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"Hannah Bronfman is challenging us all to rethink our default standards of beauty and definitions of 'healthy' —and I, for one, couldn't be happier to hear this from another woman of color in the wellness community. Do What Feels Good is a practical, inspirational, and beautiful guidebook to feeling good in your own skin." --Gabrielle Union, actress and bestselling author of We're Going to Need More Wine As a food lover, beauty product addict, exercise junkie, and wellness entrepreneur,

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Hannah Bronfman practically radiates confidence and health. But she'll be the first one to admit that the road to wellness and self-acceptance hasn't been easy. As a woman of color who grew up watching a close family member struggle with an eating disorder, Hannah's had to forge her own path and create her own standards of beauty. And what she's learned is this: Healthy is beautiful. And healthy should feel good. In Do What Feels Good, Hannah offers real talk about getting in touch with your body's needs, baring her soul and sharing her story along the way. Hannah provides insight

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on everything from gut health to nutrition to fitness to skincare, sharing insight from top experts on how to understand your body's unique chemistry so that you can fuel it with more of the things that feel good and less of the things that don't. And since delicious food is one of the things that makes everyone feel good, Hannah shares more than 50 of her favorite recipes for healthy hedonism (desserts and cocktails included!). Enlightening, empowering, and educational, this is an approach to wellness that is holistic, hedonistic, and real. Because self-care should not

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feel self-punishing, and every body deserves to feel good.

Revolutionise the way you approach fitness with yoga expert and celebrity trainer Shona Vertue - in just 28 days! 'Shona changed my perspective on yoga. Working with her made my aches and pains after playing disappear. She is the best.'

- David Beckham

Are you someone who has tried every fitness class out there, but nothing has ever really stuck? Or perhaps you can run a 10k but can barely touch your toes? Heard lifting weights is good, but feel lost in the gym? Keen to calm your racing mind and

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get the focus you need to train? Shona Vertue's 28-day reset plan will revolutionise the way you approach fitness. Her groundbreaking three-in-one method features a blend of resistance training with weights to build strength, yoga to aid flexibility and lengthen muscles, and a positive, mindful approach to exercise, combined with delicious, nourishing recipes. Get in the best shape of your life, both physically and mentally, and feel stronger, healthier and more flexible - in just 28 days. Features photos of every exercise, complete with food plan and

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nutritious, energising recipes.

Hey Gorgeous! Welcome to Tone It Up, a worldwide community of amazing girlfriends who support and encourage each other to live our happiest, healthiest lives. As women, we so often focus on others, but a balanced and beautiful life means prioritizing yourself so you can truly be the version of you. The best way to do that is by combining a nutritious diet, active lifestyle, and most importantly, by spreading positivity and boosting each other up. Whether you're sharing workouts or wine, female friendship is so

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important—plus it makes fitness a lot more fun! BALANCED AND BEAUTIFUL is a guide to focusing on the amazing woman that is you, with a 5-day plan to Refresh, Motivate, Inspire, Energize, and last but not least, Relax. Filled with daily fitness routines, delicious recipes, wisdom to transform your mindset, and all the love and advice of the TIU community, Karena and Katrina make it easier than ever to reach your goals and feel great. Each day, you'll find tips and advice for every aspect of your journey, told through fun and fascinating stories and secrets that will be

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like having your best girlfriend along for the ride. Throughout these pages, you'll feel empowered, uplifted, and connected—with the entire TIU community behind you, cheering you on towards your most confident, centered self. Ready to reset? Feeling BALANCED AND BEAUTIFUL is only 5 days away!

The National Research Council conducted a study to identify a set of incentives that state governments and local school districts can use to attract Ph.D. scientists and mathematicians to secondary school teaching positions.

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This project investigated the career ambitions of Ph.D.s in the physical and life sciences through focus groups and a national survey to determine the kinds of work conditions and compensation packages that would induce them to take positions teaching physics, chemistry, biology, and various electives in public high schools or positions developing secondary school science and mathematics curricula. The study conducted interviews with Ph.D.s who are already teaching in secondary schools to ascertain information from their experiences, with local

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school district administrators to assess what they are realistically willing to offer Ph.D. scientists to attract them, and with higher education administrators to explore programmatic changes they would need to institute to provide Ph.D.s with skills tailored to secondary school teaching. These investigations led to this report which describes the incentives local school districts could use in establishing pilot programs in this area. The upgrade to the radical, sustainable approach to healthy eating that has taken the world by storm

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28 Days to Fit, Fierce, and Fabulous
Low-Carb Express

The Simple Science of Building the Ultimate Female Body

The 4-Week Body Blitz

Robyn Lawley is a self-confessed foodie - in addition to being an international supermodel for the likes of H & M and Ralph Lauren. When she's not gracing the cover of Vogue or modelling swimwear or walking the runway,, she is scouring menus around the globe and cooking up a storm for her

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best friends in her adopted home: New York City. Robyn Lawley Eats takes its name from her popular food blog and brings together a collection of modern classics and sumptuous photography from Robyn's travels, as well as home-grown Aussie dishes from her upbringing in Sydney. This book has been a true labour of love for our stunning and talented Robyn Lawley. Every single recipe in her new book was personally cooked, photographed, plated and eaten in Robyn's own kitchen in New York

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City! A rich, cosmopolitan array of recipes for any occasion, Robyn Lawley Eats has something for all levels of cooking experience and is an inspiration to girls who just love to eat.

The ultimate beauty guide from the experts at GOOP--the trusted resource for healthy, mindful living, curated by Gwyneth Paltrow. Millions of women around the world turn to the clean-living team at GOOP for beauty advice. From nontoxic product recommendations, red carpet- (and everyday-)

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ready hair and makeup tutorials, to guidance on aging, acne, and antioxidants, GOOP has become the go-to resource for head-to-toe beauty. Finally, the editors of GOOP have shared their top tips and recommendations, favorite detox recipes, workout plans, and hair and makeup looks in one must-have guide. Featuring more than 100 gorgeous photos and extensive Q&As from GOOP's family of expert contributors, GOOP CLEAN BEAUTY will shed a definitive light on the

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importance of diet, sleep, exercise, and clean beauty products, while offering tactical advice for healthy, glowing skin and hair that starts from the inside out. The first book from the top name in clean-living, GOOP CLEAN BEAUTY is the one resource women need to feel, and look, their best every day.

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

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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-

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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." This manual brings the reader through a step-by-step process explaining both

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diet and exercise in a way that's never been done before. It shows the reader how to prepare season by season so the reader will look her best for the time of year that matters most, Bikini Season.

Science Shows a Way to Get Fit That's Smarter, Faster, Shorter

Cook Happy, Cook Healthy
The Skinny Rules

Robyn Lawley Eats

The One-Minute Workout

Ballet Beautiful

Yeah! Du hast mein 12 Wochen Programm beendet! Du kannst stolz auf dich sein und fühlst

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dich jetzt bestimmt viel besser, gesünder und fitter. Wie du jetzt weißt, geht es bei meinem Programm nicht nur um ein Training, sondern es geht um einen neuen Lebensstil. Mit meinem BBG 2.0 habe ich ein weiteres 12 Wochen Programm erstellt, welches dich auf deiner Reise zu mehr Fitness und Gesundheit unterstützen soll. Der Guide enthält weitere herausfordernde Workouts, ein komplettes Glossar mit neuen Übungen sowie einen Leitfaden für das Schaumstoffrollen. Der BBG 2.0 hilft dir noch gesünder zu leben und ist der beste Weg, um deine Fitness-Ziele zu erreichen!

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We would all love to eat less carbohydrates and switch to a low-carb diet, but many of us think we just do not have the time. We believe that low-carb cooking and baking are time consuming, because you have to start from scratch, and it involves specialised ingredients which may be expensive or hard to find. Not so, says Vickie de Beer, who believes the problem lies in the fact that we have become afraid of the kitchen and lost the knowhow of basic cooking techniques. The truth is that you can still cook nutritional and flavourful meals without refined carbohydrates even when you are pressed for

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time. In *Low-Carb Express*, Vickie shows that with a little planning and better time management, you can cook healthy meals in a cinch that will not only benefit you and your family 's overall health, but might also benefit your budget.

The American body is in trouble. Unprecedented numbers of us suffer from obesity, heart disease, diabetes, and other debilitating illnesses.

The root cause is a once-revolutionary idea that seemed to offer so much promise, but instead has become the cause of a global health crisis: processed foods. Over the past seventy-five years, a number of factors

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aligned to create a reality in which processed carbohydrates became our main food source. In *Fast Carbs, Slow Carbs*, bestselling author and former FDA Commissioner David A. Kessler explains how the quest to feed a nation resulted in a population that is increasingly suffering from obesity and chronic disease and offers a solution for changing course. For decades, no one questioned the effects of these processed carbohydrates. The focus was on fertile grassland, ideal for growing vast amounts of wheat and corn; an industrial infrastructure perfect for refining those grains into

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starch; a food production behemoth that turns refined grains into affordable, appealing, and ever-present food items, from pizza to burritos to bagels; and an efficient distribution network that ensures consumption by Americans nationwide. But during those same decades, our bodies quietly contended with the metabolic chaos caused by consuming rapidly absorbable starch. Slowly but surely, these effects accumulated and became disastrous, leading to the public health crisis in which we find ourselves today. In *Fast Carbs, Slow Carbs*, Kessler explains how eating refined grains such

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as wheat, corn, and rice leads to a cascade of hormonal and metabolic issues that make it very easy to gain weight and nearly impossible to lose it. Worse still is how excess weight creates a very real link to diabetes, heart disease, cognitive decline, and a host of cancers. We can no longer afford to dismiss the consequences of eating food that is designed to be rapidly absorbed as sugar in our bodies. Informed by cutting-edge research as well as Dr. Kessler ' s own personal quest to manage his weight, *Fast Carbs, Slow Carbs* reveals in illuminating detail how we got to

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this critical turning point in our health as a nation—and outlines a plan for eliminating heart disease, allowing us to, finally, regain control of our health.

Chloe Madeley's 4-Week Body Blitz is an exercise and nutrition plan that shows you how to transform your body shape in just 28 days. Do you have a party dress to squeeze into for the Christmas season? If you have a short-term weight-loss goal, then this is the book for you! Chloe Madeley is a qualified personal trainer who specialises in body shape transformation. In the 4-Week Body Blitz, she lays out the exercises you need to do and

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the food you should eat every single day for four weeks in order to get yourself in shape. Follow Chloe's instructions and you will see a significant difference in how your body looks. What's more, you don't need a gym membership or expensive equipment to follow Chloe's plan. This comprehensive, fully illustrated guide is full of delicious, easy recipes to fuel your exercise and aid your weight-loss.

200 Recipes and Weekly Menus to Kick Start Your Journey
15-Minute Meals and Workouts to Keep You Lean and Healthy
A Book That Takes Its Time
Move More At Your Desk

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Reduce back pain and increase your energy at work

A Weekly Planner--With Recipe Ideas, Healthy Hacks, and 300+ Stickers

So you finished my 12 week guide! Give yourself a massive congratulations and pat on the back. It ' s a huge accomplishment, and no doubt you are feeling a big change in your overall health, mindset, and confidence. As you know by now, my program is not a “ diet ” , but a lifestyle. With my 2.0 guide, I ' ve created another 12 weeks to help you continue your healthy lifestyle. Inside you will find 12 weeks of higher challenge workouts, a full glossary section detailing new exercises, as well as a guide to foam rolling, and new resistance exercises. The 2.0 guide helps you take your healthy lifestyle to the next level, and is the best way to continue

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reaching your fitness goals!

Achieve Your Goals to Live a Healthier, Happier, More Balanced Life Be Healthy Every Day life planner will help you make them a reality! This 52-week motivational calendar and sticker set by noted nutrition and health coach Maria Marlowe guides you to learn about, set goals for, and stick to positive habits that will make you feel healthy, fit, and happy. Each week offers useful and supportive advice and tips, including: How to choose essential items for your pantry, fridge, and freezer—and what to toss How to make smart, healthy choices about snacks and packaged foods Basics for nutritious and delicious batch cooking and building veggie bowls, salad jars, healthy dressings, and more Plus: 300+ stickers that encourage you to choose healthy priorities, set and achieve healthy goals for eating and exercise, and nurture your relationships--and yourself

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With Be Healthy Every Day life planner, you can give yourself the gifts of feeling nourished, strong, focused, calm, and happy. What are you waiting for? The journey to your healthiest self can start today!

Finally, the solution to the #1 reason we don't exercise: time. Everyone has one minute. A decade ago, Martin Gibala was a young researcher in the field of exercise physiology—with little time to exercise. That critical point in his career launched a passion for high-intensity interval training (HIIT), allowing him to stay in shape with just a few minutes of hard effort. It also prompted Gibala to conduct experiments that helped launch the exploding science of ultralow-volume exercise. Now that he's the worldwide guru of the science of time-efficient workouts, Gibala's first book answers the ultimate question: How low can you go? Gibala's fascinating

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quest for the answer makes exercise experts of us all. His work demonstrates that very short, intense bursts of exercise may be the most potent form of workout available. Gibala busts myths (“ it ’ s only for really fit people ”), explains astonishing science (“ intensity trumps duration ”), lays out time-saving life hacks (“ exercise snacking ”), and describes the fascinating health-promoting value of HIIT (for preventing and reversing disease). Gibala ’ s latest study found that sedentary people derived the fitness benefits of 150 minutes of traditional endurance training with an interval protocol that involved 80 percent less time and just three minutes of hard exercise per week. Including the eight best basic interval workouts as well as four microworkouts customized for individual needs and preferences (you may not quite want to go all out every time), The One-

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Minute Workout solves the number-one reason we don't exercise: lack of time. Because everyone has one minute. Self-taught cook and food blogger Leah Itsines is happiest when she's preparing delicious food for the people she loves. She's on a mission to help others make healthy eating an easy lifestyle choice by promoting creativity and confidence in the kitchen. With over 100 colourful recipes that are close to Leah's heart, *The Nourishing Cook* will inspire you to have a go and learn for yourself just how effortless it is to create nutritious meals that everyone will want to eat. You'll discover:

- *A clear approach to nutrition for every meal.
- *How to love making simple, yummy food by going back to cooking basics.
- *Leah's tips for food shopping, setting up her kitchen and her all-time favourite staples.
- *How to boost your energy and reset your body with her 've

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tailored 'days on a plate'. Leah's passion for healthy, wholesome food shines through on every page, and the key ingredient here is balance - if you enjoy a varied diet that is flexible and full of wholefoods, you needn't deprive yourself of anything! This is a specially formatted fixed-layout ebook that retains the look and feel of the print book.

The HELP Vegetarian Nutrition Guide
An Unhurried Adventure in Creative
Mindfulness

200 Recipes, Weekly Menus, 4-Week
Workout Plan

Do What Feels Good

Der Bikini Body Training Guide 2.0

Attracting Science and Mathematics

Ph.D.s to Secondary School Education

***Understand food labels and
cut through the myths,
hype, and misleading***

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information on "healthy" food choices. Make the best choices with The Real Food Grocery Guide. The Real Food Grocery Guide helps you navigate every aisle of the grocery store by clearly outlining what foods are truly the healthiest, the freshest, and the most economical—and which ones belong in the garbage rather than your grocery cart! Now you will finally know for certain whether fat-free and gluten-free are actually healthier, what hidden meanings you're missing in food

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labels, and if organic vegetables and grass-fed meat are worth the extra cost. The Real Food Grocery Guide is the most comprehensive and actionable guide to grocery shopping and healthy eating available, with advice on: What to eat for health, balanced weight, and longevity How to shop to save a significant amount of time and money How to decipher food "buzz words" (like natural, grass-fed, wild, organic, gluten-free, etc.): know which to buy and which to leave on the

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shelf How to select the most nutritious and delicious produce, every time (no more getting home with brown avocados or tasteless melon) Why the quality of animal products such as meat, fish, eggs, and dairy is crucial—and how to choose the healthiest kinds How to store fresh food properly so it will stay fresh longer Why calorie counting is futile—and what you should look for instead to determine the healthiness of any food How to decipher what a food label is really

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saying How to avoid being duped by sneaky food industry claims and choose the best packaged products every time Stop guessing when you're in the grocery store. Grab The Real Food Grocery Guide and get the real facts on what labels are telling you. No spin. Get the strong, toned and graceful figure of a dancer – without the rigorous training! Mary Helen Bowers has helped tone and sculpt the bodies of a whole host of celebrities, including Natalie Portman for her role in Black Swan, plus

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***Liv Tyler, Zoey Deschanel
and Helena Christensen.***

***Now, in this fantastic
fitness guide, she reveals
her exercise, diet and
lifestyle plan for
transforming your whole
body. - Achieve the long,
toned and powerful body
shape of a dancer - Target
trouble areas, such as
legs, bum and tummy - Get
a dancer's beautiful
posture and elegance -
Lose weight and turn fat
into muscle - Radically
transform your physique -
Noticeable results in just
14 days***

14 days of Kayla Itsines'

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healthy, tasty meals! Sometimes the only thing harder than the workouts, is eating healthy and fighting those junk food cravings. Itsines' Recipe Guide uses the same nutrition principles as The HELP Nutrition Guide and contains 14 additional days worth of amazing, drool worthy recipes. 'I am almost two weeks into Restoration and I am feeling great. Went for a blood pressure check and my readings have dropped since I started the program. My GP is thinking that if I keep going the

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way I am that I will be able to come off the medication really soon which is fantastic.'
Maxine, Launceston, Australia 'Halfway through week three of Restoration and weighed myself today!! I dropped 5.6 kgs so far. I can't tell you how elated I am. By this time next week if I stick to the plan and my daily walking target I could be in double digits instead of triple digits, that is such a big deal to me!'
Michael Markoulides, United Kingdom 'At the time that I started with

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the Banting, I weighed 70.3 kg. My goal is to weigh 55 kg. After 13 weeks of strict Banting (and a little cheating) I have lost a total of 11.6 kg. So I am almost there.'

Monique Pretorius,

Rustenburg, South Africa

'I love this program EVEN MORE! I am not craving and feel full for a long time.

I'm in week two [of Restoration] and I have to say Jonno's recipes are fantastic. I'm down four pounds.'

Shari Kuntz, Kansas, United States 'I'm doing so well, I've lost 3 kg for the past three

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weeks [in Restoration] and 7 cm from my waistline.'
Nthabiseng Mogosoane,
South Africa The original book, **The Real Meal Revolution**, promoting a diet low in carbohydrates and unafraid of healthy fats has sold hundreds of thousands of copies all over the world, inspiring a profound and widespread change in eating habits and improved health for thousands. **The Real Meal Revolution 2.0** provides the distillation of three years of data analysis from 120,000 online users and thousands of success

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stories, combined with the latest nutritional science and behavioural research. The result is a cutting-edge, four-phase approach that isn't simply about losing weight - it's about being healthy, happy and absolutely awesome! · Achieve your awesome weight quickly and without compromise · Save money by avoiding expensive supplements and medication · Conquer the weight-loss plateau and other pitfalls of dieting · Discover non-food related weight-loss techniques to make part of your daily routine · Enjoy

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supposedly taboo foods while maintaining a healthy lifestyle If you want sustainable weight loss (without cravings or side effects), boundless energy, improved blood readings, bulletproof gut health, increased mental focus, enhanced athletic performance and better sleep, then The Real Meal Revolution 2.0 is for you. www.realmealrevolution.com The Bikini Body Motivation and Habits Guide Bikini Body Training Guide 2.0 Thinner Leaner Stronger The Nourishing Cook

Thinner, Leaner, and Stronger Than Ever in 12 Months

Bikini Body 2.0

Proven, practical advice for treating and preventing potty problems.

A practical guide to show you small, simple, varied and doable ways to move more so that your body is less stiff, stronger, more energized and feels good. It focuses on movements you can easily do throughout the day – whether in the office or at home. Most of us sit still for the majority of the day at our desks, not to mention hours binge watching Netflix. No self-respecting cat gets up without stretching, but humans have forgotten this need for regular movement. Back ache, migraines, RSI and even digestion issues can be aggravated by sitting still for too long. Move More At Your Desk shows

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you how to improve your sitting posture, strengthen, stretch and improve flexibility, to counter the issues caused by too little movement. Illustrated throughout, the book is divided into 5 sections presenting movement snacks you can choose throughout your day: Neck and shoulders * Moving your spine * Legs and hips * Hands and wrists * Breathing. Each section provides exercises, tips and tricks targeting areas that are badly affected by stiffness and pain. Build new habits, learn how to move just a bit more each day, and within four weeks aches and pains will be gone, you will feel more energized, positive and alive at work. Move More At Your Desk will give you everything you need to improve your overall health, posture and core strength.

Kayla Itsines Bikini Body Guide

28-minute workouts are energetic, high-intensity, plyometric training sessions that

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help women achieve healthy, strong bodies. Itsines' Sweat with Kayla app is the best selling fitness app in the world for a reason. The Bikini Body 28-Day Healthy Eating & Lifestyle Guide is full of Kayla's meal plans, recipes, and motivating information to help you live a healthy and balanced lifestyle. Kayla makes exercising and healthy eating achievable and fun. The Bikini Body 28-Day Healthy Eating & Lifestyle Guide features: - Kayla's advice for a nutritious and sustainable diet - Over 200 recipes such as: Berry-Nana Smoothie Bowl Strawberries, Ricotta & Nutella Drizzle on Toast Peachy Keen Smoothie Super Green Baked Eggs Fruit Salad with Chia Seed Dressing Quinoa & Roast Vegetable Salad Moroccan Chicken Salad Asian Noodle Salad Stuffed Sweet Potato Chicken Paella Pad Thai with Chicken Zucchini Pasta Bolognese - 7-Day access to the Sweat

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with Kayla app - A 28-Day workout plan that has all the moves to accompany Kayla's meal plan The Bikini Body 28-Day Healthy Eating & Lifestyle Guide is the ultimate tool to help you achieve your health and fitness goals.

The materials and content contained in "Kayla Itsines Nutrition Healthy Eating Lifestyle Plan Recipe Guide" a reforge general heal thim provement recommendations only and are not intended to be a substitute for professional medical advice, diagnosis or treatment. Although in depth information and specific weight amounts are given, users of this specific program should not rely exclusively on information provided in this program for their own health needs as it is branded as a set of "generic guidelines" aimed at a broad spectrum audience. All specific medical questions should be presented to your own health

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care professional. "Kayla Itsines Nutrition Healthy Eating Lifestyle Plan Recipe Guide" is not written to promote poor body image or malnutrition. The meal plan provided herein is not only based around the Australian Guide to Healthy Eating (AGHE) but is based on the advice provided by NPA Pty Ltd. (Nutrition Professionals Australia), coauthors of the "Kayla Itsines Nutrition Health Eating Lifestyle Plan". The Bikini Body Training Company Pty Ltd. should not be held liable for the interpretation or use of the information provided. The information and other material available from this book come from a number of sources including the personal experiences of myself and the staff at Fresh Fitness, third parties who have given permission for use of their material, and material copied under statutory licenses. Accordingly the information and material in this book is

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Recipe Guide

The Bikini Body 28-Day Healthy Eating
& Lifestyle Guide

Tone It Up

The Vertue Method

The Rebel's Apothecary

Goop Clean Beauty

'Brill new book!' Jamie Oliver

*Delicious recipes to make life just
that bit healthier and a lot easier.*

*"Most of the food you put in your
body should have ingredients that
make your skin glow, your hair
shine, your body feel energised,
your eyes bright and your kids and
friends happy. Even the naughty
treats can have good stuff in them
too! If you love cooking and baking*

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and are happy, like me, to whittle away the hours with spatula in hand then hopefully you'll enjoy my ideas and recipes." - Fearne Cotton

Fearne Cotton is one of our best-loved television and radio presenters. She is also a keen healthy baker and young, busy, working mum who has found some great ways to eat well and eat clean. Her first cookbook, Cook Happy, Cook Healthy, is full of easy, fast and healthy recipes for everything from breakfast and speedy suppers to baked treats. Delicious dishes include Quick Granola, Courgette Fritters with Herby Yoghurt Dip, Halloumi and Roasted Beetroot Salad, and Almond and Apricot

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Biscuits. With an eye to food bills and time-poor households, the ingredients are easy to buy and few in number, and the methods very simple.

The body transformation phenomenon and #1 Instagram sensation's first healthy eating and lifestyle book! "Women, particularly those younger than 30, can't get enough of her. (Fans include the actress Allison Williams and the model Candice Swanepoel)." The New York Times Millions of women follow Kayla Itsines and her Bikini Body Guide 28-minute workouts: energetic, kinetic, high-intensity interval training sessions that help women achieve healthy, strong

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bodies. Fans not only follow Kayla on Instagram, they pack stadiums for workout sessions with her, they've made her Sweat with Kayla app hit the top of the Apple App Store's health and fitness charts, and they post amazing before and after progress shots. Kayla's audience is avid and growing, with over 10 million followers worldwide. The Bikini Body 28-Day Healthy Eating & Lifestyle Guide features:

- 200 recipes such as fresh fruit breakfast platters, smoothie bowls, and salads
- A 4-Week workout plan which includes Kayla's signature 28-Minute workouts
- Full color food shots and photos featuring Kayla throughout Kayla's

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international 2016 Sweat Tour sold out in only 4 hours! This is a specially formatted fixed-layout ebook that retains the look and feel of the print book.

The Bikini Body 28-Day Healthy Eating & Lifestyle Guide 200 Recipes and Weekly Menus to Kick Start Your Journey St. Martin's Press
The HELP Vegetarian Guide contains Kayla Itsines' 107 page clean eating plan including a full 14 day meal plan with recipes. Suitable for Vegetarians, Vegans and Pescatarians. Learn what to eat, discover fat burning foods, eat tasty meals and speed up your metabolism.

Lean in 15

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Bikini body

Healthy Eating and Lifestyle Plan

Tone It Up: Balanced and Beautiful

How to Shop, Cook, and Eat to

Fight Inflammation and Feel Better

Forever

The Simple, Nonnegotiable

Principles for Getting to Thin

Take time to breathe.

Take time to create.

Take time to reflect,

take time to let go. A

book that's unique in

the way it mixes reading

and doing, A Book That

Takes Its Time is like a

mindfulness retreat

between two covers.

Created in partnership

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with Flow, the groundbreaking international magazine that celebrates creativity, beautiful illustration, a love of paper, and life's little pleasures, A Book That Takes Its Time mixes articles, inspiring quotes, and what the editors call "goodies"—bound-in cards, mini-journals, stickers, posters, blank papers for collaging, and more—giving it a distinctly handcrafted, collectible feeling.

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Read about the benefits of not multitasking, then turn to “The Joy of One Thing at a Time Notebook” tucked into the pages. After a short piece on the power of slowing down, fill in the designed notecards for a Beautiful Moments jar. Make a personal timeline. Learn the art of hand-lettering. Dig into your Beginner’s Mind. Embrace the art of quitting. Take the writing cure. And always smile. Move slowly and with intention through A

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Book That Takes Its Time, and discover that sweet place where life can be both thoughtful and playful.

Kayla Itsines nous offre, avant l'été, son programme healthy pour avoir un corps de rêve ! Elle nous raconte l'histoire de son programme phénomène, le Bikini Body, et les bases de l'exercice physique qui ont fait son succès. Mais, comme tout n'est pas que sueur et exercice, elle nous révèle ici la facette

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méconnue de son programme, une alimentation healthy et gourmande basée sur trois piliers : équilibre, souplesse et simplicité. Après nous avoir expliqué les bases de la nutrition qui le soutiennent, et nous avoir dispensé des conseils simples et pratiques pour organiser nos courses et notre cuisine elle nous livre clés en mains 4 semaines de menus et plus de 140 recettes. Allez, hop ! Il ne reste plus qu'à la

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suivre les yeux fermés
pour devenir la plus fit
de la plage !

THE LAST DIET BOOK

YOU'LL EVER NEED With so
much conflicting weight-
loss advice out there to
confuse your efforts,
it's no wonder you
haven't been successful
losing weight and
keeping it off. But with
Bob Harper, superstar
trainer and co-host of
NBC's hit show The
Biggest Loser as your
personal authority and
coach, you can and will
finally shed the

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pounds—whether you want to lose two or two hundred! Distilling Bob's vast knowledge of nutrition, weight-loss strategy, and human nature down to twenty simple, nonnegotiable principles, *The Skinny Rules* will help you step away from a reliance on processed foods and the need for so much sweet and salt and step into a newly thin lifestyle. And Bob's methods couldn't be more straightforward. Taking the guesswork out of

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implementing the Skinny Rules, Bob offers a month's worth of menu plans and more than 90 delicious, rule-abiding recipes for breakfast, lunch, dinner, and snacks to keep you cooking and eating skinny for life. You'll be happily astounded to see the variety and volume of the tasty food on your plate! He also includes terrific tips for what to stock in your fridge and what to prepare every weekend in order to set yourself up

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for success during your too-busy-to-cook weekdays. A virtual GPS to your weight-loss goals, The Skinny Rules takes the mystery out of the process, offering the fastest route to your skinny destination. LOSING WEIGHT IS NOW AS SIMPLE AS 1-2-3 . . . AND 3-15-18-20 TOO! Rule #3: Eat protein at every meal, making some kind of fish your go-to protein as often as you can. Take your weight and divide it by two-that's more or less

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how much protein you should be eating in grams every day. Rule #15: Eat at least ten meals a week at home (and cook them yourself). Restaurant portions are usually 40 to 50 percent bigger than what you'd serve at home—the more you eat out, the more you overeat. Set yourself up for success by preparing my turkey meatballs, hummus, and roasted vegetables on the weekend so that you will have go-to staples and

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no excuses! Rule #18: Go to bed slightly hungry. Denied fuel for more than five hours, your body will start burning its own fat and sugar. Make a point not to eat after dinner and you'll be burning fat while you're sleeping. Rule #20: Enjoy a splurge meal once a week. Unlike episodic bingeing, splurge meals are an ingredient in your diet. When you plan something, you are in control.

The Official Workout
Journal for the Thinner

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Leaner Stronger Program

Is this a workout book that can give you a lean and toned “Hollywood babe body” in 30 days flat? No. Is it a bodybuilding book full of dubious diet and exercise “hacks” and “shortcuts” for gaining lean muscle and melting belly fat faster than a sneeze in a cyclone? Absolutely not. But is it an exercise book that’ll show you exactly how to eat and train to lose up to 35 pounds of fat (or more) and gain

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eye-catching amounts of muscle definition and strength? Yes. And faster than you probably think possible, or your money back. The Year One Challenge for Women is a workout journal companion to the bestselling fitness book for women, Thinner Leaner Stronger. This workout book contains a full year's worth of Thinner Leaner Stronger workouts for getting lean, sexy curves and muscle definition in all of the right places on

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your body . . . in only 3-to-5 hours of resistance training per week. This workout journal also provides you with a comprehensive Thinner Leaner Stronger “cheatsheet” that lists and demonstrates all exercises in the program, and explains how to choose the right routine for you, how to progress in your workouts, how to make exercise substitutions, and more. It’s backed by a “No Return Necessary” money-back guarantee,

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too, that works like this: if you're unsatisfied with this workout journal or program for any reason, let the author know, and you'll get a full refund on the spot. So, imagine . . . just 12 weeks from now . . . looking at the changes in your physique and thinking, "I did that. That's awesome. I'm awesome." And believing it. The bottom line is you can get that beautiful "beach-ready" body without doing exhausting strength

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training workouts you hate. And this exercise book shows you how. Get your copy now, and start your journey to a fitter, leaner, and stronger you.

The Real Meal Revolution
2.0

The Simple Truth About
Food, Weight, and
Disease

5-Day Reset for Your
Body, Mind, and Spirit
Navigate the Grocery
Store, Ditch Artificial
and Unsafe Ingredients,
Bust Nutritional Myths,
and Select the

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Healthiest Foods

Possible

28 jours, ton guide

lifestyle pour manger

healthy

The Year One Challenge

for Women

The body transformation phenomenon and #1 Instagram sensation's first healthy eating and lifestyle book! Millions of women follow Kayla Itsines and her Bikini Body Guide 28-minute workouts: energetic, kinetic, high-intensity interval training sessions that help women achieve healthy, strong bodies. Fans not only follow Kayla on Instagram, they pack stadiums

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for workout sessions with her, they've made her Sweat with Kayla app hit the top of the Apple App Store's health and fitness charts, and they post amazing before and after progress shots. The Bikini Body 28-Day Healthy Eating & Lifestyle Guide features: - 200 recipes such as fresh fruit breakfast platters, smoothie bowls, and salads - A 4-week workout plan which includes Kayla's signature 28-minute workouts - Full-colour food shots and photos featuring Kayla throughout

We don't need to be instructed to eat apples instead of potato chips. What we need is someone

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to inspire us to eat well and to show us just how powerful eating that apple can be. This person must be a trusted voice, one that can calm the informational clutter instead of adding yet another discordant voice to the pile.

Desiree Nielsen is a registered dietitian, one of the public's most trusted sources of nutrition information. In *Un-Junk Your Diet*, she teaches readers about anti-inflammatory dieting in a way that's engaging, funny, and approachable. This book begins with a call to action to help shake up perceptions of what food means to our bodies and illuminate all the ways that

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marketers co-opt healthy eating messages to coerce us into choosing food that is unworthy. In addition, an in-depth look at the fundamentals of nutrition—with a splash of myth busting—strengthens readers' abilities to resist the latest nutrition headline and continue making healthier choices. Because there is no one right way for every individual eater, Nielsen offers a brief exercise in self-discovery before providing four distinct plans for becoming healthier. They range from the gentle and gradual to the two-week kick start that appeals to both detox seekers and vacation

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slimmers.

Eat more, exercise less, and lose fat Personal trainer and Instagram sensation Joe Wicks (@thebodycoach) has helped thousands around the world lose fat and transform their bodies with his nutritious, quick-to-prepare meals—ready in just fifteen minutes and made from easy to find ingredients. In this essential cookbook and exercise guide, he reveals how to SHIFT body fat and get the lean physique of your dreams by eating better and exercising less with his signature HIIT (high intensity interval training) home workouts and 100 delicious

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recipes like: Incredible Hulk Smoothie □ Big Barbecue Chicken Wrap □ Quick Tortilla Pizza □ Gnocchi with Sausage Ragu □ Thai Beef Stir-Fry □ Beet Protein Brownies Filled with gorgeous food shots, helpful how-to photos, and inspiring before-and-after shots of Joe's clients and their amazing body transformations, Lean in 15 will help you discover how to keep your body healthy, strong, and lean forever.

The International Bestselling Fitness Book for Women Is this a workout book that can give you a lean and toned □Hollywood babe body□ in 30 days flat? No. Is it a

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bodybuilding book full of dubious diet and exercise "hacks" and "shortcuts" for gaining lean muscle and melting belly fat faster than a sneeze in a cyclone? Absolutely not. But is it an exercise book (and nutrition book) that'll show you exactly how to eat and exercise to lose up to 35 pounds of fat (or more) and gain eye-catching amounts of muscle definition and strength? Yes. And faster than you probably think possible, or your money back. Because here's the deal: Muscle building and fat loss aren't nearly as complicated as you've been led to believe. You don't need to:

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Obsess over "clean eating" and avoiding "bad" or "unhealthy" foods like sugar, meat, and bread. Some foods are just more nutritious than and should be eaten more frequently than others. That's it. You don't need to: Constantly change up your fitness routine. A little of the right variability in your exercise is productive, but more than that is obstructive. You don't need to: Spend a couple of hours in the gym every day grinding through punishing strength training workouts. Sweating buckets, getting really sore, training until bone-tired . . . all wholly overrated for gaining lean muscle

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and strength. You don't need to: Slog away on the treadmill. In fact, you don't need to do any cardio exercise at all to shed ugly belly, hip, and thigh fat and even build your best body ever. You don't need to: Waste coin on sketchy fitness supplements like fat burners, amino acids, and greens powders. Most of these products either haven't been scientifically proven to do what you're paying for or have been proven outright ineffective. Those are just a few of the harmful lies and myths that keep gals from ever achieving the lean, toned, and strong body they truly desire. And Thinner

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Leaner Stronger will teach you something that most women will never know: How to transform your body while eating all of the foods you like and doing just a few challenging (but not grueling) resistance training workouts per week. Oh and cardio?

Completely optional. Here are just a few of the things you'll discover inside this fitness book for women: The 10 biggest fitness myths and mistakes that keep women weak, overweight, and confused. For example, "calories are all that matters," "carbs and sugars make you fat and unhealthy," and "strength training makes women bulky."

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The primary driver of muscle growth that literally forces your muscles to get fitter and stronger. And no, it has nothing to do with "muscle confusion," "functional training," or any other pseudoscientific fitness nonsense. How to create meal plans for losing fat and building muscle with all of the foods you love so you never feel starved, deprived, or like you're "on a diet" (and especially a "bodybuilding diet"). 12 months of done-for-you, paint-by-numbers strength training workouts for getting lean, sexy curves and muscle definition in all of the right places on your

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body . . . in only 3-to-5 hours of resistance training per week. A no-BS guide to fitness supplements that will save you hundreds if not thousands of dollars on useless (and sometimes even dangerous) pills, powders, and potions for fat loss, muscle gain, and the rest of it. And that's not all, either . . . 367 peer-reviewed scientific studies support the Thinner Leaner Stronger system of eating, exercising, and recovering for losing fat and gaining lean muscle and strength. Thinner Leaner Stronger has sold over 400,000 copies in 13 different languages

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and is regularly revised based on the latest findings in nutrition and exercise scientific research (four editions released and counting!). It's also backed by a "No Return Necessary" money-back guarantee that works like this: if you're unsatisfied with this workout book for women or the program for any reason, let the author know, and you'll get a full refund on the spot. So, imagine . . . just 12 weeks from now . . . looking at the changes in your physique and thinking, "I did that. That's awesome. I'm awesome." And believing it. The bottom line is you can get that beautiful "beach-ready" body without

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following a bland, boring, bodybuilding diet and without doing exhausting strength training workouts you hate. And this exercise book shows you how. Get your copy now, and start your journey to a fitter, leaner, and stronger you.

It's No Accident

Un-Junk Your Diet

Be Healthy Every Day

Transform Your Body Shape with My Complete Diet and Exercise Plan

Breakthrough Solutions to Your Child's Wetting, Constipation, UTIs, and Other Potty Problems

A Practical Guide to the Healing Magic of Cannabis, CBD, and

Mushrooms

Learn how to improve your health and wellness with the healing magic of cannabis, CBD and medicinal mushrooms. When health coach and wellness blogger Jenny Sansouci learned that her father was diagnosed with stage 4 pancreatic cancer, her extensive knowledge of the latest alternative therapies was put to the test. Jenny dove into the world of cannabis and mushrooms and their medicinal properties - and she and her dad are now outspoken champions of the healing power of these plants and fungi - not only to tame the side effects of chemotherapy, but to address everyday wellness concerns. The Rebel's Apothecary is the result of her heartfelt and rigorous quest -- a science-based

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and supportive guide that will enhance the lives of anyone living with pain, anxiety, depression, a weakened immune system, insomnia, and more. Complete with background information, dosing instructions, and everyday recipes, this is the essential handbook for harnessing the ancient healing powers of cannabis and mushrooms --safely, without confusion, fear, or an unwanted high. In addition to debunking myths and destigmatizing these powerful healing plants and fungi, The Rebel's Apothecary presents:

- *Specific protocols and dosage guides for wellness uses (mood, sleep, immunity, focus, energy) and managing common chemotherapy side effects*
- *Everyday wellness routines*
- *Recipes for delicious, easy, health-enhancing cannabis and mushroom*

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infused smoothies, coffee drinks, teas, elixirs, gummies, and broths - including recipes from chefs and wellness experts like Dr. Andrew Weil, Kris Carr, Seamus Mullen, Marco Canora and more • The latest research on CBD, THC, medicinal mushrooms and psilocybin • Tips for creating a cutting-edge home apothecary of your own

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.

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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,

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friendship, inspiration, joy, and all the things that give readers that unmistakable glow so they radiate from the inside out!

Kayla Itsines Foam Rolling Guide is essential for anybody who has purchased a foam roller and is unsure of how to use it. Foam rolling helps to relieve muscle tension and pain by improving circulation. It could also help to minimise the appearance of cellulite. In this guide you will find:

- The importance of foam rolling*
- Recommended upper body foam rolling routine*
- Recommended lower body foam rolling routine*
- Stretching exercises to aid in rehabilitation*
- Do's & Don't's*
- Step-by-step information*

Recipes, Remedies and Routines to Treat Your Body Right

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Foam Rolling Guide

The Real Food Grocery Guide

Fast Carbs, Slow Carbs

A stronger, fitter, healthier you – in 28 days

The Bikini Body Motivation & Habits Guide