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Revolutionise the way you approach fitness with yoga expert and celebrity trainer Shona Vertue - in just 28 days! 'Shona changed my

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**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**

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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

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**racing mind and 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-**

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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

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**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**

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28 days. Features photos of every exercise, complete with food plan and nutritious, energising recipes.

**Multiple bestselling author
Melissa Ambrosini**

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**(Mastering Your Mean Girl,
Open Wide, PurposeFULL)
and host of the #1 podcast
The Melissa Ambrosini
Show puts the condition of
Comparisonitis under the
microscope, unpacking the**

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symptoms, and offering practical tips you can start using immediately to break the cycle of comparison, free up mental bandwidth, and live life on your own terms. When you cure

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**Comparisonitis, you will... •
Be free to live your life for
you (no one else) • Feel
peace from within •
Experience genuine
happiness • Truly
appreciate your body and**

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**life • Free up SO much
mental bandwidth for
things you LOVE • Quit
beating yourself up • Have
more energy to go after the
things that truly matter to
you • Experience a radical**

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**shift towards authenticity •
Be a better friend, partner,
parent, family member,
colleague, human • Free
yourself from expectations
• Unleash the courage to go
after your dreams •**

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**Unstifle your creativity •
Feel more liberated than
you've ever felt in your life
• And much more It creeps
up on you without
warning—perhaps while
chatting with a friend,**

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scrolling through social media, or even just while walking down the street. All it takes is the hint of someone doing or having something you perceive as "better" than you, and it

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hits. A feeling takes over—intense, blinding, gutting. Your brain starts spinning with toxic thoughts about yourself (or others), and you're left feeling ashamed, guilty,

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and even worthless. It's called comparisonitis. And if you've suffered from it, you're NOT alone. Comparisonitis is a contagious, socially transmitted condition that

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occurs when you compare yourself to others so frequently and fiercely that you're left paralyzed, with your confidence in tatters and your self-worth plummeting. It may sound

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trivial, but this affliction can have serious adverse effects on our mental health, leading to depression, anxiety, overthinking, and regret. To make matters worse, our

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comparison culture is only expanding. Thanks to social media, we have more opportunities to compare ourselves than ever before, and even kids are falling into the trap. Described as

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a "self-help guru" by Elle magazine, Melissa has experienced the effects of comparisonitis first hand, having worked extensively in industries like acting, modeling and dancing

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where comparison culture is not only rampant but openly encouraged. Melissa knows all too well how comparisonitis is infecting our minds and hurting our hearts, and in this book,

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she'll help you heal from this disease, liberate your headspace, and raise your self-worth so radically that you'll never let comparison rob you of your joy and happiness again.

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Get in shape for beach season! This super-slimming, body-sculpting makeover takes off ten pounds and gets you bikini-ready—in just two weeks. Bikini Boot Camp creators

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Melissa Perlman and Erica Gragg know that the secret to losing weight and getting fit is not another diet or endless hours at the gym. Instead, it's a highly targeted exercise plan

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combined with healthy, delicious, all-natural foods that jump-start your metabolism and melt away the pounds. At the elite Amansala Eco-Chic Resort and Spa in Mexico, their

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Bikini Boot Camp program has become the destination of choice for celebrities and women everywhere who want to change their bodies and their lives. Now, this book gives you everything

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**you need to recreate the
Bikini Boot Camp
experience at home—from
the signature workouts to
the low-cal, Latin-flavored
dishes—and achieve the
same incredible results.**

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Capturing the spirit of the spa and Mexico's sunny shores, each day of Bikini Boot Camp provides you with: A total-body workout that combines walking, circuit training, core

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strengthening, and yoga to target trouble spots and sculpt you head to toe
Energy-enhancing meal plans with slimming, easy-to-follow recipes—a mouthwatering mix of

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Mexican, Yucatán, and Asian cuisines—straight out of Amansala's kitchen and available here for the first time Mindfulness exercises to relax and restore you, and to help you stay

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focused on your fitness goals Do-it-yourself spa treatments, from easy facials to herbal baths With more than 75 mix-and-match recipes, and a lifestyle plan to keep you going after the

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**first two weeks are up,
Bikini Boot Camp is the
fastest way to whip your
body into shape—and have
fun doing it! So don't panic
now that summer is here.
No matter how long you've**

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been putting it off, this book gives you everything you need to achieve a bikini body all year round.

**CHANGE YOUR THINKING,
CHANGE YOUR SHAPE,
CHANGE YOUR LIFE 28 By**

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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

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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

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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 -

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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

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planner, a regime of tough but achievable exercises for every level, and advice on taking control of your weight, your health and your life today. This is not your run-of-the-

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**mill fitness book.
Developed by world-
renowned gluteal expert
Bret Contreras, Strong
Curves offers an extensive
fitness and nutrition guide
for women seeking to**

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improve their physique, function, strength, and mobility. Contreras spent the last eighteen years researching and field-testing the best methods for building better butts

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and shapelier bodies. In Strong Curves, he offers the programs that have proven effective time and time again with his clients, allowing you to develop lean muscle, rounded

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glutes, and greater confidence. Each page is packed with information decoding the female anatomy, providing a better understanding as to why most fitness programs

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fail to help women reach their goals. With a comprehensive nutritional guide and over 200 strength exercises, this book gets women off the treadmill and furnishes

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their drive to achieve strength, power, and sexy curves from head to toe. Although the glutes are the largest and most powerful muscle group in the human body, they often go

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dormant due to lifestyle choices, leading to a flat, saggy bum. Strong Curves is the cure.

**Futureproof Your Body
Against Chronic Pain with
12 Simple Movements**

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STRONG

**Thinner, Leaner, and
Stronger Than Ever in 12
Months**

**The Bikini Body Motivation
& Habits Guide**

Women's Health Lift to Get

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Lean Foam Rolling Guide

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

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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

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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 and supportive guide

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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

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powers of cannabis and mushrooms --safely, without confusion, fear, or an unwanted high. In addition to debunking myths and de-stigmatizing these powerful healing plants and fungi, The Rebel's Apothecary presents:

- Specific protocols and dosage guides for wellness uses

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(mood, sleep, immunity, focus, energy) and managing common chemotherapy side effects •

Everyday wellness routines • Recipes for delicious, easy, health-enhancing cannabis and mushroom infused smoothies, coffee drinks, teas, elixirs, gummies, and broths -

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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

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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

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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,

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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 tailored 'days on a plate'. Leah's passion for healthy, wholesome food shines through on

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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.

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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

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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

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guide helps you take your healthy lifestyle to the next level, and is the best way to continue reaching your fitness goals!

A newly revised edition of the best-selling classic that launched thousands of people on the road to fitness The Ultimate Workout Log is

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an easy-to-use diary and goal tracker with a unique format and six months' worth of space to record training routines and accomplishments. Ever popular and endlessly useful, the log makes it easy for users to note cardio, strength, and flexibility and balance workouts, while also

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including space for nutrition notations. Research shows that goal setting and daily self-monitoring lead to increased participation and greater weight loss. So whether you're a veteran marathoner or a first-time gym-goer, this log will provide motivation, tools for

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analyzing patterns in your workouts,
and a record of your achievements.

"Bound to help you stay on
track."--Men's Fitness

Der Bikini Body Training Guide ist
der 189-seitige Workout-Guide von
Kayla Itsines. Er enthält einen
12-Wochen Plan für deine Workouts

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inkl. Ausdauertraining, Krafttraining
und Dehnübungen. Die Workouts
dauern dabei nicht einmal 30
Minuten und konzentrieren sich
gezielt auf deine Problemzonen!
The Real Food Grocery Guide
Recipe Guide
Bikini Bootcamp

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Navigate the Grocery Store, Ditch
Artificial and Unsafe Ingredients,
Bust Nutritional Myths, and Select
the Healthiest Foods Possible
Tone It Up
Over 80 Exercises and 40 Recipes
For Achieving A Fit, Healthy and
Balanced Body

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Bikini Body Training Guide 2.0

"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

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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

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As a food lover, beauty product addict, exercise junkie, and wellness entrepreneur, Hannah Bronfman practically radiates confidence and health. But she'll be the first one to admit that the road to wellness and self-

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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

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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.

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Hannah provides insight 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

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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

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included!). Enlightening, empowering, and educational, this is an approach to wellness that is holistic, hedonistic, and real. Because self-care should not feel self-punishing, and every body deserves to feel good.

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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

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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

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exercising less with his signature
HIIT (high intensity interval
training) home workouts and 100
delicious recipes like: Incredible
Hulk Smoothie • Big Barbecue
Chicken Wrap • Quick Tortilla
Pizza • Gnocchi with Sausage

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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

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help you discover how to keep your body healthy, strong, and lean—forever.

The HELP Vegetarian Guide contains Kayla Itsines' 107 page clean eating plan including a full 14 day meal plan with recipes.

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Suitable for Vegetarians, Vegans and Pescatarians. Learn what to eat, discover fat burning foods, eat tasty meals and speed up your metabolism.

14 days of Kayla Itsines' healthy, tasty meals! Sometimes the only

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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

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worthy recipes.

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

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circulation. It could also helps 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 •

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Stretching exercises to aid in
rehabilitation • Do's & Don't's •
Step-by-step information
Bigger, Leaner, and Stronger
Than Ever in 12 Months
Confidence Culture
15-Minute Meals and Workouts to

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Keep You Lean and Healthy
The 8-Week Total Body
Makeover Plan
Bikini Body 2.0
75 Simple & Delicious Plant-
Based Recipes for Nourishing
Your Body and Eating From the

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Earth

The Rebel's Apothecary

*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*

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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

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transformation. In the 4-Week Body Blitz, she lays out the exercises you need to do and the food you should eat every single day for four weeks in order to get yourself in shape. Follow Chloe's instructions and

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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

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guide is full of delicious, easy recipes to fuel your exercise and aid your weight-loss.

This book describes the author's personal experience as a teen mother and explores all of the facets of adult life that

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are affected by that experience; split identity, relationships with family, dating as a young mother, making friends, education, and more. This book is hoped to be a breath of fresh air for other young moms, to

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read and see that these unique and confusing feelings the author describes as "Teen Mom Syndrome" are shared- that they're not alone. This book is an insight to what the life of a teen mother is like, because

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*almost everybody knows one,
but very few understand them.
The instant New York Times
bestseller! Cupcake favorites
and dessert classics from the
pastry chef and creator of
Sprinkles Cupcakes and judge*

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on Food Network's Cupcake Wars. When Candace Nelson started Sprinkles, America's first cupcakes-only bakery, in 2005, people thought she was crazy. "What else do you sell?" they'd ask. But Sprinkles sold

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out on opening day . . . and hasn't slowed down since! Now, in her first cookbook, Candace opens up her recipe vault to bring you 100 irresistible desserts she can't live without. You'll learn all the secrets for

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making 50 beloved Sprinkles Cupcakes, from iconic red velvet to new flavors created exclusively for the book, like crème brûlée. But Candace doesn't stop there. She shares the recipes for her all-time

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favorite cakes, pies, quick breads, cookies, bars, and other treats, plus delicious guest recipes from Sprinkles friends like Reese Witherspoon, Julia Roberts, and Michael Strahan.

THE SPRINKLES BAKING

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BOOK is filled with all-American classics that will appeal to everyone in your family and on your dinner party guest list. So, don't hold back. Treat yourself to this sweet cookbook and share in the fun!

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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

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*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,*

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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

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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

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nurture your relationships--and yourself 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

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*healthiest self can start today!
The Official Workout Journal for
the Bigger Leaner Stronger
Program Is this a bodybuilding
book that can help you pack on
brain-shrinking amounts of
muscle in 30 days flat? No. Is it*

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a fitness book full of dubious diet and exercise “hacks” and “shortcuts” for melting belly fat faster than a roided hornet? Absolutely not. But is it an exercise book that’ll show you exactly what to do in the gym to

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gain 25-to-35 pounds of lean muscle? Yes. And faster than you probably think possible, or your money back. The Year One Challenge for Men is a workout journal companion to the bestselling workout book for

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men, Bigger Leaner Stronger. This workout book contains a full year's worth of Bigger Leaner Stronger workouts for building a full chest, wide back, powerful legs, and built arms . . . in only 3-to-5 hours of weight

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training per week. This workout journal also provides you with a comprehensive Bigger Leaner Stronger “cheatsheet” that lists and demonstrates all exercises in the program, and explains how to choose the right routine

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for you, how to progress in your workouts, how to make exercise substitutions, and more. It's also backed by a "No Return Necessary" money-back guarantee, too, that works like this: if you're unsatisfied with

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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

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that. That's awesome. I'm awesome." And believing it. The bottom line is you can get that head-turning "Hollywood hunk" body without doing exhausting weightlifting workouts you hate. And this strength training

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program shows you how. Get your copy now, and start your journey to a bigger, leaner, and stronger you.

Two Weeks to Your Ultimate Beach Body

How to Stop Comparing

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*Yourself To Others and Be
Genuinely Happy*

Lean in 15

*An Exercise Diary for Everyone
The Sprinkles Baking Book*

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

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The Vertue Method

Ditch the fad diets. Step away from the treadmill. There's another way to get results, and it's all about balance. Being in great shape doesn't mean depriving yourself or running your body into the ground. In STRONG, personal trainer and Instagram star Zanna Van Dijk

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busts these myths and reveals her no-fail formula for a powerful, lean physique and lasting health and happiness.

***STRONG** gives you all the motivation and practical tools you need to get started on your fitness journey. Zanna's inspiring and achievable approach to eating well and training effectively*

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features a comprehensive guide to lifting weights, detailed workout routines, sustainable nutrition tips and simple principles of health and wellness. After you've worked up a sweat, her mouthwatering, easy recipes prove that nourishing food isn't just fuel - it can be absolutely delicious and bursting with

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flavour too. Make your body STRONG.

Move it. Nourish it. Thrive.

The Bikini Body 28-Day Healthy Eating

& Lifestyle Guide 200 Recipes and

Weekly Menus to Kick Start Your

Journey St. Martin's Press

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28-minute workouts are energetic, high-

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intensity, plyometric training sessions that 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

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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

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*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 with Kayla app - A 28-Day*

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

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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

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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!

Understand food labels and cut through

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the myths, hype, and misleading 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

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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 labels, and if organic vegetables and grass-fed meat are worth the extra cost. The Real

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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,

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wild, organic, gluten-free, etc.): know which to buy and which to leave on the 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

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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 saying How to avoid being duped by sneaky food industry claims and choose

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*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.
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The 4-Week Body Blitz

Social Perspectives

Body By Simone

*5-Day Reset for Your Body, Mind, and
Spirit*

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Hey Gorgeous! Welcome to Tone It
Up, a worldwide community of

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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.

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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 important—plus it

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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

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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

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every aspect of your journey, told through fun and fascinating stories and secrets that will be like having your best girlfriend along for the ride. Throughout these pages, you'll feel empowered, uplifted, and connected—with the entire TIU

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community behind you, cheering you on towards your most confident, centered self. Ready to reset? Feeling **BALANCED AND BEAUTIFUL** is only 5 days away! **RECIPES TO IMPROVE YOUR SKIN, SLEEP, MOOD, ENERGY,**

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FOCUS, DIGESTION, AND SEX
From the trusted, influential, and famously trend-setting website comes the first ever Well+Good cookbook. Founders Alexia Brue and Melisse Gelula have curated a collection of 100 easy and delicious

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recipes from the luminaries across their community to help you eat for wellness. These dishes don't require a million ingredients or crazy long prep times. They are what the buzziest and busiest people in every facet of the

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wellness world—fitness, beauty, spirituality, women ' s health, and more—cook for themselves. Enjoy Venus Williams ' Jalapeno Vegan Burrito, Kelly LeVeque ' s Chia + Flax Chicken Tenders, Drew Ramsey ' s Kale Salad with

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Chickpea Croutons, and Gabrielle Bernstein 's Tahini Fudge, among many other recipes for every meal and snack time. Whether you want to totally transform your eating habits, clear up your skin, add more nutrient-rich dishes to your

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repertoire, or sleep more soundly, you ' ll find what you need in this book. Along with go-deep guides on specific wellness topics contributed by experts, this gorgeous cookbook delivers a little more wellness in every bite.

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Do you lack confidence, grit, endurance, fortitude, self-esteem and all the other things that don't just make someone great, but successful in everything they do? What if you could completely transform yourself into someone

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who could do anything? I'm not talking about the change that happens for a week or a month or a year...but for your whole life? What would that legitimately and realistically be worth to you?Everybody tries to tell

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themselves that they are "special" or "great"...but it's just talk. It's not reality. This book tells you how to do that. It doesn't cost anything to execute this program...but it ain't free. I guarantee if you do exactly as I tell you to do it with no

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substitutions...you and your life will
never be the same.-Andy Frisella
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hard-won wisdom that teaches us how to overcome our limiting beliefs and embark on a transformative one-day journey that will unlock our best lives. Millions of people dream of living a more fulfilling life, yet many settle for a life of comfortable

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complacency, allowing excuses and negative thoughts to invade their minds. I don't have enough time...I don't have enough money...I'm afraid to fail...I don't have what it takes—we allow these limiting beliefs to control us. Now comes

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The 12-Hour Walk, which provides the inspiration—and catalyst—for getting unstuck and realizing your full potential. Featuring life lessons from explorer, endurance athlete, and entrepreneur Colin O' Brady—whose adventures in

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such extreme places as Antarctica and the perilous Drake Passage and on the peaks of Mount Everest and K2 have seen him establish ten world records—this book's vivid narrative and powerful insight will show you how you can embark on

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your own life-changing journey. With Colin as your guide, The 12-Hour Walk asks you to invest one day in yourself. The goal? Conquering your mind and becoming your best self. By walking alone, unplugging, listening to the

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voice within, and rewriting the limiting beliefs etched into your psyche, you can break free of the patterns holding you back and learn how to cultivate a “Possible Mindset” –an empowered way of thinking that unlocks a life of

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limitless possibilities. The reward: being the hero of your own destiny. Futureproof your body and relieve chronic pain resulting from sitting, slouching, and other bad lifestyle habits with this easy-to-perform set of daily stretching and exercise

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routines—from an innovative physical therapist and social media star who coaches dozens of celebrity clients. What if we could easily acquire long-lasting protection for our bodies and escape the chronic pain caused by

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our sit-all-the-time, slouch-too-much lifestyles? Vinh Pham is a world-class physical therapist—a member of a new breed that dissects how people really move. He has worked with a broad range of clients, from Olympians to NBA

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stars to MMA fighters to Golden Globe and Grammy Award-winning artists. Early in his career, he discovered a disappointing truth: most of his patients came to him already in pain. They had poor, deeply ingrained lifestyle habits that

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misaligned their joints and tightened their muscles. And the recent epidemic of prolonged sitting—which represents an all-day assault on the body—has only made things worse. If you're sitting for more than thirty minutes at a

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time without getting up, you may be heading toward a world of hurt. Vinh ' s answer to the host of muscle maladies that ails us has been a revolutionary concept: why not futureproof? Instead of reacting to chronic pain after it flares up, what

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if we focused on a “movement discipline” that not only prevents injuries but leads to longer lives, healthier bodies, and a clearer mind? Sit Up Straight outlines a process that starts with a daily posture hygiene regimen.

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Performed correctly, Vinh ' s “ Big Ten ” exercises, which can be completed in twenty minutes, will lock in protection for the rest of the day. But Vinh goes further. He provides stretching and exercise routines for many of the specific

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ailments that affect us—from hamstring pulls to sciatica to rotator cuff problems—and, best of all, he offers a series of customized movements based on age, gender, and the kind of work we perform. A precise and simple toolkit for

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tweaking the way we move (or refuse to move), Sit Up Straight shows that the solution to becoming pain-free is easier than we think.

Well+Good Cookbook

Tone It Up: Balanced and Beautiful
100 Secret Recipes from

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Candace's Kitchen

Sit Up Straight

Recipes, Remedies and Routines
to Treat Your Body Right

A Tactical Guide to Winning the
War with Yourself

Be Healthy Every Day

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Well + Good's Eating for Wellness is the go-to authority for treating yourself right. These 100 recipes (50% of which are new and exclusive) are contributed by trusted voices in a variety of fields, including Gabby Bernstein (spirituality), Bobbi Brown

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(beauty), Joey Gonzalez (fitness), Candice Kumai (nutrition), and more. These are the recipes your wellness idols rely on every day in their busy, real lives-- and now you'll be able to do the same. The health factor in these recipes is implicit, of course, and will be

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denoted with the expected tags like vegan, paleo, gluten-free, and keto. But in addition, each recipe offers specific wellness factors, which will also be denoted- Better Skin, Better Sleep, Better Sex, Better Mood, Better Focus, Better Digestion,

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Better Energy. The recipes are organized by meal, but the book also contains a wellness index so you can act on your specific goals. Use the book whichever way works best for you, and know you'll feel like the best version of yourself.

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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

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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

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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

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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

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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

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***all the things that give readers
that unmistakable glow so they
radiate from the inside out!
Research shows that building
muscle helps the body burn more
calories 24/7 and that resistance
training is the most effective way
to torch body fat. Yet that***

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message is still lost on many women who fear that weight lifting will make them bulky, turn their skin green, and give them Incredible Hulk muscles like their boyfriends'. Women have more options than step aerobics or running on a treadmill to shed

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pounds: They can weight-train in a very specific manner designed to make the most of a woman's unique physiology. Lift to Get Lean is the first beginner's guide to strength training from Women's Health that is written specifically for women by a

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woman. Holly Perkins is a certified strength and conditioning specialist (CSCS) who has been teaching the fat-burning secrets of weight training exclusively to women for more than 20 years. Perkins doesn't follow men's rules when it

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comes to building muscle. Lift to Get Lean delivers a three-step system: Technique, Movement Speed, and the Last 2 Reps Rule, which make all the difference in developing the kind of strong, lean, and sexy body women want. Perkins offers four different

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90-day training programs that efficiently build functional strength along with leaner legs, stronger arms, and a sexier butt. The Official Workout Journal for the Thinner Leaner Stronger Program Is this a workout book that can give you a lean and

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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

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exercise book that'll show you exactly how to eat and train 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. The Year One

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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

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definition in all of the right places on 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

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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, too, that works like

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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

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awesome. I'm awesome." And believing it. The bottom line is you can get that beautiful "beach-ready" body without doing exhausting strength training workouts you hate. And this exercise book shows you how. Get your copy now, and start your

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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

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***Well+Good's Eating for Wellness
100 Healthy Recipes + Expert***

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than one million Instagram followers, believes that food is the fuel of life, and that consuming a nourishing, plant-based diet is the gateway to ultimate health. Andy's

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*mantra, “plant over
processed,” embodies the
way she eats and feeds her
family of five in their
home in Oahu, Hawaii. But
it wasn't always this way.
Andy was once addicted to*

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*sugar and convenience
foods and suffering from a
host of health issues that
included IBS, Celiac
disease, hypothyroidism,
asthma, brain fog, and
chronic fatigue. Fed up*

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with spending time and money on specialists, supplements, and fad diets, she quit animal products and processed foods cold turkey, and embarked on a new way of

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eating that transformed her health and her body. In Plant Over Processed, Andy invites readers to join her on a “30-Day Plant Over Processed Challenge” that will detox

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the body, followed by a long-term plan for going plant-based without giving up your favorite dishes. Packed with gorgeous photography and mouth-watering recipes—from

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*smoothies and bliss bowls
to plant-based comfort and
decadent desserts—this
life-changing guide takes
you to the North Shore of
Hawaii and back, showing
you how easy it is to eat*

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plant-based, wherever you are.

In Body By Simone, Simone De La Rue, featured trainer on "Revenge Body with Khloe Kardashian", shares her fitness secrets

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*and teaches women how to
achieve an A-list body
using her fun and unique
strength training and
cardio workouts.*

*Considered the "next Tracy
Anderson," Simone De La*

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Rue has created a total body workout—a unique fusion of Pilates, bar method, strength training, and cardio dance moves—for women looking to lose weight, tone up, change up

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their routine, lose baby weight, or exercise while recovering from an injury. Her workouts are fast-paced, fun, and targeted for the muscle groups women most want to tone:

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arms, abs, glutes, and thighs. Filled with nearly 200 gorgeous color photos, Body By Simone features Simone's eight-week plan that incorporates her dance-based cardio

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*workouts and signature
strength training moves.
Here are workouts for all
levels—beginning,
intermediate, and
advanced—and a self-
assessment test to choose*

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the right plan for you. Simone offers a breakdown for each week and a schedule for each day, including an overview of the week's goals and challenges. Each week

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builds on the next to keep you challenged and engaged, and see the results you want. To boost weight loss and metabolism as well as naturally detox the body, Simone also

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provides a 7-day kick-start cleanse complete with recipes for simple meals, juices, and smoothies.

*In Confidence Culture,
Shani Orgad and Rosalind*

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Gill argue that imperatives directed at women to “love your body” and “believe in yourself” imply that psychological blocks rather than entrenched social

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*injustices hold women
back. Interrogating the
prominence of confidence
in contemporary discourse
about body image,
workplace, relationships,
motherhood, and*

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*international development,
Orgad and Gill draw on
Foucault's notion of
technologies of self to
demonstrate how
"confidence culture"
demands of women near-*

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constant introspection and vigilance in the service of self-improvement. They argue that while confidence messaging may feel good, it does not address structural and

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*systemic oppression.
Rather, confidence culture
suggests that women—along
with people of color, the
disabled, and other
marginalized groups—are
responsible for their own*

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*conditions. Rejecting
confidence culture's
remaking of feminism along
individualistic and
neoliberal lines, Orgad
and Gill explore
alternative articulations*

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*of feminism that go beyond
the confidence imperative.
This manual brings the
reader through a step-by-
step process explaining
both diet and exercise in
a way that's never been*

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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.

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*The body transformation
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Instagram sensation's
first healthy eating and
lifestyle book! Millions
of women follow Kayla
Itsines and her Bikini*

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Body Guide 28-minute workouts: energetic, kinetic, high-intensity interval training sessions that help women achieve healthy, strong bodies. Fans not only follow Kayla

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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

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*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,*

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which includes Kayla's
signature 28-minute
workouts - Full-colour
food shots and photos
featuring Kayla throughout*

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The 12-Hour Walk

*200 Recipes, Weekly Menus,
4-Week Workout Plan*

The Ultimate Workout Log

The Nourishing Cook

The HELP Vegetarian

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Strong Curves

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

Since its emergence in early
2020, the COVID-19 crisis
has affected every part of

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the world. Well beyond its health effects, the pandemic has wrought major changes in people's everyday lives as they confront restrictions imposed by physical distancing and consequences such as loss of work,

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working or learning from home and reduced contact with family and friends. This edited collection covers a diverse range of experiences, practices and representations across international contexts and

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cultures (UK, Europe, North America, South Africa, Australia and New Zealand) . Together, these contributions offer a rich account of COVID society. They provide snapshots of what life was like for

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people in a variety of
situations and locations
living through the first
months of the novel
coronavirus crisis,
including discussion not
only of health-related
experiences but also the

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impact on family, work, social life and leisure activities. The socio-material dimensions of quotidian practices are highlighted: death rituals, dating apps, online musical performances, fitness and

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exercise practices, the role of windows, healthcare work, parenting children learning at home, moving in public space as a blind person and many more diverse topics are explored. In doing so, the authors surface the feelings

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of strangeness and challenges to norms of practice that were part of many people's experiences, highlighting the profound affective responses that accompanied the disruption to usual cultural forms of

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sociality and ritual in the wake of the COVID outbreak and restrictions on movement. The authors show how social relationships and social institutions were suspended, re-invented or transformed while social

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differences were brought to the fore. At the macro level, the book includes localised and comparative analyses of political, health system and policy responses to the pandemic, and highlights the

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differences in
representations and
experiences of very
different social groups,
including people with
disabilities, LGBTQI people,
Dutch Muslim parents,
healthcare workers in France

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and Australia, young adults living in northern Italy, performing artists and their audiences, exercisers in Australia and New Zealand, the Latin cultures of Spain and Italy, Asian-Americans and older people in

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Australia. This volume will appeal to undergraduates and postgraduates in sociology, cultural and media studies, medical humanities, anthropology, political science and cultural geography.

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**The Year One Challenge for
Men**

**The Bikini Body 28-Day
Healthy Eating & Lifestyle
Guide**

**Invest One Day, Conquer Your
Mind, and Unlock Your Best
Life**

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**Der Bikini Body Training
Guide 1.0**

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Women**

**A Beginner's Guide to
Fitness & Strength Training
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