indented rings on a red plastic cup as measurements for 1, 5, and 12 ounces, the standard serving sizes for liquor, wine, and beer? That a Chinese food box is designed to unfold flat and form a plate? When you buy aluminum foil or saran wrap, did you know that there's a press-in tab on the end panel of the box that you're supposed pop in that acts as an axle for the roll and prevents it from leaping out of the box when you tug? Another extremely helpful piece of advice? Statistically speaking, on average the lowest plane fare for a given ticket is available 52 days before the flight.

Following the success of the *New York Times* bestselling *Pogue's Basics: Tech* comes the next book in the series *Pogue's Basics: Life* which will be a timeless reference book of 200 simple tips and shortcuts that just make life easier, shedding light on valuable bits of advice and life hacks that already exist in the world around you, but you just never knew!

The perfect book for the holidays, *Pogue's Basics: Life* will be accompanied by photographs and illustrations, and collects all useful tips and tricks in one place for you to easily access.

DAVID POGUE is the author of the *New York Times* bestseller, *Pogue's Basics: Tech*. He has 1.5 million followers on Twitter, has given four TED talks, and launched Yahoo Tech. For thirteen years, he wrote for *The New York Times* and also writes a monthly column for *Scientific American*, created the Missing Manual computer-book series, hosts science shows on PBS's *NOVA*, and appears frequently on *CBS Sunday Morning*. He has won two Emmys, two Webby awards, and a Loeb award for journalism.
That Sugar Book

The Essential Companion to the Feature Documentary That Will Change the Way You Think About "Healthy" Food

Damon Gameau

Based on the documentary THAT SUGAR FILM, this is an explosive exposé of the dangers of sugar.

When Australian actor and filmmaker Damon Gameau met a girl he wanted to impress, he decided to get healthy by reducing his sugar intake. In no time he was slimmer, calmer, fitter and happier. But he was also curious: why did the elimination of sugar have such beneficial effects? He decided to experiment by eating 40 teaspoons of sugar a day over the course of 60 days.

The results were staggering. Gameau gained nearly 20 pounds; he developed signs of fatty liver disease; and doctors warned him that he was on the road to obesity, diabetes, and heart disease. His journey took him not just down a path to illness, but deep into an investigation into how our food is made and marketed. Gameau interviewed experts and discovered that 80% of products on our supermarket shelves contain sugar, and that 90 million Americans have fatty liver disease directly linked to their sugar consumption.

Expanding on That Sugar Film, That Sugar Book offers 30 recipes, in-depth interviews, and colorful graphic images to reveal the truth behind the world's alarming and health-destroying sugar habit. It contains sensible advice on kicking the sugar addiction; lists which foods to avoid; and explains how to shop, how to read labels, and how to cook sugar-free food.

A riveting, funny, meticulously well-researched, and shocking exposé, That Sugar Book is destined to change the eating habits of a generation.

PRAISE

Praise for THAT SUGAR FILM:
"I highly recommend you catch THAT SUGAR FILM!"—Stephen Fry

Praise for THAT SUGAR BOOK:
"A definite must-read!"—Jamie Oliver
"I don't normally praise health books, but Damon has done a great job creating this."—Emilythebookaddict.com

Damon Gameau is an award-winning actor who has appeared in a range of productions, including The Tracker, Balibo, Thunderstruck, Spirited, Secrets and Lies, and How I Met Your Mother. As a director, he was the winner of Tropfest 2011. That Sugar Film marks his first feature-length film. Damon is a passionate advocate for good health and is determined to help people find a happier way of living. This is his first book.
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