

Star Trek Cocktails A Stellar Compendium

Star Trek: Kirk Fu ManualStar Trek: The Next Generation CatsMocktails, Punches, and ShrubsStar Trek Nerd SearchRock CocktailsStar Trek: The Wisdom of PicardThe Making of the Umbrella AcademyA Contest of PrinciplesBorrowed SoulsStar Trek - Food Recipes from the ReplicatorStar Wars: Galaxy's EdgeStar Trek CocktailsThe Autobiography of James T. KirkThe Gemini AgentThe Geeky Chef DrinksLive Long and Evolve3-Ingredient CocktailsStar Trek: the Artistry of Dan CurryHarryhausen: the Lost MoviesDisney Villains The Essential Guide New EditionThe Autobiography of Kathryn JanewayMan of the YearStar Trek: Starfleet AcademyObsessed with Star TrekStar Trek: Year Five - Odyssey's End (Book 1)Mr Spock's Little Book of MindfulnessStar Trek CatsDark SkiesStar Trek CookbookLife in MotionStar Trek: The Book of ListsStar Trek: Body by StarfleetEat Like a Rock StarOfficial Star Trek Cooking ManualStar Trek: Discovery: Die StandingMocktailsStar Trek Voyager: a CelebrationMocktailsThe Art of Star Trek DiscoveryStar Trek: Discovery: The Enterprise War

Star Trek: Kirk Fu Manual

Set your taste-buds to stunned! These Cosmic recipes will take you where no one has gone before. They're cocktails, Jim, but not as you know them. Have you ever longed for a taste of Romulan Ale? Or pined for the mellowing effect of Dr McCoy's Mint Julep? Perhaps a Fuzzy Tribble would get you purring? Or a soothing sip of Captain Picard's Earl Grey Martini? This

voyage into the future of stylish drinking is a must for all Star Trek - and cocktail - fans. With a galaxy of illustrations, and a witty garnish of quotations, this book will help you celebrate your favorite show. Mix the classic cocktails served on Starfleet starships throughout the Federation! Picard, Kirk, McCoy, Scotty, Quark, and more - try out each crew member's favorite!

Star Trek: The Next Generation Cats

In unabashed celebration of Captain James T. Kirk's singular fighting skills, *Star Trek: Kirk Fu Manual* is every Starfleet cadet's must-have training guide for surviving the final frontier. As captain of the legendary U.S.S. Enterprise, James T. Kirk engaged in his share of fisticuffs, besting opponents with a slick combination of moves and guile that remains unmatched. Is there anyone you'd rather have watching your back as you take on Klingons, alien gladiators, genetically engineered supermen, and even the occasional giant walking reptile? *Kirk Fu* is a series of unarmed combat techniques developed by one of Starfleet's most celebrated starship captains over several years of encounters with alien species on any number of strange new worlds. A blend of various fighting styles, *Kirk Fu* incorporates elements of several Earth-based martial arts forms as well as cruder methods employed in bars and back alleys on planets throughout the galaxy. It is as unorthodox in practice as it is unbelievable to behold. Including excerpts from Kirk's own notes and personal logs, the *Star Trek: Kirk Fu Manual* is the perfect training guide for surviving the depths of space. With proper training and practice, every Starfleet cadet can become one with *Kirk Fu*.

Mocktails, Punches, and Shrubs

Discover all of Captain Jean-Luc Picard's sage advice, insight, and wisdom from the deck of the USS Enterprise and beyond in this ultimate collection of wise words from the esteemed Starfleet captain. Any Star Trek fan knows that Captain Jean-Luc Picard is renowned for his impressive oratory skills, preferring negotiation and diplomacy over violence and destruction. Now, you can finally ponder all of his wisdom in one place—from his thoughts on leadership and sense of duty to justice and the limitlessness of exploration—in *Star Trek: The Wisdom of Picard*. Journey with the Starfleet captain through his seven seasons on *Star Trek: The Next Generation* to the *Star Trek* movies to the current series *Star Trek: Picard*. *Star Trek: The Wisdom of Picard* boldly goes where no book has gone before to log Picard's timeless advice in one impressive collection, perfect for *Star Trek* fans everywhere! Make it so!

Star Trek Nerd Search

A bold new chapter for *STAR TREK* begins here, in an all-new series that shows you what life is like for cadets at the galaxy's greatest school! Witness the student days of the iconic cast before they joined the Enterprise! Plus, meet an all-new group of students as they embark on bold new adventures of their own! The first new characters in the *STAR TREK* movie universe make their mark here.

Rock Cocktails

Meet the villains we all love to hate! The essential e-guide to more than 50 of the most villainous Disney and Disney Pixar movie characters. What makes Cruella De Vil so cruel? Why is Scar jealous of his brother Mufasa? Who are the troublesome toys at Sunnyside Daycare? © 2020 Disney

Star Trek: The Wisdom of Picard

A greatest hits collection of 40 party-starting, hard-rocking cocktail recipes. A greatest hits collection of 50 party-starting, hard-rocking cocktail recipes. Like your liquor as hard as your rock music? Then you'll love this collection of pun-based cocktails that pay tribute to the great and the good of rock 'n' roll. With recipes inspired by The Pixies (This Drunk He's Gone to Heaven), Fleetwood Mac (Pisco Your Own Way), Metallica (Enter Sand Manhattan), Van Halen (Shot for Teacher), and plenty more, there's more than enough to keep all rock cocktail makers busy.

The Making of the Umbrella Academy

An engaging journey into the biological principles underpinning a beloved science-fiction franchise In Star Trek, crew members travel to unusual planets, meet diverse beings, and

encounter unique civilizations. In these remarkable space adventures, does Star Trek reflect biology and evolution as we know it? What can the science in the science fiction of Star Trek teach us? In *Live Long and Evolve*, biologist and die-hard Trekkie Mohamed Noor takes readers on a fun, fact-filled scientific journey. Noor offers Trekkies, science-fiction fans, and anyone curious about how life works a cosmic gateway into introductory biology, including the definitions and origins of life, DNA, reproduction, and evolutionary processes. Giving readers irresistible insights, *Live Long and Evolve* looks at some of the powerful science behind one of the most popular science-fiction series.

A Contest of Principles

Fresh, fun, and flavorful alcohol-free drinks A collection of more than 80 chic and colorful drinks as visually appealing and flavorful as cocktails—but without the booze. From citrusy concoctions to seasonal specialties, these inventive mocktails will hold their own on the palate and stand out at any party. Chic cocktails without alcohol. This visually-driven cookbook features fabulous mocktails to satisfy any taste, occasion, or season. The 80+ drinks are based on fruits, herbs, spices, syrups—fresh ingredients and bright flavors like ginger, citrus, turmeric, berries, hibiscus, persimmon, coconut, mint, and matcha—and span refreshing options like coolers, spritzes, and juices to warming punches, toddies, and teas. Learn the building blocks of crafting a perfect drink, from the essential tools—including the shakers and strainers found in any home bar—and unique and customizable made-from-scratch simple syrups, shrubs, purees, sugars, and salts. A visual guide to mocktail necessities distills the key

components to choose from to build a stellar drink: the base; some sweetness; fruits & vegetables; fresh herbs & flowers; acid; dried spices & flowers; teas & coffee; garnishes, and ice. Beautiful color photography showcases the ingredients and elements of each drink, along with the luscious finished concoction. Sample recipes include: Lychee-tini Pineapple Mint Spritz Thai Daiquiri Lavender Bubbly Cherry Vera Cucumber Elderflower Fizz Blueberry Cardamom Smash Sumac Sour Hibiscus Lime Slush Coconut-Turmeric Rejuvenator Blood Orange Creamsicle Turmeric, Apple & Ginger Chai Persimmon Nog Pomegranate Apple Spiced Cider

Borrowed Souls

Provides recipes for cocktails that do not contain alcohol, including a big berry, a veggie shake, and an apple and hazelnut lassi.

Star Trek - Food Recipes from the Replicator

An all-new novel based upon the explosive Star Trek TV series! No one in the history of histories has lost more than Philippa Georgiou, ruler of the Terran Empire. Forced to take refuge in the Federation's universe, she bides her time until Section 31, a rogue spy force within Starfleet, offers her a chance to work as their agent. She has no intention of serving under anyone else, of course; her only interest is escape. But when a young Trill, Emony Dax,

discovers a powerful interstellar menace, Georgiou recognizes it as a superweapon that escaped her grasp in her own universe. Escorted by a team sent by an untrusting Federation to watch over her, the emperor journeys to a region forbidden to travelers. But will what she finds there end the threat—or give “Agent Georgiou” the means to create her old empire anew?

Star Wars: Galaxy's Edge

Inspired by the cuisine from the exciting new Star Wars: Galaxy's Edge themed lands at Walt Disney World and Disneyland, *Star Wars: Galaxy's Edge: The Official Black Spire Outpost Cookbook* is the ultimate source for creating out-of-this-world meals and treats from a galaxy far, far away. Join intergalactic gourmet Strono “Cookie” Tuggs for a mouthwatering journey into the cuisine of Black Spire Outpost and beyond. From the swamps of Dagobah to the forests of Endor and the deserts of Jakku, chef extraordinaire Strono “Cookie” Tuggs has traveled countless light-years to compile the galaxy's most delicious recipes into this unique volume. With Cookie as your guide, journey to the streets of Black Spire Outpost and discover delectable delicacies such as Braised Shaak Roast, Nerf Kebabs, Mustafarian Lava Buns, Huttese Slime Pods, Spicy Mandalorian Stew, and much more. Featuring seventy recipes—including sides, sauces, soups, breads, main courses, desserts, and drinks—this comprehensive cookbook is a hyperspace route to the tastiest treats in the galaxy, bringing a little taste of Black Spire Outpost right into your own home.

Star Trek Cocktails

Callie Delgado always puts family first, and unfortunately her brother knows it. She's emptied her savings, lost work, and spilled countless tears trying to keep him out of trouble, but now he's in deeper than ever, and his debt is on Callie's head. She's given a choice: do some dirty work for the mob, or have her brother returned to her in tiny pieces. Renting souls is big business for the religious population of Gem City. Those looking to take part in immoral—or even illegal—activity can borrow someone else's soul, for a price, and sin without consequence. To save her brother, Callie needs a borrowed soul, but she doesn't have anywhere near the money to pay for it. The slimy Soul Charmer is willing to barter, but accepting his offer will force Callie into a dangerous world of magic she isn't ready for. With the help of the guarded but undeniably attractive Derek—whose allegiance to the Charmer wavers as his connection to Callie grows—she'll have to walk a tight line, avoid pissing off the bad guys, all while struggling to determine what her loyalty to her family's really worth. Losing her brother isn't an option. Losing her soul? Maybe.

The Autobiography of James T. Kirk

Almost everyone in the world enjoyed the Star Trek Movies and TV series. Actually, the new ones are great too. However, there is one amazing way to experience the adventure and excitement through food. Food, aroma, and taste are the best thing to give you the feeling like

you are in the movie, living together with Starfleet officers. Taking part in important missions and exploring the galaxy. Until we can use food from other planets and dishes created by our fellow aliens we must use our imagination, the scene from the episodes to create the food they eat. While it wasn't an easy task, it was a great one. I enjoyed every step I took, especially the last one, tasting the recipe. Get this book immediately and experience Star Trek from a whole new perspective. The Star Trek TV Series You will get recipes for: - The Next Generation - Deep Space Nine - Voyager - Enterprise

The Gemini Agent

An all-new novel based upon the explosive Star Trek TV series! A shattered ship, a divided crew—trapped in the infernal nightmare of conflict! Hearing of the outbreak of hostilities between the United Federation of Planets and the Klingon Empire, Captain Christopher Pike attempts to bring the USS Enterprise home to join in the fight. But in the hellish nebula known as the Pergamum, the stalwart commander instead finds an epic battle of his own, pitting ancient enemies against one another—with not just the Enterprise, but her crew as the spoils of war. Lost and out of contact with Earth for an entire year, Pike and his trusted first officer, Number One, struggle to find and reunite the ship's crew—all while Science Officer Spock confronts a mystery that puts even his exceptional skills to the test...with more than their own survival possibly riding on the outcome...

The Geeky Chef Drinks

Space is again in the headlines. E-billionaires Jeff Bezos and Elon Musk are planning to colonize Mars. President Trump wants a "Space Force" to achieve "space dominance" with expensive high-tech weapons. The space and nuclear arms control regimes are threadbare and disintegrating. Would-be asteroid collision diverters, space solar energy collectors, asteroid miners, and space geo-engineers insistently promote their Earth-changing mega-projects. Given our many looming planetary catastrophes (from extreme climate change to runaway artificial superintelligence), looking beyond the earth for solutions might seem like a sound strategy for humanity. And indeed, bolstered by a global network of fervent space advocates-and seemingly rendered plausible, even inevitable, by oceans of science fiction and the wizardly of modern cinema-space beckons as a fully hopeful path for human survival and flourishing, a positive future in increasingly dark times. But despite even basic questions of feasibility, will these many space ventures really have desirable effects, as their advocates insist? In the first book to critically assess the major consequences of space activities from their origins in the 1940s to the present and beyond, Daniel Deudney argues in *Dark Skies* that the major result of the "Space Age" has been to increase the likelihood of global nuclear war, a fact conveniently obscured by the failure of recognize that nuclear-armed ballistic missiles are inherently space weapons. The most important practical finding of Space Age science, also rarely emphasized, is the discovery that we live on Oasis Earth, tiny and fragile, and teeming with astounding life, but surrounded by an utterly desolate and inhospitable wilderness stretching at least many trillions of miles in all directions. As he stresses, our focus must be on

Earth and nowhere else. Looking to the future, Deudney provides compelling reasons why space colonization will produce new threats to human survival and not alleviate the existing ones. That is why, he argues, we should fully relinquish the quest. Mind-bending and profound, *Dark Skies* challenges virtually all received wisdom about the final frontier.

Live Long and Evolve

Spanning the epic science fiction franchise's fifty-one-year history, a breathtaking collection of the most compelling Star Trek facts and trivia, including events from both on and off-screen, available in 100 concise lists. Since Gene Roddenberry's original series first aired in 1966, Star Trek has become a pop culture phenomenon, and one of the largest global properties of all time. Entertaining and fun, *Star Trek: The Book of Lists* catalogs the most compelling facts about the original series and its spin-offs, as well as its thirteen films, gathered together and broken down into one hundred lists, including: Historical Figure Cameos Crew Crossovers Memorable Deaths Intergalactic Threats, Enemies, and Villains Compiling a galaxy's worth of information in one handy digest, *Star Trek: The Book of Lists* is a fascinating historical record of the Star Trek universe for both hardcore fans and casual viewers.

3-Ingredient Cocktails

Featuring nerdy recipes for both alcoholic and non-alcoholic beverages, *The Geeky Chef*

Drinks is your chance to sip your way through your favorite sci-fi and fantasy worlds—Game of Thrones, Legend of Zelda, Star Trek, and more. Whether you're into comics, video games, books, or movies, you'll be able to make the drinks you've always wanted to taste from realms like The Lord of the Rings, Harry Potter, The Legend of Zelda, Firefly, Minecraft, Final Fantasy, and many more. In *The Geeky Chef Drinks*, author Cassandra Reeder has imagined into being the delicious alcoholic and non-alcoholic beverages from these varied sci-fi worlds. If you've found yourself craving Shimmerwine from Firefly, Flander's Planters Punch from The Simpsons, or Pumpkin Juice from Harry Potter, your thirst will be quenched. Easy, step-by-step instructions and fun theme photos make these creative recipes perfect for your next party, season premier get-together, or your standing reservation for a party of one. With *The Geeky Chef Drinks*, prepare to be transported to galaxies far, far way.

Star Trek: the Artistry of Dan Curry

An epic new Star Trek saga by New York Times bestselling author Greg Cox set during the original five-year mission! The planet Vok is holding its first free elections after years of oppressive military rule. Captain James T. Kirk and the crew of the Starship Enterprise have been dispatched by Starfleet to serve as impartial observers, but remaining neutral proves a challenge, as Kirk confronts a tangled web of scandal, conspiracy, and assassination plots—with the stability of an entire sector at stake. To make matters worse, Dr. Leonard McCoy has vanished while on a mission of mercy to Braco, a nearby planet only a system away. With Kirk unable to abandon his vital mission on Vok to hunt for his friend, it's up to First Officer

Spock and Christine Chapel to lead a team in search of the missing doctor, even if it means risking whatever fate befell McCoy. Unknown to his friends and crewmates, however, McCoy has been spirited away to another world, Ozalor, where he's expected to find a cure for a mysterious ailment plaguing a member of the planet's ruling family. Torn between his Hippocratic oath and his desire to escape, McCoy finds himself at the center of deadly palace intrigues—and a struggle for power that may ultimately consume all three worlds!

Harryhausen: the Lost Movies

The official guide to the unrealised films of Ray Harryhausen. Known for his iconic stop-motion creatures, Ray Harryhausen was at the forefront of Hollywood special effects for much of the 20th century. His films include *One Million Years B.C.*, *Clash of the Titans* and *Jason and the Argonauts*, among others. But for every film that reaches the big screen, half a dozen projects are never realised. *Harryhausen: The Lost Movies* explores Harryhausen's unrealised films, including unused ideas, projects he turned down and scenes that ended up on the cutting room floor. This book includes never-been-seen-before artwork, sketches, photos and test footage from the Harryhausen Foundation archives.

Disney Villains The Essential Guide New Edition

With more than 50 years of history to its name, Star Trek is one of the world's most treasured

popular culture institutions, and seven-time Emmy award winner Dan Curry is one of its most enduring talents. His amazing contributions have ranged from directing, title design and concept art to practical on-set effects and weapon design. From *The Next Generation* to *Enterprise*, Dan's incredibly diverse Star Trek work has resulted in some of the series' most memorable moments.

The Autobiography of Kathryn Janeway

The official Star Trek: Discovery art book. Star Trek: Discovery, the newest chapter in the Star Trek Universe, follows the exploits of Vulcan-raised science officer Michael Burnham and the crew of the U.S.S. Discovery as they boldly go where no one has gone before. The Art of Star Trek Discovery explores behind the scenes of CBS's hit show, with cast and crew interviews, set photography, concept art and storyboards. With exclusive content from the first two seasons, this book is a must-have for every Star Trek fan.

Man of the Year

Celebrating the 25th anniversary of the TV series in 2020! Everything you want to know about Captain Kathryn Janeway's Starship Voyager and crew. The perfect holiday gift for the Star Trek fan in your life! STAR TREK: VOYAGER was groundbreaking. It was the first STAR TREK show with a female captain and had the franchise's most diverse cast. It pushed the

boundaries of visual effects and makeup further than ever before, and literally took the show into new territory when Voyager was stranded in the Delta Quadrant, home of the Borg Collective. STAR TREK: VOYAGER - A CELEBRATION tells the behind-the-scenes story of Voyager's epic journey, from its earliest origins and pivotal episodes to in-depth features on writing, directing, visual effects, production art and more. This is the ultimate guide to the making of a television classic. It is based on more than 30 new interviews, featuring the nine principal cast members, including Kate Mulgrew, Jeri Ryan, and Robert Picardo, and key behind-the-scenes personnel who reveal the stories and secrets behind the show. STAR TREK: VOYAGER first appeared on TV on 16 January 1995, running for 172 episodes over seven seasons. Charting the adventures of the 24th Century Starfleet Vessel U.S.S. Voyager, this multi award-winning series followed the starship and its crew to the distant side of the galaxy. Celebrating 25 years since its first broadcast episode, this book explores the very best of STAR TREK: VOYAGER, with chapters looking at the greatest episodes, alien characters, visual effects, hair and makeup, costumes and guest stars. Plus the actors talk of their memories of the show, and recall their personal highlights over its six-and-a-half year run.

Star Trek: Starfleet Academy

Kathryn Janeway reveals her career in Starfleet, from her first command to her epic journey through the Delta Quadrant leading to her rise to the top as vice-admiral in Starfleet Command. The woman who travelled further than any human ever had before, stranded decades from home, encountering new worlds and species and overcoming one of Starfleet's greatest

threats – the Borg – on their own remote and hostile territory.

Obsessed with Star Trek

In *The Gemini Agent*, as first-year final exams week kicks off, several incident reports with serious allegations against James T. Kirk end up on the Commandant of Midshipmen's desk. None of the allegations are true, of course... or are they? Kirk is being plagued by mysterious blackout periods, so he finds the allegations difficult to refute. During these blackout periods, he has no recollection of what he did, save for some very disturbing and disjointed memories. Kirk needs his friends, Bones and Uhura to help prove his innocence. Who is targeting Kirk, and why is he being targeted? And how far are they willing to go? Someone close to Kirk holds the answers to all of these questions, but can he put the pieces together before it's too late?

Star Trek: Year Five - Odyssey's End (Book 1)

The cats are back in their continuing mission: to boldly go where no one has gone before. This companion to the bestselling *Star Trek Cats* brings the many adventures of *Star Trek: The Next Generation* to life in a faithfully feline homage to the hit series. From encounters with the Borg to adventures on the holodeck, Captain Picard and the rest of the U.S.S. Enterprise NCC-1701-D crew are reimagined as cats with lovingly detailed and eyebrow-raising scenes from throughout the award-winning series, perfect for *Star Trek* fans across the Galaxy. TM &

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Mr Spock's Little Book of Mindfulness

Is there one food that humans, Klingons, Bajorans, and Vulcans would like? If so, what would it taste like? How would you prepare it? Could you find all the ingredients locally? This is the task that faces Neelix, chef for the U.S.S. Voyager™, every time he takes on the challenge of trying to feed its crew of 140 food critics. But over the course of their journey, Neelix's learned a few tricks of the trade. He had to, just as a matter of self-preservation. Ethan Phillips, in the persona of Neelix, and William J. Birnes, the New York Times bestselling coauthor of *The Day After Roswell*, throw wide the vaults of interstellar haute cuisine, revealing for the first time the secret preparation techniques behind all those exotic dishes and drinks. The favorite foods of characters from every Star Trek series and movie are here, all adapted for easy use in twentieth-century kitchens. The Star Trek Cookbook also features a complete guide for whipping up the all the drinks served at Quark's. Fun, and easy to use, the Star Trek Cookbook is your indispensable guide to the food of the stars!

Star Trek Cats

Who knew that Bill Wyman (The Rolling Stones) makes an amazing Lamb Chops with Endive

and Blue Cheese Salad, that Michael McDonald (The Doobie Brothers) loves Pasta with Ham and Parmesan Cheese, or that Boz Scaggs eats Tuscan Grilled Chicken? With more than a hundred recipes from seven decades of rock 'n' roll, pop, country, RnB, and disco, Mark Bego, along with Mary Wilson of The Supremes, gathers beloved recipes from legendary rocker friends and invites the ultimate music fan to put on an apron and join them at the table. Featuring each rock star's biography, their favorite recipe, and other fun facts, *Eat Like a Rock Star* is a must-have for every die-hard rocker-at-heart who loves to eat. There is nowhere else you will find Ray Parker Jr.'s Salmon and Eggs, Joey Fatone's (NSYNC) Rice Balls, Micky Dolenz's (The Monkees) Micky 'D' Cocktail, and Angela Bowie's (David Bowie's ex-wife's) Rosti Hash Brown Potatoes all in one book. Whether it's brunch, lunch, dinner, or desert, learn to cook: •Michelle Phillips's (The Mamas & The Papas) Organic Lemon Chicken •Lou Christie's Linguine with Fresh Tomatoes •Marilyn McCoo's (The 5th Dimension) Leg of Lamb •Glen Campbell's Favorite Mexican Chicken Casserole •Sarah Dash's (Patti LaBelle and the Bluebelles) Peach Cobbler, and more! With a section on head-spinning cocktails, full menu suggestions, as well as author Mark Bego's own culinary concoctions such as Spicy Szechuan Sesame Noodles and Boozy Banana Cream Pie, look no further for the all-in-one cooking and rock 'n' roll companion. As Martha Reeves says about her Smoked Turkey Necks & Lima Beans, "Honey, this is real soul food!"

Dark Skies

Star Trek Cookbook

The Autobiography of James T. Kirk chronicles the greatest Starfleet captain's life (2233–2371), in his own words. From his birth on the U.S.S. Kelvin, his youth spent on Tarsus IV, his time in the Starfleet Academy, his meteoric raise through the ranks of Starfleet, and his illustrious career at the helm of the Enterprise, this in-world memoir uncovers Captain Kirk in a way Star Trek fans have never seen. Kirk's singular voice rings throughout the text, giving insight into his convictions, his bravery, and his commitment to the life—in all forms—throughout this Galaxy and beyond. Excerpts from his personal correspondence, captain's logs, and more give Kirk's personal narrative further depth.

Life in Motion

A fully illustrated guide that bridges the nexus between stasis and health, Star Trek: Body by Starfleet provides real, practical, and fun exercises for Star Trek fans of all ages and physical abilities so that they may boldly live long and prosper. Drawing from the most celebrated and iconic elements of over 50 years of Star Trek, Body by Starfleet will provide any pop-culture (or junk-food) junkie a fun and healthy way to engage their warp core and get moving. Whether you view the gym as an impenetrable final frontier or regularly bench press boulders like a Gorn, these simple, easy-to-follow instructions -- created in consultation with a certified fitness trainer -- is for readers of all ages and fitness levels to navigate through a series of enterprising

exercises. Everyone, from an ensign in the Command Training Program to an admiral who's voyaged through every quadrant, will benefit from the more than 30 exercises featuring Klingon Tribble Twists, Chekov's Cossack Squats, Jefferies Tube Climbers, and Wesley Crunchers. All of the exercises in *Body by Starfleet* are designed for standard gravity so they can be performed with little to no equipment everywhere from living rooms to gyms to holodecks. Also included is a section covering nutrition so readers can program their replicators to eat better and cleaner, a workout log for recording activities and progress, and special exercises aimed toward non-humanoid species including Horta and Medusans.

Star Trek: The Book of Lists

Dive into the development and production of the Netflix original series, *The Umbrella Academy*, with a collection that features hundreds of behind-the-scenes images and exclusive commentary from the creative team. Discover how Netflix's live-action adaption successfully translated Gerard Way and Gabriel Ba's original vision for their comic to the small screen. Whether you're a diehard alumni of the comics or a freshman to the Netflix series, you will not want to miss this vividly designed volume exposing the idiosyncratic wit and dysfunctional dynamism of Netflix's family of superheroic savants.

Star Trek: Body by Starfleet

A sinister, sophisticated debut thriller by “a remarkable new voice to watch” (J.T. Ellison, New York Times bestselling author), *Man of the Year* has been lauded by Shelf Awareness as “an impressive slow burn that builds suspense and cracks the whip at the end...redolent with menace and ego.” Dr. Robert Hart, Sag Harbor’s just-named *Man of the Year*, is the envy of his friends and neighbors. His medical practice is thriving. He has a beautiful old house and a beautiful new wife and a beautiful boat docked in the village marina. Even his wayward son, Jonah, is back on track, doing well at school and finally worthy of his father’s attentions. So when Jonah’s troubled college roommate needs a place to stay for the summer, Hart and his wife generously offer him their guesthouse. A win-win: Jonah will have someone to hang with, and his father can bask in the warm glow of his own generosity. But when Robert suspects his new houseguest of getting a little too close to his wife, the good doctor’s veneer begins to crack, and all the little lies he tells start to mount. Before long, Robert is embroiled in a desperate downward spiral, threatening to destroy anyone who stands in his way. It’s only the women in his life—his devoted office manager, his friends and neighbors, his wife—who can reveal the truth...if he’s willing to look. Biting and timely, *Man of the Year* races along at an electric pace, building to a wicked twist you won’t see coming.

Eat Like a Rock Star

Finalist for the 2018 James Beard Foundation Book Awards for "Beverage" category A collection of the greatest drinks of all time, modern and classic, all of which conveniently feature only three ingredients. *3-Ingredient Cocktails* is a concise history of the best classic

cocktails, and a curated collection of the best three-ingredient cocktails of the modern era. Organized by style of drink and variations, the book features 75 delicious recipes for cocktails both classic (Japanese Cocktail, Bee's Knees, Harvey Wallbanger) and contemporary (Remember the Alimony, Little Italy, La Perla), in addition to fun narrative asides and beautiful full-color photography.

Official Star Trek Cooking Manual

Captain's log: We have entered a galaxy where beloved illustrator Jenny Parks has conjured an astonishingly vivid homage to the original Star Trek series with an unexpected twist: a cast of cats. Featuring a hilarious new take on iconic characters and scenes—from Kirk in the Captain's chair to Spock offering his Vulcan wisdom—this eye-opening adventure stays true to the tone of the classic TV show. Playful, loving, and from a strange new world, Star Trek Cats is the perfect gift for fans of, well, Star Trek and cats.

Star Trek: Discovery: Die Standing

Comprehensive quiz book containing more than 2,500 questions about the Star Trek TV series and Movies, from The Original Series right through to the recent JJ Abrams films. This update to the original Obsessed With Star Trek quiz book includes 200 new questions based on the exciting films of a new Star Trek era: Star Trek (2009), Star Trek Into Darkness and Star Trek

Bookmark File PDF Star Trek Cocktails A Stellar Compendium

Beyond. The updated edition is being released in paperback, with answers at the bottom of each page. This compact, yet comprehensive book will engage and challenge even the greatest fan. Test your knowledge of the Star Trek universe!

Mocktails

In a universe that seems to have gone mad, we turn to mindfulness to restore sanity. And who better to teach us wisdom than Mr. Spock, that beacon of calm, rational thought. With quotes from STAR TREK and timely insights about modern life this book will be your guide. When humanity has lost its way, it takes a Vulcan to raise an eyebrow at our folly and lead us towards the truth. After all, it's only logical

Star Trek Voyager: a Celebration

Profiles the life and career of the professional ballerina, covering from when she began dance classes at age thirteen in an after-school community center through becoming the only African American soloist dancing with the American Ballet Theatre.

Mocktails

Think you know Star Trek, the original series like no fans has done before? Well boldly go and

take up our challenge! It's a puzzle book, Jim, but not as we know it. This is no conventional 'search-and-find.' Each of its detailed, full-color pages is packed with out-of-context items and cosmic continuity errors that only a true fan can spot. It would be illogical to resist this challenge, when the accuracy of the whole Trek universe is at stake. Captain Kirk, Mr Spock and the Enterprise crew have discovered that a series of exploding tribbles have been hidden by the Klingons in locations visited by the Enterprise. Kirk and his crew must seek and find each exploding tribble. At the same time, fans must spot items from every story in The Original Series, also concealed in the pictures. This is next-level Where's Waldo for adult fans, plus a chance to save the galaxy into the bargain! The book opens with an article exploring the grand tradition of fans spotting continuity gaffes in the world of Star Trek. Then this is followed by an explanatory spread telling the reader how to use the book. A feedback session at the back clears up all quibbles with tribbles and debates about the non-interference directive! Three levels of engagement: * TRIBBLE TREK: SPOT the all-important EXPLODING TRIBBLE * NERD ALERT: Spot five continuity errors, mistakes within the featured episode itself. * THE ARTEFACT INCIDENT: Find the out-of-context items from other episodes, ten to a spread.

The Art of Star Trek Discovery

Join the crew of the U.S.S Enterprise in all-new adventures as they near the end of their five-year mission, featuring the characters from the Original Series! The crew of the Enterprise left Earth four years ago. They've traveled to strange new worlds, defeated impossible foes, and made universe-changing decisions. But now, with the end in sight, they'll have to face their

biggest challenge yet. Step aboard the Enterprise with Kirk, Spock, Bones, Uhura, Sulu, Scotty, and Chekov as they begin the end of their original five-year mission and boldly go into an uncertain future in this new continuing Star Trekseries! Collects issues #1–6.

Star Trek: Discovery: The Enterprise War

What to drink when you're "not drinking"? Mocktails, Punches, and Shrubs offers 101 unique, delicious non-alcoholic drink options for everyday and any occasion. Michelin-starred celebrity chef Vikas Khanna has created a dazzling collection of non-alcoholic drink recipes, from herbal infusions to new combinations of teas; from tantalizing elixirs, smoothies, and slushies to the trendy drinking vinegars-called shrubs-now taking over the taste buds of foodies worldwide. Mocktails, Punches, and Shrubs includes step-by-step instructions for drinks that showcase innovative blends of not-so-common fruits, vegetables, sauces, and syrups to concoct interesting, healthy drinks. Tips and variations allow you to play with your imagination and create custom concoctions suited to your individual palate. Mocktails, Punches, and Shrubs is a beautiful recipe eBook for conscientious hosts, those who abstain from alcohol for health and wellness or who just love a refreshing, unique, delicious beverage sure to lift the spirits.

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