

## Crazy Sexy Juice 100 Simple Juice Smoothie Elixir Recipes To Supercharge Your Health

The co-founders of the Long Island City warehouse bakery share culinary wisdom, technical tips, and recipes for such fare as pear-ginger raisin muffins, classic basil pesto, and an array of signature tarts.

The must-have book for FullyRaw fans or anyone who wants to explore a raw-foods vegan diet to lose weight, gain energy, and improve overall health and wellness The Fully Raw Diet offers a 21-day plan to help people enjoy a clean, plant-based, healthful approach to eating. Kristina Carrillo-Bucaram transformed her own health by eating vegetables, fruits, nuts, and seeds–100% fresh, raw, and ripe–and she is now the vivacious, uber-healthy founder of the FullyRaw brand. Her ten-year success with this lifestyle inspires thousands via social media, and her 21-day FullyRaw Video Challenge on YouTube in 2014 dramatically grew her fan base. This book shares her advice and will correspond to a new video challenge, with meal and exercise tips, recipes, and vivid photos. Fans will love the smoothies, salads, main dishes, and desserts, such as Lemon-Ginger Blast, Spicy Mango Basil Salad, Yellow Squash Fettuccine Alfredo, Melon Pops, and Caramel-Apple Cups.

Make no mistakes about it. I know what I look like to others. Young, government-aided, pregnant mom. They see Lucy on my hip, and they see a mistake. I mean, why else would someone have a child so young, right? They couldn't be more wrong. I'm too busy most days between parenting, work, and finishing up my last year of nursing school to let their judging gaze tear me down until he moves into the vacant house next to the apartments I live in.His cold, blunt observation of us doesn't differ from any other stranger. He doesn't know me, but he's already painting a picture of who he thinks I am in his mind. He judges my very round belly, Lucy's inability to leave him alone, the bags under my eyes, and the fact that I couldn't care less what I look like anymore.He's a rude guy. Stays that way for months too. Then something happens, I'm not even sure what. Judgmental Guy decides Lucy and me-as well as baby Eli, are worth his friendship.Turns out, Judgmental Guy isn't too mean-okay, he kind of still is. But he graduates to Elijah. I build an unlikely friendship with him which deems it necessary for him to start smiling around me and my kids. I'm wrong again. Elijah isn't rude. He's terrifying. His strange acts of kindness are unraveling me. Elijah is only my friend.Right? Oh, fudge. I think I'm wrong. Again.

You are a Survivor from Day One On the heels of the acclaimed Learning Channel documentary and best-selling survival guidebook Crazy Sexy Cancer Tips comes this survivor's companion. In Crazy Sexy Cancer Tips Kris Carr and her posse of Cancer Babes shared their wealth of insights, tricks, how-tos, and hell yeahs for living life with cancer. Now Kris invites all the Cancer Cowgirls (and dudes) out there to chat back and record their own journeys, with this beautifully illustrated, full-color go-anywhere companion. Pairing Kris's signature sass and smart, soulful, real advice with thoughtful exercises, new contributors, and ample space for writing and reflecting, Crazy Sexy Cancer Survivor reaffirms that it is possible to live a real, fun, crazy, sexy life–with cancer. Kris shares her wit and wisdom on everything from food and exercise to make-up, meditation, spirituality, dreams, planning for today (and the future), and much, much more. The user-friendly trim size and flexible-cover format meanwhile ensure that this incomparable blend of informative pocket companion and journal can go anywhere–brightening up those hours in hospital waiting rooms, at home, or spent out in the big, wide, wonderful world putting into practice that most precious truth: **healing is about truly living.**

Minimalist Baker's Everyday Cooking

The 7-Day Smoothie Diet

7 Simple Steps to Financial Freedom

Answers to Eczema, Psoriasis, Diabetes, Strep, Acne, Gout, Bloating, Gallstones, Adrenal Stress, Fatigue, Fatty Liver, Weight Issues, SIBO & Autoimmune Disease

Lose up to a pound a day--and sip your way to a flat belly!

Anti-inflammatory Strategies for Losing Weight, Boosting Your Thyroid, and Getting Your Energy Back

Drink Two Delicious Smoothies a Day and Watch Belly Fat Melt Away! Sculpt the body you want and help bulletproof your health with the foods you love to eat–in just seven days! Yes, it sounds hard to believe, but when you look closely, it makes complete sense: Simply replace two meals with creamy, nutritious smoothies, and you can lose up to a pound a day and train yourself to eat more healthy for life. Here's the secret: These smoothies are packed with more fat-burning protein, fiber, and superfoods than you'd get in a dinner with three times the calories! And they are totally satisfying and delicious. You'll never feel hungry again! Here's what a typical day of eating looks like on the 7-Day Smoothie Diet: FOR BREAKFAST: A tall glass of high-protein smoothie called Chocolate Peanut Butter Power. FOR LUNCH: Enjoy chicken salad with pistachios. FOR A MIDAFTERNOON SNACK: Key Lime Pie smoothie! FOR DINNER: Sheet-pan roasted vegetables with chicken or savory beef stew. You'll find more than 100 good-health recipes for smoothies and hearty meals inside the book. Plus...we'll demonstrate a "Get Moving!" exercise plan that'll help you burn hundreds of fat calories throughout the day. No gym required! You can lose up to a pound a day while slashing your risk of the debilitating diseases of aging. The editors of Eat This, Not That! have created a super-simple 7-day plan to cancel carb cravings and trigger rapid fat burn. All it takes is replacing one meal and one snack with a belly-flattin' shake. It's weight loss at the push of a button!

Join the movement for permanent, sustainable, weight loss... What started out as a best selling book, The Gabriel Method has now become an international movement for health, well-being, and diet-free sustainable weight loss. And now, Jon Gabriel has put together his most cherished recipes in this amazing cookbook. This recipe book contains quick and easy Gabrielicious recipes the entire family will enjoy. These recipes will give you high energy during the day and help you burn fat while you sleep. You'll be amazed at how rich and flavorful eating The Gabriel Method way can be. Here's What You'll Find: Fast and simple breakfasts Protein-rich snacks Omega-3 everything Wheat-free pancakes & brownies Savory dinners Hearty soups & snacks About the Recipe Book 272 pages of super delicious, super nutritious recipes Photos of every single recipe Simple-to-make everything (no chef skills required)

Originally published: London: Yellow Kite, an imprint of Hodder & Stoughton, an Hachette UK Company, 2016.

Complete guide to using juices to maximize health and vitality. Offers up-to-date information on the value of juices in relation to the body's needs. Included are comprehensive charts, delicious recipes and instructions on using various juicing equipment.

Liquid Intelligence: The Art and Science of the Perfect Cocktail

Mockingjay (Hunger Games, Book Three)

Crazy Sexy Cancer Survivor

The Definitive How-To Guide

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

Crazy Sexy Juice

The Brain That Changes Itself

**The instant #1 New York Times and USA Today best seller by Karen Kilgariff and Georgia Hardstark, the voices behind the hit podcast My Favorite Murder! Sharing never-before-heard stories ranging from their struggles with depression, eating disorders, and addiction, Karen and Georgia irreverently recount their biggest mistakes and deepest fears, reflecting on the formative life events that shaped them into two of the most followed voices in the nation. In Stay Sexy & Don’t Get Murdered, Karen and Georgia focus on the importance of self-advocating and valuing personal safety over being ‘nice’ or ‘helpful.’ They delve into their own pasts, true crime stories, and beyond to discuss meaningful cultural and societal issues with fierce empathy and unapologetic frankness. “In many respects, Stay Sexy & Don’t Get Murdered distills the My Favorite Murder podcast into its most essential elements: Georgia and Karen. They lay themselves bare on the page, in all of their neuroses, triumphs, failures, and struggles. From eating disorders to substance abuse and kleptomania to the wonders of therapy, Kilgariff and Hardstark recount their lives with honesty, humor, and compassion, offering their best unqualified life-advice along the way.”** —Entertainment Weekly **“Like the podcast, the book offers funny, feminist advice for survival—both in the sense of not getting killed and just, like, getting a job and working through your personal shit so you can pay your bills and have friends.”** —Rolling Stone **At the Publisher's request, this title is being sold without Digital Rights Management Software (DRM) applied.**

**Discover the beloved New York Times bestseller about two lost souls who embark on an epic road trip and find love along the way. A New York Times, USA Today, and Wall Street Journal bestselling blockbuster! Twenty-year-old Camryn Bennett thought she knew exactly where her life was going. But after a wild night at the hottest club in downtown Raleigh, North Carolina, she shocks everyone—including herself—when she decides to leave the only life she's ever known and set out on her own. Grabbing her purse and her cell phone, Camryn boards a Greyhound bus ready to find herself. Instead, she finds Andrew Parrish. Sexy and exciting, Andrew lives life like there is no tomorrow. He persuades Camryn to do things she never thought she would and shows her how to give in to her deepest, most forbidden desires. Soon he becomes the center of her dancing new life, pulling love and lust and emotion out of her in ways she never imagined possible. But there is more to Andrew than Camryn realizes. Will his secret push them inseparably together -- or destroy them forever?**

**Announcing the completely revised and updated edition of The Wine Bible, the perennial bestselling wine book praised as “The most informative and entertaining book I’ve ever seen on the subject” (Danny Meyer), “A guide that has all the answers” (Bobby Flay), “Astounding” (Thomas Keller), and “A magnificent masterpiece of wine writing” (Kevin Zraly). Like a lively course from an expert teacher, The Wine Bible grounds the reader deeply in the fundamentals while layering on informative asides, tips, amusing anecdotes, definitions, glossaries, photos (all new for this edition), maps, labels, and recommended bottles. Karen MacNeil’s information comes directly through primary research; for this second edition she has tasted more than 10,000 wines and visited dozens of wine regions around the world. New to the book are wines of China, Japan, Mexico, and Slovenia. And through it all the reader becomes ever more informed—and, because of the author’s unique voice, always entertained: “In great years Pétrus is ravishing, elegant, and rich—Ingrid Bergman in red satin.” Or, describing a Riesling: “A laser beam. A sheet of ice. A great crackling bolt of lightning.”**

**Christopher Dines has profound experience of recovery and personal growth; he struggled with drug addiction for most of his young adult life, and came into recovery in 2004, after a career as a music producer and well-known electronic house DJ. In this book, he shares insights, epiphanies and practical strategies for anyone struggling with their wellbeing, but most particularly those in recovery from addiction, those in toxic relationships or those with destructive lifestyles and behaviours. Covering such resonant themes as feelings of unworthiness, the need for gentle compassion and the power of authentic relationships, this book offers an abundance of exercises to unlock a deeper understanding, and nearly 200 questions to enable a true self-appraisal. This is self-care at its most profound, resonant and visceral level - as more than just a regular yoga habit, Super Self Care offers a chance to rewrite the script that ties us to co-dependency, addictive behaviours and shame.**

**100+ Simple Juice, Smoothie & Nut Milk Recipes to Supercharge Your Health**

**Make Your Own Rules Cookbook**

**Deliciously Ella Every Day**

**Medical Medium Liver Rescue**

**Choosing Raw**

**Stories of Personal Triumph from the Frontiers of Brain Science**

**The 4-Hour Body**

The #1 New York Times best-selling author and beloved healing authority reveals how taking your liver off overload can help resolve a wide range of symptoms and conditions--and transform your health in ways you've never imagined. What if you could focus on one aspect of your well-being to transform all the others--and at the same time prevent health problems you didn't even know were lurking beneath the surface? In today's world, we have no idea how many symptoms, conditions, and diseases are rooted in an overloaded liver. It's not only about liver cancer, cirrhosis, and hepatitis. Nearly every challenge--from pesky general health complaints to digestive issues to emotional struggles to weight gain to high blood pressure to heart problems to brain fog to skin conditions to autoimmune and other chronic illnesses--has an origin in an overloaded liver and can improve and heal when you harness the force of this humble organ. Medical Medium Liver Rescue offers the answers you should have had all along. With his signature compassion, Anthony William, the Medical Medium, shares unparalleled insights into undiscovered functions of our life-saving livers, explains what's behind dozens of health issues that hold us back, and offers detailed guidance on how to move forward so we can live our best lives. Find out for yourself what liver rescue is all about: being clearer-headed, more peaceful, happier, and better able to adapt to our fast-changing times. Learn how to sleep well, balance blood sugar, lower blood pressure, lose weight, and look and feel younger. A healthy liver is the ultimate de-stressor, anti-aging ally, and safeguard against a threatening world--if we give it the right support.

The ultimate girlfriends guide to kicking cancer’s tail. Part memoir, part tips, tricks and secrets, this handbook will educate you and make you feel like you're not alone. The Learning Channel broadcast the premiere of Carr’s unforgettable documentary, Crazy Sexy Cancer on August 29, 2007.

"Bibliography found online at tonyrobbins.com/masterthegame"--Page [643].

An accessible plan for anyone transitioning to a healthy, plant-based diet that highlights delicious, easy vegan and raw recipes.

Eat Your Veggies, Ignite Your Spark, And Live Like You Mean It!

Hello, Crochet Friends!

A Fun, Wholesome Guide to Feeding Your Kids Tasty Plant-Based Meals

The Juicing Bible

101 Entirely Plant-based, Mostly Gluten-Free, Easy and Delicious Recipes

7 Tools for the Perfectly Imperfect Woman

An Uncommon Guide to Rapid Fat-Loss, Incredible Sex, and Becoming Superhuman

The long anticipated final book in the New York Times bestselling Hunger Games trilogy by Suzanne Collins.

Start eating the crazy, sexy way: a nutrient-dense, plant-happy approach to eating and living that harmonizes your beautiful body at the cellular level! The woman who made prevention hot is now making it delicious! Crazy Sexy Kitchen, the follow-up to Kris Carr’s New York Times bestseller Crazy Sexy Diet, is a Veggie Manifesto for plant-empowered gourmands and novices alike, and it’s filled with inspiration, education, cooking tips, and over 150 nourishing, nosh-worthy recipes. Infused with her signature humor, style, and personal stories, Crazy Sexy Kitchen redefines the kitchen as headquarters for America’s wellness revolution. The goodness born in the Crazy Sexy Kitchen will reach deep into the rest of your life—enriching your health, your home, your heart, and the planet. Crazy Sexy Kitchen gives readers all the tools and know-how needed to adopt a joyful and vibrant Crazy Sexy Diet and Lifestyle. What is the Crazy Sexy Diet and Lifestyle, you ask? A nutrient-dense, plant-happy approach to eating and living that harmonizes your beautiful body at the cellular level. It’s a celebratory way of life that’s deeply connected, healthy, awake and engaged. Now that’s SEXY! Like a long, luxurious meal, Crazy Sexy Kitchen is laid out in courses. You’ll start with a detailed review of the Crazy Sexy Diet. Next you’ll learn how to stock your culinary arsenal. Kris will show you how to find the best kitchen tools and equipment, and prep you with basic culinary skills and lingo. Handy symbols like, gluten-free, soy-free, kid-friendly—and for the time pressed—Crazy Sexy Quickies, help you to easily identify the recipes that are perfect for your dietary needs. Not sure how to put a whole meal together? No problem. Crazy Sexy Kitchen covers that, too—with a hearty dose of menu plans and recipes to inspire and delight. Joined by Whole Foods chef, Chad Sarno, Crazy Sexy Kitchen offers over 150 delicious, nutrient-dense recipes designed to nourish the mind, body, and soul. From juicing to planning a three-course meal, Crazy Sexy Kitchen has all the essentials to fill your kitchen (and life!) with health, happiness, family, friends, and good times.

Hello, gorgeous! Welcome to a juicing and blending adventure! If you’ve picked up this book, it’s likely that you’re looking to bring more zing into your life. Perhaps you’re feeling a little tired. Bloated. Out of sorts. Whatever it is, you’ve come to the right place. Get ready to say good-bye to feeling meh and hello to feeling fabulous! In Crazy Sexy Juice, wellness advocate and New York Times best-selling author Kris Carr teaches you everything you need to know about creating fresh, nutritious juices and smoothies, and creamy, indulgent nut and seed milks. With enough recipes to keep your juicer and blender humming through every season, she shows you how to fit them into your life, helping you make health deposits – instead of withdrawals! Cha-ching! She guides you through her wonderful world by teaching you:
• How to create flavor combinations that tantalize your taste buds
• How to choose the best juicer, blender, and kitchen tools
• Ways to save money while prioritizing fresh, organic produce
• Troubleshooting advice for common kitchen mishaps
• Tips for selection, storage, and preparation of ingredients
• Answers to frequently asked questions and health concerns
• Suggestions for juicing and blending on the go
• Tips on how to get your family onboard and make this lifestyle stick
• And oh, so much more... Whether you’re an old pro at making liquid magic or just starting out, Kris will help you experience juicing and blending as a fun and delicious journey into the transformative powers of fruits and veggies! By simply adding these nutrient-dense beverages to your daily life, you can take control of your health – one sip at a time. With more than 100 scrumptious recipes and oodles of information, you’ll be ready to dive into a juicing paradise. Cheers to that! Includes an easy and energizing 3-day cleanse!

There is no magic pill. There is no one-size-fits-all solution to your problems. There is no guru coming to save you. And there is no personal-development program that will get you to "perfect." The truth is, you don't need any of those things. You are brilliant and breathtakingly powerful, exactly as you are. The remarkable truth you are about to discover-one that you already know deep down in your bones-is that the idea of perfection can't bring you the joy, passion, and purpose you are craving. What you are looking for, as author and Women For One founder Kelly McNelis will show you, is your messy brilliance. It's the part of you that's perfectly imperfect and that contains your wholeness: the good, the bad, and the ugly. Your Messy Brilliance offers an engaging, customizable roadmap to the authentic you. In this book, you will learn to reclaim your true brilliance by embracing your flaws as the key to unlocking your deepest truth. You will also learn how your stories shape your life-and harness your power to transform the stories you tell yourself and others. This will help you move past shame and self-judgment, and develop a stronger relationship to your body, mind, and spirit. Finally, by stepping into conscious, effective choices, you will commit to a life of radical openness, authenticity, and courage-so that you transform yourself and your world. With a combination of personal experience, relatable stories from everyday women, and practical wisdom, Kelly will guide you into the most important journey you will ever take as a woman: the journey back home to your messy brilliance...and your ultimate truth! Book jacket.

The Wine Bible

Gabriel Method Recipe Book

Your Complete Guide to Living Using Earth's Natural Ingredients

More Rebellion And Fire For Your Healing Journey

The Ultimate Book of Modern Juicing: More than 200 Fresh Recipes to Cleanse, Cure, and Keep You Healthy

Disrupt-Her

Skinny Bitch

From the founder of the wildly popular food blog Deliciously Ella, 120 plant-based, dairy-free, and gluten-free recipes with gorgeous, full-color photographs that capture the amazing things we can do with natural ingredients. In 2011, nineteen-year-old Ella Woodward was diagnosed with a rare illness that left her bed-ridden, in chronic pain, and plagued by heart palpitations and

headaches. When conventional medicine failed her, Ella decided to change her diet. She gave up meat, gluten, dairy, sugar, and anything processed—and the effects were immediate: her symptoms disappeared, her energy returned, and she was able to go off all her medication. A self-confessed sweet tooth, Ella taught herself how to make delicious, plant-based meals that delight the palette and improve overall well-being. Deliciously Ella is an essential, how-to guide to clean, plant-based eating, taking you through the best ingredients and methods for preparing easy, exciting meals. This is not a diet—it’s about creating a new mindset that embraces fantastic food. From sweet potato brownies to silky chocolate mousse and roasted butternut squash risotto and homemade fries and ketchup, Ella shares 100 brand-new recipes and twenty classics in her signature, elegant style. Packed with vivid photos and simple, foolproof instructions, Deliciously Ella provides a foundation for a pure, unprocessed, unrefined diet, so you can look and feel better while enjoying great food.

A practical guide to using diet and nutrition strategically to heal Hashimoto’s thyroiditis. If you’ve been diagnosed with Hashimoto’s, it can be hard to know where to start with your diet. There are so many different cookbooks and recommendations, and few provide different options for different situations. That’s where The Hashimoto’s Healing Diet comes in! In this book, Marc Ryan, L.Ac., will help you deal with the changes that are frequently involved with chronic conditions like Hashimoto’s. He shows you how to use dietary inventions strategically, so that you can adapt your plan in different circumstances. He’ll guide you through the various complications associated with Hashimoto’s, and the recommended diet and treatment protocols for each one, including Candida, histamine intolerance, intestinal problems, Epstein-Barr virus, and more. In much the same way Marc explored the five elements of thyroid health in his first book, How to Heal Hashimoto’s, he will explore the five elements of digestive health here (earth, metal, wood, water, and fire). You’ll learn a brief history of Chinese medicine and “yin fire,” one of the most important concepts in internal diseases. Finally, Marc offers an action plan for readers to continue on their journey toward total wellness.

A celebration of the beauty and power of crochet--specifically, the life-changing benefits this fiber art has brought to one extraordinary boy, 11-year-old crocheting prodigy Jonah Larson. As his tens of thousands of crochet friends already know, Jonah can crochet anything, including a cowl that has become his signature piece, bright afghans, intricate doilies, fashionable hats, and stuffed animals. A worldwide audience follows his every stitch. Jonah has won over fifty awards for his work, been featured in leading crochet publications, and is partnering with a major yarn company for the creation of new projects and online tutorials. In short, Jonah has been credited for lighting the crochet community on fire, and he is proud to help spread the word--crochet is anything but a dying art. What Jonah's crochet friends may not already know, and what Jonah would like to share with them and young people everywhere, is that through crochet he is also piecing together a pattern for his life, a pattern that he has now turned into the title of his first book, Hello, Crochet Friends! Making Art, Being Mindful, Giving Back: Do What Makes You Happy. Woven into Jonah's beautifully photographed and detailed autobiography are three important themes: Making Art. Jonah welcomes readers into his process, sharing everything from his preferred crocheting atmosphere--end of sofa, lights dimmed, close to his mom--to his favorite stitches and yarns. How can Jonah crochet so quickly? He writes, "It's like breathing to me." Being Mindful. For many years, school was a place where Jonah, despite excelling academically, kept getting into trouble--sometimes big trouble. Jonah writes, "...nothing seemed to be working..." to make things better. Nothing, that is, until he discovered crochet. It was an uncommon interest for a kid his age and his gender, but Jonah didn't care. Crocheting calmed his mind and made him happy; and in fifth grade, his teacher invited him to bring his crocheting to school. Now Jonah could pick up a hook and some yarn and "crochet away" any urge to misbehave. Jonah writes, "I quickly noticed something I didn't expect or understand. When I was crocheting, I didn't feel jumpy or jittery. I didn't feel like I needed to do something to get attention. My mind was quiet, calm, and peaceful." Giving Back. Going viral has connected Jonah with new friends around the world, introduced life-changing opportunities, and, importantly to Jonah, created a more significant platform for giving back, including to the community in Ethiopia from which he was adopted. Before Jonah concludes with his bright smile and signature wave, there are fourteen bonus pages celebrating crochet. Jonah offers an introduction to the art, lists his "Favorites," and reveals an exclusive pattern for an identity-inspired dish cloth, one that he hopes that his crochet friends will create (and share!). The sample Jonah provides is crocheted using the colors of the Ethiopian flag--red, yellow, and green. Written with the same confidence, sincerity, and kindness that Jonah's crochet friends will recognize from his online tutorials, Hello, Crochet Friends! offers its readers a celebration of a beautiful and powerful fiber art and another treasure from Jonah's hands.

Poor health is America’s #1 problem. Over 70% of us are either overweight or obese. Over 70% of Americans are on at least one prescription medication, and more than half take two. Preventable chronic diseases are responsible for the overwhelming majority of deaths in this country. Just two of these chronic illnesses-heart disease and cancer-together account for nearly half of all deaths in the U.S., needlessly taking the lives of 1.2 million loved ones each year. Currently, 94% of the calories being consumed by Americans come from meat, dairy products and processed foods with only 6% of calories coming from healthy fresh vegetables, fruits, beans/legumes, and whole grains, according to the USDA’s Profiling Food Consumption in America. The Standard American Diet full of fat and sugar (meats and sweets) is depriving us of real nutrients that our bodies require for good health. In this eye-opening book, the authors reveal the causes of our chronic diseases and the foods that can make us well.

A Complete Guide to the Juicing of Fruits and Vegetables for Maximum Health

Crazy Sexy Cancer Tips

The Earth Diet

Crazy Sexy Diet

French Women Don't Get Fat

Ugly Love

Bite-size Collection

***The most current and comprehensive juicing guide available Step aside, Juicing Bible and Big Book of Juices: Mimi Kirk is back with the most current and fresh guide to juicing yet. With more than 200 recipes, handy advice on how to get the most from your juicing, and an eye toward taste, health, and cost, The Ultimate Book of Modern Juicing is the only book on the topic you'll ever need.***

***Kirk has been juicing vegetables and fruits for more than 40 years, yet she doesn't look a day over 50. (And yes, those two things are connected.) She recently became more interested in how to use juicing to feel and look even better. Her discoveries—genuinely up-to-the-minute—are shared here, along with vibrant photographs of her creations The Ultimate Book of Modern Juicing is a must-have for everyone interested in or committed to the juicing lifestyle.***

***Crazy Sexy Juice100+ Simple Juice, Smoothie & Nut Milk Recipes to Supercharge Your HealthHay House***

***30 new recipes in a mini pocket book from bestselling cookery author Deliciously Ella. The first of Deliciously Ella's 'Bite-size Collection' - a new series of small-format books - celebrating the delicious, nutritious and super speedy smoothies and juices that Ella loves! Featuring 30 all-new recipes for nourishing smoothies and amazing juices bursting with simple, plant-based ingredients full of flavour and goodness. Easy, quick and perfect to fit into a busy lifestyle, enjoy a Blueberry and Pear Breakfast Blend, an energising Green Dream or a heavenly Minty Coconut Shake, to add a natural Deliciously Ella kick to your 5-a-day!***

***The highly anticipated cookbook from the immensely popular food blog Minimalist Baker, featuring 101 all-new simple, vegan recipes that all require 10 ingredients or less, 1 bowl or 1 pot, or 30 minutes or less to prepare Dana Shultz founded the Minimalist Baker blog in 2012 to share her passion for simple cooking and quickly gained a devoted worldwide following. Now, in this long-awaited debut cookbook, Dana shares 101 vibrant, simple recipes that are entirely plant-based, mostly gluten-free, and 100% delicious. Packed with gorgeous photography, this practical but inspiring cookbook includes: •Recipes that each require 10 ingredients or less, can be made in one bowl, or require 30 minutes or less to prepare. •Delicious options for hearty entrées, easy sides, nourishing breakfasts, and decadent desserts—all on the table in a snap •Essential plant-based pantry and equipment tips •Easy-to-follow, step-by-step recipes with standard and metric ingredient measurements Minimalist Baker's Everyday Cooking is a totally no-fuss approach to cooking for anyone who loves delicious food that happens to be healthy too.***

***Making Raw Foods Part of the Way You Eat***

***How to Find Lasting Freedom from Addiction, Toxic Relationships and Dysfunctional Lifestyles***

***One Percent of You***

***Your Messy Brilliance***

***Veggie Mama***

***Once Upon a Tart--***

***Quick and Easy Recipes for Gluten-Free Snacks, Packed Lunches, and Simple Meals***

**Veggie Mama is a manual for elevating your family’s diet to incorporate more whole, plant-based foods. The book features over 100 vegan recipes --including many raw options, using whole grains, legumes, nuts, seeds, fruits, and vegetables, along with superfoods --for growing kids of all ages. Veggie Mamas Doreen Virtue and Chef Jenny Ross discuss food allergies and present a program free of inflammatory agents that can that can create anxiety in sensitive kids, as well as worsen allergy symptoms. With menu-planning guides, brown-bag school lunches, and snack and dessert favorites, you'll have everything you need to feed your entire family wholesome and delicious meals. Using these tasty, 100 percent plant-ingredient recipes --such as the Avocado Citrus Parfait, Pumpkin Seed Cheese Wraps, Veggi-wiches, and Nut Butter Bites --you will be pleasing your children’s palates and doing their bodies good . . . setting them up for a lifetime of wellness!**

**A gourmand’s guide to the slim life shares the principles of French gastronomy, the art of enjoying all edibles in proportion, arguing that the secret of being thin and happy lies in the ability to appreciate and balance pleasures, not in deprivation, in a guide that includes inspirational true-life stories, simple advice, and dozens of delectable recipes. Reprint. The ultimate guide book to assist people in transforming their health through a natural lifestyle. Beauty queen Miss Earth Australia Liana Werner-Gray got a wake-up call at the age of 21, when she was diagnosed with a precancerous tumor in her throat. Realizing that health issues were holding her back, including in her entertainment career, she decided to change her lifestyle. Through juicing and using the whole-food recipes shared in this book, Liana healed herself in only three months. This success inspired Liana to create the Earth Diet and make information on the incredible power of plant-based and natural food available to others. She has since used her recipes to help thousands of people with cancer, diabetes, acne, addictions, obesity, and more. When you get the essential vitamins, minerals, and micronutrients your body needs, you can’t help but feel better. In this book, you’ll find more than 100 nutrient-dense, gluten-free recipes that provide proper nutrition, tips for shifting out of toxic habits, and lifestyle recipes for household and personal-care products to help you heal in all areas of your life. The Earth Diet is inclusive, with recipes for every person, ranging from raw vegans to meat eaters to those following a gluten-free diet. It also features specific guidelines for weight loss, boosting the immune system, increasing your energy, juice cleansing, and more. If you’re looking for great-tasting recipes to help you live your healthiest life ever, then this book is for you.**

**“Fascinating. Doidge’s book is a remarkable and hopeful portrait of the endless adaptability of the human brain.”—Oliver Sacks, MD, author of The Man Who Mistook His Wife for a Hat What is neuroplasticity? Is it possible to change your brain? Norman Doidge’s inspiring guide to the new brain science explains all of this and more An astonishing new science called neuroplasticity is overthrowing the centuries-old notion that the human brain is immutable, and proving that it is, in fact, possible to change your brain. Psychoanalyst, Norman Doidge, M.D., traveled the country to meet both the brilliant scientists championing neuroplasticity, its healing powers, and the people whose lives they’ve transformed—people whose mental limitations, brain damage or brain trauma were seen as unalterable. We see a woman born with half a brain that rewired itself to work as a whole, blind people who learn to see, learning disorders cured, IQs raised, aging brains rejuvenated, stroke patients learning to speak, children with cerebral palsy learning to move with more grace, depression and anxiety disorders successfully treated, and lifelong character traits changed. Using these marvelous stories to probe mysteries of the body, emotion, love, sex, culture, and education, Dr. Doidge has written an immensely moving, inspiring book that will permanently alter the way we look at our brains, human nature, and human potential.**

**Soups, Salads, Muffins, and More from New York City’s Favorite Bakeshop and Café**

**150 Plant-Empowered Recipes to Ignite a Mouthwatering Revolution**

**The Hashimoto’s Healing Diet**

**Crazy Sexy Kitchen**

**Super Self-Care**

**MONEY Master the Game**

**The Juicing Book**

"Kris Carr’s Crazy Sexy Juice is a completely original, up-to-date, and colorful (of course!) guide to the wonderful world of fruit and vegetable elixirs. 100+ all-new recipes--developed especially for this book--contain superpowers ranging from immunity boosters, inflammation fighters, happiness helpers, longevity leaders, mood fixers, and booty enhancers. The all-green, healthful tonics and fruity and refreshing potions are organized by function, including The Cleansers, The Healers, The Boosters, and The Beautifiers. Fiber-rich superfood smoothies are likewise categorized, as star pH Warriors, Body Boosters, Age Defiers, and Superheroes. A section on Nut Milks helps you get your protein power on. Not only are there enough recipes to keep your juicer and blender busy through every season, but Kris also addresses every concern you may have about juicing and blending. From selecting the right equipment for your needs and budget, to choosing and storing the most nutritious produce, she takes you through every aspect of the process--and helps make it a habit that sticks for life. Whether you are an old pro at making liquid magic or if you're just starting out, you will experience juicing and blending as a fun and delicious journey into the healing powers of fresh, raw fruits and vegetables, as well as nuts and seeds. Here's what else you can expect from this essential, concise (crazy, sexy) reference: Flavor combinations that tantalize your palate; Tips for blending and juicing on the go; Handy lists of helpful kitchen tools; The 411 on alkalinity and why it's important; A pick of the crop nutrient guide Handy substitutions for food sensitivities; Hints on handling mental and emotional hurdles that come with change; Plus an easy 3-day cleanse and so much more. Drink your veggies. Change your life. Join Kris Carr on yet another adventure in health, happiness, and the delicious food that can make a powerful impact on your overall vitality. Cheers!"--

"Tara Stiles shows you how to have fun making your own rules in the kitchen. You'll begin by breaking free of the labels, judgements, restrictions, and stresses of having to eat a certain way-letting go of the binge-and-purge, punishment -and-reward, diet-and-fail cycles."--

From Colleen Hoover, the #1 New York Times bestselling author of It Ends With Us, a heart-wrenching love story that proves attraction at first sight can be messy. When Tate Collins meets airline pilot Miles Archer, she doesn’t think it’s love at first sight. They wouldn’t even go so far as to consider themselves friends. The only thing Tate and Miles have in common is undeniable mutual attraction. Once their desires are out in the open, they realize they have the perfect set-up. He doesn’t want love, she doesn’t have time for love, so that just leaves the sex. Their arrangement could be surprisingly seamless, as long as Tate can stick to the only two rules Miles has for her. Never ask about the past. Don’t expect a future. They think they can handle it, but realize almost immediately they can’t handle it at all. Hearts get infiltrated. Promises get broken. Rules get shattered. Love gets ugly.

Not your typical boring diet book, this is a tart-tongued, no-holds-barred wakeup call to all women who want to be thin. With such blunt advice as, Soda is liquid Satan and You are a total moron if you think the Atkins Diet will make you thin, it’s a rallying cry for all savvy women to start eating healthy and looking radiant. Unlike standard diet books, it actually makes the reader laugh out loud with its truthful, smart-mouthed revelations. Behind all the attitude, however, there’s solid guidance. Skinny Bitch espouses a healthful lifestyle that promotes whole grains, fruits, and vegetables, and encourages women to get excited about feeling clean and pure and energized.

A No-Nonsense, Tough-Love Guide for Savvy Girls Who Want to Stop Eating Crap and Start Looking Fabulous!

More Than 100 Simple, Healthy Recipes Inspired by Family and Friends Around the World

A Manifesto for the Modern Woman

The Food Cure: Eat Your Way to Good Health

Stay Sexy & Don't Get Murdered

Deliciously Ella

21 Days to Better Health, with Meal and Exercise Plans, Tips, and 75 Recipes

The author of the best-selling Crazy Sexy Cancer Tips and Crazy Sexy Cancer Survivor takes on the crazy sexy subject of what and how we eat, drink, and think. Crazysexydiet.com On the heels of Kris Carr’s best-selling cancer survival guidebooks and her acclaimed TLC documentary comes her new journey into a realm vital to anyone’s health. Infused with her signature sass, wit and advice-from-the-trenches style, Crazy Sexy Diet is a beautifully illustrated resource that puts you on the fast track to vibrant health, happiness and a great ass! Along with help from her posse of experts, Carr lays out the fundamentals of her Crazy Sexy Diet: a low-glycemic, vegetarian program that emphasizes balancing the pH of the body with lush whole and raw foods, nourishing organic green drinks, and scrumptious smoothies. Plus, she shares the steps of her own twenty-one-day cleanse, and simple but delectable sample recipes. In ten chapters with titles such as, “Habulous,” “Coffee, Cupcakes and Cocktails,” “Make Juice Not War,” and “God-Pod Glow,” Carr empowers readers to move from a state of constant bodily damage control to one of renewal and repair. In addition to debunking common diet myths and sharing vital tips on detoxifying our bodies and psyches, advice that draws both on her personal experience as a cancer survivor and that of experts, she provides helpful hints on natural personal care, how to stretch a dollar, navigate the grocery store, eating well on the run, and working through the inevitable pangs and cravings for your old not-so-healthy life. Crazy Sexy Diet is a must for anyone who seeks to be a confident and sexy wellness warrior.

**#1 NEW YORK TIMES BESTSELLER** The game-changing author of Tribe of Mentors teaches you how to reach your peak physical potential with minimum effort. A practical crash course in how to reinvent yourself. “Kevin Kelly, Wired Is it possible to reach your genetic potential in 6 months? Sleep 2 hours per day and perform better than on 8 hours? Lose more fat than a marathoner by bingeing?

Indeed, and much more. The 4-Hour Body is the result of an obsessive quest, spanning more than a decade, to hack the human body using data science. It contains the collective wisdom of hundreds of elite athletes, dozens of MDs, and thousands of hours of jaw-dropping personal experimentation. From Olympic training centers to black-market laboratories, from Silicon Valley to South Africa, Tim Ferriss fixated on one life-changing question: For all things physical, what are the tiniest changes that produce the biggest results? Thousands of tests later, this book contains the answers for both men and women. It’s the wisdom Tim used to gain 34 pounds of muscle in 28 days, without steroids, and in four hours of total gym time. From the gym to the bedroom, it’s all here, and it all works. You will learn (in less than 30 minutes each): How to lose those last 5-10 pounds (or 100+ pounds) with odd combinations of food and safe chemical cocktails How to prevent fat gain while bingeing over the weekend or the holidays How to sleep 2 hours per day and feel fully rested How to produce 15-minute female orgasms How to triple testosterone and double sperm count How to go from running 5 kilometers to 50 kilometers in 12 weeks How to reverse “permanent” injuries How to pay for a beach vacation with one hospital visit And that’s just the tip of the iceberg. There are more than 50 topics covered, all with real-world experiments, many including more than 200 test subjects. You don’t need better genetics or more exercise. You need immediate results that compel you to continue. That’s exactly what The 4-Hour Body delivers.

Winner of the 2015 James Beard Award for Best Beverage Book and the 2015 IACP Jane Grigson Award. A revolutionary approach to making better-looking, better-tasting drinks. In Dave Arnold’s world, the shape of an ice cube, the sugars and acids in an apple, and the bubbles in a bottle of champagne are all ingredients to be measured, tested, and tweaked. With Liquid Intelligence, the creative force at work in Booker & Dax, New York City’s high-tech bar, brings readers behind the counter and into the lab. There, Arnold and his collaborators investigate temperature, carbonation, sugar concentration, and acidity in search of ways to enhance classic cocktails and invent new ones that revolutionize your expectations about what a drink can look and taste like. Years of rigorous experimentation and study[botched attempts and inspired solutions]have yielded the recipes and techniques found in these pages. Featuring more than 120 recipes and nearly 450 color photographs, Liquid Intelligence begins with the simple[how ice forms and how to make crystal-clear cubes in your own freezer]and then progresses into advanced techniques like clarifying cloudy lime juice with enzymes, nitro-muddling fresh basil to prevent browning, and infusing vodka with coffee, orange, or peppercorns. Practical tips for preparing drinks by the pitcher, making homemade sodas, and building a specialized bar in your own home are exactly what drink enthusiasts need to know. For devotees seeking the cutting edge, chapters on liquid nitrogen, chitosan/gellan washing, and the applications of a centrifuge expand the boundaries of traditional cocktail craft. Arnold’s book is the beginning of a new method of making drinks, a problem-solving approach grounded in attentive observation and creative techniques. Readers will learn how to extract the sweet flavor of peppers without the spice, why bottling certain drinks beforehand beats shaking them at the bar, and why quinine powder and succinic acid lead to the perfect gin and tonic. Liquid Intelligence is about satisfying your curiosity and refining your technique, from red-hot pokers to the elegance of an old-fashioned. Whether you’re in search of astounding drinks or a one-of-a-kind journey into the next generation of cocktail making, Liquid Intelligence is the ultimate standard[one that no bartender or drink enthusiast should be without.

From the co-founder of THINK and hellotushy.com, start-ups collectively valued at more than \$150 million, comes DISRUPT-HER, a rallying cry for women to radically question the status quo. Miki Agrawal has faced patriarchal pushback, fought girl-on-girl hate, ridden the roller coaster of building businesses as a female CEO, and even overcome an attempt to burn her for witchcraft (figuratively). In order to navigate the complicated--at times maddening--struggles of contemporary femininity, we need an unabashed manifesto for the modern woman that inspires us to move past outrage and take positive steps on the personal, professional, and societal levels. This manifesto galvanizes us to action in 13 major areas of our lives with as much fire power as possible. These are the credos we live by, the advice we give to friends, the tenets we instill in our companies and peers on a daily basis. Stories of badass female movers and shakers are shared in this book too to give you an extra jolt of "I've got this." It's a whole body F\*CK YES to your work, your love, your relationships, and your mission--while doing it all authentically, unapologetically, and with full integrity.

Deliciously Ella: Smoothies & Juices

The Edge of Never

A Novel

Making Art, Being Mindful, Giving Back: Do What Makes You Happy

The Fully Raw Diet