

Natasha's Dance : A Cultural History of Russia

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This tremendously attractive, ambitious, dizzying book is in every way a worthy successor to Figes' bestselling "A People's Tragedy". The whole panorama of Russia's mighty culture is conjured up in a way that is fresh, intimate and immediate. Whether talking about music or novels, buildings or paintings, Figes' enthusiasm and literary brilliance sweeps the reader along through a series of great set-piece chapters.

Orlando Figes is Professor of History at Birkbeck College, University of London. His last book, A PEOPLE'S TRAGEDY (Cape 1996), won the NCR Book Award, the Wolfson History Prize, the Longman/History Today Book of the Year Award and the WH Smith Literary Award. He lives in Cambridge. From Natasha's Dance:

"With the shift of political power to St. Petersburg, Moscow became the capital of the good life for the nobility. Its grandees gave themselves to sensual amusement. Count Rakhmanov, for example, spent his whole inheritance in eight years of gastronomy. He fed his poultry with truffles. He kept his crayfish in cream and parmesan instead of water. And he had his favorite fish, found only in the Sosna River a thousand miles away, delivered live to Moscow every day. Count Stroganov gave 'Roman dinners'-his guests lay on couches and were served by naked boys. Caviar and herring cheeks were typical hors d'oeuvres. Next came salmon lips, bear paws, and roast lynx. Then they had cuckoos roasted in honey, halibut liver, and burbot roe; oysters, poultry, and fresh figs; salted peaches and pineapples. Afterward, they would go into the banya and drink, eating caviar to build up a real thirst . . . Petersburgers despised Moscow for its sinful idleness, yet no one could deny its Russian character."

Other Books

The Carb Sensitivity Program, Bestselling author and naturopathic doctor Natasha Turner is back, with a revolutionary discovery about individual sensitivities to carbohydrates. The Carb Sensitivity Program is a simple nutrition plan (with recipes!) that produces quick, consistent and lasting weight-loss results. Did you know that healthy foods such as sweet potatoes, black beans, or quinoa could be making you fat? Renowned health expert Dr. Natasha Turner has made a groundbreaking discovery that can help curb cravings, control appetite and beat belly fat in just six weeks. Her research and hundreds of patient trials have revealed that the vast majority of us have different degrees of sensitivity to carbohydrates without realizing it. This means the degree to which you are sensitive to carbohydrates (such as bread, vegetables, pasta, rice, fruits and beans) determines how much fat you are accumulating on your waistline. This explains why some people fail to lose weight, hit an unbreakable plateau or increase their weight even when they're following a perfectly balanced diet. Something as simple as chickpeas could actually be a major contributor to weight gain! The Carb Sensitivity Program helps the reader discover the perfect carbohydrates for his or her body, and walk away with a personalized plan that sheds fat, increases energy and optimizes health by producing quick, consistent and lasting weight loss. With so many people in danger of heart disease, stroke and diabetes, there truly is not a single individual who would not benefit from this uncomplicated yet revolutionary discovery.

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