

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

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The Book of Lost Saints Daniel José Older 2019-11-05 The Book of Lost Saints is an evocative multigenerational Cuban-American family story of revolution, loss, and family bonds from New York Times-bestselling author Daniel José Older. Marisol vanished during the Cuban Revolution, disappearing with hardly a trace. Now, shaped by atrocities long-forgotten, her tenacious spirit visits her nephew, Ramón, in modern-day New Jersey. Her hope: that her presence will prompt him to unearth their painful family history. Ramón launches a haphazard investigation into the story of his ancestor, unaware of the forces driving him on his search. Along the way, he falls in love, faces a run-in with a murderous gangster, and uncovers the lives of the lost saints who helped Marisol during her imprisonment. The Book of Lost Saints by Daniel José Older is a haunting meditation on family, forgiveness, and the violent struggle to be free. An Imprint Book "Spellbinding." —Marlon James, Man Booker Prize-winning author of Black

Leopard, Red Wolf "A lyrical, beautiful, devastating, literally haunting journey." —N.K. Jemisin, award-winning author of the Broken Earth trilogy

They Better Call Me Sugar Sugar Rodgers 2021-05-04 In unflinchingly honest prose, Sugar Rodgers shares her inspiring story of overcoming tremendous odds to become an all-star in the WNBA. "They Better Call Me Sugar is fabulous--so infinitely readable and engaging. Sugar Rodgers is such a clear-eyed and thoughtful writer and a huge inspiration. There are so many young people I can't wait to give this book to." --Jacqueline Woodson, author of Brown Girl Dreaming, former National Ambassador for Young People's Literature "[Rodgers] now has a new goal: sharing her story with others. She certainly accomplishes that in this raw, compelling memoir of a girl growing up in difficult circumstances but with the wits, confidence, and drive that made her an All-Star. An inspiring autobiography." --Booklist "WNBA champion Rodgers reflects on her childhood and road to athletic

glory...Encouraging tidbits will stay with readers, such as, 'Stars are stars because they work hard even when the lights are not on'...This memoir...has a bold bounce." --Kirkus Reviews "Sugar Rodgers's story will be inspirational not only for young girls, not only for young athletes, but for everyone. You never know the mountains people have to climb to reach the level of success they have achieved." --Etan Thomas, former NBA player, author of We Matter: Athletes and Activism "Having had the privilege of playing and working with Sugar Rodgers, I've been blessed with a front row seat to watch her grow into the woman she is today. My hope and prayer is that everyone, both young and old, gets an opportunity to read this book and let Sugar--the athlete, the woman, the survivor--have as much of an impact on their lives as she has had on mine." --Swin Cash, three-time WNBA champion, VP of Basketball Operations with the New Orleans Pelicans "It would be too easy to say that Sugar Rodgers's memoir is a slam dunk. It's more than that--it's a three-pointer from deep. If you want to know what it takes to shoot for your dreams in sports and in life, read this book." --C.J. Farley, author of Around Harvard Square Growing up in dire poverty in Suffolk, Virginia, Sugar (born Ta'Shauna) Rodgers never imagined that she would become an all-star player in the WNBA (Women's National Basketball Association). Both of her siblings were in and out of prison throughout much of her childhood and shootings in her neighborhood were commonplace. For Sugar this was just a fact of life. While academics wasn't a high priority for Sugar and many of her friends, athletics always played a prominent role. She mastered her three-point shot on a net her brother put up just outside their home, eventually becoming so good

that she could hustle local drug dealers out of money in one-on-one contests. With the love and support of her family and friends, Sugar's performance on her high school basketball team led to her recruitment by the Georgetown Hoyas, and her eventual draft into the WNBA in 2013 by the Minnesota Lynx (who won the WNBA Finals in Sugar's first year). The first of her family to attend college, Sugar speaks of her struggles both academically and as an athlete with raw honesty. Sugar's road to a successful career as a professional basketball player is fraught with sadness and death--including her mother's death when she's fourteen, which leaves Sugar essentially homeless. Throughout it all, Sugar clings to basketball as a way to keep herself focused and sane. And now Sugar shares her story as a message of hope and inspiration for young girls and boys everywhere, but especially those growing up in economically challenging conditions. Never sugarcoating her life experiences, she delivers a powerful message of discipline, perseverance, and always believing in oneself. [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.

Homegoing Yaa Gyasi 2016-06-07 A NEW YORK TIMES NOTABLE BOOK • Ghana, eighteenth century: two half sisters are born into different villages, each unaware of the other. One will marry an Englishman and lead a life of comfort in the palatial rooms of the Cape Coast Castle. The other will be captured in a raid on her village, imprisoned in the very same castle, and sold into slavery. One of Oprah's Best Books of the Year and a PEN/Hemingway award winner, *Homegoing* follows the parallel paths of these sisters and their descendants through eight generations: from the Gold Coast to the plantations of Mississippi, from the American Civil War to Jazz Age Harlem. Yaa Gyasi's extraordinary novel illuminates slavery's troubled legacy both for those who were taken and those who stayed—and shows how the memory of captivity has been inscribed on the soul of our nation.

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.

Under the Sugar Sun Jennifer Hallock
2015-02-26

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.

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.

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.

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.

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.

Back to Blood Tom Wolfe 2012-10-23 A big, panoramic story of the new America, as told by our master chronicler of the way we live now. As a police launch speeds across Miami's Biscayne Bay-with officer Nestor Camacho on board-Tom Wolfe is off and running. Into the feverous landscape of the city, he introduces the Cuban mayor, the black police chief, a wanna-go-muckraking young journalist and his Yale-marinated editor; an Anglo sex-addiction psychiatrist and his Latina nurse by day, loin lock by night-until lately, the love of Nestor's life; a refined, and oh-so-light-skinned young woman from Haiti and her Creole-spouting, black-gang-banger-stylin' little brother; a billionaire porn addict, crack dealers in the 'hoods, "de-skilled" conceptual artists at the Miami Art Basel Fair, "spectators" at the annual Biscayne Bay regatta looking only for that night's orgy, yenta-heavy ex-New Yorkers at an "Active Adult" condo, and a nest of shady Russians. Based on the same sort of detailed, on-scene, high-energy reporting that powered Tom Wolfe's previous bestselling novels, *BACK TO BLOOD* is another brilliant, spot-on, scrupulous, and often hilarious reckoning with our times.

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.

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

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.

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.

Burnt Sugar Avni Doshi 2021-01-26 Shortlisted for the 2020 Booker Prize, a searing literary debut novel set in India about mothers and daughters, obsession and betrayal "I would be lying if I say my mother's misery has never given me pleasure," says Antara, Tara's now-adult daughter. This is a love story and a story about betrayal—not between lovers but between a mother and a daughter. . . . In her youth, Tara was wild. She abandoned her arranged marriage to join an ashram, embarked on a stint as a beggar (mostly to spite her affluent parents), and spent years chasing a disheveled, homeless "artist," all with little Antara in tow. But now Tara is forgetting things, and Antara is an adult—an artist and married—and must search for a way to make peace with a past that haunts her as she confronts the task of caring for a woman who never cared for her. Sharp as a blade and laced with caustic wit, Burnt Sugar unpicks the slippery, choking cord of memory and myth that binds mother and daughter: Is Tara's memory loss real? Are Antara's memories fair? In vivid and visceral prose, Avni Doshi tells a story at once shocking and empathetic of a mother-daughter relationship and a daughter's search for self. A journey into shifting memories, altering identities, and the subjective nature of truth, Burnt Sugar is the stunning and unforgettable debut of a major new voice in contemporary fiction.

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 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 Al'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.

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...

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 Ramires 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 Ramires and a Molina truly trust one another?

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!

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!

Sugar Bernice McFadden 2021-09-16

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!

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.

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.

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.

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.

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.

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.

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.

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 Rush Belle Aurora 2015-08-26

Max Leokov has watched the people around him find love. At one point in life, he not only wanted that, but lived for it. He loved once. He loved with all his heart. His heart broken, he was left to care for his young daughter. He deserves a second chance. Helena Kovac has spent years studying. She has worked hard to get her degree. She doesn't have time for love. Books and work are her life. Everything else comes second. When Max and Helena join forces to help his daughter, Ceecee, they are shocked at the spark between them. When love hits, it hits hard. And sometimes, love hurts.

These Ghosts Are Family Maisy Card 2020-03-03 *An Entertainment Weekly, Millions, and LitHub Most-Anticipated Book of 2020 pick* *A Rumpus and Electric Literature Most-Anticipated Debut of 2020 pick* *A Ms. Magazine Top Feminist Book Coming Out in 2020* *A BookRiot Best Book Club Pick of 2020* *A Celadon Books Most-Anticipated Novel of 2020* *A Lily Top Book to Read by Women in 2020 Selection* *A Buzz Magazine Top New Book of the New Decade* *A She Reads Most-Anticipated Historical Fiction Pick of 2020* A transporting debut novel that reveals the ways in which

a Jamaican family forms and fractures over generations, in the tradition of Homegoing by Yaa Gyasi. Stanford Solomon has a shocking, thirty-year-old secret. And it's about to change the lives of everyone around him. Stanford Solomon is actually Abel Paisley, a man who faked his own death and stole the identity of his best friend. And now, nearing the end of his life, Stanford is about to meet his firstborn daughter, Irene Paisley, a home health aide who has unwittingly shown up for her first day of work to tend to the father she thought was dead. *These Ghosts Are Family* revolves around the consequences of Abel's decision and tells the story of the Paisley family from colonial Jamaica to present day Harlem. There is Vera, whose widowhood forced her into the role of single mother. There are two daughters and a granddaughter who have never known they are related. And there are others, like the house boy who loved Vera, whose lives might have taken different courses if not for Abel Paisley's actions. *These Ghosts Are Family* explores the ways each character wrestles with their ghosts and struggles to forge independent identities outside of the family and their trauma. The result is an engrossing portrait of a family and individuals caught in the sweep of history, slavery, migration, and the more personal dramas of infidelity, lost love, and regret. This electric and luminous family saga announces the arrival of a new American talent.

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.

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. **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 . . .

Sugar Baby Karen Young 2011-07-15 Women Who Dare "Karen Young is a spellbinding storyteller..." –Romantic Times She could lose her son, after all. Little Danny Woodson witnessed a murder, and now the killer is after him. Claire Woodson will do anything to protect her son. Even if it means living with the enemy. And Mack McMollere, Danny's uncle, is the enemy. The wealthy Louisiana sugar baron is fighting Claire for custody of the boy. Mack—and the powerful McMollere family—swear they can keep Danny safe. But now there's new danger. Danny is fitting in too well with his late father's family. And when she's with Mack, Claire's finding it all too easy to forget that the McMolleres want her son.... Exciting and emotional—a compelling new novel from RITA Award winner Karen Young, author of *The O'Connors* trilogy and *Having His Baby*. Women Who Dare

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