

## Paul Bocuse Simply Delicious Aklein

Divided Spirits tells the stories of tequila and mezcal, two of Mexico's most iconic products. In doing so, the book illustrates how neoliberalism influences the production, branding, and regulation of local foods and drinks. It also challenges the strategy of relying on "alternative" markets to protect food cultures and rural livelihoods. In recent years, as consumers increasingly demand to connect with the people and places that produce their food, the concept of terroir—the taste of place—has become more and more prominent. Tequila and mezcal are both protected by denominations of origin (DOs), legal designations that aim to guarantee a product's authenticity based on its link to terroir. Advocates argue that the DOs expand market opportunities, protect cultural heritage, and ensure the reputation of Mexico's national spirits. Yet this book shows how the institutions that are supposed to guard "the legacy of all Mexicans" often fail those who are most in need of protection: the small producers, agave farmers, and other workers who have been making tequila and mezcal for generations. The consequences—for the quality and taste of tequila and mezcal, and for communities throughout Mexico—are stark. Divided Spirits suggests that we must move beyond market-based models if we want to safeguard local products and the people who make them. Instead, we need systems of production, consumption, and oversight that are more democratic, more inclusive, and more participatory. Lasting change is unlikely without the involvement of the state and a sustained commitment to addressing inequality and supporting rural development.

Cookery of the French Provinces - Kitchen equipment -  
Cooking terms - Wine for the kitchen - Sauces - Hors-D'oevre

and salads - Pates - Sausages - Ham dishes - Vegetables - Fish - Meat - Poultry and game - Left-overs - Sweet dishes. Every wine has a story. In this collection of elegantly written essays from the past thirty years, updated with a new introduction and endnotes, renowned author Gerald Asher informs wine enthusiasts with insightful, engrossing accounts of wines from Europe and America that offer just as much for those who simply enjoy vivid evocations of people and places. Asher puts wine in its context by taking the reader on a series of discursive journeys that start with the carafe at his elbow. In his introduction, Asher says, "Wine . . . draws on everything and leads everywhere." Whether the subject is a supposedly simple red wine shared in a Parisian caf or a Napa Valley Cabernet tasted with its vintner, every essay in *A Carafe of Red* is as pleasurable as the wines themselves. In her timely new book, Teresa M. Mares explores the intersections of structural vulnerability and food insecurity experienced by migrant farmworkers in the northeastern borderlands of the United States. Through ethnographic portraits of Latinx farmworkers who labor in Vermont's dairy industry, Mares powerfully illuminates the complex and resilient ways workers sustain themselves and their families while also serving as the backbone of the state's agricultural economy. In doing so, *Life on the Other Border* exposes how broader movements for food justice and labor rights play out in the agricultural sector, and powerfully points to the misaligned agriculture and immigration policies impacting our food system today.

"This cookbook is a whole way of life. What care, love, and work have gone into it. I find it fascinating. I think people would just love it, as it is not like anything else around." -Julia Child In the high Alpine valley of Le Grande Chartreuse, Roy Andreis de Groot discovered by accident a charming and unpretentious little inn L'Auberge de l'Atre Fleuri. Impressed

by the devotion of its owners to perpetuating the tradition of supreme country dining, Mr. de Groot returned to the inn to record their recipes for natural country soups, hearty winter stews, roasted meats, pates, terrines, and fruity and spirituous desserts—the best of French cooking. Superb food, fine wine and the perfect blending of both into a series of menus for memorable lunches and dinners, together with the unique French Alpine recipes that build each meal—these are the ingredients of this remarkable book, now considered a classic.

This book explores the origins and significance of the French concept of terroir, demonstrating that the way the French eat their food and drink their wine today derives from a cultural mythology that developed between the Renaissance and the Revolution. Through close readings and an examination of little-known texts from diverse disciplines, Thomas Parker traces terroir's evolution, providing insight into how gastronomic mores were linked to aesthetics in language, horticulture, and painting and how the French used the power of place to define the natural world, explain comportment, and frame France as a nation.

The food system is broken, but there is a revolution underway to fix it. Bite Back presents an urgent call to action and a vision for disrupting corporate power in the food system, a vision shared with countless organizers and advocates worldwide. In this provocative and inspiring new book, editors Saru Jayaraman and Kathryn De Master bring together leading experts and activists who are challenging corporate power by addressing injustices in our food system, from wage inequality to environmental destruction to corporate bullying. In paired chapters,

authors present a problem arising from corporate control of the food system and then recount how an organizing campaign successfully tackled it. This unique solutions-oriented book allows readers to explore the core contemporary challenges embedded in our food system and learn how we can push back against corporate greed to benefit workers and consumers everywhere.

French cuisine is such a staple in our understanding of fine food that we forget the accidents of history that led to its creation. *Accounting for Taste* brings these "accidents" to the surface, illuminating the magic of French cuisine and the mystery behind its historical development. Priscilla Parkhurst Ferguson explains how the food of France became French cuisine. This momentous culinary journey begins with Ancien Régime cookbooks and ends with twenty-first-century cooking programs. It takes us from Carême, the "inventor" of modern French cuisine in the early nineteenth century, to top chefs today, such as Daniel Boulud and Jacques Pépin. Not a history of French cuisine, *Accounting for Taste* focuses on the people, places, and institutions that have made this cuisine what it is today: a privileged vehicle for national identity, a model of cultural ascendancy, and a pivotal site where practice and performance intersect. With sources as various as the novels of Balzac and Proust, interviews with contemporary chefs such as David Bouley and

Charlie Trotter, and the film *Babette's Feast*, Ferguson maps the cultural field that structures culinary affairs in France and then exports its crucial ingredients. What's more, well beyond food, the intricate connections between cuisine and country, between local practice and national identity, illuminate the concept of culture itself. To Brillat-Savarin's famous dictum—"Animals fill themselves, people eat, intelligent people alone know how to eat"—Priscilla Ferguson adds, and *Accounting for Taste* shows, how the truly intelligent also know why they eat the way they do. "Parkhurst Ferguson has her nose in the right place, and an infectious lust for her subject that makes this trawl through the history and cultural significance of French food—from French Revolution to *Babette's Feast* via Balzac's suppers and Proust's madeleines—a satisfying meal of varied courses."—Ian Kelly, *Times* (UK)

Introduction -- Cheap nature -- Cheap money -- Cheap work -- Cheap care -- Cheap food -- Cheap energy -- Cheap lives -- Conclusion

*Listen to Your Body* shows how you can promote health and natural well-being by modifying everyday actions to improve the flow of qi (the universal principle of energy). Breathing, eating, drinking, resting, washing, and many other small but vital actions--if carried out in the right way--can result in profound changes in body function. To give readers an understanding of the body's own natural

medicine, the authors provide a clear explanation of the foundations of Traditional Chinese Medicine (TCM) with reference to qi and its flow through the body's meridians, the balance of yin and yang, and the body's energy centers. Readers will learn how to "tune in" to the signals the body transmits to warn of impending health problems; numerous case histories illustrate how this highly developed information system of the body works. Later chapters address the art of relaxation, bringing together the TCM approach to health with recent scientific studies. Finally the authors describe in detail how to apply the natural medicine of the body to daily life. They discuss illness prevention and provide specific guidance for the management of a range of health disorders. Exercises and simple routines are given, together with the basis for their therapeutic effect. A cookbook and market guide from the nation's premier neighborhood grocery store, featuring expert advice on how to identify the top ingredients in any supermarket and 90 vibrant recipes that make optimal use of the goods. San Francisco's Bi-Rite Market has a following akin to a hot restaurant—its grocery goods and prepared foods have made it a destination for lovers of great food. In *Eat Good Food*, former chef turned market owner Sam Mogannam explains how to source and use the finest farm-fresh ingredients and artisanal food products, decipher labels and terms, and build a

great pantry. *Eat Good Food* gives you a new way to look at food, not only the ingredients you buy but also how to prepare them. Featuring ninety recipes for the dishes that have made Bi-Rite Market's in-house kitchen a destination for food lovers, combined with Sam's favorite recipes, you'll discover exactly how to get the best flavor from each ingredient. Dishes such as Summer Corn and Tomato Salad, Spicy String Beans with Sesame Seeds, Roasted Beet Salad with Pickled Onions and Feta, Ginger-Lemongrass Chicken Skewers with Spicy Peanut Dipping Sauce, Apricot-Ginger Scones, and Chocolate Pots de Crème will delight throughout the year. No matter where you live or shop, Sam provides new insight on ingredients familiar as well unique, including:

- Why spinach from open bins is better than prepackaged greens
- What the material used to wrap cheese can tell you about the quality of the cheese itself
- How to tell where an olive oil is really from—and why it matters
- What “never ever” programs are, and why you should look for them when buying meat

More engaging than a field guide and more informative than a standard cookbook, and with primers on cooking techniques and anecdotes that will entertain, enlighten, and inspire, *Eat Good Food* will revolutionize the way home cooks shop and eat. What is the role of quality in contemporary capitalism? How is a product as ordinary as a bag of

tea judged for its quality? In her innovative study, Sarah Besky addresses these questions by going inside an Indian auction house where experts taste and appraise mass-market black tea, one of the world's most recognized commodities. Pairing rich historical data with ethnographic research among agronomists, professional tea tasters and traders, and tea plantation workers, Besky shows how the meaning of quality has been subjected to nearly constant experimentation and debate throughout the history of the tea industry. Working across fields of political economy, science and technology studies, and sensory ethnography, *Tasting Qualities* argues for an approach to quality that sees it not as a final destination for economic, imperial, or post-imperial projects but as an opening for those projects.

"Hoptopia argues that the current revolution in craft beer is the product of a complex global history that converged in the hop fields of Oregon's Willamette Valley. What spawned from an ideal environment and the ability of regional farmers to grow the crop rapidly transformed into something far greater because Oregon farmers depended on the importation of rootstock, knowledge, technology, and goods not only from Europe and the Eastern United States but also from Asia, Latin America, and Australasia. They also relied upon a seasonal labor supply of people from all of these areas as a supplement to local Euroamerican and indigenous

communities to harvest their crops. In turn, Oregon hop farmers reciprocated in exchanges of plants and ideas with growers and scientists around the world, and, of course, sent their cured hops into the global marketplace. These global exchanges occurred not only during Oregon's golden era of hop growing in the late nineteenth and early twentieth centuries, but through to the present in the midst of the craft beer revival. The title of this book, Hoptopia, is a nod to Portland's title of Beervana and the Willamette Valley's claim as an agricultural Eden from the mid-nineteenth century onward. But the story is fundamentally about how seemingly niche agricultural regions do not exist and have never existed independently of the flow of people, ideas, goods, and biology from other parts of the world. To define Hoptopia is to define the Willamette Valley's hop and beer industries as the culmination of all of this local and global history. With the hop itself as a central character, this book aims to connect twenty-first century consumers to agricultural lands and histories that have been forgotten in an era of industrial food production"--Provided by publisher.

"In this absolutely powerful and innovative book, Priscilla Parkhurst Ferguson illuminates the complex links between the Revolution of 1789, the different revolutions that took place in 19th-century Paris, and two aesthetic forms characteristic of the cultural discourses of modernity: panoramic journalism and

the realist and historical novels authored by Balzac, Flaubert, Hugo, Zola, and Valles. A work of cultural history with stimulating implications, *Paris as Revolution* is well-structured, carefully argued and problematized, and compelling in its scholarship."--Catherine Nesci, author of *La Femme mode d'emploi* "A fascinating and richly suggestive essay on the cultural geography of nineteenth-century Paris. It is imaginatively conceived, broad in its reach, boldly interdisciplinary. Ferguson's success in combining literary criticism, historical interpretation and sociological analysis to reconstruct the shifting meanings given to the experiences of urbanization and revolution is most impressive."--Jonathan Beecher, author of *Charles Fourier: The Visionary and His World*

Long considered the bible of California cuisine, Diane Rossen Worthington's classic cookbook is now reissued with an eye-catching new cover. With over 150,000 copies sold, *The Cuisine of California* remains as fresh and surprising, as simple and spirited as the cooking it extols. Appetizers such as Spicy Lemon Shrimp; soups such as luscious Fennel, Potato, and Leek; entrees such as herb-infused Roast Chicken Stuffed with Goat Cheese and Leeks; desserts such as a refreshing Strawberry Sorbethe are more than 200 recipes that are as at home on the family table as they are at a dinner party. Using time-honored techniques and

unexpected (but accessible) ingredients, this beloved cookbook is a paragon of its class, bringing the delicious flavors of California into kitchens everywhere.

Nestled in the Himalayan foothills of Northeast India, Darjeeling is synonymous with some of the finest and most expensive tea in the world. It is also home to a violent movement for regional autonomy that, like the tea industry, dates back to the days of colonial rule. In this nuanced ethnography, Sarah Besky narrates the lives of tea workers in Darjeeling. She explores how notions of fairness, value, and justice shifted with the rise of fair-trade practices and postcolonial separatist politics in the region. This is the first book to explore how fair-trade operates in the context of large-scale plantations. Readers in a variety of disciplines—anthropology, sociology, geography, environmental studies, and food studies—will gain a critical perspective on how plantation life is changing as Darjeeling struggles to reinvent its signature commodity for twenty-first-century consumers. *The Darjeeling Distinction* challenges fair-trade policy and practice, exposing how trade initiatives often fail to consider the larger environmental, historical, and sociopolitical forces that shape the lives of the people they intended to support.

"Tell me what you eat and I will tell you what you are," declares French author Jean Anthelme Brillat-

Savarin in one of the aphorisms that introduces this 1825 masterpiece on the subject of cooking as an art and eating as a pleasure. Humorous, satirical, and convivial, this extended paean to the joys of food and drink has earned an enduring place in the world's literature. Brillat-Savarin found his true passion in gastronomy, asserting that "the discovery of a new dish does more for the happiness of mankind than the discovery of a new star." In his sparkling anecdotal style, he offers witty meditations on the senses, the science of gastronomy, the erotic virtue of truffles, hunting wild turkeys in America, Parisian restaurants, the history of cooking, corpulence, diets, the best ways of making coffee and chocolate, and a hundred other engaging topics. He also shares some of his best recipes, including tunny omelette, pheasant, and Swiss fondue. No cook, chef, gourmet, or lover of fine food should miss this landmark in the gastronomic literature, a timeless work that has charmed and informed two centuries of epicures.

"The trick to cooking is that there is no trick." —Mario Batali  
The only mandatory Italian cookbook for the home cook, Mario Batali's MOLTO ITALIANO is rich in local lore, with Batali's humorous and enthusiastic voice, familiar to those who have come to know him on his popular Food Network programs, larded through about 220 recipes of simple, healthy, seasonal Italian cooking for the American audience.

Easy to use and simple to read, some of these recipes will be those "as seen" on TV in the eight years of "Molto Mario" programs on the Food Network, including those from "Mediterranean Mario," "Mario Eats Italy," and the all-new "Ciao America with Mario Batali." Batali's distinctive voice will provide a historical and cultural perspective with a humorous bent to demystify even the more elaborate dishes as well as showing ways to shorten or simplify everything from the purchasing of good ingredients to pre-production and countdown schedules of holiday meals. Informative head notes will include bits about the provenance of the recipes and the odd historical fact. Mario Batali's MOLTO ITALIANO will feature ten soups, thirty antipasti (many vegetarian or vegetable based), forty pasta dishes representing many of the twenty-one regions of Italy, twenty fish and shellfish dishes, twenty chicken dishes, twenty pork or lamb dishes and twenty side dishes, each of which can be served as a light meal. Add twenty desserts and a foundation of basic formation recipes and this book will be the only Italian cooking book needed in the home cook's library.

Current discussions of the ethics around alternative food movements--concepts such as "local," "organic," and "fair trade"--tend to focus on their growth and significance in advanced capitalist societies. In this groundbreaking contribution to critical food studies, editors Yuson Jung, Jakob A. Klein, and Melissa L. Caldwell explore what

constitutes "ethical food" and "ethical eating" in socialist and formerly socialist societies. With essays by anthropologists, sociologists, and geographers, this politically nuanced volume offers insight into the origins of alternative food movements and their place in today's global economy. Collectively, the essays cover discourses on food and morality; the material and social practices surrounding production, trade, and consumption; and the political and economic power of social movements in Bulgaria, China, Cuba, Lithuania, Russia, and Vietnam. Scholars and students will gain important historical and anthropological perspective on how the dynamics of state-market-citizen relations continue to shape the ethical and moral frameworks guiding food practices around the world.

Effectively Develop and Manage a Resort Property-Revised and Updated In recent years, the definition of "resort" has expanded to include any facility that provides recreation and entertainment in combination with lodging. Revised and updated for these changes, *Resorts: Management and Operation, Second Edition* covers both new trends, like the increasing popularity of timeshares and cruise ships, and tried-and-true businesses like ski areas, golf resorts, spas, and casinos. The book provides a comprehensive look at how today's industry classifies, develops, markets, and manages these various properties. In addition to covering new growth areas in the resort field, this Second Edition also features a wide range of resources for learning, including:

- \* New chapters on cruise ships, specialty resorts, and casinos, highlighting the newest trends in the industry
- \* New resort case studies in each chapter
- \* Expanded coverage on spas, pools, and indoor waterparks
- \* Quick Getaway sidebars, showing practical examples and applications of theories discussed in the book
- \* Updated statistics throughout the text that reflect the latest industry information
- \* Enhanced discussions of the importance of developing facilities from an

environmentally conscious and business-smart perspective so that the integrity of the natural base is maintained. Students on their way to a career in resorts, as well as professionals seeking to update or improve their understanding of the business, will find *Resorts: Management and Operation, Second Edition* the key to success in this exciting industry.

In *Literary France*, Priscilla Parkhurst Clark analyzes the works and careers of Voltaire, Hugo, Sartre, and others to identify the claims to moral leadership and the sense of country that have engaged literature in France from the ancien régime to the present. In *Literary France*, Priscilla Parkhurst Clark analyzes the works and careers of Voltaire, Hugo, Sartre, and others to identify the claims to moral leadership and the sense of country that have engaged literature in France from the ancien régime to the present.

In the classic French novel *The Passionate Epicure*, Marcel Rouff introduces Dodin-Bouffant, a character based loosely on Anthelme Brillat-Savarin, an infamous bachelor and epicure dedicated to the high arts: the art of food and the art of love. This edition contains a Preface by Lawrence Durrell and a new Introduction by Jeffrey Steingarten, the food critic for *Vogue* magazine and author of the bestselling book *The Man Who Ate Everything*.

The long-awaited cookbook by one of the San Francisco Bay Area's star chefs, David Kinch, who has revolutionized restaurant culture with his take on the farm-to-table ethic and focus on the terroir of the Northern California coast. Since opening Manresa in Los Gatos in 2002, award-winning Chef David Kinch has done more to create a sense of place through his food—specifically where the Santa Cruz Mountains meet the sea—than any other chef on the West Coast. Manresa's thought-provoking dishes and unconventional pairings draw on techniques both traditional and modern that

combine with the heart of the Manresa experience: fruits and vegetables. Through a pioneering collaboration between farm and restaurant, nearby Love Apple Farms supplies nearly all of the restaurant's exquisite produce year round. Kinch's interpretation of these ingredients, drawing on his 30 years in restaurants as well as his far-flung and well-fed travels, are at the heart of the Manresa experience. In Manresa, Chef Kinch details his thoughts on building a dish: the creativity, experimentation and emotion that go into developing each plate and daily menu—and how a tasting menu ultimately tells a deeper story. A literary snapshot of the restaurant, from Chef Kinch's inspirations to his techniques, Manresa is an ode to the mountains, fields, and sea; it shares the philosophies and passions of a brilliant chef whose restaurant draws its inspiration globally, while always keeping a profound connection to the people, producers, and bounty of the land that surrounds it.

Now in a celebratory fiftieth anniversary edition, *The German Cookbook* is the definitive authority on German cuisine, from delicious soups and entrees to breads, desserts, and the greatest baking specialties in the world. In addition to easy-to-follow recipes, renowned food writer Mimi Sheraton also includes recommendations for restaurants at home and abroad, as well as tips on ordering traditional fare.

Historically, German influence on the American diet, from hamburgers and frankfurters to jelly doughnuts and cakes, has been enormous. But, as the author writes in a brand-new Preface, "Americans have begun to realize that Austrian and German cooks have long been adept at preparing foods that are newly fashionable here, whether for reasons of health, seasonality, economy or just pure pleasure." Many standards foreshadowed the precepts of new cooking, such as pickling, and combining sweet with savory. Alongside old Bavarian favorites, *The German Cookbook* includes recipes for nose-to-

tail pork, wild game, and organ meats; hearty root vegetables and the entire cabbage family; main-course soups and one-pot meals; whole-grain country breads and luscious chocolate confections; and lesser-known dishes worthy of rediscovery, particularly the elegant seafood of Hamburg. Since Mimi Sheraton first began her research more than fifty years ago, she has traveled extensively throughout Germany, returning with one authentic recipe after another to test in her own kitchen. Today, *The German Cookbook* is a classic in its field, a testament to a lifetime of spectacular meals and gustatory dedication. So Prost and gut essen: cheers and good eating!

In this authoritative and immensely readable insider's account, celebrated cookbook author and former chef Joyce Goldstein traces the development of California cuisine from its formative years in the 1970s to 2000, when farm-to-table, foraging, and fusion cooking had become part of the national vocabulary. Interviews with almost two hundred chefs, purveyors, artisans, winemakers, and food writers bring to life an approach to cooking grounded in passion, bold innovation, and a dedication to "flavor first." Goldstein explains how the counterculture movement in the West gave rise to a restaurant culture characterized by open kitchens, women in leadership positions, and a surprising number of chefs and artisanal food producers who lacked formal training. The new cuisine challenged the conventional kitchen hierarchy and French dominance in fine dining, leading to a more egalitarian and informal food scene. In weaving Goldstein's views on California food culture with profiles of those who played a part in its development—from Alice Waters to Bill Niman to Wolfgang Puck—*Inside the California Food Revolution* demonstrates that, while fresh produce and locally sourced ingredients are iconic in California, what transforms these elements into a unique cuisine is a distinctly Western culture of openness, creativity, and collaboration. Engagingly written

and full of captivating anecdotes, this book shows how the inspirations that emerged in California went on to transform the experience of eating throughout the United States and the world.

Rachel Laudan tells the remarkable story of the rise and fall of the world's great cuisines—from the mastery of grain cooking some twenty thousand years ago, to the present—in this superbly researched book. Probing beneath the apparent confusion of dozens of cuisines to reveal the underlying simplicity of the culinary family tree, she shows how periodic seismic shifts in “culinary philosophy”—beliefs about health, the economy, politics, society and the gods—prompted the construction of new cuisines, a handful of which, chosen as the cuisines of empires, came to dominate the globe. *Cuisine and Empire* shows how merchants, missionaries, and the military took cuisines over mountains, oceans, deserts, and across political frontiers. Laudan's innovative narrative treats cuisine, like language, clothing, or architecture, as something constructed by humans. By emphasizing how cooking turns farm products into food and by taking the globe rather than the nation as the stage, she challenges the agrarian, romantic, and nationalistic myths that underlie the contemporary food movement.

"Based on a new concept in architecture, this volume shows how to use the findings of behavioral psychology to create more meaningful architectural designs. It is one of the first synthesis by a practicing architect of what has been learned about the interaction of architecture and human behavior. In the process the author looks at old problems in new ways, adding a new dimension to present architectural practices ... Although its approach to architecture is unique, the book is primarily a practical work. Its main points are solidly supported by a detailed behavioral design process model--a step-by-step procedure for using behavior in contemporary

design"--Jacket.

This directory lists resources on productivity in the following major areas: (1) sources on productivity and worklife information; (2) information resources for productivity research; and (3) publications of the National Center for Productivity and Quality of Working Life.

Today, more than ever, talking about food improves the eating of it. Priscilla Parkhurst Ferguson argues that conversation can even trump consumption. Where many works look at the production, preparation, and consumption of food, *Word of Mouth* captures the language that explains culinary practices. Explanation is more than an elaboration here: how we talk about food says a great deal about the world around us and our place in it. What does it mean, Ferguson asks, to cook and consume in a globalized culinary world subject to vertiginous change? Answers to this question demand a mastery of food talk in all its forms and applications. To prove its case, *Word of Mouth* draws on a broad range of cultural documents from interviews, cookbooks, and novels to comic strips, essays, and films. Although the United States supplies the primary focus of Ferguson's explorations, the French connection remains vital. American food culture comes of age in dialogue with French cuisine even as it strikes out on its own. In the twenty-first century, culinary modernity sets haute food against haute cuisine, creativity against convention, and the individual dish over the communal meal. Ferguson finds a new level of sophistication in what we thought that we already knew: the real pleasure in eating comes through knowing how to talk about it.

Good, No Highlights, No Markup, all pages are intact, Slight Shelfwear, may have the corners slightly dented, may have slight color changes/slightly damaged spine.

[Copyright: 0bfcf40b5322e05fba6e90f4790a4338](https://www.industrydocuments.ucsf.edu/docs/0bfcf40b5322e05fba6e90f4790a4338)