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VEY8KQ - GILL JANIYA

A lot of animals live in my neighborhood. The cow, the pig, the sheep and the chicken live on the farm. In my garden, I can see a bird, a squirrel and a mole. I also have pets: a dog, a cat, a rabbit, a goldfish. And then there are small animals like the bee, the snail and the ladybird! A little book filled with recognizable illustrations of the many animals a child commonly encounters.

The city is an always changing human experiment. But in the last half century, it has changed more than ever before - with little sign of slowing down. As this phenomenon takes place, an increasing number of architects, innovators and policy-makers are rethinking the city to make the most of space and resources. This book chronicles the design of urban futures. From apps designed to curb food waste to inventive fresh water infrastructure, The Ideal City explores the many initiatives and experiments, all with the shared goal of making the cities of tomorrow a happier, healthier and more inclusive place to be.

Focuses on Ikebana arrangements through the seasons, giving rise to a variety of Ikebana expressions.

"There are these two worlds vying for my attention at all times. In one of them this diagnosis has metastasized to the brain and I am no longer able to care for my children. The bank takes over the house and I become an albatross in hands not fully formed. In the other world, noise shuts down for a very split second and the smallest fragment of light becomes a pathway to immortality. Colour is no longer a placeholder and language is no longer a tool. You can read this as small moments of clarity or large chunks of confusion. Either way, they mix with the noise and become gaps I long to possess." - Joshua Lutz The images and text in Joshua Lutz's third monograph Mind The Gap unravels a story of attempting to find some assemblage of truth in the chaos of hierarchy, class and privilege. It is a journey for clarity, Hijacked by sex, addiction, and mental illness. As we travel from a black and white world of photographs into colour the reader is confronted with a space of groundlessness. Protagonists in the story are found clinging and grasping to everything they believe to be true. Mind the Gap points to the physical, mental and psychological gap we are confronted with in our daily lives. It is a reference to the gap between thoughts as well as the gap between coherence and confusion. Caught between thinking something is one thing and the reality of what it is Mind the Gap functions as a reminder to the effort needed to let go of the stories we tell ourselves and rest for a brief moment in the space between thoughts.

Two masters in floristry share their expertise in easy to follow guides to help you create magnificent floral masterpieces A must read for hobbyists and professionals alike Acclaimed florists Per Benjamin and Max van de Sluis share their extensive knowledge in the field of floral art in this voluminous recipe book. Step-by-step they create bouquets, table decorations, arrangements with cut flowers and plants, wedding flowers, sympathy pieces, festive Christmas decorations and other impressive designs for the home. This book compiles all eight volumes of the popular (and sold out) series Creativity with Flowers. It covers a nice mix of commercial and artistic designs and caters both to the hobbyist and the professional. In addition to the hundreds of arrangements, both florists graciously grant us a peek behind the scenes: they explain their way of working, sources of inspiration, thought process and creativity to encourage the reader to do more than merely copy their arrangements. The ultimate goal of this book is not only to provide the necessary tools and techniques, but also to give florists the confidence to develop into artists with a personal style and a unique artistic personality.

"Sweet & Savory Keto Chaffles is a cookbook of 75 unique keto chaffle recipes written by best-selling keto author Martina Slajerova"--

'You'll never look at your favourite movies and TV shows the same way again. And you shouldn't Steven Soderbergh 'Insanely readable' Slavoj Zizek 'Your book was ... like a bag of pot, with me saying, 'I'm not gonna smoke.' But I was insatiable' Quentin Tarantino on Easy Riders, Raging Bulls In The Sky is Falling! bestselling cultural critic Peter Biskind takes us on a dizzying ride across two decades of pop culture to show how the TV and movies we love - from Game of Thrones and 24 to Homeland and Iron Man - have taught us to love political extremism. Welcome to a darkly pessimistic, apocalyptic world where winter has come, the dead are walking, and ultra violence, revenge and torture are all in a day's work. Welcome to the new normal.

A SUNDAY TIMES BESTSELLER A RICHARD & JUDY BOOK CLUB PICK FOR SPRING 2017 'The latest Norwegian crime-writing sensation.' - Sunday Times When the body of a young girl is found hanging from a tree, the only clue the police have is an airline tag around her neck. It reads 'I'm travelling alone'. In response, police investigator Holger Munch is immediately charged with assembling a special homicide unit. But to complete the team, he must track down his former partner, Mia Krüger - a brilliant but troubled detective - who has retreated to a solitary island with plans to kill herself. Reviewing the file, Mia finds something new - a thin line carved into the dead girl's fingernail: the number 1. She knows that this is only the beginning. To save other children from the same fate, she must find a way to cast aside her own demons and stop this murderer from becoming a serial killer. PRAISE FOR I'M TRAVELLING ALONE: 'Terrific . . . Intelligent and gripping . . . May well propel [Bjork] to deserved international fame.' The Times 'This is a simply terrific debut. The characters are completely believable, the plot is scalpel sharp and, as the hunt escalates, it will frighten the wits out of you in an utterly brilliant way.' Sunday Mirror 'Tense, thrilling and genuinely scary.' Heat 'Perfect for fans of Jo Nesbo's Harry Hole series and Danish crime drama The Bridge.' Crime Scene Magazine 'Samuel Bjork's formidable I'm Travelling Alone is despatched with real élan . . . Mia's confrontation with both her own demons and a very human one is mesmerising fare.' Independent Samuel Bjork's latest novel The Boy in the Headlights is out now

Classifies, presents, and discusses the contributions and the limits of the theories of organizational change using an historical perspective as its organizing scheme. This book focuses on process theories of organizational change. It discusses different theoretical perspectives and resulting implications.

ABC's, First Words, Numbers and Shapes, Colors and Opposites including a special note to parents. Children will enjoy hours of learning fun in each 32-page bi-lingual book. All four books are designed specifically to teach and reinforce basic concepts for preschool through early elementary school children.

Call to Action includes the information businesses need to know to achieve dramatic results from on-line efforts. Are you planning for top performance? Are you accurately evaluating that performance? Are you setting the best benchmarks for measuring success? How well are you communicating your

value proposition? Are you structured for change? Can you achieve the momentum you need to get the results you want? If you have the desire and commitment to create phenomenal online results, then this book is your call to action. Within these pages, New York Times best-selling authors Bryan and Jeffrey Eisenberg walk you through the five phases that comprise web site development, from the critical planning phase, through developing structure, momentum, and communication, to articulating value. Along the way, they offer advice and practical applications culled from their years of experience "in the trenches."

*** reduced from \$120.00 whilst stocks lasts *** Every once in a while a design firm charts a course that is truly memorable, a direction that turns heads, and makes an impact. Dutch designers and the husband-and-wife team of des Bouvrie are one such iconoclastic force. Their design approach for interiors and exteriors, both residential and commercial, is risk-taking, thought-provoking, and always forward-looking, creating a self-contained universe of modernity where bold and noteworthy art plays a significant role. Now, this stunning volume showcases highlights of their body of work to date. Their style is cerebral, with a sleek appeal that artfully interjects powerful jolts of solid colour to create dramatic and original statements. Coolly elegant and refined, their spaces are straightforward with no hint of confusion. AUTHOR: Jan and Monique des Bouvrie run the architecture and design consultancy that bears their name. Renowned for a bold, modern aesthetic, they use distinctive art and daring colour to make an impact in both their residential and commercial projects. SELLING POINTS: * A visual chronicle of two innovative leaders of contemporary design * An inspiring source-book for homes that prominently feature contemporary art * An original and exciting addition to the bookshelves of interior design professionals and aspirational amateurs alike 200 colour

The ideal gift book on this flower that has seen a rise in popularity, illustrated with beautiful color photographsThe ultimate book for every flower lover"Dahlias have enriched my life. By making this book, I want to share my passion and show how versatile and special dahlias really are;" - Marlies Weijers"Everyone is capable of letting dahlias flower. And what we love the most is spreading the love for flowers with #spreadtheloveforflowers." - Linda van der SlotThe dahlia, a flower that was once thought of as old-fashioned, has surged in popularity over the past few years due to the development of new varieties and an uptick in appreciation from Royals and celebrities. They appear in a broad spectrum of beautiful colors and eccentric shapes, and thanks to their long flowering time they are garden crop favorites. This inspirational book explores every aspect of the dahlia from its history to its sustainable cultivation.

"Shrewd, compassionate, and dedicated, DeKok makes a formidable opponent for criminals and a worthwhile competitor for the attention of Simenon's Maigret fans."--Library Journal The trail of a recent crime leads Inspector DeKok to Bloedberg (Blood Mountain), Belgium, a neighborhood in Antwerp. It seems a man was fished from the Scheldt River, and DeKok has been summoned to help with the investigation. At a funeral back in Amsterdam, things are just as murky as the corpse's river when DeKok discovers a man among the mourners who has been officially dead for at least two years. Events further darken DeKok's view of the case when the widow of the recently buried victim files a complaint of forgery; her deceased husband's bank account has been emptied. DeKok soon finds himself drawn back to Bloedberg, amidst one of the most bizarre and cunning crime syndicates the old, gray sleuth has faced yet. A.C. Baantjer is the most widely read author in the Netherlands. A former detective inspector of the Amsterdam police, his fictional characters reflect the depth and personality of individuals encountered during his thirty-eight-year career in law enforcement. He was recently knighted by the Dutch monarchy.

NATIONAL BESTSELLERThe easiest-to-follow Instant Pot cookbook ever: 100 delicious recipes with more than 750 photographs guiding you every step of the way Jeffrey Eisner's popular Pressure Luck Cooking website and YouTube channel have shown millions of home cooks how to make magic in their Instant Pots. Now Eisner takes the patient, fun, step-by-step approach that made him an online phenomenon and delivers a cookbook of 100 essential dishes that will demystify pressure cooking for Instant Pot users of all abilities--and put an astounding dinner on the table in a flash. Every flavor-filled recipe in this book is illustrated with clear photographs showing exactly what to do in each step. There are no surprises: no hard-to-find ingredients, no fussy extra techniques, and nothing even the most reluctant cooks can't master in moments. What you see is truly what you get, in delicious and simple dishes such as: Mac & Cheese Quick Quinoa Salad French Onion Chicken Eisner's popular Best-Ever Pot Roast Ratatouille Stew And even desserts such as Bananas Foster and Crème Brûlée.

The idea of routines has been one of the most productive in organization studies. Finally we have a broad, deep, and authoritative survey of the exciting research it has inspired. Paul S. Adler, University of Southern California, US This cutting-edge, multidisciplinary Handbook comprises specially commissioned contributions surveying state-of-the-art research on the concept of organizational routines. An authoritative overview of the concept of organizational routines and its contributions to our understanding of organizations is presented. To identify those contributions, the role of organizational routines in such processes as organizational learning, performance feedback, and organizational memory is discussed. To identify how the concept can contribute to different disciplinary fields, the expert authors review applications across a range of fields including political science, sociology, and accounting. Two chapters on research methods provide expert advice on the endeavour of experimental studies and empirical field studies of organizational routines. Overall, this Handbook contains articles that identify the role of organizational routines in processes underlying the stability and change of organizations, show how the concept has been applied in different disciplinary fields, and discuss methods for carrying out empirical research using the organizational routines concept. Because of the importance issues such as the stability and change of organizations have in organization theory and strategy, this Handbook will appeal to scholars and students in business and management, in particular in organization theory, organization behaviour, and strategic management.

This book is addressed to all who are interested in the interplay between Information Technology and law. It constitutes the result of a project whose aim was to bring together computer scientists, legal theoreticians and legal practitioners and to prompt them to a common reflection on the implementation of Information Technologies into legal practice, on regulations the implementation may require and on potential changes it brings into the legal domain. The book consists of selected essays presenting and discussing from various perspectives how IT has been used to make and to communicate laws and how the new potential provided by the technology has already changed or can affect in the future both legal institutions and traditional legal practices.

They were three generations of magnificent red-haired beauties born to scandal, bred to success,

bound to a single extraordinary man—Julien Mistral, the painter, the genius, the lover whose passions had seared them all. Maggy: Flamboyant mistress of Mistral's youth, the toast of Paris in the '20s. Her luminous flesh was immortalized in the paintings that made Mistral legendary. Teddy: Maggy's daughter, the incomparable cover girl who lived fast and left as her legacy Mistral's dazzling love child. Fauve: Mistral's daughter, the headstrong, fearless glory girl whose one dark secret drove her to rule the world of high fashion and to risk everything in a feverish search for love. From the '20s Paris of Chanel, Colette, Picasso and Matisse to New York's sizzling new modeling agencies of the '50s, to the model ward of the '70s, Mistral's Daughter captures the explosive glamour of life at the top of the worlds of art and high fashion. Judith Krantz has given us a glittering international tale as spellbinding as her other celebrated bestsellers, *Scruples*, *Princess Daisy*, *I'll Take Manhattan*, *Till We Meet Again*, *Scruples Two*, *Dazzle*, and *Lovers*.

A little rabbit is sad when she loses her teddy bear.

Vegan cooking made fast, fresh, and flavorful with the convenience of a pressure cooker, including all the essential info for using the appliance safely and effectively, and 175 recipes.

This Notebook Journal - 110 Blank Lined Pages Softcover Notes Journal, College Ruled Composition Notebook, 6x9 Animal Design Cover This stylish Journal has College Ruled Paper, with 110 blank lined pages, measuring at 6 x 9 inches. * SIZE: 6 X 9 inches * PAPER: Lightly Lined on White Paper * PAGES: 110 Pages . * Makes a Perfect gift idea for giraffes lovers. Great for taking notes around giraffes, as a diary. for collecting ideas and save memories. * Composition Book for Notes has a Matte, Durable Paperback Cover, perfect bound, for a great look and feel. * Ideal for notes, journaling, writing lists, planning, doodling or recording your dreams and goals for work, home, office, school or college use. * Perfect for gel pen, ink or pencils and a great size to carry everywhere in your bag. * Diary To Write In for School, Kids & Students

There's nothing like a stack of pancakes, dripping with maple syrup and topped with crisp, smoky bacon to start a lazy weekend. But what about flavouring those pancakes with fig and ricotta and topping them with an orange syrup? While Crêpes Suzette makes a sophisticated French dessert, would you have thought to fill your crêpes with the quintessential English combination of rhubarb and custard, instead? It's a fact that whichever way you choose to serve them, simple griddled treats are the ultimate comfort food. But they are so much more than a leisurely brunch or quick dessert option; pancakes, crêpes, waffles and French toast can be endlessly reinvented for any occasion, and here are some wonderful ideas to get you started, from thick American-style Pancakes, such as Blueberry Buttermilk to classic French-style Crêpes. Waffles featured are both simple (Cinnamon) and elaborate (Salted Caramel), while French Toast is stuffed with myriad inventive fillings. Finally, explore the savoury variations; recipes for Smoked Salmon and Chive Pancakes, Ham and Cheese Crêpes and Potato Waffles with Smoky BBQ beans all feature in this gorgeous and truly mouthwatering book.

From sweet to savoury, deliciously decadent to healthier whole wheat: waffles are the ultimate comfort food. Quick, easy & satisfying they hit the spot every time with very little mess OR washing up.

This book is one of 23 volumes of research commissioned by the Royal Commission on Electoral Reform and Party Financing, and one of five volumes within this series dealing specifically with party and election finance. Because the issue of money in elections is as old as democracy, the experience of other countries is instructive. The studies in this volume offer Canadians information about approaches to funding political parties and elections in the United States and Western Europe. The studies by Herbert Alexander and Robert Mutch examine how the United States has approached issues such as contribution limits and the disclosure of election finances. The latter study provides explicit comparisons to Canada, noting the constitutional role of the Supreme Court in each country. Jane Jenson draws on Western European experience to propose and assess reforms for the public funding for party foundations is documented by Michael Pinto-Duschinsky. The studies approach their material from a historical perspective, noting the uniqueness of the constitutions, institutions, and traditions of the countries reviewed. The authors provide background essential to any consideration of whether foreign experience might serve as a model for Canada.

Christmas was the be-all, end-all celebration on the farm. Pages and pages on the topic appeared in *The Farmer's Wife*, and these pages weren't just about food—although recipes for all the various components of parties and holiday gift baskets certainly abounded. The magazine's experts expounded on the best and latest ways to decorate home, tree, and parcels and to create homemade gifts for family and friends, as well as games to be played to capture the spirit of the season. In short, *The Farmer's Wife* presented its own opinion—both grand and humble, broad and minute, and always, always bearing in mind the idea of community among its readers—about the ways in which Christmas should be celebrated. You'll find in this book a smattering of that opinion. Here are recipes to see you through the entire Christmas season; gift ideas guaranteed to get your creative juices flowing; tips for decking your halls; and even a few stories to delight both the young and the young at heart.

A compact, affordable introduction to Leonardo da Vinci, revealing his works in stunning close-up detail *The Mona Lisa*, *The Last Supper*, *Lady with an Ermine*—these and other masterpieces are just part of why Leonardo da Vinci (1452-1519) is considered one of the greatest artists of all time. A true Renaissance man, da Vinci was active in fields as diverse as astronomy, painting, sculpture, science, mathematics, engineering, cartography, and architecture. His painting was based on a deep understanding of the workings of the human body and the physics of light and shade. Here, in full and in stunning full-page close-up details, are the mere two dozen works that are attributed to the Florentine master, along with clear, insightful text by art historian Stefano Zuffi.

500 Cocktails is a comprehensive volume that will inspire even the most reluctant host to play bartender. The detailed recipes will guide readers with precision, taking the guesswork out of fixing drinks. With tips on everything from preparing the glasses to stirring, shaking, muddling, and pouring, 500 Cocktails will ensure success every time.

In *Green Kitchen Smoothies*, bestselling authors and bloggers David Frenkiel and Luise Vindahl share their favourite smoothie recipes, as well as some exciting ideas that will give you the confidence to create your own. Divided into two main sections, *Simple Smoothies* and *Showstoppers*, this is a book perfect for both smoothie enthusiasts and newcomers. There are options for pre- and post-workout, bedtime and breakfast, and smoothies especially for kids (or adults) who need more greens in their diet. David and Luise also share their recipes for nut milks, juices, granola and more, which will add extra sustenance and texture to your drinks. From smoothie bowls to parfaits, milkshakes, popsicles and even desserts, this is a collection of irresistible, fun smoothies that you will love.

The contributions in this edited book underscore the critical importance of solar energy in African en-

ergy supply and the importance of developing specific and efficient technological capabilities to harness solar energy. They also demonstrate the important role of solar energy in the socio-economic development of African countries.

DigiCat Publishing presents to you this special edition of "Cookery and Dining in Imperial Rome" by Apicius. DigiCat Publishing considers every written word to be a legacy of humankind. Every DigiCat book has been carefully reproduced for republishing in a new modern format. The books are available in print, as well as ebooks. DigiCat hopes you will treat this work with the acknowledgment and passion it deserves as a classic of world literature.

* High-resolution frames selected from a special director's cut of Pieter-Rim de Kroon's new documentary *Silence of the Tides* about the Wadden Sea, the largest area of tidal wetlands and mud flats in the world* Images selected from the film explore the relationship between man, animals, and nature, and capture the 'breathing' of the tides *Silence of the Tides* presents a stunning selection of images from a newly-released documentary about the Wadden Sea, the largest tidal wetlands area in the world. Stretching for 500 kilometers (310 miles) and encompassing 43 islands, this UNESCO World Heritage Site touches on the North Sea borders of the Netherlands, Germany, and Denmark. The film beautifully captures the vulnerable relationship between nature and humans, and the unique dynamic of the Wadden Sea and its surroundings. This book features frames from the documentary and photographs of the filming itself which have been selected by its director, Pieter-Rim de Kroon, an award-winning Dutch cinematographer. "Silence of the Tides is a cinematic portrait that breathes and gives the audience the opportunity to draw their own conclusions." - Pieter-Rim de Kroon. "A hypnotizing large screen look into the cycles and contrasts of the seasons: life and death, storm and silence, the masses and the individual. All this is set against a larger than life backdrop of sky, water, wind, mist and constantly changing light." - *Film and Digital Times*.

JAMIE OLIVER IS BACK WITH OVER 100 BRILLIANTLY EASY, DELICIOUS & FLAVOUR-PACKED VEG RECIPES Includes ALL the recipes from Jamie's Channel 4 series MEAT FREE MEALS _____ Whether it's embracing a meat-free day or two each week, living a vegetarian lifestyle, or just wanting to try some brilliant new flavour combinations, this book ticks all the boxes. Discover simple but inventive veg dishes including: · ALLOTMENT COTTAGE PIE with root veg, porcini mushrooms, marmite & crispy rosemary · CRISPY MOROCCAN CARROTS with orange & thyme syrup, tahini & harissa rippled yoghurt · SPICED PARSNIP SOUP with silky poppadoms & funky chips · WARM GRAPE AND RADICCHIO SALAD with toasted pine nuts, sticky balsamic & honey · HASSELBACK AL FORNO with root veg galore, wilted spinach & lentils With chapters on Soups & Sarnies, Brunch, Pies Parcels & Bakes, Curries & Stews, Salads, Burgers & Fritters, Pasta, Rice & Noodles, and Traybakes there's something tasty for every occasion. Jamie's recipes will leave you feeling full, satisfied and happy - and not missing meat from your plate. _____ GUARDIAN COOKBOOKS OF THE YEAR 'Brilliant' Mail on Sunday 'There's something for everyone' Daily Telegraph 'Dishes are vibrant and full of flavour and this book is all about making them affordable and easy' Independent 'Jamie makes vegetarian cooking easy, fun and accessible with recipes that can be whipped up after a long day at work. There are bags of flavour in every one - and they're all family-friendly' Good Food

With [this book], you'll explore an inspiring variety of healthy, easy-to-make pressure cooker recipes-- from savory breakfasts to hearty stews to decadent desserts, and more. Packed with nutritious, family-friendly pressure cooker recipes-- plus vegetarian, gluten-free, and Paleo-friendly options-- [this book] is your go-to guide for fuss-free, all-in-one cooking.

Profiles the solitary student of Ralph Waldo Emerson who was well-known as a naturalist in his own time but who became posthumously famous for his writings.

Logoism is an inspirational reference for contemporary logo design, a guide to the latest innovations as well as a precursor to coming trends. Over 1,500 cutting-edge logos were selected and divided into six groups based on their styles and characters - symbol, type, symbol and type, form, ensemble, and retro. Whether they consist purely of symbols or/and letters, apply retro aesthetics or vintage styles, were designed with multiple variations or draw inspiration from geometric structures, all are brilliant examples of the form from designers around the globe.

Kevin is a little boy who is on his way! Follow his adventures at the hospital in this wonderfully vibrant picture book that is sure to delight even the youngest child.

How many great ideas begin with a nagging thought in the middle of the night that should disappear by morning, but doesn't? For Daniel Shumski, it was: Will it waffle? Hundreds of hours, countless messes, and 53 perfected recipes later, that answer is a resounding: Yes, it will! Steak? Yes! Pizza? Yes! Apple pie? Emphatically yes. And that's the beauty of being a waffle iron chef—waffling food other than waffles is not just a novelty but an innovation that leads to a great end product, all while giving the cook the bonus pleasure of doing something cool, fun, and vaguely nerdy (or giving a reluctant eater—your child, say—a great reason to dig in). Waffled bacon reaches perfect crispness without burned edges, cooks super fast in the two-sided heat source, and leaves behind just the right amount of fat to waffle some eggs. Waffled Sweet Potato Gnocchi, Pressed Potato and Cheese Pierogi, and Waffled Meatballs all end up with dimples just right for trapping their delicious sauces. A waffle iron turns leftover mac 'n' cheese into Revitalized Macaroni and Cheese, which is like a decadent version of a grilled cheese sandwich with its golden, buttery, slightly crisp exterior and soft, melty, cheesy interior.

Fully adapted for UK home cooks with metric measurements This complete and authorised guide to your Instant Pot has more than 350 recipes for breakfasts, lunches, dinners, snacks and even desserts - for every size and model of Instant Pot, including the Instant Pot MAX. More than five million people worldwide use Instant Pots to get food onto their table fast. But only *The Instant Pot Bible* has everything you need to revolutionise the way you cook with your favorite machine. Every one of the 350+ recipes gives ingredients and timings for all sizes and models of Instant Pot, including the Instant Pot MAX, which cooks even more quickly. And you get exciting new recipes that utilise the MAX's unique *Sous Vide* setting. *The Instant Pot Bible* is the most comprehensive Instant Pot book ever published, with recipes for everything from hearty breakfasts to healthy sides, from centrepiece stews and roasts to decadent desserts. Bestselling authors and pressure-cooking experts Bruce Weinstein and Mark Scarbrough offer customised directions and timings for perfect results every time. And many recipes can also use the slow-cook setting to let the machine cook while you do other things. These innovative 'road map' recipes for classics such as vegetable soup, chili, pasta casseroles, porridge and more let you customise flavours and ingredients to make each of your family members' favourites. Need dinner in an instant? No problem - more than 175 recipes come together in just a few minutes or just a few steps. Not to mention vegan and vegetarian, keto-friendly, and gluten-free options galore. *The Instant Pot* changed the way you cook. *The Instant Pot Bible* helps you make the most of it.