

## The Franklin Codex

The Iron Codex A Dark Arts Novel Tor Books  
The New Weight-Loss Revolution from the Diet Doctor to the Stars From red carpet premieres to TV interviews, celebrities are always under pressure to look their best. Dr. Fred Pescatore, author of the New York Times bestseller *The Hamptons Diet*, is sharing—for the first time—the secret diet he uses with his A-list clientele. You can drop up to 15 pounds in as little as two weeks—while enjoying delicious and satisfying food! With a unique dieting innovation, more than 100 delicious recipes, and easy-to-follow meal plans, *The A-List Diet* goes beyond Atkins, beyond *The Whole30*, beyond *Eat Fat, Get Thin*, and way beyond Paleo. By combining the benefits of protein boosting, protein rotation, inflammation busting, and acid-reducing alkalization, this diet maximizes your ability to drop weight. In *The A-List Diet*, there is no point counting, no obsessing over the scale, and no gimmicks. Just smart swaps, simple solutions, and a fresh new look at everyday choices. Dr. Pescatore helps you identify what type of dieter you are so you can customize his strategies to work best for you, so this is truly your diet secret. Featuring testimonials from Dr. Pescatore's patients, *The A-List Diet* is your ultimate guide to losing weight with healthy strategies and quick results. Get red carpet ready with the fabulous new you!

Franklin Furnace is a renowned New York–based arts organization whose mission is to preserve, document and present works of avant-garde art by emerging artists – particularly those whose works may be vulnerable due to institutional neglect or politically unpopular content. Over more than thirty years, Franklin Furnace has exhibited works by hundreds of avant-garde artists, some of whom – Laurie Anderson, Vito Acconci, Karen Finley, Guillermo Gómez-Peña, Jenny Holzer and the Blue Man Group, to name a few – are now established names in contemporary art. Here, for the first time, is a comprehensive history of this remarkable organization from its conception to the present. Organized around the major art genres that emerged in the second half of the twentieth century, this book intersperses first-person narratives with readings by artists and scholars on issues critical to the organization's success as well as Franklin Furnace's many contributions to avant-garde art.

The Esoteric Codex: Japanese Ghosts collects curated articles regarding Japanese ghosts

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of the work. Scholars believe, and we concur, that this work is important enough to be preserved, reproduced, and made generally available to the public. To ensure a quality reading experience, this work has been proofread and republished using a format that seamlessly blends the original graphical elements with text in an easy-to-read typeface. We appreciate your support of the preservation process, and thank you for being an important part of keeping this knowledge alive and relevant.

Just because the marriage is fake doesn't mean the attraction is. Delilah Barrett is a head-turning beauty on a quest for justice. The former cop with a checkered past has made a career of recovering stolen rare books with her private detective firm. She's level-headed, smart, cool under pressure, and entirely unprepared for her new assignment. When a centuries-old book worth an astronomical fortune disappears from Philadelphia's Franklin Museum, Delilah is paired up with Henry Finch, a brilliant rare book librarian and celebrated academic. Their orders: Go undercover as a married couple and recover the book by whatever means necessary. Henry can speak four languages and wear a suit like he was born in Armani. But he's never squared off against criminals. Never operated in this underground society of glamour and greed. And he's certainly never pretended to be married to a woman who both dazzles and distrusts

him. Delilah's keen instincts are her greatest gift, but her growing attraction to the sexy librarian is messing with her head. Every feigned caress, every for-the-audience kiss only heightens the seduction, building a fire that refuses to extinguish. As the danger intensifies, so does the temptation to let their fake desire become real. With a priceless artifact at stake, can this undercover couple learn to trust each other before it's too late? Author's Note: If fake marriage, closet sex, secret passages, guns and garter belts, high-society galas, mysterious code words, and danger pushes your pleasure buttons Behind the Veil is for you!

This book presents a collective portrait of the inhabitants of Árpáadian- and Angevin-era Hungary identified by their countrymen as Rutheni, illuminating their role in the social and political life of the kingdom.

This book contains the proceedings from the Codex Judas Congress held to discuss the newly-restored Tchacos Codex. Since this codex is a newly-conserved ancient book of Christian manuscripts which had yet to be discussed collaboratively by a body of scholars, this book is nothing less than a landmark in Gnostic studies.

Diet secrets of the rich, famous, and thin! Where health meets style, where the world-renowned Hamptons meet the Mediterranean—that's the Hamptons Diet, a weight-loss plan that has been a

breakthrough success for some of the world's leading celebrities. In *The Hamptons Diet*, Dr. Fred Pescatore, one of the world's most highly visible diet experts, offers you a prescription for losing weight quickly while looking great and staying healthy that's inspired by the healthy lifestyles and demanding palates of the rich and famous. With the Hamptons Diet, you eat healthy carbohydrates and ample protein, achieving a naturally low-glycemic balance. In this satisfying, easy-to-follow program, you get everything you need to lose weight quickly and safely, including thirty days of meal plans, a secret ingredient—macadamia nut oil, which boosts your metabolism and is the healthiest cooking oil on the planet—and almost 200 sumptuous recipes.

Inspired by the pre-Hispanic codices that escaped immolation during colonial invasions, this artists' book opens out in accordion folds expanding to a length of over 21 feet. Rice has created a series of beautiful and jarring montages in which the mixture of languages, slang, poetry, and prose of Gomez-Pena's performance texts are woven through and around Chagoya's collages filled with pre-Hispanic drawings, colonial-era representations of New World natives, and comic book superheroes. Irreverent to the last, Gomez-Pena and Chagoya employ iconic figures and persistent stereotypes to overturn the fantasies of nationalism, ethnocentrism, and historical amnesia that cloud international relations.

Rice's masterful typographic compositions orchestrate the text's many voices and views, offering a history of the Americas which must be read forward and backward, in fragments and in recurring episodes - in short, as history itself tends to unfold. About the Authors Guillermo Gomez-Pena was born in Mexico City in 1955 and came to the U.S. in 1978. His work, which includes performance art, poetry, journalism, criticism, and cultural theory, explores cross-cultural issues and North/South relations. He is the recipient of an American Book Award for *The New World Border (City Lights)* and a MacArthur Foundation Genius Award, among many other honors. Enrique Chagoya is a Mexican-born painter and printmaker who has been living and working in the U.S. since 1977. The recipient of two NEA Fellowships, his most recent show of paintings was at the DeYoung Museum in San Francisco. He currently teaches at Stanford University. Felicia Rice is a book artist, typographer, printer, and publisher whose work has earned her many honors. She lectures and exhibits internationally, and her books are represented in the collections of various museums and libraries. She currently directs the graphic design and production program at the University of California, Santa Cruz Extension. From the moment King Fernando and Queen Isabel sponsored Christopher Columbus's voyage, they began issuing contracts, decrees, and privileges

implementing the project. Previous editions of these collected documents, known as the Book of Privileges, have been published. Yet because such editions have ordered the material as Columbus left it, use of these books has proven problematic. The Repertorium Columbianum edition presents these documents in chronological order, providing a continuous historical narrative of the monarchs' and Columbus's enterprise. (The documents also appear, separately, in Columbus's arrangement.) Superbly translated, with historical and philological commentary, this edition of the Book of Privileges is a valuable historical resource.

The history of eastern European is dominated by the story of the rise of the Russian empire, yet Russia only emerged as a major power after 1700. For 300 years the greatest power in Eastern Europe was the union between the kingdom of Poland and the grand duchy of Lithuania, one of the longest-lasting political unions in European history. Yet because it ended in the late-eighteenth century in what are misleadingly termed the Partitions of Poland, it barely features in standard accounts of European history. The Making of the Polish-Lithuanian Union 1385-1569 tells the story of the formation of a consensual, decentralised, multinational, and religiously plural state built from below as much as above, that was founded by peaceful negotiation, not war and conquest. From its inception in 1385-6, a vision of political union was

developed that proved attractive to Poles, Lithuanians, Ruthenians, and Germans, a union which was extended to include Prussia in the 1450s and Livonia in the 1560s. Despite the often bitter disagreements over the nature of the union, these were nevertheless overcome by a republican vision of a union of peoples in one political community of citizens under an elected monarch. Robert Frost challenges interpretations of the union informed by the idea that the emergence of the sovereign nation state represents the essence of political modernity, and presents the Polish-Lithuanian union as a case study of a composite state. The modern history of Poland, Lithuania, Ukraine, and Belarus cannot be understood without an understanding of the legacy of the Polish-Lithuanian union. This volume is the first detailed study of the making of that union ever published in English.

From the Old Testament comes a new danger... Fighting skeletons in Addis Ababa isn't in Annja's contract. Especially when they're "entertainment" rigged by an obnoxious radio DJ during the filming of the TV show she hosts, Chasing History's Monsters. But the accidental discovery of an ancient clay brick turns the prank into deadly peril for the intrepid archaeologist. If Annja's hunch is right, the brick is the merely the first key to a greater discovery: the Tower of Babel. Now, with Joan of Arc's sword in hand and killers at her heels, she must race across

the Middle East to unravel the puzzle first. Enemies and allies will face-off against each other—and themselves. To survive, Annja will have to defeat them all...because in the end there can only be one winner.

This book deals with the modern, northern half of the Isthmus, its social struggles and its varied problems in adapting a backward region to the need and ways of industrial civilization. It presents a view of the modern Isthmus Zapotecs, living around Juchitan and Tehuantepec.

Winner of the 2014 Sami Rohr Prize for Jewish Literature A thousand years ago, the most perfect copy of the Hebrew Bible was written. It was kept safe through one upheaval after another in the Middle East, and by the 1940s it was housed in a dark grotto in Aleppo, Syria, and had become known around the world as the Aleppo Codex. Journalist Matti Friedman's true-life detective story traces how this precious manuscript was smuggled from its hiding place in Syria into the newly founded state of Israel and how and why many of its most sacred and valuable pages went missing. It's a tale that involves grizzled secret agents, pious clergymen, shrewd antiquities collectors, and highly placed national figures who, as it turns out, would do anything to get their hands on an ancient, decaying book. What it reveals are uncomfortable truths about greed, state cover-ups, and the fascinating role of historical

treasures in creating a national identity.

This fascinating study examines how Victorian fixation on disastrous Northwest Passage expeditions has conditioned our understanding of the Arctic and Polar exploration.

BONUS: This edition contains an excerpt from Jim Lehrer's *Tension City*. "Three may keep a secret if two of 'em are dead." –Poor Richard's Almanack[pg. 27 of mss] R Taylor arrives in Philadelphia for the funeral of his longtime friend Dr. Wally Rush with a heavy heart. Not only has the world lost one of its preeminent, Pulitzer Prize—winning American Revolution historians, but R has lost his mentor, the man who led him to devote his life's work to the study of "The First American," Benjamin Franklin. The bond between them was sealed when R did Wally a favor that could never be revealed. But Wally saved one final secret for R, disclosed in a letter conveyed by the will's executor. Written in the slow, painful script of the professor's last days, the note delivers an incredible bombshell. Wally, it seems, had stumbled upon twelve handwritten pages in a code commonly used by spies during the revolutionary war. The pages refer to George Washington, John Adams, Alexander Hamilton, and James Madison, and level a shocking charge—that Benjamin Franklin committed a heinous crime. Wally, not wanting to foul the image of his lifelong hero, had kept this monumental secret until

his death. But as R races to unravel the mystery, he faces an onslaught of obstacles. Vicious blackmail, a threat of sabotage against his own career, and grave personal doubts threaten to overtake R as he struggles with a discovery that has the potential to completely alter the fabric of American history. Rich with revelations, rife with the darkest depths of deceit and mystery, and enlightened by the unparalleled insights of America's first patriots, *The Franklin Affair* is a tense, constantly surprising novel about the ultimate quest for truth and justice.

"Mysteries from the past: Archaeologist Angela Hunter unearths an ancient codex from a Native American burial mound. But how could an illiterate society have produced the complex writing? Clash of cultures: Seven hundred years ago, a thriving civilization suddenly vanished. As Angela deciphers the cryptic codex symbols, she begins to unravel one of archaeology's greatest mysteries. Evil unleashed: Despite forces trying to stop her from learning the chronicle's secrets, Angela discovers the horrifying truth. Can she prevent the tragedies of the past from happening again today?"--Back cover.

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Angela discovers the horrifying truth. Can she prevent the tragedies of the past from happening again today?

This fascinating book is the first volume in a projected cultural history of the United States, from the earliest English settlements to our own time. It is a history of American folkways as they have changed through time, and it argues a thesis about the importance for the United States of having been British in its cultural origins. While most people in the United States today have no British ancestors, they have assimilated regional cultures which were created by British colonists, even while preserving ethnic identities at the same time. In this sense, nearly all Americans are "Albion's Seed," no matter what their ethnicity may be. The concluding section of this remarkable book explores the ways that regional cultures have continued to dominate national politics from 1789 to 1988, and still help to shape attitudes toward education, government, gender, and violence, on which differences between American regions are greater than between European nations.

New York Times bestselling author David Mack's Dark Arts series continues as the wizards of World War II become the sorcerers of the Cold War in this globe-spanning spy-thriller sequel to *The Midnight Front*. 1954: Cade Martin, hero of the *Midnight Front* during the war, has been going rogue without warning or explanation, and his mysterious absences are making his MI-6 handlers suspicious. In the United States, Briet Segfrunsdóttir serves as the master karcist of the Pentagon's top-secret magickal warfare program. And in South America, Anja Kernova hunts fugitive Nazi sorcerers with the help of a powerful magickal tome known as the Iron Codex. In an ever-more dangerous world, a chance encounter sparks an international race to find Anja and steal the Iron Codex. The Vatican, Russians, Jewish Kabbalists, and shadowy players working all angles covet the Codex for

the power it promises whoever wields it. As the dominoes start to fall, and one betrayal follows another, Anja goes on the run, hunted by friend and foe alike. The showdown brings our heroes to Bikini Atoll in March 1954: the Castle Bravo nuclear test. But unknown to all of them, a secret magick cabal schemes to turn America and its western allies toward fascism—even if it takes decades... The Dark Arts novels The Midnight Front The Iron Codex

“One of the most profound and illuminating studies of this century to have been published in recent decades.”—John Gray, *New York Times Book Review* Hailed as “a magisterial critique of top-down social planning” by the *New York Times*, this essential work analyzes disasters from Russia to Tanzania to uncover why states so often fail—sometimes catastrophically—in grand efforts to engineer their society or their environment, and uncovers the conditions common to all such planning disasters. “Beautifully written, this book calls into sharp relief the nature of the world we now inhabit.”—*New Yorker* “A tour de force.”—Charles Tilly, *Columbia University 37th report*, 1889, has atlas of plates (35 cm.) illustrating new building.

"Italian Literature before 1900 in English Translation provides the most complete record possible of texts from the early periods that have been translated into English, and published between 1929 and 2008. It lists works from all genres and subjects, and includes translations wherever they have appeared across the globe. In this annotated bibliography, Robin Healey covers over 5,200 distinct editions of pre-1900 Italian writings. Most entries are accompanied by useful notes providing information on authors, works, translators, and how the translations were received. Among the works by over 1,500 authors represented in this volume are hundreds of editions by Italy's most translated authors - Dante Alighieri, [Niccoláo] Machiavelli, and [Giovanni] Boccaccio - and other

hundreds which represent the author's only English translation. A significant number of entries describe works originally published in Latin. Together with Healey's Twentieth-Century Italian Literature in English Translation, this volume makes comprehensive information on translations accessible for schools, libraries, and those interested in comparative literature."--Pub. desc.

The lowly mushroom, grown quietly, in the dark, has suddenly sprung onto the health scene as a miracle cure. Once castigated as a mere fungus, the mushroom has acquired a signature cachet in the form of active hexosecorrelated compound (AHCC), a nutritional product made from healing mushrooms fermented in rice bran. AHCC is used in over 700 clinics and hospitals in Japan, mainly in cancer treatment. Now Japan's secret has crossed the Pacific, and *The Science of AHCC* reveals what the Japanese have known for decades: AHCC is as well-researched as any conventional prescription drug. The quality control of AHCC is so stringent that it would easily qualify as a licensed pharmaceutical, but the manufacturers believe that this would limit its availability to the many people in Japan—healthy people, who use it as a preventive as well as for a variety of other purposes. Because it is actually a mushroom-based food, even though it is often made available in capsule form, it is extremely safe for anyone to take, including children, pets, frail elderly, and patients who have undergone surgery. *The Science of AHCC* explores this supplement in depth,

explaining: o How it is manufactured o How it is used in clinics in Japan and other parts of the world o Its safety and efficacy o The scientific evidence supporting its striking versatility and profound effectiveness for a wide variety of conditions The Science of AHCC will introduce readers to AHCC and expand their knowledge of one of the most important food supplements available on the market today.

An entertaining and digestible volume that demystifies science, from the author of 16 bestselling popular science books *Crave answers? A Feast of Science* demystifies the chemistry of everyday life, serving up practical knowledge to both inform and entertain. Guaranteed to satiate your hunger for palatable and relevant scientific information, Dr. Joe Schwarcz proves that “chemical” is not necessarily synonymous with “toxic.” Are there fish genes in tomatoes? Can snail-slime cream and bone broth really make your wrinkles disappear? What’s the problem with sugar, resistant starch, hops in beer, microbeads, and “secret” cancer cures? Are “natural” products the key to good health? And what is “fake news” all about? Dr. Joe answers these questions and more. Cutting through the fat of story, suggestion, and social-media speculation, *A Feast of Science* gets to the meat of the chemical reactions that make up our daily lives.

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