
Salt A World History

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Salt

A World History *Vintage Canada*

From the award-winning and bestselling author of *Cod* comes the dramatic, human story of a simple substance, an element almost as vital as water, that has created fortunes, provoked revolutions, directed economies and enlivened our recipes. Salt is common, easy to obtain and inexpensive. It is the stuff of kitchens and cooking. Yet trade routes were established, alliances built and empires secured – all for something that filled the oceans, bubbled up from springs, formed crusts in lake beds, and thickly veined a large part of the Earth's rock fairly close to the surface. From pre-history until just a century ago – when the mysteries of salt were revealed by modern chemistry and geology – no one knew that salt was virtually everywhere. Accordingly, it was one of the most sought-after commodities in human history. Even today, salt is a major industry. Canada, Kurlansky tells us, is the world's sixth largest salt producer, with salt works in Ontario playing a major role in satisfying the Americans' insatiable demand. As he did in his highly acclaimed *Cod*, Mark Kurlansky once again illuminates the big picture by focusing on one seemingly modest detail. In the process, the world is revealed as never before.

Salt

A World History *Penguin*

"Kurlansky finds the world in a grain of salt." - New York Times Book Review An unlikely world history from the bestselling author of *Cod* and *The Basque History of the World* In his fifth work of nonfiction, Mark Kurlansky turns his attention to a common household item with a long and intriguing history: salt. The only rock we eat, salt has shaped civilization from the very beginning, and its story is a glittering, often surprising part of the history of humankind. A substance so valuable it served as currency, salt has influenced the establishment of trade routes and cities, provoked and financed wars, secured empires, and inspired revolutions. Populated by colorful characters and filled with an unending series of fascinating details, *Salt* is a supremely entertaining, multi-layered masterpiece.

Salt

A World History *Bloomsbury Publishing USA*

This book takes a look at an ordinary substance--salt, the only rock humans eat--and how it has shaped civilization from the very

beginning.

Basque History Of The World *Knopf Canada*

"They are a mythical people, almost an imagined people," writes Mark Kurlansky. Settled in a corner of France and Spain in a land marked on no maps except their own, the Basques are a nation without a country, whose ancient and dramatic story illuminates Europe's own saga. Where did they come from? Signs of their civilization exist well before the arrival of the Romans in 218 B.C., and their culture appears to predate all others in Europe. Their mysterious and forbidden tongue, Euskera, is related to no other language on Earth. The Basques have stubbornly defended their unique culture against the Celts, the Romans, the Visigoths and Moors, the kings of Spain and France, Napoleon, Franco, the modern Spanish state, and the European Union. Yet as much as their origins are obscure, the Basques' contributions to world history have been clear and remarkable. Early explorers, they made fortunes whaling before the year 1000 and became the premier cod fishermen in Europe after discovering Canada's Grand Banks. Juan Sebastian de Elcano, a Basque, was the first man to circumnavigate the globe in 1522. Their influence has also been felt in religion as founders of the Jesuits in 1534, and in business, as leaders of the Industrial Revolution in southern Europe. Mark Kurlansky's passion for the Basque people, and his exuberant eye for detail, shine throughout this fascinating history. Like his acclaimed *Cod*, it blends human, economic, political, literary and culinary history into a rich and heroic tale.

The Story of Salt *Puffin*

Drawn from the bestseller *Salt: A World History*, a stunning picture book presents a wealth of information on salt, from the many ways it's gathered from the earth and sea, to its many uses throughout history, from ancient times to Gandhi's famous Salt March.

Paper: Paging Through History *W. W. Norton & Company*

From the New York Times best-selling author of *Cod* and *Salt*, a definitive history of paper and the astonishing ways it has shaped today's world. Paper is one of the simplest and most essential pieces of human technology. For the past two millennia, the ability to produce it in ever more efficient ways has supported the proliferation of literacy, media, religion, education, commerce, and art; it has formed the foundation of civilizations, promoting revolutions and restoring stability. By tracing paper's evolution from antiquity to the present, with an emphasis on the contributions made in Asia and the Middle East, Mark Kurlansky challenges common assumptions about technology's influence, affirming that paper is here to stay. Paper will be the commodity history that guides us forward in the twenty-first century and illuminates our times.

Cod

A Biography Of The Fish That Changed The World *Vintage Canada*

Wars have been fought over it, revolutions have been spurred by it, national diets have been based on it, economies have depended on it, and the settlement of North America was driven by it. *Cod*, it turns out, is the reason Europeans set sail across the Atlantic, and it is the only reason they could. What did the Vikings eat in icy Greenland and on the five expeditions to America recorded in the Icelandic sagas? *Cod* -- frozen and dried in the frosty air, then broken into pieces and eaten like hardtack. What was the staple of the medieval diet? *Cod* again, sold salted by the Basques, an enigmatic people with a mysterious, unlimited

supply of cod. Cod is a charming tour of history with all its economic forces laid bare and a fish story embellished with great gastronomic detail. It is also a tragic tale of environmental failure, of depleted fishing stocks where once the cod's numbers were legendary. In this deceptively whimsical biography of a fish, Mark Kurlansky brings a thousand years of human civilization into captivating focus.

The Years of Rice and Salt

A Novel *Spectra*

With the same unique vision that brought his now classic Mars trilogy to vivid life, bestselling author Kim Stanley Robinson boldly imagines an alternate history of the last seven hundred years. In his grandest work yet, the acclaimed storyteller constructs a world vastly different from the one we know. . . . "A thoughtful, magisterial alternate history from one of science fiction's most important writers."—The New York Times Book Review It is the fourteenth century and one of the most apocalyptic events in human history is set to occur—the coming of the Black Death. History teaches us that a third of Europe's population was destroyed. But what if the plague had killed 99 percent of the population instead? How would the world have changed? This is a look at the history that could have been—one that stretches across centuries, sees dynasties and nations rise and crumble, and spans horrible famine and magnificent innovation. Through the eyes of soldiers and kings, explorers and philosophers, slaves and scholars, Robinson navigates a world where Buddhism and Islam are the most influential and practiced religions, while Christianity is merely a historical footnote. Probing the most profound questions as only he can, Robinson shines his extraordinary light on the place of religion, culture, power—and even love—in this bold New World. "Exceptional and engrossing."—New York Post "Ambitious . . . ingenious."—Newsday

1968

The Year That Rocked the World *Random House Trade Paperbacks*

NATIONAL BESTSELLER • "In this highly opinionated and highly readable history, Kurlansky makes a case for why 1968 has lasting relevance in the United States and around the world."—Dan Rather To some, 1968 was the year of sex, drugs, and rock and roll. Yet it was also the year of the Martin Luther King, Jr., and Bobby Kennedy assassinations; the riots at the Democratic National Convention in Chicago; Prague Spring; the antiwar movement and the Tet Offensive; Black Power; the generation gap; avant-garde theater; the upsurge of the women's movement; and the beginning of the end for the Soviet Union. In this monumental book, Mark Kurlansky brings to teeming life the cultural and political history of that pivotal year, when television's influence on global events first became apparent, and spontaneous uprisings occurred simultaneously around the world. Encompassing the diverse realms of youth and music, politics and war, economics and the media, 1968 shows how twelve volatile months transformed who we were as a people—and led us to where we are today.

Choice Cuts

A Savory Selection of Food Writing from Around the World and Throughout History *Ballantine Books*

"Every once in awhile a writer of particular skills takes a fresh, seemingly improbable idea and turns out a book of pure delight."

That's how David McCullough described Mark Kurlansky's *Cod: A Biography of the Fish That Changed the World*, a work that revealed how a meal can be as important as it is edible. *Salt: A World History*, its successor, did the same for a seasoning, and confirmed Kurlansky as one of our most erudite and entertaining food authors. Now, the winner of the James Beard Award for Excellence in Food Writing shares a varied selection of "choice cuts" by others, as he leads us on a mouthwatering culinary tour around the world and through history and culture from the fifth century B.C. to the present day. *Choice Cuts* features more than two hundred pieces, from Cato to Cab Calloway. Here are essays by Plato on the art of cooking . . . Pablo Neruda on french fries . . . Alice B. Toklas on killing a carp . . . M. F. K. Fisher on the virility of Turkish desserts . . . Alexandre Dumas on coffee . . . W. H. Auden on Icelandic food . . . Elizabeth David on the downward march of English pizza . . . Claude Lévi-Strauss on "the idea of rotten" . . . James Beard on scrambled eggs . . . Balzac, Virginia Woolf, E. M. Forster, Chekhov, and many other famous gourmands and gourmets, accomplished cooks, or just plain ravenous writers on the passions of cuisine.

The Book of Salt

A Novel *Houghton Mifflin Harcourt*

A novel of Paris in the 1930s from the eyes of the Vietnamese cook employed by Gertrude Stein and Alice B. Toklas, by the author of *The Sweetest Fruits*. Viewing his famous mesdames and their entourage from the kitchen of their rue de Fleurus home, Binh observes their domestic entanglements while seeking his own place in the world. In a mesmerizing tale of yearning and betrayal, Monique Truong explores Paris from the salons of its artists to the dark nightlife of its outsiders and exiles. She takes us back to Binh's youthful servitude in Saigon under colonial rule, to his life as a galley hand at sea, to his brief, fateful encounters in Paris with Paul Robeson and the young Ho Chi Minh. Winner of the New York Public Library Young Lions Fiction Award A Best Book of the Year: New York Times, Village Voice, Seattle Times, Miami Herald, San Jose Mercury News, and others "An irresistible, scrupulously engineered confection that weaves together history, art, and human nature...a veritable feast."—Los Angeles Times "A debut novel of pungent sensuousness and intricate, inspired imagination...a marvelous tale."—Elle "Addictive...Deliciously written...Both eloquent and original."—Entertainment Weekly "A mesmerizing narrative voice, an insider's view of a fabled literary household and the slow revelation of heartbreaking secrets contribute to the visceral impact of this first novel."—Publishers Weekly, starred review

Milk!

A 10,000-Year Food Fracas *Bloomsbury Publishing USA*

Mark Kurlansky's first global food history since the bestselling *Cod* and *Salt*; the fascinating cultural, economic, and culinary story of milk and all things dairy—with recipes throughout. According to the Greek creation myth, we are so much spilt milk; a splatter of the goddess Hera's breast milk became our galaxy, the Milky Way. But while mother's milk may be the essence of nourishment, it is the milk of other mammals that humans have cultivated ever since the domestication of animals more than 10,000 years ago, originally as a source of cheese, yogurt, kefir, and all manner of edible innovations that rendered lactose digestible, and then, when genetic mutation made some of us lactose-tolerant, milk itself. Before the industrial revolution, it was common for families to keep dairy cows and produce their own milk. But during the nineteenth century mass production and

urbanization made milk safety a leading issue of the day, with milk-borne illnesses a common cause of death. Pasteurization slowly became a legislative matter. And today milk is a test case in the most pressing issues in food politics, from industrial farming and animal rights to GMOs, the locavore movement, and advocates for raw milk, who controversially reject pasteurization. Profoundly intertwined with human civilization, milk has a compelling and a surprisingly global story to tell, and historian Mark Kurlansky is the perfect person to tell it. Tracing the liquid's diverse history from antiquity to the present, he details its curious and crucial role in cultural evolution, religion, nutrition, politics, and economics.

The Big Oyster

History on the Half Shell *Random House*

Before New York City was the Big Apple, it could have been called the Big Oyster. Now award-winning author Mark Kurlansky tells the remarkable story of New York by following the trajectory of one of its most fascinating inhabitants—the oyster, whose influence on the great metropolis remains unparalleled. For centuries New York was famous for its oysters, which until the early 1900s played such a dominant role in the city's economy, gastronomy, and ecology that the abundant bivalves were Gotham's most celebrated export, a staple food for the wealthy, the poor, and tourists alike, and the primary natural defense against pollution for the city's congested waterways. Filled with cultural, historical, and culinary insight—along with historic recipes, maps, drawings, and photos—this dynamic narrative sweeps readers from the island hunting ground of the Lenape Indians to the death of the oyster beds and the rise of America's environmentalist movement, from the oyster cellars of the rough-and-tumble Five Points slums to Manhattan's Gilded Age dining chambers. Kurlansky brings characters vividly to life while recounting dramatic incidents that changed the course of New York history. Here are the stories behind Peter Stuyvesant's peg leg and Robert Fulton's "Folly"; the oyster merchant and pioneering African American leader Thomas Downing; the birth of the business lunch at Delmonico's; early feminist Fanny Fern, one of the highest-paid newspaper writers in the city; even "Diamond" Jim Brady, who we discover was not the gourmand of popular legend. With *The Big Oyster*, Mark Kurlansky serves up history at its most engrossing, entertaining, and delicious.

Of Women and Salt

A Novel *Flatiron Books*

AN INSTANT NEW YORK TIMES BESTSELLER THE WASHINGTON POST NOTABLE BOOK OF 2021 A GOOD MORNING AMERICA BOOK CLUB PICK WINNER of the Isabel Allende Most Inspirational Fiction Award, She Reads Best of 2021 Awards • FINALIST for the 2022 Southern Book Prize • LONGLISTED for Crook's Corner Book Prize • NOMINEE for 2021 GoodReads Choice Award in Debut Novel and Historical Fiction A sweeping, masterful debut about a daughter's fateful choice, a mother motivated by her own past, and a family legacy that begins in Cuba before either of them were born In present-day Miami, Jeanette is battling addiction. Daughter of Carmen, a Cuban immigrant, she is determined to learn more about her family history from her reticent mother and makes the snap decision to take in the daughter of a neighbor detained by ICE. Carmen, still wrestling with the trauma of displacement, must process her difficult relationship with her own mother while trying to raise a wayward Jeanette. Steadfast in her quest for understanding, Jeanette travels to Cuba to see her grandmother and reckon with secrets from the past destined to

erupt. From 19th-century cigar factories to present-day detention centers, from Cuba to Mexico, Gabriela Garcia's *Of Women and Salt* is a kaleidoscopic portrait of betrayals—personal and political, self-inflicted and those done by others—that have shaped the lives of these extraordinary women. A haunting meditation on the choices of mothers, the legacy of the memories they carry, and the tenacity of women who choose to tell their stories despite those who wish to silence them, this is more than a diaspora story; it is a story of America's most tangled, honest, human roots.

Salt to the Sea *Penguin*

Racing to freedom with thousands of other refugees as Russian forces close in on their homes in East Prussia, Joana, Emilia, and Florian meet aboard the doomed *Wilhelm Gustloff* and are forced to trust each other in order to survive.

Salt

A Story of Friendship in a Time of War *Farrar, Straus and Giroux (BYR)*

Anikwa and James, twelve years old in 1812, spend their days fishing, trapping, and exploring together in the forests of the Indiana Territory. To Anikwa and his family, members of the Miami tribe, this land has been home for centuries. As traders, James's family has ties to the Miami community as well as to the American soldiers in the fort. Now tensions are rising—the British and American armies prepare to meet at Fort Wayne for a crucial battle, and Native Americans from surrounding tribes gather in Kekionga to protect their homeland. After trading stops and precious commodities, like salt, are withheld, the fort comes under siege, and war ravages the land. James and Anikwa, like everyone around them, must decide where their deepest loyalties lie. Can their families—and their friendship—survive? In *Salt*, Printz Honor author Helen Frost offers a compelling look at a difficult time in history. A Kirkus Reviews Best Book of 2013 A Frances Foster Book

Battle Fatigue *A&C Black*

Growing up in the years following World War II, Joel Bloom always played soldiers with his friends. But by the time he's eighteen, the Vietnam War is in full swing, and it's not as simple as the war games he played when he was a child. Old enough to be drafted, Joel loves his country, but he knows that fighting in an unjust war isn't something he can do. After trying and failing to be a conscientious objector he leaves for Canada - a decision that will help him avoid the physical conflict of the war, but will create another inside of him that will take much longer to resolve. An insightful and compelling novel that explores one boy's struggle to understand himself and the harsh realities of life during wartime.

Pepper: A History of the World's Most Influential Spice *Macmillan*

A richly detailed chronicle of the history of pepper describes its role in bringing Westerners to Asia, tracing the extraordinary voyages, exotic adventures and brutal violence that marked its early trade. 35,000 first printing.

Birdseye

The Adventures of a Curious Man *Anchor*

A profile of eccentric genius inventor Clarence Birdseye chronicles how his innovative fast-freezing process revolutionized the food industry and American agriculture. By the best-selling

author of *Salt: A World History*. 35,000 first printing.

Salted

A Manifesto on the World's Most Essential Mineral, with Recipes [A Cookbook] *Ten Speed Press*

A James Beard Award-winning field guide to artisan salts, with profiles of 80 varieties and 50 recipes that showcase the versatile ingredient. In *Salted*, Bitterman traces the mineral's history, from humankind's first salty bite to its use in modern industry to the resurgent interest in artisan salts. Featuring more than 50 recipes that showcase this versatile and marvelous ingredient, *Salted* also includes a field guide to artisan salts profiling 80 varieties and exploring their dazzling characters, unique stories, production methods, and uses in cooking; plus a quick-reference guide covering over 150 salts. Salting is one of the more ingrained habits in cooking, and according to Bitterman, all habits need to be questioned. He challenges you to think creatively about salting, promising that by understanding and mastering the principles behind it—and becoming familiar with the primary types of artisanal salts available—you will be better equipped to get the best results for your individual cooking style and personal taste. Whether he's detailing the glistening staccato crunch of fleur de sel harvested from millennia-old Celtic saltmaking settlements in France or the brooding sizzle of forgotten rock salts transported by the Tauregs across the Sahara, Bitterman's mission is to encourage us to explore the dazzling world of salt beyond the iodized curtain. Mark Bitterman is a man truly possessed by salt. As "selmelier" at The Meadow, the internationally recognized artisan-product boutique, Bitterman explains the promise and allure of salt to thousands of visitors from across the country who flock to his showstopping collection. "Salt can be a revelation," he urges, "no food is more potent, more nutritionally essential, more universal, or more ancient. No other food displays salt's crystalline beauty, is as varied, or as storied." Winner - 2011 James Beard Cookbook Award - Reference & Scholarship Category IACP Cookbook Award Finalist in two categories

The Salt of the Earth *Pushkin Press*

The classic pacifist novel by a major Polish writer, who was nominated for the Nobel Prize. At the beginning of the twentieth century the villagers of the Carpathian mountains lead a simple life, much as they have always done. Among them is Piotr, a bandy-legged peasant, who wants nothing more from life than an official railway cap, a cottage, and a bride with a dowry. But then the First World War reaches the mountains and Piotr is drafted into the army. All the weight of imperial authority is used to mould him into an unthinking fighting machine, forced to fight a war he does not understand, for interests other than his own. *The Salt of the Earth* is a classic war novel and a powerfully pacifist tale about the consequences of war for ordinary men.

The Comic Book Story of Beer

The World's Favorite Beverage from 7000 BC to Today's Craft Brewing Revolution

A full-color, lushly illustrated graphic novel that recounts the many-layered past and present of beer through dynamic pairings of pictures and meticulously researched insight into the history of the world's favorite brew. Starting from about 7,000 BC, *The Comic Book Story of Beer* traces beer's influence through world history, encapsulating early man's experiments with fermentation, the rise and fall of Ancient Rome, the (often beer-related) factors that led Europe out of the Dark Ages, the Age of

Exploration, the spread of capitalism, the Reformation, and on up to the contemporary explosion of craft brewing. No book has ever told the story of beer in a graphic format as a liberating or emancipating force that improved the life of everyday people. Visually riffing on abstract subjects like pasteurization, "original gravity," and "lagering," artist Aaron McConnell has a flair for cinematic action and demonstrates versatility in depicting characters and episodes from beer's rich history. Hand-drawn in a classic, accessible style, *The Comic Book Story of Beer* makes a great gift, and will appeal to the most avid comic book geek and those who live for beer.

An Edible History of Humanity *Bloomsbury Publishing USA*

A lighthearted chronicle of how foods have transformed human culture throughout the ages traces the barley- and wheat-driven early civilizations of the near East through the corn and potato industries in America.

A History of the World in Six Glasses *Anchor Canada*

Whatever your favourite tippie, when you pour yourself a drink, you have the past in a glass. You can likely find them all in your own kitchen — beer, wine, spirits, coffee, tea, cola. Line them up on the counter, and there you have it: thousands of years of human history in six drinks. Tom Standage opens a window onto the past in this tour of six beverages that remain essentials today. En route he makes fascinating forays into the byways of western culture: Why were ancient Egyptians buried with beer? Why was wine considered a "classier" drink than beer by the Romans? How did rum grog help the British navy defeat Napoleon? What is the relationship between coffee and revolution? And how did Coca-Cola become the number one poster-product for globalization decades before the term was even coined?

Salmon

A Fish, the Earth, and the History of a Common Fate

The internationally bestselling author says if we can save the salmon, we can save the world

The Salt of the Earth

Natural Philosophy, Medicine, and Chymistry in England, 1650-1750 *BRILL*

Consisting of a series of case studies, this book is devoted to the concept and uses of salt in early modern science, which have played a crucial role in the evolution of matter theory from Aristotelian concepts of the elements to Newtonian chymistry. No reliable study on this subject has been previously available. Its exploration of natural history's and medicine's intersection with chemical investigation in early modern England demonstrates the growing importance of the senses and experience as causes of intellectual change from 1650-1750. It demonstrates that an understanding of the changing definitions of "salt" is also crucial to a historical comprehension of the transition between alchemy and chemistry.

Tabernacles of Clay

Sexuality and Gender in Modern Mormonism *UNC Press Books*

Taylor G. Petrey's trenchant history takes a landmark step forward in documenting and theorizing about Latter-day Saints (LDS) teachings on gender, sexual difference, and marriage. Drawing on deep archival research, Petrey situates LDS doctrines

in gender theory and American religious history since World War II. His challenging conclusion is that Mormonism is conflicted between ontologies of gender essentialism and gender fluidity, illustrating a broader tension in the history of sexuality in modernity itself. As Petrey details, LDS leaders have embraced the idea of fixed identities representing a natural and divine order, but their teachings also acknowledge that sexual difference is persistently contingent and unstable. While queer theorists have built an ethics and politics based on celebrating such sexual fluidity, LDS leaders view it as a source of anxiety and a tool for the shaping of a heterosexual social order. Through public preaching and teaching, the deployment of psychological approaches to "cure" homosexuality, and political activism against equal rights for women and same-sex marriage, Mormon leaders hoped to manage sexuality and faith for those who have strayed from heteronormativity.

Bread and Salt

A Social and Economic History of Food and Drink in Russia *Cambridge University Press*

Bread and Salt - a literal translation of the Russian word for hospitality - explores the social and economic implications of eating and drinking in Russia in the thousand years before 1900. Eating and drinking are viewed here as social activities which involves the economics of production, storage and distribution of food stuffs. These activities attract both social controls and state taxation; in this way the everyday process of eating and drinking is linked with the history of Russia. The dominance of grain in the diet throughout the period and the importance of salt, as implied in the title, are dealt with, as are the early Russian beer-drinking fraternities. The relatively late introduction of spirits, in the form of vodka, and its disastrous consequences in social terms are described. Tea and the samovar, also much more a latecomer than is generally realized, did little to diminish excessive drinking. Drinking, in any event, was by no means discouraged by the state, since it was a major source of state income. The final section of the book looks at rural diets in the nineteenth century, when some variation and new items, such as the potato, became important. At the same time, peasants depended basically on the grain crop, as they had for thousands of years. Forced by taxation to enter the market, afflicted by severe famines towards the end of the century, many peasants ate and drank no better as a result of the modernization of the country.

The Weight of Salt

A Gripping Story of Love and Courage.

Set in the gripping world of 1906 Ybor City, Florida, bright and ambitious fifteen-year-old ANGELINA PIRRELLO comes of age, a first generation American. Amid the turmoil of the Suffragettes' fierce fight for women's rights, the violent threat of the Italian mafia, and under the strict rule of her Sicilian father, Angelina struggles to find her way. Forced to quit school, and accept work in a cigar factory, Angelina remains determined to fulfill her dreams, when a devastating fire erupts at the factory. In its midst, Angelina meets ROLANDO and soon discovers love. Her excitement is swiftly shattered when her father arranges for her to marry a man she dislikes. With nowhere to turn, Angelina faces a critical and irrevocable crossroads of family honor and security or the uncertainty of a turbulent world.

Ready for a Brand New Beat

How "Dancing in the Street" Became the Anthem for a

Changing America *Penguin*

Can a song change a nation? In 1964, Marvin Gaye, record producer William "Mickey" Stevenson, and Motown songwriter Ivy Jo Hunter wrote "Dancing in the Street." The song was recorded at Motown's Hitsville USA Studio by Martha and the Vandellas, with lead singer Martha Reeves arranging her own vocals. Released on July 31, the song was supposed to be an upbeat dance recording—a precursor to disco, and a song about the joyousness of dance. But events overtook it, and the song became one of the icons of American pop culture. The Beatles had landed in the U.S. in early 1964. By the summer, the sixties were in full swing. The summer of 1964 was the Mississippi Freedom Summer, the Berkeley Free Speech Movement, the beginning of the Vietnam War, the passage of the Civil Rights Act, and the lead-up to a dramatic election. As the country grew more radicalized in those few months, "Dancing in the Street" gained currency as an activist anthem. The song took on new meanings, multiple meanings, for many different groups that were all changing as the country changed. Told by the writer who is legendary for finding the big story in unlikely places, Ready for a Brand New Beat chronicles that extraordinary summer of 1964 and showcases the momentous role that a simple song about dancing played in history.

The Suppression of Salt of the Earth

How Hollywood, Big Labor, and Politicians Blacklisted a Movie in Cold War America *UNM Press*

This impassioned history tells a story of censorship and politics during the early Cold War. The author recounts the 1950 Empire Zinc Strike in Bayard, New Mexico, the making of the extraordinary motion picture Salt of the Earth by Local 890 of the International Union of Mine, Mill, and Smelter Workers, and the film's suppression by Hollywood, federal and state governments, and organized labor. This disturbing episode reflects the intense fear that gripped America during the Cold War and reveals the unsavory side of the rapprochement between organized labor and big business in the 1950s. In the face of intense political opposition, blackballed union activists, blacklisted Hollywood artists and writers, and Local 890 united to write a script, raise money, hire actors and crews, and make and distribute the film. Rediscovered in the 1970s, Salt of the Earth is a revealing celluloid document of socially conscious unionism that sought to break down racial barriers, bridge class divisions, and emphasize the role of women. Lorence has interviewed participants in the strike and film such as Clinton Jencks and Paul Jarrico and has consulted private and public archives to reconstruct the story of this extraordinary documentary and the coordinated efforts to suppress it.

Salt Wars

The Battle Over the Biggest Killer in the American Diet *MIT Press*

How food industry lobbyists and a small group of scientists have successfully fought government efforts to reduce dangerous levels of sodium in our food. A high-sodium diet is deadly; studies have linked it to high blood pressure, strokes, and heart attacks. It's been estimated that excess sodium in the American diet causes as many as 100,000 deaths and many billions of dollars in avoidable health-care costs each year. And yet salt is everywhere in our diets—in packaged foods, fast foods, and especially meals at table-service restaurants. Why hasn't salt received the sort of public attention and regulatory action that sugar and fat have? In Salt Wars, Michael Jacobson explains how

the American food industry and a small group of scientists have successfully fought government efforts to reduce dangerous levels of sodium in our food. Despite an abundance of research going back more than half a century showing that high-sodium diets lead to hypertension and other ills, a few scientists argue the opposite—that Americans consume a healthy amount of salt and that eating less would increase the risk of cardiovascular disease. This “man bites dog” take on sodium confused consumers and was enthusiastically taken up by food industry lobbyists. Jacobson, a salt wars combatant for more than forty years, explains what science actually says about salt intake and rebuts “sodium skeptics.” He discusses what other countries are doing to cut dietary salt, and describes some recent victories in the United States. He advises readers how to reduce salt—warning them against “salt bombs” (Campbell's Chicken Noodle Soup, for example, packs an entire day's worth of sodium in one can)—and calls on them to suit up for the next battle in the salt wars.

The Map of Salt and Stars

A Novel *Atria Books*

This powerful and lyrical debut novel is to Syria what *The Kite Runner* was to Afghanistan; the story of two girls living eight hundred years apart—a modern-day Syrian refugee seeking safety and an adventurous mapmaker's apprentice—“perfectly aligns with the cultural moment” (*The Providence Journal*) and “shows how interconnected two supposedly opposing worlds can be” (*The New York Times Book Review*). This “beguiling” (*Seattle Times*) and stunning novel begins in the summer of 2011. Nour has just lost her father to cancer, and her mother moves Nour and her sisters from New York City back to Syria to be closer to their family. In order to keep her father's spirit alive as she adjusts to her new home, Nour tells herself their favorite story—the tale of Rawiya, a twelfth-century girl who disguised herself as a boy in order to apprentice herself to a famous mapmaker. But the Syria Nour's parents knew is changing, and it isn't long before the war reaches their quiet Homs neighborhood. When a shell destroys Nour's house and almost takes her life, she and her family are forced to choose: stay and risk more violence or flee across seven countries of the Middle East and North Africa in search of safety—along the very route Rawiya and her mapmaker took eight hundred years before in their quest to chart the world. As Nour's family decides to take the risk, their journey becomes more and more dangerous, until they face a choice that could mean the family will be separated forever. Following alternating timelines and a pair of unforgettable heroines coming of age in perilous times, *The Map of Salt and Stars* is the “magical and heart-wrenching” (*Christian Science Monitor*) story of one girl telling herself the legend of another and learning that, if you listen to your own voice, some things can never be lost.

The War of the Worlds *First Avenue Editions* TM

When a meteorite lands in Surrey, the locals don't know what to make of it. But as Martians emerge and begin killing bystanders, it quickly becomes clear—England is under attack. Armed soldiers converge on the scene to ward off the invaders, but meanwhile, more Martian cylinders land on Earth, bringing reinforcements. As war breaks out across England, the locals must fight for their lives, but life on Earth will never be the same. This is an unabridged version of one of the first fictional accounts of extraterrestrial invasion. H. G. Wells's military science fiction novel was first published in book form in 1898, and is considered a classic of English literature.

The Song of Achilles *A&C Black*

SHORTLISTED FOR THE ORANGE PRIZE FOR FICTION 2012 Greece in the age of heroes. Patroclus, an awkward young prince, has been exiled to the court of King Peleus and his perfect son Achilles. Despite their differences, Achilles befriends the shamed prince, and as they grow into young men skilled in the arts of war and medicine, their bond blossoms into something deeper - despite the displeasure of Achilles's mother Thetis, a cruel sea goddess. But when word comes that Helen of Sparta has been kidnapped, Achilles must go to war in distant Troy and fulfill his destiny. Torn between love and fear for his friend, Patroclus goes with him, little knowing that the years that follow will test everything they hold dear.

Cities of Salt *Jonathan Cape*

Spell-binding evocation of Bedouin life in the 1930s when oil is discovered by Americans in an unnamed Persian Gulf kingdom.

The Pillar of Salt

The Pillar of Salt is a "semi-autobiographical novel about a young boy growing up in French colonized Tunisia. To gain access to privileged French society, he must reject his many identities - Jew, Arab, and African. But, on the eve of World War II, he is forced to come to terms with his loyalties and his past"--Google Books.

Nonviolence

The History of a Dangerous Idea *Random House*

The conventional history of nations, even continents, is a history of warfare. According to this view, all the important ideas and significant changes of humankind occurred as part of an effort to win one violent, bloody conflict or another. But there have always been a few who refused to fight. Following the grand sweep of history from Confucius to Tolstoy, Erasmus to Gandhi, bestselling author Mark Kurlansky traces pacifism and its proponents to show how many modern ideas, a united Europe, the United Nations, and the abolition of slavery - originated in non-violence movements.

The God Solution

The Power of Pure Love *Phoenix Books*

What is needed now is for humanity to agree on the most important topic in human history. We could produce spectacular results if we did so, changing life on Earth for the better - forever. And this is not out of our reach. We could bring an end to anger, violence, disagreements between people and nations, financial hardships, poverty, starvation, and the suffering of millions. We could bring peace, prosperity, security, opportunity, and joy to people around the world. In short, all that humanity has ever hoped for or dreamt of and what we were truly meant to experience could be ours. This could happen virtually overnight. And it could be done with the embracing of a single idea.

The Man Who Ate the World

In Search of the Perfect Dinner *Henry Holt and Company*

An astronomical gastronomical undertaking —one of the world's preeminent restaurant critics takes on the giants of haute cuisine, one tasting menu at a time Like the luxury fashion companies Gucci and Chanel, high-end dining has gone global, and Jay Rayner has watched, amazed, as the great names of the restaurant business have turned themselves from artisans into international brands. Long suspecting that his job was too good

to be true, Rayner uses his entrée into this world to probe the larger issues behind the globalization of dinner. Combining memoir with vivid scenes at the table; interviews with the world's most renowned chefs, restaurateurs, and eaters; and a few well-placed rants and raves about life as a paid gourmand, Rayner puts his thoughtful, innovative, and hilarious stamp on food writing. He reports on high-end gastronomy from Vegas to Dubai,

Moscow to Tokyo, London to New York, ending in Paris where he attempts to do with Michelin-starred restaurants what Morgan Spurlock did with McDonald's in *Super Size Me*—eating at those establishments on consecutive days and never refusing a sixteen-course tasting menu when it's offered. *The Man Who Ate the World* is a fascinating and riotous look at the business and pleasure of fine dining.