

# Sugar In The Blood A Family's Story Of Slavery And Empire Andrea Stuart

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Spells & Stitches Barbara Bretton 2011-12-06 In the latest novel from the USA Today bestselling author, raising a baby is hard, but raising one with magical powers is even harder... Sugar Maple, Vermont, knitting store owner Chloe

Hobbs couldn't be happier about her pregnancy. But with the arrival of the town's newest resident, things are about to get a lot more magical. Baby Laria is six pounds, eleven ounces of perfect, and Chloe and Luke are over the moon. But when they learn that Laria takes after her mom in the sorcery department, it becomes clear that their baby might have more power than even a pro like Chloe can handle...

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 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

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.

Salt and Sugar Rebecca Carvalho 2022-11-01 The grandchildren of two rival Brazilian bakeries fall in love despite their families' feud in this delicious debut rom-com perfect for fans of Nicola Yoon and Gloria Chao. Trust neither thin-

bottomed frying pans nor Molinas. Lari Ramirez has always known this to be true. In Olinda, Brazil, her family's bakery, Salt, has been at war with the Molinas' bakery across the street, Sugar, for generations. But Lari's world turns upside down when her beloved grandmother passes away. On top of that, a big supermarket chain has moved to town, forcing many of the small businesses to close. Determined to protect her home, Lari does the unthinkable—she works together with Pedro Molina to save both of their bakeries. Lari realizes she might not know Pedro as well as she thought—and she maybe even likes what she learns—but the question remains: Can a Ramirez and a Molina truly trust one another?

Sugar Fork Walt Larimore 2012-10-02 In 1925-1926 in the Sugar Fork Valley of the Great Smoky Mountains wilderness Nate Randolph and his five unique daughters wrestle to survive after the death of Callie (his wife and their mother) as well as to maintain their farm, forests, family, and faith against an evil lumber company manager seeking to clear-cut their virgin woodland.

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 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.

Washington Black Esi Edugyan 2018-09-18 ONE OF THE NEW YORK TIMES BOOK REVIEW'S TEN BEST BOOKS OF THE YEAR • MAN BOOKER PRIZE FINALIST • “A gripping historical narrative exploring both the bounds of slavery and what it means to be truly free.” —Vanity Fair Eleven-year-old George

Washington Black—or Wash—a field slave on a Barbados sugar plantation, is initially terrified when he is chosen as the manservant of his master's brother. To his surprise, however, the eccentric Christopher Wilde turns out to be a naturalist, explorer, inventor, and abolitionist. Soon Wash is initiated into a world where a flying machine can carry a man across the sky, where even a boy born in chains may embrace a life of dignity and meaning, and where two people, separated by an impossible divide, can begin to see each other as human. But when a man is killed and a bounty is placed on Wash's head, they must abandon everything and flee together. Over the course of their travels, what brings Wash and Christopher together will tear them apart, propelling Wash ever farther across the globe in search of his true self. Spanning the Caribbean to the frozen Far North, London to Morocco, Washington Black is a story of self-invention and betrayal, of love and redemption, and of a world destroyed and made whole again.

Dress Your Family in Corduroy and Denim David Sedaris 2004-06-01 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 traveler. He eats a hamburger. He

has his blood sugar tested. It all sounds so normal, doesn't it? In his newest collection of essays, David Sedaris lifts the corner of ordinary life, revealing the absurdity teeming below its 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* is another unforgettable collection from one of the wittiest and most original writers at work today.

The Rose of Martinique 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 régime, 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 her heroine." —The Washington Post

Sugar Town Queens Malla Nunn 2022-08-02 Includes an excerpt from *When the ground is hard*.

*Beloved* Toni Morrison 2006 Sethe, an escaped slave living in post-Civil War Ohio with her daughter and mother-in-law, is haunted persistently by the ghost of the dead baby girl whom she sacrificed, in a new edition of the Nobel Laureate's Pulitzer Prize-winning novel. 25,000 first printing.

*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.

*Blood & Sugar* Laura Shepherd-Robinson 2020-01-09 1781. An investigation into a gruesome murder on the Deptford Docks leads to a dark secret that could change the very core of British society . . .

*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 Sugar* Sascha Rothchild 2022-04-19 An utterly delicious debut thriller that tells the story of the most likable murderess you will ever meet, perfect for fans of Riley Sager and Jessica Knoll. "I could just kill you right now!" It's something we've all thought at one time or another. But Ruby has actually

acted on it. Three times, to be exact. Though she may be a murderer, Ruby is not a sociopath. She is an animal-loving therapist with a thriving practice. She's felt empathy and sympathy. She's had long-lasting friendships and relationships, and has a husband, Jason, whom she adores. But the homicide detectives at Miami Beach PD are not convinced of her happy marriage. When we meet Ruby, she is in a police interrogation room, being accused of Jason's murder. Which, ironically, is one murder that she did not commit, though a scandal-obsessed public believes differently. As she undergoes questioning, Ruby's mind races back to all the details of her life that led her to this exact moment, and to the three dead bodies in her wake. Because though she may not have killed her husband, Ruby certainly isn't innocent. Alternating between Ruby's memories of her past crimes and her present-day fight to clear her name, *Blood Sugar* is a twisty, clever debut with an unforgettable protagonist who you can't help but root for—an addicting mixture of sour and sweet.

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 crónicas—a word meaning both slow-moving story 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.

The Case Against Sugar Gary Taubes 2016-12-27 From the best-selling author of *Why We Get Fat*, a groundbreaking, eye-opening exposé that makes the convincing case that sugar is the tobacco of the new millennium: backed by powerful lobbies, entrenched in our lives, and making us very sick. Among Americans, diabetes is more prevalent today than ever; obesity is at epidemic proportions; nearly 10% of children are thought to have nonalcoholic fatty liver disease. And sugar is at the root of these, and other, critical society-wide, health-related problems. With his signature command of both science and

straight talk, Gary Taubes delves into Americans' history with sugar: its uses as a preservative, as an additive in cigarettes, the contemporary overuse of high-fructose corn syrup. He explains what research has shown about our addiction to sweets. He clarifies the arguments against sugar, corrects misconceptions about the relationship between sugar and weight loss; and provides the perspective necessary to make informed decisions about sugar as individuals and as a society.

The Diabetes Code 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 Run Mesha Maren 2019-01-08 “A heady admixture of explosive plot and taut, burnished prose . . . Mesha Maren writes like a force of nature.”

—Lauren Groff, author of *Florida* In 1989, Jodi McCarty is seventeen years old when she’s sentenced to life in prison. When she’s released eighteen years later, she finds herself at a Greyhound bus stop, reeling from the shock of unexpected freedom but determined to chart a better course for herself. Not

yet able to return to her lost home in the Appalachian Mountains, she heads south in search of someone she left behind, as a way of finally making amends. There, she meets and falls in love with Miranda, a troubled young mother living in a motel room with her children. Together they head toward what they hope will be a fresh start. But what do you do with your past—and with a town and a family that refuses to forget, or to change? Set within the charged insularity of rural West Virginia, Mesha Maren's *Sugar Run* is a searing and gritty debut about making a break for another life, the use and treachery of makeshift families, and how, no matter the distance we think we've traveled from the mistakes we've made, too often we find ourselves standing in precisely the place we began.

*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 immediacy, a story of fundamental importance to the making of our world. From the Hardcover edition.

Transcendent Kingdom Yaa Gyasi 2020-09-01 NEW YORK TIMES BEST SELLER • A TODAY SHOW #ReadWithJenna BOOK CLUB PICK! • Finalist for the WOMEN'S PRIZE Yaa Gyasi's stunning follow-up to her acclaimed national best seller Homegoing is a powerful, raw, intimate, deeply layered novel about a Ghanaian family in Alabama. Gifty is a sixth-year PhD candidate in neuroscience at the Stanford University School of Medicine studying reward-seeking behavior in mice and the neural circuits of depression and addiction. Her brother, Nana, was a gifted high school athlete who died of a heroin overdose after an ankle injury left him hooked on OxyContin. Her suicidal mother is living in her bed. Gifty is determined to discover the scientific basis for the suffering she sees all around her. But even as she turns to the hard sciences to unlock the mystery of her family's loss, she finds herself hungering

for her childhood faith and grappling with the evangelical church in which she was raised, whose promise of salvation remains as tantalizing as it is elusive. *Transcendent Kingdom* is a deeply moving portrait of a family of Ghanaian immigrants ravaged by depression and addiction and grief—a novel about faith, science, religion, love. Exquisitely written, emotionally searing, this is an exceptionally powerful follow-up to Gyasi's phenomenal debut.

Rascal Sterling North 2004 The author recalls his carefree life in a small midwestern town at the close of World War I, and his adventures with his pet raccoon.

Sabrina & Corina Kali Fajardo-Anstine 2020-04-07 NATIONAL BOOK AWARD FINALIST • Latinas of Indigenous descent living in the American West take center stage in this haunting debut story collection—a powerful meditation on friendship, mothers and daughters, and the deep-rooted truths of our homelands. “Here are stories that blaze like wildfires, with characters who made me laugh and broke my heart.”—Sandra Cisneros WINNER OF THE AMERICAN BOOK AWARD • FINALIST FOR THE STORY PRIZE • FINALIST FOR THE PEN/ROBERT W. BINGHAM PRIZE FOR DEBUT SHORT STORY COLLECTION Kali Fajardo-Anstine’s magnetic story collection breathes life

into her Latina characters of indigenous ancestry and the land they inhabit in the American West. Against the remarkable backdrop of Denver, Colorado—a place that is as fierce as it is exquisite—these women navigate the land the way they navigate their lives: with caution, grace, and quiet force. In “Sugar Babies,” ancestry and heritage are hidden inside the earth but tend to rise during land disputes. “Any Further West” follows a sex worker and her daughter as they leave their ancestral home in southern Colorado only to find a foreign and hostile land in California. In “Tomi,” a woman leaves prison and finds herself in a gentrified city that is a shadow of the one she remembers from her childhood. And in the title story, “Sabrina & Corina,” a Denver family falls into a cycle of violence against women, coming together only through ritual. Sabrina & Corina is a moving narrative of unrelenting feminine power and an exploration of the universal experiences of abandonment, heritage, and an eternal sense of home. NAMED ONE OF THE BEST BOOKS OF THE YEAR BY The New York Public Library • Kirkus Reviews • Library Journal “Sabrina & Corina isn’t just good, it’s masterful storytelling. Fajardo-Anstine is a fearless writer: her women are strong and scarred witnesses of the violations of their homelands, their culture, their bodies; her plots turn and surprise,

unerring and organic in their comprehensiveness; her characters break your heart, but you keep on going because you know you are in the hands of a master. Her stories move through the heart of darkness and illuminate it with the soul of truth.”—Julia Alvarez, author of *How the García Girls Lost Their Accents* “[A] powerhouse debut . . . stylistically superb, with crisp dialogue and unforgettable characters, *Sabrina & Corina* introduces an impressive new talent to American letters.”—Rigoberto González, NBC News

*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 rollicking 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.

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!

Sugar Falls David A. Robertson 2021-06-25 Inspired by true events, this story of strength, family, and culture shares the awe-inspiring resilience of Elder Betty Ross. Abandoned as a young child, Betsy is adopted into a loving family. A few short years later, at the age of 8, everything changes. Betsy is taken away to a residential school. There she is forced to endure abuse and indignity, but Betsy recalls the words her father spoke to her at Sugar Falls—words that give her the resilience, strength, and determination to survive. Sugar Falls is based on the true story of Betty Ross, Elder from Cross Lake First Nation. We wish to acknowledge, with the utmost gratitude, Betty's generosity in sharing her story. A portion of the proceeds from the sale of Sugar Falls goes to support the bursary program for The Helen Betty Osborne Memorial Foundation. This 10th-anniversary edition brings David A.

Robertson's national bestseller to life in full colour, with a foreword by The Hon. Murray Sinclair, Chair of the Truth and Reconciliation Commission of Canada, and a touching afterword from Elder Betty Ross herself.

Next Year in Havana Chanel Cleeton 2021-03 A HELLO SUNSHINE x REESE WITHERSPOON BOOK CLUB PICK "A beautiful novel that's full of forbidden passions, family secrets and a lot of courage and sacrifice."--Reese Witherspoon After the death of her beloved grandmother, a Cuban-American woman travels to Havana, where she discovers the roots of her identity--and unearths a family secret hidden since the revolution... Havana, 1958. The daughter of a sugar baron, nineteen-year-old Elisa Perez is part of Cuba's high society, where she is largely sheltered from the country's growing political unrest--until she embarks on a clandestine affair with a passionate revolutionary... Miami, 2017. Freelance writer Marisol Ferrera grew up hearing romantic stories of Cuba from her late grandmother Elisa, who was forced to flee with her family during the revolution. Elisa's last wish was for Marisol to scatter her ashes in the country of her birth. Arriving in Havana, Marisol comes face-to-face with the contrast of Cuba's tropical, timeless beauty and its perilous political climate. When more family history comes to light and Marisol

finds herself attracted to a man with secrets of his own, she'll need the lessons of her grandmother's past to help her understand the true meaning of courage.

Super Sugar Baby Jessica Patel 2021-01-18 There are many families who know the struggles of Type 1 Diabetes. What about the children? How much do they know and understand what it means to be a type 1 diabetic? They wonder what it is that is going on inside of them, both physically and emotionally. This animated story gives them understanding of the struggles and victories they have each day as a type 1 diabetic child. Join the characters Super Sugar Baby, Sir Insulin, King Dance a Lot (The brother who helps Super Sugar Baby fight his daily battle with type 1 diabetes), super sniffing dog NumNums, Queen Pancreas, Evil Glucose and his cranky ketones in the amazing adventure story!

Invisible Child Andrea Elliott 2021-10-05 PULITZER PRIZE WINNER • A “vivid and devastating” (The New York Times) portrait of an indomitable girl—from acclaimed journalist Andrea Elliott “From its first indelible pages to its rich and startling conclusion, *Invisible Child* had me, by turns, stricken, inspired, outraged, illuminated, in tears, and hungering for reimmersion in its Dickensian depths.”—Ayad Akhtar, author of *Homeland Elegies* ONE OF THE TEN BEST

BOOKS OF THE YEAR: The New York Times • ONE OF THE BEST BOOKS OF THE YEAR: The Atlantic, The New York Times Book Review, Time, NPR, Library Journal In *Invisible Child*, Pulitzer Prize winner Andrea Elliott follows eight dramatic years in the life of Dasani, a girl whose imagination is as soaring as the skyscrapers near her Brooklyn shelter. In this sweeping narrative, Elliott weaves the story of Dasani's childhood with the history of her ancestors, tracing their passage from slavery to the Great Migration north. As Dasani comes of age, New York City's homeless crisis has exploded, deepening the chasm between rich and poor. She must guide her siblings through a world riddled by hunger, violence, racism, drug addiction, and the threat of foster care. Out on the street, Dasani becomes a fierce fighter "to protect those who I love." When she finally escapes city life to enroll in a boarding school, she faces an impossible question: What if leaving poverty means abandoning your family, and yourself? A work of luminous and riveting prose, Elliott's *Invisible Child* reads like a page-turning novel. It is an astonishing story about the power of resilience, the importance of family and the cost of inequality—told through the crucible of one remarkable girl. Winner of the J. Anthony Lukas Book Prize • Finalist for the Bernstein Award and the

PEN/John Kenneth Galbraith Award

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... "A hard kick in the shins you never saw coming... And wow, is it fun to read" - LitReactor Best of 2019 Staff Pick 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.

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 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.

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.

Sugar Bernice McFadden 2021-09-16

*Sugar Money* Jane Harris 2018-04-03 “A marvelously harrowing, thrillingly picaresque 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

The Sugar Barons Matthew Parker 2012-11-13 Traces the rise and fall of Caribbean sugar dynasties, discussing the Britain's dependence on colony wealth, the role of slavery in sugar plantation culture, and the North American colonial opposition to sugar policy in London.

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.

The Historian Elizabeth Kostova 2005-06-01 The record-breaking phenomenon from Elizabeth Kostova is a celebrated masterpiece that "refashioned the vampire myth into a compelling contemporary novel, a late-night page-turner" (San Francisco Chronicle). Breathtakingly suspenseful and

beautifully written, *The Historian* is the story of a young woman plunged into a labyrinth where the secrets of her family's past connect to an inconceivable evil: the dark fifteenth-century reign of Vlad the Impaler and a time-defying pact that may have kept his awful work alive through the ages. The search for the truth becomes an adventure of monumental proportions, taking us from monasteries and dusty libraries to the capitals of Eastern Europe—in a feat of storytelling so rich, so hypnotic, so exciting that it has enthralled readers around the world. “Part thriller, part history, part romance...Kostova has a keen sense of storytelling and she has a marvelous tale to tell.” —Baltimore Sun

Sugar Jewell Parker Rhodes 2013-05-07 Ten-year-old Sugar lives on the River Road sugar plantation along the banks of the Mississippi. Slavery is over, but laboring in the fields all day doesn't make her feel very free. Thankfully, Sugar has a knack for finding her own fun, especially when she joins forces with forbidden friend Billy, the white plantation owner's son. Sugar has always yearned to learn more about the world, and she sees her chance when Chinese workers are brought in to help harvest the cane. The older River Road folks feel threatened, but Sugar is fascinated. As she befriends young Beau and elder Master Liu, they introduce her to the traditions of their

culture, and she, in turn, shares the ways of plantation life. Sugar soon realizes that she must be the one to bridge the cultural gap and bring the community together. Here is a story of unlikely friendships and how they can change our lives forever. From Jewell Parker Rhodes, the author of *Ninth Ward* (a Coretta Scott King Honor Book and a Today show AI's Book Club for Kids pick), here's another tale of a strong, spirited young girl who rises beyond her circumstances and inspires others to work toward a brighter future.