

PALEO ITALIAN COOKING

Authentic Italian *Gluten-Free* Family Recipes



Cindy Barbieri

Photography by Nicole Alekson

Forewords by Robb Wolf and Bobby Soper

TUTTLE



Are you eager to integrate a gluten-free or Paleo diet with your lifestyle? You'll find it's a snap to combine your nutrition goals with the primal powerhouse of Italian flavors.

You can lose weight and achieve a maximum level of health without tedious calorie counting, purchasing expensive-but-bland prepared diet foods or skimping on the satisfying meals you crave. Cookbook author and food blogger Cindy Barbieri shows you how to prepare flavor-first Paleo Italian meals like Cod Florentine, Chicken Scaloppine in Lemon-Caper Sauce, Eggplant & Sausage Caponata and many other healthful dishes inspired by her Nana's Italian kitchen.



To my husband and children, for encouraging and believing in me as I follow my passion!



PALEO ITALIAN
Cooking

**AUTHENTIC ITALIAN
GLUTEN-FREE FAMILY RECIPES**

CINDY BARBIERI

Forewords by **ROBB WOLF** and **BOBBY SOPER**
Photography by **NICOLE ALEKSON**

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Foreword by Robb Wolf

New York Times Bestselling Author of *The Paleo Solution*

When I think about Italians and traditions, Cindy Barbieri stands out as a champion of the joyful practice of gathering around the table to eat, laugh and share stories of the day with family and friends. Everyone fortunate enough to enjoy Cindy's hospitality leaves with a dish or a gift to take home as a thank-you for spending time with her. She enjoys all aspects of entertaining, but most of all she loves cooking for her guests.

Cindy's family is from Italy, and she visits Tuscany every year. Upon returning home to Massachusetts, she recreates Italian dishes inspired by meals enjoyed on picturesque mountaintops overlooking the vineyards of central Italy. Since becoming part of the Paleo community, Cindy has been transforming traditional dishes, along with new inspiration into authentic Paleo Italian recipes. Her crowd-pleasing Tuscan twist adds something new to the Paleo world, including popular and flavorful one-pot recipes that are suitable for both weeknight family dining and entertaining.

This cookbook will show you how to make restaurant-quality Paleo Italian recipes right in your own kitchen!



Foreword by Bobby Soper

President & CEO, *Mohegan Sun*

When you spend time with Cindy Barbieri, the word “passion” comes to mind. Whether it's her passion for sharing her culinary creations with the world; or her passion for helping others who are less fortunate via her efforts with Food-share; or her passion for showcasing her talents through her *Cindy's Table* magazine and this cookbook, her energy emanates from everything she does. This energy is contagious and uplifting. We are proud

to be associated with such a talented individual who creates smiles on the faces of all her viewers, readers, and people in the community who she has helped.

ABOUT CINDY

Cindy's love for food began before she could reach the counter in her Nana's Italian kitchen. Her grandmother Nicolina, who was from Naples, loved to be surrounded by her family. She could always be found in the kitchen stirring a large pot of sauce or making lasagna to feed the neighborhood. Cindy is a lot like her Nana, as she enjoys sharing her love for cooking and preparing her family's favorite meals when all the kids are home visiting.

Every meal has a story of Cindy and Nana in the kitchen together, and Cindy's eyes sparkle when these tales are shared with family and friends. Cindy's two sisters also love to reminisce about their childhood. Although the sisters sometimes disagree about the way Nana made certain recipes, they always have fun when they get a chance to cook together—with, of course, a glass of wine in hand.

Cindy's infectious enthusiasm for Italian food pervades all of her recipes, which demonstrate the passion inspired by her Italian heritage and her extensive travels throughout Italy. Her Italian style of cooking is flavorful yet clean, and very approachable. The recipes are not complicated, and many of them can be made in advance, but they'll always be the star of the party!

Cindy and her husband Glenn love to entertain in their large country home in Marlborough, Connecticut. Most of the recipes in this book appear regularly in Cindy's kitchen—especially her antipasti, which is always offered to family and friends. Other favorites are the spinach and artichoke rolls and her delicious frittatas. She always serves Italian chopped salad alongside Tuscan favorites such as anchovy pizza or Roman braised eggplant. A pot of sauce or meatball and kale soup will be simmering on the stove on the weekends. On any given night at Cindy's, you might be served her chicken scaloppine in caper sauce or even osso buco; if she feels like seafood, you could have the salmon with lemon, capers and thyme. Cindy's desserts are light and easy, but very Italian. This book offers a unique take on the flavors of Tuscany. Cindy's hope in sharing these homemade Tuscan Paleo recipes is that you will feel like part of her family and share her love for the taste of Italy.



BUON APPETIT O!

WELCOME TO MY WORLD

I am so happy you are here to share what I love most: cooking for my family and friends while drinking wine in my kitchen! I've found that inviting new friends home to share one of my homemade Paleo Italian dishes with a glass of wine is a wonderful way to deepen a friendship.

My family is from Naples, Italy, and many of the Paleo Italian recipes in this book are based on my family traditions and the flavors from this area. My husband and I also spend two weeks in Italy every year. We especially love the Tuscan area of central Italy, with its natural cobbled streets, wide-open windows, and friendly folks standing outside ready to welcome you into their restaurants or shops; but there are countless beautiful parts of Italy to be discovered while traveling through the countryside. I've been lucky enough to have traveled throughout Europe and the U.S., and I have found that I feel most at home in Italy. The importance of food and family in everyday life really resonates with my values.

Having spent a lot of time in my grandmother's kitchen growing up, I'm thrilled to have this opportunity to share my extraordinary and easy cooking, which represents my heritage and my love for good, healthy food. In this book, I've included dishes I serve to my family and friends, many of which represent dishes my grandmother, Nana, made for us. My best childhood memories are of gatherings for birthdays, graduations, wedding Sunday dinners or simple get-togethers—in which every conversation either began or ended with food. Nana had a very easygoing approach to life: always have enough food to feed the entire family and whoever stops by. Being old-fashioned, she also told me that the way to a man's heart is through his stomach. "Feed your man," she said, "and he'll always come home to you." My approach to cooking is very similar to my grandmother's—keep it simple and add lots of flavor using fresh herbs! The quality of the ingredients plays a very important part in any recipe and enhances the beauty of each dish.



I love easy, authentic Italian food that can be prepared in advance without a lot of mess, and which are equally suitable for weeknight dinners or special occasions.

A typical Italian dinner is served family-style, with wine and laughter.

Weekends often involve more of a multicourse extravaganza that may last a few hours. Because I'm a bit of a selfish mother, it makes me happy to have my family at the table for a few uninterrupted hours, all of us enjoying delicious food together. In this book, I will show you how much fun cooking at home truly is, and how it offers quality time with the people you love around you. In Italy, families spend hours together eating several small meals and drinking local wine. There's no need to consume a large plate of food in a single sitting; eating Italian-style means making a meal into more of an event, taking your time with the food enhancing the special moments you spend together.

When I decided to leave corporate America and follow my passion into the kitchen, it was a very natural transition. I'm able to make great food for my family and friends every day. I feel blessed to have this opportunity to share my family traditions as well as all of the new recipes coming from my kitchen. I also deeply appreciate my husband's willingness to make time for us to travel throughout Italy each year and enjoy the amazing food, views, and wine. These trips have inspired me to create great food using all natural ingredients and to embrace my Italian heritage. It's a great pleasure to share my travels to Italy, my family traditions and authentic Italian recipes with you, and I hope you enjoy the results.





Venetian Potatoes (page [140](#))



Scrambled Eggs with Smoked Salmon & Arugula (page [52](#))

THE PALEO ITALIAN LIFESTYLE

This cookbook assumes that you have some familiarity with the Paleo lifestyle and you're ready to take your skills up a notch to create authentic Italian recipes for your family and friends. If you're new to Paleo, there are many books and online resources that offer a sound introduction. The basic principles of Paleo living involve avoiding dairy, grains, legumes, vegetable oils, processed sugar and most other processed foods. I use grass-fed meats and organic vegetables and fruits whenever possible, and I always keep coconut oil, olive oil, nuts and seeds on hand. Paleo and gluten-free diets are not identical, but if you're avoiding gluten, the Paleo lifestyle is a great way to stay healthy.

Back when I was a kid, food was different: my grandfather had a garden and chickens and most of our food was unprocessed. In today's world, we need to pay attention to everything that goes into our bodies. Eating wholesome food will enhance your life. When I first learned about Paleo, I loved the community's shared enthusiasm for the lifestyle and for longevity. If you want to live a long life and share your history with your children and grandchildren, why not start now? You'll see the difference after making a few small changes, and you'll want to share it with everyone you know.

I've taken the dishes my Nana made for our family and transformed her recipes to fit the Paleo lifestyle. If you're following this path, you may wonder how to incorporate Italian cooking without it being complicated or losing authenticity. In my opinion, coming from a deep-rooted Italian family that ate a lot of lamb, veal, poultry and tons of meatballs, it's easy and welcoming. My family and friends all understand my love for cooking, since I prepare enough to feed the neighborhood and welcome company, but they also know I'm cooking Paleo-style. The best part of this transition is that everyone wants to be in the kitchen with me, helping me out. They don't realize it, but I'm teaching them how to cook healthy and keep it easy.

Maybe you're wondering how an Italian can go without pasta, pizza and bread dipping in a big pot of sauce. Well, to be honest, sometimes I don't! Some might call that "cheating," but I call it portion control and making the right choices. Sometimes my Italian nature craves a small bowl of pasta, so I'll indulge it. I am a Paleo advocate, but I also love food and cooking for my family and friends. I feel that if you decide you want that bowl of pasta or slice of pizza, then enjoy it, but don't over-indulge or make a habit of it.

In the course of writing this book over the past four years, I have been updating my Paleo blog and living the Paleo lifestyle. I'm living proof that it's easy to keep your traditions and adhere to the Paleo lifestyle while bringing happiness and love to your

guests. I hope that this book creates a place in your heart for my tradition and culture by letting you try out Italian recipes for your friends and family. I also hope to inspire you to create your own traditions for passing on your love and joy through cooking. This book is filled with real food that real people want to eat!

KEEP GOING, AND ENJOY YOUR JOURNEY INTO PALEO ITALIAN CUISINE.



Italian Chopped Salad (page 45) and Antipasto Platter (page 36)



Different types of Italian sausage



Spaghetti Squash Puttanesca (page [122](#))



Custard Pie with Pine Nuts & Almonds (page [145](#))



THE SEASONS AND SAVORS OF ITALY

The weather in Italy can vary greatly. The seasons tend to be similar to New England's—summers can be brutally hot and winters can be freezing. When deciding on the best season to choose for a trip to Italy, there are many factors to take into consideration.

Spring in Italy is very beautiful and peaceful. Although early spring may still be a bit chilly, late spring brings warm weather and beautiful flowers. You can enjoy eating outside, and you might even get some swimming in. Traveling to Italy is cheaper in spring than in summer, and far less crowded. There are a number of festive occasions to enjoy. Holy Week festivals take place around Easter, and there are many festivals of light and flowers to celebrate as well. Bring light clothes for hot weather, as well as some sweaters and jackets in case it gets cold. You should also bring a rain jacket and boots, as spring in Italy can be rainy.

Summer is the most popular time for visiting Italy. Many families take their vacation in the summer and want to travel when the weather is nice. Although summer in Italy can be hot and crowded, it's a great time to take advantage of Italy's beautiful beaches and explore its gorgeous cities and medieval villages. Pack light clothes; Italian summers often reach over 100°F (42°C). Definitely bring a bathing suit so you can cool off after a hot summer day!

Another great season for traveling to Italy is fall. The weather is starting to cool off then, but it's still warm enough to enjoy great outdoor activities. It's an ideal time for hiking the mountains or cycling your way through the cities and towns, enjoying the gorgeous fall foliage and natural beauty before winter comes. It's also the best time to taste Italian food, as fresh mushrooms, truffles, olives, and wine are at their peak. There are many food festivals during the fall where you can enjoy delicious Italian treats. As in spring, airfare in fall is usually very cheap, and the enormous summer crowds are gone. Be sure to bring warm clothes—maybe even a winter jacket if you're traveling late in the season. Don't forget your rain jacket, rain boots, and umbrella, too, because November is the rainiest month in Italy. Bring comfortable sneakers for hiking or exploring!

You can always visit Italy in the winter, too. Though it may be cold outside, you can still have a great time, especially if you enjoy winter sports such as skiing or snowboarding. Italy's majestic mountains are a great place for this. The winter holidays in Italy—Christmas, New Year's, and Carnival celebrations, among others—offer an excellent way to witness Italian traditions and sample delicious holiday foods. It's also a great time to explore cultural opportunities such as operas and theater events. Italian winters are beautiful and romantic, with gorgeous snow-covered hills offering amazing views. Be sure

to bring plenty of warm clothes with you, including a jacket, gloves, a hat, boots, and scarves.

No matter what the season, the rich culture, beauty and delicious food of Italy never disappoint. In deciding when you want to travel there, consider the kinds of activities you enjoy and factor that into your decision. Spring and fall are great for hiking, summer is great for swimming, and the winter is great for snow sports. Visiting at a time when you can take advantage of your favorite activities will help you make the most out of your Italian vacation.

MY FAVORITE PLACES IN TUSCANY

If you go to Italy, Tuscany is a must-see spot. Located in central Italy, it comprises beautiful countryside, gorgeous hills, the sea coast, and even some islands. It's rich with culture, history, delicious food, and abundant beauty.

Florence, the capital of the region, was home to many influential Western artists and thinkers, including Leonardo da Vinci, Petrarch, Dante, Lorenzo de Medici, Alberti, Botticelli, and Machiavelli; Tuscany boasts numerous museums dedicated to these important figures. The area also has an abundance of fine art and architecture from the Etruscans, Romans, and the artists and artisans of the Renaissance, with thousands of amazing sculptures, frescoes and architectural masterpieces to enjoy. If you are interested in Tuscany's amazing art and history, I recommend visiting the Leonardo da Vinci Museum in Florence, the Accademia Gallery in Florence, the Siena Cathedral in Siena, the Leaning Tower of Pisa, and the churches of Saint Augustine and San Biagio in Montepulciano, among others.



The foods of Tuscany are justifiably famous. People from all over the world travel there to enjoy fresh homemade pastas, outstanding wines, and delectable pastries. One excellent

place to taste the one-of-a-kind Tuscan food is Gigi Trattoria in Lucca, Italy. This quaint Italian restaurant, located on the Piazza del Carmine, has been open since the 1950s, and is well known both for its traditional dishes based on Tuscan cuisine and its friendly service. Another great spot is Osteria del Borgo in Montepulciano, which serves various Tuscan specialties including homemade pasta. It offers indoor and outdoor seating, and when the weather is good, the seats on the terrace offer a stunning view of the Tuscan Hills of the Orcia Valley. Montepulciano is also famous for its fabulous red wines. Be sure to try the Nobile di Montepulciano, which is one of the most highly regarded Italian reds.

There are many spectacular places in Tuscany to relax and have fun during your stay. The Castello di Spaltenna, located in Gaiole Chianti, is a magnificent hotel with a castle-like appearance and luxurious rooms appointed in beautiful Tuscan style. The hotel offers all the usual amenities such as Wi-Fi and satellite TV, and also boasts two swimming pools, a gym with sauna and steam room, a tennis court, mountain bikes, a restaurant, and even a boutique. Nearby attractions include the Parish Church of Spaltenna, Vertine Castle, Brolio Castle, Le Miccine winery, Meleto Castle, and Coltibuono Abbey. The Hotel Calceolaro del Porto, located in Punta Ala, right near the Bay of Follonica, is also highly recommended. This five-star seaside resort and hotel offers magnificent views of the sea and water, along with amenities to meet every possible need. You can spend your time here relaxing by going to the spa, lounging in the pool, soaking in the hot tub, or enjoying the hotel's private beach. Activities such as windsurfing, horseback riding, tennis, snorkeling, mini-biking, cycling, golf, mini-golf, and tours of the area are also available. There are many great places to explore in Punta Ala, including Bagno Punta Hidalgo, Bagno Belmare, and Stabilimento Balneare (seaside resort) La Vela.

I know visiting Tuscany can be overwhelming because there are so many tempting places to visit! I hope these suggestions will give you a start on exploring the magnificent culture, history, food, and beauty that this special region of Italy has to offer.

TRADITIONAL DINING IN ITALY

Food is an essential part of Italian life. There are cafés and restaurants everywhere, and when you visit any Italian home, you'll be offered a drink or something to eat before you can even sit down.

There are several regions in Italy—Tuscany being one—each with its own specialties and particular ways of preparing standard dishes. For example, you might order a pasta dish in one region, then order the same dish in another region and find that they are prepared very differently, despite having the same name.

The Italian approach to food is different from what is generally found in America. For example, Italian breakfasts are small, just an accompaniment for morning coffee and talk about the upcoming day. Lunches involve a little more food—a salad and a pizza, for instance. Not a large American-style pizza, though; Italian pizzas are very thin and much

smaller, and you won't find them overburdened with toppings or cheese. As a matter of fact, my favorite pizza in Tuscany is simply topped with anchovies, capers and a light sauce with no cheese—just enough to satisfy the midday appetite. Dinner is served later in the evening; many restaurants in Italy don't open until 7:30 p.m. You may walk by a restaurant at 7 p.m. and notice the proprietor's family eating together at a table—they will not open until they are finished with their evening meal.

There is a famous saying in Italy for dinner: "How many courses can you eat?" The first course is the *antipasto*, or appetizer course, which usually consists of olives, cheese, anchovies, pickled vegetables, and a variety of delicious meats. The next course is the *primo piatto* (first dish), generally consisting of fresh homemade Italian pasta or rice. Next comes the main course, or *secondi piatto*. This is usually made up of meat and a vegetable platter called the *contorno*. Most places serve delectable cuts of meat accompanied by perfectly cooked fresh vegetables. (If you get a chance, try eating boar—many restaurants serve it and it is astoundingly good.) The final course is the *dolce*, or sweets. Italian desserts, which are justifiably famous, consist of many pastries, cakes, and other original specialties.



None of these courses are large; in Italy, a course consists of a small plate of food. For example; if you order ravioli, you might get one large piece of ravioli, not a full plate of pasta. When ordering, always remember to give your server all your course selections once.

Italian restaurants tend to be much more relaxed than restaurants in the U.S. You are never rushed, and servers treat you more like family than a customer. There is a great feeling of closeness among the guests, and it's very easy to make great conversations and find new friends. Some restaurants even have long tables where many customers sit

together. I love these types of restaurants, because they allow me to meet many new and interesting people as we bond over delicious Italian food.

While dining in Tuscany, you'll notice that bread is not automatically brought to your table; you have to ask for it. Tuscan bread is not salted, and it's very dense. Be sure to try some before you order, as it may be different from what you're expecting. As for wine, I recommend asking for the house wine in Tuscany. It comes in an unlabeled bottle and it's not expensive, but it is delicious. You may even order a second glass!

If you have a chance to visit Italy, you will treasure your dining experiences. The amazing food, relaxing atmosphere, and friendships that Italian restaurants offer are unique to that country. There are so many wonderful restaurants with great food that it can be hard to choose which one to visit. They each have something unique to offer their guests. I suggest trying as many different Italian restaurants as possible to make the most of the Italian dining experience.

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