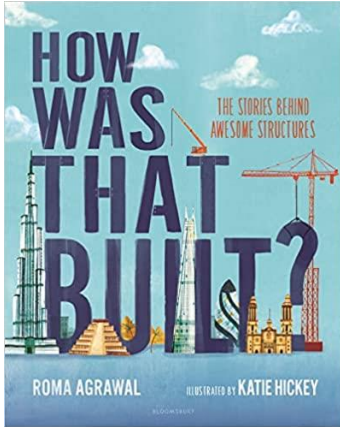
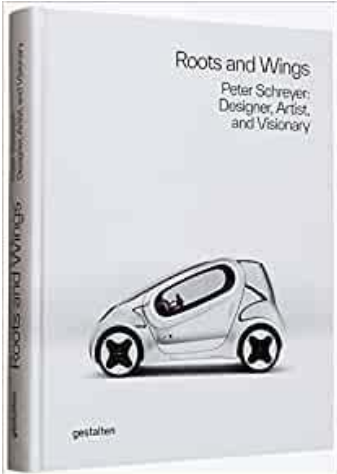

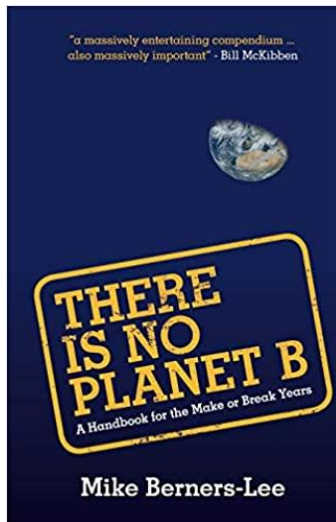


Reading Book Recommendations	
Design Tech	<p><b>How Was that Built</b></p>  <p>From skyscrapers that reach astonishing heights to bridges that span deep and wide rivers, the world is filled with awe-inspiring structures. But how do they work?</p> <p>Meet the extraordinary people who challenged our beliefs about what's possible, pioneering remarkable inventions that helped build the Brooklyn Bridge in the US, the Pantheon in Italy, the Burj Khalifa in Dubai, the Shard in England and the Sapporo Dome in Japan. Discover the ingenious methods engineers have come up with to enable us to build underground, underwater, on ice, and even in space.</p>
	<p><b>Roots and Wings</b></p>  <p>A Renaissance man with an eye for detail and foresight for innovation, Peter Schreyer geared himself toward success. Responsible for the births of some of the 20th-century's most iconic cars, his industry experience brought instant classics to the road. From humble beginnings in Germany's divided south to his new base in Seoul, Schreyer embodies a conduit between the west and east - bridging his homeland's history of automotive design with South Korea, a country that has experienced stratospheric growth on the world stage in just a few decades.</p>
	<p><b>50 Fashion Legends</b></p>  <p>This visual book walks you through the stories of the world's greatest designers, across the decades. Explore each of the legend's life choices, learn how they adapted to trends and adversities, and discover how the fashion industry has changed over the years.</p> <p>Filled with timelines and fascinating graphics that place each fashion designer on the world stage. This volume shares appraisals of 50 of the most important fashion designers and their iconic status.</p>

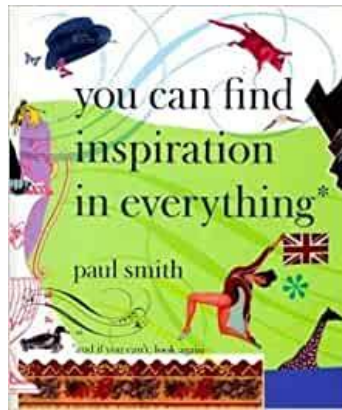
## There is no Planet B



Feeding the world, climate change, biodiversity, antibiotics, plastics - the list of concerns seems endless. But what is most pressing, what are the knock-on effects of our actions, and what should we do first? Do we all need to become vegetarian? How can we fly in a low-carbon world? Should we frack? How can we take control of technology? Does it all come down to population? And, given the global nature of the challenges we now face, what on Earth can any of us do? Fortunately, Mike Berners-Lee has crunched the numbers and plotted a course of action that is practical and even enjoyable. There is No Planet B maps it out in an accessible and entertaining way, filled with astonishing facts and analysis.

## Food Tech

## You can find inspiration in everything



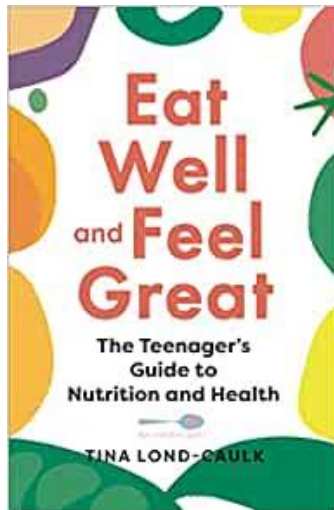
Far from being a fashion monograph, this award-winning book images Paul Smith's brain on to the page, presenting original and often humorous thoughts and ideas in shop windows, in advertising campaigns, in photographs and souvenirs brought back from world travels that became the inspiration for the book of the season.

## McGee on Food & Cooking



McGee on Food and Cooking renders the everyday miracles of the kitchen wondrous and fascinating, shedding light on questions that have puzzled generations of cooks. If you've ever wondered why fish goes off quicker than meat; how to tell stale eggs from fresh ones; why you're supposed to leave pancake batter to rest; how it is that cheese can possibly have so many different permutations of flavour and texture; why chopping onions makes you cry; about the health benefits of chocolate and alcohol; why Jerusalem artichokes make you fart; or even how to avoid poisoning your guests - then this is the book for you. With the enlightenment it brings, you may find yourself emerging from the culinary dark ages.

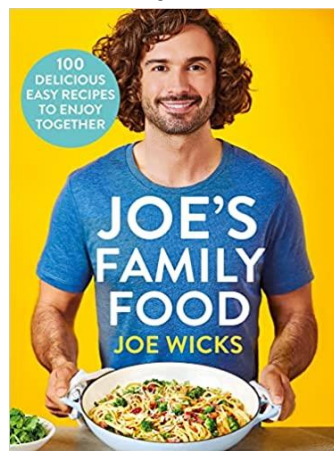
## Eat Well & Feel Great



In no time at all you can dramatically improve the way you feel by making better choices with your food and lifestyle habits. *Eat Well and Feel Great* shows you how simple changes can have profound effects on your self-confidence and well-being, helping you to:

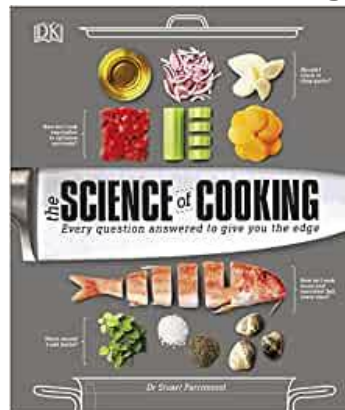
- improve your mood
- reduce stress and anxiety
- sleep better and focus more
- maintain a healthy weight
- have a fresher complexion and healthy hair
- feel happier in your body.

## Joess Family Food



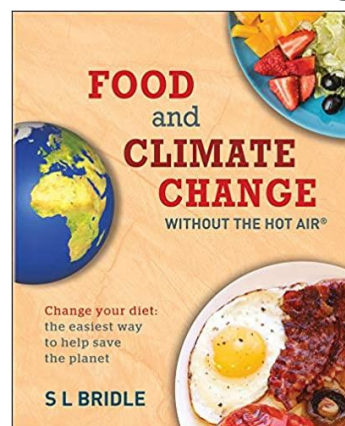
With 100 healthy, tasty, simple recipes to feed the whole family, this book is sure to provide new favourite go-to meals for speedy suppers, celebrations and everything in between.

## The Science of Cooking



Which vegetables should you eat raw? How do you make the perfect poached egg? And should you keep your eggs in the fridge? Why does chocolate taste so good? Is it OK to reheat cooked rice? How do I cook the perfect steak or make succulent fish every time? TV personality, food scientist and bestselling author, Dr. Stuart Farrimond answers all these questions and more with *The Science of Cooking* - equipping you with the scientific know-how to take your cooking to new levels.

## Food and climate change, without the hot air



A quarter of the greenhouse-gas emissions that cause climate change come from food. In *Food and Climate Change without the hot air*, Sarah Bridle details the carbon footprint of the food we eat, from breakfast to lunch, from snacks to supper. She breaks down the environmental impact of each food, so we can see where the emissions are highest and where we can make sustainable food choices.

With this knowledge, we can make changes to our diet e.g. eating more locally grown produce and introducing meat-free days

