

Kayla Itsines Free

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

This book analyzes social media influencers and their relationship with their online followers. Each chapter represents a unique theoretical and methodological approach to examining the importance of this relationship from a variety of perspectives and contexts.

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.

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

Holiday Keto

A Beginner's Guide to Fitness & Strength Training in 3 Simple Steps

100 Recipes and Advice for a Better You

It's a German Shepherd Thing

A stronger, fitter, healthier you – in 28 days

Critical Perspectives on Digital Guru Media

The Year One Challenge for Women

This book examines the phenomenon of 'digital guru media' (DGM), the self-styled online influencers, life coaches, experts and entrepreneurs who post on the themes of wellness, health and fitness. It opens up new perspectives on digital leisure and internet celebrity culture, and asks important questions about the social, cultural and psychological implications of our contemporary relationship with digital media. Drawing on cutting-edge social theory, the book explores a wide range of contexts in which DGM intersects with digital leisure, from the health-related learning of young people to the 'clean eating' movement, to the online lives of fitness professionals. It asks if digital and social media are problematic per se and explores the problems a turn to the Internet could be revealing about the lack of real-world or analogue support, as well as potential solutions, for our wellness, health and fitness needs and wants. Bringing together innovative, multi-disciplinary perspectives, this book is fascinating reading for anybody with an interest in leisure studies, media studies, cultural studies, sociology, or health and society.

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 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 nutritious, energising recipes.

"Introverts will love this practical and moving guide to building a career, network, and life you love." - Susan Cain, author of Quiet From the marketing guru and host of the popular podcast Hiding in the Bathroom, a breakthrough introverts' guide that broadens the conversation sparked by Quiet and moves away from the "Lean In" approach, offering wisdom and practical tips to help readers build strong relationships and achieve their own definition of professional success. Most ambitious people believe that reaching the peaks of success means being on 24/7—tirelessly networking, deal-making, and keynoting conferences. This is nonsense, says Morra Aarons-Mele. As an eminent entrepreneur with a flourishing business and a self-proclaimed introvert with lots of anxieties, Morra disagrees with the notion that there's only one successful "type": the intense, super social, sleep-deprived mover and shaker, the person who musters endless amounts of "grit." Hiding in the Bathroom is her antidote for everyone who is fed up with feeling like they must always "lean in"—who prefer those moments of hiding in the bathroom to constantly climbing the ladder or working the room. Morra knows what it takes to make your mark, and now, this entrepreneur who has boosted the online strategy of clients such as the Malala Fund, President Obama, the UN Foundation, and the Bill and Melinda Gates Foundation shares the insights, tricks, and knowledge she's learned. Filled with advice, exercises to help readers evaluate their own work/life fit and manage

anxiety, valuable tools, and stories of countless successful people—entrepreneurs, academics, and novices just beginning their careers—Hiding in the Bathroom empowers professionals of all ages and levels to take control and build their own versions of success. Thoughtful and practical, it is a must-have handbook for building a fantastic, prosperous career and a balanced, happy life—on your own terms.

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 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 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 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 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 90-day training programs that efficiently build functional strength along with leaner legs, stronger arms, and a sexier butt.

The Sprinkles Baking Book

Thinner, Leaner, and Stronger Than Ever in 12 Months

Well+Good's Eating for Wellness

Bikini body

Good Enough

The Simple Truth About Food, Weight, and Disease

Elite trainers James 'Chief' and Emilie Brabon love a challenge. As founders of ORIGINAL BOOTCAMP, the world's longest-running and most respected bootcamp fitness program, this power couple has spent decades helping ordinary people achieve - and maintain - extraordinary results. They've been responsible for turning TV-show contestants into strong, Lycra-ready Gladiators in record time, and have orchestrated some of the most stunning body transformations seen on Australian magazine covers. Their no-nonsense approach delivers results whether you're an out-of-shape office worker, celebrity or athlete. In 8 Weeks to Wow, Emilie and Chief share the diet and fitness regime behind these incredible transformations. There are 8 weeks' worth of body-weight workouts, which can be done anywhere, and a total diet overhaul that harnesses the fat-burning power of their 'keto kickstart'. There are also 70 simple recipes to support you through the weeks, as well as motivating stories from people who committed to the program and have been blown away by the results. Who will you be 8 weeks from now?

14 days of Kayla Itsines' 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.

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 (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 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, 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.

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 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 Myth of Success and How to Celebrate the Joy in Average

Cult Status

200 Recipes and Weekly Menus to Kick Start Your Journey

The Gendered Construction of Cultural and Political Identities Online

Transform your life with the ultimate workout, nutrition and motivational plan

Tone It Up

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

Kayla Itsines Calm Adult Coloring Books. Perfect With Your Choice Of Coloring Tools (Crayon, Gel Pens, Markers, Colored Pencils).

"It's a German Shepherd Thing" is a collection of true stories about this marvelous dog breed. It delves into its characteristics, habits, personality, humor, courage and loyalty. In reading this book you'll learn what its like to live with this magnificent dog. If you ever had a German Shepherd Dog it will awaken those precious memories from your past.

The Official Workout Journal for the Thinner 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 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 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, 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 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.

Consumers are changing, and the businesses that form around them are principled, purposeful and creative. The next generation of entrepreneurs think differently, and Cult Status will show you how you can too. Enough has been written about huge cult brands founded last century – Nike, Apple, Red Bull. What will the cult companies of tomorrow look like? Who is amassing the kind of passionate community that makes a brand a massive, long-term, sustainable success? Tim Duggan, co-founder of one of Australia's most innovative and awarded new media companies, has studied hundreds of successful entrepreneurs and change makers over the last decade to uncover what they all have in common. Learn from the founders of modern brands like Blake Mycoskie (TOMS), Zoë Foster Blake (Go-To), Tim Brown (Allbirds), Daniel Flynn (Thankyou), Lucy Moss (SIX), Oscar McMahon (Young Henrys) and more. In this book you'll discover: • The 7 Steps to building a business with cult status • The one thing you should do before starting something new • Why every business of the future needs to balance profit and purpose together • How to have just as much impact working inside a company as you can from outside • The leadership trait every new leader needs • How to create a passionate community around you and your work • 14 practical exercise you can do today to set up for success tomorrow Armed with this book, anyone from anywhere can help create the next business with serious cult status. "We're at a point in history where we can create what we want the future to look like. This book is a road map to that future." Naomi Simson, Shark Tank investor and Founder of RedBalloon "Tim has extraordinary insight into the evolving relationship between companies and the communities that they serve." Osher Günsberg "Cult Status is like the love child of your savviest BFF and a business sage. This will be the manual for a generation of millennial entrepreneurs." Lorraine Murphy, Entrepreneur and author of Remarkability "This book challenges you to question what impact you want to have, and provides a guide to help you rally people around you to achieve outcomes you are passionate about." Alex Greenwich, Member for Sydney

The Bikini Body Motivation and Habits Guide

How to Get Out There When You'd Rather Stay Home

High Vibrational Beauty

Recipe Guide

The Nourishing Cook

28 jours, ton guide lifestyle pour manger healthy

The No-BS Guide to Silencing Your Inner Critic and Becoming Wildly Wealthy, Fabulously Healthy, and Bursting with Love

Use the power of motivation and good habits to become fitter, healthier and stronger, for life! Bikini Body Guides (BBG) co-creator Kayla Itsines, named the world's number one fitness influencer by Forbes, shows you how to harness the power of motivation and build good habits around health and fitness. Drawing on more than 40,000 survey responses from her global online community, as well as extensive research and her experience as a trainer, Kayla addresses what stops us from following through on our health and fitness goals. In her second book, The Bikini Body Motivation & Habits Guide, Kayla explores how you can overcome those obstacles, set goals and stick to a long-term plan for better health. Inside, you'll find helpful checklists and templates, a 28-day meal plan, more than 200 simple and delicious recipes, shopping lists and a pull-out 28-day workout poster. Let global fitness phenomenon Kayla show you how YOU can stick to a plan for long-term health. "In this book, I give you the keys to achieving your goals and show you how to use motivation to create healthy habits that will stick."

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 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 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.

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

Kayla Itsines is an Australian personal trainer, author, and entrepreneur. She is the creator of a series of fitness ebooks titled Bikini Body Guides, and a meal-planning and workout app, Sweat with Kayla. Sweat with Kayla generated more revenue than any other fitness app in 2016.

The Vertue Method

Fast Carbs, Slow Carbs

Recipes & Rituals for Radical Self Care

Kayla Itsines Calm Coloring Book

Mastering Your Mean Girl

Bigger, Leaner, and Stronger Than Ever in 12 Months

The HELP Vegetarian Nutrition Guide

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 reaching your fitness goals!

Kayla Itsines Bikini Body Guide 28-minute workouts are energetic, high-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 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 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 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 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 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 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 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 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 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 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

Influencer Marketing Strategy

Eat, Drink and Still Shrink!

Research Perspectives on Social Media Influencers and Their Followers

100 Secret Recipes from Candace's Kitchen

The Year One Challenge for Men

A Path To Deep Healing

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

Keto is the fastest-growing diet in America, and the holiday season poses its greatest challenge: a steady stream of parties and feasts full of carbohydrate-loaded foods (think stuffing and sweet potato casserole) and tempting desserts. With this indispensable guide, you will never feel hungry, burn fat, boost energy, and transform your body all while enjoying the festive season. The

ketogenic diet is based on cutting carbs down almost to near-zero while upping fat intake, and it has been shown to not only help people lose weight permanently, but also be good for their health by stabilizing blood sugar, lowering blood pressure, and improving markers for heart disease, among other benefits. This book is a guide to handling your keto lifestyle throughout the holidays to both enjoy the season and still maintain a healthy diet program. Starting first with the basics of keto—what it is, how and why it works, and what you need to know about fats and carbs—readers get tips on how to prep their kitchen, entertain in style, stay on track with exercise, and get through tough moments: maintaining keto when friends and family pressure you, recovering from a “cheat,” and adjusting your diet in the short term. The centerpiece is an extensive and colorful collection of keto recipes, starting with cocktails and appetizers and going through main and side dishes, vegetarian and vegan, and spectacular desserts. We wrap up with a fun keto gift guide full of products and foods that every keto dieter will love.

In *Care Package*, Sylvester has tackled life's biggest hurdles: shame, guilt, letting go, codependency, lack of purpose, people pleasing, setting boundaries, and negative self-talk. Sylvester guides the reader down the path of healing, the scary journey that is tough to do alone, but with *Care Package*, the reader is never alone.

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 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!

The Bikini Body 28-Day Healthy Eating & Lifestyle Guide 200 Recipes and Weekly Menus to Kick Start Your Journey St. Martin's Press

28 Days to Fit, Fierce, and Fabulous

Tone It Up: Balanced and Beautiful

The Skinny Rules

Lean in 15

15-Minute Meals and Workouts to Keep You Lean and Healthy

The Simple, Nonnegotiable Principles for Getting to Thin

Care Package

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 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 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 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 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.

***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 minimize 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

***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 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 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!

Create an influencer marketing strategy that benefits both brand and the influencer with this fascinating guide, rich in case studies from the biggest and the best and the small and specialist. Influencer marketing can no longer be ignored. Whether it's broad scale celebrity endorsement, or micro-influencers with niche, highly targeted followings, influencer marketing has become a natural extension of content marketing. However, while the opportunities are vast, the very nature of influencer marketing means that a brand must relinquish control of their marketing message to allow the influencer to communicate in their natural style. This can be unnerving, and it's therefore imperative to have a clearly defined campaign that mutually benefits and protects both the brand and the influencer. Influencer Marketing Strategy gives readers everything they need to create influencer marketing strategy. It will walk readers through the key considerations, and offer insight into decisions such as choosing the right influencer, planning content, and how to incorporate influencer marketing into your wider marketing strategy. This book presents fascinating, in-depth case studies from the beauty, fashion, gaming, travel, health and tech industries, demonstrating the variety of ways that influencer marketing can be utilized, and the huge opportunities it presents for organizations and industries of all sizes. Influencer Marketing Strategy is the ultimate guide to developing a successful influencer marketing strategy - and building campaigns that create real value.

Kayla Itsines Adult Coloring Book: Famous Personal Trainer and Acclaimed Entrepreneur, Author and Fitness Blogger Inspired Adult Coloring Book

How to Build a Business People Adore

Be Healthy Every Day

Digital Femininities

8 Weeks To Wow

A Book That Takes Its Time

Foam Rolling Guide

Have you ever felt average? That you're not special or extraordinary, just . . . normal? And that chances are society's obsession with always being the best and smashing life is setting us up for failure? Years of striving and pushing to be better than everyone else are breaking us. Fear of disappointment and our pursuit of someone else's definition of success tell us we're not enough. They tell us to work late, then work hard in the gym, overcommit, then post about #selfcare on our painstakingly curated social media feeds. They tell us to push ourselves until we break, all to prove our worth, to show we deserve our place. But are we tolerating the lows to reach the fleeting highs, and are we missing all the good stuff along the way? Why are we programmed to live like this, and is it society that needs to change, not us? One thing's for sure - it's better to be average and happy than exceptional and miserable. We're all good enough, just as we are.

Digital Femininities: The Gendered Construction of Cultural and Political Identities Online examines the role of new media technologies in the production of girls' cultural and political identities. The book argues that the varied and complex spaces which make up our 'social media' should be conceptualised as important terrains upon which neoliberal and postfeminist subjectivities can be both reproduced and subverted. In doing so, the book explores many key issues underpinning current debates around gender politics and digital media, including gendered spatial politics, visibility, surveillance and regulation, beauty politics, and civic and political engagement and activism. Over the last decade, the position of girls and young women within the digital landscape of social media has been a topic of much debate. On the one hand, girls' social media practices are presented as a key site of concern, wherein new digital technologies are said to have produced an intensification of individualised, neoliberal and postfeminist identities. Conversely, others have championed access to social media for young people as a potentially useful political tool, enabling previously marginalised political subjects (such as girls) to access and participate within new and exciting political cultures. Locating itself at the intersection of these two approaches, this book offers a fresh contribution to these debates. Based upon the findings from focus groups with girls and young women aged between 12 and 18 in England, the book offers an in-depth analysis of the digital cultures that emerged from the study. This timely book will be essential reading for anyone interested in contemporary femininity and feminism and the role of digital media in the production of cultural, political and gendered identities.

One of Book Authority's Best Self-Esteem eBooks of All Time Ready to live your dream life? You know that sneaky voice inside your head telling you that you're not good enough, smart enough, pretty enough, whatever enough? That's your Mean Girl. And she's doing her best to keep you stuck in Fear Town, too scared to go after the life you always imagined. But enough's enough! Melissa Ambrosini has made a life beyond her wildest dreams, all by mastering her Mean Girl, busting through limiting beliefs and karate-chopping through the fears that held her hostage for years. And now she wants to help you remember not only what you are capable of, but how amazing you truly are! In this inspiring, upbeat guide, Melissa provides a practical plan for creating your own

version of a kick-ass life — one that's wildly wealthy, fabulously healthy and bursting with love. Designed to propel you out of stuck-ness and into action, this is a must read if you're ready to let go of your Mean Girl and start living the life of your dreams.

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 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.

Bikini Body Training Guide 2.0

How to Create Successful Influencer Marketing

Digital Wellness, Health and Fitness Influencers

An Unhurried Adventure in Creative Mindfulness

Women's Health Lift to Get Lean

The Bikini Body Motivation & Habits Guide

200 Recipes, Weekly Menus, 4-Week Workout Plan

Beauty is Wellness. Wellness is Beauty. Kerrilynn Pamer and Cindy DiPrima Morisse, founders of CAP Beauty, the all-natural beauty site and store, want to share their deep knowledge of the benefits of natural beauty, foods, and mindfulness techniques with you. Natural beauty is about making choices that create true radiance from the foods we eat to the way we move to how we care for ourselves and our planet. You've already purified your meals, workouts, and bodies by returning to clean naturals. Now it's time to align your beauty routine with the other wellness practices you follow. What we put on our skin is easily as important as what we put in our mouths. But natural beauty is about much more than just products. Through routines, recipes, and rituals, *High Vibrational Beauty* addresses beauty from the inside out and vibrancy from the outside in. Divided into seasons and focused on self-care and rejuvenation, *High Vibrational Beauty* combines mantras, meditations, natural skin care regimens, and more than 100 plant-based recipes to help you achieve radical radiance. This is the only guidebook you need to create true and lasting beauty for the mind, body, and soul.

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 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 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 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 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 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 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 head-turning "Hollywood hunk" body without doing exhausting weightlifting workouts you hate. And this strength training program shows you how. Get your copy now, and start your journey to a bigger, leaner, and stronger you.

The instant New York Times bestseller! Cupcake favorites and dessert classics from the pastry chef and creator of Sprinkles Cupcakes and judge 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 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 making 50 beloved Sprinkles Cupcakes, from iconic red velvet to new flavors created exclusively for the book, like crême brûlée. But Candace doesn't stop there. She shares the recipes for her all-time 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 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!

Use the power of motivation and good habits to become fitter, healthier, and stronger, for life! *Bikini Body Guides (BBG)* co-creator Kayla Itsines, named the world's number one fitness influencer by Forbes, shows you how to harness the power of motivation and build good habits around health and fitness. Drawing on more than 40,000 survey responses from her global online community, as well as extensive research and her experience as a trainer, Kayla addresses what stops us from following through on our health and fitness goals. In her second book, *The Bikini Body Motivation & Habits Guide*, Kayla explores how you can overcome those obstacles, set goals and stick to a long-term plan for better health. Inside, you'll find helpful checklists and templates, a 28-day meal plan, more than 200 simple and delicious recipes, shopping lists and a pull-out 28-day workout poster. Let global fitness phenomenon Kayla show you how YOU can stick to a plan for long-term health. "In this book, I give you the keys to achieving your goals and show you how to use motivation to create healthy habits that will stick."

Hiding in the Bathroom

The Bikini Body 28-Day Healthy Eating & Lifestyle Guide