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Freefall to Fly Rebekah Lyons 2013-04-09 Women today are fading. In a female culture built on Photoshopped perfection and Pinterest fantasies, we've lost the ability to dream our own big dreams. So busy trying to do it all and have it all, we've missed the life we were really designed for. And we are paying the price. The rise of loneliness, depression, and anxiety among the female population in Western cultures is at an all-time high. Overall, women are two and a half times more likely to take antidepressants than men. What is it about our culture, the expectations, and our way of life that is breaking women down in unprecedented ways? In this vulnerable memoir of transformation, Rebekah Lyons shares her journey from Atlanta, Georgia, to the heart of Manhattan, where she found herself blindsided by crippling depression and anxiety. Overwhelmed by the pressure to be domestically efficient, professionally astute, and physically attractive, Rebekah finally realized that freedom can come only by facing our greatest fears and fully surrendering to God's call on our lives. This book is an invitation for all women to take that first step toward freedom. For it is only when we free-fall that we can truly fly.

The G Plan Diet Amanda Hamilton 2018-05-24 As seen on ITV's Save Money: Good Health 'The beauty of the G Plan is that it's about abundance...You'll be surprised how quickly positive affects appear!' - Top Sante 'G Plan the diet that really works' - Irish Sunday Independent Losing weight never felt so good. Do you want to lose weight easily and healthily? Do you want to improve your gut health? Do you want to increase your energy and vitality at the same time? The latest research in nutrition suggests that if you want to lose weight for good, you need a healthy gut with a diversity of good bacteria. Beginning with a digestive 'rest' and including the 10 best gut healthy foods, the 21 day plan will help you say goodbye to bloating and discomfort, lose even stubborn weight and look forward to increased energy, clear skin and improved mood. Over 40 recipes are included that are quick and easy to prepare, and success stories are featured throughout. The G Plan Diet is weight loss+.

Best Babysitters Ever Caroline Cala 2019-02-05 Mayhem ensues in their sleepy California beach town when three best friends, motivated by unlimited snacks, no parents, and earning money for an epic seventh-grade party, find an old copy of "The Babysitters Club" and decide to start their own babysitting business.

Big Fit Girl Louise Green 2017-03-18 "Finally—a fitness book for the rest of us! . . . [Big Fit Girl] is sure to usher in a new generation of tough, curvy athletes." —Jessamyn Stanley, author of Every Body Yoga In Big Fit Girl, Louise Green describes how the fitness industry fails to meet the needs of plus-size women and thus prevents them from improving their health and fitness. By telling her own story of how she stopped dieting, got off the couch, and unleashed her inner athlete—as well as showcasing similar stories from other women—Green inspires other plus-size women to do the same. Green also provides concrete advice, based on the latest research, about how to get started, how to establish a support team, how to choose an activity, what kind of clothing and gear work best for the plus-size athlete, how to set goals, and how to improve one's relationship with food. And she stresses the importance of paying it forward—for it is only by seeing plus-size women in leadership roles that other plus-size women will be motivated to stop trying to lose weight and get fit instead. "Big Fit Girl impressed me tremendously. Green combines compelling storytelling with practical tips—true to what we know about science—in a unique way that will get you moving." —Linda Bacon, PhD, scientist, and author of Health at Every Size "Inspiring and empowering." —Taryn Brumfitt, producer and director, founder of the Body Image Movement "I'm thrilled to live in a world where Big Fit Girl will be part of the health section. Thank you Louise—it's time for every person of every size to have access to this information!" —Jes Baker, The Militant Baker

Bikini Body 2.0 Robert Corapi 2012-10-01 This manual brings the reader through a step-by-step process explaining both diet and exercise in a way that's never been done before. It shows the reader how to prepare season by season so the reader will look her best for the time of year that matters most, Bikini Season.

Be Healthy Every Day Maria Marlowe 2018-11-06 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!

Food For Life Michelle Bridges 2016-09-27 Michelle Bridges is passionate about health - her health, your health, our health. In Food for Life, Michelle shows us how to cook for a lifetime of wellbeing and fitness, and reminds us that we each have the power to choose better health through our food. Michelle includes 200 delicious recipes, using accessible nutrient-dense ingredients, suitable for singles, couples and families. There are meal plans for reducing weight, boosting energy and feeding families, as well as smart shopping lists, ingredient descriptions and the sort of sensible, sustainable dietary advice you have come to expect from one of Australia's most trusted voices in health. Food for Life is not just for short-term weight loss; instead, it shows you how to develop a pattern of healthy eating that will last you a lifetime. As beautiful as it is practical, it will inspire you to see food as a path to good health, empowerment and joy. This is a specially formatted fixed layout ebook that retains the look and feel of the print book.

New Sporting Femininities Kim Toffoletti 2018-06-25 This edited collection critically explores new and emerging models of female athleticism in an era characterised as postfeminist. It approaches postfeminism through a critical lens to investigate new forms of politics being practised by women in physical activity, sport and online spaces at the intersections of gender, ethnicity, sexuality and ability. New Sporting Femininities features chapters on celebrity athletes such as Serena Williams and Ronda Rousey, alongside studies of the online fitso movement and women's growing participation in activities like roller derby, skateboarding and football. In doing so, it highlights key issues and concerns facing diverse groups of women in a rapidly changing gender-sport landscape. This collection sheds new light on the complex and often contradictory ways that women's athletic participation is promoted, experienced and embodied in the context of postfeminism, commodity feminism and emerging forms of popular feminism.

Lean in 15 - The Shift Plan Joe Wicks 2015-12-28 Start your journey to better health and fitness now with The Body Coach and the bestselling diet book of all time! Eat more. Exercise less. Lose fat. In his first book, Joe Wicks, aka The Body Coach, reveals how to shift your body fat by eating more and exercising less. Lean in 15 – The Shift Plan features a hundred recipes for nutritious, quick-to-prepare meals – including his bad-boy burrito and oaty chicken – and guides you through Joe's signature HIIT (High Intensity Interval Training) home workouts – revealing how to combine food and exercise to ignite intense fat-burning. It will teach you how to fuel your body with the right food at the right time so you burn fat, build lean muscle and never go hungry.

Body By Simone Simone De La Rue 2014-04-01 In Body By Simone, Simone De La Rue, featured trainer on "Revenge Body with Khloe Kardashian", shares her fitness secrets 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 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 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: 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 workouts and signature strength training moves. Here are workouts for all levels—beginning, intermediate, and advanced—and a self-assessment test to choose 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 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 provides a 7-day kick-start cleanse complete with recipes for simple meals, juices, and smoothies.

The 4-Week Body Blitz Chloe Madeley 2017-12-28 Chloe Madeley's 4-Week Body Blitz is an at-home workout that shows you how to transform your body shape in just 28 days. No gym equipment needed. If you have a short-term weight-loss goal, then this is the exercise and nutrition plan for you! Chloe Madeley is a qualified personal trainer who specialises in body shape transformation. In the 4-Week Body Blitz, she lays out the exercises you need to do and the food you should eat every single day for four weeks in order to get yourself in shape. Follow Chloe's instructions and you will see a significant difference in how your body looks. What's more, you don't need a gym membership or expensive equipment to follow Chloe's plan. This comprehensive, fully illustrated guide is full of delicious, easy recipes to fuel your exercise and aid your weight-loss. What readers are saying: ***** 'Step by step exercise program that you do at home with no equipment (that really kicks your butt!!), and simple recipes that anyone can follow. 100% recommend!' ***** 'The plan gets results. I am over the moon with my results.' ***** 'Great recipes and ideas. Love the workouts. I love Chloe - such an inspiration.'

The Bikini Body 28-Day Healthy Eating & Lifestyle Guide Kayla Itsines 2016-12-29 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 **Bikini Body Training Guide 2.0** Kayla Itsines 2015-02-20 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!

Do This For You Krissy Cela 2021-01-12 "So many women second-guess themselves, put their needs last, or feel like they don't have time to worry about their own well-being. But the truth is, a healthy balanced lifestyle is possible once you choose to commit, no matter what limitations you think you have, and I want to show you how!" —Krissy Cela Do This For You is your personal action plan for building your best life. Starting from the inside out, Krissy's expert coaching will help you to grow into a stronger, more confident you. Fitness is as much about the mental battle as it is the physical. Using simple techniques, Krissy will help you to develop the inner strength to do this for you, find the "why" that drives you, learn to value routine over motivation, challenge mental barriers and self-doubt, reframe your thoughts on diet and exercise, and build healthy habits that last. Uplifting and empowering, this book will inspire a sense of self-worth that will radiate into every corner of your life.

The Vertue Method Shona Vertue 2017-06-01 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.

Tone It Up: Balanced and Beautiful Katrina Scott 2018-07-24 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!

Strong Curves Bret Contreras 2013-04-02 This is not your run-of-the-mill fitness book. Developed by world-renowned gluteal expert Bret Contreras, Strong Curves offers an extensive fitness and nutrition guide for women seeking to improve their physique, function, strength, and mobility. Contreras spent the last eighteen years researching and field-testing the best methods for building better butts 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 glutes, and greater confidence. Each page is packed with information decoding the female anatomy, providing a better understanding as to why most fitness programs 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 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 dormant due to lifestyle choices, leading to a flat, saggy bum. Strong Curves is the cure.

Foam Rolling Guide Kayla Itsines 2015-08-15 Kayla Itsines Foam Rolling Guide is essential for anybody who has purchased a foam roller and is unsure of how to use it. Foam rolling helps to relieve muscle tension and pain by improving circulation. It could also help to minimise the appearance of cellulite. In this guide you will find: • The importance of foam rolling • Recommended upper body foam rolling routine • Recommended lower body foam rolling routine • Stretching exercises to aid in rehabilitation • Do's & Don't's • Step-by-step information

The Truth about Coffee Marina Kushner 2009-06-26 This book exposes coffee's darker side that scientists know, but the coffee industry has tried to suppress. It uncovers short- and long-term health issues associated with coffee consumption, reveals why women should avoid coffee, the role of coffee in adrenal depletion, and other topics.

75 Hard Andy Frisella 2020-04 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 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 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 compromises and zero substitutions...you and your life will never be the same.-Andy Frisella

28 by Sam Wood Sam Wood 2017-04-18 CHANGE YOUR THINKING, CHANGE YOUR SHAPE, CHANGE YOUR LIFE 28 By 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 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 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 - 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 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.

The Bikini Body Training Guide Kayla Itsines 2014-01-20 The Bikini Body Training Guide is Kayla Itsines 189 page guide containing a full 12 week workout plan. Including effective cardio methods, recommendations to target problem areas and workouts under 30 minutes!

Ballet Beautiful Mary Helen Bowers 2012-07-05 Get the strong, toned and graceful figure of a dancer – without the rigorous training! Mary Helen Bowers has helped tone and sculpt the bodies of a whole host of celebrities, including Natalie Portman for her role in Black Swan, plus Liv Tyler, Zoey Deschanel and Helena Christensen. Now, in this fantastic fitness guide, she reveals her exercise, diet and lifestyle plan for transforming your whole body. - Achieve the long, toned and powerful body shape of a dancer - Target trouble areas, such as legs, bum and tummy - Get a dancer's beautiful posture and elegance - Lose weight and turn fat into muscle - Radically transform your physique - Noticeable results in just 14 days

The HELP Vegetarian Nutrition Guide Kayla Itsines 2014-12-20 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.

The Bikini Body 28-Day Healthy Eating & Lifestyle Guide Kayla Itsines 2016-12-29 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 Cassey Ho's Hot Body Year-Round Cassey Ho 2015-04-07 Cassey Ho, internationally renowned fitness instructor, is known for her irresistibly popular workout videos which have been shared millions of times online. She runs the #1 women's fitness channel on YouTube, Blogilates. Her unique format, POP Pilates© is a fusion of ab-chiseling, butt lifting, total body sculpting exercises that are performed using only your bodyweight. Cassey's personality is bubbly, inspiring, and infectious. But don't let the smile fool you - her workouts will leave you sweating and sore for days. By following Ho's super effective workout plans and clean-eating recipes, you will transform your body towards a stronger, sleeker, and happier version of you. Hot Body Year Round is your ULTIMATE exercise and nutrition guide to living a fit, happy, and healthy life while sculpting your HOTTEST body. Cassey will show you how to stay motivated throughout the year, no matter what the challenges are. You will get: - 120 of Cassey's BEST total body transforming exercises - The complete POP Pilates exercise library - fully photographed and easy to follow - 20 full length workouts - 40 brand new, ridiculously delicious & nutritious recipes - Foods for beautiful hair, skin, and nails - 4 complete clean eating meal plans & grocery lists that complement each season - Cassey's personal daily meal plan - Motivational tips to stay inspired year-round - 256 pages of full color, glossy inspiration

The Year One Challenge for Women Michael Matthews 2015-01-15 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.

Well+Good Cookbook Alexia Brue 2019-04-16 RECIPES TO IMPROVE YOUR SKIN, SLEEP, MOOD, ENERGY, 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 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 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 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 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.

Squeaky Clean Keto Mellissa Sevigny 2020-06-16

The 12-Minute Athlete Krista Stryker 2020-03-31 Unlock your athletic potential and get into the best shape of your life with Krista Stryker's HIIT and bodyweight workouts—all of which can be done in just minutes a day! If you've ever thought you couldn't get results without spending hours in the gym, that you'd never be able to do a pull-up, or that it's too late to get in your best shape ever, The 12-Minute Athlete will change your mind, your body, and your life. Get serious results with high-intensity interval training (HIIT) workouts that can be done in just minutes a day. Give up the excuses and learn to use your own bodyweight and a few basic pieces of portable equipment for short, incredibly effective workouts. Reset your mindset, bust through mental blocks, and set meaningful goals you'll actually accomplish. You can finally ditch the dieting and enjoy food as fuel with simple eating guidelines to the 80/20 rule. In The 12-Minute Athlete you'll also find: —A guide to basic calisthenics and bodyweight exercises for any fitness level —Progressive exercises to achieve seemingly "impossible" feats like pistol squats, one-arm push-ups, pull-ups, and handstands —More than a dozen simple and healthy recipes that will fuel your workouts —Two 8-week workout plans for getting fitter, faster, and stronger —Bonus Tabata workouts —And so much more! The 12-Minute Athlete is for men and women, ex-athletes and new athletes, experienced athletes and "non-athletes"—for anyone who has a body and wants to get stronger and start living their healthiest life.

Tone It Up Karena Dawn 2015-05-05 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!

Do What Feels Good Hannah Bronfman 2019-01-08 "Hannah Bronfman is challenging us all to rethink our default standards of beauty and definitions of 'healthy' —and I, for one, couldn't be happier to hear this from another woman of color in the wellness community. Do What Feels Good is a practical, inspirational, and beautiful guidebook to feeling good in your own skin." --Gabrielle Union, actress and bestselling author of We're Going to Need More Wine As a food lover, beauty product addict, exercise junkie, and wellness entrepreneur, Hannah Bronfman practically radiates confidence and health. But she'll be the first one to admit that the road to wellness and self-acceptance hasn't been easy. As a woman of color who grew up watching a close family member struggle with an eating disorder, Hannah's had to forge her own path and create her own standards of beauty. And what she's learned is this: Healthy is beautiful. And healthy should feel good. In Do What Feels Good, Hannah offers real talk about getting in touch with your body's needs, baring her soul and sharing her story along the way. Hannah provides insight on everything from gut health to nutrition to fitness to skincare, sharing insight from top experts on how to understand your body's unique chemistry so that you can fuel it with more of the things that feel good and less of the things that don't. And since delicious food is one of the things that makes everyone feel good, Hannah shares more than 50 of her favorite recipes for healthy hedonism (desserts and cocktails included!). Enlightening, empowering, and educational, this is an approach to wellness that is holistic, hedonistic, and real. Because self-care should not feel self-punishing, and every body deserves to feel good.

How to Teach Your Baby to be Physically Superb Glenn Doman 2001-12-01 The early development of mobility in the newborn baby is a vital part of his future ability to learn and grow to his full potential. The authors show clearly each stage of mobility and how to create an environment that will help the baby to achieve each stage more easily.

Women Sport Fans Kim Toffoletti 2017-06-26 Women worldwide are making their presence felt as sport fans in rapidly increasing numbers. This book makes a distinctive and innovative contribution to the study of sport fandom by exploring the growing visibility and interest in women who follow sport. It presents the latest data on women's sport spectatorship in different regions of the world, posing new theoretical paradigms to study the globalised nature of female sport fandom. This book goes beyond conventional approaches to analysing the practices of women sport fans. By using a critical feminist perspective to investigate cultural conditions and social contexts (including globalisation, digital networked technologies, consumerism, neoliberalism and postfeminism), it brings into view a diversity of women's voices and experiences as sport fans. It sheds new light on the power dynamics of gender, ethnicity and sexuality influencing women's participation in sport spectatorship and interrogates the ways female sport fandom is made visible through transnational media networks. Women Sport Fans: Identification, Participation, Representation is fascinating reading for all those interested in sport and gender, the sociology of sport, or women's studies.

The Wonders of Nutrition Ang Poon Liat 2015-05-01 The Wonders of Nutrition: Most of today's diseases are chronic degenerative diseases that originate from malnutrition. The link between diet and disease grows increasing significant over the decades as our modern food becomes more processed and the food chain gets more contaminated. We are seeing more people – and more young people – suffering from chronic degenerative diseases. Scientists are concerned that the children of today may die from these chronic degenerative diseases before their parents. That's because children today are already the 8th generation fed on processed modern foods since the Industrial Revolution began in the 1760s. Their bodies have reached zero tolerance for any more processed foods. Nature is our healer and prevention is the best way out. This book "The Wonders of Nutrition" discusses how our genes and our bodies respond to food and a changing lifestyle. Nutrition works wonders when your genes harmonise with healthy food and a healing lifestyle. This book is dedicated to mothers, who nurture the health of our future generations. Roadmaps to Recovery: Nearly all health disorders have an underlying link to nutrition. It could be undernourishment due to eating refined and processed foods – as well as the products of modern agriculture – that lack adequate amounts of essential nutrients. It could also be the result of overeating or eating an imbalanced diet that does not provide nutrients in the optimal proportions. Even the practice of taking food supplements, which is intended to address nutritional deficiencies, can lead to nutritional imbalances. This link between nutrition and chronic degenerative diseases is becoming more critical as the modern diet becomes increasingly processed and artificial, while the food-chain and the environment becomes contaminated with the chemical pollutants. Many of these chronic degenerative diseases – including obesity, diabetes, heart disease, chronic inflammatory diseases, cancer as well as mental and behavioural disorders – have now reached epidemic proportions. Since these are acquired diseases, they can largely be reversed. It requires a radical change in diet – to remove those factors that cause disease and focus on those that support the healing process. A nutrient-rich diet of natural, unprocessed foods is essential. In addition, modern scientific research suggests that a major part of the solution lies in switching from carbohydrates to fats as the main source of energy. This book, Roadmaps to Recovery provides nutritional roadmaps for your journey towards recovery. You are the master of your destiny.

The Women's Health Little Book of Exercises Adam Campbell 2014-12-23 Based on the wildly successful Women's Health Big Book of Exercises, this portable handbook offers readers step-by-step instructions (and color photos) on how to perfectly execute the best fat-torching, muscle-toning exercises ever choreographed. This essential workout guide is for any woman—from beginner to expert—who wants to lose weight fast, build strength, and tone those terrible trouble spots, namely the belly, butt, and thighs. Complete with fast, effective workouts for home use or to take to the gym, this easy-to-tote package gives readers access to their favorite routines wherever they go. The guidebook details "main moves" for targeting each major muscle group and then shows readers variations that make the moves more challenging and effective. Other highlights: • The best new exercise to firm flabby arms • The ultimate circuit for a swimsuit ready body • The fastest cardio workout of all time • Plus, 10 new workouts and an exercise log to track progress from start to finish This shape-up manual bulges with hundreds of useful tips, breakthrough science, and cutting-edge workouts from the world's top trainers. Best of all, it'll help readers shape a body that will ensure a longer, healthier, happier lifetime.

Digital Wellness, Health and Fitness Influencers Stefan Lawrence 2022-10-07 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.

Looptail Bruce Poon Tip 2013-09-17 Much in the same vein as DELIVERING HAPPINESS, LOOPTAIL combines both Bruce Poon Tip's extraordinary first-person account of his entrepreneurial instincts to start and develop G Adventures, a highly-successful international travel adventure company, and along the way, he reveals his unusual management secrets that not only keep his employees fully engaged but also keep his customers extremely happy.

Naptime with Theo and Beau Jessica Shyba 2015-02-03 It all started when a loving mother posted a few pictures of her son, Beau, and their new puppy, Theo, napping together on her popular blog Momma's Gone City. But these pictures were so "unbearably adorable" (The Daily Mail) and "utterly charming" (The Huffington Post) that it quickly became much, much more. By faithfully recording and sharing what Good Morning America calls "the most mesmerizing naps ever caught on camera," Jessica Shyba and her family captured the hearts of people all over the world, and these beautiful images of friendship and trust have become an international viral sensation.

The Rebel's Apothecary Jenny Sansouci 2020-05-19 Learn how to improve your health and wellness with the healing magic of cannabis, CBD and medicinal mushrooms. When health coach and wellness blogger Jenny Sansouci learned that her father was diagnosed with stage 4 pancreatic cancer, her extensive knowledge of the latest alternative therapies was put to the test. Jenny dove into the world of cannabis and mushrooms and their medicinal properties - and she and her dad are now outspoken champions of the healing power of these plants and fungi - not only to tame the side effects of chemotherapy, but to address everyday wellness concerns. The Rebel's Apothecary is the result of her heartfelt and rigorous quest -- a science-based and supportive guide that will enhance the lives of anyone living with pain, anxiety, depression, a weakened immune system, insomnia, and more. Complete with background information, dosing instructions, and everyday recipes, this is the essential handbook for harnessing the ancient healing powers of cannabis and mushrooms --safely, without confusion, fear, or an unwanted high. In addition to debunking myths and de-stigmatizing these powerful healing plants and fungi, The Rebel's Apothecary presents: • Specific protocols and dosage guides for wellness uses (mood, sleep, immunity, focus, energy) and managing common chemotherapy side effects • Everyday wellness routines • Recipes for delicious, easy, health-enhancing cannabis and mushroom infused smoothies, coffee drinks, teas, elixirs, gummies, and broths - including recipes from chefs and wellness experts like Dr. Andrew Weil, Kris Carr, Seamus Mullen, Marco Canora and more • The latest research on CBD, THC, medicinal mushrooms and psilocybin • Tips for creating a cutting-edge home apothecary of your own