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THE VERTUE METHOD SHONA VERTUE 2017-06-01 REVOLUTIONISE THE WAY YOU APPROACH FITNESS WITH YOGA EXPERT AND CELEBRITY TRAINER SHONA VERTUE - IN JUST 28 DAYS! 'SHONA CHANGED MY PERSPECTIVE ON YOGA. WORKING WITH HER MADE MY ACES AND PAINS AFTER PLAYING DISAPPEAR. SHE IS THE BEST.' - DAVID BECKHAM ARE YOU SOMEONE WHO HAS TRIED EVERY FITNESS CLASS OUT THERE, BUT NOTHING HAS EVER REALLY STUCK? OR PERHAPS YOU CAN RUN A 10k BUT CAN BARELY TOUCH YOUR TOES? HEARD LIFTING WEIGHTS IS GOOD, BUT FEEL LOST IN THE GYM? KEEN TO CALM YOUR RACING MIND AND GET THE FOCUS YOU NEED TO TRAIN? SHONA VERTUE'S 28-DAY RESET PLAN WILL REVOLUTIONISE THE WAY YOU APPROACH FITNESS. HER GROUNDBREAKING THREE-IN-ONE METHOD FEATURES A BLEND OF RESISTANCE TRAINING WITH WEIGHTS TO BUILD STRENGTH, YOGA TO AID FLEXIBILITY AND LENGTHEN MUSCLES, AND A POSITIVE, MINDFUL APPROACH TO EXERCISE, COMBINED WITH DELICIOUS, NOURISHING RECIPES. GET IN THE BEST SHAPE OF YOUR LIFE, BOTH PHYSICALLY AND MENTALLY, AND FEEL STRONGER, HEALTHIER AND MORE FLEXIBLE - IN JUST 28 DAYS. FEATURES PHOTOS OF EVERY EXERCISE, COMPLETE WITH FOOD PLAN AND NUTRITIOUS, ENERGISING RECIPES.

TONE IT UP: BALANCED AND BEAUTIFUL KATRINA SCOTT 2018-07-24 HEY GORGEOUS! WELCOME TO TONE IT UP, A WORLDWIDE COMMUNITY OF AMAZING GIRLFRIENDS WHO SUPPORT AND ENCOURAGE EACH OTHER TO LIVE OUR HAPPIEST, HEALTHIEST LIVES. AS WOMEN, WE SO OFTEN FOCUS ON OTHERS, BUT A BALANCED AND BEAUTIFUL LIFE MEANS PRIORITIZING YOURSELF SO YOU CAN TRULY BE THE VERSION OF YOU. THE BEST WAY TO DO THAT IS BY COMBINING A NUTRITIOUS DIET, ACTIVE LIFESTYLE, AND MOST IMPORTANTLY, BY SPREADING POSITIVITY AND BOOSTING EACH OTHER UP. WHETHER YOU'RE SHARING WORKOUTS OR WINE, FEMALE FRIENDSHIP IS SO IMPORTANT—PLUS IT MAKES FITNESS A LOT MORE FUN! BALANCED AND BEAUTIFUL IS A GUIDE TO FOCUSING ON THE AMAZING WOMAN THAT IS YOU, WITH A 5-DAY PLAN TO REFRESH, MOTIVATE, INSPIRE, ENERGIZE, AND LAST BUT NOT LEAST, RELAX. FILLED WITH DAILY FITNESS ROUTINES, DELICIOUS RECIPES, WISDOM TO TRANSFORM YOUR MINDSET, AND ALL THE LOVE AND ADVICE OF THE TIU COMMUNITY, KARENA AND KATRINA MAKE IT EASIER THAN EVER TO REACH YOUR GOALS AND FEEL GREAT. EACH DAY, YOU'LL FIND TIPS AND ADVICE FOR EVERY ASPECT OF YOUR JOURNEY, TOLD THROUGH FUN AND FASCINATING STORIES AND SECRETS THAT WILL BE LIKE HAVING YOUR BEST GIRLFRIEND ALONG FOR THE RIDE. THROUGHOUT THESE PAGES, YOU'LL FEEL EMPOWERED, UPLIFTED, AND CONNECTED—WITH THE ENTIRE TIU COMMUNITY BEHIND YOU, CHEERING YOU ON TOWARDS YOUR MOST CONFIDENT, CENTERED SELF. READY TO RESET? FEELING BALANCED AND BEAUTIFUL IS ONLY 5 DAYS AWAY!

WOMEN SPORT FANS KIM TOFFOLETTI 2017-06-26 WOMEN WORLDWIDE ARE MAKING THEIR PRESENCE FELT AS SPORT FANS IN RAPIDLY INCREASING NUMBERS. THIS BOOK MAKES A DISTINCTIVE AND INNOVATIVE CONTRIBUTION TO THE STUDY OF SPORT FANDOM BY EXPLORING THE GROWING VISIBILITY AND INTEREST IN WOMEN WHO FOLLOW SPORT. IT PRESENTS THE LATEST DATA ON WOMEN'S SPORT SPECTATORSHIP IN DIFFERENT REGIONS OF THE WORLD, POSING NEW THEORETICAL PARADIGMS TO STUDY THE GLOBALISED NATURE OF FEMALE SPORT FANDOM. THIS BOOK GOES BEYOND CONVENTIONAL APPROACHES TO ANALYSING THE PRACTICES OF WOMEN SPORT FANS. BY USING A CRITICAL FEMINIST PERSPECTIVE TO INVESTIGATE CULTURAL CONDITIONS AND SOCIAL CONTEXTS (INCLUDING GLOBALISATION, DIGITAL NETWORKED TECHNOLOGIES, CONSUMERISM, NEOLIBERALISM AND POSTFEMINISM), IT BRINGS INTO VIEW A DIVERSITY OF WOMEN'S VOICES AND EXPERIENCES AS SPORT FANS. IT SHEDS NEW LIGHT ON THE POWER DYNAMICS OF GENDER, ETHNICITY AND SEXUALITY INFLUENCING WOMEN'S PARTICIPATION IN SPORT SPECTATORSHIP AND INTERROGATES THE WAYS FEMALE SPORT FANDOM IS MADE VISIBLE THROUGH TRANSNATIONAL MEDIA NETWORKS. WOMEN SPORT FANS: IDENTIFICATION, PARTICIPATION, REPRESENTATION IS FASCINATING READING FOR ALL THOSE INTERESTED IN SPORT AND GENDER, THE SOCIOLOGY OF SPORT, OR WOMEN'S STUDIES.

BIG FIT GIRL LOUISE GREEN 2017-03-18 "FINALLY—a fitness book for the rest of us! ... [Big Fit Girl] is sure to usher in a new generation of tough, curvy athletes." —JESSAMYN STANLEY, AUTHOR OF EVERY BODY YOGA IN BIG FIT GIRL, LOUISE GREEN DESCRIBES HOW THE FITNESS INDUSTRY FAILS TO MEET THE NEEDS OF PLUS-SIZE WOMEN AND THUS PREVENTS THEM FROM IMPROVING THEIR HEALTH AND FITNESS. BY TELLING HER OWN STORY OF HOW SHE STOPPED DIETING, GOT OFF THE COUCH, AND UNLEASHED HER INNER ATHLETE—AS WELL AS SHOWCASING SIMILAR STORIES FROM OTHER WOMEN—GREEN INSPIRES OTHER PLUS-SIZE WOMEN TO DO THE SAME. GREEN ALSO PROVIDES CONCRETE ADVICE, BASED ON THE LATEST RESEARCH, ABOUT HOW TO GET STARTED, HOW TO ESTABLISH A SUPPORT TEAM, HOW TO CHOOSE AN ACTIVITY, WHAT KIND OF CLOTHING AND GEAR WORK BEST FOR THE PLUS-SIZE ATHLETE, HOW TO SET GOALS, AND HOW TO IMPROVE ONE'S RELATIONSHIP WITH FOOD. AND SHE STRESSES THE IMPORTANCE OF PAYING IT FORWARD—FOR IT IS ONLY BY SEEING PLUS-SIZE WOMEN IN LEADERSHIP ROLES THAT OTHER PLUS-SIZE WOMEN WILL BE MOTIVATED TO STOP TRYING TO LOSE WEIGHT AND GET FIT INSTEAD. "BIG FIT GIRL IMPRESSED ME TREMENDOUSLY. GREEN COMBINES COMPELLING STORYTELLING WITH PRACTICAL TIPS—TRUE TO WHAT WE KNOW ABOUT SCIENCE—in a unique way that will get you moving." —LINDA BACON, PhD, SCIENTIST, AND AUTHOR OF HEALTH AT EVERY SIZE "INSPIRING AND EMPOWERING." —TARYN BRUMFITT, PRODUCER AND DIRECTOR, FOUNDER OF THE BODY IMAGE MOVEMENT "I'M THRILLED TO LIVE IN A WORLD WHERE BIG FIT GIRL WILL BE PART OF THE HEALTH SECTION. THANK YOU LOUISE—it's time for every person of every size to have access to this information!" —JES BAKER, THE MILITANT BAKER

STRONG CURVES BRET CONTRERAS 2013-04-02 THIS IS NOT YOUR RUN-OF-THE-MILL FITNESS BOOK. DEVELOPED BY WORLD-RENOWNED GLEUTEAL EXPERT BRET CONTRERAS, STRONG CURVES OFFERS AN EXTENSIVE FITNESS AND NUTRITION GUIDE FOR WOMEN SEEKING TO IMPROVE THEIR PHYSIQUE, FUNCTION, STRENGTH, AND MOBILITY. CONTRERAS SPENT THE LAST EIGHTEEN YEARS RESEARCHING AND FIELD-TESTING THE BEST METHODS FOR BUILDING BETTER BUTTS AND SHAPELIER BODIES. IN STRONG CURVES, HE OFFERS THE PROGRAMS THAT HAVE PROVEN EFFECTIVE TIME AND TIME AGAIN WITH HIS CLIENTS, ALLOWING YOU TO DEVELOP LEAN MUSCLE, ROUNDED GLUTES, AND GREATER CONFIDENCE. EACH PAGE IS PACKED WITH INFORMATION DECODING THE FEMALE ANATOMY, PROVIDING A BETTER UNDERSTANDING AS TO WHY MOST FITNESS PROGRAMS FAIL TO HELP WOMEN REACH THEIR GOALS. WITH A COMPREHENSIVE NUTRITIONAL GUIDE AND OVER 200 STRENGTH EXERCISES, THIS BOOK GETS WOMEN OFF THE TREADMILL AND FURNISHES THEIR DRIVE TO ACHIEVE STRENGTH, POWER, AND SEXY CURVES FROM HEAD TO TOE. ALTHOUGH THE GLUTES ARE THE LARGEST AND MOST POWERFUL MUSCLE GROUP IN THE HUMAN BODY, THEY OFTEN GO DORMANT DUE TO LIFESTYLE CHOICES, LEADING TO A FLAT, SAGGY BUM. STRONG CURVES IS THE CURE.

THE BIKINI BODY 28-DAY HEALTHY EATING & LIFESTYLE GUIDE KAYLA ITSINES 2016-12-27 THE NEW HEALTHY EATING AND LIFESTYLE BOOK FROM THE INSPIRATIONAL AND WIDELY FOLLOWED PERSONAL TRAINER, KAYLA ITSINES.

THE LEAN MACHINES JOHN CHAPMAN 2016-05-05 THE LEAN MACHINES ARE GENUINE EXPERTS IN HEALTH AND HAPPINESS AND HAVE HELPED THOUSANDS OF PEOPLE GET LEAN AND STRONG THROUGH THEIR WORK AS PERSONAL TRAINERS AND ON THEIR HUGELY POPULAR YOUTUBE CHANNEL. CHAMPIONS OF BALANCE, MODERATION AND INDIVIDUALITY, THEIR ADVICE IS SENSIBLE, ACCESSIBLE, AND NOT AT ALL INTIMIDATING - EAT WELL, MOVE BETTER AND FEEL AWESOME! "OUR AIM IS TO HELP AS MANY PEOPLE AS POSSIBLE GET HEALTHY AND UNDERSTAND THAT GETTING IN GREAT SHAPE DOESN'T HAVE TO BE HARD OR DEPRESSING." HERE, THEY SHARE THEIR SECRETS IN THEIR FIRST BOOK; A FUN, FULLY ILLUSTRATED GUIDE FOR BECOMING THE BEST VERSION OF YOURSELF. FEATURING EASY NUTRITIOUS RECIPES, AS WELL AS SIMPLE WORKOUTS, TONING TIPS AND MINDFULNESS TECHNIQUES, THE BOYS PROVE THAT HAVING A HEALTHY LIFESTYLE IS ACHIEVABLE AND FUN. #LEANMACHINES

BALLET BEAUTIFUL MARY BOWERS 2012-06-12 BALLET-INSPIRED FITNESS FOR EVERY WOMAN! YOU DON'T HAVE TO BE A PROFESSIONAL BALLERINA TO LOOK LIKE ONE! WITH MARY HELEN BOWERS' BALLET BEAUTIFUL, FORGET BEATING YOURSELF UP IN THE GYM AND SUFFERING THROUGH STARVATION DIETS FOR SOME UNATTAINABLE GOAL. YOU CAN ACHIEVE YOUR IDEAL BODY AND DEVELOP THE STRENGTH, GRACE, AND ELEGANCE OF A DANCER BY FOLLOWING MARY HELEN'S PROVEN PROGRAM—ONE THAT'S GOT EVERYONE FROM CELEBRITIES TO BUSY MOMS TO EXECUTIVES RAVING! BALLET BEAUTIFUL IS A FITNESS METHOD THAT BLENDS THE ARTISTRY AND ATHLETICISM OF BALLET WITH AN EASY, ACCESSIBLE EATING PLAN THAT WORKS FOR EVERY BODY - AND ABSOLUTELY NO DANCE EXPERIENCE IS REQUIRED. CREATED BY PROFESSIONAL BALLERINA MARY HELEN BOWERS, THIS TRANSFORMATIVE APPROACH TO FITNESS AND HEALTH WILL RESHAPE YOUR BODY AND YOUR MIND! BALLET BEAUTIFUL'S THREE-FOLD APPROACH IS NOT AN EXTREME WORKOUT NOR IS IT A RADICAL DIET FOR AN OVERNIGHT FIX; IT'S A ROADMAP TO ACHIEVING AND MAINTAINING YOUR IDEAL HEALTH, SHAPE AND SIZE--ALL WITH THE ELEGANCE AND STRENGTH OF A BALLERINA. PART ONE OF THE BOOK INTRODUCES THE PROGRAM'S EMPOWERING MINDSET, THE KEY TO SUPPORTING AND GUIDING YOU THROUGH LASTING CHANGE. PART TWO, THE BALLET BEAUTIFUL METHOD, CONSISTS OF CHALLENGING, EFFECTIVE, AND FUN WORKOUTS THAT SCULPT AND TONE SLEEK BALLET MUSCLES AND BUILD BEAUTIFUL POSTURE. WHETHER YOU HAVE A FULL HOUR OR ONLY 15 MINUTES, YOU CAN TAILOR THE PROGRAM TO YOUR OWN SCHEDULE AND NEEDS. PART THREE SHARES THE BALLET BEAUTIFUL LIFESTYLE, A HEALTHY, BALANCED APPROACH TO NUTRITION. WITH MEAL PLANS, SHOPPING TIPS AND QUICK BUT DELICIOUS DAILY RECIPES THAT WILL SATISFY AND NOURISH YOUR ENTIRE BODY, IT'S A STRESS-FREE, DIET-FREE PLAN THAT WILL HELP KEEP YOU FEELING AS STRONG AND HEALTHY AS YOU LOOK.

BIKINI BODY TRAINING GUIDE 2.0 KAYLA ITSINES 2015-02-20 SO YOU FINISHED MY 12 WEEK GUIDE! GIVE YOURSELF A MASSIVE CONGRATULATIONS AND PAT ON THE BACK. IT'S A HUGE ACCOMPLISHMENT, AND NO DOUBT YOU ARE FEELING A BIG CHANGE IN YOUR OVERALL HEALTH, MINDSET, AND CONFIDENCE. AS YOU KNOW BY NOW, MY PROGRAM IS NOT A "DIET", BUT A LIFESTYLE. WITH MY 2.0 GUIDE, I'VE CREATED ANOTHER 12 WEEKS TO HELP YOU CONTINUE YOUR HEALTHY LIFESTYLE. INSIDE YOU WILL FIND 12 WEEKS OF HIGHER CHALLENGE WORKOUTS, A FULL GLOSSARY SECTION DETAILING NEW EXERCISES, AS WELL AS A GUIDE TO FOAM ROLLING, AND NEW RESISTANCE EXERCISES. THE 2.0 GUIDE HELPS YOU TAKE YOUR HEALTHY LIFESTYLE TO THE NEXT LEVEL, AND IS THE BEST WAY TO CONTINUE REACHING YOUR FITNESS GOALS!

THINNER LEANER STRONGER MICHAEL MATTHEWS 2019-04-22 THIS BOOK HAS HELPED THOUSANDS OF WOMEN BUILD THEIR BEST BODIES EVER. WILL YOU BE NEXT? IF YOU WANT TO BE MUSCULAR, LEAN, AND STRONG AS QUICKLY AS POSSIBLE WITHOUT CRASH DIETING, GOOD GENETICS, OR WASTING RIDICULOUS AMOUNTS OF TIME IN THE GYM... YOU WANT TO READ THIS BOOK HERE'S THE DEAL: BUILDING LEAN MUSCLE AND BURNING FAT ISN'T AS COMPLICATED AS THE FITNESS INDUSTRY WANTS YOU TO BELIEVE. THIS BOOK IS THE SHORTCUT. YOU DON'T NEED TO: SPEND HUNDREDS OF DOLLARS PER MONTH ON THE WORTHLESS SUPPLEMENTS, "DETOXES," OR "SKINNY TEAS." MOST PILLS AND POWDERS DO ABSOLUTELY NOTHING. YOU DON'T NEED TO: CONSTANTLY CHANGE UP YOUR WORKOUT ROUTINE TO GET LEAN, DEFINED MUSCLES. IT'S MUCH SIMPLER THAN THAT. YOU DON'T NEED TO: WASTE A COUPLE OF HOURS IN THE GYM EVERY DAY GRINDING THROUGH GRUELING WORKOUTS. IN FACT, THIS IS A GREAT WAY TO GET NOWHERE. YOU DON'T NEED TO: SLOG AWAY AT BORING CARDIO TO SHED UGLY BELLY, HIP, AND THIGH FAT. IN FACT, YOU PROBABLY DON'T HAVE TO DO ANY CARDIO TO GET THE BODY YOU REALLY WANT. YOU DON'T NEED TO: OBSESS OVER "CLEAN EATING" AND AVOIDING "UNHEALTHY" FOODS TO GET FIT. INSTEAD, YOU CAN GET THE BODY YOU WANT EATING THE FOODS YOU LOVE. THOSE ARE JUST A FEW OF THE HARMFUL LIES AND MYTHS THAT KEEP GALS FROM EVER ACHIEVING THE LEAN, TONED, SEXY, AND HEALTHY BODIES THEY TRULY DESIRE. AND IN THIS BOOK YOU'RE GOING TO LEARN SOMETHING MOST GUYS WILL NEVER KNOW... THE EXACT FORMULA OF EXERCISE AND EATING THAT MAKES LOSING 10 TO 15 POUNDS OF FAT WHILE BUILDING LEAN, SEXY MUSCLE A BREEZE... AND IT ONLY TAKES 8 TO 12 WEEKS. HERE ARE JUST A FEW OF THE THINGS YOU'RE GOING TO DISCOVER IN THIS BOOK: THE 10 BIGGEST FAT LOSS AND MUSCLE-BUILDING MYTHS AND MISTAKES THAT KEEP WOMEN OVERWEIGHT, WEAK, AND FRUSTRATED. THE 3 SCIENTIFIC LAWS OF LEAN MUSCLE GROWTH AND FAT LOSS THAT LITERALLY FORCE YOUR BODY TO GET FITTER, LEANER, AND STRONGER. YOU'LL BE SHOCKED AT HOW EASY IT REALLY IS TO BUILD LEAN MUSCLE AND LOSE FAT ONCE YOU KNOW WHAT YOU'RE DOING. HOW TO CREATE FLEXIBLE DIET PLANS THAT HELP YOU TRANSFORM YOUR BODY COMPOSITION EATING THE FOODS YOU LOVE—WITHOUT EVER FEELING STARVED, DEPRIVED, OR LIKE YOU'RE "ON A DIET." A PAINT-BY-NUMBERS TRAINING SYSTEM THAT WILL HELP YOU ADD LEAN MUSCLE TO ALL THE RIGHT PLACES AND GET SEXY, ATHLETIC CURVES...

SPENDING NO MORE THAN THREE TO SIX HOURS IN THE GYM EVERY WEEK... DOING CHALLENGING, FUN WORKOUTS YOU ENJOY. A NO-BS GUIDE TO SUPPLEMENTS THAT WILL SHOW YOU WHAT WORKS AND WHAT DOESN'T, SAVING YOU HUNDREDS IF NOT THOUSANDS OF DOLLARS EACH YEAR. AND A WHOLE LOT MORE! IMAGINE... JUST 12 WEEKS FROM NOW... BEING CONSTANTLY COMPLIMENTED ON HOW GREAT YOU LOOK AND ASKED HOW THE HECK YOU'RE DOING IT... IMAGINE ENJOYING THE ADDED BENEFITS OF HIGH ENERGY LEVELS, NO ACES AND PAINS, BETTER SPIRITS, AND KNOWING THAT YOU'RE GETTING HEALTHIER EVERY DAY... THE BOTTOM LINE IS YOU CAN GET THAT "HOLLYWOOD BABE" BODY WITHOUT FOLLOWING BORING, BLAND "BODYBUILDER" DIETS OR LIVING IN THE GYM. THIS BOOK SHOWS YOU HOW. SPECIAL BONUSES FOR READERS WITH THIS FITNESS BOOK, YOU'LL ALSO GET A FREE 56-PAGE REFERENCE GUIDE WITH ALL OF THE BOOK'S KEY TAKEAWAYS, A YEAR'S WORTH OF BIGGER LEANER STRONGER WORKOUTS, 10 PREMADE MEAL PLANS FOR CUTTING AND LEAN BULKING, AND MORE! SO, SCROLL UP, CLICK THE "BUY" BUTTON NOW, AND BEGIN YOUR JOURNEY TO A BIGGER, LEANER, AND STRONGER YOU!

TONE IT UP KARENA DAWN 2015-05-05 KARENA DAWN AND KATRINA SCOTT, THE FOUNDERS OF THE TONE IT UP FITNESS AND HEALTH BRAND, HAVE TAKEN THE WORLD BY STORM WITH THEIR FUN, ENERGETIC, GIRLFRIEND-TO-GIRLFRIEND APPROACH TO GETTING FIT. IN THEIR TONE IT UP BOOK, THE GIRLS' GENUINE, RELATABLE PHILOSOPHY IS BOILED DOWN TO A 28-DAY PROGRAM THAT INCORPORATES FITNESS ROUTINES, NUTRITIONAL ADVICE, AND MENTAL AND SPIRITUAL PRACTICES TO TRANSFORM READERS' BODIES, ATTITUDES, AND LIVES. DAWN AND SCOTT TAKE A HOLISTIC APPROACH TO FITNESS, INCLUDING THE SAME PRINCIPLES IN THEIR BOOK THAT MAKE THEIR BRAND SO POPULAR--A SENSE OF COMMUNITY, EMPOWERMENT, AND LIGHTHEARTEDNESS IN EVERY HEALTHY, FEEL-GOOD TECHNIQUE THEY RECOMMEND. DAWN AND SCOTT WILL HELP READERS GET: • FIT. WITH DAILY FITNESS CHALLENGES, WORKOUT PLANS, HEALTHY-EATING TIPS, AND DELICIOUS RECIPES, READERS WILL BE ON THEIR WAY TO THE STRONG, SEXY BODY THEY'RE AFTER. • FIERCE. DAWN AND SCOTT WILL EMPOWER READERS TO BE THEIR BEST SELF-MOTIVATORS BY ALIGNING THEIR MINDS AND BODIES WITH THEIR INTENTIONS THROUGH VISUALIZATION EXERCISES, DAILY MEDITATIONS, CONFIDENCE-BOOSTING TIPS, AND DARES TO MOVE OUTSIDE THEIR COMFORT ZONES. • FABULOUS. THIS IS THE FUN STUFF: BEAUTY, SPARKLE, FRIENDSHIP, INSPIRATION, JOY, AND ALL THE THINGS THAT GIVE READERS THAT UNMISTAKABLE GLOW SO THEY RADIATE FROM THE INSIDE OUT!

CLEAN AND LEAN DIET JAMES DUGAN 2011-01-16 WRITTEN BY ELLE MACPHERSON'S PERSONAL TRAINER, THIS IS THE ONLY DIET BOOK GUARANTEED TO GIVE YOU THE BEACH-BEAUTIFUL BODY YOU'VE ALWAYS WANTED. SIMPLE AND EFFECTIVE, WITH NO CALORIE COUNTING OR COMPLICATED RULES, IT SHOWS YOU HOW TO GET CLEAN BY FOLLOWING A FLEXIBLE 14-DAY MEAL PLAN ENDORSED BY NUTRITIONIST ALICE SYKES, THEN HOW TO GET LEAN BY HONING YOUR BODY WITH EASY EXERCISES THAT GET RESULTS. ILLUSTRATED WITH RECIPE AND STEP-BY-STEP EXERCISE PHOTOGRAPHY.

THE HELP VEGETARIAN NUTRITION GUIDE KAYLA ITSINES 2014-12-20 THE HELP VEGETARIAN GUIDE CONTAINS KAYLA ITSINES' 107 PAGE CLEAN EATING PLAN INCLUDING A FULL 14 DAY MEAL PLAN WITH RECIPES. SUITABLE FOR VEGETARIANS, VEGANS AND PISCATARIANS. LEARN WHAT TO EAT, DISCOVER FAT BURNING FOODS, EAT TASTY MEALS AND SPEED UP YOUR METABOLISM.

DO WHAT FEELS GOOD HANNAH BRONFMAN 2019-01-08 "HANNAH BRONFMAN IS CHALLENGING US ALL TO RETHINK OUR DEFAULT STANDARDS OF BEAUTY AND DEFINITIONS OF 'HEALTHY'—AND I, FOR ONE, COULDN'T BE HAPPIER TO HEAR THIS FROM ANOTHER WOMAN OF COLOR IN THE WELLNESS COMMUNITY. DO WHAT FEELS GOOD IS A PRACTICAL, INSPIRATIONAL, AND BEAUTIFUL GUIDEBOOK TO FEELING GOOD IN YOUR OWN SKIN." --GABRIELLE UNION, ACTRESS AND BESTSELLING AUTHOR OF WE'RE GOING TO NEED MORE WINE AS A FOOD LOVER, BEAUTY PRODUCT ADDICT, EXERCISE JUNKIE, AND WELLNESS ENTREPRENEUR, HANNAH BRONFMAN PRACTICALLY RADIATES CONFIDENCE AND HEALTH. BUT SHE'LL BE THE FIRST ONE TO ADMIT THAT THE ROAD TO WELLNESS AND SELF-ACCEPTANCE HASN'T BEEN EASY. AS A WOMAN OF COLOR WHO GREW UP WATCHING A CLOSE FAMILY MEMBER STRUGGLE WITH AN EATING DISORDER, HANNAH'S HAD TO FORGE HER OWN PATH AND CREATE HER OWN STANDARDS OF BEAUTY. AND WHAT SHE'S LEARNED IS THIS: HEALTHY IS BEAUTIFUL. AND HEALTHY SHOULD FEEL GOOD. IN DO WHAT FEELS GOOD, HANNAH OFFERS REAL TALK ABOUT GETTING IN TOUCH WITH YOUR BODY'S NEEDS, BARING HER SOUL AND SHARING HER STORY ALONG THE WAY. HANNAH PROVIDES INSIGHT ON EVERYTHING FROM GUT HEALTH TO NUTRITION TO FITNESS TO SKINCARE, SHARING INSIGHT FROM TOP EXPERTS ON HOW TO UNDERSTAND YOUR BODY'S UNIQUE CHEMISTRY SO THAT YOU CAN FUEL IT WITH MORE OF THE THINGS THAT FEEL GOOD AND LESS OF THE THINGS THAT DON'T. AND SINCE DELICIOUS FOOD IS ONE OF THE THINGS THAT MAKES EVERYONE FEEL GOOD, HANNAH SHARES MORE THAN 50 OF HER FAVORITE RECIPES FOR HEALTHY HEDONISM (DESSERTS AND COCKTAILS INCLUDED). ENLIGHTENING, EMPOWERING, AND EDUCATIONAL, THIS IS AN APPROACH TO WELLNESS THAT IS HOLISTIC, HEDONISTIC, AND REAL. BECAUSE SELF-CARE SHOULD NOT FEEL SELF-PUNISHING, AND EVERY BODY DESERVES TO FEEL GOOD.

FOAM ROLLING GUIDE KAYLA ITSINES 2015-08-15 KAYLA ITSINES FOAM ROLLING GUIDE IS ESSENTIAL FOR ANYBODY WHO HAS PURCHASED A FOAM ROLLER AND IS UNSURE OF HOW TO USE IT. FOAM ROLLING HELPS TO RELIEVE MUSCLE TENSION AND PAIN BY IMPROVING CIRCULATION. IT COULD ALSO HELP TO MINIMISE THE APPEARANCE OF CELLULITE. IN THIS GUIDE YOU WILL FIND: • THE IMPORTANCE OF FOAM ROLLING • RECOMMENDED UPPER BODY FOAM ROLLING ROUTINE • RECOMMENDED LOWER BODY FOAM ROLLING ROUTINE • STRETCHING EXERCISES TO AID IN REHABILITATION • DO'S & DON'T'S • STEP-BY-STEP INFORMATION

THE OVERNIGHT DIET CAROLINE APOVIAN 2013-04-09 FOR THE FIRST TIME, TWO PROVEN RAPID WEIGHT-LOSS METHODS ARE COMBINED TO CREATE AN INCREDIBLY EFFECTIVE HYBRID DIET. LEADING EXPERT AND AUTHORITY ON NUTRITION AND WEIGHT MANAGEMENT CAROLINE APOVIAN, MD, HAS TRANSLATED MORE THAN TWENTY-FIVE YEARS OF RESEARCH AND EXPERIENCE INTO AN EASY-TO-USE PROGRAM FOR ANYONE WHO WANTS TO SLIM DOWN FAST--AND KEEP OFF THE WEIGHT ONCE AND FOR ALL. WHETHER YOU WANT TO DROP FIVE POUNDS OR FIFTY, THIS SPECIFICALLY FORMULATED PLAN WILL PRODUCE RESULTS. YOU'LL LOSE UP TO TWO POUNDS OVERNIGHT WHEN YOU JUMPSTART YOUR METABOLISM BY DRINKING FULFILLING SMOOTHIES IN THE 1-DAY POWER UP. THEN THE 6-DAY FUEL UP KEEPS YOUR BODY IN FAT-BURNING MODE THROUGH A MEAL PLAN THAT INCLUDES PLENTY OF DELICIOUS FOODS, INCLUDING SNACKS AND DESSERT. THE QUICKIE REV UP WORKOUT COMPLEMENTS YOUR FOOD INTAKE, GIVING YOUR BODY THE TONED LOOK YOU WANT WHILE THE UNWANTED POUNDS MELT OFF. FINALLY, THERE'S A PROVEN PLAN THAT REVEALS THE SECRET TO FAST, EASY, AND PERMANENT WEIGHT LOSS. WITH THE OVERNIGHT DIET, YOU CAN: --LOSE WEIGHT OVERNIGHT AND UP TO NINE POUNDS IN THE FIRST WEEK --REDUCE WATER RETENTION AND BLOATING --PRESERVE LEAN MUSCLE --STAVE OFF HUNGER PANGS --PREVENT PLATEAUS --FEEL HEALTHIER THAN EVER BEFORE.

CASSEY HO'S HOT BODY YEAR-ROUND CASSEY HO 2015-04-07 CASSEY HO, INTERNATIONALLY RENOWNED FITNESS INSTRUCTOR, IS KNOWN FOR HER IRRESISTIBLY POPULAR WORKOUT VIDEOS WHICH HAVE BEEN SHARED MILLIONS OF TIMES ONLINE. SHE RUNS THE #1 WOMEN'S FITNESS CHANNEL ON YOUTUBE, BLOGILATES. HER UNIQUE FORMAT, POP PILATES© IS A FUSION OF AB-CHISELING, BUTT LIFTING, TOTAL BODY SCULPTING EXERCISES THAT ARE PERFORMED USING ONLY YOUR BODYWEIGHT. CASSEY'S PERSONALITY IS BUBBLY, INSPIRING, AND INFECTIOUS. BUT DON'T LET THE SMILE FOOL YOU - HER WORKOUTS WILL LEAVE YOU SWEATING AND SORE FOR DAYS. BY FOLLOWING HO'S SUPER EFFECTIVE WORKOUT PLANS AND CLEAN-EATING RECIPES, YOU WILL TRANSFORM YOUR BODY TOWARDS A STRONGER, SLEEKER, AND HAPPIER VERSION OF YOU. HOT BODY YEAR ROUND IS YOUR ULTIMATE EXERCISE AND NUTRITION GUIDE TO LIVING A FIT, HAPPY, AND HEALTHY LIFE WHILE SCULPTING YOUR HOTTEST BODY. CASSEY WILL SHOW YOU HOW TO STAY MOTIVATED THROUGHOUT THE YEAR, NO MATTER WHAT THE CHALLENGES ARE. YOU WILL GET: - 120 OF CASSEY'S BEST TOTAL BODY TRANSFORMING EXERCISES - THE COMPLETE POP PILATES EXERCISE LIBRARY - FULLY PHOTOGRAPHED AND EASY TO FOLLOW - 20 FULL LENGTH WORKOUTS - 40 BRAND NEW, RIDICULOUSLY DELICIOUS & NUTRITIOUS RECIPES - FOODS FOR BEAUTIFUL HAIR, SKIN, AND NAILS - 4 COMPLETE CLEAN EATING MEAL PLANS & GROCERY LISTS THAT COMPLEMENT EACH SEASON - CASSEY'S PERSONAL DAILY MEAL PLAN - MOTIVATIONAL TIPS TO STAY INSPIRED YEAR-ROUND - 256 PAGES OF FULL COLOR, GLOSSY INSPIRATION

THE BIKINI BODY TRAINING GUIDE KAYLA ITSINES 2014-01-20 THE BIKINI BODY TRAINING GUIDE IS KAYLA ITSINES 189 PAGE GUIDE CONTAINING A FULL 12 WEEK WORKOUT PLAN. INCLUDING EFFECTIVE CARDIO METHODS, RECOMMENDATIONS TO TARGET PROBLEM AREAS AND WORKOUTS UNDER 30 MINUTES!

THE YEAR ONE CHALLENGE FOR WOMEN MICHAEL MATTHEWS 2015-01-15 THE OFFICIAL WORKOUT JOURNAL FOR THE THINNER LEANER STRONGER PROGRAM IS THIS A WORKOUT BOOK THAT CAN GIVE YOU A LEAN AND TONED "HOLLYWOOD BABE BODY" IN 30 DAYS FLAT? NO. IS IT A BODYBUILDING BOOK FULL OF DUBIOUS DIET AND EXERCISE "HACKS" AND "SHORTCUTS" FOR GAINING LEAN MUSCLE AND MELTING BELLY FAT FASTER THAN A SNEEZE IN A CYCLONE? ABSOLUTELY NOT. BUT IS IT AN EXERCISE BOOK THAT'LL SHOW YOU EXACTLY HOW TO EAT AND TRAIN TO LOSE UP TO 35 POUNDS OF FAT (OR MORE) AND GAIN EYE-CATCHING AMOUNTS OF MUSCLE DEFINITION AND STRENGTH? YES. AND FASTER THAN YOU PROBABLY THINK POSSIBLE, OR YOUR MONEY BACK. THE YEAR ONE CHALLENGE FOR WOMEN IS A WORKOUT JOURNAL COMPANION TO THE BESTSELLING FITNESS BOOK FOR WOMEN, THINNER LEANER STRONGER. THIS WORKOUT BOOK CONTAINS A FULL YEAR'S WORTH OF THINNER LEANER STRONGER WORKOUTS FOR GETTING LEAN, SEXY CURVES AND MUSCLE DEFINITION IN ALL OF THE RIGHT PLACES ON YOUR BODY... IN ONLY 3-TO-5 HOURS OF RESISTANCE TRAINING PER WEEK. THIS WORKOUT JOURNAL ALSO PROVIDES YOU WITH A COMPREHENSIVE THINNER LEANER STRONGER "CHEATSHEET" THAT LISTS AND DEMONSTRATES ALL EXERCISES IN THE PROGRAM, AND EXPLAINS HOW TO CHOOSE THE RIGHT ROUTINE FOR YOU, HOW TO PROGRESS IN YOUR WORKOUTS, HOW TO MAKE EXERCISE SUBSTITUTIONS, AND MORE. IT'S BACKED BY A "NO RETURN NECESSARY" MONEY-BACK GUARANTEE, TOO, THAT WORKS LIKE THIS: IF YOU'RE UNSATISFIED WITH THIS WORKOUT JOURNAL OR PROGRAM FOR ANY REASON, LET THE AUTHOR KNOW, AND YOU'LL GET A FULL REFUND ON THE SPOT. SO, IMAGINE... JUST 12 WEEKS FROM NOW... LOOKING AT THE CHANGES IN YOUR PHYSIQUE AND THINKING, "I DID THAT. THAT'S AWESOME. I'M AWESOME." AND BELIEVING IT. THE BOTTOM LINE IS YOU CAN GET THAT BEAUTIFUL "BEACH-READY" BODY WITHOUT DOING EXHAUSTING STRENGTH TRAINING WORKOUTS YOU HATE. AND THIS EXERCISE BOOK SHOWS YOU HOW. GET YOUR COPY NOW, AND START YOUR JOURNEY TO A FITTER, LEANER, AND STRONGER YOU.

THE SKINNY CONFIDENTIAL LAURYN EVARTS 2014-03-04 A COMPREHENSIVE COLLECTION OF LIFESTYLE INFORMATION, INCLUDING TIPS ON EATING, EXERCISING, AND FASHION.

THE WILD DIET ABEL JAMES 2016-01-19 ABEL JAMES, THE ABC STAR AND CREATOR OF THE #1 FAT-BURNING MAN SHOW, SHARES HIS REVOLUTIONARY WEIGHT-LOSS PROGRAM IN THE WILD DIET - NOW A NEW YORK TIMES BESTSELLER! CAN YOU REALLY LOSE 20 POUNDS IN 40 DAYS WHILE ENJOYING REAL BUTTER, JUICY BURGERS, CHICKEN PARMESAN, CHOCOLATE, AND EVEN CHEESECAKE? THE ANSWER MIGHT SURPRISE YOU. BY FOCUSING ON SIMPLE, FRESH INGREDIENTS AND NUTRIENT-DENSE MEALS, THE WILD DIET PROGRAMS YOUR BODY TO BURN FAT AS ITS MAIN FUEL SOURCE. EATING WILD, THOUSANDS OF PEOPLE ACROSS THE WORLD HAVE DROPPED 20, 60, OR EVEN MORE THAN 100+ POUNDS WITHOUT HUNGER... AND OFTEN WITH MINIMAL EXERCISE. IN THE WILD DIET, YOU'LL FIND THAT WE ARE NOT MEANT TO STARVE OURSELVES, COUNT CALORIES, OR AVOID DELICIOUS FOOD. WE'RE WIRED TO EAT LUXURIOUSLY AND LIVE WELL WITHOUT GETTING FAT. IF YOU THINK THAT YOU'RE STUCK WITH THE GENES YOU INHERITED AND THERE'S NOTHING YOU CAN DO ABOUT IT, READ CLOSELY. THE WILD DIET PAINTS A DIFFERENT PICTURE, ONE IN WHICH WE HAVE THE POWER TO INFLUENCE OUR GENETIC EXPRESSION BY TAKING CONTROL OF THE QUALITY OF FOOD WE EAT, THE WAY WE MOVE, AND THE ENVIRONMENT AROUND US. WE ONCE HAD ACCESS TO AN IMMENSE VARIETY OF FRESH SEASONAL FOODS FROM SMALL, LOCAL SOURCES. NOW WE HAVE ACCESS TO FEW VARIETIES OF PROCESSED FOODS FROM A MASSIVE INDUSTRIAL SYSTEM OFTEN THOUSANDS OF MILES FROM WHERE WE LIVE. THE SECRET TO GREAT HEALTH SIMPLY GETTING BACK TO OUR WILD ROOTS AND ENJOYING REAL, WILD FOODS GROWN ON A FARM AND NOT IN A FACTORY. BY PRIORITIZING FOODS FOUND IN THE NATURAL WORLD, RICH IN FIBER AND NUTRIENTS, YOUR BODY WILL BURN FAT INSTEAD OF SUGAR FOR ENERGY. WHEN YOU REDUCE YOUR CONSUMPTION OF PROCESSED GRAINS, SUGARS AND OTHER SIMPLE CARBOHYDRATES IN FAVOR OF HEALTHY PLANTS AND ANIMALS, YOU WILL BE SHOCKED BY HOW QUICKLY YOU CAN REVERSE THE DAMAGE OF DECADES OF

POOR EATING. THE WILD DIET PROVES THAT IT'S POSSIBLE TO GET IN BEST SHAPE OF YOUR LIFE WHILE EATING DELICIOUS FOODS LIKE CHICKEN PARMESAN, BACON CHEESEBURGERS, AND EVEN CHOCOLATE PUDDING. IF YOU WANT TO KNOW HOW TO BURN MORE FAT BY INDULGING IN INCREDIBLE MEALS AND EXERCISING LESS, IT'S TIME TO TREAT YOURSELF TO THE WILD DIET.

ATKINS: EAT RIGHT, NOT LESS COLETTE HEIMOWITZ 2017-12-12 ENJOY THE BENEFITS OF A LOWER-CARB LIFESTYLE ON YOUR OWN TERMS—including a BETTER KETO DIET: THIS IS ATKINS® YOUR WAY. FOR MORE THAN FORTY YEARS, ATKINS HAS USED PROVEN SCIENTIFIC RESEARCH TO HELP MILLIONS ACHIEVE WEIGHT-LOSS GOALS AND IMPROVE THEIR HEALTH BY CONTROLLING CARBOHYDRATE CONSUMPTION. DR. ATKINS ACTUALLY INTRODUCED THE CONCEPT OF “KETOSIS” TO THE GENERAL PUBLIC IN 1972 IN HIS FIRST BOOK, DR. ATKINS' DIET REVOLUTION. WITH THIS BOOK, YOU TOO CAN LIVE A LOW-CARB AND LOW-SUGAR LIFESTYLE THAT'S AS FLEXIBLE AS IT IS INSPIRING. **A BETTER KETO DIET AND SO MUCH MORE:** THIS ALL-NEW ATKINS GUIDEBOOK FOCUSES ON EATING RIGHT—not LESS—for PAINLESS WEIGHT MANAGEMENT AND BETTER OVERALL HEALTH. CHOOSE THE PROGRAM THAT WORKS FOR YOU: ATKINS' CLASSIC APPROACH (ATKINS 20®), A BETTER KETO DIET (ATKINS 40®), OR SMALL CHANGES THAT LEAD TO BIG RESULTS (ATKINS 100®). 100 DELICIOUS WHOLE-FOOD RECIPES: NOT ONLY ARE THE RECIPES IN THIS BOOK LOW IN CARBS AND SUGAR, THEY CAN HELP YOU ACHIEVE YOUR GOALS: SIX FULL WEEKS OF MEAL PLANS PACKED WITH VARIETY, THESE HEALTHY TAKES ON CLASSIC COMFORT FOODS OFFER SIMPLE SOLUTIONS FOR EATING THE FOODS WE LOVE IN A HEALTHIER WAY. PLUS, LEARN ABOUT THE HIDDEN SUGAR EFFECT AND HOW TO AVOID IT, AND READ REAL-LIFE TIPS FOR CREATING A LOW-CARB KITCHEN AND FOR SETTING ACHIEVABLE GOALS. YOU'LL SEE HOW EASY IT IS TO EAT RIGHT—not LESS—to REACH YOUR WEIGHT-MANAGEMENT GOALS AND ACHIEVE OPTIMAL HEALTH.

THE NEW ATKINS FOR A NEW YOU COOKBOOK COLETTE HEIMOWITZ 2011-12-27 A LATEST COMPANION COOKBOOK TO THE BEST-SELLING THE NEW ATKINS FOR A NEW YOU PROVIDES 200 ORIGINAL RECIPES THAT CAN BE PREPARED IN A MINIMUM OF TIME, FROM HUNGARIAN GOULASH AND THAI COCONUT SHRIMP SOUP TO PANINI AND CHICKEN TERIYAKI BURGERS. ORIGINAL.

WELL+GOOD'S EATING FOR WELLNESS ALEXIA BRUE 2019 WELL + GOOD'S EATING FOR WELLNESS IS THE GO-TO AUTHORITY FOR TREATING YOURSELF RIGHT. THESE 100 RECIPES (50% OF WHICH ARE NEW AND EXCLUSIVE) ARE CONTRIBUTED BY TRUSTED VOICES IN A VARIETY OF FIELDS, INCLUDING GABBY BERNSTEIN (SPIRITUALITY), BOBBI BROWN (BEAUTY), JOEY GONZALEZ (FITNESS), CANDICE KUMAR (NUTRITION), AND MORE. THESE ARE THE RECIPES YOUR WELLNESS IDOLS RELY ON EVERY DAY IN THEIR BUSY, REAL LIVES-- AND NOW YOU'LL BE ABLE TO DO THE SAME. THE HEALTH FACTOR IN THESE RECIPES IS IMPLICIT, OF COURSE, AND WILL BE DENOTED WITH THE EXPECTED TAGS LIKE VEGAN, PALEO, GLUTEN-FREE, AND KETO. BUT IN ADDITION, EACH RECIPE OFFERS SPECIFIC WELLNESS FACTORS, WHICH WILL ALSO BE DENOTED- BETTER SKIN, BETTER SLEEP, BETTER SEX, BETTER MOOD, BETTER FOCUS, BETTER DIGESTION, BETTER ENERGY. THE RECIPES ARE ORGANIZED BY MEAL, BUT THE BOOK ALSO CONTAINS A WELLNESS INDEX SO YOU CAN ACT ON YOUR SPECIFIC GOALS. USE THE BOOK WHICHEVER WAY WORKS BEST FOR YOU, AND KNOW YOU'LL FEEL LIKE THE BEST VERSION OF YOURSELF.

BE HEALTHY EVERY DAY MARIA MARLOWE 2018-11-06 ACHIEVE YOUR GOALS TO LIVE A HEALTHIER, HAPPIER, MORE BALANCED LIFE BE HEALTHY EVERY DAY LIFE PLANNER WILL HELP YOU MAKE THEM A REALITY! THIS 52-WEEK MOTIVATIONAL CALENDAR AND STICKER SET BY NOTED NUTRITION AND HEALTH COACH MARIA MARLOWE GUIDES YOU TO LEARN ABOUT, SET GOALS FOR, AND STICK TO POSITIVE HABITS THAT WILL MAKE YOU FEEL HEALTHY, FIT, AND HAPPY. EACH WEEK OFFERS USEFUL AND SUPPORTIVE ADVICE AND TIPS, INCLUDING: HOW TO CHOOSE ESSENTIAL ITEMS FOR YOUR PANTRY, FRIDGE, AND FREEZER—AND WHAT TO TOSS HOW TO MAKE SMART, HEALTHY CHOICES ABOUT SNACKS AND PACKAGED FOODS BASICS FOR NUTRITIOUS AND DELICIOUS BATCH COOKING AND BUILDING VEGGIE BOWLS, SALAD JARS, HEALTHY DRESSINGS, AND MORE PLUS: 300+ STICKERS THAT ENCOURAGE YOU TO CHOOSE HEALTHY PRIORITIES, SET AND ACHIEVE HEALTHY GOALS FOR EATING AND EXERCISE, AND NURTURE YOUR RELATIONSHIPS--AND YOURSELF WITH BE HEALTHY EVERY DAY LIFE PLANNER, YOU CAN GIVE YOURSELF THE GIFTS OF FEELING NOURISHED, STRONG, FOCUSED, CALM, AND HAPPY. WHAT ARE YOU WAITING FOR? THE JOURNEY TO YOUR HEALTHIEST SELF CAN START TODAY!

BEST BABYSITTERS EVER CAROLINE CALA 2019-02-05 MAYHEM ENSUES IN THEIR SLEEPY CALIFORNIA BEACH TOWN WHEN THREE BEST FRIENDS, MOTIVATED BY UNLIMITED SNACKS, NO PARENTS, AND EARNING MONEY FOR AN EPIC SEVENTH-GRADE PARTY, FIND AN OLD COPY OF “THE BABYSITTERS CLUB” AND DECIDE TO START THEIR OWN BABYSITTING BUSINESS.

28 BY SAM WOOD SAM WOOD 2017-04-18 CHANGE YOUR THINKING, CHANGE YOUR SHAPE, CHANGE YOUR LIFE 28 BY SAM WOOD COMBINES QUICK, SIMPLE, DELICIOUS MEALS WITH A DAILY 28 MINUTE EXERCISE PROGRAM. IN JUST A YEAR OF THE PROGRAM, PERSONAL TRAINER AND THE BACHELOR FAVOURITE SAM WOOD AND HIS TEAM HAVE TRANSFORMED MORE THAN 100,000 PEOPLE'S LIVES. NOW, FOR THE FIRST TIME, THE BEST OF 28 BY SAM WOOD HAS BEEN BROUGHT TOGETHER IN A BOOK. INCLUDING 100 OF SAM AND NUTRITIONIST STEPH LOWE'S POPULAR RECIPES FOR BREAKFAST, LUNCH, DINNER AND SNACKS. ALL BASED ON THEIR PHILOSOPHY THAT WE SHOULD TURN THE HEALTHY FOOD PYRAMID UPSIDE DOWN - AND PRIORITISE REAL FOOD WITH AS LITTLE HUMAN INTERFERENCE AS POSSIBLE. ALONGSIDE SATISFYING, ACHIEVABLE RECIPES FOR EVERY TIME OF THE DAY, 28 BY SAM WOOD INCLUDES A MONTHLY MEAL PLANNER, A REGIME OF TOUGH BUT ACHIEVABLE EXERCISES FOR EVERY LEVEL, AND ADVICE ON TAKING CONTROL OF YOUR WEIGHT, YOUR HEALTH AND YOUR LIFE TODAY.

STRONG MAMA ROBIN ARZ 2022-01-11 A NEW YORK TIMES BESTSELLER! MAMA AND BABY MAKE ONE INCREDIBLE TEAM IN THIS NEW PICTURE BOOK FROM NEW YORK TIMES BESTSELLING AUTHOR AND PELOTON INSTRUCTOR EXTRAORDINAIRE ROBIN ARZ. N. BEFORE I MET YOU, I DREAMED OF YOU. THIS IS THE STORY OF HOW WE FIRST MET. ULTRAMARATHONS. BIKE SPRINTS. SQUATS AND DEADLIFTS. NAPS. KITCHEN DANCE PARTIES! ALL OF IT IS IN PREPARATION FOR MEETING PEQUENO, THE “LITTLE ONE” GROWING IN THIS STRONG MAMA'S BELLY. FROM FIRST HEARTBEATS AND FLUTTERY KICKS TO GRINNING GRANDPARENTS AND THAT FIRST LOUD CRY -- PREGNANCY MIGHT JUST BE THE BIGGEST WORKOUT YET! BUT THERE'S NOTHING THIS MOM AND NEW BABY CAN'T TACKLE TOGETHER AS A TEAM. NEW YORK TIMES BESTSELLING AUTHOR AND PELOTON HEAD INSTRUCTOR ROBIN ARZ. N TAKES READERS ON SWEAT-PACKED JOURNEY THROUGH MOTHERHOOD IN THIS AFFIRMING AND HEARTWARMING CELEBRATION OF MOTHERS AND PARENTS EVERYWHERE.

LEAN IN 15 JOE WICKS 2016-05-03 EAT MORE, EXERCISE LESS, AND LOSE FAT PERSONAL TRAINER AND INSTAGRAM SENSATION JOE WICKS (ATTHEBODYCOACH) HAS HELPED THOUSANDS AROUND THE WORLD LOSE FAT AND TRANSFORM THEIR BODIES WITH HIS NUTRITIOUS, QUICK-TO-PREPARE MEALS—READY IN JUST FIFTEEN MINUTES AND MADE FROM EASY TO FIND INGREDIENTS. IN THIS ESSENTIAL COOKBOOK AND EXERCISE GUIDE, HE REVEALS HOW TO SHIFT BODY FAT AND GET THE LEAN PHYSIQUE OF YOUR DREAMS BY EATING BETTER AND EXERCISING LESS WITH HIS SIGNATURE HIIT (HIGH INTENSITY INTERVAL TRAINING) HOME WORKOUTS AND 100 DELICIOUS RECIPES LIKE: INCREDIBLE HULK SMOOTHIE • BIG BARBECUE CHICKEN WRAP • QUICK TORTILLA PIZZA • GNOCCHI WITH SAUSAGE RAGU • THAI BEEF STIR-FRY • BEET PROTEIN BROWNIES FILLED WITH GORGEOUS FOOD SHOTS, HELPFUL HOW-TO PHOTOS, AND INSPIRING BEFORE-AND-AFTER SHOTS OF JOE'S CLIENTS AND THEIR AMAZING BODY TRANSFORMATIONS, LEAN IN 15 WILL HELP YOU DISCOVER HOW TO KEEP YOUR BODY HEALTHY, STRONG, AND LEAN—FOREVER.

FOOD FOR LIFE MICHELLE BRIDGES 2016-09-27 MICHELLE BRIDGES IS PASSIONATE ABOUT HEALTH - HER HEALTH, YOUR HEALTH, OUR HEALTH. IN FOOD FOR LIFE, MICHELLE SHOWS US HOW TO COOK FOR A LIFETIME OF WELLBEING AND FITNESS, AND REMINDS US THAT WE EACH HAVE THE POWER TO CHOOSE BETTER HEALTH THROUGH OUR FOOD. MICHELLE INCLUDES 200 DELICIOUS RECIPES, USING ACCESSIBLE NUTRIENT-DENSE INGREDIENTS, SUITABLE FOR SINGLES, COUPLES AND FAMILIES. THERE ARE MEAL PLANS FOR REDUCING WEIGHT, BOOSTING ENERGY AND FEEDING FAMILIES, AS WELL AS SMART SHOPPING LISTS, INGREDIENT DESCRIPTIONS AND THE SORT OF SENSIBLE, SUSTAINABLE DIETARY ADVICE YOU HAVE COME TO EXPECT FROM ONE OF AUSTRALIA'S MOST TRUSTED VOICES IN HEALTH. FOOD FOR LIFE IS NOT JUST FOR SHORT-TERM WEIGHT LOSS; INSTEAD, IT SHOWS YOU HOW TO DEVELOP A PATTERN OF HEALTHY EATING THAT WILL LAST YOU A LIFETIME. AS BEAUTIFUL AS IT IS PRACTICAL, IT WILL INSPIRE YOU TO SEE FOOD AS A PATH TO GOOD HEALTH, EMPOWERMENT AND JOY. THIS IS A SPECIALLY FORMATTED FIXED LAYOUT EBOOK THAT RETAINS THE LOOK AND FEEL OF THE PRINT BOOK.

FREEFALL TO FLY REBEKAH LYONS 2013-04-09 WOMEN TODAY ARE FADING. IN A FEMALE CULTURE BUILT ON PHOTOSHOPPED PERFECTION AND PINTEREST FANTASIES, WE'VE LOST THE ABILITY TO DREAM OUR OWN BIG DREAMS. SO BUSY TRYING TO DO IT ALL AND HAVE IT ALL, WE'VE MISSED THE LIFE WE WERE REALLY DESIGNED FOR. AND WE ARE PAYING THE PRICE. THE RISE OF LONELINESS, DEPRESSION, AND ANXIETY AMONG THE FEMALE POPULATION IN WESTERN CULTURES IS AT AN ALL-TIME HIGH. OVERALL, WOMEN ARE TWO AND A HALF TIMES MORE LIKELY TO TAKE ANTIDEPRESSANTS THAN MEN. WHAT IS IT ABOUT OUR CULTURE, THE EXPECTATIONS, AND OUR WAY OF LIFE THAT IS BREAKING WOMEN DOWN IN UNPRECEDENTED WAYS? IN THIS VULNERABLE MEMOIR OF TRANSFORMATION, REBEKAH LYONS SHARES HER JOURNEY FROM ATLANTA, GEORGIA, TO THE HEART OF MANHATTAN, WHERE SHE FOUND HERSELF BLINDSIDED

BY CRIPPLING DEPRESSION AND ANXIETY. OVERWHELMED BY THE PRESSURE TO BE DOMESTICALLY EFFICIENT, PROFESSIONALLY ASTUTE, AND PHYSICALLY ATTRACTIVE, REBEKAH FINALLY REALIZED THAT FREEDOM CAN COME ONLY BY FACING OUR GREATEST FEARS AND FULLY SURRENDERING TO GOD'S CALL ON OUR LIVES. THIS BOOK IS AN INVITATION FOR ALL WOMEN TO TAKE THAT FIRST STEP TOWARD FREEDOM. FOR IT IS ONLY WHEN WE FREE-FALL THAT WE CAN TRULY FLY.

THE BIKINI BODY 28-DAY HEALTHY EATING & LIFESTYLE GUIDE KAYLA ITSINES 2016-12-29 THE BODY TRANSFORMATION PHENOMENON AND #1 INSTAGRAM SENSATION'S FIRST HEALTHY EATING AND LIFESTYLE BOOK! MILLIONS OF WOMEN FOLLOW KAYLA ITSINES AND HER BIKINI BODY GUIDE 28-MINUTE WORKOUTS: ENERGETIC, KINETIC, HIGH-INTENSITY INTERVAL TRAINING SESSIONS THAT HELP WOMEN ACHIEVE HEALTHY, STRONG BODIES. FANS NOT ONLY FOLLOW KAYLA ON INSTAGRAM, THEY PACK STADIUMS FOR WORKOUT SESSIONS WITH HER, THEY'VE MADE HER SWEAT WITH KAYLA APP HIT THE TOP OF THE APPLE APP STORE'S HEALTH AND FITNESS CHARTS, AND THEY POST AMAZING BEFORE AND AFTER PROGRESS SHOTS. THE BIKINI BODY 28-DAY HEALTHY EATING & LIFESTYLE GUIDE FEATURES: - 200 RECIPES SUCH AS FRESH FRUIT BREAKFAST PLATTERS, SMOOTHIE BOWLS, AND SALADS - A 4-WEEK WORKOUT PLAN WHICH INCLUDES KAYLA'S SIGNATURE 28-MINUTE WORKOUTS - FULL-COLOUR FOOD SHOTS AND PHOTOS FEATURING KAYLA THROUGHOUT

THE REBEL'S APOTHECARY JENNY SANSOUCI 2020-05-19 LEARN HOW TO IMPROVE YOUR HEALTH AND WELLNESS WITH THE HEALING MAGIC OF CANNABIS, CBD AND MEDICINAL MUSHROOMS. WHEN HEALTH COACH AND WELLNESS BLOGGER JENNY SANSOUCI LEARNED THAT HER FATHER WAS DIAGNOSED WITH STAGE 4 PANCREATIC CANCER, HER EXTENSIVE KNOWLEDGE OF THE LATEST ALTERNATIVE THERAPIES WAS PUT TO THE TEST. JENNY DOVE INTO THE WORLD OF CANNABIS AND MUSHROOMS AND THEIR MEDICINAL PROPERTIES - AND SHE AND HER DAD ARE NOW OUTSPOKEN CHAMPIONS OF THE HEALING POWER OF THESE PLANTS AND FUNGI - NOT ONLY TO TAME THE SIDE EFFECTS OF CHEMOTHERAPY, BUT TO ADDRESS EVERYDAY WELLNESS CONCERNS. THE REBEL'S APOTHECARY IS THE RESULT OF HER HEARTFELT AND RIGOROUS QUEST -- A SCIENCE-BASED AND SUPPORTIVE GUIDE THAT WILL ENHANCE THE LIVES OF ANYONE LIVING WITH PAIN, ANXIETY, DEPRESSION, A WEAKENED IMMUNE SYSTEM, INSOMNIA, AND MORE. COMPLETE WITH BACKGROUND INFORMATION, DOSING INSTRUCTIONS, AND EVERYDAY RECIPES, THIS IS THE ESSENTIAL HANDBOOK FOR HARNESSING THE ANCIENT HEALING POWERS OF CANNABIS AND MUSHROOMS -- SAFELY, WITHOUT CONFUSION, FEAR, OR AN UNWANTED HIGH. IN ADDITION TO DEBUNKING MYTHS AND DE-STIGMATIZING THESE POWERFUL HEALING PLANTS AND FUNGI, THE REBEL'S APOTHECARY PRESENTS: • SPECIFIC PROTOCOLS AND DOSAGE GUIDES FOR WELLNESS USES (MOOD, SLEEP, IMMUNITY, FOCUS, ENERGY) AND MANAGING COMMON CHEMOTHERAPY SIDE EFFECTS • EVERYDAY WELLNESS ROUTINES • RECIPES FOR DELICIOUS, EASY, HEALTH-ENHANCING CANNABIS AND MUSHROOM INFUSED SMOOTHIES, COFFEE DRINKS, TEAS, ELIXIRS, GUMMIES, AND BROTHS - INCLUDING RECIPES FROM CHEFS AND WELLNESS EXPERTS LIKE DR. ANDREW WEIL, KRIS CARR, SEAMUS MULLEN, MARCO CANORA AND MORE • THE LATEST RESEARCH ON CBD, THC, MEDICINAL MUSHROOMS AND PSILOCYBIN • TIPS FOR CREATING A CUTTING-EDGE HOME APOTHECARY OF YOUR OWN

ANDY FRISELLA 2020-04 DO YOU LACK CONFIDENCE, GRIT, ENDURANCE, FORTITUDE, SELF-ESTEEM AND ALL THE OTHER THINGS THAT DON'T JUST MAKE SOMEONE GREAT, BUT SUCCESSFUL IN EVERYTHING THEY DO? WHAT IF YOU COULD COMPLETELY TRANSFORM YOURSELF INTO SOMEONE WHO COULD DO ANYTHING? I'M NOT TALKING ABOUT THE CHANGE THAT HAPPENS FOR A WEEK OR A MONTH OR A YEAR...BUT FOR YOUR WHOLE LIFE? WHAT WOULD THAT LEGITIMATELY AND REALISTICALLY BE WORTH TO YOU? EVERYBODY TRIES TO TELL THEMSELVES THAT THEY ARE “SPECIAL” OR “GREAT”...BUT IT'S JUST TALK. IT'S NOT REALITY. THIS BOOK TELLS YOU HOW TO DO THAT. IT DOESN'T COST ANYTHING TO EXECUTE THIS PROGRAM...BUT IT AIN'T FREE. I GUARANTEE IF YOU DO EXACTLY AS I TELL YOU TO DO IT WITH NO COMPROMISES AND ZERO SUBSTITUTIONS...YOU AND YOUR LIFE WILL NEVER BE THE SAME.-ANDY FRISELLA

THE 12-MINUTE ATHLETE KRISTA STRYKER 2020-03-31 UNLOCK YOUR ATHLETIC POTENTIAL AND GET INTO THE BEST SHAPE OF YOUR LIFE WITH KRISTA STRYKER'S HIIT AND BODYWEIGHT WORKOUTS—ALL OF WHICH CAN BE DONE IN JUST MINUTES A DAY! IF YOU'VE EVER THOUGHT YOU COULDN'T GET RESULTS WITHOUT SPENDING HOURS IN THE GYM, THAT YOU'D NEVER BE ABLE TO DO A PULL-UP, OR THAT IT'S TOO LATE TO GET IN YOUR BEST SHAPE EVER, THE 12-MINUTE ATHLETE WILL CHANGE YOUR MIND, YOUR BODY, AND YOUR LIFE. GET SERIOUS RESULTS WITH HIGH-INTENSITY INTERVAL TRAINING (HIIT) WORKOUTS THAT CAN BE DONE IN JUST MINUTES A DAY. GIVE UP THE EXCUSES AND LEARN TO USE YOUR OWN BODYWEIGHT AND A FEW BASIC PIECES OF PORTABLE EQUIPMENT FOR SHORT, INCREDIBLY EFFECTIVE WORKOUTS. RESET YOUR MINDSET, BUST THROUGH MENTAL BLOCKS, AND SET MEANINGFUL GOALS YOU'LL ACTUALLY ACCOMPLISH. YOU CAN FINALLY DITCH THE DIETING AND ENJOY FOOD AS FUEL WITH SIMPLE EATING GUIDELINES TO THE 80/20 RULE. IN THE 12-MINUTE ATHLETE YOU'LL ALSO FIND: -A GUIDE TO BASIC CALISTHENICS AND BODYWEIGHT EXERCISES FOR ANY FITNESS LEVEL -PROGRESSIVE EXERCISES TO ACHIEVE SEEMINGLY “IMPOSSIBLE” FEATS LIKE PISTOL SQUATS, ONE-ARM PUSH-UPS, PULL-UPS, AND HANDSTANDS -MORE THAN A DOZEN SIMPLE AND HEALTHY RECIPES THAT WILL FUEL YOUR WORKOUTS -TWO 8-WEEK WORKOUT PLANS FOR GETTING FITTER, FASTER, AND STRONGER -BONUS TABATA WORKOUTS -AND SO MUCH MORE! THE 12-MINUTE ATHLETE IS FOR MEN AND WOMEN, EX-ATHLETES AND NEW ATHLETES, EXPERIENCED ATHLETES AND “NON-ATHLETES”—FOR ANYONE WHO HAS A BODY AND WANTS TO GET STRONGER AND START LIVING THEIR HEALTHIEST LIFE.

THE NOURISHING COOK LEAH ITSINES 2018-06-26 SELF-TAUGHT COOK AND FOOD BLOGGER LEAH ITSINES IS HAPPIEST WHEN SHE'S PREPARING DELICIOUS FOOD FOR THE PEOPLE SHE LOVES. SHE'S ON A MISSION TO HELP OTHERS MAKE HEALTHY EATING AN EASY LIFESTYLE CHOICE BY PROMOTING CREATIVITY AND CONFIDENCE IN THE KITCHEN. WITH OVER 100 COLOURFUL RECIPES THAT ARE CLOSE TO LEAH'S HEART, THE NOURISHING COOK WILL INSPIRE YOU TO HAVE A GO AND LEARN FOR YOURSELF JUST HOW EFFORTLESS IT IS TO CREATE NUTRITIOUS MEALS THAT EVERYONE WILL WANT TO EAT. YOU'LL DISCOVER: *A CLEAR APPROACH TO NUTRITION FOR EVERY MEAL. *HOW TO LOVE MAKING SIMPLE, YUMMY FOOD BY GOING BACK TO COOKING BASICS. *LEAH'S TIPS FOR FOOD SHOPPING, SETTING UP HER KITCHEN AND HER ALL-TIME FAVOURITE STAPLES. *HOW TO BOOST YOUR ENERGY AND RESET YOUR BODY WITH HER PVE TAILORED 'DAYS ON A PLATE'. LEAH'S PASSION FOR HEALTHY, WHOLESOME FOOD SHINES THROUGH ON EVERY PAGE, AND THE KEY INGREDIENT HERE IS BALANCE - IF YOU ENJOY A VARIED DIET THAT IS FLEXIBLE AND FULL OF WHOLEFOODS, YOU NEEDN'T DEPRIVE YOURSELF OF ANYTHING! THIS IS A SPECIALLY FORMATTED FIXED-LAYOUT EBOOK THAT RETAINS THE LOOK AND FEEL OF THE PRINT BOOK.

NEW SPORTING FEMININITIES KIM TOFFOLETTI 2018-06-25 THIS EDITED COLLECTION CRITICALLY EXPLORES NEW AND EMERGING MODELS OF FEMALE ATHLETICISM IN AN ERA CHARACTERISED AS POSTFEMINIST. IT APPROACHES POSTFEMINISM THROUGH A CRITICAL LENS TO INVESTIGATE NEW FORMS OF POLITICS BEING PRACTICED BY WOMEN IN PHYSICAL ACTIVITY, SPORT AND ONLINE SPACES AT THE INTERSECTIONS OF GENDER, ETHNICITY, SEXUALITY AND ABILITY. NEW SPORTING FEMININITIES FEATURES CHAPTERS ON CELEBRITY ATHLETES SUCH AS SERENA WILLIAMS AND RONDA ROUSEY, ALONGSIDE STUDIES OF THE ONLINE FITSPO MOVEMENT AND WOMEN'S GROWING PARTICIPATION IN ACTIVITIES LIKE ROLLER DERBY, SKATEBOARDING AND FOOTBALL. IN DOING SO, IT HIGHLIGHTS KEY ISSUES AND CONCERNS FACING DIVERSE GROUPS OF WOMEN IN A RAPIDLY CHANGING GENDER-SPORT LANDSCAPE. THIS COLLECTION SHEDS NEW LIGHT ON THE COMPLEX AND OFTEN CONTRADICTIONARY WAYS THAT WOMEN'S ATHLETIC PARTICIPATION IS PROMOTED, EXPERIENCED AND EMBODIED IN THE CONTEXT OF POSTFEMINISM, COMMODITY FEMINISM AND EMERGING FORMS OF POPULAR FEMINISM.

FAVOURITE EGG RECIPES J. SALMON LIMITED 2006-01-01

BODY BY SIMONE SIMONE DE LA RUE 2014-04-01 IN BODY BY SIMONE, SIMONE DE LA RUE, FEATURED TRAINER ON “REVENGE BODY WITH KHLOE KARDASHIAN”, SHARES HER FITNESS SECRETS AND TEACHES WOMEN HOW TO ACHIEVE AN A-LIST BODY USING HER FUN AND UNIQUE STRENGTH TRAINING AND CARDIO WORKOUTS. CONSIDERED THE “NEXT TRACY ANDERSON,” SIMONE DE LA RUE HAS CREATED A TOTAL BODY WORKOUT—A UNIQUE FUSION OF PILATES, BAR METHOD, STRENGTH TRAINING, AND CARDIO DANCE MOVES—FOR WOMEN LOOKING TO LOSE WEIGHT, TONE UP, CHANGE UP THEIR ROUTINE, LOSE BABY WEIGHT, OR EXERCISE WHILE RECOVERING FROM AN INJURY. HER WORKOUTS ARE FAST-PACED, FUN, AND TARGETED FOR THE MUSCLE GROUPS WOMEN MOST WANT TO TONE: ARMS, ABS, GLUTES, AND THIGHS. FILLED WITH NEARLY 200 GORGEOUS COLOR PHOTOS, BODY BY SIMONE FEATURES SIMONE'S EIGHT-WEEK PLAN THAT INCORPORATES HER DANCE-BASED CARDIO WORKOUTS AND SIGNATURE STRENGTH TRAINING MOVES. HERE ARE WORKOUTS FOR ALL LEVELS—BEGINNING, INTERMEDIATE, AND ADVANCED—AND A SELF-ASSESSMENT TEST TO CHOOSE THE RIGHT PLAN FOR YOU. SIMONE OFFERS A BREAKDOWN FOR EACH WEEK AND A SCHEDULE FOR EACH DAY, INCLUDING AN OVERVIEW OF THE WEEK'S GOALS AND CHALLENGES. EACH WEEK BUILDS ON THE NEXT TO KEEP YOU CHALLENGED AND ENGAGED, AND SEE THE RESULTS YOU WANT. TO BOOST WEIGHT LOSS AND METABOLISM AS WELL AS NATURALLY DETOX THE BODY, SIMONE ALSO PROVIDES A 7-DAY KICK-START CLEANSE COMPLETE WITH RECIPES FOR SIMPLE MEALS, JUICES, AND SMOOTHIES.

SQUEAKY CLEAN KETO MELLISSA SEVIGNY 2020-06-16