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| Autore                  | Unell Barbara C. <1951->                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| Titolo                  | The back in the swing cookbook : recipes for eating and living well every day after breast cancer / / Barbara C. Unell and Judith Fertig ; foreword by Rachel S. Beller ; Photography by Sara Remington                                                                                                                                                                                                                                                                                         |
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| ISBN                    | 1-4494-2240-3<br>1-4494-1833-3                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Descrizione fisica      | 1 online resource (367 pages)                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| Disciplina              | 616.99449                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| Soggetti                | Breast - Cancer - Diet therapy<br>Breast - Cancer - Prevention<br>Cookbooks.                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Lingua di pubblicazione | Inglese                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| Formato                 | Materiale a stampa                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| Livello bibliografico   | Monografia                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| Note generali           | Includes index.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| Nota di contenuto       | Intro -- Title -- Foreword -- Introduction: Back in the Swing Basics -- Chapter One: Desserts -- Chapter Two: Breakfast -- Chapter Three: Beverages -- Chapter Four: Appetizers and Snacks -- Chapter Five: Salads and Side Dishes -- Chapter Six: Soups, Stews, Risottos, and More -- Chapter Seven: The Main Event -- The New Horizons in Prevention -- Resources -- Metric Conversions and Equivalents -- Menu Planning Ideas -- Acknowledgments -- Index -- Copyright -- About the Authors. |
| Sommario/riassunto      | A life-affirming book full of 150 feel-good recipes that are easy to prepare, with fresh ingredients specifically designed to help breast cancer survivors get back in the swing of joyful, healthy living--                                                                                                                                                                                                                                                                                    |