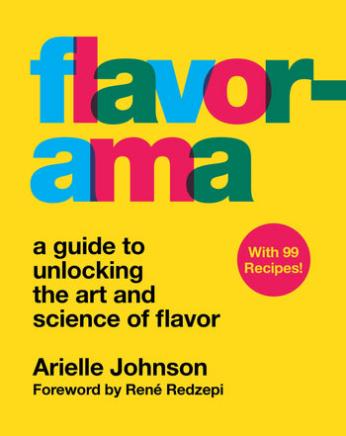
**新 书 推 荐**

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**作 者：Arielle Johnson**

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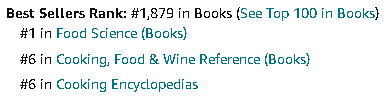
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**\*Epicurious:**[The 80 Most Exciting New Spring Cookbooks for 2024](https://www.epicurious.com/shopping/the-80-most-exciting-new-spring-cookbooks-for-2024)

\****New York Times***: [Food Section: Interview and interactive quiz featuring fun flavor](https://www.nytimes.com/interactive/2024/04/04/dining/flavor-quiz.html?unlocked_article_code=1.h00.-ahM.BCXSNcMbk3nN&smid=url-share) [tidbits from the book](https://www.nytimes.com/interactive/2024/04/04/dining/flavor-quiz.html?unlocked_article_code=1.h00.-ahM.BCXSNcMbk3nN&smid=url-share)

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**内容简介：**

**Katha is running a 1-person business, dedicated to pleasing**

**everyone. From an early age, she has learned to fit it, take care**

**of others, and stay out of trouble. Fixing her parents’ marriage**

**may have failed but she continues her work ardently even after**

**her mother moves Katha and her sister to another city.**

**At school, Katha makes new friends with Sofie and her**

**entourage over shared cigarettes behind the gym and joins**

**them for lazy afternoons at Sofie’s house. Where she meets**

**Angelica. Angelica who is something of a friend and**

**surrogate mother to the girls and who listens to Katha like**

**nobody ever has. In her inimitable way, Angelica encourages**

**Katha to question her role as service provider for the wellbeing of others – and to start taking care of herself. But when**

**Angelica falls ill, Katha’s whole world starts falling apart.**

**This is the story of a young woman in which so many will**

**recognize themselves: those who remain silent for fear of**

**saying the wrong thing, who risk vanishing behind the**

**masks they put on for others.**

**Bestselling author Sina Scherzant’s first novel is equal parts**

**tender and powerful, subtly funny and wonderfully rich in**

**early-2000s details – a millennial coming-of-age story as**

**much as a timeless meditation on how to allow ourselves to**

**be all that we are.The creator of the YouTube channel How to ADHD shares hard-won insights and everyday strategies that help her thrive in this accessible and shame-free guide to working with, understanding, and celebrating the ADHD brain.**  
   
Diagnosed with ADHD at age twelve, Jessica McCabe struggled with a brain that she didn’t understand. She constantly lost track of important items and had trouble with relationships. By thirty-two, she had dropped out of college twice, changed jobs fifteen times, and ruined her credit. Determined to understand her challenges, Jessica reached out to experts, read articles, and shared her discoveries on YouTube.  
   
In How to ADHD, Jessica reveals the insights and tools that have changed her life while offering an unflinching look at the realities of living with ADHD. The key to navigating a world not built for the neurodivergent brain isn’t to fix or fight against its natural tendencies but to understand and embrace them. She explains how ADHD affects everyday life, covering executive function impairments, rejection sensitivity, difficulties with attention regulation, and more. You’ll learn to identify the invisible obstacles that those with ADHD face and find tried-and-true strategies for adapting your environment, routines, and systems to work with the ADHD brain, including:  
   
• **Boost the signal and decrease the noise.**Facilitate focus by putting your goals where you can see them and fighting distractions with distractions.  
• **Have less stuff to manage.** Learn why you have trouble planning and prioritizing, and why doing more starts with doing less.  
• **Build your “time wisdom.”** Work backward when you plan and track how long it actually takes for you to complete a task.  
• **Learn about your emotions.** Understand how naming your emotions, letting yourself experience them, and appreciating the guidance they provide will make them easier to regulate.  
   
With quotes from Jessica’s online community, chapter summaries, and reading shortcuts designed for the neurodivergent reader, How to ADHD will help you recognize your challenges, tackle “bad brain days,” and be kinder to yourself in the process.

SEE LESS

**这本书是一本关于风味科学以及如何在自己的厨房中使用它的诙谐、通俗易懂的必备指南，作者是食品科学家阿里尔·约翰逊（Arielle Johnson），她是一些世界一流厨师的知己。本书有超过75个食谱，加上雷诺·雷泽皮（René Redzepi）的前言。**

**“阿里尔改变了我对味道的看法，在这本书里，她也会为你做同样的事情。”——雷诺·雷泽皮，诺玛（**Noma）**餐厅的主厨**

**你需要见见风味科学家阿里尔·约翰逊。她的大部分时间都用来帮助厨师更好地理解味道背后的原理，并做出美味的新食物。现在，她把这些宝贵的知识分享给各地的家庭厨师。阿里尔将乐趣和智慧混合在一起，深入研究化学、感觉和工艺如何结合起来创造风味，蒸馏出真正的风味分子以及如何让它为你工作。**

**你不需要实验室或专业厨房，甚至不需要科学背景，就能从风味科学中学到一些东西。有了《风味》，你可以轻松地在烹饪时巧妙调整味道，给任何一道菜增添一点魅力，轻松地用你手边的食材替换另一种食材，使用食谱或技术即兴创作新菜，或者大胆地复制一种味道。用创造力，信心，和世界级厨师的灵活性来烹饪，学习如何解锁食材的味觉潜力，创造自己的菜肴，做自己的苦酒，发酵自己的味增……伴随着这本通往风味小镇不可或缺的指南，有超过75个食谱和阿里尔自己绘制的迷人的插图和图表。**

**作者简介：**

**阿里尔·约翰逊（Arielle Johnson）**博士是一位风味科学家，为世界上一些顶级厨师和餐厅提供咨询。阿里尔是**雷诺·雷泽皮（René Redzepi）**位于哥本哈根的诺玛（Noma）发酵实验室的联合创始人和诺玛项目的科学总监。她是麻省理工学院媒体实验室的前主任研究员，也是埃尔顿·布朗（Alton Brown）食品网络节目*Good Eats: The Return*.的科学官。她曾在SXSW、《鸡尾酒的故事》（*Tales of the Cocktail*）、《连线》（*Wired*）和《哈佛科学与烹饪》（*Harvard Science and Cooking*）系列讲座上讲授食品和科学，她关于这一主题的文章发表在《洛杉矶时报》（*Los Angeles Times*）和《幸运桃》（*Lucky Peach*.）上。她住在纽约市。她的Instagram账号是：@arielle\_johnson。

**媒体评论：**

“阿里尔·约翰逊的《风味》是我们一直在等待的‘为普通人准备’食品科学书籍，即使我们不知道自己需要它。约翰逊博士深入研究了味道的方方面面，以及我们如何感知、创造和控制它，以提升所有读者的烹饪水平。有趣、清晰、超级平易近人，《风味》立即摆在了我书架上最好的位置，在哈罗德·麦基(Harold McGee)的作品的右边占据了它应有的位置。要不是我实在是太喜欢它，我会嫉妒得脸色发青的。”

----奥尔顿·布朗（Alton Brown），厨师，美国电视名人，《下一个名厨》主演

“十多年来，我一直了解并钦佩阿里尔·约翰逊和她的工作。阿里尔是最罕见的风味科学家，在餐厅厨房和实验室都有丰富的经验，是一位熟练的化学翻译，为任何美食爱好者提供清晰有用的建议。我对《风味》的推荐再强烈也不为过：它对任何认真理解、创造美味的人来说都是必不可少的读物。”

----哈罗德·麦基（Harold McGee），《食物与烹饪》（ON FOOD AND COOKING）一书的作者

“能有约翰逊博士真是一种幸运。她毕生致力于理解食物的某些方面，而其他人则认为这些方面是神秘或无法解释的。现在她花时间来解释它们，给了我们驾驭和理解味道的工具。就好像一个先进的外星文明认为我们值得拥有比光更快的技术。很幸运阿里尔是我们中的一员，更幸运的是你能看到这本书。”

----大卫·张（David Chang），百福面食店（Momofuku）创始人

“这是一本科学含量很高的书，在分子水平上强调风味的化学成分；不过，通过通俗易懂的语言和插图，约翰逊让这一切变得非常有趣和容易理解。即使是那些通常对科学文章不感兴趣的吃货读者也应该读一读这本书。”

----《书目》（*Booklist*）

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