

## Toast The Story Of A Boys Hunger

Here's a BRIGHT IDEA: read this book. It's a PIECE OF CAKE. And trust us; no one will call you A TURKEY. For more metaphors, look inside.

NEW YORK TIMES BESTSELLER • “An absolute delight to read . . . How lucky we are that [Ruth Reichl] had the courage to follow her appetite.”—Newsday At an early age, Ruth Reichl discovered that “food could be a way of making sense of the world. If you watched people as they ate, you could find out who they were.” Her deliciously crafted memoir *Tender at the Bone* is the story of a life defined, determined, and enhanced in equal measure by a passion for food, by unforgettable people, and by the love of tales well told. Beginning with her mother, the notorious food-poisoner known as the Queen of Mold, Reichl introduces us to the fascinating characters who shaped her world and tastes, from the gourmand Monsieur du Croix, who served Reichl her first foie gras, to those at her politically correct table in Berkeley who championed the organic food revolution in the 1970s. Spiced with Reichl’s infectious humor and sprinkled with her favorite recipes, *Tender at the Bone* is a witty and compelling chronicle of a culinary sensualist’s coming-of-age. BONUS: This edition includes an excerpt from Ruth Reichl’s *Delicious!* Praise for *Tender at the Bone* “A poignant, yet hilarious, collection of stories about people [Reichl] has known and loved, and who, knowingly or unknowingly, steered her on the path to fulfill her destiny as one of the world’s leading food writers.”—Chicago Sun-Times “While all good food writers are humorous . . . few are so riotously, effortlessly entertaining as Ruth Reichl.”—The New York Times Book Review “Reading Ruth Reichl on food is almost as good as eating it. . . . Reichl makes the reader feel present with her, sharing the experience.”—Washington Post Book World “[In] this lovely memoir . . . we find young Ruth desperately trying to steer her manic mother’s unwary guests toward something edible. It’s a job she does now . . . in her columns, and whose intimate imperatives she illuminates in this graceful book.”—The New Yorker “A savory memoir of [Reichl’s] apprentice years . . . Reichl describes [her] experiences with infectious humor. . . . The descriptions of each sublime taste are mouthwateringly precise. . . . A perfectly balanced stew of memories.”—Kirkus Reviews Stephen Shulevitz remembers the end of the world. Two o’clock in the morning on a Saturday night, in Riverside, Nova Scotia when he realises he has fallen in love - with exactly the wrong person. There are no volcanic eruptions. No floods or fires. Just Stephen, watching TV with his best friend, realising that life, as he knows it, will never be the same. The smart move would be to run away - from Riverside, his overbearing hippie mother, his distant pot-smoking father - and especially his feelings. But then Stephen begins to wonder: what would happen if he had the courage to face the end of the world head on?

From America’s most beloved comedic actress and the star of *Desperate Housewives* comes a personal, heartfelt, and often very funny manifesto on life, love, and the lessons we all need to learn -- and unlearn -- on the road to happiness Teri Hatcher secured her place in America’s heart when she stood up to accept her Golden Globe for Best Actress and declared herself a “has-been” on national television. That moment showcased her down-to-earth, self-deprecating style -- and her frank openness about the ups and downs she’s experienced in life and work. But what the world might not have seen that night is that Teri’s self-acceptance is the hard-won effort of a single mother with all the same struggles most women have to juggle -- life, love, bake sale cookies, and dying cats. Now, in the hope that her foibles and insights might inspire and motivate other women, Teri opens up about the little moments that have sustained her through good times and bad. From the everyday (like the importance of letting your daughter spill her macaroni so she knows it’s okay to make mistakes) to the rare (a rendezvous with a humpback whale -- and no, he was not a suitor), the message at the heart of *Burnt Toast* -- that happiness and success are choices that we owe it to ourselves to make -- is sure to resonate with women everywhere.

Determined to protect her unruly brood from Fox’s frying pan, Mamma Toad offers herself in exchange and eventually persuades Fox to try her secret recipe for Toad-in-a-Hole, a tasty--and toadless--treat that everyone ends up enjoying together.

Pug (the adorable slug) can’t find his can opener and he’s getting frustrated. How is he going to open a can of salmon to make his favourite dish if he has misplaced the only one in the kitchen? Come along with Pug on a wild fishing adventure as he tries to find another way to get the missing ingredient for the dish he loves most - salmon on toast. Follow Pug on Twitter @PugtheSlug.

Series title extrapolated from hardcover edition.

*Toast!* A Children’s Book for an Adult, explains Jesus, God, and Christianity to children and adults alike with humor, simplicity, and beautiful illustrations. Many many years ago I wrote this children’s book for one of my very dear friends. Why? I wanted to share my Christian faith with her. Oftentimes, as in this case, I send people books that (in my view at least) explain Christianity in a way that will make sense to them. I looked for a book for her and nothing was quite right. She is literary, well-traveled, loves art, and has an affinity for children’s books, activities, and movies. In college a group of us apple picked in an orchard where Anne of Green Gables could have been penned - all at the behest of this delightful friend. So. What does one do when one can’t find the right book? One writes the right book and has it illustrated. Here is that book. Enjoy *Toast!*

An entertaining cookbook presents a tempting array of more than sixty delicious and unusual recipes for toasted bread, explaining how to use toast as a base for a number of tasty appetizers, snacks, sandwiches, main courses, and desserts for any time of the day. Original.

A gifty, funny, and practical guide to transforming the most lackluster of ingredients into a delicious meal, making bad food good and making good food even better, from the author of the New York Times bestselling and IACP Award-winning *Twelve Recipes*. Dinner is looking meh. Maybe the stove was left unattended for just a second too long for your original plan; maybe the on-sale meat at the supermarket isn’t looking quite worth the savings after two days in the fridge. Do you waste food and time trying to start from scratch, or money ordering takeout? No, you face up to the facts, step up your game, and transform that cooking conundrum into a delicious meal. The best way to do that? Follow the guidance of Cal Peternell, a chef coming out of the restaurant kitchen to meet cooks where they are with this funny, practical manual for making *Bad Food Good*. Though many pro chefs may be able to get their sustainably sourced, locally grown, 100 percent grass-fed, organic ingredients and gently guide them through careful preparation to a simply sublime dish, most of us don’t achieve farm-to-table perfection in every step of the process. From facing down third-day leftovers that have lost a little of their luster to the limits of their local supermarket’s quality, many home cooks start at a disadvantage. With his signature dry wit and years of experience cooking for everyone from high-end restaurant patrons to his hungry family, Cal Peternell is here to level the playing field with this bag of tricks for turning standard (or substandard) fare into a meal to be proud of, troubleshooting such situations as: Making the best of burned food (Burned your toast? Time to make Cheesy Onion Bread Pudding!) Hacking packaged food (including 5 variations on “Hackaroni and Cheese”) Things restaurants often do wrong and you can do better (including pesto, queso, bean dip, ranch, and more) Spicing up lackluster vegetables (Brocco Tacos dazzle both in name and in flavor) Snazzing up dishes with “special sauces for the boring” (including vegetable purees and an infinite variety of savory butter sauces) Cal also

includes a series of hilarious Old Man cocktails, ranging from the Bitter Old Man (one part bitter, one part brandy) to the Wise Old Man (8 ounces water and a good night's sleep). Up your cooking game by learning how to spin anything in your pantry or fridge into something special with *Burnt Toast and Other Disasters*.

If someone said to you, 'you're toast', would you believe it? Owen Oswin does. Join Owen as he learns about idioms and being true to himself! Suggested readers ages 7 to 10 years-old.

"Bruce Sterling on speed? The imagination of Sterling squared? All of the glitz, glibly tossed-off newly invented, or hybrid tech-terms thrown at the reader like an info blizzard at hurricane force, but with more core storyline than in some of Sterling's "Deep Eddy" stories? ... if you like Sterling, you're gonna love Stross. In an ironic sense, Bruce Sterling was the buffer we needed to be able to handle Charles Stross." - Tangent.

Given how much we eat, it's amazing that no book has ever been devoted to toast. Here Heidi Nathan provides a true first. An essential guide to tastier toast toppings featuring delicious recipes sprinkled with anecdotes and facts on the history of toast. With contributions from Dame Maureen Lipman and Joanna Lumley.

Based on the column of the same name that appeared in *The Toast*, *Hey Ladies!* is a laugh-out-loud read that follows a fictitious group of eight 20-and-30-something female friends for one year of holidays, summer house rentals, dates, brunches, breakups, and, of course, the planning of a disastrous wedding. This instantly relatable story is told entirely through emails, texts, DMs, and every other form of communication known to man. The women in the book are stand-ins for annoying friends that we all have. There's Nicole, who's always broke and tries to pay for things in Forever21 gift cards. There's Katie, the self-important budding journalist, who thinks a retweet and a byline are the same thing. And there's Jen, the DIY suburban bride-to-be. With a perfectly pitched sardonic tone, *Hey Ladies!* will have you cringing and laughing as you recognize your own friends, and even yourself.

Phoebe—half Jamaican, half French-Canadian—hates her school nickname of "French Toast." So she is mortified when, out on a walk with her Jamaican grandmother, she hears a classmate shout it out at her. To make things worse, Nan-Ma, who is blind, wants an explanation of the name. How can Phoebe describe the color of her skin to someone who has never seen it? "Like tea, after you've added the milk," she says. And her father? "Like warm banana bread." And Nan-Ma herself? She is like maple syrup poured over...well... In *French Toast*, Kari-Lynn Winters uses descriptions of favorite foods from both of Phoebe's cultures to celebrate the varied skin tones of her family. François Thisdale's imaginative illustrations fill the landscape with whimsy and mouthwatering delight as Phoebe realizes her own resilience and takes ownership of her nickname proudly.

Arthur and Stella Crandall, two dogs, are for the most part content with their lives until a fly gets mixed up while granting Arthur three wishes.

*Toast on Toast* is the must-have book for all budding actors - and non-actors too. In this part memoir, part 'how to act' manual, Steven Toast draws on his vast and varied experiences, providing the reader with an invaluable insight into his journey from school plays to RADA, and from 'It's a Right Royal Knockout' to the Colony Club. Along the way, he reveals the secrets of his success. He discloses how to brush up on and expand your technical and vocal skills, how to nail a professional voiceover, and how to deal with difficult work experience staff in a recording studio. He also reveals the dangers of typecasting, describes the often ruthless struggle for 'top billing', and shares many awesome nuggets of advice. The end result is a book that will inspire and educate anyone who wants to tread the floorboards. It will also inform (and entertain) anybody who simply wants to discover what a jobbing actor's life is actually like.

Two children cook food for their friends and learn about the science of heat, and how energy transfers to cook food.

*Bottoms Up* showcases the architecture and history of 70 Wisconsin breweries and bars. Beginning with inns and saloons, the book explores the rise of breweries, the effects of temperance and Prohibition, and attitudes about gender, ethnicity, and morality. It traces the development of the megabreweries, dominance of the giants, and the emergence of microbreweries. Contemporary photographs of unusual and distinctive bars of all eras, historic photos, postcards, advertisements, and breweriana help tell the story of how Wisconsin came to dominate brewing—and the place that bars and taverns hold in our social and cultural history.

A delightful and colorful high-fashion romp featuring Toast, the world's first supermodel dog. She's graced the pages of the *New York Times* and *Us Weekly*, and has appeared on *Good Morning America* and the *Today* show. She's starred in designer Karen Walker's advertising campaign, and pens her own weekly column in *People Magazine: Pets*. Her jet-setting friends include Karlie Kloss, Reese Witherspoon, Jane Lynch, and, of course, her Internet celebrity dad, *The Fat Jew*. She has hundreds of thousands of fans following her every move on Instagram. She's Toast, the puppymill rescue Cavalier King Charles Spaniel whose toothless grin and ever-present tongue have become today's hottest style sensation. Now, fans can enjoy their favorite fashionista canine in *ToastHampton*, a collection of divine photographs that capture Toast shaking her auburn fur as she models big-name brands in the tony Hamptons. Whether she's lounging on the sand, frolicking through a seaside meadow, dipping her paws in the sparkling sea, or striking one of her famous poses, Toast always sports the unique, sophisticated style that has melted fans' hearts worldwide . . . and keeps them begging for more.

"A painfully beautiful memoir...Written with such restraint as to be both heartbreaking and instructive." —E. L. Doctorow A revered, many times honored (George Polk, Peabody, and Emmy Award winner, to name but a few) journalist, novelist, and playwright, Roger Rosenblatt shares the unforgettable story of the tragedy that changed his life and his family. A book that grew out of his popular December 2008 essay in *The New Yorker*, *Making Toast* is a moving account of unexpected loss and recovery in the powerful tradition of *About Alice* and *The Year of Magical Thinking*. Writer Ann Beattie offers high praise to the acclaimed author of *Lapham Rising* and *Beet* for a memoir that is, "written so forthrightly, but so delicately, that you feel you're a part of this family."

*Toast* is Nigel Slater's truly extraordinary story of a childhood remembered through food. In each chapter, as he takes readers on a tour of the contents of his family's pantry—rice pudding, tinned ham, cream soda, mince pies, lemon drops, bourbon biscuits—we are transported.... His mother was a chops-and-peas sort of cook, exasperated by the highs and lows of a temperamental stove, a finicky little son, and the asthma that was to prove fatal. His father was a honey-and-crumpets man with an unpredictable temper. When Nigel's widowed father takes on a housekeeper with social aspirations and a talent in the kitchen, the following years become a heartbreaking cooking contest for his father's affections. But as he slowly loses the battle, Nigel finds a new outlet for his culinary talents, and we witness the birth of what was to become a lifelong passion for food. Nigel's likes and dislikes, aversions and sweet-toothed weaknesses, form a fascinating backdrop to this exceptionally moving memoir of childhood, adolescence, and sexual awakening. A bestseller (more than 300,000 copies sold) and award-winner in the UK, *Toast* is sure to delight both foodies and memoir readers on this side of the pond—especially those who made such enormous successes of Ruth Reichl's *Tender at the Bone* and Anthony Bourdain's *Kitchen Confidential*.

Based on the British Book Awards Biography of the Year, *Toast* is the story of Nigel Slater's childhood, told through the tastes and smells he grew up with. From making the perfect sherry trifle to waging a war over cakes and from the pressured playground politics of sweets to the rigid rules of restaurant dining, this is a story of love, loss and...toast.

A delicious new memoir from the New York Times bestselling author of *The Sharper Your Knife, the Less You Cry* A family history peppered with recipes, *Burnt Toast Makes You Sing Good* offers a humorous and flavorful tale spanning three generations as Kathleen Flinn returns to the mix of food and memoir readers loved in her New York Times bestseller, *The Sharper Your Knife, the Less You Cry*. Brimming with tasty anecdotes about Uncle Clarence's divine cornflake-crusting fried chicken, Grandpa Charles's spicy San Antonio chili, and Grandma Inez's birthday-only cinnamon rolls, Flinn—think Ruth Reichl topped with a dollop of Julia Child—shows how meals can be memories, and how cooking can be communication. *Burnt Toast Makes You Sing Good* will inspire readers (and book clubs) to reminisce about their own childhoods—and spend time in their kitchens making new memories of their own.

*Raising a Toast* is a compilation of 20 speeches that I had the good fortune of delivering in my journey as a Toastmaster. Most of these speeches have sprung from my personal anecdotes—some funny, some thought-provoking. Few speeches will tell you stories of past and present, of people and places through my eyes. And then, there are a couple of speeches that raise some questions, for you and me to reflect upon. But one common link that binds them all, is the stage of Toastmasters where they found life. Each of these speeches gave me an opportunity—to pen down some burning message inside of me, to share my story to any audience which was willing to listen, to connect with those who took back something from what I had to say. *Raising a Toast* is a humble attempt to carry these anecdotes, these stories, these questions from the conventional stage to the paperback stage. Written with the sole agenda of reaching out to more souls out there who are willing to listen. And with the hope, that when they read this, they get inspired to share their set of stories with the world.

Rustic breads, scones, and biscuits paired with fruit-jams, jellies, nut butters, savory spreads, pickles, and more—from the James Beard award-winning author of *Sourdough*. Bread and butter, toast and jam, scones and clotted cream—baked goods have a long tradition of being paired with spreads to make their flavors and textures sing. As a baker with a passion for plants, Sarah Owens, author of the James Beard award-winning *Sourdough*, takes these simple pairings in fresh new directions. Spread some Strawberry & Meyer Lemon Preserves on a piece of Buckwheat Milk Bread for a special springtime treat. Top a slice of Pain de Mie with Watermelon Jelly for a bright taste of summer. Lather some Gingered Sweet Potato Butter on a piece of Spiced Carrot Levain for a warming fall breakfast. Make a batch of Dipping Chips to serve with Preserved Lemon and Fava Bean Hummus for an inspired snack. Wow brunch guests with a spread of Sourdough Whole-Grain Bagels, Lemony Herb Chèvre, and Beet-Cured Gravlax. The recipes here offer a thoroughly fresh sensibility for the comfort found in a simple slice of toast spread with jam.

The ultimate canvas for sweet and savoury culinary creativity. 50 seasonal recipes that reimagine the “bread and butter” of cuisine with simple ingredients in surprising ways. As simple or as sophisticated as you want it to be, but always comforting and nourishing. *Toast* is perfect for those looking for seasonal, market-inspired recipes, or gourmet treats presented in an approachable manner. With something for every palette and occasion, this is the ideal book for new and seasoned cooks alike and everyone from college students and recent graduates, to newlyweds and empty nesters. Artisanal toast is a hit in the media with features on Today, GMA, and NPR, and on the pages of The New Yorker, San Francisco Chronicle, Guardian, and Bon Appétit.

"The *Toast* is stupendous—as brief, urgent, and bracing as a punch to the face. It's gripping, funny, and unrelentingly bleak (in the best possible way). Matt Marinovich has such a sinister and uncompromising sensibility that one can feel a little morally compromised for enjoying his work so much. If that's the case, though, I must be a very bad person indeed, because I absolutely loved this book." -- Scott Smith, New York Times bestselling author of *The Ruins* and *A Simple Plan* *The Toast* is a novel about sibling rivalry that knows no bounds. For as long as they can remember, the Krider brothers have only found true meaning in their war with each other. Bred to viciously compete from an early age by their deranged father, they have upped the ante to dangerous extremes. But the Krider brothers have always obeyed the three sacred rules of the game: No mortal injury. Wait your turn. No end to the game. On a sweltering day in early July, Rob and Rebecca Krider drive toward the wedding of his younger brother, Craig. A hundred guests have already arrived for the ceremony at the Old Field House. It's a perfect day for a wedding, but before the morning is over, an unexpected tragedy will strike one of the Krider brothers and a frightening toast will be delivered by one of the guests. As a shattered widow retreats to her home in Westchester, the surviving brother is increasingly confident he will finally get to live a normal life without the game. At first, it seems like he might be right, but as the months pass, he suddenly realizes that strange coincidences in his everyday life might have a more sinister cause. Could it be that the game he thought was over is threatening to destroy his life again? But who's pulling the strings now that his only archrival is dead? It's clear that one last turn is being taken, and all the old rules are being broken, except for one: there is no end to the game.

Salut! Prost! Skål! Na zdrave! Tagay! No matter what country you clink glasses in, everyone has a word for cheers. In *Cheers! Around the World in 80 Toasts*, Brandon Cook takes readers on a whirlwind trip through languages from Estonian to Elvish and everywhere in between. Need to know how to toast in Tagalog? Say "bottoms up" in Basque? "Down the hatch" in Hungarian? Cook teaches readers how to toast in 80 languages and includes drinking traditions, historical facts, and strange linguistic phenomena for each. Sweden, for instance, has a drinking song that taunts an uppity garden gnome, while Turkey brandishes words like *Avrupal?la?t?ramad?klar?m?zdanm??s?n?zcas?na*. And the most valuable liquor brand in the world isn't Johnny Walker or Hennessy, but Maotai—President Nixon's liquor of choice when he visited China. Whether you're traveling the globe or the beer aisle, *Cheers!* will show you there's a world of fun waiting for you. So raise a glass and begin exploring!

The Inn at Hemlock Fall reopens for readers! Bernard LeVasque has opened a multi-million dollar cooking school in Hemlock Falls—and has even stolen customers from Sarah and Meg Quilliam's Inn. But someone finds the infamous chef too bitter—and takes him off the menu for good.

A thoroughly delicious picture book about the funniest "food fight!" ever! Lady Pancake and Sir French Toast have a beautiful friendship—until they discover that there's ONLY ONE DROP of maple syrup left. Off they go, racing past the Orange Juice Fountain, skiing through Sauerkraut Peak, and reeling down the linguini. But who will enjoy the sweet taste of victory? And could working together be better than tearing each other apart? The action-packed rhyme makes for an adrenaline-filled breakfast . . . even without a drop of coffee!

A fresh, fun, easy, cookbook, filled with color photographs, that reveals all the delectable things you can do with toast, one of today's hottest culinary trends. The recipes serve as a flavor profile building blocks, making *Better on Toast* a great introductory cooking guide, too! Whether she's frantically preparing for an impromptu gathering with friends, looking for an energy boost before the gym, or home alone staring into the fridge for a midnight snack, Jill Donenfeld turns to one dish that always satisfies—Toast. Tartine, open-faced sandwich, smørbrød—whatever you call it, it's that single slice of perfect bread stacked high with fresh, flavorful toppings. *Better on Toast* features delicious, quick, easy-to-follow recipes for toasts with every possible topping—from hot to cold and savory to sweet. Anyone can make delicious toasts, no matter his or her level of experience or kitchen size. Whether you use thick-cut French bread, slices of whole wheat, or her gluten-free bread recipe, Jill puts emphasis on flavor, using quality, wholesome ingredients to make each recipe stand out. With *Better on Toast*, you can enjoy these elegant yet simple meals anytime and for any occasion, using classic ingredients in new ways and playing with interesting ingredients you've always wondered about. Try: Smoked Trout & Grapefruit Toast Edamame Basil Toast Chickpeas and Chorizo Toast Rosemary Caper Tuna Salad Toast Grilled Radicchio and Apple Buttermilk Toast Carrot Butter and Halloumi Toast Maple Pear Bread Pudding

This is a memoir/self-help hybrid. I've accumulated years worth of poems, journal entries, introspections, experiences, blog posts, stories and insights that I'm excited to share with you all in one book. Throughout this book, I take you on an intellectual journey. The journey is through my mind and experiences. If you are a human being, you will relate to some or many, or maybe even all, of these experiences. That is why I'm here. I want you to see the insights and the struggles that came before them. I want to offer advice and validate where you are at today in your journey towards self-acceptance. This is an intellectual journey to self-acceptance through some relatable sh\*t.

After breaking his arm on set, Wolf's Landing stuntman Ginsberg Sloan finds himself temporarily out of work. Luckily, Bluewater Bay's worst B&B has cheap long-term rates, and Ginsberg's not too proud to take advantage of them. Derrick Richards, a grizzled laid-off logger, inherited the B&B after his parents' untimely deaths. Making beds and cooking sunny-side-up eggs is hardly Derrick's idea of a man's way to make a living, but just as he's decided to shut the place down, Ginsberg shows up on his doorstep, pitiful and soaking wet, and Derrick can hardly send him packing. Not outright, at least. The plan? Carry on the B&B's tradition of terrible customer service and even worse food until the pampered city boy leaves voluntarily. What Derrick doesn't count on, though, is that the lousier he gets at hosting, the more he convinces bored, busybody Ginsberg to try to get the B&B back on track. And he definitely doesn't count on the growing attraction between them, or how much more he learns from Ginsberg than how to put out kitchen fires.

What if the solution to student debt was reinvesting in yourself? Are you a smart, hard-working person who always seems to struggle financially? Do you ever second-guess decisions to pursue higher education because of your student loans? Has extreme budgeting eliminated joy and comfort from life, yet you're still several years away from being debt-free? Conventional wisdom tells us the formula for success is simple: go to school, get a job, work hard, repeat as needed until you retire. It tells us that debt is the result of poor choices and irresponsible spending. Unfortunately, such advice fails to take into account the recent (and not-so-recent) graduates for whom predatory student lending rates have set them back tens or even hundreds of thousands of dollars before they even enter the job market. In *Buy the Avocado Toast*, Stephanie Bousley shares lessons learned through years of working hard and perpetually undervaluing herself while coming to terms with owing almost \$300,000 in student debt. Through a holistic approach to both net worth and self-worth, Bousley offers readers hope for their own financial situations by providing step-by-step instructions on reducing debt, living better, and rooting out the self-defeating beliefs that keep us broke.

The story of one woman's struggle to care for her seriously ill husband—and a revealing look at the role unpaid family caregivers play in a society that fails to provide them with structural support. *Already Toast* shows how all-consuming caregiving can be, how difficult it is to find support, and how the social and literary narratives that have long locked women into providing emotional labor also keep them in unpaid caregiving roles. When Kate Washington and her husband, Brad, learned that he had cancer, they were a young couple: professionals with ascending careers, parents to two small children. Brad's diagnosis stripped those identities away: he became a patient and she his caregiver. Brad's cancer quickly turned aggressive, necessitating a stem-cell transplant that triggered a massive infection, robbing him of his eyesight and nearly of his life. Kate acted as his full-time aide to keep him alive, coordinating his treatments, making doctors' appointments, calling insurance companies, filling dozens of prescriptions, cleaning commodes, administering IV drugs. She became so burned out that, when she took an online quiz on caregiver self-care, her result cheerily declared: "You're already toast!" Through it all, she felt profoundly alone, but, as she later learned, she was in fact one of millions: an invisible army of family caregivers working every day in America, their unpaid labor keeping our troubled healthcare system afloat. Because our culture both romanticizes and erases the realities of care work, few caregivers have shared their stories publicly. As the baby-boom generation ages, the number of family caregivers will continue to grow. Readable, relatable, timely, and often raw, *Already Toast*—with its clear call for paying and supporting family caregivers—is a crucial intervention in that conversation, bringing together personal experience with deep research to give voice to those tasked with the overlooked, vital work of caring for the seriously ill.

TOAST is Nigel Slater's truly extraordinary story of a childhood remembered through food. Whether relating his mother's ritual burning of the toast, his father's dreaded Boxing Day stew or such culinary highlights of the day as Arctic Roll and Grilled Grapefruit (then considered something of a status symbol in Wolverhampton) this remarkable memoir vividly recreates daily life in sixties suburban England. His mother was a chops-and-peas sort of cook, exasperated by the highs and lows of a temperamental AGA, a finicky little son and the asthma that was to prove fatal. His father was a honey-and-crumpets man who could occasionally go off 'crack' like a gun. When Nigel's widowed father takes on a housekeeper with social aspirations and a talent in the kitchen, the following years become a heartbreaking cooking contest for his father's affections. But as he slowly loses the battle, Nigel finds a new outlet for his culinary talents, and we witness the birth of what was to become a lifelong passion for food. Nigel's likes and dislikes, aversions and sweet-toothed weaknesses form a fascinating and amusing backdrop to this incredibly moving and deliciously evocative memoir of childhood, adolescence and sexual awakening.

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