

# 043 525x350.jpg

## Paul Jennings

*Choosing Raw* Gena Hamshaw, 2014-07-01 After her health journey led her to a plant-based diet, Gena Hamshaw started a blog for readers of all dietary stripes looking for a common-sense approach to healthy eating and fuss-free recipes. *Choosing Raw*, the book, does in an in-depth manner what the blog has done for hundreds of thousands of readers: addresses the questions and concerns for any newcomer to veganism; makes a plant-based diet with many raw options feel easy instead of intimidating; provides a starter kit of delicious recipes; and offers a mainstream, scientifically sound perspective on healthy living. With more than 100 recipes, sumptuous food photos, and innovative and wholesome meal plans sorted in levels from newcomer to plant-based pro, Hamshaw offers a simple path to health and wellness. With a foreword by Kris Carr, New York Times best-selling author of *Crazy Sexy Diet*, *Choosing Raw* is a primer in veganism, a cookbook, the story of one woman's journey to health, and a love letter to the lifestyle that transformed her relationship with food.

**A Colored Man's Reminiscences of James Madison** Paul Jennings, 1865

*My 21 Years in the White House* Alonzo Fields, 2019-11-22 *My 21 Years in the White House*, first published in 1960, is the fascinating account by Alonzo Fields of his service as head butler under 4 presidents: Hoover, Roosevelt, Truman, and Eisenhower. Fields (1900-1994) began his employment at the White House in 1931, and kept a journal of his meetings with the presidents and their families; he would also meet important people like Winston Churchill, Princess Elizabeth of England, Thomas Edison, John D. Rockefeller, presidential cabinet members, senators, representatives, and Supreme Court Justices. He would also witness presidential decision-making at critical times in American history -- the attack on Pearl Harbor, the death of Franklin Roosevelt, the desegregation of the military, and the outbreak of hostilities in Korea. As Fields often told his staff, "...remember that we are helping to make history. We have a small part ... but they can't do much here without us. They've got to eat, you know." Included are sample menus prepared for visiting heads-of-state and foreign dignitaries.

**Black Pain** Terrie M. Williams, 2009-01-06 A successful woman entrepreneur addresses the taboo of depression that pervades African-American culture, drawing on her own experiences of suffering and recovery while counseling readers from all walks of life on how to overcome cycles of denial and psychological pain. Reprint. 50,000 first printing.

*High Cotton* Darryl Pinckney, 1992-02 The narrator engages in an existential search for the meaning of his black identity--from his Indianapolis roots to his taste of the expatriate life in Paris--in a novel that addresses the issues pertaining to upper-

middle-class blacks. 15,000 first printing.

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