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Celia Cruz, Queen of Salsa **Celia Cruz, Queen of Salsa** Who Was Celia Cruz? **My Name Is Celia (Me Llamo Celia)** Celia Azúcar! *Cuban Women and Salsa* Oye, Celia! Hispanic Star: Celia Cruz **Presenting Celia Cruz** *Learning to Salsa* *How To Salsa in a Sari* Oye, Celia! My Name is Celia **Celia Cruz** *The Florida Room* *Through the Cracks* **Shoot the Singer!** Ella Queen of Jazz Stef Soto, Taco Queen **Not Your Mama's Canning Book** **Cuba** *All God's Children* **The Pasta Queen** *Stonewall* *Damn Delicious* *The Homesick Texan Cookbook* **Musica!** **The Gut Balance Revolution** Tito Puente, Mambo King/Tito Puente, Rey del Mambo **Salsa : a Cooking Poem** **The Secret Life of Fat: The Science Behind the Body's Least Understood Organ and What It Means for You** **Gardens of Stone** Salsa Selenidad The Book of Salsa **PlantYou** Salsa Rising Hairs/Pelitos **Where's Bluey?**

My Name Is Celia (Me Llamo Celia) Mar 03 2024

Where's Bluey? Jan 26 2021 Find Bluey and Bingo in this search-and-find activity book! Have you seen Bluey and Bingo? There are lots of other hidden items, too, so join the fun in this search-and-find book!

Celia Cruz, Queen of Salsa Jun 06 2024 Everyone knows the flamboyant, larger-than-life Celia Cruz, the extraordinary salsa singer who passed away in 2003, leaving millions of fans brokenhearted. indeed, there was a magical vibrancy to the Cuban salsa singer. to hear her voice or to see her perform was to feel her life-affirming energy deep within you. relish the sizzling sights and sounds of her legacy in this glimpse into Celia's childhood and her inspiring rise to worldwide fame and recognition as the Queen of salsa. Her inspirational life story is sure to sweeten your soul.

Celia Cruz Mar 23 2023 "Celia Cruz - The Defiant Voice of Afro-Cuban Music" is a riveting tribute to the life, legacy, and indomitable spirit of one of Latin music's most celebrated icons. This biography captures the essence of Celia Cruz's journey -- from her humble beginnings in Havana's vibrant neighborhoods to her ascent as the undisputed "Queen of Salsa." Using a rich tapestry of different sources, the author paints a vivid portrait of Cruz as not just a musical sensation but also a symbol of resilience and defiance against the socio-political challenges of her era. The book delves into Cruz's early exposure to Santería chants, rumba rhythms, and the burgeoning sounds of mambo, highlighting the Afro-Cuban roots that deeply influenced her musical style. While celebrating her chart-topping hits and collaborations with legendary artists, this biography also sheds light on Cruz's profound struggles. From facing racism due to her African heritage to her painful decision to leave Cuba post the Castro revolution, Cruz's life was marked by battles that went beyond the stage. Her voice, both in song and in life, became a beacon for countless immigrants and Afro-Latinos, echoing themes of hope, identity, and freedom. The author also emphasizes Cruz's role in challenging the gender norms of Latin music. In a male-dominated industry, Cruz carved out a space for herself, breaking barriers and setting the stage for future female artists. Through her distinctive style, characterized by vibrant costumes and her electrifying stage presence, the singer asserted her identity and influenced fashion and pop culture. "Celia Cruz - The Defiant Voice of Afro-Cuban Music" is not merely a chronicle of Cruz's life. It's a celebration of Afro-Cuban heritage, a testament to the power of perseverance, and an intimate look at the woman whose voice continues to inspire and resonate with generations across the globe. Whether you're a seasoned salsa aficionado or a newcomer to Cruz's captivating melodies, this book is an essential read, promising to immerse you in the rhythms and passions of a remarkable life.

Cuban Women and Salsa Nov 30 2023 Salsa is both an American and transnational phenomenon,

however women in salsa have been neglected. To explore how female singers negotiate issues of gender, race, and nation through their performances, Poey engages with the ways they problematize the idea of the nation and facilitate their musical performances' movement across multiple borders.

Gardens of Stone Sep 04 2021 "They are found in tiny parcels of land squeezed among Manhattan buildings and in large rolling tracts of land in Brooklyn, Queens, and the Bronx. New York City's cemeteries carry on the ancient tradition of memorializing the dead with monuments, from plain gray markers to imposing crypts. Whatever their size, they tell the story of the city's evolution--its triumphs, tragedies, and setbacks--as it became a global capital ... [This book] takes you on a walk through these memorial parks, guiding you through works of art cast in stone, from small solitary monuments to some of the country's most grand mausoleums"--Page 4 of cover.

PlantYou May 01 2021 Tacos, pizza, wings, pasta, hearty soups, and crave-worthy greens--for some folks looking for a healthier way of eating, these dishes might all seem, well, off the table. Carleigh Bodrug has shown hundreds of thousands of people that that just isn't true. Like so many of us, Carleigh thought that eating healthy meant preparing the same chicken breast and broccoli dinner every night. Her skin and belly never felt great, but she thought she was eating well--until a family health scare forced her to take a hard look at her diet and start cooking and sharing recipes. Fast forward, and her @plantyou brand continues to grow and grow, reaching +470k followers in just a few short years. Her secret? Easy, accessible recipes that don't require any special ingredients, tools, or know-how; what really makes her recipes stand out are the helpful infographics that accompany them, which made it easy for readers to measure ingredients, determine portion size, and become comfortable enough to personalize recipes to their tastes. Now in her debut cookbook, Carleigh redefines what it means to enjoy a plant-based lifestyle with delicious, everyday recipes that anyone can make and enjoy. With mouthwatering dishes like Bewitchin' Breakfast Cookies, Rainbow Summer Rolls, Irish Stew, and Tahini Chocolate Chip Cookies, this cookbook fits all tastes and budgets. PlantYou is perfect for beginner cooks, those wishing to experiment with a plant-based lifestyle, and the legions of "flexitarians" who just want to be healthy and enjoy their meals"--

Celia Feb 02 2024 This is the authorized, posthumous autobiography of the Queen of Salsa's extraordinary--and until now, largely private--life.

Through the Cracks Jan 21 2023 Stella greets Christopher when he shrinks and falls through the cracks in the school floor due to boredom. The two decide to look around and discover some classrooms where children are actively participating in their education and enjoying learning.

Salsa : a Cooking Poem Nov 06 2021 A poetic recipe for making salsa by grinding the ingredients together on a black lava molcajete as the early Mesoamericans did.

Damn Delicious Apr 11 2022 The debut cookbook by the creator of the wildly popular blog Damn Delicious proves that quick and easy doesn't have to mean boring. Blogger Chungah Rhee has attracted millions of devoted fans with recipes that are undeniable 'keepers'-each one so simple, so easy, and so flavor-packed, that you reach for them busy night after busy night. In *Damn Delicious*, she shares exclusive new recipes as well as her most beloved dishes, all designed to bring fun and excitement into everyday cooking. From five-ingredient Mini Deep Dish Pizzas to no-fuss Sheet Pan Steak & Veggies and 20-minute Spaghetti Carbonara, the recipes will help even the most inexperienced cooks spend less time in the kitchen and more time around the table. Packed with quickie breakfasts, 30-minute skillet sprints, and speedy takeout copycats, this cookbook is guaranteed to inspire readers to whip up fast, healthy, homemade meals that are truly 'damn delicious!'

Tito Puente, Mambo King/Tito Puente, Rey del Mambo Dec 08 2021 In this vibrant bilingual picture book biography of musician Tito Puente, readers will dance along to the beat of this mambo king's life. Tito Puente loved banging pots and pans as a child, but what he really dreamed of was having his own band one day. From Spanish Harlem to the Grammy Awards—and all the beats in between—this is the true life story of a boy whose passion for music turned him into the "King of Mambo." Award-winning author-illustrator duo Monica Brown and Rafael López bring the remarkable story of this talented legend to life in this Pura Belpré Honor Book. Supports the Common Core State Standards.

The Book of Salsa Jun 01 2021 Rondón tells the engaging story of salsa's roots in Puerto Rico, Cuba, Colombia, the Dominican Republic, and Venezuela, and of its emergence and development in the 1960s as a distinct musical movement in New York. Rondón presents salsa as a truly pan-Caribbean phenomenon, emerging in the migrations and interactions, the celebrations and conflicts that marked the region. Although salsa is rooted in urban culture, Rondón explains, it is also a commercial product produced and shaped by professional musicians, record producers, and the music industry. --from publisher description.

My Name is Celia Apr 23 2023 A bilingual portrait of the "Queen of Salsa" which describes her childhood in Cuba, her musical career, and her move to the United States, and explains how her music brought her native Cuba to the world.

Celia Cruz, Queen of Salsa May 05 2024 Offers a look at the childhood of the world-famous Cuban salsa singer, and the early inspirations that helped her rags-to-riches dream come true.

Shoot the Singer! Dec 20 2022 This controversial book is the first-ever exploration of music censorship on a worldwide level

Stef Soto, Taco Queen Oct 18 2022 A heartwarming and charming debut novel about family, friends, and finding your voice all wrapped up in a warm tortilla. Estefania "Stef" Soto is itching to shake off the onion-and-cilantro embrace of Tia Perla, her family's taco truck. She wants nothing more than for Papi to get a normal job and for Tia Perla to be a distant memory. Then maybe everyone at school will stop seeing her as the Taco Queen. But when her family's livelihood is threatened, and it looks like her wish will finally come true, Stef surprises everyone (including herself) by becoming the truck's unlikely champion. In this fun and heartfelt novel, Stef will discover what matters most and ultimately embrace an identity that even includes old Tia Perla.

Who Was Celia Cruz? Apr 04 2024 How did a working-class girl from Cuba become a symbol of artistic freedom for Cuban Americans and the "Queen of Salsa"? Find out in this addition to the Who HQ library! Although her family and friends know her as Úrsula Hilaria Celia de la Caridad Cruz Alfonso, the world refers to her simply as Celia Cruz. Starting her career in 1950, Celia grew increasingly popular as the new lead singer of the Cuban band Sonora Matancera. Her exceptional vocal range and flashy costumes made fans fall in love with her. Celia's talent took her all around the world, including the United States. After Fidel Castro came to power in Cuba, she wasn't allowed to return to her native country. She and other Cubans who were exiled used their music to express their love for their homeland. Celia rose to the top of the charts in a genre that was dominated by men. She became an award-winning singer and the most popular Latin artist of the twentieth century. Azucar! indeed!

Hairs/Pelitos Feb 27 2021 A story in English and Spanish from The House on Mango Street in which a child describes how each person in the family has hair that looks and acts different--Papa's like a broom, Kiki's like fur, and Mama's with the smell of warm bread.

Musica! Feb 07 2022 Salsa, the irresistible dance music of the Spanish-speaking world, has made its way into the lives of millions around the globe. But salsa is only one of many popular Latin rhythms. The first comprehensive guide to the music, its history, and its legends, Musica! charts the vast territory of this lively Latin heritage, which began in Cuba and spread throughout the Caribbean and into North and South America. Illustrated with contemporary and vintage photos, Musica! features a gallery of legendary musical performers, plus sections on the musical styles and dances including the rumba, mambo, cha-cha, and merengue. A discography and bibliography complete this comprehensive story of Latin America's extraordinary rhythmic tradition.

Not Your Mama's Canning Book Sep 16 2022 Are you interested in learning how to can food or to try new recipes for canning food? Do you enjoy both savory and sweet canned goods? Rebecca Lindamood has the recipes for you! Rebecca will not only teach you how to can food with basic recipes, but she will provide alternative versions to take your canned food flavors up a notch. She will also provide recipes that highlight these unique flavor combinations so you can make use out of every canned good! From jams, jellies and preserves to pickles and relishes to drunken fruit and pressure

canning, this book has something for everyone. Some recipes will require the use of pressure canners, but not all. Make your mama proud but don't tell her you can can better than her!

Salsa Rising Mar 30 2021 'Salsa Rising' provides a full-length historical account of Latin music in this New York guided by close critical attention to issues of tradition and experimentation, authenticity and dilution, and the often clashing roles of cultural communities and the commercial recording industry in the shaping of musical practices and tastes.

Oye, Celia! May 25 2023 A little girl carries her favorite record with her to an impromptu neighborhood dance party and calls out for her favorite singer. ¿Oye, Celia! she shouts. And as she dances she tells Celia what she hears in her singing -- loss, passion, sadness, happiness, history, and more. This is a beautiful, rhythmic tribute to the Queen of Salsa -- Celia Cruz. Includes a glossary of Spanish words used in the text. Full-color illustrations. Reinforced library binding.

All God's Children Jul 15 2022 A timely reissue of Fox Butterfield's masterpiece, *All God's Children*, a searing examination of the caustic cumulative effect of racism and violence over 5 generations of black Americans. Willie Bosket is a brilliant, violent man who began his criminal career at age five; his slaying of two subway riders at fifteen led to the passage of the first law in the nation allowing teenagers to be tried as adults. Butterfield traces the Bosket family back to their days as South Carolina slaves and documents how Willie is the culmination of generations of neglect, cruelty, discrimination and brutality directed at black Americans. From the terrifying scourge of the Ku Klux Klan during Reconstruction to the brutal streets of 1970s New York, this is an unforgettable examination of the painful roots of violence and racism in America.

Cuba Aug 16 2022 In this book, readers will learn about the unique and defining features of Cuba. Vibrant, full-color photos and carefully leveled text will engage young readers as they learn more about the key details of the country including geography, climate, culture, and resources. Compelling questions encourage further inquiry.

Learning to Salsa Jul 27 2023 Today the United States has little leverage to promote change in Cuba. Indeed, Cuba enjoys normal relations with virtually every country in the world, and American attempts to isolate the Cuban government have served only to elevate its symbolic predicament as an "underdog" in the international arena. A new policy of engagement toward Cuba is long overdue. —From the Introduction As longtime U.S. diplomats Vicki Huddleston and Carlos Pascual make painfully clear in their introduction, the United States is long overdue in rethinking its policy toward Cuba. This is a propitious time for such an undertaking—the combination of change within Cuba and in the Cuban American community creates the most significant opening for a reassessment of U.S. policy since Fidel Castro took control in 1959. To that end, Huddleston and Pascual convened opinion leaders in the Cuban American community, leading scholars, and international diplomats from diverse backgrounds and political orientations to seek common ground on U.S. policy toward Cuba. This pithy yet authoritative analysis is the result. In the quest for ideas that would support the emergence of a peaceful, prosperous, and democratic Cuba—one in which the Cuban people shape their political and economic future—the authors conducted a series of simulations to identify the critical factors that the U.S. government should consider as it reformulates its Cuba policies. The advisers' wide-ranging expertise was applied to a series of hypothetical scenarios in which participants tested how different U.S. policy responses would affect a political transition in Cuba. By modeling and analyzing the decisionmaking processes of the various strategic actors and stakeholders, the simulations identified factors that might influence the success or failure of specific policy options. They then projected how key actors such as the Cuban hierarchy, civil society, and the international and Cuban American communities

The Gut Balance Revolution Jan 09 2022 Losing weight for good is truly possible! Recent cutting-edge research shows that human intestinal microbiota influences metabolism, appetite, energy, hormones, inflammation, and insulin resistance. Because gut microflora plays a central role in weight management, losing weight is much more than cutting calories, fat, or carbs. When the trillions of live bacteria in our digestive tract--the gut microbiome--are balanced, excess pounds melt away and we feel

revitalized. A leading authority on digestive health and the gut microbiome, Dr. Gerard E. Mullin shares the first proven, science-based program to restore and retain weight loss by achieving a balanced gut flora in *The Gut Balance Revolution*. He reveals how to stifle the fat-forming, disease-promoting gut bacteria, reseed your gut with good fat-burning ones, and fertilize those friendly flora with just the right foods to reboot, rebalance, and renew your health--and lose weight for good. It's all grounded in hard science and his over 20 years of clinical experience with patients in his medical practice. Dr. Gerry Mullin's trailblazing program provides:

- Research The latest, up-to-date frontline science behind how balancing your gut flora can burn fat and restore health
- Reboot, Rebalance, Renew Step-by-step meals plans, food charts, plus 50 delicious, easy recipes
- Rev Up An exercise routine for each phase of the process
- Real Life Bona fide success stories of people who seamlessly lost up to 40 pounds--and kept it off!

Azúcar! Jan 01 2024 This fascinating biography on Celia Cruz--Queen of Salsa, political exile and humanitarian--begins with her recent funeral in New York, travels back to her modest origins in Havana, and reveals how fate intervened to bring her seductive voice to the attention of millions of adoring fans.

The Florida Room Feb 19 2023 In *The Florida Room* Alexandra T. Vazquez listens to the music and history of Miami to offer a lush story of place and people, movement and memory, dispossession and survival. She transforms the "Florida room"--an actual architectural phenomenon--into a vibrant spatial imaginary for Miami's musical cultures and everyday life. Drawing on songs, ephemera, and oral histories from artists, families, and inheritors of their traditions, Vazquez hears Miami as a city that has long been shaped by Indigenous Florida, the Bahamas, the Caribbean, and southern Georgia. She draws connections between seemingly disparate artists, sounds, and stories, from singer Gwen McCrae to pirate radio innovator DJ Uncle Al, from the Miccosukee rock band Tiger Tiger to the Cuban-American songwriter Desmond Child, among the percussionists Dafnis Prieto, Obed Calvaire, and Yosvany Terry, and through the notes of Eloise Lewis, Betty Wright, and the Miami Bass group Anquette. By listening to musical collaborations and ancestral ties across place and time, Vazquez brings together formal musical details, the histories of people and locations they hold, and the aesthetic traditions transformed inside them.

The Homesick Texan Cookbook Mar 11 2022 When Lisa Fain, a seventh-generation Texan, moved to New York City, she missed the big sky, the bluebonnets in spring, Friday night football, and her family's farm. But most of all, she missed the foods she'd grown up with. After a fruitless search for tastes of Texas in New York City, Fain took matters into her own hands. She headed into the kitchen to cook for her friends the Tex-Mex, the chili, and the country comfort dishes that reminded her of home. From cheese enchiladas drowning in chili gravy to chicken-fried steak served with cream gravy on the side, from warm bowls of chile con queso to big pots of fiery chili made without beans, Fain re-created the wonderful tastes of Texas she'd always enjoyed at potlucks, church suppers, and backyard barbecues back home. In 2006, Fain started the blog *Homesick Texan* to share Texan food with fellow expatriates, and the site immediately connected with readers worldwide, Texan and non-Texan alike. Now, in her long-awaited first cookbook, Fain brings the comfort of Texan home cooking to you. Like Texas itself, the recipes in this book are varied and diverse, all filled with Fain's signature twists. There's Salpicón, a cool shredded beef salad found along the sunny border in El Paso; Soft Cheese Tacos, a creamy plate unique to Dallas; and Houston-Style Green Salsa, an avocado and tomatillo salsa that is smooth, refreshing, and bright. There are also nibbles, such as Chipotle Pimento Cheese and Tomatillo Jalapeno Jam; sweet endings, such as Coconut Tres Leches Cake and Mexican Chocolate Chewies; and fresh takes on Texan classics, such as Coffee-Chipotle Oven Brisket, Ancho Cream Corn, and Guajillo-Chile Fish Tacos. With more than 125 recipes, *The Homesick Texan* offers a true taste of the Lone Star State. So pull up a chair--everyone's welcome at the Texas table!

Oye, Celia! Oct 30 2023 Illustrations and rhythmic text celebrate the life and music of singer Celia Cruz, as a young fan attends a neighborhood dance party and hears loss, happiness, Latin American culture, and more in her voice and lyrics. Includes translations of Spanish words used.

Selenidad Jul 03 2021 An outpouring of memorial tributes and public expressions of grief followed the death of the Tejana recording artist Selena Quintanilla Pérez in 1995. The Latina superstar was remembered and mourned in documentaries, magazines, websites, monuments, biographies, murals, look-alike contests, musicals, drag shows, and more. Deborah Paredez explores the significance and broader meanings of this posthumous celebration of Selena, which she labels “Selenidad.” She considers the performer’s career and emergence as an icon within the political and cultural transformations in the United States during the 1990s, a decade that witnessed a “Latin explosion” in culture and commerce alongside a resurgence of anti-immigrant discourse and policy. Paredez argues that Selena’s death galvanized Latina/o efforts to publicly mourn collective tragedies (such as the murders of young women along the U.S.-Mexico border) and to envision a brighter future. At the same time, reactions to the star’s death catalyzed political jockeying for the Latino vote and corporate attempts to corner the Latino market. Foregrounding the role of performance in the politics of remembering, Paredez unravels the cultural, political, and economic dynamics at work in specific commemorations of Selena. She analyzes Selena’s final concert, the controversy surrounding the memorial erected in the star’s hometown of Corpus Christi, and the political climate that served as the backdrop to the touring musicals *Selena Forever* and *Selena: A Musical Celebration of Life*. Paredez considers what “becoming” Selena meant to the young Latinas who auditioned for the biopic *Selena*, released in 1997, and she surveys a range of Latina/o queer engagements with Selena, including Latina lesbian readings of the star’s death scene and queer Selena drag. *Selenidad* is a provocative exploration of how commemorations of Selena reflected and changed Latinidad.

Hispanic Star: Celia Cruz Sep 28 2023 Read about "La Reina de la Salsa" in *Hispanic Star: Celia Cruz*, and learn the most groundbreaking, iconic Hispanic and Latinx heroes that have shaped our culture and the world in this gripping biography series for young readers, perfect for fans of the *Who Was* series. If you can see it, you can be it. Meet the Queen of Salsa, Celia Cruz—once just a girl from Havana, Cuba, who loved to sing. Her soulful voice, compelling charm, and unstoppable determination led to her meteoric rise to fame, opening the door for Latinx performers everywhere. Her booming career took her from the Sonora Matancera to the Fania All-Stars, with the rising popularity of salsa, a genre born of Afro-Cuban musical stylings. Six decades and more than seventy albums later, Celia’s influence still has an undeniable hold on today’s music. *Hispanic Star* proudly celebrates Hispanic and Latinx heroes who have made remarkable contributions to American culture and have been undeniable forces in shaping its future.

Stonewall May 13 2022 The definitive account of the Stonewall Riots, the first gay rights march, and the LGBTQ activists at the center of the movement. “Martin Duberman is a national treasure.”—Masha Gessen, *The New Yorker* On June 28, 1969, the Stonewall Inn, a gay bar in New York's Greenwich Village, was raided by police. But instead of responding with the typical compliance the NYPD expected, patrons and a growing crowd decided to fight back. The five days of rioting that ensued changed forever the face of gay and lesbian life. In *Stonewall*, renowned historian and activist Martin Duberman tells the full story of this pivotal moment in history. With riveting narrative skill, he re-creates those revolutionary, sweltering nights in vivid detail through the lives of six people who were drawn into the struggle for LGBTQ rights. Their stories combine to form an unforgettable portrait of the repression that led up to the riots, which culminates when they triumphantly participate in the first gay rights march of 1970, the roots of today's pride marches. Fifty years after the riots, *Stonewall* remains a rare work that evokes with a human touch an event in history that still profoundly affects life today.

Ella Queen of Jazz Nov 18 2022 Ella Fitzgerald sang the blues and she sang them good. Ella and her fellas were on the way up! It seemed like nothing could stop her, until the biggest club in town refused to let her play... and all because of her colour. But when all hope seemed lost, little did Ella imagine that a Hollywood star would step in to help. This is the incredible true story of how a remarkable friendship between Ella Fitzgerald and Marilyn Monroe was born - and how they worked together to overcome prejudice and adversity. An inspiring story, strikingly illustrated, about the unlikely

friendship between two celebrated female icons of America's golden age.

How To Salsa in a Sari Jun 25 2023 The Culture Club First, Issa Mazumder's nerdy boyfriend dumps her for popular Latina princess Cat Morena—as if Cat even likes him. She just hates Issa. And for good reason: Issa finds out that her mother not only has been dating Cat's dad, but is going to marry him. That means they're moving into Cat's huge house. And not only is Issa's stepsister-to-be a total beyotch, she has no respect for Issa's Indian and African-American heritage. But Issa gets some tough advice: if she wants Cat Morena to welcome her traditions, Issa had better learn how to salsa in a sari.

Salsa Aug 04 2021 Salsa is the irresistible, passionate dance music of the Spanish-speaking world, the lifeblood of millions of Latin Americans - and American Latins - from the barrios of New York to the mansions of Puerto Rico and the crumbling apartments of Havana. Salsa's songs are the voices of Latin America; they accompany political struggles and domestic love scenes. Salsa is the music of Celia Cruz and Tito Puente, the Queen and King of Salsa, Ray Barretto, linking the night-club and jazz circuits, and Gloria Estefan, the Miami Cuban who brought Salsa to an international audience.

The Secret Life of Fat: The Science Behind the Body's Least Understood Organ and What It Means for You Oct 06 2021 A biochemist shows how we can finally control our fat—by

understanding how it works. Fat is not just excess weight, but actually a dynamic, smart, and self-sustaining organ that influences everything from aging and immunity to mood and fertility. With cutting-edge research and riveting case studies—including the story of a girl who had no fat, and that of a young woman who couldn't stop eating—Dr. Sylvia Tara reveals the surprising science behind our most misunderstood body part and its incredible ability to defend itself. Exploring the unexpected ways viruses, hormones, sleep, and genetics impact fat, Tara uncovers the true secret to losing weight: working with your fat, not against it.

Presenting Celia Cruz Aug 28 2023 Knows as "The Queen of Salsa," Celia Cruz's influence went well beyond the dance floor and music studio, as her style, creativity and success established her not only as an innovative entertainer but also as an ambassador of Latino culture. She helped reinvent the sound of modern Latin music, with its tropical background and drumbeats that set-off swift, hip shaking, swirling and whirling dance moves for more than half a century. Published in the same month as Celia's birthday (October 21st) and Hispanic Heritage Month, her style and charisma are captured in more than 100 full-color photographs and anecdotes and essays from celebrity friends in *Presenting Celia Cruz*.

The Pasta Queen Jun 13 2022 NEW YORK TIMES BESTSELLER TikTok sensation and beloved home cook Nadia Caterina Munno, a.k.a. The Pasta Queen, presents a cookbook of never-before-shared recipes featuring the signature pasta tips and tricks that are 100% authentic to Italian traditions—and just as gorgeous as you are. In the first-ever cookbook from TikTok star and social media sensation Nadia Caterina Munno—a.k.a. The Pasta Queen—is opening the recipe box from her online trattoria to share the dishes that have made her pasta royalty. In this delectable antipasto platter of over 100 recipes, cooking techniques, and the tales behind Italy's most famous dishes (some true, some not-so-true), Nadia guides you through the process of creating the perfect pasta, from a bowl of naked noodles to a dish large and complex enough to draw tears from the gods. Whether it's her viral Pasta Al Limone, a classic Carbonara, or a dish that's entirely Nadia's—like her famous Assassin's Spaghetti—The Pasta Queen's recipes will enchant even the newest of pasta chefs. Featuring a colorful tour of Italy through stunning photographs and celebratory tales of the country's rich culinary heritage, along with stories about Nadia's own life and family, *The Pasta Queen* is a cookbook that will warm your heart, soothe your soul, and spice up your life. And best of all? It's just gorgeous.

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