

## Fit Girls Guide 28 Day Challenge

For every Skinny Bitch, there’s a kick-ass man just as eager to take control of his weight and health. The New York Times bestselling authors now share their tips for turning Dad bods into Skinny Bastards. What’s good for the bitch is good for the bastard. Hundreds of thousands of women have been inspired to “use their head” and get real about the food they eat after reading the best-selling manifesto Skinny Bitch. But it turns out some men have been reading over their girlfriends’ shoulders. Professional athletes Dallas Mavericks’ Jerry Stackhouse was adopted a whole new eating plan because of the book. Now authors Rory Freedman and Kim Barnouin think it’s time for the guys to have a book of their own. In Skinny Bastard, they’ll explain why the macho “meat and potatoes” diet is total crap, why having a gut is un-cool (and a turn-off), and how to get buff on the right foods. Eating well shouldn’t be a “girly” thing-and the Bitches will whip any man into shape with their straight-talk, sound guidance, and locker room languor. Join the thousands of women who have lost weight with The Healthy Mummys! The Healthy Mummys is Australia’s fastest growing online hub for busy mums who want to lose weight and improve their health and fitness. With more than 1.5 million followers, founder Rhian Allen has helped thousands of women lose weight with the hugely popular Healthy Mummys 28 Day Weight-Loss Challenge devised by her team of nutritionists and health experts. Now, for the first time, Rhian combines this eating and exercise plan into a delicious recipe for the whole family will love. This is the perfect book for busy mums on a budget who are ready to achieve their weight-loss and fitness goals. This is a specially formatted fixed-layout ebook that retains the look and feel of the print book.

THE LAZY GIRL’S GUIDE TO A BLISSFUL PREGNANCY is your guide to getting pregnant, being pregnant and life after pregnancy. It’s for all girls who want to find the less stressed way to be pregnant but are too busy to wade through all the books, leaflets and advice. It’s about the stuff that’s tricky such as how to work when you have 24 hour fatigue and morning sickness. And the stuff that’s annoying such as how to deal with the myriad of medical, anecdotal and personal advice thrown at you. But most of all THE PREGNANCY is about the parts of being pregnant that secretly worry you - pregnancy sex, first time parenting, meeting your new baby and how to avoid turning your chic house into a large oversized playroom! Crammed full of:
• Expert advice on pre and post pregnancy fashion and beauty
• Essential mum tips on first time motherhood, and surviving labour
• Smart advice on the emotional, physical and lifestyle changes of pregnancy
THE LAZY GIRL’S GUIDE TO A BLISSFUL PREGNANCY is your comprehensive and down-to-nine months and beyond.

Join the Movement. Ditch the Diet. Who’s ready to stop thinking about weight loss? To free their brain from thoughts about ketones, calories, and fasting? Who wants life to be more effortless, energetic, and empowered? Welcome to a refreshing and gloriously unapologetic conversation about health, fitness and habits. Award-winning trainer Onagh Duncan cuts through the wellness clutter to drop some truth bombs: it might not be six-pack abs you’re looking for — it might be happiness, confidence, and acceptance for anyone — including yourself — stop you from going after it. And she’ll show you how to make it happen. There’s only one major difference between those rare unicorns who managed to lose weight and the rest of us: their habits. When you acknowledge that following a diet is not getting you anywhere, and you make a few small changes to your everyday routine, you’ll find yourself happier and healthy as f\*ck.

A 28-Day Meal Plan with Exercises to Activate Your Metabolism, Burn Fat, and Lose Weight by Eating More Food. Fast, Delicious Recipes to Improve Your Shape and Feel Great Again

How to Choose the Sex of Your Baby

A Good Girl’s Guide to Murder

Financial Fitness for Life

Skinny Bastard

The Endomorph Diet

The EveryGirl’s Guide to Diet and Fitness

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 health, your health and your life today.

Along with the many benefits of leisure-class living comes obesity and its attendant ailments. In The Warrior Diet, Ori Hofmekler looks not forward but backward for a solution — to the primal habits of early cultures such as nomads and hunter-gatherers, the Greeks, and the Romans. Based on survival science, this book proposes not ordinary dietary changes but rather a radical yet surprisingly simple lifestyle overhaul. Drawing on both scientific studies and historical data, Hofmekler argues that robust health and a lean, strong body can best be achieved by mimicking the classical warrior mode of cycling—working and eating sparingly (undereating) during the day and filling up at night. Specific elements from the Warrior Diet Nutritional Program (finding ideal fuel foods and food combinations to reduce body fat) to the Controlled Fatigue Training Program (promoting strength, speed, and resilience to fatigue through special drills), literally reshape body and mind. Individual chapters cover warrior meals and recipes; sex drive, potency, and animal magnetism; as well as personalizing the diet for women. Featuring forewords by Fit for Life author Harvey Diamond and Fat That Kills author Dr. Udo Erasmus, The Warrior Diet shows readers weary of fad diets how to attain enduring vigor, explosive strength, a better appearance, and increased vitality and zest.

THE ULTIMATE SELF-CARE BOOK FOR TEENAGE GIRLS Face up to the world with confidence and higher self-esteem Growing up has become faster, more furious and the pressures more intense. Anxiety and panic have reached epidemic proportions. A third of teenage girls will suffer from depression. Factor in a rise in self-harm and eating disorders and the mental health stats become alarming. It ’s time to equip young women with the means to fight back. A Girl’s Guide to Being Fearless unlocks self-esteem, confidence, wellbeing, resilience and offers an antidote to an overwhelming world of altered photos, filters, and fillers. A Girl ’ s Guide helps parents, girls and teachers understand that wellbeing is an inside job. As an essential book for our time, this guide reflects the challenging world facing teens. The authors suggest there is little to be gained by skipping girls to stop taking selfies or using Instagram filters, because these habits are ingrained in teenage culture. Instead, guidance is provided on how girls can take action to increase their confidence and love the skin they are in. Moreover, it ’ s about learning to be a class act in person and online. Practical exercises and doable ideas to inspire young women Encouragement to eliminate self-limiting beliefs Guidance for girls on lifting themselves and others up Tips for showing greater confidence and being excited about the future Suggestions for how to live your best life Keep calm and read A Girl ’ s Guide to Being Brave, a gathering of life ’ s cheat codes, all simple, do-able and hugely entertaining. Learn how to show anxiety the door and let in more of the good stuff. This book will help you find your voice. Whether it quietly, but it might even change your life.

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

Love Your Body, Love Your Life

And Other Inevitable Acts

The Lazy Girl’s Guide To A Blissful Pregnancy

A Teen Girl’s Guide to Resistance Training, Cardiovascular Conditioning and Nutrition

Everything You Need to Know about Raising Healthy, Happy Children on Your Own

Fitness Training for Girls

Sanik Samachar

*Wish you could catch more waves when you go surfing? Wish you could surf for 90 minutes or more each session? Wish you could improve the power of your manoeuvres and really throw some spray? The Surf Girl Fitness Handbook is a new book aimed at girl surfers of all ages and abilities, from beginner to pro. Illustrated with step-by-step exercises and packed with tips and advice, the book offers a complete training program which will increase your fitness, power and endurance for surfing. Using the latest training techniques, this book covers everything from stretching and flexibility exercises to core strength enhancement and resistance training. Sections on healthy eating, motivation and maintaining fitness are also included, and there’s advice about improving balance and flexibility from top yoga and pilates coaches. To keep you energised, there’s a selection of quick, healthy and delicious recipes to try out (with quantities given in both US and metric measurements). In the technique section you’ll find instructional tips covering fundamentals like popping up, taking off and bottom turning. Cutbacks, top turns and more advanced manoeuvres are also fully explained, each with a corresponding specific exercise which will help you turn up the power. The Surf Girl Fitness Handbook will motivate you to improve your surfing, catch more waves, and have more fun. It’s like having your own personal surf instructor, lifestyle coach and fitness guru all in one book!*

*Perfect for beginning and advanced fitness practitioners alike, this is an in-depth look into the most magnificent machine ever created—the human body. Using detailed anatomical illustrations, New Anatomy for Strength and Fitness Training provides you visual insight into what happens to this organic machine during exercise—muscles and tendons working in concert to strengthen your body’s building blocks. With a basic knowledge of how the body works, you can buff up your body with more than 75 selected exercises, grouped by region and involving gym machines, free weights, and body weights/stretching, as well as yoga and Pilates. Each exercise is vividly illustrated by a full-color anatomical illustration of the targeted muscles, together with instructions on execution and technique.*

*Hollywood celebrities are doing it. Corporate moguls are doing it. But what about those of us living in the real world—and on a real budget? Author and holistic health practitioner Victoria Moran started eating only plants nearly thirty years ago, raised her daughter, Adair, vegan from birth, and maintains a sixty-pound weight loss. In Main Street Vegan, Moran offers a complete guide to making this dietary and lifestyle shift with an emphasis on practical “baby steps,” proving that you don’t have to have a personal chef or freelance coach on speed dial to experience the physical and spiritual benefits of being a vegan. This book provides practical advice and inspiration for everyone—from Main Street to Wall Street, and everywhere between. “Finally, a book that isn’t preaching to the vegan choir, but to the people in the pews—and the ones who can’t fit in those pews. This is a book for the Main Street majority who aren’t vegans. Once you read this, you’ll know it’s possible to get healthy and enjoy doing it—even if you live in Paramus or Peoria.”—Michael Moore “A great read for vegans and aspiring vegans.”—Russell Simmons*

*“Yet another divine gift from Victoria Moran. Main Street Vegan covers it all—inspiration, information, and out of this world recipes. This book is a gem.”—Rory Freedman, co-author Skinny Biech “Main Street Vegan is exactly the guide you need to make changing the menu effortless. Victoria Moran covers every aspect of plant-based eating and cruelty-free living, with everything you need to make healthy changes stick.”—Neal Barnard, MD, president, Physicians Committee for Responsible Medicine, and NY Times bestselling author of 21-Day Weight Loss Kickstart “A great book for anyone who’s curious about veganism. It shows that not all vegans are weirdos like me.”—Moby*

*Provides advice for girls on the importance of physical fitness, and recommends a rigorous program of exercises—including stretching, using gym equipment, and weight lifting—and a healthy diet.*

*The Habits You Need to Get Lean, Stay Healthy, and Kick Ass at Life*

*Fantasy, Role Play & Sensual Bondage*

*How to Find Your Brave*

*Healthy as F\*ck*

*Four Steps to Bully-proof Girls in the Early Grades*

*The Girl’s Guide to Absolutely Everything*

*The Bikini Body Motivation & Habits Guide*

*Provides advice for men raising children on their own about legal issues, helping children adjust, former spouses, widowers, work issues, child care, stress, child health, nutrition, discipline, and dealing with sons and with daughters.*

*The parent guide contains activities that are fun for parents and children to do together to enhance learning personal financial principles and skills.*

*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!*

*Couch potato—movement! 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! 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! 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!*

*From the Pulitzer Prize-winning author of All the Light We Cannot See, perhaps the most bestselling and beloved literary fiction of our time, comes a triumph of imagination and compassion, a soaring novel about children on the cusp of adulthood in a broken world, who find resilience, hope, and story. The heroes of Cloud Cuckoo Land are trying to figure out the world around them: Anna and Omeir, on opposite sides of the formidable city walls during the 1453 siege of Constantinople; teenage idealist Seymour in an attack on a public library in present day Idaho; and*

*Konstance, on an interstellar ship bound for an exoplanet, decades from now. Like Marie-Laure and Werner in All the Light We Cannot See, Anna, Omeir, Seymour, and Konstance are dreamers and outsiders who find resourcefulness and hope in the midst of peril. An ancient text—the story of Aethon, who longs to be turned into a bird so that he can fly to a utopian paradise in the sky—provides solace and mystery to these unforgettable characters. Doerr has created a tapestry of times and places that reflects our vast interconnectedness—with other species, with each other, with those who lived before us and those who will be here after we’re gone. Dedicated to “the librarians then, now, and in the years to come,” Cloud Cuckoo Land is a hauntingly beautiful and redemptive novel about stewardship—of the book, of the Earth, of the human heart.*

*As Good as Dead*

*Social Media Guru - A practical guide for small businesses*

*The Pocket PT: No Gym, No Time, No Problem*

*An Essential Handbook for Women Who Don’t Know a Slam Dunk from a Grand Slam*

*The Finale to A Good Girl’s Guide to Murder*

*200 Recipes and Weekly Menus to Kick Start Your Journey*

*The Surf Girl Fitness Handbook*

*Originally published in paperback by Egmont UK Ltd., London, in 2019. -Title page verso.*

Karena Dawn and Katrina Scott, the founders of the Tone It Up fitness and health brand, have taken the world by storm with their fun, energetic, girlfriend-to-girlfriend approach to getting fit. In their Tone It Up book, the girls’ genuine, relatable philosophy is boiled down to a 28-day program that incorporates fitness routines, nutritional advice, and mental and spiritual practices to transform readers’ bodies, attitudes, and lives. Dawn and Scott take a holistic approach to fitness, including the same principles in their book that make their brand so popular—a sense of community, empowerment, and lightheartedness in every healthy, feel-good technique they recommend. Dawn and Scott will help readers get:
• FIT. With daily fitness challenges, workout plans, healthy-eating tips, and delicious recipes, readers will be on their way to the strong, sexy body they’re after.
• FIERCE. Dawn and Scott will empower readers to be their best self-motivators by aligning their minds and bodies with their intentions through visualization exercises, daily meditations, confidence-boosting tips, and dares to move outside their comfort zones.
• FABULOUS. This is the fun stuff: beauty, sparkle, friendship, inspiration, joy, and all the things that give readers that unmistakable glow so they radiate from the inside out!

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.”

Worried about mean girls? Help your daughter respond and react to bullying where it starts—in elementary school As experts in developmental psychology and each a mother of three, Dr. Michelle Anthony and Dr. Reyna Lindert began noticing an alarming pattern of social struggle among girls as young as five, including their own daughters. In today’s world, it is likely that your daughter has been faced with bullying and friendship issues, too—and perhaps you’re at a loss for how to guide her through these situations effectively. Little Girls Can Be Mean is the first book to tackle the unique social struggles of elementary-aged girls, providing the tools you need to help your daughter become stronger, happier, and better able to enjoy her friendships at school and beyond. Dr. Anthony and Dr. Lindert offer an easy-to-follow, 4-step plan to help you become a problem-solving partner with your child, including tips and insights that girls can use on their own to confront social difficulties in an empowered way. Whether your daughter is just starting grade school or is already on her way to junior high, you’ll learn how to: OBSERVE the social situation with new eyes CONNECT with your child in a new way GUIDE your child with simple, compassionate strategies SUPPORT your daughter to act more independently to face the social issue By focusing squarely on the issues and needs of girls in the years before adolescence, Little Girls Can Be Mean is the essential, go-to guide for any parent or educator of girls in grades K-6.

The Posh Girl’s Guide to Play

28 Days to Fit, Fierce, and Fabulous

28 Days to a More Beautiful You

Little Girls Can Be Mean

Journal of Health, Physical Education, Recreation

How I Lost 40 lbs and Kept It Off-And How You Can Too!

Main Street Vegan

THE NEW YORK TIMES BESTSELLING SERIES WITH OVER ONE MILLION COPIES SOLD
• The highly anticipated finale to The A Good Girl’s Guide to Murder series, the instant bestsellers that read like your favorite true crime podcast or show. By the end of this mystery series, you’ll never think of good girls the same way again... Pip is about to head to college, but she is still haunted by the way her last investigation ended. She ’ s used to online death threats in the wake of her viral true-crime podcast, but she can ’ t help noticing an anonymous person who keeps asking her: Who will look for you when you ’ re the one who disappears? Soon the threats escalate and Pip realizes that someone is following her in real life. When she starts to find connections between her stalker and a local serial killer caught six years ago, she wonders if maybe the wrong man is behind bars. Police refuse to act, so Pip has only one choice: find the suspect herself—or be the next victim. As the deadly game plays out, Pip discovers that everything in her small town is coming full circle... and if she doesn ’ t find the answers, this time she will be the one who disappears...
• Writers for the significant others of sports buffs, a guide to all of the major professional sports outlines the rules and basics of each, with profiles of top historical and contemporary players and a humorous glossary of key terms.

Bethany Hamilton has become a fitness expert by virtue of being a professional athlete who has excelled—and she’s done it while overcoming incredible challenges. Whether you know Bethany or not, whether you surf or not, everyone has challenges, and in Surfer Style, Bethany shares some of her core experiences with body, mind and spirit. Sharing her expertise as an athlete, New You helps young girls develop a healthy lifestyle, understand their changing bodies, gain confidence, and establish a pattern of healthy living starting at a young age. This book includes workouts specially developed for young girls by Bethany ’ s personal trainer, recipes and information on healthy eating based on “ Bethany ’ s food pyramid,” which follows the Mediterranean diet, and advios on despening your spiritual health, for a total body wellness book perfect for growing girls. This isn’t a book about Bethany, this is a book about health, because spiritual health is just as important as physical health.

Drawing on the latest research, an updated guide discusses the ethics of gender selection, explains how conception takes place, and tells how to use effective techniques to increase the chances of having a girl or a boy. Original. 12,500 first printing.

A Girl’s Guide to a Fit, Fun and Fabulous Life

Guide to Accredited Camps

Fast, Fast, Repeat

A Girl ’ s Guide to Understanding Boys

Cloud Cuckoo Land (Large Print Edition)

Switch on Your Biological Powerhouse For High Energy, Explosive Strength, and a Leaner, Harder Body

The instant New York Times and USA Today bestseller! Change when you eat and change your body, your health, and your life! Diets don’t work. You know you know that, and yet you continue to try them, because what else can you do? You can Fast. Feast. Repeat. After losing over eighty pounds and keeping every one of them off, Gin Stephens started a vibrant, successful online community with hundreds of thousands of members from around the world who have learned the magic of a Delay. Don’t denyO’ intermittant fasting lifestyle. Fast. Feast. Repeat, has it all! You’ll learn how to work a variety of intermittent fasting approaches into your life, no matter what your circumstances or schedule. Once you’ve ignited your fat-burning superpower, you’ll get rid of “diet brain” forever, tweak your protocol until it’s second nature, and learn why IF is a lifestyle, not a diet. Fast. Feast. Repeat. is for everyone! Beginners will utilize the 28-Day FAST Start. Experienced intermittent fasters will strengthen their intermittent fasting practice, work on their mindset, and read about the latest research out of top universities supporting intermittent fasting as the health plan with a side effect of weight loss. Still have questions? Gin has you covered! All of the most frequently asked intermittent fasting questions are answered in the exhaustive FAQ section.

Why buy this book? It’s practical. It’s visual. It’s crammed with relevant examples, infographics and actionable takeaways for you to implement straight away. What will you learn? How to actually use Snapchat, Twitter, Youtube, Facebook and Instagram the right way in 2016. An understanding of what makes your audience engaged on social media and the scientific, psychological ‘why’ behind it. How to create a brand and social media content that people actually give a crap about and want to follow, share and like. How to grow your audience, get them to love you and then part with their money. How to utilise free marketing and low cost paid social marketing to generate leads and sales. How to create persuasive messages that lead to a purchase through images and copywriting. Who is this book for? Do you have small business that needs some exposure but don’t know where to start when it comes to marketing? are you a regular social media user but you have no clue what content you should post on your business page? Have you ever wondered how that small online retailer you follow on Instagram has become an overnight success fulfilling thousands of orders a week? Is it really possible to make sales through low budget Snapchat videos, funny memes, and controversial Tweets? Whether you’re an online shoe retailer, a local plumber or you run your own consultancy business, you want to use social media to make you more profit, refresh your current marketing strategy or kick your new business into gear. This is the guide for you! We live in a time where... Entire businesses are built on platforms like Snapchat, YouTube and Instagram. This book shows you how to grow an audience of loyal followers through content who want to buy whatever you have to sell,look around you... Notice how you’ve friended 4 minutes trying to upload the perfect a Snap to Snapchat of her food at a cool new restaurant while her dish gets cold? Or, your brother who happily spends hours intently watching YouTube videos of a gamer playing minecraft? How many times a day do you open your social media apps on your phone? We are addicted to social media and the branded content we consume defines us & informs the way we live our lives. Social media has become the first thing we do before we eat, sleep or even acknowledge our surroundings. Have you almost been hit by a bus because you are too busy scanning through your Instagram feed? I have. Many times. All you need is... The right content, posted at the right time on the right platform which is viewed by the right person to make your social media business page a success. Everyone is glued to social media, but how do you make money from it? This book takes you through our step by step blueprint to social media marketing success. (it isn’t yet another wishy washy guide to Facebook advertising). Who is the Social Media Guru? The Social Media Guru is made up of two people with combined marketing knowledge, experience and expertise. We have consulted for Groupon, Metro Bank, o2, Google Squared Online and been trained by Google, digital agencies and the Institute of Direct and Digital Marketing. We are passionate about Digital marketing - we understand it, we work in it, we know what works.

Are You Exhausted by Seeing People Eating Whatever and How Much They Wish While Keeping a Lean Body? Would You Like to Learn How to Regulate Your Genetics to Achieve a Fit and Beautiful Body You Can Be Proud of? If your answer to these questions is yes, then this book got you covered! Not everybody is born equal some individuals can eat anything they wish and stay lean, others cannot. But it would help if you learn how to eat according to your body type. This book, The Endomorph Diet: A 28-Day Meal Plan with Exercises to Activate Your Metabolism, Burn Fat, and Lose Weight by Eating More Food. Fast, Delicious Recipes to Improve Your Shape and Feel Great Again, will be a comprehensive guide for you to follow. Hence, you will never have the smallest excuse that you didn’t know how to do it. Here are some of the topics you will find out inside this book:
[] Activate your metabolism
[] What is the endomorph diet?
[] The endomorph training and nutrition strategy
[] Supplements for the endomorph diet
[] Keeping the weight off
[] Hundreds of recipes to try...and much more! You don’t need to worry even if you have never followed any healthy lifestyle routine before. This guide can change your life for the better. So, What Are You Waiting for?

The ultimate guide to getting fit at home with an easy 28-day workout plan.

The Bikini Body 28-Day Healthy Eating & Lifestyle Guide

An Illustrated Guide to Your Muscles in Action Including Exercises Used in CrossFit®, P90X®, and Other Popular Fitness Programs

The Unapologetic Fat Girl’s Guide to Exercise

The Busy Mum’s Guide to Weight Loss

An Inspirational Guide to Fitness and Well-being for Girls Who Surf

A Complete Guide for Single Dads

The Girls’ Guide to Hunting and Fishing

Because little black handcuts go with everything. In The Posh Girl’s Guide to Play, former dominatrix Alexis Lass leads you into the romantic and wildly glamorous world of dominance, submission, and sexual fantasy. Blending hot how-to’s with sexy his-and-her stories, Lass—with a little help from her lover, Mr. H—offers down-to-earth advice on everything from dirty talk to spanking to sensory deprivation. She discloses how to tap into your deepest desires to enjoy the power and delight of role play—all while feeling safe and sensual—and shares her insight on the psychological aspect of this kind of intimacy, including: Establishing trust between partners The yoga-like benefits of submission Building erotic tension Advancing the play (for the adventurous) Bold and sexy, tantalizing and intelligent, The Posh Girl’s Guide to Play is the perfect beginner’s guide to add a little spice to your sex life and go from “no way” to “let’s play!”

Katie Austin is a fitness enthusiast and an inspiration to young girls all over the world. As the daughter of fitness icon Denise Austin, health and exercise have always been a part of Katie’s life and it shows in her drive to spread her message of self-love and positive body image. Love Your Body, Love Your Life includes daily workouts, Katie’s favorite healthy food recipes, and self-love lessons, all of which will play a huge role in helping you become the best you can be. This book will not only transform your body, it will also transform your mind so you can be as confident as possible. Easy-to-follow workouts and simple recipes will lead to a more confident and active you. Your definition of “healthy” will be renewed. With inspiring words on every page, you will be motivated and challenged to feel better than you ever have in your own skin.

After following the advice from a manual called “How to Meet and Marry Mr Right”, Jane learns that in love there is neither pattern nor promise. This is a funny collection of connected stories and a portrait of Jane, a woman manoeuvring her way through love, sex and relationships.

To help girls decide whether to participate in a team sport or engage in a solo activity, this guide provides exercises to make their bodies stronger and last longer, confidence-building tips and brainpower drills, team and spirit-building activities, and tons of ideas from other girls. Illustrations.

Large Print

Tone It Up

New Anatomy for Strength & Fitness Training

The Warrior Diet

The Method Best Supported by Scientific Evidence

Everything You Need to Know to Eat Healthfully and Live Compassionately in the Real World

How to Use Your Body and Mind to Play and Feel Your Best

Brings together survival tips, suggestions, and information on everything from diet and exercise, home decorating, and career to retirement planning, Internet dating, and family relationships.

NEW YORK TIMES BESTSELLER
• From Maria Menounos, self-proclaimed Everygirl and host of E! News, comes a lasting weight-loss program based on the Mediterranean diet of her childhood that will encourage women to think “smarter, simpler, healthier”—a personal mantra that helped the star lose (and keep off!) forty pounds. TV host and journalist Maria Menounos was once more than forty pounds overweight, low on energy, and often sick. Desperate for a change, she tried a wide array of diet and exercise fads—with zero success. Like most Everygirl out there, Maria lacked the time, money, energy, and willpower to get in shape. Determined to overcome those obstacles, Maria spent a year developing commonsense diet, exercise, and lifestyle techniques that transcended traditional nutrition and weight-loss plans. As a result, she lost the extra pounds, regained her energy and health—and saw her career take off. Now, applying those techniques and bolstered by the wisdom, insight, and secrets of some of the world’s leading health and fitness experts—as well as the glamorous, superfit superstars she interviews regularly—Maria has created the ultimate no-time, no-money, no-willpower guide to losing weight, getting fit, and gaining long-term health and success: The EveryGirl’s Guide to Diet and Fitness. Inside, you’ll discover all of Maria’s secrets:
• her 9-step plan for losing weight fast
• her lifelong plan for health and well-being
• a complete blueprint for rebuilding your physical and emotional foundation
• healthy, delicious, and easy-to-prepare recipes
• the quickest, easiest, most effective workouts (no gym or trainer required!)
• 1,000+ tips, tricks, and techniques for losing weight, getting fit, and staying that way
• how to do it all when time and money are in short supply
The EveryGirl’s Guide to Diet and Fitness is simply the most complete, effective, and convenient manual for all the EveryGirls out there who lack the time, money, or willpower to change. It’s a guide to help you get fit, feel healthy, be productive, and embark on a longer, happier, healthier life! Praise for The EveryGirl’s Guide to Diet and Fitness “With so many diets and fitness trends out there, sometimes the most obvious route to wellness is good, old-fashioned common sense. . . . Maria Menounos lost forty pounds on a ‘commonsense’ diet, exercise and lifestyle regime she created that doesn’t require a lot of money and time.”—StyleBistro “When you look at Maria you want what she’s having. This book tells you how to get it.”—Suzanne Somers “I love Maria’s approach to health and fitness. Her tips are easy to follow and she proves you don’t have to avoid some of your favorite foods in order to be fit. I recommend this book to anyone trying to get a jumpstart on a healthy lifestyle!”—Serena Williams “For the multitasking busy girl, Maria provides by example that it can be done! Maria is very inspiring.”—Kim Kardashian “It’s not about being skinny. Maria shows you how to live a happy and healthy life—and still indulge. This book finds new ways to help you stay inspired and gives you techniques that will change your life and get you in shape.”—Khloé Kardashian

An empowering guide for plus-size women shares non-judgmental, practical information and motivational strategies for incorporating exercise into an everyday lifestyle, profiling a range of options from WiFit to extreme sports while covering such topics as common sports injuries, nutritional guidelines and working with a trainer. By the author of Big Big Love. Original. 10,000 first printing.

Help Your Girl Get to Know Boys From God’s Perspective When it comes to boys, tween girls (ages 8 to 12) may become obsessed with them or avoid them entirely. Neither of these extremes promote healthy social development or reflect God’s plan for how the two sexes should interact. A Girl’s Guide to Understanding Boys will help your daughter cultivate a positive, age-appropriate view of her male counterparts, one that honors God, her parents, and herself. In kid-friendly language, your daughter will learn what dating is, including its purpose and potential pitfalls, how to act around boys, and what God wants her to do as she grows toward young adulthood. Let this honest and biblically sound resource help your daughter gain greater insight into how God created boys and how she should relate to them.

The Lazy Girl's Guide to Being Fit  
Body and Soul  
Sports & Fitness  
Parents' Guide to Accredited Camps  
A Girl's Guide to Being Fearless  
The Pictorial Weekly of the Armed Forces  
The Smart Girl's Guide to Sports  
Tone It Up 28 Days to Fit, Fierce, and Fabulous Rodale  
28 by Sam Wood  
The Comprehensive Guide to Delay, Don't Deny® Intermittent Fasting--Including the 28-Day FAST Start