

Ldn Muscle Bikini Bible

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*In an effort to continue educating teens, families and the general population about the dangers of diet culture, I have brought together nearly 150 experts and advocates to create 'Redefining Wellness,' a free downloadable resource that provides information on living happier, healthier lives without an emphasis on weight loss. The main goal of the "Redefining Wellness" e-Book is to provide people of all genders, racial and ethnic identities, nationalities and documentation status, abilities, sizes, and socioeconomic backgrounds with reliable information that focuses on wellness, not weight loss. What's Inside?How to deal with the pressures of social mediaHow to stay mindful and take care of yourselfMoving your body joyfully (not to burn calories!) Information on eating disorders Recovery tips for those struggling with an eating disorder or disordered eating habitsLearn why diets don't workIdentify Diet Culture and fight it!Tips to let go of the Diet MentalityAll about Intuitive EatingWhat Weight Stigma & Fatphobia areBenefits of the Health at Every Size approachHow to accept your body as it is!Tips on finding self-worth outside of appearancePLUS!Lists of resources to help you on your journey to true wellnessAND a ton of information specifically curated for parents, guardians & caretakers! ALL proceeds of the Redefining Wellness Guide are donated to Project HEAL, a nonprofit organization that works diligently to break down barriers to care at all stages of the treatment and recovery experience for those with eating disorders. They are committed to ensuring better health for all people with eating disorders. They help people in recovery to get the clinical care they need, connect with a community of people who know what they're going through, and have developed gold standard programs in peer support and health insurance navigation with a network of 100,000+ people across 40 chapters worldwide."***Redefining Wellness is about reclaiming the idea that health and weight are not necessarily dependent upon one another. Dieting behavior often increases the risk of developing poor body image, lower self-esteem, and disordered eating behaviors. The hope is that the guide promotes teens to identify, challenge and reject diet culture, decreasing their risk of developing an eating disorder."**- BALANCE FOUNDER MELANIE ROGERS

The Women's Health Initiative study in the 1990s upended the conventional wisdom concerning hormone replacement therapy for menopausal women. Medical writer Baxter (Simon Fraser U.) and Prior (medicine, U. of British Columbia) trace the history of the estrogen-deficiency disease paradigm of menopause. Instead of the myth that estrogen is a female hormone that needs replenishing, these self-identified feminists advocate consideration of the complexities of what is 'normal' and the use of progesterone among options to ease menopausal symptoms. Appendices include further information about perimenopause, "the forgotten transition," and menopause management.

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Ditch the fads, ditch the fat and get lean for life - let Max, Lloyd, James and Tom show you how. This book is not a quick fix – it’s a new way of life. Leaner, Fitter, Stronger is about how to make a fit and healthy lifestyle work hard for you; how to have a career, see your friends, go out, have a family, drink, eat burgers and get in the best shape of your life (and stay that way). With Max, Lloyd, James and Tom as your guides you'll never feel tied down by a regime, like you can't accept a drinks invitation or like you have to force down that poached chicken fillet that you'd rather swap for fries. Featuring: – Over 60 easy-to-do recipes from PB & J French Toast and cookie dough protein bars to hearty salads, stir fries and roast potatoes – Breakfasts, lunches, dinners, snacks and on-the-go, the sweet treat and 4-ingredient heroes – Workouts for every body: Tabata circuits, home workouts, buddy training, gym how-to's and stretches – Plus advice to keep you motivated, life hacks for fitting fitness into your life (and not the other way around) and a host of myth-busting. These guys know their stuff, let them be your go-to-experts to getting leaner, fitter and stronger for good. About the authors: The Exton Twins and Bridger Brothers founded LDNM in 2013. LDNM is an internationally known and widely respected brand, having brought world-proven diet and training guides, fitness qualifications and education, apparel, a range of high quality supplements and a #1 app to their hundreds of thousands of followers worldwide, changing lives and physiques on every continent. Leaner, Fitter, Stronger is their first book.

Proven Strategies for Losing Cellulite

How the Earth Carries Us

Redefining Wellness

Pocket Genius Bugs

Treatment of the Obese Patient

It's Not Fat, It's Fascia

Surprisingly Easy Ways to Transform Your Life

Cellulite: That dimpled, cottage cheese look that is prominent around the buttocks and the back of the lower legs. Men do not seem to have it, but just about every woman has it to some degree. Because of this, most experts think that there is something different about cellulite as compared to fat, and they will recommend therapies that are simply worthless. Gregg Hoffman, a fitness professional with over 25 years of experience and who has been voted as one of the top 100 personal trainers in America by Men's Journal magazine, challenges these myths and offers a diet and exercise program that truly works. The genesis of this book was from the success he had by helping his wife reshape her body, and in the process her cellulite diminished to a large degree. He wrote an article about it online, and it has been viewed over 66,000 times.Seeing that there is a strong desire by women to find remedies that work for diminishing cellulite, he did a three month long study where he took three women through a diet and exercise program and documented the results. In it, he shows all of the workouts describing the exercise routines, progressions, pit falls, and ultimate successes of the three women. Additionally, he provides workout routines and exercise demonstrations so the reader can put together her own cellulite loss program.

"Having been born a freeman, and for more than thirty years enjoyed the blessings of liberty in a free State--and having at the end of that time been kidnapped and sold into Slavery, where I remained, until happily rescued in the month of January, 1853, after a bondage of twelve years--it has been suggested that an account of my life and fortunes would not be uninteresting to the public. " -an excerpt

Collects conditioning programs for athletes between the ages of six and eighteen, offering over three hundred exercises for increasing coordination, flexibility, speed, endurance, and strength

An icon of British national identity and one of the most widely performed twentieth-century composers, Ralph Vaughan Williams has been as much misunderstood as revered; his international impact and enduring influence on areas as diverse as church music, film scores and popular music has been insufficiently appreciated. This volume brings together a team of leading scholars, examining all areas of the composer's output from new perspectives, and re-evaluating the cultural politics of his lifelong advocacy for the music-making of ordinary people. Surveys of major genres are complemented by chapters exploring such topics as the composer's relationship with the BBC and his studies with Ravel; uniquely, the book also includes specially commissioned interviews with major living composers Peter Maxwell Davies, Piers Hellawell, Nicola Lefanu and Anthony Payne. The Companion is a vital resource for all those interested in this pivotal figure of modern music.

Oxford Picture Dictionary

Yingwen/Zhongwen. English/Chinese

Maintaining Your Integrity in the Age of Compromise

Clean Eating Alice The Body Bible: Feel Fit and Fabulous from the Inside Out

The Cellulite Myth

Struggle and Hope in the Midst of Chronic Illness, a Memoir

Bare to Discipline: Sampler

First published in 1960, this is a tale of an imaginary island on the Equator that has suddenly achieved importance through the discovery of oil - what will happen to the men and women living under the tensions of life on this island? At one end of this island is the oil refinery where the members of the staff live in constant proximity to one another, and where emotions are heightened by the lack of privacy. The men are goaded by ambitions for power, while the women are drawn into affairs of love and passion. At the other end of the island is a hotbed of politics where a British diplomat is attempting to retain the island under Britain's sphere of influence, where an ailing king is fearful of what will happen when he is succeeded by a young and untrained prince; where a nationalist group is plotting to overthrow the monarchy and seize the oil fields. Waugh handles brilliantly his political plots, but always interwoven with them are the personal dramas of love and fear, of cowardice and courage. Rich in detail and characterisation, and in the exotic colours and customs of this strange land, the novel has constant suspense and variety.

If the vision of a woman's bare bottom getting soundly spanked excites you, this book delivers. THE BARE TO DISCIPLINE: SAMPLER is a collection of full length male spanking female stories. One story has been chosen from each of the 9 volumes of the BARE TO DISCIPLINE Series to complete this set. Also included in this book is a BONUS spanking story from STRICTLY SPANKING C.C. Barrett's new domestic discipline, spanking romance series. Written by the same author of SPANKING SAMPLER, THE BARE TO DISCIPLINE series VOL. 1-9: M/F Spanking Erotica Discipline Stories, BRANDED (REVISED EDITION): An Old West Spanking Tale, EXECUTIVE PUNISHMENT, PRISONER OF DISCIPLINE, HALFWAY HOUSE: Discipline, RAZOR STRAP LEGACY, A SPANKING RICH GOLD RUSH, STRAPS AND STILETTOS, THE SPANKING ORDER, PADDLING AND POLYGAMY, THE SEA FLOGGER, STRICTLY SPANKING, DOMESTIC SPANKING FOR DISCIPLINE, and many more to come.

Whether it's the industrious ant, the breathtaking Monarch butterfly, or the multi-legged centipede, children will discover the fastest, strongest, and most harmful species in DK's Pocket Genius Bugs. Profiling more than 200 insects and bugs, from beetles and butterflies to spiders and scorpions, find out what bugs eat, which are poisonous, which live the longest, and which can be found in your own backyard. Plus, learn about the products we get from bugs, such as honey, ink, silk, and jewelry, and how bugs and insects play important roles in our world. Catalog entries include facts about at-a-glance information, while locator icons offer immediately recognizable references to aid navigation and understanding, and fact files round off the book with fun facts such as record breakers and timelines. Each mini-encyclopedia is filled with facts on subjects ranging from animals to history, cars to dogs, and Earth to space and combines a child-friendly layout with engaging photography and bite-size chunks of text that will encourage and inform even the most reluctant readers.

Track your progress and reach your goals faster and more effectively with this easy-to-follow, step-by-step daily guide for your Cellulite Myth blasting journey and body transformation! Whether you are new to fasciablasting or a seasoned and experienced " Blaster Sister." The Cellulite Myth Daily Companion Guide will help you stay on track with daily inspiration, checklists, and self-evaluations. Keep track of the changes in your body and see your overall well-being drastically improve! This 12-week journal keeps you focused and on track to reach your goal. It ' s long been requested by fasciablasters who want to take control of their health—and now it ' s here!

The Estrogen Errors

Busting the big FAT MYTH

Reclaim Your Time, Money, Well-Being, and Happiness Through Intuitive Eating

Hungarian-English dictionary

A No-Nonsense Diet and Exercise Approach for Permanent Cellulite Loss

The Cambridge Companion to Vaughan Williams

Twelve Years a Slave

The author's Angol-Magyar kéz iszótár (English-Hungarian dictionary) was published in 1950, Budapest, Franklin-Társulat.

"A serious and important contribution to the whole food, plant-based world. . . . Not infrequently I get asked about this diet for skin conditions-now I have a great reference to pass on to people."- T. Colin Campbell, co-author of The China Study From YouTube stars Nina and

Randa Nelson comes the doctor-approved, clinically-tested, low-fat vegan diet that instantly and dramatically transformed their skin. Over \$3 billion dollars is spent treating acne every year. But YouTube celebrities Nina and Randa Nelson have found a solution that is easy, affordable, and as close as your local grocery store. Based on solid nutritional science, vetted by top nutrition experts, and proven by the authors' experiences and now so many others, The Clear Skin Diet will help you clear your skin for good. This is it: a six-week plan to take control of skin issues using the simple principles of a low-fat vegan diet, foods such as potatoes, pasta, rice, corn, beans, oatmeal and whole grains. Complete with detailed grocery lists, simple meal prep strategies, and delicious recipes using affordable, familiar ingredients, The Clear Skin Diet is an accessible guide to curing acne that will give readers, whether 13 or 43 years old, the confidence to start living life again.

The OPD Second Canadian Edition English/Chinese is an illustrated, theme-based dictionary for second-language learners. This four-colour dictionary defines words through pictures, and presents each new word in context. The OPD English/Chinese, along with the monolingual workbooks and manyoother components, can be used as a reference book or as text for high school or adult ESL students at the beginner level.For years, the first monolingual Canadian edition of the OPD has been the industry leader among picture dictionaries. The second edition expands on the topics covered, providing more depth of vocabulary in the areas that matter most to students and offers Chinese speakers the additional advantage ofhaving words and phrases defined in their native language. The illustrations have been completely updated in a more realistic style that is visually appealing to adult learners.The second edition also contains two new features: Introductory Pages and Story Pages. The Introductory Pages have been added to the beginning of each theme to give lower-level students a basic overview of key vocabulary words, and to give a starting point for discussion and an introduction to thetheme for more advanced students. The Story Pages consist of a two-page spread at the end of each theme to help students use the words in context and practise their reading skills.The OPD English/Chinese is designed for use both in and out of the classroom. Speaking exercises are presented throughout the OPD to allow students to practise new vocabulary in pairs or small groups, while the pronunciation guide in the index allows students to check their pronunciation when theyare studying on their own.

Alice shares a fabulous selection of over 100 recipes in her new book, guiding you to be the best version of yourself with a range of meals, smoothies, sweets and treats that are easy to make and perfect for life on the go.

Call 3: Playing At Peter's House

The Six-Week Program for Beautiful Skin: Foreword by John McDougall MD

Poop, Booze, and Bikinis

The Improvination of Musical Dialogue

Fuel for the Flame

Haitian-English Dictionary

Vegetarian and Plant-Based Diets in Health and Disease Prevention examines the science of vegetarian and plant-based diets and their nutritional impact on human health. This book assembles the science related to vegetarian and plant-based diets in a comprehensive, balanced, single reference that discusses both the overall benefits of plant-based diets on health and the risk of disease and issues concerning the status in certain nutrients of the individuals, while providing overall consideration to the entire spectrum of vegetarian diets. Broken into five sections, the first provides a general overview of vegetarian / plant-based diets so that readers have a foundational understanding of the topic. Dietary choices and their relation with nutritional transition and sustainability issues are discussed. The second and third sections provide a comprehensive description of the relationship between plant-based diets and health and disease prevention. The fourth section provides a deeper look into how the relationship between plant-based diets and health and disease prevention may differ in populations with different age or physiological status. The fifth and final section of the book details the nutrients and substances whose intakes are related to the proportions of plant or animal products in the diet. Discusses the links between health and certain important characteristics of plant-based diets at the level of food groups Analyzes the relation between plant-based diet and health at the different nutritional levels, i.e. from dietary patterns to specific nutrients and substances Provides a balanced evidence-based approach to analyze the positive and negative aspects of vegetarianism Addresses the different aspects of diets predominantly based on plants, including geographical and cultural variations of vegetarianism

Small changes add up! We all want to look and feel better, and One Simple Change shows us how. In this wellness guide, Healthy Green Kitchen blogger Winnie Abramson compiles 50 small changes that readers can easily make to improve their everyday well-being. Abramson—who has a doctorate in naturopathic medicine—throws fad diets out the door in favor of age-old culinary wisdom, green living tips, cutting-edge nutrition information, and 15 simple and easy recipes. Readers can work through the tips week by week or dip in and out of the book at will. Packaged in a handsome paperback, this game-changing guide will be treasured by anyone hoping to look and feel healthier, younger, and happier.

We all fear selling out. Yet we all face situations that test our ideals and values with no clear right answer. In a world where compromise is an essential aspect of life, authors Lily Zheng and Inge Hansen make the bold claim that everyone sells out—and that the real challenge lies in doing so ethically. Zheng and Hansen share stories from a diversity of people who have found their own answers to this dilemma and offer new ways to think about marginalization, privilege, and self-interest. From these stories, they pull out teachable skills for taking the step from selling out to selling out ethically. The Ethical Sellout is for all those committed to maintaining their integrity in a messy world.

A critical analysis of an exceptional American director

One Woman's Journey from Veganism, Extreme Dieting, and Orthorexia to a More Balanced Life

Get the Body You Want with Our Amazing Meals and Smart Workouts

Nude

What Lurks in the Woods

The Great Indian Diet

The Ultimate Diet Free Guide

The Tragedy of Caroline of Brunswick, Queen of England

Companion volume to our 6,000-word English-Haitian Dictionary. Contains over 57,000 Haitian words and expressions. "There is no surer way to negate a people than to valify that which represents their very essence: Their language. To defile the Haitian language is to defile the Haitian people."

Reclaim your time, money, health, and happiness from our toxic diet culture with groundbreaking strategies from a registered dietitian, journalist, and host of the Food Psych podcast. 68 percent of Americans have dieted at some point in their lives. But upwards of 90% of people who intentionally lose weight gain it back within five years. And as many as 66% of people who embark on weight-loss efforts end up gaining more weight than they lost. If dieting is so clearly ineffective, why are we so obsessed with it? The culprit is diet culture, a system of beliefs that equates thinness to health and moral virtue, promotes weight loss as a means of attaining higher status, and demonizes certain ways of eating while elevating others. It's sexist, racist, and classist, yet this way of thinking about food and bodies is so embedded in the fabric of our society that it can be hard to recognize. It masquerades as health, wellness, and fitness, and for some, it is all-consuming. In Anti-Diet, Christy Harrison takes on diet culture and the multi-billion-dollar industries that profit from it, exposing all the ways it robs people of their time, money, health, and happiness. It will turn what you think you know about health and wellness upside down, as Harrison explores the history of diet culture, how it's infiltrated the health and wellness world, how to recognize it in all its sneaky forms, and how letting go of efforts to lose weight or eat "perfectly" actually helps to improve people's health—no matter their size. Drawing on scientific research, personal experience, and stories from patients and colleagues, Anti-Diet provides a radical alternative to diet culture, and helps readers reclaim their bodies, minds, and lives so they can focus on the things that truly matter.

Highly praised and widely used, this system to run the fastest 200 meters in the world in 2003. Based upon physiology and physics, it incorporates the most recent studies in running mechanics. This training program will dramatically increase running speed, jumping height and muscle power for all athletes.

Forget everything you've ever been told about cellulite—it's a myth! Ashley Black, fascia pioneer, and body guru to the stars, unveils never before known secrets to obliterating cellulite and changing your personal health paradigm. For years we've been conditioned to believe that cellulite is a fat problem, yet skinny girls have it, active girls have it, sedentary girls it, curvy girls have it, older women have it and, guess what, so do younger women. In fact, 90% of women struggle with it . . . you are not alone! The appearance of fat is affected by the sticky webbing of tissue it's housed in called fascia—which can be manipulated. Get ready for the most radical shift in health and beauty of the century! Obliterate cellulite, transform your body, and revolutionize your life!

The Clear Skin Diet

The Men's Health Home Workout Bible

Anti-Diet

A Queen of Indiscretions

One Simple Change

Leaner, Fitter, Stronger

Total Training for Young Champions

First published in 2004, Routledge is an imprint of Taylor & Francis, an informa company.

The aim of this book is to inform clinicians of recent advances in obesity research and provide a review of current treatment issues and strategies. Part 1 covers new discoveries in the physiological control of body weight, as well as the pathophysiology of obesity. Part 2 covers a range of issues that are central to the clinical management of obese patients. This illustrated volume will stimulate and engage clinicians.

Black Girls GuideHow to Lose Weight Fast and Forever: How to Lose Weight Fast and ForeverSisterhood Agenda Enterprises, LLC

Why run after the West when we already have the best? Join Shipila Shasty Kumra and Luke Coutinho as they tell you just how nutritious your locally grown and sourced ingredients are and that there's no need to look beyond borders to tailor the perfect diet. The book touches upon various food categories and not only tells you how to take care of your nutritional intake but also how to burn fat in the process. The combined experience of a professional nutritionist and an uber-fit celebrity who swears by the diet will open your eyes to why Indian food is the best in the world.

Black Girls Guide

A Phenomenology of Music

Breaking Vegan

Facts at Your Fingertips

How to Lose Weight Fast and Forever: How to Lose Weight Fast and Forever

Clean Eating Alice Eat Well Every Day: Nutritious, healthy recipes for life on the go

Vegetarian and Plant-Based Diets in Health and Disease Prevention

This book is an important contribution to the philosophy of music. Bruce Benson's concern is the phenomenology of music making as an activity. He offers a radical thesis that it is improvisation that is primary in the moment of music making.It will be a provocative read.

"The rise and fall of kings and nations!"--Cover.

Drop Addictive Sweets and Starches--and Stop Weight Gain--in 24 Hours Featuring a 5-part questionnaire to help you identify your personal craving profile Julia Ross, best-selling author and expert in nutrition and overeating, exposes the real reason so many of us can't stick to a healthy diet: our favorite foods are engineered to be addictive. At her clinic in California, Ross and her colleagues treat food addiction where it starts--in the brain--by triggering our natural appetite-regulating neurotransmitters with nutrients called amino acids. It turns out that these protein concentrates boost our neurotransmitters, which broadcast sensations of satisfaction that no food, including chocolate, can override. Thousands of Ross' clients have abolished their cravings for high-calorie confections using this simple nutritional strategy. With The Craving Cure, Ross grants all of us access to this revolutionary approach. The process begins with a five-part questionnaire that helps you identify your unique craving profile and specifies the amino acid supplements you need to curb your specific cravings. Ross' clear explanations of why and how to use the amino empower you to reclaim your natural appetite control, and her anti-craving eating guidelines will permanently strengthen your dietary defenses. A well-researched and clinically-tested rejection of low-calorie, low-saturated fat, and low-protein diets, The Craving Cure reveals how we can effortlessly and permanently eradicate our cravings to lose weight, rediscover our nutritional heritage, and regain optimal mood, energy, and health.

Finding balance in life is a goal many of us strive to achieve. Whether it's through a healthy diet, exercise regimen, state of mind, relationship, or other activity (or all of the above), we spend our days trying to be, and become, our best selves. But what happens when all that focus starts to dominate our lives? When our desire for "perfect health" trumps everything else, perhaps without us even realizing it? What happens when our solution starts becoming the problem? These are questions that author and popular blogger Jordan Younger faced when she decided that her extreme, plant-based lifestyle just wasn't working in favor of her health anymore—and questions that you may be facing too. In Breaking Vegan, Jordan reveals how obsessive "healthy" dieting eventually led her to a diagnosis of orthorexia, or a focus on healthy food that involves other emotional factors and ultimately becomes dysfunctional, even dangerous. In candid detail, Jordan shares what it was like to leave veganism, the downfall of her desire to achieve nutritional perfection, and how she ultimately found her way to recovery. In addition to this, Jordan outlines an "anti-diet," whole-foods-based eating plan featuring more than 25 recipes to help inspire others to find similar balance in their own lives. Breaking Vegan is about tolerance and forgiveness. And ultimately, forging one's own path toward happiness.

Terrence Malick

Select Spanking Romance, Domestic Discipline and OTK Erotic Stories

The Craving Cure

Manga Malick

Underground Secrets to Faster Running

African Holistic Health

The Ethical Sellout

A comprehensive guide to effective strength training at home offers coverage of a range of fitness equipment and experience levels and provides consumer tips for expanding a home gym.

Alice will inspire you to discover a new way of eating and exercising that banishes low-calorie, yo-yo dieting and shows you the way to a healthier mind and body. This isn't a diet – it's about transforming your lifestyle permanently.

Sisterhood Agenda uplifts and aids in the self-development of our girls.It is no secret that Black females are disproportionately obese and overweight. But we don't have to be a statistic. Many of us want to lose weight but don't know how. With all the available information about weight loss, the weight loss journey can be overwhelming. This book is not a gimmick or a fad and the tips within it are designed to aid the reader in their weight loss goals, not just for a season, but for life. Unlike information that might focus exclusively on weight loss tactics, Black Girls Guide: How to Lose Weight Fast & Forever will provide guidelines to help you lose weight physically, but will also help you get ready to make changes in your life, adapt to your progress, and maintain your healthy lifestyle. Simple, straight-forward with specific recommendations regarding detoxification and cleansing, food intake, drink suggestions, and working out, it will empower anyone inspired to shed pounds quickly in a manner that can be easily integrated into most people's lives. With inspiration, information, and clear how-to steps, the author Angela D. Coleman was a Jr. Olympics champion, collegiate athlete, and nutrition advisor for college students. While no stranger to the challenges of maintaining a healthy weight throughout her adult life, she has successfully maintained her weight for over 20 years. She perfected her holistic approach to lose and maintain weight after childbirth. Angela created and implements the SHE: Sisters, Health & Empowered program for her global female empowerment organization, Sisterhood Agenda.

Experience the joy and freedom of releasing all your inhibitions and embracing a nude and erotic life style. Enjoy this amazing and exclusive collection of nude and erotic fine art photography by artist Peter Dickem for www.petrickem.com and Chameleon Productions. Featuring the enhanced color eBook layout and high quality photography. Get motivated and into a great mood today by joining CALLI as she shows off her body and bares it all for you to see. The photography is fantastic and there are no words strong enough to describe the effects of the pure beauty and uninhibited attitude of CALLI in these 33 explicit glamour and erotic nude photographs.

Feminist Stylistics

Identify Your Craving Type to Activate Your Natural Appetite Control

Your 12-Week Journey to Transformation

Volume 1 Part 1 A-F

Lughara-English and English-Lughara dictionary

Why Progesterone is Better for Women's Health

The Cellulite Myth Daily Companion Guide

Ed Robinson's first book, Leap of Faith / Quit Your Job and Live on a Boat, was an Amazon best seller in multiple categories. Now he's back with this hilarious look at the nautical lifestyle. From Poop to Booze to Bikinis, he covers the funnier side of the issues encountered by boaters all of types. With chapters like Signs You Live on a Boat, Stupid People on Rental Equipment, and Zombies Can't Swim, you'll find plenty of laughs. There's even a chapter for Tim Dorsey fans. If you are a liveaboard, cruiser, weekender, wannabe boater, have boating friends, or are just a fan of Ed Robinson's wit, you will enjoy this light hearted romp through many maritime topics.