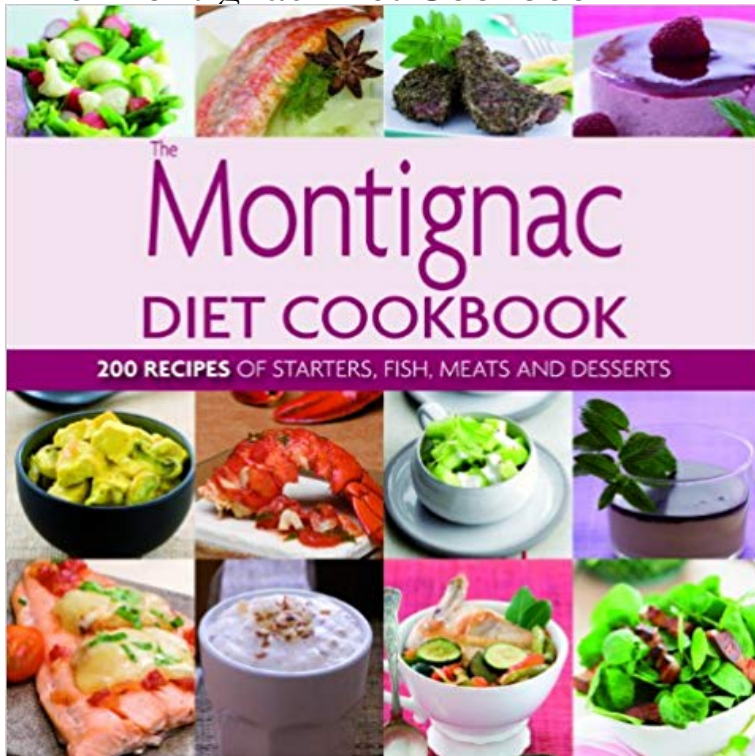


The Montignac Diet Cookbook



By setting the foundations for a new philosophy of eating, Michel Montignac has been showing us for more than twenty years that how we select our food determines our state of health. Simply adjusting our eating habits can help us not only shed excess weight, but also prevent metabolic diseases, in particular diabetes and heart disease. This book is one of four modules in a Montignac recipes series that directly apply the principles of the Montignac methods *Gastronomie Nutritionnelle* (Nutritional Gastronomy). These principles are for everyone who expects to enjoy healthy, good food and still meet the needs of health concerns. The Montignac Recipes in this book are mainly inspired from the Mediterranean way of eating, officially recognized as the best in the world. These recipes are fast, practical and simple. They use common, cheap ingredients and can be made by any beginner.

Abravanel's World of Torah, upon completion, will comprise a multi-volume set of Don Yitzchak Abravanel's commentary to the Five Books of Moses. This series is not a linear translation but rather a methodical, structured interpretation of Abravanel's commentary. It is designed to be read and studied independently or can be used as an excellent guide and helpful companion to the Hebrew original.

Abravanel's World of Torah: Bereshit was originally published by Torah Renaissance Press in 2012. This was followed by a Second Printing (2nd Ed.) in 2013 and a Third Printing in 2014.

Abravanel's World of Torah: Shemot Volume I covers the first six parshiyot in Sefer Shemot. This volume features a systematic translation of Abravanel's classic commentary beginning with Parashat Shemot until the end of Parashat Mishpatim, plus much more.

Abravanel's World of Torah: Shemot Volume II concludes Sefer Shemot. It features an in depth analysis of the Mishkan (Tabernacle), the Thirteen Attributes, and much more.

Vayikra is due out in the Spring of 2017.

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