

He goes on to explore how men and women lose weight differently and provides effective tools to eliminate addictions and food cravings.

How to Draw More Meaning into Your Life

The Obesity Code

What Your Mother Couldn't Tell You and Your Father Didn't Know

Feline Philosophy

Inspiring and Heartfelt Stories of Relat

Weight Loss Success Starts with Your Mind...Not Your Mouth

Work with Me

Two's Company

With rising health care costs, this book offers hope and practical strategies to help readers maintain good health and well-being the natural way. Practicing yoga without pranayama, proper diet and nutrition and meditation is not balanced. Yoga for Daily Living an invaluable guide to creating, sustaining and deepening your yoga practice.

Rocking relationships with your family and friends. A soulmate who gets you on the deepest level. And the best soulful sex of your life. Anything is possible with Melissa Ambrosini by your side! From the bestselling author of Mastering Your Mean Girl, Open Wide is the definitive guide to fulfilling and intimate 21st-century relationships, delving into everything from cultivating self-confidence, to unleashing your inner goddess, to forming lasting friendships . . . and even to experiencing toe-curling orgasms on demand. Called a "self-love guru" by Elle magazine, Melissa is a voice for the modern woman. Rather than the preachy tone that plagues many relationship guides, she's your supportive best friend sharing her wisdom in a way that makes your journey fun and simple. Full of electric insights, deeply personal stories, and genuine 'aha' moments, Open Wide serves up real tools and relatable advice that you can put into action immediately for lasting results. A powerful, life-altering read, Open Wide gives you practical tools you can start using immediately to rewrite your future, create authentic connections, and experience heart-bursting love.

In Why Mars and Venus Collide, Gray focuses on the ways that men and women misinterpret and mismanage the stress in their daily lives, and how these reactions ultimately affect their relationships.

Brilliance can become more predictable when four very different kinds of focus, brain functioning, and activity co-exist together. When we can move freely through the "Brilliance Cycle" on a regular basis, Ardagh suggests that every human being has the chance to make a unique contribution to the evolution of human life.

Why Our Boys Are Struggling and What We Can Do About It

Unlocking the Secrets of Weight Loss (Why Intermittent Fasting Is the Key to Controlling Your Weight)

Win from Within

Take Control. Gain Confidence. Change Your Life

Finding Yourself by Facing Yourself

The Purpose Principles

Yoga for Daily Living

Gender Intelligence

Describes how men and women have different body chemistries, and suggests ways to achieve greater health by using diet and exercise to gain the greatest advantage from the body's natural hormones.

What is the boy crisis? It's a crisis of education. Worldwide, boys are 50 percent less likely than girls to meet basic proficiency in reading, math, and science. It's a crisis of mental health. ADHD is on the rise. And as boys become young men, their suicide rates go from equal to girls to six times that of young women. It's a crisis of fathering. Boys are growing up with less-involved fathers and are more likely to drop out of school, drink, do drugs, become delinquent, and end up in prison. It's a crisis of purpose. Boys' old sense of purpose—being a warrior, a leader, or a sole breadwinner—are fading. Many bright boys are experiencing a "purpose void," feeling alienated, withdrawn, and addicted to immediate gratification. So, what is The Boy Crisis? A comprehensive blueprint for what parents, teachers, and policymakers can do to help our sons become happier, healthier men, and fathers and leaders worthy of our respect.

The author of Straw Dogs, famous for his provocative critiques of scientific hubris and the delusions of progress and humanism, turns his attention to cats—and what they reveal about humans' torturous relationship to the world and to themselves. The history of philosophy has been a predictably tragic or comical succession of palliatives for human disquiet. Thinkers from Spinoza to Berdyaev have pursued the perennial questions of how to be happy, how to be good, how to be loved, and how to live in a world of change and loss. But perhaps we can learn more from cats--the animal that has most captured our imagination--than from the great thinkers of the world. In Feline Philosophy, the philosopher John Gray discovers in cats a way of living that is unburdened by anxiety and self-consciousness, showing how they embody answers to the big questions of love and attachment, mortality, morality, and the Self: Montaigne's house cat, whose un-examined life may have been the one worth living; Meo, the Vietnam War survivor with an unshakable capacity for "fearless joy"; and Colette's Saha, the feline heroine of her subversive short story "The Cat", a parable about the pitfalls of human jealousy. Exploring the nature of cats, and what we can learn from it, Gray offers a profound, thought-provoking meditation on the follies of human exceptionalism and our fundamentally vulnerable and lonely condition. He charts a path toward a life without illusions and delusions, revealing how we can endure both crisis and transformation, and adapt to a changed scene, as cats have always done.

Work with Me is the timely collaboration of two of the world's foremost authorities on gender relations—Barbara Annis and John Gray. Here they team up to resolve the most stressful and confusing challenges facing men and women at work, revealing, for the first time, survey results of over 100,000 in-depth interviews of men and women executives in over 60 Fortune 500 companies. Readers will discover the 8 Gender Blind Spots: the false assumptions and opinions men and women have of each other, and in many ways, believe of themselves. Also unveiled are the biology and social influences that compel men and women to think and act as they do, and direct how they communicate, solve problems, make decisions, resolve conflict, lead others, and deal with stress, enabling them to achieve greater success and satisfaction in their professional and personal lives. Work with Me is the definitive work-life relational guide, filled with "ah-ha!" moments and discoveries that will remove the blind spots and enable men and women to work and succeed together.

Mars and Venus in Shape Together

Conquering the Cycle of Obesity

Mars and Venus in the Bedroom

Two Meals a Day

The Food and Medicine of the Future

The Power of Self-Healing

A Practical Guide for Finding Love Again After a Painful Breakup, Divorce, or the Loss of a Loved One

Moving Into What Works. Leaving Behind What No Longer Works

The Mars and Venus Diet and Exercise SolutionCreate the Brain Chemistry of Health, Happiness, and Lasting RomanceMacmillan

The author of the phenomenal # 1 New York Times bestseller Men Are from Mars, Women Are from Venus, John Gray has helped millions of men and women achieve lasting love and happiness. Now he turns his wisdom and expertise to one of the most sensitive and essential issues in a relationship: sex. In Mars and Venus in the Bedroom, he explains how we can use advanced relationship skills to keep the fires of passion burning and achieve much greater intimacy. Romance can thrive when we accept that men and women have very different, yet complementary, emotional and physical needs. Dr. Gray shows us how we can make small but important adjustments in our attitudes, schedules, and techniques so that both partners are happy in the bedroom -- and in the relationship. From learning advanced skills for greater sex to achieving greater confidence in the bedroom, discovering the joy of quickies to rekindling the passion and keeping romance alive, John Gray has the answers for you.

TV host and nutritionist Julie Daniluk reveals just how much pain is caused by inflammation and shows how to relieve it through diet. Featuring a practical nutrition guide, menu plan and 130 easy and delicious recipes, Meals that Heal Inflammation makes healthful eating a true pleasure. Inflammation is on the rise. Conditions such as allergies, skin disorders, asthma, heart disease, arthritis and any other condition ending in "itis" all have an inflammatory component. In Meals that Heal Inflammation registered holistic nutritionist Julie Daniluk shows how to change our immune response through diet. The first part of the book outlines the six causes of inflammation and gets to the root of the pain we experience. She then shows how to build a healthy kitchen full of foods that will contribute to our wellbeing. The book's easy and tempting recipes include quinoa salad, salmon with fennel and even key lime pie. Extensively researched, and full of information about the healing properties of everyday foods, Meals that Heal Inflammation will be a mainstay in any kitchen with a healthy focus.

Popular marriage counselor and seminar leader John Gray provides a unique, practical and proven way for men and women to communicate and relate better by acknowledging the differences between them. Once upon a time Martians and Venusians met, fell in love, and had happy relationships together because they respected and accepted their differences. Then they came to earth and amnesia set in: they forgot they were from different planets. Using this metaphor to illustrate the commonly occurring conflicts between men and women, Gray explains how these differences can come between the sexes and prohibit mutually fulfilling loving relationships. Based on years of successful counseling of couples, he gives advice on how to counteract these differences in communication styles, emotional needs and modes of behavior to promote a greater understanding between individual partners. Gray shows how men and women react differently in conversation and how their relationships are affected by male intimacy cycles ("get close", "back off"), and female self-esteem fluctuations ("I'm okay", "I'm not okay"). He encourages readers to accept the other gender's particular way of expressing love, and helps men and women learn how to fulfill each other's emotional needs. With practical suggestions on how to reduce conflict, crucial information on how to interpret a partner's behavior and methods for preventing emotional "trash from the past" from invading new relationships, Men Are from Mars, Women Are from Venus is a valuable tool for couples who want to develop deeper and more satisfying relationships with their partners.

Staying Focused in a Hyper World

A Fifty-Year Romance with Lessons Learned in Love, Life & Business

Beyond Mars and Venus

A Practical Guide to Improving Communication Between the Sexes

SuperLife

Discover the Foods Scientifically Proven to Prevent and Reverse Disease

The Mars & Venus Diet & Exercise Solution

Mars & Venus in Wkplace

Laurie Tossy reveals the truth about why a country obsessed with dieting is so overweight. Having gone on her first diet at age 11 and now almost 40 years later having dropped over 125 pounds without dieting or slaving at the gym, she has found that most of what we have learned about weight loss is a big fat lie. This book provides anyone looking to lose weight the tips, tools and inspiration they need to achieve their weight loss and health goals, with a revolutionary approach to break the cycle of yo-yo dieting. Written with clarity, wit, and common sense, this is a book anyone (even skinny people) will enjoy. If you are struggling with reaching or maintaining your ideal weight, this book could change everything you thought you knew about dieting, health and wellness. But you don't have to be concerned about your weight for this book to be a valuable tool. Give it a read... it might very well change the way you think about everything from money to relationships.

p.pl {margin: 0.0px 0.0px 0.0px 0.0px; text-indent: 14.4px; line-height: 14.0px; font: 12.0px Times; color: #000000; -webkit-text-stroke: #000000} span.s1 {font-kerning: none} If you have been searching for a way to experience a consistent, at-will connection with your spiritual source of love and guidance, this breakthrough book is for you. Get cutting-edge techniques on achieving the physical, emotional, relationship, and spiritual well-being and clarity of mind that free you of the low vibrancy that blocks Divine connection. Diet for Divine Connection offers a clear pathway to reconnecting with yourself, others, and your Divine guidance. You learn how junk food, junk thoughts, and resistance to self-love block at-will Divine connection and how to heal these blocks so that you can attain inner peace and joy and heal relationships. “[Margaret Paul is] ahead of her time and continues to be a renegade leading thinker and teacher in the psycho-emotional and spiritual realm with this new book.” — Alanis Morissette “Life-changing information ... truly remarkable ... and a true gift to anyone who reads it.” — Sandra Ingerman “A rare and potent transmission that will heal, integrate, and ignite your mind, body, heart, and soul into wholeness.” — Claire Zammit “In this penetrating and provocative book, Dr. Paul ... invites you on a pathway to greater mental, physical, and spiritual wellness.” — Ocean Robbins “This wonderful book will help you align your mind-body-spirit to create a healthy, vibrant, life-affirming diet.” — Judith Orloff, MD “Margaret Paul is connected with her own internal GPS. [She] teaches us how to do the same, and in the process, so much healing takes place.” — Geneen Roth “A magically transformative book for all serious seekers of health, healing, and wholeness. I highly recommend it!” — Katherine Woodward Thomas “Profound and practical insights for integrating the psychology of healing our hearts with the foods we eat to expand our consciousness and strengthen our divine connection with spirit.” — John Gray

A raw foods guru profiles the best plant products on the market, describing their nutritional benefits and how they can improve your health and overall well-being Superfoods are vibrant, nutritionally dense foods that offer tremendous dietary and healing potential. In this lively and illustrated overview, well-known raw-foods guru David Wolfe profiles delicious and incredibly nutritious plant products such as goji berries, hempseed, cacao beans (raw chocolate), maca root, spirulina, and bee products. As powerful sources of clean protein, vitamins, minerals, enzymes, antioxidants, and countless other nutrients, they represent a uniquely promising piece of the nutritional puzzle. Wolfe describes the top ten superfoods in great detail and provides delicious recipes for each. Through persuasive arguments, he shows you the far-reaching benefits of superfoods and how they play a pivotal role in our health—from promoting nutritional excellence to beauty enhancement. Discover how you can introduce these foods into your daily routine, so you too can enjoy their positive effects on your diet, lifestyle, and well-being.

In this groundbreaking health and lifestyle guide, Darin Olien—superfoods expert, nutritionist, creator of Shakeology, and co-host of the Netflix docuseries Down to Earth with Zac Efron—provides the key to understanding and utilizing five life forces, the sole factors that determine whether or not we will be healthy, fit, and free of illness. In Superlife, Darin Olien provides us with an entirely new way of thinking about health and wellbeing by identifying what he calls the life forces: Quality Nutrition, Hydration, Detoxification, Oxygenation, and Alkalization. Olien demonstrates in great detail how to maintain these processes, thereby allowing our bodies to do the rest. He tells us how we can maintain healthy weight, prevent even the most serious of diseases, and feel great. He explains that all of this is possible without any of the restrictive or gimmicky diet plans that never work in the long term. Olien has traveled the world, exploring the health properties of foods that have sustained indigenous cultures for centuries. Putting his research into practice, he has created a unique and proven formula for maximizing our bodies' potential. He also includes a “How-to-eat” user's guide with a shopping list, advice on “what to throw away,” a guide to creating a healthy, balanced diet plan, and advice on how to use supplements effectively. Written in Olien's engaging conversational style, Superlife is a one-of-a-kind comprehensive look at dieting and nutrition, a timeless and essential guide to maintaining the human body and maximizing its potential.

Balancing Body, Mind and Spirit for Health, Happiness and Peace

Practical Guide for Improving Communication and Getting What You Want in Your Relationships

Why Mars and Venus Collide

Children Are from Heaven

Refuse to Diet

Mars and Venus on a Date

How Not to Die

FROM NEW YORK TIMES BESTSELLING AUTHOR DR. JASON FUNG: The landmark book that is helping thousands of people lose weight for good. Harness the power of intermittent fasting for lasting weight loss Understand the science of weight gain, obesity, and insulin resistance Enjoy an easy and delicious low carb, high fat diet Ditch calorie counting, yoyo diets, and excessive exercise for good Everything you believe about how to lose weight is wrong. Weight gain and obesity are driven by hormones!In everyone!and only by understanding the effects of the hormones insulin and insulin resistance can we achieve lasting weight loss. In this highly readable and provocative book, Dr. Jason Fung, long considered the founder of intermittent fasting, sets out an original theory of obesity and weight gain. He shares five basic steps to controlling your insulin for better health. And he explains how to use intermittent fasting to break the cycle of insulin resistance and reach a healthy weight!for good.

Will I Ever Find My Soul Mate? Whether you are recently separated, divorced, or you have been in the singles scene for longer than you want, this insightful guide will help you navigate the dating maze and find that special person you've been waiting for. By discussing the differences between men and women, Mars and Venus on a Date provides singles with: A thorough understanding of the five stages of dating -- attraction, uncertainty, exclusivity, intimacy, and engagement How to know what kind of person is right for you Answers to burning questions such as why don't men call, or why do some women stay single? The best places to meet your soul mate And advice on creating a loving and mutually fulfilling relationship Filled with practical guidelines, inventive techniques, and witty insight, Mars and Venus on a Date will help single men and women explore the world of dating, understand how to make good choices, and discover the secret to finding a soul mate.

From the physician behind the wildly popular NutritionFacts website, How Not to Die reveals the groundbreaking scientific evidence behind the only diet that can prevent and reverse many of the causes of disease-related death. The vast majority of premature deaths can be prevented through simple changes in diet and lifestyle. In How Not to Die, Dr. Michael Greger, the internationally-renowned nutrition expert, physician, and founder of NutritionFacts.org, examines the fifteen top causes of premature death in America-heart disease, various cancers, diabetes, Parkinson's, high blood pressure, and more-and explains how nutritional and lifestyle interventions can sometimes trump prescription pills and other pharmaceutical and surgical approaches, freeing us to live healthier lives. The simple truth is that most doctors are good at treating acute illnesses but bad at preventing chronic disease. The fifteen leading causes of death claim the lives of 1.6 million Americans annually. This doesn't have to be the case. By following Dr. Greger's advice, all of it backed up by strong scientific evidence, you will learn which foods to eat and which lifestyle changes to make to live longer. History of prostate cancer in your family? Put down that glass of milk and add flaxseed to your diet whenever you can. Have high blood pressure? Hibiscus tea can work better than a leading hypertensive drug-and without the side effects. Fighting off liver disease? Drinking coffee can reduce liver inflammation. Battling breast cancer? Consuming soy is associated with prolonged survival. Worried about heart disease (the number 1 killer in the United States)? Switch to a whole-food, plant-based diet, which has been repeatedly shown not just to prevent the disease but often stop it in its tracks. In addition to showing what to eat to help treat the top fifteen causes of death, How Not to Die includes Dr. Greger's Daily Dozen -a checklist of the twelve foods we should consume every day.Full of practical, actionable advice and surprising, cutting edge nutritional science, these doctor's orders are just what we need to live longer, healthier lives.

This book is a roadmap to success in maintaining weight loss. It identifies the common triggers that keep you in the perpetual cycle of obesity and explains how important it is to deal with them in order to break the cycle.

The No-Grain Diet

Positive Parenting Skills for Raising Cooperative, Confident, and Compassionate Children

A Guide to Lasting Romance and Passion

Not a Diet Book