

Amandabisk

Pop Culture Yoga: A Communication Remix was born out of a series of questions about the paradoxical nature of yoga: How do individuals and groups define yoga? What does it mean to "practice yoga", and what does this practice involve? What are some of the most important principles, guidelines, or philosophical tenets of yoga that shape people's definitions and practices? Who has the power and authority to define yoga? What are the limits, if any, of shared definitions of yoga? Kristen C. Blinne explores the myriad ways "yoga" is communicatively constructed and defined in and through popular culture in the United States. In doing so, Blinne offers insight into the many identity work processes in play in the construction of yoga categories, illuminating how individuals' and groups' words and actions represent practices of claiming--part of a complex communicative process centered around membership categorization--based on a range of authenticity discourses. Employing popular culture writing styles, Blinne ultimately contends that the majority of yoga styles practiced in the United States are remixes that can be classified as pop culture yoga, a distinct way of understanding this complex phenomenon.

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.

Vikings know no boundaries. Vikings don't get tired. Vikings don't count calories. Vikings don't need to drop dress sizes. Vikings don't seek compliments. Vikings conquer all. We are Vikings. Join the clan. We're on a mission to help you unleash your inner Viking. To fight against the tide that says you are how you look. We're here to take you on the ultimate mind and body quest. To develop physical and mental strength. A fearlessness, resilience and determination to be all you can be through a mixture of fitness, food and finding your inner fire. Based on Svava's Icelandic upbringing and a warrior mentality The Viking Method is 8 weeks of high intensity training for both mind and body. A complete programme of recipes and fitness training that will transform you from the inside out.

In this truly inspiring book, Mark Nepo offers us all an invitation to stand by the courage of our convictions in challenging times. Through the stories of ordinary people, political activists, artists, writers, spiritual teachers from a variety of traditions, Mark Nepo shows how we too can discover our own inner courage. Finding Inner Courage is divided into three sections finding our inner core, standing by our inner core, and sustaining the practice of living from that place. Each of the nearly 60 brief essays and stories elucidates and inspires. Nepo's broad range of stories and people, of traditions and insights, offers myriad ways for readers to relate to their own search for courage.

28 by Sam Wood

How to Get Up, Lace Up, and Sweat with Swagger

The Vertue Method

The Working Mom

100+ Easy, Healthy, and Delicious Plant-Based, Gluten-Free Recipes

Recipes, Remedies and Routines to Treat Your Body Right

Transform Your Body and Gain the Strength, Grace, and Focus of a Ballet Dancer

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 aches 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.

A research-based guide to navigating the newest dating phenomenon--"the love gap"--and a trailblazing action plan to help smart, confident, career-driven women find (and keep) their match. For a rising generation young women, the sky is the limit. Women can be anything and have everything. They are outpacing their male peers in higher education and earning the corner office at work. Smart, driven, assertive women are succeeding at just about everything they do--except romance. Why are so many men afraid to date smart women? Modern men claim to want

smarts, success, and independence in romantic partners. Or so says the data collected by scientists and dating websites. If that's the case, why are so many independent, successful women winning in life, but losing in love? Journalist Jenna Birch has finally named the perplexing reason: "the love gap"--or that confusing rift between who men say they want to date and who they actually commit to. Backed by extensive data, research, in-depth interviews with experts and real-life relationship stories, *The Love Gap* is the first book to explore the most talked-about dating trend today. The guide also establishes a new framework for navigating modern relationships, and the tricky new gender dynamics that impact them. Women can, and should, have it all without settling.

Use the power of motivation and good habits to become fitter, healthier, and stronger, for life! *Bikini Body Guides (BBG)* co-creator Kayla Itsines, named the world's number one fitness influencer by *Forbes*, shows you how to harness the power of motivation and build good habits around health and fitness. Drawing on more than 40,000 survey responses from her global online community, as well as extensive research and her experience as a trainer, Kayla addresses what stops us from following through on our health and fitness goals. In her second book, *The Bikini Body Motivation & Habits Guide*, Kayla explores how you can overcome those obstacles, set goals and stick to a long-term plan for better health. Inside, you'll find helpful checklists and templates, a 28-day meal plan, more than 200 simple and delicious recipes, shopping lists and a pull-out 28-day workout poster. Let global fitness phenomenon Kayla show you how YOU can stick to a plan for long-term health. "In this book, I give you the keys to achieving your goals and show you how to use motivation to create healthy habits that will stick."

Eat healthy. Exercise. Be happy. It sounds easy enough, so why is it so difficult? Because as millions of women know, it's not easy. There are challenges and obstacles, and health programs are not one size fits all. Sohee Lee understands, because she's faced the challenges and overcome them. As a trainer, presenter, and author, she's shared her experiences and helped others establish healthy relationships with food and exercise for long-term results. In the book *Eat. Lift. Thrive.* she empowers you with tools and strategies to make your own change. You will learn how to identify issues that are holding you back and what you can do to get back on track. You'll find motivation, exercise, and advice. And you'll learn how to • incorporate Lee's Living Lean Guidelines to make your diet work around your life, rather than the other way around; • perform her Primary Strength Movements and integrate them into an effective workout program; and • adjust your routine to maintain the results you've achieved. *Eat. Lift. Thrive.* also provides you with a structured, easy-to-follow 12-week training program. The program can be scaled according to your training experience, time commitment, and goals; it's completely customizable to ensure that your changes are lasting. This book is designed to be different. By the time you're finished, you'll be an expert at moderation and will say goodbye to extremes in dieting. You can have your cake and eat it too—and enjoy it! CE exam available! For certified professionals, a companion continuing education exam is available which can be completed after reading this book. *The Eat. Lift. Thrive.* Online CE Exam may be purchased separately or as part of the *Eat. Lift. Thrive.* With CE Exam package that includes both the book and the exam.

Best Babysitters Ever

9 Minutes a Day to Greater Flexibility, Less Pain, and Enhanced Performance, the JoeTherapy Way

The Breakthrough Diet and Workout for a Tight Booty, Sexy Abs, and Lean Legs

The Revolutionary 4-Week Weight-Loss Plan That Works for You

A Communication Remix

The Lazy Girl's Guide to Being Fit

Embrace the Body You Have

Selfie-acceptance! Instagram sensation Jessica Pack's guide to a total health- mind, body, and soul with inspired suggestions, doable body goals and confidence-building tips. Jessica Pack has over 80,000 Instagram followers and an equal number on other social media platforms Pack has been featured in major media including The Guardian, BuzzFeed, MetroUK More Americans are exercising consistently each week, with 55.5% indicating frequent exercise in June 2015, more than in any month since Gallup and Healthways began tracking this metric in January 2008. www.Gallup.com More than 90 percent of girls want to change at least one aspect of their physical appearance, with body weight ranking the highest. www.heartofleadership.org"

Chosen by the Independent as one of the 10 best business books written by women 'Vicki is one inspirational mumboss, who shares her secrets to juggling a thriving business with raising a family in this entertaining and empowering read!' Una Healy 'Ideal for going back to work without losing your mind . . . a no-nonsense guide to navigating the transition' Marie Claire 'If ever there is a person who has shown just how successful you can be online whilst also being an amazing parent it is Vicki. Read, learn and follow. A brilliant book from an inspirational mother'. Natasha Courtenay-Smith, author of The Million Dollar Blog In The Working Mom, Vicki Psarias, founder of HonestMum.com, shares her manifesto for surviving and thriving at work and at home. Vicki writes about everything from juggling work and family, to regaining your confidence after having a baby and battling imposter syndrome. An award-winning blogger and vlogger, in this book Vicki shares how to turn your passions into a business that suits the modern mum's lifestyle. The Working Mom is full of practical advice, tips and tricks to help fellow #mumbosses build their own business or return to work, while creating a personal brand and learning how to market yourself. Vicki's funny, fresh approach to life and work as a mum has brought her a loyal fanbase and a brilliantly successful business: her blog Honest Mum is one of the UK's most popular parenting and lifestyle sites, and the blog combined with Vicki's social channels has an average monthly reach of 1 million. A Lean In for the blogging and vlogging generation, The Working Mom is an essential book for all parents, whether they are returning to work or looking to start a new career, as well as

anyone looking to build their brand or business online. 'A must-read for the modern Mum; particularly one who has aspirations to build her own business. I wish I had been able to read it three years ago!' Katie Massie-Taylor, Co-Founder, Mush

Yay! You're gay! Or maybe you're bi. Or maybe you just feel different... in time, that difference will become the greatest gift you could ask for. It will bring you love, a sense of identity, a new community, and eventually the freedom to be yourself. I promise! In this personal, heartfelt go-to guide for young queer guys, YouTuber and presenter Riyadh Khalaf shares frank advice about everything from coming out to relationships, as well as interviews with inspirational queer role models, and encouragement for times when you're feeling low. There's a support section for family and friends written by Riyadh's parents and LOADS of hilarious, embarrassing, inspiring and moving stories from gay boys around the world. Includes chapters on: * Labels - what does it mean to be gay, bi, trans or queer? * Coming out * Your first crush * Dealing with bullies * Learning to love your body * Sex ed for gay guys * Coping with embarrassing moments * Finding your tribe

If you want a no-BS "crash course" in building lean muscle, losing fat, and getting healthy...eating foods you love...and doing workouts you actually enjoy...then you want to read this book. I have good news for you: Getting into awesome shape isn't nearly as complicated as the fitness industry wants you to believe. You don't need to starve yourself with super low-calorie diets to lose weight and keep it off. In fact, this is how you ruin your metabolism and ensure that any weight lost will come back with a vengeance. You don't need to spend hundreds of dollars per month on worthless supplements or fat loss pills. You don't need to constantly change up your exercise routines to "confuse" your muscles. I'm pretty sure that muscles lack cognitive abilities, so this approach is a good way to just confuse you instead. You don't need to grind out hours and hours of boring cardio to shed ugly belly fat and love handles and get lean and toned. (How many flabby treadmillers have you come across over the years?) You don't need to obsess over "eating clean" to get ripped, and you don't need to completely abstain from "cheat" foods while getting down to single-digit body fat percentages. Those are just a few of the harmful lies and myths that keep women from ever achieving the toned, lean,

strong, and healthy bodies they truly desire. The bottom line is you CAN achieve that “Hollywood babe” body without having your life revolve around it. In this book you’ll learn things like... How “flexible dieting” works and how you can use it to finally free yourself from the dietary prisons many people confine themselves to. A simple solution to “metabolic damage” that easily and painlessly speeds your metabolism back up to where it should be. The “deadly” training mistakes most people make once their “newbie gains” are spent and how to avoid this pitfall. The most effective exercises for building and strengthening every major muscle group in your body. A “paint by numbers” workout program that will force your body to build muscle and get and stronger. What type of cardio you should do to maximize fat loss, how much is enough, and how much is too much. A no-BS guide to supplements that will show you what works, what doesn’t, and what’s just outright fraudulent. And a whole lot more! Imagine...just a few weeks from now...finally seeing progress in the mirror and in the gym... Imagine enjoying the added benefits of high energy levels, no aches and pains, better spirits, and knowing that you're getting healthier every day... The bottom line is getting toned, lean, and strong isn't nearly as complicated as the fitness industry wants you to believe. This book makes it simple. Scroll up, download this free eBook now, and begin your journey to a fitter, stronger, and healthier you!

Shut Up and Run

A stronger, fitter, healthier you – in 28 days

Rukověť chronologie křesťanské, zvláště české

Žaltář Dawida Krále

The Bikini Body Motivation & Habits Guide

Six Weeks to Words of Power

The Love Gap

Achieve life-changing results for your body—greater mobility, better functionality, enhanced performance, and less pain—in as little as 9 minutes a day. In *Better Stretching*, Joe Yoon brings you the tips and techniques he gives world class athletes, and provides you with an entirely new way to think about stretching. You won't need 90 complicated minutes to get more agile—you'll just need 9! And your results will improve dramatically—and stay that way—when you incorporate just a touch of mobility and strengthening to your stretches. Joe Yoon shows

you how. Better Stretching debunks myths and misconceptions. You ' ll discover: · Over 100 wide-ranging stretches, from static to dynamic, including simple stretches you can do while sitting at your desk · Three 30-day plans designed to give you maximum results in a minimum amount of time, each tailor-made for goals that you choose · Stretching, strengthening, and mobility exercises for people at every level – whether you ' re a beginner or advanced, a weekend warrior or a competitive athlete, a business executive or a new parent · Muscle-soothing self-massage techniques using simple foam rollers and tennis balls · Over 125 photographs of Joe demonstrating his stretches, so you achieve results beyond what you thought possible

"Health and fitness trainer and co-star of NBC's The Biggest Loser Jen Widerstrom's groundbreaking weight-loss program to help readers drop pounds with a customized approach based on eating right for their personality type"--

MUST HAVE BOOK FOR ANY EMOTIONAL HIGH FLYER ON LIFE'S JOURNEY THE A TO ZEN OF YOGA focuses on how yoga rids you of emotional baggage. Sarah Tucker, author and broadcaster, first started yoga to rid herself of jet lag, but increasingly found specific yoga postures dealt with a multitude of sins and issues - from heart break, to loneliness, anxiety to anger management, impatience, irritability as well as greed, vanity and even jealousy. Helen Lederer, actress and novelist "Imagine the scene - me cranky worried woman unable to bend down or open up. She- one bright star and sparkle in the form of Sarah Tucker Yoga nanny. Within five minutes I was on the floor - chest open and sinking into a bollard of foam (because she told me to). She is that kind of gym teacher I always wanted but never had. Sarah has spirituality and SO MUCH more. I could have rolled around all day. In one short hour I upped my fading self-belief and ignited a sense of hope in the future -more tangibly I could also touch my toes, downward dog it quite a lot and much more. This yoga lady sings..."

Most women have no access to the power of their pelvis. The pelvic floor is the often misunderstood and neglected centerpiece of our musculoskeletal system: it is crucial for healthy, elegant movement and for our sensuality. Any numbness and blockage in this area can make us feel out of balance, lost, or stuck in our life. Women who are sensuously aware of their pelvic floor and know how to use it are authentic, powerful, and sexy. They're aligned with themselves. They know what they want, and they have the mental clarity and the physical energy to achieve whatever they desire. They express their sexuality with passion and enjoy life to the fullest. They sparkle with vitality and maintain that fresh radiance their entire lives. Through satisfying sex, orgasms, and the resulting emotional intimacy, these women hold the essential elements for fulfilling and intimate romantic relationships in the palms of their hands. This power is available to every woman, but for many of us, it's been locked away. You will find the keys to unlock it in this book.

The Viking Method

Big Fit Girl

A Radical Plan to Win in Life and Love

The Secret to Staying Fit for Life

A Gay Guy's Guide to Life

Fit Is the New Skinny

Planking for Pizza: A Body Positive Guide to a Confident, Healthy, Happy You

An ultra marathoner and running coach captures the energy and joy of running in this illustrated, full-color motivational interactive fitness guide and journal that will inspire every type of runner—from beginner to experienced marathoner—to shut up and run. Running isn't just an activity, it's a lifestyle

that connects runners with the world around them, whether they're pounding the pavement of crowded big city streets or traversing trails through quiet woods and fields. Reflecting the excitement, color, and focus of the running experience, Shut Up and Run offers tips, tricks, and visual motivation to help every runner cultivate miles of sweat, laughter, swagger, and friendship. Combining a fitness manual, training program, and self-help advice book in one, this gorgeous, four-color book—filled with anecdotes and stunning action imagery, and supported by graphic inspirational quotes—contains essential training tips for every level, including meditation and visualization techniques, that address a runner's body and mind. Robin Arzon offers unique style tips and practical gear recommendations to help you show off your best stuff mile after mile, and tells you everything you need to know, from how to pick the best running shoes to how to get off that sofa and go. No detail is left to chance; Shut Up and Run is loaded with information on every aspect of the runner's world, from gear and music to training for a half marathon and post-race recovery tips. Robin includes space at the end of each chapter to track your progress as you build up to your first marathon or other running goals. Designed to help readers find the information quickly and easily, loaded with practical advice, style, and attitude, this practical guide—written by a runner for runners—makes it clear that to succeed, all you need to do is shut up and run!

For the light seekers and the love givers. This one is for you. For anyone who has ever loved and lost. This one is for you. For the sensitive souls, the magic makers, the time takers. This one is for you. May this book brighten your shadows, illuminate your path and walk you home to yourself. Sjana Elise Earp inspires thousands of people around the world with her infectious joyful approach to life. But happiness hasn't always come easily. During her recovery from her experiences of anxiety and depression, writing has been Sjana's tool to reflect, find gratitude and grow through her emotions. Now, she's ready to share her vulnerability in her first published collection of poems and photography, and help lift up her sisters too. Dip in during moments when inspiration or comfort is needed, or take a cover-to-cover journey through Sjana's tender words and beautiful images of nature's wonders. Either way, you'll feel grounded, calmer and more connected to the unique power within you. And you, too, will rise.

Out of the 100 million women—almost 11 million in the United States alone—who are on the pill, roughly 60 percent take it for non-contraceptive reasons like painful periods, endometriosis, PCOS, and acne. While the birth control pill is widely prescribed as a quick-fix solution to a variety of women's health conditions, taking it can also result in other more serious and dangerous health consequences. Did you know that women on the pill are more likely to be prescribed an antidepressant? That they are at significantly increased risk for autoimmune disease, heart attack, thyroid and adrenal disorders, and even breast and cervical cancer? That the pill can even cause vaginal dryness, unexplained hair loss, flagging libido, extreme fatigue, and chronic infection. As if women didn't have enough to worry about,

that little pill we're taking to manage our symptoms is only making things worse. Jolene Brighten, ND, author of the groundbreaking new book BEYOND THE PILL, specializes in treating women's hormone imbalances caused by the pill and shares her proven 30-day program designed to reverse the myriad of symptoms women experience every day—whether you choose to stay on the pill or not. The first book of its kind to target the birth control pill and the scientifically-proven symptoms associated with taking it, BEYOND THE PILL is an actionable plan for taking control, and will help readers:

- Locate the root cause of their hormonal issues, like estrogen dominance, low testosterone, and low progesterone
- Discover a pain-free, manageable period free of cramps, acne, stress, or PMS without the harmful side effects that come with the pill
- Detox the liver, support the adrenals and thyroid, heal the gut, reverse metabolic mayhem, boost fertility, and enhance mood
- Transition into a nutrition and supplement program, with more than 30 hormone-balancing recipes

Featuring simple diet and lifestyle interventions, BEYOND THE PILL is the first step to reversing the risky side effects of the pill, finally finding hormonal health, and getting your badass self back.

CrossFit celebrity Christmas Abbott shows how to attain the body of your dreams with a targeted eating strategy and total-body workout plan that will whip glutes and hips—and every problem area—into top shape. As a formerly “skinny fat” woman, Christmas Abbott knows what real women need to get the butt and body of their dreams. In *The Badass Body Diet*, she dispels the myth of the health benefits of a “pear shape” body, teaches readers how to spot-reduce excess fat with targeted meal plans and recipes that zap cellulite, and galvanizes them with a quick and simple workout plan for a toned butt—the key to total body fitness. Your “glutes” (the technical term for booty) are the body's largest and most powerful muscle group—and one of the most beautiful—but they can go dormant, flat, and flabby. Packed with essential information, and inspirational before-and-after photos of her clients, *The Badass Body Diet* shows how to whip that butt into shape and provides essential information on how to:

- Select essential “booty foods”—the right proteins, fats, and carbs
- Experience a total body workout with an easy-to-follow, powerful exercise program
- Improve posture and functional mobility and enhance overall health
- Target cellulite through diet, workout strategies, and other proven tips

And much more. Unlike most “one approach fits all” diet and exercise books, *The Badass Body Diet* identifies the three types of dieters that Christmas has discovered working with hundreds of clients at her CrossFit gyms—Modifiers, Gainers, and Maintainers—and tailors her approach to each, providing specific goals for maximum results. Stop obsessing about a flat belly, Christmas advises. A Badass Body is a birthright, and it starts at the bottom—with a trim and tight tush.

The Mindful Kind

The Bikini Body 28-Day Healthy Eating & Lifestyle Guide

Beyond the Pill

Better Stretching

Finding Inner Courage

You Will Rise

The No-BS Truth About Building Muscle, Getting Lean, and Staying Healthy

"This woman will change how you exercise forever" --YOU Magazine FEEL-GOOD FOOD AND FITNESS. UNBELIEVABLE RESULTS.

Fitness guru Krissy Cela wants to transform your life with her 360-degree approach to exercise, eating well and mindset, with results that really work. Happy Healthy Strong is a simple and achievable plan that you can do at home, focusing on three key elements for life-long success: - Train Your Brain - to build your mental strength - Fuel Your Life - more than 80 easy, delicious recipes to keep your body strong and satisfied - Move Move Move - over 45 at-home exercises, complete with build-your-own workout guides for every level Looking after your body and mind is the most important thing you can do for happiness and wellbeing; it means so much more than a number on the scales. Through Krissy's tried-and-tested advice, you will feel great and get results you've never thought possible, with a program you can stick to for life. With Happy Healthy Strong, you can say goodbye to yo-yo dieting, feel great, and live a life that truly empowers you.

The National Research Council conducted a study to identify a set of incentives that state governments and local school districts can use to attract Ph.D. scientists and mathematicians to secondary school teaching positions. This project investigated the career ambitions of Ph.D.s in the physical and life sciences through focus groups and a national survey to determine the kinds of work conditions and compensation packages that would induce them to take positions teaching physics, chemistry, biology, and various electives in public high schools or positions developing secondary school science and mathematics curricula. The study conducted interviews with Ph.D.s who are already teaching in secondary schools to ascertain information from their experiences, with local school district administrators to assess what they are realistically willing to offer Ph.D. scientists to attract them, and with higher education administrators to explore programmatic changes they would need to institute to provide Ph.D.s with skills tailored to secondary school teaching. These investigations led to this report which describes the incentives local school districts could use in establishing pilot programs in this area.

'The Model Method's effective combination of recipes and workouts will leave you feeling stronger, healthier and happier. Hollie is one of the best task-masters on the fitness scene, with a refreshing, balanced approach' Sweaty Betty 'The new body coach on the block' Style Nourish, sweat and strengthen your way to lifelong wellness with award-winning Pilates instructor and chef Hollie Grant's balanced recipes and workouts. Hollie started The Model Method online plan after years of teaching her private clients so anyone can carry out the plan, anywhere. This beautiful book will follow on from the plan, showing the reader how to Nourish, Sweat and Strengthen for a healthier, stronger lifestyle. Nourish will provide readers with delicious and balanced recipes with easy-to-source ingredients to encourage readers to eat from all the food groups unless medically advised not to. As a former chef Hollie is strongly against 'diets' and feels that we should eat to nourish our bodies, not starve them. The

Sweat part of the plan will be split into three key areas of the body so that the workout can be personalised to the readers' goals or weaknesses. All the workouts will include elements of both Pilates and HIIT. Pilates is amazing at toning and fixing postural issues but does not address the incredible health benefits you tend to only get from HIIT (including reduced risk of diabetes, heart disease and obesity). Strengthen provides Pilates exercises and descriptions of technique, progressions and regressions, muscles activated and why you would carry out that exercise. The book is designed to be personalised so will also teach the reader about their body, posture types and muscle imbalances, and which Pilates technique would be best for them. Above all, The Model Method is about how our bodies function and perform, rather than how they look, in order to encourage a healthy relationship with food and exercise.

»In dir leuchtet ein Licht, das noch am Wachsen ist. Lass nicht zu, dass fremde Schatten es ersticken, auch wenn sie dir Dinge versprechen, die sich liebreizend anhören.« Durch diese Tür zu gehen und Tobias aus ihrem Leben zu streichen, war die schwerste und gleichzeitig beste Entscheidung, die Evy treffen konnte. Dachte sie jedenfalls. Doch wie es der Zufall so will, wird aus ihrem Plan, Tobias zu vergessen nichts. Denn plötzlich wird er ihr Nachbar und zieht im Vaughn neben ihr ein. Wie soll sie ihm aus dem Weg gehen, wenn er ihr ständig über den Weg läuft? Dazu macht er die Sache nicht gerade leichter für sie, denn aus seiner anfänglichen Ignoranz wird bald der Wille, sie zurückzuerobern. Doch kann Evy ihm vergeben oder hält sie an ihrer Meinung fest, dass sie etwas Besseres verdient hat? Und als wäre das Gefühlschaos nicht schon perfekt, taucht ein neuer Stern am Himmel auf, der Evy mit seinem Glanz zu sich lockt. Kann Will ihr vielleicht das Licht schenken, das sie sich von Tobias versprochen hatte?

Do What Feels Good

The A to Zen of Yoga

THE COMPLETE BOOK OF THE COMMONWEALTH GAMES

Ballet Beautiful

Dark Faith

A 30-Day Program to Balance Your Hormones, Reclaim Your Body, and Reverse the Dangerous Side Effects of the Birth Control Pill

Recipes, HIIT and Pilates Exercises for Lifelong, Balanced Wellness

Get smart, get moving! Most of us want to be fit and healthy, but get stuck in a rut—we just don't have the will power to get up and move. What is the incentive for you to get off that couch and work out when you have all three seasons of Game of Thrones waiting for you? Almost everyone wants to be fit, but they just can't muster up the effort to do so. If you are like them, then this book is for you. The Lazy Girl's Guide to Being Fit is about the first few steps you need to take to go from a sedentary lifestyle to an active one, because that's the biggest challenge for a couch potato—movement! It's all about finding the balance in your life. This book will

show you how exercise can take the guise of several daily activities—be it shopping or going on a picnic—and how eating right can solve half your problems. The easy and effective exercise routines contained here will get you fit in no time. The body can be beautiful if you know how to put it to use and have fun doing so. And this is exactly what this book will show you.

If you're feeling overwhelmed, pressured, anxious and disconnected, this book will change your life, one mindful step at a time. A guide from a popular podcaster to de-stressing and becoming happier by becoming more mindful in your everyday life. Learn why it's vital to prioritise self-care, wellbeing and mental health. Discover effective and practical mindfulness and meditation strategies and learn to apply them in all life areas, including work, relationships and self-care. Learn skills to increase resilience and improve wellbeing throughout their lives. Be encouraged and inspired to create an ongoing mindfulness practice.

"Dear Ethan: I know you must be terribly confused, a little bit scared and thinking, hoping, praying, that the plane will return. It will not." Ethan can barely believe it. Until now, his biggest problems have been trying to stay in one school without getting expelled and finding his next drink. But after Ethan's drunken imitation of the current headmaster goes up on YouTube, his father steps in with a shockingly drastic measure. Now Ethan is sprawled in the sand. In the Sahara desert. Alone. According to his father's letter, Ethan is to trek 200 km across the desert to the city of Tunis, with the help of a guide and three other young people. Confused, hungover, and if he is truthful—more than a little scared, Ethan has no choice. He will face sandstorms, vipers, and agonizingly painful blisters ... but, most painful of all, he will face his inner demons and come to a true realization of who he really is.

The author of a popular food blog shares plant-based recipes designed to combat chronic illness and improve life quality without refined foods or deprivation.

200 Recipes and Weekly Menus to Kick Start Your Journey

The Badass Body Diet

Diet Right for Your Personality Type

Yay! You're Gay! Now What?

Rukovet Chronologie Krestanske

Deliciously Ella

Happy, Healthy, Strong

Kettlebells have been around for hundreds of years but have seen rapid international growth over the last decade. It is no wonder that kettlebells have become so popular across the world: They provide an effective and inexpensive tool for improving mobility; promote fat loss; increase endurance, strength, and power; and enhance sport performance. Kettlebell Training, Second Edition, is an easy-to-use, no-nonsense guide that will get you started on setting goals, assessing your fitness level, and selecting exercises. You'll learn how to exercise safely and efficiently to maximize results with 69 kettlebell programs—from beginner to advanced—for mobility, fat loss, endurance, strength, power, and sport performance. The nearly 100 exercises are accompanied by step-by-step instructions, detailed photo sequences, and training tips—instantly accessible and perfect for at home or in the gym. Also included are information about common errors and

error corrections as well as sport-specific cross-training programs. In the second edition, renowned kettlebell expert and certified strength and conditioning expert Steve Cotter provides insight into the history and value of kettlebell training. He examines the world of kettlebell sport in an interview with kettlebell sport world champion Denis Vasilev and devotes a chapter to kettlebell competition. In addition, the second edition will help you to better understand the lifestyle of kettlebell training, demonstrating how kettlebells fit into overall fitness, health, and well-being. More than exercises, Kettlebell Training contains proven programs that will produce results. Whether you are training for performance, appearance, or general fitness, Kettlebell Training has the exercises, programs, and advice you need for the results you want. It ' s a complete guide that you ' ll turn to again and again.

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.

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.

“ 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

The Honest Mum's Guide to Surviving and Thriving at Work and at Home

Pussy Yoga

Kettlebell Training

Attracting Science and Mathematics Ph.D.s to Secondary School Education

Pop Culture Yoga

The Model Method

Rukov ě chronologie k es#;tansk é , zul á š t esk é

"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.

The new healthy eating and lifestyle book from the inspirational and widely followed personal trainer, Kayla Itsines.

Just Deserts

na Morawskau řeč přeložený skrze Opise a wyklady pro gednoho každého srozumitedlný včiněný, a wesměs skrze přjdawek rozličných w kněžských hodinkách se nacházegjcých Pjsma sw. pjsni, cýrkewnjch modliteb, gakož y giných potřebných správ tak spořádaný, že ho každý negenom mjsto modlitebnjch knížek we wssech případnostech žiwota vžjwati, ale také kněžsky hohinky [!] na wssechny wětssj swátky z něho modliti se může

Eat.Lift.Thrive.

Pelvic Floor Training for Radiance, Confidence, and a Fulfilling Love Life
potřebná pomůcka pro archiváře, dějepisce, duchovní, soudce a advokáty