



all four volumes.

The climate change is coming. To prepare for it, we need to admit that we can't prevent it.

"I know so many people who have turned their lives around after reading Allen Carr's books." –Sir Richard Branson People are now so hooked on sugar that it's become the number one threat to health in the modern world. This book helps explain the truth about bad sugar and introduces a proven method to cut it out of your diet entirely. Once you free yourself from addiction, you'll feel happier and healthier, and you'll be able to choose the weight you want to be for the rest of your life. Allen Carr's Easyway is the most successful stop smoking method of all time. It works by unraveling the brainwashing that leads us to desire the very thing that is harming us, and it has now been applied to other areas. The Easy Way to Quit Sugar tackles the biggest dietary threat to the modern world: addiction to refined sugar and processed carbohydrates. With the brilliant additional writing skills and illustrations of Bev Aisbett, you'll free yourself of addiction and enjoy better health, higher levels of energy, dramatically improved body shape and a happier, healthier lifestyle.

PURA BELPRÉ HONOR BOOK ALA NOTABLE BOOK "An important, must-have addition to the growing body of literature with immigrant themes." –School Library Journal (starred review) Twelve-year-old Jaime makes the treacherous and life-changing journey from his home in Guatemala to live with his older brother in the United States in this "powerful and timely" (Booklist, starred review) middle grade novel. Jaime is sitting on his bed drawing when he hears a scream. Instantly, he knows: Miguel, his cousin and best friend, is dead. Everyone in Jaime's small town in Guatemala knows someone who has been killed by the Alphas, a powerful gang that's known for violence and drug trafficking. Anyone who refuses to work for them is hurt or killed—like Miguel. With Miguel gone, Jaime fears that he is next. There's only one choice: accompanied by his cousin Angela, Jaime must flee his home to live with his older brother in New Mexico. Inspired by true events, The Only Road is an individual story of a boy who feels that leaving his home and risking everything is his only chance for a better life. The story is "told with heartbreaking honesty," Booklist raved, and "will bring readers face to face with the harsh realities immigrants go through in the hope of finding a better, safer life, and it will likely cause them to reflect on what it means to be human."

New Updated Digest Version of the Only Method That Has Helped 30 Million Smokers to Suppress Their Cravings and Quit Smoking Tobacco - Risk-Free!

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The Essentials

Your One Stop Resource Guide to 12-step Alternatives : Including a Comprehensive Directory of Licensed Professionals and Treatment Programs

The Timeless Art of Turning Trials into Triumph

#1 Wall Street Journal Bestseller The Obstacle is the Way has become a cult classic, beloved by men and women around the world who apply its wisdom to become more successful at whatever they do. Its many fans include a former governor and movie star (Arnold Schwarzenegger), a hip hop icon (LL Cool J), an Irish tennis pro (James McGee), an NBC sportscaster (Michele Tafoya), and the coaches and players of winning teams like the New England Patriots, Seattle Seahawks, Chicago Cubs, and University of Texas men's basketball team. The book draws its inspiration from stoicism, the ancient Greek philosophy of enduring pain or adversity with perseverance and resilience. Stoics focus on the things they can control, let go of everything else, and turn every new obstacle into an opportunity to get better, stronger, tougher. As Marcus Aurelius put it nearly 2000 years ago: "The impediment to action advances action. What stands in the way becomes the way." Ryan Holiday shows us how some of the most successful people in history—from John D. Rockefeller to Amelia Earhart to Ulysses S. Grant to Steve Jobs—have applied stoicism to overcome difficult or even impossible situations. Their embrace of these principles ultimately mattered more than their natural intelligence, talents, or luck. If you're feeling frustrated, demoralized, or stuck in a rut, this book can help you turn your problems into your biggest advantages. And along the way it will inspire you with dozens of true stories of the greats from every age and era.