

Sugar In The Blood A Familys Story Of Slavery And Empire Andrea Stuart

YEAH, REVIEWING A EBOOK **SUGAR IN THE BLOOD A FAMILYS STORY OF SLAVERY AND EMPIRE ANDREA STUART** COULD GO TO YOUR CLOSE ASSOCIATES LISTINGS. THIS IS JUST ONE OF THE SOLUTIONS FOR YOU TO BE SUCCESSFUL. AS UNDERSTOOD, CAPABILITY DOES NOT SUGGEST THAT YOU HAVE ASTONISHING POINTS.

COMPREHENDING AS CAPABLY AS UNION EVEN MORE THAN FURTHER WILL MEET THE EXPENSE OF EACH SUCCESS. BORDERING TO, THE DECLARATION AS CAPABLY AS INSIGHT OF THIS SUGAR IN THE BLOOD A FAMILYS STORY OF SLAVERY AND EMPIRE ANDREA STUART CAN BE TAKEN AS CAPABLY AS PICKED TO ACT.

QUEEN SUGAR NATALIE BASZILE 2014-02-06 THE INSPIRATION FOR THE ACCLAIMED OWN TV SERIES PRODUCED BY OPRAH WINFREY AND AVA DUVERNAY “QUEEN SUGAR IS A PAGE-TURNING, HEART-BREAKING NOVEL OF THE NEW SOUTH, WHERE THE PAST IS NEVER TRULY PAST, BUT THE FUTURE IS A HOT, BRIGHT PROMISE. THIS IS A STORY OF FAMILY AND THE HEALING POWER OF OUR CONNECTIONS—TO EACH OTHER, AND TO THE RICH LAND BENEATH OUR FEET.” —TAYARI JONES, AUTHOR OF AN AMERICAN MARRIAGE READERS, BOOKSELLERS, AND CRITICS ALIKE ARE EMBRACING QUEEN SUGAR AND CHEERING FOR ITS HEROINE, CHARLEY BORDELON, AN AFRICAN AMERICAN WOMAN AND SINGLE MOTHER STRUGGLING TO BUILD A NEW LIFE AMID THE COMPLEXITIES OF THE CONTEMPORARY SOUTH. WHEN CHARLEY UNEXPECTEDLY INHERITS EIGHT HUNDRED ACRES OF SUGARCANE LAND, SHE AND HER ELEVEN-YEAR-OLD DAUGHTER SAY GOODBYE TO SMOGGY LOS ANGELES AND HEAD TO LOUISIANA. SHE SOON LEARNS, HOWEVER, THAT CANE FARMING IS ALWAYS GOING TO BE A WHITE MAN’S BUSINESS. AS THE SWELTERING SUMMER UNFOLDS, CHARLEY STRUGGLES TO BALANCE THE OVERWHELMING CHALLENGES OF A FARM IN DECLINE WITH THE DEMANDS OF FAMILY AND THE STARTLING DESIRES OF HER OWN HEART.

BURNT SUGAR AVNI DOSHI 2020-07-30 **SHORTLISTED FOR THE BOOKER PRIZE 2020 LONGLISTED FOR THE WOMEN’S PRIZE FOR FICTION 2021 WINNER OF THE SUSHILA DEVI AWARD 2021 NEW YORK TIMES 100 NOTABLE BOOKS OF 2021** A SEARING DEBUT NOVEL ABOUT MOTHERS AND DAUGHTERS, OBSESSION AND BETRAYAL - FOR FANS OF JENNY OFFILL, DEBORAH LEVY, RACHEL CUSK AND DIANA EVANS ‘BEAUTIFULLY WRITTEN, EMOTIONALLY WRENCHING AND POIGNANT IN EQUAL MEASURE’ THE BOOKER PRIZE JUDGES 2020 ‘AN UNSETTLING, SINEWY DEBUT, STARTLING IN ITS VENOM AND DISARMING IN ITS HUMOUR FROM THE VERY FIRST SENTENCE’ GUARDIAN ‘I WOULD BE LYING IF I SAID MY MOTHER’S MISERY HAS NEVER GIVEN ME PLEASURE.’ THIS IS A TALE OF OBSESSION AND BETRAYAL. THIS IS A POISONED LOVE STORY. BUT NOT BETWEEN LOVERS - BETWEEN MOTHER AND DAUGHTER. TARA AND ANTARA, A WOMAN AND HER ANGRY SHADOW. BUT WHICH ONE IS WHICH? SHARP AS A BLADE AND COMPULSIVELY READABLE, BURNT SUGAR SLOWLY UNTANGLES THE KNOT OF MEMORY AND REMOUR THAT BINDS TWO WOMEN TOGETHER, REVEALING THE TRUTH THAT LIES BENEATH. ‘A WORK OF EXTRAORDINARY INSIGHT, COURAGE AND SOPHISTICATED’ WASHINGTON POST ‘ARRESTING AND FIERCELY INTELLIGENT, DISARMINGLY WITTY AND FRANK’ SUNDAY TIMES ‘A SLY, SLIPPERY, OFTEN HEARTBREAKING NOVEL ABOUT THE ROLE MEMORY PLAYS WITHIN FAMILIES’ STYLIST ‘EXTRAORDINARY... COME FOR THE EFFORTLESSLY STYLISH WRITING, STAY FOR THE BOILING WRATH’ OBSERVER

LIBERTY’S DAWN EMMA GRIFFIN 2013-03-15 “EMMA GRIFFIN GIVES A NEW AND POWERFUL VOICE TO THE MEN AND WOMEN WHOSE BLOOD AND SWEAT GREASED THE WHEELS OF THE INDUSTRIAL REVOLUTION” (TIM HITCHCOCK, AUTHOR OF DOWN AND OUT IN EIGHTEENTH-CENTURY LONDON). THIS “PROVOCATIVE STUDY” LOOKS AT HUNDREDS OF AUTOBIOGRAPHS PENNED BETWEEN 1760 AND 1900 TO OFFER AN INTIMATE FIRSTHAND ACCOUNT OF HOW THE INDUSTRIAL REVOLUTION WAS EXPERIENCED BY THE WORKING CLASS (THE NEW YORKER). THE ERA DIDN’T JUST BRING ABOUT MISERY AND POVERTY. ON THE CONTRARY, EMMA GRIFFIN SHOWS HOW IT RAISED INCOMES, IMPROVED LITERACY, AND OFFERED EXCITING OPPORTUNITIES FOR POLITICAL ACTION. FOR MANY, THIS WAS A PERIOD OF NEW, AND MUCH VALUED, SEXUAL AND CULTURAL FREEDOM. THIS RICH PERSONAL ACCOUNT FOCUSES ON THE SOCIAL IMPACT OF THE INDUSTRIAL REVOLUTION, RATHER THAN ITS ECONOMIC AND POLITICAL HISTORIES. IN THE TRADITION OF BESTSELLING BOOKS BY LIZA PICARD, JUDITH FLANDERS, AND JERRY WHITE, GRIFFIN GETS UNDER THE SKIN OF THE PERIOD AND CREATES A CAST OF COLORFUL CHARACTERS, INCLUDING FACTORY WORKERS, MINERS, SHOEMAKERS, CARPENTERS, SERVANTS, AND FARM LABORERS. “THROUGH THE ‘MESSY TALES’ OF MORE THAN 350 WORKING-CLASS LIVES, EMMA GRIFFIN ARRIVES AT AN UPEAT INTERPRETATION OF THE INDUSTRIAL REVOLUTION MOST OF US WOULD HARDLY RECOGNIZE. IT IS QUITE ENTHRALLING.” —THE OLDIE MAGAZINE “A TRIUMPH, ACHIEVED IN FEWER THAN 250 GRACEFULLY WRITTEN PAGES. THEY PERSUASIVELY PURVEY GRIFFIN’S HISTORICAL CONVICTION. SHE IS INTIMATE WITH HER AUDIENCE, WOONG IT AND TEASING IT ALONG THE WAY.” —THE TIMES LITERARY SUPPLEMENT “AN ADMIRABLY INTIMATE AND EXPANSIVE REVISIONIST HISTORY.” —PUBLISHERS WEEKLY

SUGAR IN THE BLOOD ANDREA STUART 2013 IN THE LATE 1630S, LURED BY THE PROMISE OF THE NEW WORLD, ANDREA STUART’S EARLIEST KNOWN MATERNAL ANCESTOR, GEORGE ASHBY, SET SAIL FROM ENGLAND TO SETTLE IN BARBADOS. HE FELL INTO THE LIFE OF A SUGAR PLANTATION OWNER BY MERE CHANCE, BUT BY THE TIME HE HARVESTED HIS FIRST CROP, A REVOLUTION WAS FULLY UNDER WAY: THE FARMING OF SUGAR CANE, AND THE SWIFTLY INCREASING DEMANDS FOR SUGAR WORLDWIDE, WOULD NOT ONLY LIFT GEORGE ASHBY FROM ABJECT POVERTY AND SHAPE THE LIVES OF HIS DESCENDANTS, BUT IT WOULD ALSO BIND TOGETHER AMBITIOUS WHITE ENTREPRENEURS AND ENSLAVED BLACK WORKERS IN A STRANGLING EMBRACE. STUART USES HER OWN FAMILY STORY--FROM THE SEVENTEENTH CENTURY THROUGH THE PRESENT--AS THE PIVOT FOR THIS EPIC TALE OF MIGRATION, SETTLEMENT, SURVIVAL, SLAVERY AND THE MAKING OF THE AMERICAS. AS IT GREW, THE SUGAR TRADE ENRICHED EUROPE AS NEVER BEFORE, FINANCING THE INDUSTRIAL REVOLUTION AND FUELLING THE ENLIGHTENMENT. AND, AS WELL, IT BECAME THE BASIS OF MANY ECONOMIES IN SOUTH AMERICA, PLAYED AN IMPORTANT PART IN THE EVOLUTION OF THE UNITED STATES AS A WORLD POWER AND TRANSFORMED THE CARIBBEAN INTO AN ARCHIPELAGO OF RICHES. BUT THIS SWEET AND HUGELY PROFITABLE TRADE--“WHITE GOLD,” AS IT WAS KNOWN--HAD PROFOUNDLY LESS PALATABLE CONSEQUENCES IN ITS PRECIPITATION OF THE ENSLAVEMENT OF AFRICANS TO WORK THE FIELDS ON THE ISLANDS AND, ULTIMATELY, THROUGHOUT THE AMERICAN CONTINENTS. INTERSPERSING THE TECTONIC SHIFTS OF COLONIAL HISTORY WITH HER FAMILY’S EXPERIENCE, STUART EXPLORES THE INTERCONNECTED THEMES OF SETTLEMENT, SUGAR AND SLAVERY WITH EXTRAORDINARY SUBTLETY AND SENSITIVITY. IN EXAMINING HOW THESE FORCES SHAPED HER OWN FAMILY--ITS GENEALOGY, INTIMATE RELATIONSHIPS, CIRCUMSTANCES OF BIRTH, VARYING HUES OF SKIN--SHE ILLUMINATES HOW HER FAMILY, AMONG MILLIONS OF OTHERS LIKE IT, IN TURN TRANSFORMED THE SOCIETY IN WHICH THEY LIVED, AND HOW THAT INTERCHANGE CONTINUES TO THIS DAY. SHIFTING BETWEEN PERSONAL AND GLOBAL HISTORY, STUART GIVES US A DEEPENED UNDERSTANDING OF THE CONNECTIONS BETWEEN CONTINENTS, BETWEEN BLACK AND WHITE, BETWEEN MEN AND WOMEN, BETWEEN THE FREE AND THE ENSLAVED. IT IS A STORY BROUGHT TO LIFE WITH RIVETING AND UNPARALLELED IMEDIACY, A STORY OF FUNDAMENTAL IMPORTANCE TO THE MAKING OF OUR WORLD. FROM THE HARDCOVER EDITION.

THE TRUE BLUE SCOUTS OF SUGAR MAN SWAMP KATHI APPELT 2013-07-23 “LIBRARIANS OFTEN SAY THAT EVERY BOOK IS NOT FOR EVERY CHILD, BUT THE TRUE BLUE SCOUTS OF SUGAR MAN SWAMP IS” (THE NEW YORK TIMES). MEET BINGO AND J’MIAH, RACCOON BROTHERS ON A MISSION TO SAVE SUGAR MAN SWAMP IN THIS ROLLING TALE AND NATIONAL BOOK AWARD FINALIST FROM NEWBERY HONOREE KATHI APPELT. RACCOON BROTHERS BINGO AND J’MIAH ARE THE NEWEST RECRUITS OF THE OFFICIAL SUGAR MAN SWAMP SCOUTS. THE OPPORTUNITY TO SERVE THE SUGAR MAN--THE MASSIVE CREATURE WHO DELIGHTS IN DELICIOUS SUGAR CANE AND MAGNANIMOUSLY RULES OVER THE SWAMP--IS AN HONOR, AND ALSO A BIG RESPONSIBILITY, SINCE THE REST OF THE SWAMP CRITTERS RELY HEAVILY ON THE INTEL OF THESE HARDWORKING SCOUTS. TWELVE-YEAR-OLD CHAP BRAYBURN IS NOT A MEMBER OF ANY SUCH ORGANIZATION. BUT HE LOVES THE SWAMP SOMETHING FIERCE, AND HE’LL DO ANYTHING TO HELP PROTECT IT. AND HELP IS SURELY NEEDED, BECAUSE WORLD-CLASS ALLIGATOR WRESTLER JAEGER STITCH WANTS TO TURN SUGAR MAN SWAMP INTO AN ALLIGATOR WORLD WRESTLING ARENA AND THEME PARK, AND THE TROUBLES DON’T END THERE. THERE IS ALSO A GANG OF WILD FERAL HOGS ON THE MARCH, HEADED STRAIGHT TOWARD THEM ALL. THE SCOUTS ARE READY. ALL THEY HAVE TO DO IS WAKE UP THE SUGAR MAN. PROBLEM IS, NO ONE’S BEEN ABLE TO WAKE THAT FELLOW UP IN A DECADE OR FOUR... NEWBERY HONOREE AND KATHI APPELT’S STORY OF CARE AND CONSERVATION HAS RECEIVED FIVE STARRED REVIEWS, WAS SELECTED AS A NATIONAL BOOK AWARD FINALIST, AND IS FUNNY AS ALL GET OUT AND RIPE FOR READING ALOUD.

SUGAR IN THE BLOOD ANDREA STUART 2012-05-03 IN THE LATE 1630S, ANDREA STUART’S EARLIEST KNOWN MATERNAL ANCESTOR SET SAIL FROM ENGLAND, LURED BY THE PROMISE OF THE NEW WORLD, TO SETTLE IN BARBADOS WHERE HE FELL BY CHANCE INTO THE LUCRATIVE LIFE OF A SUGAR PLANTATION OWNER. WITH GEORGE ASHBY’S FIRST CROP, THE CANE REVOLUTION WAS UNDERWAY AND WOULD GO ON TO TRANSFORM THE CARIBBEAN INTO AN ARCHIPELAGO OF RICHES, ESTABLISHING A THRIVING WORLDWIDE INDUSTRY THAT BOUND TOGETHER AMBITIOUS WHITE ENTREPRENEURS AND ENSLAVED BLACK WORKERS. AS IT GREW, THIS SWEET COLONIAL TRADE FUELLED THE ENLIGHTENMENT AND FINANCED THE INDUSTRIAL REVOLUTION, BUT IT ALSO HAD MORE DIRECT, LESS PALATABLE CONSEQUENCES FOR THE INDIVIDUALS CAUGHT UP IN IT, CONSEQUENCES THAT STILL HAUNT THE AUTHOR’S PAST. IN THIS UNIQUE PERSONAL HISTORY, ANDREA STUART FOLLOWS THE THREAD OF HER OWN FAMILY’S INVOLVEMENT WITH SUGAR THROUGH SUCCESSIVE GENERATIONS, TELLING A STORY OF INSATIABLE GREED AND FORBIDDEN LOVE, OF ABUSE AND LIBERATION.

DIABETES JANE ANISTON 2017-03-18 Do You Want To Overcome & Even REVERSE Diabetes Naturally, Safely & Without Medication? - NOW INCLUDES FREE GIFTS! (SEE BELOW FOR DETAILS) IS DIABETES STOPPING YOU OR SOMEONE YOU KNOW FROM FULLY ENJOYING LIFE? DOES DIABETES RUN IN YOUR FAMILY, AND ARE YOU WORRIED ABOUT THE POSSIBILITY THAT YOU MIGHT BE NEXT? WOULD YOU LIKE TO KNOW EXACTLY HOW YOU CAN MANAGE AND EVEN REVERSE THE CONDITION NATURALLY & SAFELY? IF SO, THIS BOOK WILL PROVIDE YOU WITH THE ANSWERS YOU’VE BEEN LOOKING FOR! IF YOU’RE NOT YET SUFFERING FROM DIABETES, I AM GOING TO TEACH YOU EXACTLY HOW TO AVOID ITS ONSET. IF ON THE OTHER HAND YOU ARE ALREADY DIABETIC, THE INFORMATION PRESENTED HERE WILL HELP CONTROL YOUR SYMPTOMS AND EVEN REVERSE THE CONDITION! IN THIS BOOK, WE’LL COVER SUCH TOPICS AS: A QUICK LOOK AT DIABETES, ALONG WITH A BREAKDOWN OF THE SIGNS AND SYMPTOMS THAT COULD INDICATE THAT YOU’RE SUFFERING FROM THE CONDITION THE IMPORTANCE OF THE GLYCEMIC INDEX - WHAT IT IS, IT’S RELATION TO DIABETES AND HOW TO USE IT TO YOUR ADVANTAGE WHY YOU SHOULD ONLY EAT AS MUCH AS YOU NEED. THE SIMPLE BUT EFFECTIVE DIETARY CHANGES YOU CAN IMPLEMENT FOR A LONG TERM SOLUTION TO DIABETES. A COMPREHENSIVE LIST OF THE FOODS YOU SHOULD BE INCORPORATING INTO YOUR DIET TO EITHER PROTECT YOURSELF FROM THE ONSET OF DIABETES, OR REVERSE THE CONDITION IF YOU ARE ALREADY DIABETIC. INCLUDES AN EXPLANATION OF THE BENEFITS OF EACH OF THESE FOODS. 20 SUPER-POWERFUL HERBS AND SPICES WHICH CAN HELP ELIMINATE DIABETES ONCE AND FOR ALL! WHAT YOU SHOULD BE DRINKING IF YOU’RE DIABETIC OR AT RISK OF BECOMING DIABETIC - POWERFULLY HEALING DRINKING HABITS WHICH CAN HAVE MASSIVELY POSITIVE EFFECTS! DRINKS YOU MUST AVOID AND EXACTLY WHY DOING SO IS VITAL IF YOU’RE DIABETIC OR AT RISK. HOW TO KICK THE SUGAR HABIT IN JUST 3 WEEKS! - A POWERFUL, HIGHLY-EFFECTIVE YET SURPRISINGLY SIMPLE APPROACH TO DITCHING EXCESS SUGAR FROM YOUR DIET AND WHY THIS IS A MUST IF YOU ARE CONCERNED ABOUT DIABETES! ALSO INCLUDED ARE FREE GIFTS! - A SAMPLE OF ONE OF MY OTHER BEST SELLING BOOKS AND A FULL LENGTH, SURPRISE FREE BOOK INCLUDED WITH YOUR PURCHASE! DON’T LET DIABETES OR THE THREAT OF IT’S ONSET STOP YOU FROM ENJOYING THE LIFE YOU DESERVE FOR A MOMENT LONGER! CLICK THE BUY NOW BUTTON ABOVE FOR INSTANT ACCESS, AND START TOWARDS GETTING CONTROL OVER YOUR HEALTH TODAY!

60 WAYS TO LOWER YOUR BLOOD SUGAR DENNIS POLLOCK 2013-10-01 It’s PROJECTED THAT IN 50 YEARS, ONE AMERICAN IN THREE WILL BE DIABETIC. MANY TODAY ARE WELL ON THEIR WAY TO BECOMING A SAD STATISTIC IN THE WAR ON OBESITY, HIGH BLOOD SUGAR, AND THE RELATED DISEASES—including DIABETES—that CAN RESULT FROM A DIET THAT’S SERIOUSLY OUT OF WHACK. IN HIS PREVIOUS BESTSELLING BOOK, OVERCOMING RUNAWAY BLOOD SUGAR, DENNIS POLLOCK SHARED HIS PERSONAL EXPERIENCE WITH THIS DEADLY EPIDEMIC—including HIS SUCCESS AT LOWERING HIS RUNAWAY BLOOD SUGAR TO ACCEPTABLE LEVELS. NOW DENNIS OFFERS READERS THE NEXT STEP IN THE BATTLE: 60 PRACTICAL WAYS TO MANAGE THEIR BLOOD SUGAR WITHOUT RESORTING TO A BLAND UNSATISFYING DIET OF TURNIPS AND TUNA FISH. IN THIS STEP BY STEP, CHANGE BY CHANGE PLAN, READERS WILL LEARN HOW TO: REDUCE THEIR INTAKE OF CARBS EXERCISE MORE EFFECTIVELY SHED EXCESS WEIGHT A MUST-HAVE BOOK FOR READERS SERIOUS ABOUT REGAINING THEIR HEALTH WHILE ALSO LOWERING THEIR WEIGHT AND INCREASING THEIR ENERGY.

BLOOD SUGAR DANIEL KRAUS 2019-10-08 FROM DANIEL KRAUS, THE NEW YORK TIMES BESTSELLING CO-AUTHOR OF ACADEMY AWARD-WINNING BEST PICTURE THE SHAPE OF WATER, COMES BLOOD SUGAR, THE BLOOD-CURDLING STORY OF A HALLOWEEN WHERE TRICK-OR-TREAT BECOMES LIFE OR DEATH... WHEN TRICK OR TREAT BECOMES LIFE OR DEATH FROM THE DARK IMAGINATION OF

BESTSELLING NOVELIST DANIEL KRAUS – CO-AUTHOR WITH GUILLERMO DEL TORO OF THE SHAPE OF WATER – COMES A HALLOWEEN CRIME STORY THAT’S LIKE NOTHING YOU’VE EVER READ BEFORE. IN A RUINED HOUSE AT THE END OF YELLOW STREET, AN ANGRY OUTCAST HATCHES A SCHEME TO TAKE REVENGE FOR ALL THE WRONGS HE HAS SUFFERED. WITH THE HELP OF THREE ALIENATED KIDS, HE PLANS TO HIDE RAZOR BLADES, POISON, AND BROKEN GLASS IN HALLOWEEN CANDY, MAIMING OR KILLING DOZENS OF INNOCENT CHILDREN. BUT AS THE CLOCK TICKS CLOSER TO SUNDOWN, WILL ONE OF HIS HELPERS – AN INNOCENT HIMSELF, IN HIS OWN STREETWISE WAY – CARRY OUT OR DEFEAT THE PLAN? TOLD FROM THE CHILD’S POINT OF VIEW, IN A VOICE AS UNFORGETTABLE AS A CLOCKWORK ORANGE, KRAUS’ NOVEL IS AT ONCE FRIGHTENING AND EMOTIONAL, THOUGHT-PROVOKING AND LAUGH-OUT-LOUD FUNNY. IT’LL MAKE YOU RETHINK YOUR CONCEPTS OF FAMILY, LOYALTY, AND JUSTICE – AND WILL LEAVE YOU DOUBLE-CHECKING THE WRAPPERS ON YOUR HALLOWEEN CANDY FOR THE REST OF YOUR DAYS.

SUGAR IN THE BLOOD ANDREA STUART 2013 PRESENTS A HISTORY OF THE INTERDEPENDENCE OF SUGAR, SLAVERY, AND COLONIAL SETTLEMENT IN THE NEW WORLD THROUGH THE STORY OF THE AUTHOR’S ANCESTORS, EXPLORING THE MYRIAD CONNECTIONS BETWEEN SUGAR CULTIVATION AND HER FAMILY’S IDENTITY, GENEALOGY, AND FINANCIAL STABILITY.

SUGAR CHANGED THE WORLD MARC ARONSON 2017-04-04 TRACES THE PANORAMIC STORY OF THE SWEET SUBSTANCE AND ITS IMPORTANT ROLE IN SHAPING WORLD HISTORY.

BLOOD SUGAR (A STANDALONE REVERSE HAREM PARANORMAL ROMANCE) MICHAELA HAZE 2020-10-21 THEY CALL MY FAMILY A CULT. I’M NOT ALLOWED TO TELL ANYONE WHAT HAPPENS BEHIND CLOSED DOORS. FATHER SAYS THAT WE’LL BE ACCEPTED IN THE NEW GODS. “THE PEOPLE THAT CAN DANCE WITH THE DEAD WILL MAKE THEIR HOMES WITH THE DEMONS.” FATHER SAYS THAT WE HAVE A BENEFACTOR. WE HAVE TO STAY IN THE HOUSE AND DO AS THE MASTERS SAY. BUT THE NEW GODS HAVE SET THEIR EYE ON MY VIRTUE. THERE IS ONE FOR EVERY ONE OF THE SEVEN SINS. AND I AM THEIRS. **BLOOD SUGAR IS A STANDALONE, REVERSE HAREM, PARANORMAL ROMANCE WITH DARK THEMES. ** ***TRIGGER WARNING: CONTAINS SCENES OF SEXUAL, MENTAL AND PHYSICAL ABUSE AS WELL AS CULT ACTIVITY.***

THE SUGAR BARONS MATTHEW PARKER 2011-07-31 FOR 200 YEARS AFTER 1650 THE WEST INDIES WERE THE MOST FOUGHT-OVER COLONIES IN THE WORLD, AS EUROPEANS MADE AND LOST IMMENSE FORTUNES GROWING AND TRADING IN SUGAR – A COMMODITY SO LUCRATIVE THAT IT WAS KNOWN AS WHITE GOLD. YOUNG MEN, BESET BY DEATH AND DISEASE, AN OCEAN AWAY FROM THE MORAL ANCHORS OF LIFE IN BRITAIN, CREATED IMMENSE DYNASTIC WEALTH BUT PRODUCED A SOCIETY POISONED BY WAR, SICKNESS, CRUELTY AND CORRUPTION. THE SUGAR BARONS EXPLORES THE LIVES AND EXPERIENCES OF THOSE WHOSE FORTUNES ROSE AND FELL WITH THE WEST INDIAN EMPIRE. FROM THE AMBITIOUS AND BRILLIANT ENTREPRENEURS, TO THE GRANDES WIELDING POWER ACROSS THE ATLANTIC, TO THE INHERITORS OFTEN CONSUMED BY DECADENCE, DISGRACE AND MADNESS, THIS IS THE COMPELLING STORY OF HOW A FEW SMALL ISLANDS AND A HANDFUL OF FAMILIES DECISIVELY SHAPED THE BRITISH EMPIRE.

GOODBYE SUGAR – HELLO WEIGHT LOSS, GREAT SKIN, MORE ENERGY AND IMPROVED MOOD ELSA JONES 2015-04-10 ARE YOU READY TO: BANISH SUGAR AND CARB CRAVINGS? MANAGE YOUR WEIGHT FOR LIFE? LOOK AND FEEL YEARS YOUNGER? REGAIN ENERGY, VITALITY AND MENTAL CLARITY? REDUCE YOUR RISK OF DIABETES AND OTHER CHRONIC DISEASES? IF SO, GOODBYE SUGAR IS THE BOOK FOR YOU! GOODBYE SUGAR IS NUTRITIONIST ELSA JONES’ REVOLUTIONARY PROGRAMME FOR SUGAR ADDICTS THAT CONTAINS THE MISSING INGREDIENT LACKING IN OTHER DIET PLANS: IT WORKS BY TARGETING NOT ONLY YOUR PHYSICAL DEPENDENCY ON SUGAR BUT YOUR EMOTIONAL DEPENDENCY TOO – THE PART OF YOU THAT ‘NEEDS’ A SWEET TREAT WHEN YOU’RE FEELING TIRED, STRESSED, BORED, LONELY OR SIMPLY BECAUSE IT’S THE WEEKEND. WE ALL KNOW A DIET TOO HIGH IN SUGAR WREAKS HAVOC ON OUR WAISTLINES AND OUR WELL-BEING, FROM DULL SKIN AND ACCELERATED AGEING TO A HEIGHTENED RISK OF DEVELOPING DIABETES AND HEART DISEASE, INFLAMMATION IN THE BODY, SUPPRESSED IMMUNITY, FEELINGS OF ANXIETY AND STRESS AND EVEN AN INCREASE IN CANCER-CAUSING HORMONES. YET MANY OF US FEEL POWERLESS WHEN IT COMES TO OUR CRAVINGS FOR SWEET TREATS. GOODBYE SUGAR WILL PROVIDE YOU WITH ALL THE TOOLS YOU NEED TO MAKE LASTING CHANGES. THERE’S A HEALTHY EATING PLAN SPECIFICALLY DESIGNED TO RESET YOUR TASTE BUDS, BALANCE OUT YOUR BLOOD SUGAR AND CURB YOUR SWEET CRAVINGS, WHILE EXERCISES AND TECHNIQUES BASED ON COGNITIVE BEHAVIOURAL THERAPY (CBT) WILL TEACH YOU HOW TO COME TO BREAK BAD HABITS, BEAT CRAVINGS, MAINTAIN MOTIVATION AND, ULTIMATELY, HAVE A HEALTHY AND CONTROLLED RELATIONSHIP WITH ALL TYPES OF FOOD – ESPECIALLY THE SUGARY KIND! IT’S TIME TO SAY GOODBYE SUGAR. FOR GOOD. ‘FOLLOWING ELSA’S PROGRAMME HAS CHANGED MY LIFE; I DON’T CRAVE SUGAR OR GET ENERGY SLUMPS ANYMORE AND I’M SLIMMER THAN I’VE EVER BEEN.’ ALISON, 35

SUGAR MONEY JANE HARRIS 2018-04-03 “A MARVELOUSLY HARROWING, THRILLINGLY PICAESQUE TALE” OF ENSLAVED BROTHERS SENT ON AN IMPOSSIBLE MISSION ACROSS EIGHTEENTH-CENTURY CARIBBEAN ISLANDS (THE NEW YORK TIMES BOOK REVIEW). GRENADA, 1765. WHEN A BAND OF MENDICANT FRENCH MONKS WERE OUSTED FROM MARTINIQUE, THEY WERE FORCED TO LEAVE WITHOUT THEIR SLAVES. NOW SETTLED IN GRENADA, THE MONKS SEND TWO ENSLAVED BROTHERS, EMILE AND LUCIEN, TO RETRIEVE THOSE WHO WERE LEFT BEHIND. ADDING TO THE INHERENT DANGERS OF TRAVEL, GRENADA IS NOW UNDER BRITISH RULE—EFFECTIVELY MAKING IT ENEMY TERRITORY. BASED ON TRUE EVENTS, SUGAR MONEY SPINS A TALE OF HARROWING ADVENTURE AND TENACITY IN THE FACE OF UNSPEAKABLE CRUELTY. AS NARRATED BY LUCIEN, IT IS BOTH A COMING OF AGE STORY AND A VIVID EVOCATION OF THE EIGHTEENTH-CENTURY CARIBBEAN SUGAR TRADE. **SHORTLISTED FOR THE WALTER SCOTT PRIZE FOR HISTORICAL FICTION AND THE WILBUR SMITH ADVENTURE WRITING PRIZE**

SUGAR HALL TIFFANY MURRAY 2014-05-15 It’s Easter 1955, as LILIA SCRAPES THE ICE FROM THE INSIDE OF THE WINDOWS, AND THE RUST FROM THE LOCKS SHE KNOWS THERE ARE PASTS THAT LURK WITH THE MOTHS IN THE FOLDS OF THE DRAPES AT SUGAR HALL THAT SHE CANNOT REACH. MOULDERING IN THE ENGLISH BORDER COUNTRYSIDE THE RED GARDENS OF SUGAR HALL HOLD A SECRET, AND AS BRITAIN WAITS FOR ITS LAST HANGING, LILIA AND HER CHILDREN MUST CONFRONT A HISTORY THAT HAS BEEN BURIED BUT NOT FORGOTTEN. BASED ON THE STORIES OF THE BLACK BOY THAT SURROUND LITTLEDEAN HALL IN THE FOREST OF DEAN, THIS IS A SUPERBLY CHILLING GHOST STORY FROM TIFFANY MURRAY.

TRAVELING WITH SUGAR AMY MORAN-THOMAS 2019-11-26 TRAVELING WITH SUGAR REFRAMES THE RISING DIABETES EPIDEMIC AS PART OF A FIVE-HUNDRED-YEAR-OLD GLOBAL HISTORY OF SWEETNESS AND POWER. AMID EERIE INJURIES, CHANGING BODIES, AMPUTATED LIMBS, AND UNTIMELY DEATHS, MANY PEOPLE ACROSS THE CARIBBEAN AND CENTRAL AMERICA SIMPLY CALL THE AFFLICTION “SUGAR”—OR, AS SOME SAY IN BELIZE, “TRAVELING WITH SUGAR.” A DECADE IN THE MAKING, THIS BOOK UNFOLDS AS A SERIES OF CR[?] NIGAS—A WORD MEANING BOTH SLOW-MOVING STYER AND SLOW-MOVING DISEASE. IT PROFILES THE CAREFUL WORK OF THOSE “STILL FIGHTING IT” AS THEY GRAPPLE WITH UNEQUAL MATERIAL INFRASTRUCTURES AND UNSETTLING DILEMMAS. FACING A NEW INCARNATION OF BLOOD SUGAR, THESE INDIVIDUALS SPEAK BACK TO SCIENCE AND POLICY MISRECOGNITIONS THAT HAVE PREMATURELY CAST THEIR LOST LIMBS AND DEATHS AS NORMAL. THEIR FAMILIES’ ARTS OF MAINTENANCE AND REPAIR ILLUMINATE ONGOING STRUGGLES TO SURVIVE AND REMAKE LARGER SYSTEMS OF FOOD, LAND, TECHNOLOGY, AND MEDICINE.

BLOOD & SUGAR LAURA SHEPHERD-ROBINSON 2019-01-24 ‘A PAGE-TURNER OF A CRIME THRILLER . . . THIS IS A WORLD CONVEYED WITH CONVINCING, TERRIBLE CLARITY’ – C.J. SANSOM, AUTHOR OF WINTER IN MADRID. WINNER OF THE HWA DEBUT CROWN 2019 WINNER OF THE SPECSAVERS DEBUT CRIME NOVEL AWARD 2020 BLOOD & SUGAR IS THE THRILLING DEBUT HISTORICAL CRIME NOVEL FROM LAURA SHEPHERD-ROBINSON FOR FANS OF C.J. SANSOM AND ANDREW TAYLOR. JUNE, 1781. AN UNIDENTIFIED BODY HANGS UPON A HOOK AT DEPTFORD DOCK – HORRIBLY TORTURED AND BRANDED WITH A SLAVER’S MARK. SOME DAYS LATER, CAPTAIN HARRY CORSHAM – A WAR HERO EMBARKING UPON A PROMISING PARLIAMENTARY CAREER – IS VISITED BY THE SISTER OF AN OLD FRIEND. HER BROTHER, PASSIONATE ABOLITIONIST TAD ARCHER, HAD BEEN ABOUT TO EXPOSE A SECRET THAT HE BELIEVED COULD CAUSE IRREPARABLE DAMAGE TO THE BRITISH SLAVING INDUSTRY. HE’D SAID PEOPLE WERE TRYING TO KILL HIM, AND NOW HE IS MISSING . . . TO DISCOVER WHAT HAPPENED TO TAD, HARRY IS FORCED TO PICK UP THE THREADS OF HIS FRIEND’S INVESTIGATION, DELVING INTO THE HEART OF THE CONSPIRACY TAD HAD UNEARTHED. HIS INVESTIGATION WILL THREATEN HIS POLITICAL PROSPECTS, HIS FAMILY’S HAPPINESS, AND FORCE A RECKONING WITH HIS PAST, RISKING THE REVELATION OF SECRETS THAT HAVE THE POWER TO DESTROY HIM. AND THAT IS ONLY IF HE CAN SURVIVE THE MORTAL DANGERS AWAITING HIM IN DEPTFORD . . . ‘A BRILLIANT BOOK . . . ABSOLUTELY SUPERB’ – JAMES O’BRIEN SHORTLISTED FOR THE CWA NEW BLOOD DAGGER 2019 SHORTLISTED FOR THE CWA HISTORICAL DAGGER 2019 LONGLISTED FOR THE THEAKSTON’S CRIME NOVEL OF THE YEAR 2020

THE KING IN YELLOW ROBERT WILLIAM CHAMBERS 2020-09-28 TOWARD THE END OF THE YEAR 1920 THE GOVERNMENT OF THE UNITED STATES HAD PRACTICALLY COMPLETED THE PROGRAMME, ADOPTED DURING THE LAST MONTHS OF PRESIDENT WINTHROP’S ADMINISTRATION. THE COUNTRY WAS APPARENTLY TRANQUIL. EVERYBODY KNOWS HOW THE TARIFF AND LABOUR QUESTIONS WERE SETTLED. THE WAR WITH GERMANY, INCIDENT ON THAT COUNTRY’S SEIZURE OF THE SAMOAN ISLANDS, HAD LEFT NO VISIBLE SCARS UPON THE REPUBLIC, AND THE TEMPORARY OCCUPATION OF NORFOLK BY THE INVADING ARMY HAD BEEN FORGOTTEN IN THE JOY OVER REPEATED NAVAL VICTORIES, AND THE SUBSEQUENT RIDICULOUS PLIGHT OF GENERAL VON GARTENLAUBE’S FORCES IN THE STATE OF NEW JERSEY. THE CUBAN AND HAWAIIAN INVESTMENTS HAD PAID ONE HUNDRED PER CENT AND THE TERRITORY OF SAMOA WAS WELL WORTH ITS COST AS A COALING STATION. THE COUNTRY WAS IN A SUPERB STATE OF DEFENCE. EVERY COAST CITY HAD BEEN WELL SUPPLIED WITH LAND FORTIFICATIONS; THE ARMY UNDER THE PARENTAL EYE OF THE GENERAL STAFF, ORGANIZED ACCORDING TO THE PRUSSIAN SYSTEM, HAD BEEN INCREASED TO 300,000 MEN, WITH A TERRITORIAL RESERVE OF A MILLION; AND SIX MAGNIFICENT SQUADRONS OF CRUISERS AND BATTLE-SHIPS PATROLLED THE SIX STATIONS OF THE NAVIGABLE SEAS, LEAVING A STEAM RESERVE AMPLY FITTED TO CONTROL HOME WATERS. THE GENTLEMEN FROM THE WEST HAD AT LAST BEEN CONSTRAINED TO ACKNOWLEDGE THAT A COLLEGE FOR THE TRAINING OF DIPLOMATS WAS AS NECESSARY AS LAW SCHOOLS ARE FOR THE TRAINING OF BARRISTERS; A MOMENT PARALYZED AFTER A SECOND GREAT FIRE, HAD RISEN FROM ITS RUINS, WHITE AND IMPERIAL, AND MORE BEAUTIFUL THAN THE WHITE CITY WHICH HAD BEEN BUILT FOR ITS PLAYTHING IN 1893. EVERYWHERE GOOD ARCHITECTURE WAS REPLACING BAD, AND EVEN IN NEW YORK, A SUDDEN CRAVING FOR DECENCY HAD SWEEP AWAY A GREAT PORTION OF THE EXISTING HORRORS. STREETS HAD BEEN WIDENED, PROPERLY PAVED AND LIGHTED, TREES HAD BEEN PLANTED, SQUARES LAID OUT, ELEVATED STRUCTURES DEMOLISHED AND UNDERGROUND ROADS BUILT TO REPLACE THEM. THE NEW GOVERNMENT BUILDINGS AND BARRACKS WERE FINE BITS OF ARCHITECTURE, AND THE LONG SYSTEM OF STONE QUAYS WHICH COMPLETELY SURROUNDED THE ISLAND HAD BEEN TURNED INTO PARKS WHICH PROVED A GOD-SEND TO THE POPULATION. THE SUBSIDIZING OF THE STATE THEATRE AND STATE OPERA BROUGHT ITS OWN REWARD. THE UNITED STATES NATIONAL ACADEMY OF DESIGN WAS MUCH LIKE EUROPEAN INSTITUTIONS OF THE SAME KIND. NOBODY ENVIED THE SECRETARY OF FINE ARTS, EITHER HIS CABINET POSITION OR HIS PORTFOLIO. THE SECRETARY OF FORESTRY AND GAME PRESERVATION HAD A MUCH EASIER TIME, THANKS TO THE NEW SYSTEM OF NATIONAL MOUNTED POLICE. WE HAD PROFITED WELL BY THE LATEST TREATIES WITH FRANCE AND ENGLAND; THE EXCLUSION OF FOREIGN-BORN JEWS AS A MEASURE OF SELF-PRESERVATION, THE SETTLEMENT OF THE NEW INDEPENDENT NEGRO STATE OF SUANEE, THE CHECKING OF IMMIGRATION, THE NEW LAWS CONCERNING NATURALIZATION, AND THE GRADUAL CENTRALIZATION OF POWER IN THE EXECUTIVE ALL CONTRIBUTED TO NATIONAL CALM AND PROSPERITY. WHEN THE GOVERNMENT SOLVED THE INDIAN PROBLEM AND SQUADRONS OF INDIAN CAVALRY SCOUTS IN NATIVE COSTUME WERE SUBSTITUTED FOR THE PITIABLE ORGANIZATIONS TACKED ON TO THE TAIL OF SKELETONIZED REGIMENTS BY A FORMER SECRETARY OF WAR, THE NATION DREW A LONG SIGH OF RELIEF. WHEN, AFTER THE COLOSSAL CONGRESS OF RELIGIONS, BIGOTRY AND INTOLERANCE WERE LAID IN THEIR GRAVES AND KINDNESS AND CHARITY BEGAN TO DRAW WARRING SECTS TOGETHER, MANY THOUGHT THE MILLENNIUM HAD ARRIVED, AT LEAST IN THE NEW WORLD WHICH AFTER ALL IS A WORLD BY ITSELF.

SUGAR IN THE BLOOD ANDREA STUART 2013-01-22 IN THE LATE 1630S, LURED BY THE PROMISE OF THE NEW WORLD, ANDREA STUART’S EARLIEST KNOWN MATERNAL ANCESTOR, GEORGE ASHBY, SET SAIL FROM ENGLAND TO SETTLE IN BARBADOS. HE FELL INTO THE LIFE OF A SUGAR PLANTATION OWNER BY MERE CHANCE, BUT BY THE TIME HE HARVESTED HIS FIRST CROP, A REVOLUTION WAS FULLY UNDER WAY: THE FARMING OF SUGAR CANE, AND THE SWIFTLY INCREASING DEMANDS FOR SUGAR WORLDWIDE, WOULD NOT ONLY LIFT GEORGE ASHBY FROM ABJECT POVERTY AND SHAPE THE LIVES OF HIS DESCENDANTS, BUT IT WOULD ALSO BIND TOGETHER AMBITIOUS WHITE ENTREPRENEURS AND ENSLAVED BLACK WORKERS IN A STRANGLING EMBRACE. STUART USES HER OWN FAMILY STORY—FROM THE SEVENTEENTH CENTURY THROUGH THE PRESENT—AS THE PIVOT FOR THIS EPIC TALE OF MIGRATION, SETTLEMENT, SURVIVAL, SLAVERY AND THE MAKING OF THE AMERICAS. AS IT GREW, THE SUGAR TRADE ENRICHED EUROPE AS NEVER BEFORE, FINANCING THE INDUSTRIAL REVOLUTION AND FUELLING THE ENLIGHTENMENT. AND, AS WELL, IT BECAME THE BASIS OF MANY ECONOMIES IN SOUTH AMERICA, PLAYED AN IMPORTANT PART IN THE EVOLUTION OF THE UNITED STATES AS A WORLD POWER AND TRANSFORMED THE CARIBBEAN INTO AN ARCHIPELAGO OF RICHES. BUT THIS SWEET AND HUGELY PROFITABLE TRADE—“WHITE GOLD,” AS IT WAS KNOWN—HAD PROFOUNDLY LESS PALATABLE CONSEQUENCES IN ITS PRECIPITATION OF THE ENSLAVEMENT OF AFRICANS TO WORK THE FIELDS ON THE ISLANDS AND, ULTIMATELY, THROUGHOUT THE AMERICAN CONTINENTS. INTERSPERSING THE TECTONIC SHIFTS OF COLONIAL HISTORY WITH HER FAMILY’S EXPERIENCE, STUART EXPLORES THE INTERCONNECTED THEMES OF SETTLEMENT, SUGAR AND SLAVERY WITH EXTRAORDINARY SUBTLETY AND SENSITIVITY. IN EXAMINING HOW THESE FORCES SHAPED HER OWN FAMILY—ITS GENEALOGY, INTIMATE RELATIONSHIPS, CIRCUMSTANCES OF BIRTH, VARYING HUES OF SKIN—SHE ILLUMINATES HOW HER FAMILY, AMONG MILLIONS OF OTHERS LIKE IT, IN TURN TRANSFORMED THE SOCIETY IN WHICH THEY LIVED, AND HOW THAT INTERCHANGE CONTINUES TO THIS DAY. SHIFTING BETWEEN PERSONAL AND GLOBAL HISTORY, STUART GIVES US A DEEPENED UNDERSTANDING OF THE CONNECTIONS BETWEEN CONTINENTS, BETWEEN BLACK AND WHITE, BETWEEN MEN AND WOMEN, BETWEEN THE FREE AND THE ENSLAVED. IT IS A STORY BROUGHT TO LIFE WITH RIVETING AND UNPARALLELED IMMEDIACY, A STORY OF FUNDAMENTAL IMPORTANCE TO THE MAKING OF OUR WORLD.

SUGAR TOWN QUEENS MALLA NUNN 2021-08-03 FROM LOS ANGELES TIMES BOOK PRIZE AWARD WINNER AND EDGAR AWARD NOMINEE MALLA NUNN COMES A STUNNING PORTRAIT OF A FAMILY DIVIDED AND A POWERFUL STORY OF HOW FRIENDSHIP SAVES AND HEALS. WHEN AMANDLA WAKES UP ON HER FIFTEENTH BIRTHDAY, SHE KNOWS IT’S GOING TO BE ONE OF HER MOTHER’S DIFFICULT DAYS. HER MOTHER HAS HAD ANOTHER VISION. THIS ONE INVOLVES AMANDLA WEARING A BEDSHEET LOOSELY STITCHED AS A DRESS. AN OUTFIT, HER MOTHER SAYS, IS CERTAIN TO BRING AMANDLA’S FATHER BACK HOME, AS IF HE WERE THE PRINCE AND THIS WAS THE FAIRYTALE ENDING THEIR FAMILY WAS DESTINED FOR. BUT IN TRUTH, AMANDLA’S FATHER HAS LONG BEEN GONE—SINCE BEFORE AMANDLA WAS BORN—AND EVEN HER MOTHER’S MEMORY OF HIM IS HAZY. IN FACT, MANY OF HER MOTHER’S MEMORIES FROM BEFORE AMANDLA WAS BORN ARE HAZY. IT’S JUST ONE OF THE MANY REASONS PEOPLE IN SUGAR TOWN GIVE THEM STRANGE LOOKS—THAT AND THE FACT HER MOTHER IS WHITE AND AMANDLA IS BLACK. WHEN AMANDLA FINDS A MYSTERIOUS ADDRESS IN THE BOTTOM OF HER MOTHER’S HANDBAG ALONG WITH A LARGE AMOUNT OF CASH, SHE DECIDES IT’S FINALLY TIME TO GET ANSWERS ABOUT HER MOTHER’S LIFE. WHAT SHE DISCOVERS WILL CHANGE THE SHAPE AND SIZE OF HER FAMILY FOREVER. BUT WITH HER BEST FRIENDS AT HER SIDE, AMANDLA IS READY TO TAKE ON FAMILY SECRETS AND THE DEVIL HIMSELF. THESE SUGAR TOWN QUEENS ARE READY TO TAKE OVER THE WORLD TO EXPOSE THE HARD TRUTHS OF THEIR LIVES.

WHEN I GO LOW GINGER VIEIRA 2020-12-30 JAX THE CAT LIKES TO PLAY SOCCER, EAT SANDWICHES, AND RIDE HIS BIKE WITH HIS FRIENDS -- OH, AND HE ALSO HAS TYPE 1 DIABETES! FOR JAX, ONE OF THE HARDEST PARTS OF LIVING WITH TYPE 1 DIABETES IS NOTICING HOW HE FEELS WHEN HIS BLOOD SUGAR IS LOW. ONE DAY, HE GOES ON A WALK TO FIND OTHER KIDS WITH TYPE 1 AND LEARNS A FEW NEW THINGS ABOUT LOW BLOOD SUGARS ALONG THE WAY!

BLOOD SUGAR SASCHA ROTHCHILD 2022-04-19 SHE’S ACCUSED OF FOUR MURDERS. SHE’S ONLY GUILTY OF THREE... WHEN RUBY WAS A CHILD GROWING UP IN MIAMI, SHE SAW A BOY FROM HER SCHOOL STRUGGLING AGAINST THE OCEAN WAVES WHILE HIS PARENTS WERE PREOCCUPIED. INSTEAD OF HELPING HIM, RUBY DOVE UNDER THE WATER AND HELD HIS ANKLE UNTIL HE DROWNED. SHE WAITED TO FEEL GUILTY FOR IT, BUT SHE NEVER DID. AND, AS RUBY WILL ARGUE IN HER SENIOR THESIS WHILE STUDYING PSYCHOLOGY AT YALE, GUILT IS SORT OF LIKE EATING ICE CREAM WHILE ON A DIET - IF YOU’RE ALREADY FEELING BAD, WHY NOT EAT THE WHOLE CARTON? AND SO, THE BODIES START TO STACK UP. TWENTY-FIVE YEARS LATER, RUBY’S IN AN INTERROGATION ROOM UNDER SUSPICION OF MURDER, BEING SHOWN FOUR PHOTOGRAPHS. EACH IS A PERSON SHE ONCE KNEW, NOW DECEASED. THE LINE-UP INCLUDES HER HUSBAND JASON. SHE IS RESPONSIBLE FOR THREE OF THE FOUR DEATHS... BUT IT MIGHT BE THE CRIME THAT SHE DIDN’T COMMIT THAT WILL FINALLY ENSNARE HER. FROM THE EMMY NOMINATED EXECUTIVE PRODUCER OF THE BOLD TYPE, THIS DARKLY FUNNY AND COMPULSIVELY PAGE-TURNING NOVEL IS PERFECT FOR FANS OF CAROLINE KEPNES’ YOU AND OYINKAN BRAITHWAITE’S MY SISTER THE SERIAL KILLER. THE STORY OF RUBY - A DEXTER-LIKE FIGURE WHO COMMITS HER FIRST MURDER AGED FIVE. I TOTALLY LOVED THIS BOOK WHICH HAD SOME INCREDIBLY INVENTIVE METHODS OF DEATH! ENTIRELY ORIGINAL AND UTTERLY BRILLIANT - A MUST-READ. - CATHERINE COOPER, SUNDAY TIMES BESTSELLING AUTHOR OF THE CHALET ONE OF THE BEST DEBUTS I’VE READ IN A WHILE, WITH A FASCINATING STORY, WICKED SHARP WRITING, AND AN UNFORGETTABLE NARRATOR. BLOOD SUGAR NEEDS TO BE ON YOUR 2022 READING LIST. - SAMANTHA DOWNING, BESTSELLING AUTHOR OF FOR YOUR OWN GOOD

THE CASE AGAINST SUGAR GARY TAUBES 2016-12-29 MORE THAN HALF A BILLION ADULTS AND 40 MILLION CHILDREN ON THE PLANET ARE OBESE. DIABETES IS A WORLDWIDE EPIDEMIC. EVIDENCE INCREASINGLY SHOWS THAT THESE ILLNESSES ARE LINKED TO THE OTHER MAJOR WESTERN DISEASES: HYPERTENSION, HEART DISEASE, EVEN ALZHEIMER’S AND CANCER, AND THAT SHOCKINGLY, SUGAR IS LIKELY THE SINGLE ROOT CAUSE. YET THE NUTRITIONAL ADVICE WE RECEIVE FROM PUBLIC HEALTH BODIES IS MUDDLED, OUT OF DATE, AND FREQUENTLY CONTRADICTORY, AND IN MANY QUARTERS STILL PROMOTES THE UNPROVEN HYPOTHESIS THAT FATS ARE THE GREATEST EVIL. WITH EXPERT SCIENCE AND COMPELLING STORYTELLING, GARY TAUBES INVESTIGATES THE HISTORY OF NUTRITIONAL SCIENCE WHICH, SHAPED BY A HANDFUL OF CHARISMATIC AND MISGUIDED INDIVIDUALS, HAS FOR A HUNDRED YEARS DENIED THE IMPACT OF SUGAR ON OUR HEALTH. HE EXPOSES THE POWERFUL INFLUENCE OF THE FOOD INDUSTRY WHICH HAS LOBBIED FOR SUGAR’S UBIQUITY - THE SUGAR ASSOCIATION EVEN TODAY PROMOTING ‘SUGAR’S GOODNESS’ - AND THE EXTENT THAT THE INDUSTRY HAS CORRUPTED ESSENTIAL SCIENTIFIC RESEARCH. HE DELVES INTO THE SCIENCE OF SUGAR, EXPOSES CONVENTIONAL THINKING THAT SUGAR IS ‘EMPTY CALORIES’ AS A MYTH, AND FINDS THAT ITS ADDICTIVE PLEASURES ARE RESULTING IN WORLDWIDE CONSUMPTION AS NEVER EXPERIENCED BEFORE, TO DEVASTATING EFFECT. THE CASE AGAINST SUGAR IS A REVELATORY READ, WHICH WILL FUNDAMENTALLY CHANGE THE WAY WE EAT.

SPICE AND LITTLE SUGAR MEGAN WALDREP 2011-12-06 HAVING A LITTLE SISTER ISN’T ALWAYS A PICNIC. OLDER SISTERS MAY FEEL JEALOUS OF THE TIME TAKEN AWAY FROM THEM, THE TOYS THEY HAVE TO SHARE, AND THE ATTENTION FOCUSED ON THE YOUNGEST MEMBER OF THEIR FAMILY. GETTING ALONG IS OFTEN A DAY-TO-DAY BATTLE, BUT WHAT CAN PARENTS DO TO MAKE THIS SITUATION EASIER AND TO HELP CHILDREN REALIZE HOW SPECIAL IT IS TO HAVE A SISTER? IN *SPICE & LITTLE SUGAR*, THE DELIGHTFUL NEW CHILDREN’S BOOK ABOUT SIBLING RIVALRY, AUTHORS MEGAN WALDREP AND MELISSA NELSON SHOW BIG SISTERS THE BIG BENEFITS, RESPONSIBILITIES, AND ABSOLUTE JOYS OF THEIR ROLE. TOLD IN A WHIMSICAL RHYME THAT CHILDREN WILL LOVE TO READ ALOUD, *SPICE & LITTLE SUGAR* FIRST HUMOROUSLY RELATES ALL THE WAYS LITTLE SUGAR GETS ON *SPICE*’S NERVES, FROM GRABBING HER FAVORITE TOYS TO STICKING TO HER LIKE GLUE WHEN *SPICE* WANTS TO BE LEFT ALONE. BUT GRADUALLY *SPICE* COMES TO REALIZE THAT LITTLE SUGAR DOES HAVE HER GOOD POINTS, INCLUDING STICKING UP FOR HER WHEN SHE GETS IN TROUBLE WITH THEIR PARENTS AND SAVING THE DAY WITH HER CUTE FACE. PARENTS WILL LOVE THE WARM, GENTLE LESSONS THE BOOK TEACHES ABOUT UNDERSTANDING HOW POSITIVES CAN OUTWEIGH NEGATIVES, AND KIDS WILL LAUGH AT THE PLAYFUL ILLUSTRATIONS AND FUNNY STORY. THE PERFECT BOOK FOR SIBLINGS, *SPICE & LITTLE SUGAR* CAN BE READ AND ENJOYED BY THE WHOLE FAMILY, TIME AND TIME AGAIN.

BLOOD LEGACY ALEX RENTON 2021-05-06 ONE MAN’S PERSONAL DISCOVERY OF HIS FAMILY’S INVOLVEMENT IN TRANSATLANTIC SLAVERY LEADS TO HIS CALL FOR A WIDER RECKONING AMONG THE DESCENDANTS OF SLAVE OWNERS

SUGAR DEIRDRE RIORDAN HALL 2015-06-01 “I M THE FAT PUERTO RICAN POLISH GIRL WHO DOESN T FEEL LIKE SHE BELONGS IN HER SKIN, OR ANYWHERE ELSE FOR THAT MATTER. I VE ALWAYS BEEN TOO MUCH AND YET NOT ENOUGH.” SUGAR LEGOWSKI-GRACIA WASN T ALWAYS FAT, BUT FAT IS WHAT SHE IS NOW AT AGE SEVENTEEN. NOT AS FAT AS HER MAMA, WHO IS SO BIG SHE HASN T GOTTEN OUT OF BED IN MONTHS. NOT AS HEAVY AS HER BROTHER, SKUNK, WHO HAS MORE MEANNESS IN HIM THAN FAT, WHICH IS SAYING SOMETHING. BUT SHE S LARGE ENOUGH TO BE THE OBJECT OF RIDICULE WHEREVER SHE IS: AT THE GROCERY STORE, WALKING DOWN THE STREET, AT SCHOOL. SUGAR S LIFE IS DICTATED BY TAKING CARE OF MAMA IN THEIR RUN-DOWN HOME COOKING, SHOPPING, AND, WELL, EATING. A LOT OF EATING, WHICH SUGAR HATES AS MUCH AS SHE LOVES. WHEN SUGAR MEETS EVEN (NOT EVAN HIS NEARLY ILLITERATE FATHER MISSPELLED HIS NAME ON THE BIRTH CERTIFICATE), SHE HAS THE NEW EXPERIENCE OF SOMEONE SEEING “HER” AND NOT HER BODY. AS THEIR UNLIKELY FRIENDSHIP BUILDS, SUGAR ALLOWS HERSELF TO THINK ABOUT THE FUTURE FOR THE FIRST TIME, A FUTURE NOT WEIGHED DOWN BY HER BODY OR HER MOTHER. SOON SUGAR WILL HAVE TO DECIDE WHETHER TO BECOME THE GIRL THAT EVEN HELPS HER SEE WITHIN HERSELF OR TO SINK INTO THE DARKNESS OF THE SKIN-DEEP ROLE HER FAMILY AND HER LIFE HAVE CREATED FOR HER.”

YEAR OF NO SUGAR EVE SCHAUB 2014-04-08 FOR FANS OF THE NEW YORK TIMES BESTSELLER I QUIT SUGAR OR KATIE COURIC’S CONTROVERSIAL FOOD INDUSTRY DOCUMENTARY FED UP, A YEAR OF NO SUGAR IS A “DELIGHTFULLY READABLE ACCOUNT OF HOW [ONE FAMILY] SURVIVED A YEARLONG SUGAR-FREE DIET AND LIVED TO TELL THE TALE...A FUNNY, INTELLIGENT, AND INFORMATIVE MEMOIR.” —KIRKUS IT’S DINNERTIME. DO YOU KNOW WHERE YOUR SUGAR IS COMING FROM? MOST LIKELY EVERYWHERE. SURE, IT’S IN ICE CREAM AND COOKIES, BUT WHAT SCARED EVE O. SCHAUB WAS THE SECRET WORLD OF SUGAR—HIDDEN IN BACON, CRACKERS, SALAD DRESSING, PASTA SAUCE, CHICKEN BROTH, AND BABY FOOD. WITH HER EYES OPENED BY THE WORK OF OBESITY EXPERT DR. ROBERT LUSTIG AND OTHERS, EVE CHALLENGED HER HUSBAND AND TWO SCHOOL-AGE DAUGHTERS TO JOIN HER ON A QUEST TO QUIT SUGAR FOR AN ENTIRE YEAR. ALONG THE WAY, EVE UNCOVERED THE REAL COSTS OF OUR SUGAR-HEAVY AMERICAN DIET—including diabetes, obesity, and increased incidences of health problems such as heart disease and cancer. THE STORIES, TIPS, AND RECIPES SHE SHARES THROW FRESH LIGHT ON QUESTIONABLE NUTRITIONAL ADVICE WE’VE BEEN FOLLOWING FOR YEARS AND SHOW THAT IT IS POSSIBLE TO EAT AT RESTAURANTS AND GO GROCERY SHOPPING—with less and even no added sugar. YEAR OF NO SUGAR IS WHAT THE CONVERSATION ABOUT “KICKING THE SUGAR ADDICTION” LOOKS LIKE FOR A REAL AMERICAN FAMILY—a roller coaster of unexpected discoveries and challenges. “AS AN OUTSPOKEN ADVOCATE FOR HEALTHY EATING, I FOUND SCHAUB’S BOOK TO SHINE A MUCH-NEEDED SPOTLIGHT ON AN ASPECT OF AMERICAN CULTURE THAT IS MAKING US SICK, FAT, AND UNHAPPY, AND IT DOES SO WITH WIT AND

THE TASTE OF SUGAR

WARMTH.”—SUVIR SARA, AUTHOR OF INDIAN HOME COOKING “DELICIOUS AND COMPELLING, HER BOOK IS JUST ABOUT THE BEST SUGAR SUBSTITUTE I’VE EVER ENCOUNTERED.”—PULITZER PRIZE-WINNING AUTHOR RON POWERS

MARISEL VERA 2021-07-06 MARISEL VERA EMERGES AS A MAJOR VOICE OF CONTEMPORARY FICTION WITH A

HER ROSEBUD ~~AME~~ ~~NOVELS~~ SET IN PUERTO RICO ON THE EVE OF THE SPANISH-AMERICAN WAR.

SUGAR BERNICE MCFADDEN 2021-09-16

FLEDGLING OCTAVIA E. BUTLER 2011-01-04 FLEDGLING, OCTAVIA BUTLER’S LAST NOVEL, IS THE STORY OF AN APPARENTLY YOUNG, AMNESIAC GIRL WHOSE ALARMINGLY UN-HUMAN NEEDS AND ABILITIES LEAD HER TO A STARTLING CONCLUSION: SHE IS IN FACT A GENETICALLY MODIFIED, 53-YEAR-OLD VAMPIRE. FORCED TO DISCOVER WHAT SHE CAN ABOUT HER STOLEN FORMER LIFE, SHE MUST AT THE SAME TIME LEARN WHO WANTED—and STILL WANTS—to DESTROY HER AND THOSE SHE CARES FOR, AND HOW SHE CAN SAVE HERSELF. FLEDGLING IS A CAPTIVATING NOVEL THAT TESTS THE LIMITS OF “OTHERNESS” AND QUESTIONS WHAT IT MEANS TO BE TRULY HUMAN.

DRESS YOUR FAMILY IN CORDUROY AND DENIM DAVID SEDARIS 2010-09-16 ‘NO ONE HAS A TURN OF PHRASE LIKE DAVID SEDARIS. THIS SERIES OF ESSAYS ABOUT HIS LIFE AND FAMILY IS A JOY FROM START TO FINISH’ ADAM KAY DAVID SEDARIS PLAYS IN THE SNOW WITH HIS SISTERS. HE GOES ON VACATION WITH HIS FAMILY. HE GETS A JOB SELLING DRINKS. HE ATTENDS HIS BROTHER’S WEDDING. HE MOPS HIS SISTER’S FLOOR. HE GIVES DIRECTIONS TO A LOST TRAVELLER. HE EATS A HAMBURGER. HE HAS HIS BLOOD SUGAR TESTED. IT ALL SOUNDS SO NORMAL, DOESN’T IT? IN HIS NEW BOOK DAVID SEDARIS LIFTS THE CORNER OF ORDINARY LIFE, REVEALING THE ABSURDITY ~~FORMING~~ ~~BELOW~~ ~~ERT~~’S SURFACE. HIS WORLD IS ALIVE WITH OBSCURE DESIRES AND HIDDEN MOTIVES - A WORLD WHERE FORGIVENESS IS AUTOMATIC AND AN ARGUMENT CAN BE THE HIGHEST FORM OF LOVE. DRESS YOUR FAMILY IN CORDUROY AND DENIM FINDS ONE OF THE WITTIEST AND MOST ORIGINAL WRITERS AT WORK TODAY AT THE PEAK OF HIS FORM.

THE SUGAR HOUSE ALANA VALENTINE 2018-05 NARELLE IS SYDNEY BORN AND BRED BUT LATELY SHES LOST HER SENSE OF BELONGING. SOMETHING KEEPS BRINGING HER BACK TO PYRMONT. THIS PENINSULA WAS HER FAMILYS BEDROCK, AND THE HOME OF HER EXTRAORDINARY GRANDMOTHER JUNE, WHO HELD EVERYTHING TOGETHER THROUGH THE DECADES: A SONS BRUSH WITH THE LAW, A DAUGHTERS BATTLES WITH DEMONS, A HUSBANDS DECLINE. LIFE REVOLVED AROUND THE SUGAR REFINERY. FOR A TIME THIS WAS THE SWEETEST NEIGHBOURHOOD IN THE COUNTRY. BUT THE FAMILY BEDROCK, LIKE THE SUGAR, HAS DISSOLVED AWAY. NARELLE CANT FIX THE PAST, BUT MAYBE SHE CAN FIX THE FUTURE. A STORY OF SYDNEY WORK AND CORRUPTION, FAMILY AND MASSIVE SOCIAL CHANGE. A STORY OF HOW AUSTRALIA WENT FROM WORKING CLASS TO MIDDLE CLASS.

ANDREA STUART 2007-12-01 THE ACCLAIMED BIOGRAPHY OF JOSEPHINE BONAPARTE, THE CARIBBEAN-BORN CREOLE WHO BECAME THE FIRST WIFE OF NAPOLEON AND EMPRESS OF FRANCE. ONE OF THE MOST REMARKABLE WOMEN OF THE MODERN ERA, JOSEPHINE BONAPARTE WAS BORN ROSE DE TASHER ON HER FAMILY’S SUGAR PLANTATION IN MARTINIQUE. SHE EMBODIED ALL THE CHARACTERISTICS OF A TRUE CREOLE—SENSUALITY, VIVACITY, AND WILLFULNESS. RESCUED FROM NEAR STARVATION, SHE GREW TO EPITOMIZE THE WILD DECADENCE OF POST-REVOLUTIONARY PARIS. IT WAS THERE THAT JOSEPHINE FIRST CAUGHT THE EYE OF NAPOLEON BONAPARTE. A TRUE PARTNER TO NAPOLEON, SHE WAS EQUAL PARTS POLITICAL ADVISER, HOSTESS PAR EXCELLENCE, CONFIDANTE, AND PASSIONATE LOVER. JOSEPHINE MANAGED TO BE IN THE FOREFRONT OF EVERY IMPORTANT EPISODE OF HER ERA’S TURBULENT HISTORY: FROM THE RISE OF THE WEST INDIAN SLAVE PLANTATIONS THAT BANKROLLED EUROPE’S RAPID ECONOMIC DEVELOPMENT, TO THE DECAYING OF THE ANCIEN RĒGIME, TO THE FRENCH REVOLUTION ITSELF, FROM WHICH SHE BARELY ESCAPED THE GUILLOTINE. USING DIARIES AND LETTERS, ANDREA STUART BRINGS HER SO UTTERLY TO LIFE THAT WE FINALLY UNDERSTAND WHY NAPOLEON’S LAST WORD BEFORE DYING WAS THE NAME HE HAD GIVEN HER: JOSEPHINE. “A COMPREHENSIVE AND TRULY EMPATHETIC BIOGRAPHY. ANDREA STUART, WHO WAS RAISED IN THE CARIBBEAN, COMBINES SCHOLARLY DISTANCE WITH A GENUINE ATTEMPT TO ~~UNDERSTAND~~ ~~THE~~ ~~CREOLE~~.” —THE WASHINGTON POST

WIL HAYGOOD 2011-04-01 SUGAR RAY ROBINSON WAS ONE OF THE MOST ICONIC FIGURES IN SPORTS AND POSSIBLY THE GREATEST BOXER OF ALL TIME. HIS LEGENDARY CAREER SPANNED NEARLY 26 YEARS, INCLUDING HIS TITLES AS THE MIDDLEWEIGHT AND WELTERWEIGHT CHAMPION OF THE WORLD AND CLOSE TO 200 PROFESSIONAL BOUTS. THIS ILLUMINATING BIOGRAPHY GROUNDS THE SPECTACULAR STORY OF ROBINSON’S RISE TO GREATNESS WITHIN THE CONTEXT OF THE FIGHTER’S LIFE AND TIMES. BORN WALKER SMITH JR. IN 1921, ROBINSON’S EARLY CHILDHOOD WAS MARKED BY THE SEETHING RACIAL TENSIONS AND EXPLOSIVE RACE RIOTS THAT INFECTED THE MIDWEST THROUGHOUT THE 1920S AND 1930S. AFTER HIS MOTHER MOVED THEIR FAMILY TO HARLEM, HE CAME OF AGE IN THE POST-RENAISSANCE YEARS. RECOUNTING HIS LOCAL AND NATIONAL FAME, THIS DEEPLY RESEARCHED AND HONEST ACCOUNT DEPICTS ROBINSON AS AN ECCENTRIC AND GLAMOROUS—YET POWERFUL AND CONTROVERSIAL—CELEBRITY, ATHLETE, AND CULTURAL SYMBOL. FROM ROBINSON’S GRUESOME SIX-BOUT WAR WITH JAKE “RAGING BULL” LAMOTTA AND HIS LETHAL MEETING WITH JIMMY DOYLE TO HIS HARLEM NIGHTCLUB YEARS AND THWARTED SHOWBIZ DREAMS, HAYGOOD BRINGS THE CHAMPION’S STORY TO LIFE.

WASHINGTON BLACK ESI EDUGYAN 2018-08-02 SHORTLISTED FOR THE MAN BOOKER PRIZE 2018 WINNER OF THE GILLER PRIZE FINALIST FOR THE CARNEGIE MEDAL AND THE ROGERS WRITERS TRUST FICTION PRIZE LONGLISTED FOR THE WALTER SCOTT PRIZE 2019 New York Times Top Ten Book of the Year 2018 ‘A MASTERPIECE’ ATTICA LOCKE ‘STRONG, BEAUTIFUL AND BEGUILING’ OBSERVER ‘DESTINED TO BECOME A FUTURE CLASSIC ... THAT RARE BOOK THAT SHOULD APPEAL TO EVERY KIND OF READER’ GUARDIAN WHEN TWO ENGLISH BROTHERS TAKE THE HELM OF A BARBADOS SUGAR PLANTATION, WASHINGTON BLACK - AN ELEVEN-YEAR-OLD FIELD SLAVE - FINDS HIMSELF SELECTED AS PERSONAL SERVANT TO ONE OF THEM. THE ECCENTRIC CHRISTOPHER ‘TITCH’ WILDE IS A NATURALIST, EXPLORER, SCIENTIST, INVENTOR AND ABOLITIONIST, WHOSE SINGLE-MINDED PURSUIT OF THE PERFECT AERIAL MACHINE MYSTIFIES ALL AROUND HIM. TITCH’S IDEALISTIC PLANS ARE SOON SHATTERED AND WASHINGTON FINDS HIMSELF IN MORTAL DANGER. THEY ESCAPE TOGETHER, BUT THEN TITCH DISAPPEARS AND WASHINGTON MUST MAKE HIS WAY ALONE, FOLLOWING THE PROMISE OF FREEDOM FURTHER THAN HE EVER DREAMED POSSIBLE. INSPIRED BY A TRUE STORY, WASHINGTON BLACK IS AN EXTRAORDINARY TALE OF A WORLD DESTROYED AND MADE WHOLE AGAIN.

Dr. JASON FUNG 2018-04-03 FROM ACCLAIMED AUTHOR DR. JASON FUNG, A REVOLUTIONARY GUIDE TO REVERSING DIABETES. DR. JASON FUNG FOREVER CHANGED THE WAY WE THINK ABOUT OBESITY WITH HIS BEST-SELLING BOOK, THE OBESITY CODE. NOW HE HAS SET OUT TO DO THE SAME FOR TYPE 2 DIABETES. TODAY, MOST DOCTORS, DIETITIANS, AND EVEN DIABETES SPECIALISTS CONSIDER TYPE 2 DIABETES TO BE A CHRONIC AND PROGRESSIVE DISEASE—A LIFE SENTENCE WITH NO POSSIBILITY OF PAROLE. BUT THE TRUTH, AS DR. FUNG REVEALS IN THIS PARADIGM-SHIFTING BOOK, IS THAT TYPE 2 DIABETES IS REVERSIBLE. WRITING WITH CLEAR, PERSUASIVE LANGUAGE, HE EXPLAINS WHY CONVENTIONAL TREATMENTS THAT RELY ON INSULIN OR OTHER BLOOD-GLUCOSE-LOWERING DRUGS CAN ACTUALLY EXACERBATE THE PROBLEM, LEADING TO SIGNIFICANT WEIGHT GAIN AND EVEN HEART DISEASE. THE ONLY WAY TO TREAT TYPE 2 DIABETES EFFECTIVELY, HE ARGUES, IS PROPER DIETING AND INTERMITTENT FASTING—NOT MEDICATION. DR. JASON FUNG FOREVER CHANGED THE WAY WE THINK ABOUT OBESITY WITH HIS BEST-SELLING BOOK, THE OBESITY CODE. NOW HE HAS SET OUT TO DO THE SAME FOR TYPE 2 DIABETES. TODAY, MOST DOCTORS, DIETITIANS, AND EVEN DIABETES SPECIALISTS CONSIDER TYPE 2 DIABETES TO BE A CHRONIC AND PROGRESSIVE DISEASE—A LIFE SENTENCE WITH NO POSSIBILITY OF PAROLE. BUT THE TRUTH, AS DR. FUNG REVEALS IN THIS PARADIGM-SHIFTING BOOK, IS THAT TYPE 2 DIABETES IS REVERSIBLE. WRITING WITH CLEAR, PERSUASIVE LANGUAGE, HE EXPLAINS WHY CONVENTIONAL TREATMENTS THAT RELY ON INSULIN OR OTHER BLOOD-GLUCOSE-LOWERING DRUGS CAN ACTUALLY EXACERBATE THE PROBLEM, LEADING TO SIGNIFICANT WEIGHT GAIN AND EVEN HEART DISEASE. THE ONLY WAY TO TREAT TYPE 2 DIABETES EFFECTIVELY, HE ARGUES, IS PROPER DIETING AND INTERMITTENT FASTING—NOT MEDICATION.

SUGAR HIGH ALEXANDRA PARK 2021-05-12 “THINK YOU KNOW ALEXANDRA PARK? THINK AGAIN. SUGAR HIGH IS AN ADDICTING AND ENGAGING MASHUP OF A CELEBRITY MEMOIR AND AN INFORMATIVE STORY THAT MILLIONS SHARE.” - EMILY LONGERETTA, US WEEKLY “JUST BRILLIANT. AN ABSOLUTE PAGE-TURNER, WRITTEN IN ALEX’S INIMITABLE VOICE, AND BRIMMING OVER WITH ENTERTAINING ADVENTURES FROM THE FILM INDUSTRY AND HER QUEST FOR KNOWLEDGE OF THIS COMMONLY MISUNDERSTOOD HEALTH CONDITION.” - ELIZABETH HURLEY, ACTRESS & ENTREPRENEUR TWO UNRELATED YET EQUALLY MOMENTOUS THINGS HAPPENED TO ALEXANDRA PARK AT ONCE: SHE WAS CAST A LEAD CHARACTER IN A BIG AMERICAN TV SHOW, “THE ROYALS,” AND SHE WAS DIAGNOSED WITH TYPE 1 DIABETES. SUGAR HIGH FOLLOWS THE NEXT FOUR YEARS OF ALEX’S LIFE AS SHE LEAVES HOME AND TRAVELS THE WORLD, VACILLATING BETWEEN THE HIGHS OF STARRING IN A HIT TV SHOW AND THE FEAR, DENIAL, AND LONELINESS THAT STEM FROM A LIFE-THREATENING, COMMONLY MISUNDERSTOOD MEDICAL CONDITION. SUGAR HIGH IS NOT A SOB STORY, NOR IS IT A HUMORLESS LECTURE. IT IS A MEDITATION ON DUSTING YOURSELF OFF AND TRYING AGAIN. THE MEMOIR FLICKERS ASPIRATIONAL NOTES OF CELEBRITY AND LIVING ONE’S DREAM WHILE, SIMULTANEOUSLY, EXPLORING THE STRUGGLE OF AN INEXPERIENCED TYPE 1 DIABETIC. IT’S ABOUT A JOURNEY TO ACCEPTANCE, LEARNING TO LET GO OF THE ILLUSION OF PERFECTION, AND SEARCHING FOR HUMOR IN EVEN THE DARKEST MOMENTS BUT, MOST OF ALL, IT’S ABOUT REMINDING YOURSELF TO SIMPLY ENJOY THE RIDE.

TAYLOR HARRIS 2022-01-11 A BLACK MOTHER BUMPS UP AGAINST THE LIMITS OF EVERYTHING SHE THOUGHT SHE BELIEVED—ABOUT SCIENCE AND MEDICINE, ABOUT MOTHERHOOD, AND ABOUT HER FAITH—IN SEARCH OF THE TRUTH ABOUT HER SON. ONE MORNING, TOPHS, TAYLOR HARRIS’S ROUND-CHEEKED, LIVELY TWENTY-TWO-MONTH-OLD, WAKES UP LISTLESS, ONLY LIFTING HIS HEAD TO GULP DOWN WATER. SHE RUSHES TOPHS TO THE DOCTOR, IGNORING THE PART OF HERSELF, TRAINED BY YEARS OF THERAPY FOR GENERALIZED ANXIETY DISORDER, THAT TRIES TO WHISPER THAT SHE’S OVERREACTING. BUT AT THE HOSPITAL, HER MATERNAL INSTINCTS ARE CONFIRMED: SOMETHING IS WRONG WITH HER BOY, AND TAYLOR’S LIFE WILL NEVER BE THE SAME. WITH EVERY QUESTION THE DOCTORS ANSWER ABOUT TOPHS’S INCREASINGLY TROUBLING SYMPTOMS, MORE ARISE, AND TAYLOR DIVES INTO THE SEARCH FOR A DIAGNOSIS. SHE SPENDS COUNTLESS HOURS TRYING TO NAVIGATE HEALTH AND EDUCATION SYSTEMS THAT CAN BE HOSTILE TO BLACK MOTHERS AND CHILDREN; AT NIGHT SHE GOOGLES, PRAYS, AND INTERROGATES HER EVERY ACTION. SOME DAYS, HER SWEET, CHARISMATIC BOY SEEMS JUST FINE; OTHERS, HE STRUGGLES TO ANSWER SIMPLE QUESTIONS. A LONG-AWAITED APPOINTMENT WITH A GENETICIST ULTIMATELY REVEALS NOTHING ABOUT WHAT’S CAUSING TOPHS’S DROPS IN BLOOD SUGAR, HIS PROCESSING DELAYS—BUT IT DOES REVEAL SOMETHING UNEXPECTED ABOUT TAYLOR’S OWN HEALTH. WHAT IF HER SON’S CHALLENGES HAVE SAVED HER LIFE? THIS BOY WE MADE IS A STIRRING AND RADIANTLY WRITTEN EXAMINATION OF THE BOND BETWEEN MOTHER AND CHILD, FULL OF HARD-WON INSIGHTS ABOUT FIGHTING FOR AND FINDING MEANING WHEN NOTHING GOES AS EXPECTED.

BLOOD SUGAR SUZANNAH DUNN 1994 SYNOPSIS COMING SOON.....