Eventually, you will utterly discover a further experience and talent by spending more cash. still when? do you how to that you require to acquire those every needs with having significantly cash? Why dont you attempt to get something basic in the beginning? Thats something that will guide you to comprehend even more all but the globe, experience, some places, subsequently history, amusement, and a lot more?

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River Cottage Veg Every Day! Hugh Fearnley-Whittingstall 2018-05-03 Why don't we eat more veg? They're healthy, cost-effective and, above all, delicious. Hugh Fearnley-Whittingstall believes that we should all be eating more of the good stuff, as he explains in this brilliant book.He's come up with an abundance of veg-tastic recipes, including a warm salad of grilled courgettes, lemon, garlic, mint and mozzarella, a winter giant couscous salad with herbs and walnuts, radishes with butter and salt, lemony guacamole, linguine with mint and almond pesto and cherry tomatoes, baby carrot risotto, new potato gnocchi, a summer stir-fry with green veg, ginger, garlic and sesame, a winter stir-fry with Brussels sprouts, shiitake mushrooms and five-sauce, a cheesy tomato tart, a spring onion gallette, roast jacket chips with merguez spices and spiced yogurt, curried bubble and squeak, scrambled eggs and asparagus with lemon, tomato gazpacho, pea and parsley soup, roast squash wedges, baba ganoush, beetroot houmous, spinach fritters and barbecued corn on the cob. With over 200 recipes and vibrant photography from Simon Wheeler, River Cottage Veg Every Day is a timely eulogy to the glorious green stuff.

Keto Diet Josh Axe 2019-02-28 From the author of the international bestseller Eat Dirt, a 30-day plan to burn fat, fight inflammation, and reverse disease using the keto diet. Today, the ketogenic diet is the world's fastest growing diet, and with good reason. When practiced correctly, it has been proven to burn fat, reduce inflammation, balance hormones and gut bacteria. Unfortunately, many people remain unaware of several key factors that are crucial to the diet's success, setting them up for frustration, failure, and relapse. In KETO DIET, bestselling author Dr. Josh Axe sets the record straight, offering thorough, step-by-step guidance to achieving lifelong health. Unlike other books on the subject, KETO DIET identifies and details five different ketogenic protocols, and explains why picking the right one for your body and lifestyle is fundamental to your success. Complete with shopping lists, delicious recipes, complimentary exercise routines, and accessible explanations of the science, KETO DIET will give readers all the tools they need to say goodbye to stubborn fat and chronic disease once and for all.

The Consumer Society Reader Juliet Schor 2011-07-26 The Consumer Society Reader features a range of key works on the nature and evolution of consumer society. Included here is much-discussed work by leading critics such as Jean Baudrillard, Susan Bordo, Dick Hebdige, bell hooks, and Janice Radway. Also included is a full range of classics, such as Frankfurt School writers Adorno and Horkheimer on the Culture Industry; Thorstein Veblen's oft-cited writings on "conspicuous consumption"; Betty Friedan on the notion of "taste." "Consumer society"--the air we breathe, as George Orwell has described it--disappears during economic downturns and political crises. It becomes visible again when prosperity seems secure, cultural transformation is too rapid, or environmental disasters occur. Such is the time in which we now find ourselves. As the roads clog with gas-guzzling SUVs and McMansions proliferate in the suburbs, the nation is once again asking fundamental questions about lifestyle. Has 'luxury fever,' to use Robert Frank's phrase, gotten out of hand? Are we really comfortable with the 'Brand Is Me' mentality? Have we gone too far in pursuit of the almighty dollar, to the detrimen of our families, communities, and natural enviornment? Even politicians, ordinarily impermeable to questions about consumerism, are voicing doubts... [and] polls suggest majorities of Americans feel the country has become too materialistic, too focused on getting and spending, and increasingly removed from long-standing non-materialist values."

Food Redistribution in the Nordic Region Ole Jørgen Hanssen 2015-02-02 This report has a focus on waste prevention through redistribution of food to low-income people via charity organisations. Food redistribution can go via national food banks and via direct redistribution, often on a local level. Food banks redistributed about 1.5 mill meals in 2013, and local charity organisations probably 2-3 times more. The regulatory framework for food redistribution is described and discussed. The demand of and potential for redistribution is probably much higher than at present, and the reports points out strategies and measures for how food banks can contribute to secure and further develop. The report is part of the Nordic Prime Ministers' overall green growth initiative: "The Nordic Region -- leading in green growth" -- read more in the web magazine "Green Growth the Nordic Way."

500 Ketogenic Recipes Dana Carpender 2017-12-12 At last, a comprehensive cookbook to the hottest eating plan around! 500 Ketogenic Recipes is the ultimate starter guide to getting healthy, building muscle, and managing blood sugar. The ketogenic diet emphasizes high ratios of healthy fats, moderate protein, and low carbohydrate intake. While the ketogenic diet isn't new -- there is newly emerging research that the ketogenic lifestyle may help reverse illness, promote longevity, and be the best diet for losing weight. Millions of people are transitioning to a ketogenic diet to look and feel their best. However, doing the ketogenic lifestyle the right way isn't always easy. How do you keep your macronutrients properly balanced? Which foods are keto-friendly and which aren't? 500 Ketogenic Recipes is here with the answers. Low-carb queen and bestselling author Dana Carpender shows how to live the ketogenic lifestyle deliciously with 500 easy-to-prepare recipes for everything from snacks and appetizers, to main dishes, to drinks and dessert. 500 Ketogenic Recipes makes staying in the ketogenic zone simple with hundreds of recipes, pantry and shopping lists, and ketogenic do's and don'ts.

Once I Was a Princess Jacqueline Pascal 2011-03-11 Can you imagine what it would be like to be swept off your feet by a royal prince to live a charmed life in the marble palaces of an oil-rich nation - and then to watch your fairy-tale romance turn into a nightmare of Islamic superstition, isolation, betrayal and abuse? What would you do if you managed to escape your life of torment - and then your children were kidnapped by their own father? This is what happened to Jacqueline Pascal. In Once I Was a Princess, Jacqueline recounts her part in this controversial, headline-grabbing international drama with heart-rending honesty.)

The Tyranny of Choice Renata Salecl 2011 We are encouraged from all sides to view our lives as being full of choices. Like the products on a supermarket shelf, our careers, our relationships, our bodies, our very identities seem to be there for the choosing. But paradoxically this seeming freedom to choose can create extreme anxiety, and feelings of inadequacy and guilt. The Tyranny of Choice explores how late capitalism's shrill exhortations to 'be oneself' can be a tyranny which only leads to ever-greater disquiet and how on choice being a purely individual matter prevents social change. With wisdom, humour and sensitivity, Renata Salecl examines the complexity of the essential human capacity to choose which has become mired in consumerist ironies.

The Ravens Vidar Sundstøl 2015-04-15 It's been a long, dark time since a gruesome discovery drew U.S. Forest Service ranger Lance Hansen into a murder investigation that is now approaching a resolution—although not to his satisfaction. In fact, the mysteries have been multiplying and getting uncomfortably close to home. On the run after a hunting expedition with his brother, Andy, went awry, Lance is haunted by visions of Swamer Caribou, the Ojibwe medicine man whose death a century earlier remains unexplained. Willy Dupree, Lance's former father-in-law, has the ability to interpret dreams—and
what he reveals may be key to understanding both deaths, past and present. Reluctantly taking on the role of detective, Lance uncovers troubling connections and grim secrets that will shake him to his very core. In the final installment of his award-winning Minnesota Trilogy, Norwegian crime writer Vidar Sundstøl’s affinity for the northern world of Lake Superior is on full display—as Lance’s search takes him from the wilds of the Boundary Waters to outposts steeped in voyageur history and Ojibwe culture, from the streets of the Twin Cities to the gritty port of Duluth, to the sleepy tourist towns that dot the North Shore—and as the mysteries of love and nature, history and culture merge in a powerful conclusion.

**Justine**
Iben Mondrup 2016-10-17 Justine tells the story of a young female artist whose life is upended when her house burns down with all of the paintings for her upcoming exhibit inside. With little time left to rescue everything she’s lost, Justine embarks on a series of sexual escapades with a doomed intensity that foreshadows the novel’s final, dark twist. A personal meditation on artistic identity, the creative process and the male-dominated art scene, the novel veers between the erotic and the savage, resulting in a spellbinding read from one of Denmark’s edgiest feminist writers.

**Consumption Challenged**
Bente Halkier 2016-05-23 In public debates, communication campaigns and public policies, it is increasingly common to attribute to consumers and their agency an ability to help solve a broad array of societal problems. This tendency is particularly clear in the field of food consumption, owing to the fact that food is both materially and symbolically central for consumers in everyday life as well as for large scale institutionalized dynamics. In order to shed light on the challenges facing food consumption, this volume takes an innovative theoretical approach, presenting four empirical Danish case studies which are compared with other analyses drawn from the wider international context. Consumption Challenged will appeal not only to sociologists of consumption, risk and the environment, but also to policy makers and researchers in the fields of geography, communication, media, governance and social psychology.

**The Hanging**
Søren Hammer 2013 The first in an exciting new six-part crime series, international bestseller The Hanging is an explosive introduction to the dark world of Copenhagen police investigator Konrad Simonsen.

**Health Promotion and Prevention Programmes in Practice**
Thomas Mathar 2015-07-31 The shift to prevention and health promotion is an example of how policy makers aim to rationalise and organise both health systems and patients’ health practices. By applying a perspective from empirical science & technology studies (STS), based on qualitative research methods, the chapters of this book present a view of the scenes and zones into the micropolitics of prevention and health promotion. They analyse how patients are framed as being «at risk», how preventative regimes shape medical practices, and what its practical consequences are in patients’ everyday lives. This makes the insights of this book relevant for prevention and health promotion practitioners, public health policy-makers and researchers.

**Motivation**
Evelyn Satinoff 2013-07-19 Motivation addresses a central problem in psychology: Why does an animal’s behavior fluctuate in the face of an unaltered environment? In a sense this is the opposite of the question from which work on motivation began, and for which Claude Bernard invented the concept of the fixity of the internal milieu: How does an animal maintain constancy in the face of a fluctuating environment? Dealing with motivation has become extremely complex as new experiments, phenomena, and theories have extended the concept. This book embodies some of the ways in which work on motivation is currently proceeding. One of the major changes has been the categorization that motivation cannot be explained without an understanding of the biological rhythms and activational systems that underlie behavior. Another is that ecological and evolutionary perspectives add enormously to answering the central question from which work on motivation began, and for which Claude Bernard invented the concept of the

**ACTIVATIONAL SYSTEMS**
CHAPTER 1 Motivation, Biological Clocks, and Temporal Organization of Behavior 3 Irving Zucker Reactivity to External Stimuli ............................ 6 Reactivity to Interceptive Stimuli ........................................ 7 Sources of Biological Rhythmicity .............................. 9 Rhythm Generation .............................................. 10 Consequences of Rhythm Desynchronization ............... 11

**Superfoods 24/7**
Jessica Nadel 2016-01-01 Nutritional information, clever techniques and over 100 recipes for building different superfoods into your diet until you find yourself getting your superfood boost at every meal of the day.

**The Face of Death**
Cody McFadyen 2007-05-29 In Shadow Man, Cody McFadyen took the suspense thriller style where other writers have feared to tread. He introduced readers to a heroine every bit as dark and edgy as the serial killers she hunts: Special Agent Smoky Barrett. Now, in his latest novel, McFadyen brings Agent Barrett back to track down a killer who breaks all the rules. "I want to talk to Smoky Barrett or I'll kill myself." The girl is sixteen, at the scene of a grisly triple homicide, and has a gun to her head. She claims "The Stranger" killed her adoptive family, that he's been following her all her life, killing everyone she ever loved, and that no one believes her. No one has. Until now. Special Agent Smoky Barrett is head of the violent crimes unit in Los Angeles, the part of the FBI reserved for tracking down the worst of the worst. Her team has been handpicked from around the nation’s elite law enforcement specialists and they are as obsessed and relentless as the psychos they hunt; they’ll have to deal with this case. For another vicious double homicide reveals a killer embarking on a dark crusade of trauma and death: an "artist" who’s molding sixteen-year-old Sarah into the perfect victim—and the ultimate weapon. But Smoky Barrett has another, more personal reason for catching The Stranger—an adopted daughter and a new life that are worth protecting at any cost. This time Smoky is going to have to put it all on the line. Because The Stranger is all too close, all too close, and all too relentless. And when he finally shows his face, if she’s not ready to throw away her worst fear, Smoky won’t have time to do anything but die.

**Food Choice, Acceptance and Consumption**
H.J.H. MacFie 2012-12-06 It is critical for the food industry to maintain a current understanding of the factors affecting food choice, acceptance and consumption since these influence all aspects of its activities. This subject has matured in recent years and, for the first time, this book brings together a coherent body of knowledge which draws on the experiences in industrial and academic settings of an international team of authors. Written for food technologists and marketeers, the book is also an essential reference for all those concerned with the economic, social, and psychological aspects of the subject.

**Death Drives an Audi**
Kristian Bang Foss 2021-01-05 Kristian Bang Foss’ darkly comic, prize-winning road-novel satire sees two unlikely friends set out to defy the Danish welfare state - and Death himself - with both hilarious and tragic consequences.

**The Essential Vegetarian Keto Cookbook**
Editors of Rodale Books 2018-11-20 65 delicious, easy-to-prepare ketogenic recipes for vegetarians, who can now enjoy the benefits of the diet that is taking the world by storm. Who says vegetarians can’t go keto? The most talked-about diet in the world is now reaching a whole new audience with The Essential Vegetarian Keto Cookbook. Featuring 65 low-carbohydrate, high-fat, moderate-protein, vegetarian (and pescatarian) recipes, readers who assumed ketogenic eating was off-limits for their lifestyle can now prepare easy, delicious, keto-compliant meals. Try coconut-almond chia pudding, pumpkin pie pancakes, roasted cauliflower-turmeric soup, and easy, filling keto-fied salads. Including 40 photos, an overview of the ketogenic diet and its main health benefits, and tips on how to meet and track macros, this cookbook includes everything vegetarians need to know to prepare keto-friendly recipes, without any of the overwhelming extras.

**Food Media**
Signe Rousseau 2012-03-13 Exploring the flourishing of the celebrity chef and covering key figures such as Jamie Oliver and Rachael Ray as well as popular concepts like foodies, food porn and fetischism, Food Media highlights how the intersections between celebrity culture and food media influence the way many people think about their everyday food choices.

**Kisscut Proof**
Karin Slaughter 2002-06-27 Little Frog Jakob Martin Strid 2009-09-01 Little Frog is trying to help his new family, but, like a human
toddler, he keeps getting it wrong and causing chaos! He never hits his new siblings, but he does draw on their faces while they are asleep! This makes his parents very upset and Little Frog thinks this means they don’t love him anymore. But of course they do - and they follow him to the ends of the earth to prove it.

En dansk og engelsk ord-bog 1779

The book offers a comprehensive approach to the assessment and treatment of disturbances in facial expression, oral movement, swallowing, breathing, voice and speech production caused by developmental and acquired neurological conditions. The principles outlined are used in patients with different etiologies (e.g. stroke, tumors, traumas). F.O.T.T., developed by Kay Combes, is a hands-on approach based on an understanding of neurological functions and the way we learn from experience. The approach aims to give the patient experience of physiological posture and movement using facial-oral functions in normal activities of daily living (ADL). Rather than mere “exercises”, F.O.T.T involves meaningful activities aiming to promote participation, according to ICF criteria. Four main areas are covered: nutrition, oral hygiene, nonverbal communication and breathing.

Each chapter summarizes the problems of severely ill patients and shows the clinical reasoning behind the solutions offered. Separate chapters discuss tracheostomy management and the training of the carers involved, including relatives. The chapter authors are experienced specialists (physio-, occupational- and speech-language therapists and physicians), whose contributions aim to provide interdisciplinary perspectives and translate latest research into clinical practice.

Body Image Sarah Grogan 2002-01-04 Body Image: Understanding Body Dissatisfaction in Men, Women and Children presents a review of what is presently known and the results of some new research on body image. It compares the effects of gender, sexuality, social class, age and ethnicity on satisfaction with the way we look and suggests how these differences arise. Why, for instance, are heterosexual men much happier with their body images than women or gay men? Sarah Grogan discusses the effects of media presentation of the ideal body and other cultural influences. Surprisingly, despite the almost exclusive emphasis on thin female bodies, men are not less satisfied with their bodies than younger women. Written for readers from a variety of disciplines, this clear and eclectic book will make the ideal text for students from psychology, sociology, gender and media studies.

Keto Snacks Lindsay Bayers 2018-11-06 Stick to your keto diet without giving up your favorite foods with these 100 easy-to-make high-fat, low-carb snacks. Starting a ketogenic diet—high in fat, low in carbs—doesn’t mean giving up on all your favorite snacks! Instead of eating foods that might prevent you from entering ketosis, you’ll need options that will help your body burn fats instead of carbs. You’ll find just what you need in Keto Snacks, featuring 100 easy, delicious recipes for sweet and savory low-carb treats. Learn to make “fat bombs”—small energy-filled snacks with low carbs and high fat, like Pizza Balls or Sunbutter Balls. Try other savory keto snacks like deviled eggs or guacamole, or go sweet with some chocolate mousse or waffles. In each recipe, you’ll find tips and tricks for making these snacks truly delicious.

Keto for Cancer Miriam Kalamian 2017 A Comprehensive Guide for Patients and Practitioners Although evidence supporting the benefits of ketogenic diet therapies continues to mount, there is little to guide those who wish to adopt this diet as a metabolic therapy for cancer. Keto for Cancer fills this need. Inspired by the work of Dr. Thomas N. Seyfried, PhD, nutritionist Miriam Kalamian has written the first book to lay out comprehensive guidelines that specifically address the many challenges associated with cancer, and particularly the deep nutritional overhaul involved with the ketogenic diet. Kalamian, a leading voice in the keto movement, is driven by passion from her own experience using the ketogenic diet for her young son. Her book addresses the nuts and bolts of adopting the diet, from deciding whether keto is the right choice to developing a personal plan for smoothly navigating the keto lifestyle. It is invaluable for both beginners and seasoned users of the ketogenic diet, as well as for health-care professionals who need a toolkit to implement this targeted metabolic therapy. The book guides readers to a deeper understanding of the therapeutic potential of the ketogenic diet—which extends well beyond simply starving cancer—emphasizing the powerful impact the diet has on the metabolism of cancer cells. Nutritional nuances are explored in sections such as “Fasting Protocols” and “Know What’s in the Foods You Eat” while meal templates and tracking tools are provided in “Preparing Keto Meals.” Kalamian also discusses important issues such as self-advocacy. Readers of Keto for Cancer are empowered to “get off the bench and get in the game.” To that end, Kalamian offers tips on how to critically examine cancer-care options then incorporate what resonates into a truly personalized treatment plan.

A Summer of Murder Oliver Bottini 2020-06-17 When a fireman dies in the explosion of a secret weapons cache, German detective Louise Boni investigation reveals connections with both neo-Nazis and illegal arms dealers. “Bristles with invention.” — Guardian. The Glitter Scene Monika Fagerholm 2011-08-09 Teenage Johanna lives with her aunt Solveig in a small house bordering the forest on the outskirts of a remote coastal town in Finland. She leads a lonely existence that is punctuated by visits to her privileged classmate, Ulla Bäckström, who lives in the nearby luxury gated community. It isn’t until Ulla tells her the local lore about the American girl and the tragedy that took place more than thirty years before that Johanna begins to question how her parents fit into the story. She secrets to help her to communiate her family history, the identity of her mother, and the dark secrets long buried with her father. In the process of opening closed doors, others in the community reflect back on the town’s history, on their youth, and on the dreams that play in their minds. Soon a new story emerges, that stirs up Johanna’s greatest fears, but ultimately leads to the answers she is searching for. The Glitter Scene is a riveting mystery that explores the roles of truth and myth, reality and fiction, and the repercussions of family secrets.

The Secret World of Doing Nothing Billy Ehn 2010 In this insightful reflection on ‘doing nothing’, the authors take us on a tour of what is happening when, to all appearances, absolutely nothing is happening. The book leads us to rethink the ordinary and find meaning in today’s hypermodern reality.

Making Technology Our Own? Merete Lie 1996 Making Technology Our Own? focuses on how consumers, or users, acquire and master technology in different social contexts, and examines how they actively create and redefine how media products and services are used and perceived. Women are not just passive recipients of technology, they actively create a relationship with, and define themselves through, that technology. The authors of this collection of articles argue that the users/consumers of technology are the co-designers of the relationships between technology and products.

Live More Think Less Pia Callesen 2020-01-02 The Danish Bestseller Now Available in English Dr Pia Callesen presents the first practical book on metacognitive therapy, a groundbreaking new treatment proven to stop depression in its tracks. Many of us struggle with overthinking. We endlessly analyse what we’ve said and done or the decisions we have to make. Rarely does this treat the stresses of our lives. Often we become overwhelmed; we end up feeling powerless, spiralling into sadness and even depression. Live More Think Less presents a radical strategy to take back control of our thinking processes. From training our attention to leaving our negative trigger-thoughts on the conveyor belt, the book guides us towards living better through mastering the attention we pay to our thoughts and how we act upon them. Depression and sadness are something we all have the power to overcome.

Mind Readings Paul Thagard 1998-04-09 Mind Readings is a collection of accessible readings on some of the most important topics in cognitive science. Although anyone interested in the interdisciplinary study of mind will find the selections well worth reading, they work particularly well with Paul Thagard’s textbook Mind: An Introduction Cognitive Science, and provide further discussion on the major topics discussed in
that book. The first eight chapters present approaches to cognitive science from the perspective that thinking consists of computational procedures on mental representations. The remaining five chapters discuss challenges to the computational-representational understanding of mind. Contributors John R. Anderson, Ruth M.J. Byrne, E.H. Durfee, Chris Eliasmith, Owen Flanagan, Dedre Gentner, Janice Glasgow, Philip N. Johnson-Laird, Alan Mackworth, Arthur B. Markman, Douglas L. Medin, Keith Oatley, Dimitri Papadias, Steven Pinker, David E. Rumelhart, Herbert A. Simon.

**The Papal Monarchy** Colin Morris 1991 The two centuries covered in this volume were among the most creative in the history of the Church. Colin Morris charts the emergence of much that is considered characteristic of European culture and religion, including universities and commercial cities, the crusades, the friars, chivalry, marriage, and church architecture. In all these developments, the Roman Church played an important and often fundamental role. A re-evaluation of that role is now particularly apt given the dissolution of Christendom in its old form witnessed by today’s generation.


**River Cottage Much More Veg** Hugh Fearnley-Whittingstall 2017-09-21 Hugh’s River Cottage Veg Every Day! became the UK’s best-selling vegetable cookbook, persuading us through sheer temptation to make vegetables the mainstay of our daily cooking. In this much-anticipated follow-up, Hugh delivers more irresistible recipes, and this time, takes things one step further. Fuelled by his passionate belief that plant foods should be the dominant force in our kitchens, Hugh has put cheese, butter, cream, eggs, and refined flour and sugar firmly to one side. Instead, he uses veg, fruit, wholegrains, nuts, seeds, spices and cold-pressed oils to explore the length and breadth of what can be achieved with natural, unprocessed plant foods. River Cottage Much More Veg! makes it clear that unadulterated ingredients are the very best building blocks for delicious and healthy meals. In typical Hugh style, the recipes are easy, utterly foolproof and delicious. All but a handful are gluten-free, and at least half the dishes require 20 minutes (or less) hands-on work time. With recipes such as Roast squash and chickpeas with spicy apricot sauce, Blackened cauliflower with pecans and tahini, Spiced beetroot, radicchio and orange traybake, Celeriac and seaweed miso broth, Seared summer cabbage with rosemary, chilli and capers, and Baked celery agrodolce, River Cottage Much More Veg! demonstrates how easy it is to make versatile, plentiful and delicious vegetables the bedrock of your diet.

**Fireraiser (Oslo Crime Files 3)** Torkil Damhaug 2015-12-03 The third psychological mystery in the Oslo Crime Files, a tense and dark quartet of thrillers for fans of Camilla Lackberg and Jo Nesbo. A man obsessed with the cleansing power of fire is destroying everything that reminds him of his youth. He calls himself the Fire Man. That same Easter, a teenager is threatened by his girlfriend’s tradition-bound family. Karsten’s attempts to protect himself put him and his sister Synne at even greater risk. Then he disappears all together. Eight years later, Synne is determined to find out what happened that night. But her investigation will ignite smouldering and dangerous memories. And the Fire Man is still there, waiting, and watching her search for the truth at every step... Praise for international bestseller Torkil Damhaug:

‘Delivered with maximum psychological intensity’ Barry Forshaw, Independent ‘Nothing is as it seems in this sleek and cunning thriller’ Evening Standard