



takes over three hours. We need a formula that is practical, low-cost, easy and that flat out works. We need The ENERGY Formula! Developed by biochemist, dietitian, sports nutritionist and formulation scientist Shawn Wells after surviving a series of torturous health battles, this pivotal and groundbreaking book is the product of meticulous and persistent research to find solutions to his personal and painful experiences--paired with two decades of legitimate clinical and scientific expertise. In this book, readers will discover how to rebuild their own lives to rid themselves of exhaustion and, instead, power their lives with limitless potential. Readers will be able to: Understand how energy is created with mitochondrial health and how to get more of it Learn how biological shortcuts or "biohacks" can optimize longevity and quality of life Create measurable change in 30 short days with the help of included surveys Increase resilience through the science of hormesis and protect themselves from illness Unleash their limitless potential with chapter 15 like fasting, keto, paleo, cold plunges, DNA testing, supplements and more! A transparent, vulnerable and inspiring call to action, The ENERGY Formula is a guide meant to bring you out of the black hole of fatigue, depression and weight challenges into a more passionate, energized and vibrant life NOW...with expert Shawn Wells as your guide through every simple, research-backed step.

Anyone who's tried to lose weight through sheer willpower knows how difficult, if not impossible, it can be. In this practical and paradigm-shifting book, Dr. Jean Kristeller presents a new alternative--a program for weight loss based on her successful Mindfulness-Based Eating Awareness Training Program. Instead of frustration, deprivation, backsliding, guilt, and a lack of results, The Joy of Half a Cookie provides simple, proven ways to lose weight and keep it off, using what we now know about the power of the microbiome. This book offers a new space in a truly accessible and mainstream way. The Joy of Half a Cookie will show readers how to lose weight while ditching willpower, guilt, and cravings loving every bite, including favorite and previously "forbidden" foods tapping into the body's satiety signals. Written for anyone who wants to lose weight -- not just the meditation and yoga crowd -- this accessible book delivers a proven way to find peace of mind and a healthier relationship with food, for life.

This book gathers outstanding research papers presented at the International Conference on Frontiers in Computing and Systems (COMSYS 2020), held on January 13-15, 2019 at Jalpaiguri Government Engineering College, West Bengal, India and jointly organized by the Department of Computer Science & Engineering and Department of Electronics & Communication Engineering. The book presents the latest research and results in various fields of machine learning, computational intelligence, VLSI, networks and systems, making it a rich source of reference material for academia and industry alike.

Christus Vivit

Living Untethered

A Guide to Personal Transformation and Dealing with Life's Messiness

Writing for College, Writing for Your Self

Reinventing Fire

The Definitive Method to Reverse the Process of Disease and Regain Health, Life and Vitality

Project Management in the Oil and Gas Industry