

Proof The Science Of Booze

Would life be better without alcohol? It's the nagging question more and more of us are finding harder to ignore, whether we have a "problem" with alcohol or not. After all, we yoga. We green juice. We meditate. We self-care. And yet, come the end of a long work day, the start of a weekend, an awkward social situation, we drink. One glass of wine turns into two turns into a bottle. In the face of how we care for ourselves otherwise, it's hard to avoid how alcohol really makes us feel... terrible. How different would our lives be if we stopped drinking on autopilot? If we stopped drinking altogether? Really different, it turns out. Really better. Frank, funny, and always judgment free, *Sober Curious* is a bold guide to choosing to live hangover-free, from Ruby Warrington, one of the leading voices of the new sobriety movement. Drawing on research, expert interviews, and personal narrative, *Sober Curious* is a radical take down of the myths that keep so many of us drinking. Inspiring, timely, and blame free, *Sober Curious* is both conversation starter and handbook—essential reading that empowers readers to transform their relationship with alcohol, so we can lead our most fulfilling lives.

90 spirit-free cocktail recipes from leading and lauded mixologists across the country More than 100 years after Prohibition was enacted, bartenders are actually excited about people not drinking again. From Dry January and alcohol-free bars opening around the country to people interested in abstaining from drinking for better health, the no-proof movement is one of today's fastest-growing lifestyle choices, as consumers become more mindful and re-examine their relationship to alcohol. The no-proof drinker could be anyone, and even traditional bars have taken note with no-alcohol offerings. What do the world's most talented bartenders concoct when they can't use booze? This book answers that question with 90 lush and sophisticated recipes that take the craft to new heights. Veteran reporter Elva Ramirez interviewed the biggest names in cocktails and collected recipes for vibrant no-proof drinks from the world's top bars in Paris, London, and New York. This is the start of a new era in no-proof drinking. Find recipes from renowned bars all over the world, including Death & Co in Denver and NYC, Employees Only, The Aviary NYC, Broken Shaker in LA, Everleaf Drinks in London, Little Red Door in Paris, and many more. Winner of the 2015 James Beard Award for Best Beverage Book and the 2015 IACP Jane Grigson Award. A revolutionary approach to making better-looking, better-tasting drinks. In Dave Arnold's world, the shape of an ice cube, the sugars and acids in an apple, and the bubbles in a bottle of champagne are all ingredients to be measured, tested, and tweaked. With *Liquid Intelligence*, the creative force at work in Booker & Dax, New York City's high-tech bar, brings readers behind the counter and into the lab. There, Arnold and his collaborators investigate temperature, carbonation, sugar concentration, and acidity in search of ways to enhance classic cocktails and invent new ones that revolutionize your expectations about what a drink can look and taste like. Years of rigorous experimentation and study—botched attempts and inspired solutions—have yielded the recipes and techniques found in these pages. Featuring more than 120 recipes and nearly 450 color photographs, *Liquid Intelligence* begins with the simple—how ice forms and how to make crystal-clear cubes in your own freezer—and then progresses into advanced techniques like clarifying cloudy lime juice with enzymes, nitro-muddling fresh basil to prevent browning, and infusing vodka with coffee, orange, or peppercorns. Practical tips for preparing drinks by the pitcher, making homemade sodas, and building a specialized bar in your own home are exactly what drink enthusiasts need to know. For devotees seeking the cutting edge, chapters on liquid nitrogen, chitosan/gellan washing, and the applications of a centrifuge expand the boundaries of traditional cocktail craft. Arnold's book is the beginning of a new method of making drinks, a problem-solving approach grounded in attentive observation and creative techniques. Readers will learn how to extract the sweet flavor of peppers without the spice, why bottling certain drinks beforehand beats shaking them at the bar, and why quinine powder and succinic acid lead to the perfect gin and tonic. *Liquid Intelligence* is about satisfying your curiosity and refining your technique, from red-hot pokers to the elegance of an old-fashioned. Whether you're in search of astounding drinks or a one-of-a-kind journey into the next generation of cocktail making, *Liquid Intelligence* is the ultimate standard—one that no bartender or drink enthusiast should be without.

Scientific research has clearly established that drinking in moderation has many health benefits, including maintaining a healthy heart. Yet, many people do not know that drinking red wine protects the heart more than white wine, while beer, margaritas, and hard liquor are less effective in providing such protection. And while alcoholism is a serious problem requiring medical and psychological treatment, for those who are not addicted, drinking alcohol is not necessarily a bad habit. The problem is to distinguish between drinking sensibly and drinking insensibly. Dasgupta clearly outlines what constitutes healthy drinking and its attendant health benefits, offers advice on how to drink responsibly, and provides insight into just how alcohol works on the brain and the body. After reading this book, readers will enjoy their next drink with a fuller and safer understanding of why they're enjoying it.

This book is not simply a reference book and collection of recipes, but also a travel guide through the international world of spirits and drinks. "Wolke is Martha Stewart with a PhD." —American Scientist "Wolke, longtime professor of chemistry and author of the Washington Post column Food 101, turns his hand to a Cecil Adams style compendium of questions and answers on food chemistry. Is there really a difference between supermarket and sea salt How is sugar made? Should cooks avoid aluminum pans? Interspersed throughout Wolke's accessible and humorous answers to these and other mysteries are recipes demonstrating scientific principles. There is gravy that avoids lumps and grease; Portuguese Poached Meringue that demonstrates cream of tartar at work; and juicy Salt-Seared Burgers.... With its zest for the truth, this book will help cooks learn how to make more intelligent choices." —Publishers Weekly

A spirited narrative on the fascinating art and science of alcohol, sure to inspire cocktail party chats on making booze, tasting it, and its effects on our bodies and brains, from "one of the best science writers around" (National Geographic)

An indispensable follow-up to his classic *Complete Book of Mixed Drinks*, Anthony Dias Blue presents *The Complete Book of Spirits*, a comprehensive collection of history, lore, and tasting tips, along with recipes for select cocktails. Here, in one concise and easy-to-use volume, is all the information a consumer needs to shop, mix, and sip like a spirits expert. From bathtub gin to mojito madness, Blue brings the dynamic history of the spirits industry alive, demonstrating that spirit making is not only one of mankind's oldest pursuits but also perhaps its most colorful. In ten captivating chapters, readers are treated to everything they ever wanted to know about their favorite liquors, including vodka, aquavit, tequila, and whiskey. Blue also provides step-by-step instructions on how to host spirit tastings to educate your palate and to help you and your friends discover your favorite brands and blends. For every chapter and every spirit, there is also a handy tasting-notes section, with Blue's expert comments and his favorites, along with price points. If you've ever wondered about the difference between potato and wheat vodkas, or between mescal and tequila or American and Irish whiskeys, or what makes single malt Scotch so desirable, look no further. With Anthony Dias Blue, America's leading wine and spirits expert, and *The Complete Book of Spirits* as your guides, you will take your enjoyment to a new level.

From the internationally bestselling author of *The Etymologicon*, a lively and fascinating exploration of how, throughout history, each civilization has found a way to celebrate, or to control, the eternal human drive to get sloshed "An entertaining bar hop though the past 10,000 years."—The New York Times Book Review Almost every culture on earth has drink, and where there's drink there's drunkenness. But in every age and in every place drunkenness is a little bit different. It can be religious, it can be sexual, it can be the duty of kings or the relief of peasants. It can be an offering to the ancestors, or a way of marking the end of a day's work. It can send you to sleep, or send you into battle. Making stops all over the world, *A Short History of Drunkenness* traces humankind's love affair with booze from our primate

ancestors through to the twentieth century, answering every possible question along the way: What did people drink? How much? Who did the drinking? Of the many possible reasons, why? On the way, learn about the Neolithic Shamans, who drank to communicate with the spirit world (no pun intended), marvel at how Greeks got giddy and Sumerians got sauced, and find out how bars in the Wild West were never quite like in the movies. This is a history of the world at its inebriated best.

Everyone has questions about drinking, but it can seem like every bartender (and bargoer) has different answers. Between the old wives' tales, half-truths, and whiskey-soaked conjectures, it's hard to know what to believe until now. Armed with cutting-edge research and a barfly's thirst for the truth, cocktail instructor Brian D. Hoefling tackles the most burning questions and longest-held myths surrounding that most ancient of human pastimes with the science to either back them up or knock them down. From the ins and outs of aging to the chemistry of a beer head and the science behind your hangover, "Distilled Knowledge" provides a complete and comical education that will put an end to any barroom dispute, once and for all. "

Named a Best Science Book of 2014 by Amazon, Wired, the Guardian, and NBC Winner of the 2014 Gourmand Award for Best Spirits Book in the United States Finalist for the 2015 PEN/E. O. Wilson Literary Science Writing Award "Lively . . . [Rogers's] descriptions of the science behind familiar drinks exert a seductive pull." — New York Times Humans have been perfecting alcohol production for ten thousand years, but scientists are just starting to distill the chemical reactions behind the perfect buzz. In a spirited tour across continents and cultures, Adam Rogers takes us from bourbon country to the world's top gene-sequencing labs, introducing us to the bars, barflies, and evolving science at the heart of boozy technology. He chases the physics, biology, chemistry, and metallurgy that produce alcohol, and the psychology and neurobiology that make us want it. If you've ever wondered how your drink arrived in your glass, or what it will do to you, Proof makes an unparalleled drinking companion. "Rogers's book has much the same effect as a good drink. You get a warm sensation, you want to engage with the wider world, and you feel smarter than you probably are. Above all, it makes you understand how deeply human it is to take a drink." — Wall Street Journal

Bestselling author Sherman Alexie tells the story of Junior, a budding cartoonist growing up on the Spokane Indian Reservation. Determined to take his future into his own hands, Junior leaves his troubled school on the rez to attend an all-white farm town high school where the only other Indian is the school mascot. Heartbreaking, funny, and beautifully written, *The Absolutely True Diary of a Part-Time Indian*, which is based on the author's own experiences, coupled with poignant drawings by Ellen Forney that reflect the character's art, chronicles the contemporary adolescence of one Native American boy as he attempts to break away from the life he was destined to live. With a forward by Markus Zusak, interviews with Sherman Alexie and Ellen Forney, and four-color interior art throughout, this edition is perfect for fans and collectors alike.

Describes the personal and professional life of the master of the horror genre behind "The Raven," including a discussion of his rocky relationship with his wealthy adoptive father and his time spent working as an editor and reviewer. 15,000 first printing.

A tour of evolution's most inventive—and essential—creations: animal genitalia Forget opposable thumbs and canine teeth: the largest anatomical differences between humans and chimps are found below the belt. In *Nature's Nether Regions*, ecologist and evolutionary biologist Menno Schilthuizen invites readers to discover the wondrous diversity of animalian reproductive organs. Schilthuizen packs this delightful read with astonishing scientific insights while maintaining an absorbing narrative style reminiscent of Mary Roach and Jerry Coyne. With illustrations throughout and vivid field anecdotes—among them laser surgery on a fruit fly's privates and a snail orgy—*Nature's Nether Regions* is a celebration of life in all shapes and sizes.

Craig Beck was a successful and functioning professional man in spite of a 'two bottles of wine a night' drinking habit. For 20 years, he struggled with problem drinking, all the time refusing to label himself an alcoholic because he did not think he met the stereotypical image that the word portrayed. Discover why all 'will-power' based attempts to stop drinking will fail (exactly as they are destined to do). Slowly Craig discovered the truth about alcohol addiction, and one by one, all the lies he had previously believed started to fall apart. For the first time, he noticed that he genuinely did not want to drink anymore. In this book, he will lead you through the same remarkable process. No need to declare yourself an alcoholic. A permanent cure, not a lifetime struggle. No group meetings or expensive rehab. No humiliation, no pain and 100% no 'will-power' required. Treats the source of the problem, not the symptoms.

Max is used to being called Stupid. And he is used to everyone being scared of him. On account of his size and looking like his dad. Kevin is used to being called Dwarf. On account of his size and being some cripple kid. But greatness comes in all sizes, and together Max and Kevin become *Freak The Mighty* and walk high above the world. An inspiring, heartbreaking, multi-award winning international bestseller.

Whisky: Technology, Production and Marketing explains in technical terms the science and technology of producing whisky, combined with information from industry experts on successfully marketing the product. World experts in Scotch whisky provide detailed insight into whisky production, from the processing of raw materials to the fermentation, distillation, maturation, blending, production of co-products, and quality testing, as well as important information on the methodology used for packaging and marketing whisky in the twenty-first century. No other book covers the entire whisky process from raw material to delivery to market in such a comprehensive manner and with such a high level of technical detail. Only available work to cover the entire whisky process from raw material to delivery to the market in such a comprehensive manner Includes a chapter on marketing and selling whisky Foreword written by Alan Rutherford, former Chairman and Managing Director of United Malt and Grain Distillers Ltd.

Equal parts true crime, twentieth-century history, and science thriller, *The Poisoner's Handbook* is "a vicious, page-

turning story that reads more like Raymond Chandler than Madame Curie." —The New York Observer "The Poisoner's Handbook breathes deadly life into the Roaring Twenties." —Financial Times "Reads like science fiction, complete with suspense, mystery and foolhardy guys in lab coats tipping test tubes of mysterious chemicals into their own mouths." —NPR: What We're Reading A fascinating Jazz Age tale of chemistry and detection, poison and murder, *The Poisoner's Handbook* is a page-turning account of a forgotten era. In early twentieth-century New York, poisons offered an easy path to the perfect crime. Science had no place in the Tammany Hall-controlled coroner's office, and corruption ran rampant. However, with the appointment of chief medical examiner Charles Norris in 1918, the poison game changed forever. Together with toxicologist Alexander Gettler, the duo set the justice system on fire with their trailblazing scientific detective work, triumphing over seemingly unbeatable odds to become the pioneers of forensic chemistry and the gatekeepers of justice. In 2014, PBS's *AMERICAN EXPERIENCE* released a film based on *The Poisoner's Handbook*. A lively account of our age-old quest for brighter colors, which changed the way we see the world, from the best-selling author of *Proof: The Science of Booze* From kelly green to millennial pink, our world is graced with a richness of colors. But our human-made colors haven't always matched nature's kaleidoscopic array. To reach those brightest heights required millennia of remarkable innovation and a fascinating exchange of ideas between science and craft that's allowed for the most luminous manifestations of our built and adorned world. In *Full Spectrum*, Rogers takes us on that globe-trotting journey, tracing an arc from the earliest humans to our digitized, synthesized present and future. We meet our ancestors mashing charcoal in caves, Silk Road merchants competing for the best ceramics, and textile artists cracking the centuries-old mystery of how colors mix, before shooting to the modern era for high-stakes corporate espionage and the digital revolution that's rewriting the rules of color forever. In prose as vibrant as its subject, Rogers opens the door to Oz, sharing the liveliest events of an expansive human quest--to make a brighter, more beautiful world--and along the way, proving why he's "one of the best science writers around."* *National Geographic

This book is for anyone devoted to the art and traditions of distilling. Originally published in 1818, "The Distiller" is a classic treatise on spirit-craft, penned in an era before science had yet illuminated the principles behind such critical concepts as fermentation and heat. Much of the advice may therefore be of greater historical than practical interest to some modern distillers, but make no mistake: Hall's work is packed with intriguing and useful techniques and insights. Readers will find a section examining the seasoning of oak barrels with burning straw, a critical development in the evolution of bourbon whiskey, and appearing here a full decade before the first recipe for "bourbon" was published (1823). "The Distiller" includes nearly two-dozen other recipes -- from beer, to whiskey and wine, to cordials -- some dating back almost a millennium, many of which yield even today deliciously unique beverages found nowhere else. Hall's was an era of tremendous art and experimentation, and modern distillers will no doubt glean much from the forgotten techniques rediscovered here.

Presents a history of alcohol, discussing its social and economic impact and the tensions between those who saw alcohol as a healthy alternative to untreated water and the views of governments and religious bodies, which saw it as a source of social instability.

"The definitive guide to giving up booze."—People Foreword by Lo Bosworth For many people, drinking a glass of beer or wine after work is a part of everyday life. But did you know taking a break from drinking (even for just a month!) has extreme benefits and can be incredibly life-changing? From losing weight, to saving money, to sleeping better at night, the overall health and mental gains of going dry for a month are endless. Whether you're eager to try Dry January or simply want to lessen your quarantine drinking habits in a positive and approachable way, as daunting as it may seem, you too can do it! Understandably, more and more people have been turning to alcohol as a coping mechanism to get through the pandemic, but maybe this is a good time to ask yourself: Are you waking up feeling out of sorts more often than you'd like to be? Offering friendly support and encouragement and filled with engaging activities to help you prepare—and complete—a full alcohol-free month, *The Dry Challenge* provides an easy step-by-step guide for completing your first Dry January, Sober October, or any other alcohol-free month. You'll find plenty of booze-free activities from prompts to checklists to the best mocktail recipes around. From making a plan to sharing the news with friends and family (and what to do when someone tries to sabotage your boozeless journey) to getting back on track if you slip up and have a drink (or two), we got you covered. Trend journalist, on-air host, and lifestyle expert Hilary Sheinbaum has been participating in Dry January for the past four years. What started out as a bet with a friend to see who could go the longest without taking a sip of alcohol during January became a ritual she looked most forward to every year. As friends, family, and readers turned to her for advice on how to start their own dry month journeys, Hilary realized everyone's motivations differed greatly. The decision to give up alcohol is deeply personal and making the choice to stop drinking for any length of time can be discouraging given how normalized alcohol culture is in our society. Have you noticed we use every celebratory event as an excuse to get our drink on? But you don't have to do it alone! In *The Dry Challenge*, you'll find a best friend support system ready to help you tackle the challenges of forgoing alcohol for a month and encourage you every step of the way to the finish line. In *The Dry Challenge*, you'll:

- Discover the health, mental, and financial benefits of living a month without booze
- Learn how to combat social pressures from our current drinking culture
- Find fun non-boozy activities everyone can participate in (including making delicious "zero-proof" drinks and throwing the best nonalcoholic shindigs)

Gorgeously packaged and filled with bold colors and graphics, *The Dry Challenge* is the ultimate interactive guide to staying booze free for one month (yes, this includes champagne!). Written with humor, compassion, and insight, this book will help you achieve your goal of completing an alcohol-free month, one less drink at a time.

"The Practical Distiller" by Samuel McHarry. Published by Good Press. Good Press publishes a wide range of titles that encompasses every genre. From well-known classics & literary fiction and non-fiction to forgotten?or yet undiscovered gems?of world literature, we issue the books that need to be read. Each Good Press edition has been meticulously

edited and formatted to boost readability for all e-readers and devices. Our goal is to produce eBooks that are user-friendly and accessible to everyone in a high-quality digital format.

THE DEFINITIVE GUIDE TO ALCOHOL AND YOUR HEALTH Alcohol - a simple molecule that can induce so much pleasure and pain at the same time... As the most harmful drug in the UK, it has a profound and wide-reaching impact on our health and on society at large. *Drink?* is the first book of its kind, written by a scientist and rooted in 40 years of medical research and hands-on experience treating patients. Professor David Nutt cuts through the noise to explain the long- and short-term effects of alcohol, makes complex science digestible and takes readers through its journey inside the body and brain from the very first sip. *Drink?* holds the key to all the questions you want to know the answers to, covering mental health, sleep, hormones, fertility and addiction. It sheds light on what 'responsible drinking' truly means and equips us with the essential knowledge we all need to make rational, informed decisions about our consumption now and in the future.

A serious and stylish look at sophisticated nonalcoholic beverages by a former Bon Appétit editor and James Beard Award nominee. "Julia Bainbridge resets our expectations for what a 'drink' can mean from now on."--Jim Meehan, author of *Meehan's Bartender Manual* and *The PDT Cocktail Book* **NAMED ONE OF THE BEST COOKBOOKS OF THE YEAR BY** Bon Appétit - Los Angeles Times - Wired - Esquire - Garden & Gun Blackberry-infused cold brew with almond milk and coconut cream. Smoky tea paired with tart cherry juice. A bittersweet, herbal take on the Pimm's Cup. Writer Julia Bainbridge spent a summer driving across the U.S. going to bars, restaurants, and everything in between in pursuit of the question: Can you make an outstanding nonalcoholic drink? The answer came back emphatically: "Yes." With an extensive pantry section, tips for sourcing ingredients, and recipes curated from stellar bartenders around the country--including Verjus Spritz, Chicha Morada Agua Fresca, Salted Rosemary Paloma, and Tarragon Cider--*Good Drinks* shows that decadent brunch cocktails, afternoon refreshers, and evening digestifs can be enjoyed by anyone and everyone.

ProofThe Science of BoozeHoughton Mifflin Harcourt

Discover the techniques behind crafting your favorite concoctions from this first and only compilation of the renowned Formula List creations from Apotheke, the original New York City cocktail apothecary that applies mixology to the world of plant science wellness. With its 1800s-Parisian-absinthe-den vibe combined with an air of opium-den secrecy, Apotheke is a unique urban apothecary that provides a multi-sensory experience for its clientele. Talented botany-minded mixologists, dressed in lab coats labeled "Dispensing Chemist," experiment behind the glowing marble bar with local and exotic herbs, botanicals, and tinctures. Much like herbalists and apothecaries have done for thousands of years, they balance science, art, and flavor cultivating healing ingredients in boundary-shattering cocktail formulas that offer the amazing healing power of plants. In Apotheke, the creators of the popular speakeasy with locations in Manhattan and Los Angeles share their holistic approach to drinking well, delving into the use of alcohol as medicine, the story of the establishment's creation, and exploring the signature house-made ingredients; local and organic botanicals, tinctures, and produce; and ancient healing herbal combinations that have put the storied speakeasy on the map. With a beautiful design that echoes the award-winning décor of their establishments, this modern wellness handbook also features the first-ever compilation of fifty of Apotheke's renowned Formula List creations to recreate the flavorful medicinal mixology of Apotheke at home, with recipes such as Kale in Comparison, Forlorn Dragon, Sitting Buddha, and Paid Vacation. Cheers to good health!

A finalist for the PEN/E. O. Wilson Literary Science Writing Award The gripping story of the most important overlooked commodity in the world--sand--and the crucial role it plays in our lives. After water and air, sand is the natural resource that we consume more than any other--even more than oil. Every concrete building and paved road on Earth, every computer screen and silicon chip, is made from sand. From Egypt's pyramids to the Hubble telescope, from the world's tallest skyscraper to the sidewalk below it, from Chartres' stained-glass windows to your iPhone, sand shelters us, empowers us, engages us, and inspires us. It's the ingredient that makes possible our cities, our science, our lives--and our future. And, incredibly, we're running out of it. *The World in a Grain* is the compelling true story of the hugely important and diminishing natural resource that grows more essential every day, and of the people who mine it, sell it, build with it--and sometimes, even kill for it. It's also a provocative examination of the serious human and environmental costs incurred by our dependence on sand, which has received little public attention. Not all sand is created equal: Some of the easiest sand to get to is the least useful. Award-winning journalist Vince Beiser delves deep into this world, taking readers on a journey across the globe, from the United States to remote corners of India, China, and Dubai to explain why sand is so crucial to modern life. Along the way, readers encounter world-changing innovators, island-building entrepreneurs, desert fighters, and murderous sand pirates. The result is an entertaining and eye-opening work, one that is both unexpected and involving, rippling with fascinating detail and filled with surprising characters.

"Insightful tour de force... Farrell's writing is as informative as it is intoxicating" -- Publishers Weekly As a bartender, Shanna Farrell not only poured spirits, but learned their stories--who made them and how. In *A Good Drink*, Farrell goes in search of the bars, distillers, and farmers who are driving a transformation to sustainable spirits. She meets mezcaleros in Guadalajara who are working to preserve traditional ways of producing mezcal; a London bar owner who has eliminated individual bottles and ice; and distillers in South Carolina who are bringing a rare variety of corn back from near extinction, among many others. For readers who have ever wondered who grew the pears that went into their brandy or why their cocktail is an unnatural shade of red, *A Good Drink* will be an eye-opening tour of the spirits industry. For anyone who cares about the future of the planet, it offers a hopeful vision of change, one pour at a time.

A spirited look at the history of alcohol, from the dawn of civilization to the modern day Alcohol is a fundamental part of Western culture. We have been drinking as long as we have been human, and for better or worse, alcohol has shaped our civilization. *Drink* investigates the history of this Jekyll and Hyde of fluids, tracing mankind's love/hate relationship with alcohol from ancient Egypt to the present day. *Drink* further documents the contribution of alcohol to the birth and growth of the United States, taking in the War of Independence, the Pennsylvania Whiskey revolt, the slave trade, and the failed experiment of national Prohibition. Finally, it provides a history of the world's most famous drinks--and the world's most famous drinkers. Packed with trivia and colorful characters, *Drink* amounts to an intoxicating history of the world.

Shots of Knowledge is a guidebook for whiskey lovers. Organized into approximately sixty illustrated essays, the book samples selected topics in whiskey production through the lenses of science and engineering. While the essays are subdivided into three sections--From Sunshine to Sugar, From Wee Beasties to White Dogs, and From Barrel to Brain--the reader is free to sip them in any order. The story commences with water, carbon dioxide, and sunlight; travels through the manufacturing process; and ends with the molecules that entertain the palate. Whether the topic is photosynthesis, bubble caps, oak speciation, or a mechanistic enzymology, the essays seek to reveal the simple beauty too often hidden in science and engineering. At approximately one page in length, each essay and accompanying artwork can be digested slowly at the rate estimated at three essays per bourbon or Scotch. Each essay is summarized in one or two sentences in a single "Shot of Knowledge." Iconography anchors each essay in the production process. Inspiration for the book derived from a productive collision between individuals from TCU and the Firestone & Robertson Distilling Company.

Alcohol is a killer--1 of every 13 deaths in the United States is alcohol-related. In addition, 5 percent of the population consumes 50 percent of

the alcohol. The authors take a close look at the problem in a "classy little study," as The Washington Post called this book. The Library Journal states, ". . . [T]his is one book that addresses solutions. . . . And it's enjoyably readable. . . . This is an excellent review for anyone in the alcoholism prevention business, and good background reading for the interested layperson." The Washington Post agrees: the book ". . . likely will wind up on the bookshelves of counselors, politicians, judges, medical professionals, and law enforcement officials throughout the country."

Mix, Bake, Buzz! Booze Cakes features step-by-step recipes for spiking delicious confections with spirits, wine, and beer. These delightfully tipsy desserts are perfect for dinner parties, potlucks, and pitch-ins! You'll find recipes for: • Classic Booze Cakes: All the recipes your grandparents used to bake, including salty-sweet Honey Spice Beer Cake, bourbon-filled Lane Cake frosted with decadent bourbon buttercream, and teeny-tiny yet potent Tropical Fruitcake Cupcakes. • Cocktail Cakes: These brand-new recipes are based on classic cocktails and mixed drinks: A tropical Piña Colada Cake, Mint Julep Cupcakes made with Kentucky bourbon, and creamy, chocolatey Rum-and-Coke Whoopie Pies. • Cake Shots: For the perfect party snack, try bite-sized Long Island Iced Tea Cakes, decadent little Wine-Tasting Cakes, and every imaginable flavor of Jelly Cake Shot. • Cakes With A Twist: These extraordinary cake recipes are made even better with alcohol. Enjoy a Jägermeister-powered Deutsch German Chocolate Cake, Shamelessly Rich Carrot Cake infused with 151-proof rum, and frosty, delicious Spiked Ice-Cream Cake. Featured throughout are tips and tricks on baking with alcohol, serving suggestions for fun cocktail-cake parties, and yummy cocktail recipes to accompany your confections—plus a handy "Booze Meter" that tracks the total alcohol content in each of these decadent desserts Indulge yourself!

This book is a backstage pass into the world of small-scale distilling of whiskies, gins, vodkas, brandies, and more. The reader, the ultimate spirits aficionado, will learn how water and grain are transformed into the full range exquisite, timeless liquors. There are few books available that explore the actual craft of distilling in such detail. Most of the other spirits books chronicle the historical side of the distilling world or focus on the flavors of various vintages. Our book will be the consummate insider's guide to distilling techniques. Bill Owens' original photography, the result of two cross-country road trips, offers comprehensive illustration of the microdistilling world.

"Revised edition: with new recipes and photography"--Cover.

"This invaluable work will contribute much to the battle against our number one disease."—from the Foreword by George McGovern, former senator and author of *Terry: My Daughter's Life-and-Death Struggle with Alcoholism* Alcoholism is a disease. It's time we started treating it like one. Science has offered undisputed proof that alcoholism is a disease rather than a weakness of character, yet millions of alcoholics continue to suffer due to inappropriate treatment. Now the co-author of the modern classic *Under the Influence* has teamed up with prominent alcoholism experts to provide new answers to this national epidemic. Based on the latest scientific research, *Beyond the Influence* clearly explains the neurological nature of the disease and reveals why some people drink addictively and others do not. It also spells out what needs to be done to treat alcoholism, including: Steps to take for an intervention How to find the right treatment program Which psychological approaches work best Why spirituality is essential to recovery New insights into relapse prevention What you should know about diet, exercise, and nontraditional treatments such as acupuncture Provocative and eye-opening, compelling and compassionate, *Beyond the Influence* is not only a message of hope for alcoholics--it is a blueprint for saving lives. *Beyond the Influence* explains that alcoholism is a disease of the body, not a weakness of character. Drawing on the latest scientific studies, the authors present new research on the central role of genetics and neurotransmitters in addiction. Continuing where the prior book left off, it also includes: Steps for diagnosis and intervention, plus ways to prevent relapses Various treatment models, including inpatient and out-patient programs and a review of new drug treatments The most effective types of psychological counseling The critical role of nutrition Non-traditional healing methods for recovery The importance of a spiritual component to recovery The authors also critique our nation's alcoholism policies, including education and prevention programs, efforts to curtail college bingeing and underage drinking, and the advertising and marketing strategies of the alcohol industry.

One of Smithsonian Magazine's Ten Best Books of the Year about Food A Forbes Best Booze Book of the Year Interweaving archaeology and science, Patrick E. McGovern tells the enthralling story of the world's oldest alcoholic beverages and the cultures that created them. Humans invented heady concoctions, experimenting with fruits, honey, cereals, tree resins, botanicals, and more. These "liquid time capsules" carried social, medicinal, and religious significance with far-reaching consequences for our species. McGovern describes nine extreme fermented beverages of our ancestors, including the Midas Touch from Turkey and the 9000-year-old Chateau Jiahu from Neolithic China, the earliest chemically identified alcoholic drink yet discovered. For the adventuresome, homebrew interpretations of the ancient drinks are provided, with matching meal recipes.

Written specifically for use in the educational program of the production division of Seagram Distillers Corporation, this volume provides a fundamental explanation of the physical and chemical processes involved in the operation of a grain alcohol distillery.

"An absorbing popular history of one of history's most popular drinks" (Booklist). Gin has been a drink of kings infused with crushed pearls and rose petals, and a drink of the poor flavored with turpentine and sulfuric acid. Born in alchemists' stills and monastery kitchens, its earliest incarnations were juniper flavored medicines used to prevent plague, ease the pains of childbirth, even to treat a lack of courage. In *The Book of Gin*, Richard Barnett traces the life of this beguiling spirit, once believed to cause a "new kind of drunkenness." In the eighteenth century, gin-crazed debauchery (and class conflict) inspired Hogarth's satirical masterpieces "Gin Lane" and "Beer Street." In the nineteenth century, gin was drunk by Napoleonic War naval heroes, at lavish gin palaces, and by homesick colonials, who mixed it with their bitter anti-malarial tonics. In the early twentieth century, the illicit cocktail culture of Prohibition made gin—often dangerous

bathub gin—fashionable again. And today, with the growth of small-batch distilling, gin has once-again made a comeback. Wide-ranging, impeccably researched, and packed with illuminating stories, *The Book of Gin* is lively and fascinating, an indispensable history of a complex and notorious drink. “*The Book of Gin* is full of history that will make you grin . . . An enchanting read.” —*Cooking by the Book*

A spirited, history-rich narrative on the art and science of alcohol discusses everything from fermentation and distillation to traditions and the effects of alcohol on the body and brain. 25,000 first printing.

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