



LOOK GOOD

DO GOOD

FEEL GREAT

Look Good Feel Great

Anthony Ekanem



Look Good Feel Great:

Eat Good, Look Good, Feel Great: Healthy Eating for Beginners Jane Kennedy, 2025-09-11 Are you tired of feeling sluggish and unsatisfied with your diet Imagine waking up each morning full of energy and confidence ready to take on the day No more counting calories or restrictive diets With **Eat Good Look Good Feel Great Healthy Eating for Beginners** you can finally achieve your health and weight loss goals in a sustainable and enjoyable way Picture this You're at a party surrounded by delicious food and tempting treats But instead of feeling anxious or restricted you confidently choose the options that nourish your body and satisfy your taste buds You know the secrets to healthy eating and have the tools to make informed choices No more guilt or deprivation This book will empower you to take control of your health and transform your relationship with food In this comprehensive guidebook you will discover The importance of energy balance and how to achieve it through mindful eating and portion control The journey of food through your digestive system and how proper chewing can improve digestion and nutrient absorption The dangers of added sugars and practical tips for reducing sugar intake How to build a balanced plate with the right mix of fruits vegetables whole grains lean proteins and healthy fats The power of meal planning in making healthier choices and avoiding impulsive eating Simple strategies for incorporating regular exercise and physical activity into your daily routine The significance of quality sleep and tips for creating a bedtime routine that promotes overall health and well being With easy to understand explanations practical tips and expert advice **Eat Good Look Good Feel Great Healthy Eating for Beginners** is your go to resource for transforming your diet and lifestyle Whether you're just starting your healthy eating journey or looking to level up your nutrition game this book has everything you need to make sustainable changes and achieve optimal health Take the first step towards a healthier happier you Grab your copy of **Eat Good Look Good Feel Great Healthy Eating for Beginners** today and unlock the secrets to a vibrant life filled with delicious and nourishing food Click the Add to Cart Button

Looking Good Feeling Great Ladies 50 and Over Nina Bagnall, 2009 Bagnall provides some of the best up to date information on how to stop lamenting one's age and start living life to its fullest

A Healthier You Anthony Ekanem, 2016-10-07 You can become a healthier happier and more successful person by making a few simple changes to your lifestyle You will have to make changes to the overall you not just change the amount of exercise you do or your diet The secret to achieving happiness and a healthier you is to balance your body and mind in harmony It is only when we are balanced in physical mental and spiritual health that we are truly healthy If we are healthy then we are happier and can reach success more easily in life You can become a healthier happier and more successful person by making a few simple changes to your lifestyle You will have to make changes to the overall you not just change the amount of exercise you do or your diet The secret to achieving happiness and a healthier you is to balance your body and mind in harmony It is only when we are balanced in physical mental and spiritual health that we are truly healthy If we are healthy then we are happier and can reach success more easily in life

Care of Head and Neck Cancer Patients for

Dental Hygienists and Dental Therapists Jocelyn J. Harding, 2023-01-10 An accessible advisory guide for dental professionals to the area of care for head and neck cancer patients Care of Head and Neck Cancer Patients for Dental Hygienists and Dental Therapists is an advisory guide that enables dental hygienists dental therapists and other health care professionals to appreciate the journey undertaken by head and neck cancer patients Focusing on the before during and after treatments the book covers common head and neck cancer treatments such as surgery radiotherapy chemotherapy and innovative new therapies It also discusses treatment complications such as halitosis osteoradionecrosis and radiation dermatitis Some of the other sample topics discussed by the well qualified authors include An introduction to substance misuse and oral health and the early detection of mouth cancer The role of a dietitian in the care of head and neck cancer patients Proton beam therapy and transoral robotic surgery Physiotherapy for someone diagnosed with a head neck cancer Lifestyle factors in oral cancer and pain management in head and neck cancer patients Care of Head and Neck Cancer Patients for Dental Hygienists and Dental Therapists is an immensely valuable resource for dental hygienists dental therapists and other health care professionals who work in primary and secondary care

How to Feel Great and Look Years Younger Patti Flora, 2017-12-04 My story might sound atypical but in reality every one of our lives is unique What is reassuring is that we all have common threads challenges that we share My wish is that the principles I stress in this series will help you understand that you can be happy healthy beautiful handsome terrific and God's greatest miracle You can appreciate who you are and live a life that is sound and true You can be spiritually grounded and connected to friends and family and enjoy what life has to offer no matter the age

A Simple Guide to Pregnancy & Baby's First Year Princess Ivana Pignatelli Aragona Cortes, Magdalene Smith & Marisa Smith, 2013-04-22 Winner of 5 parenting awards including Mom's Choice National Parenting Publication SheKnows Parenting Award Editor's Choice A positive approach to parenting Every new mom deserves the royal treatment As soon as that plus sign first appears whether long awaited or a total surprise your life becomes a whirlwind of advice expectations and uncertainties Never fear your award winning guide to happily ever after is here A Simple Guide to Pregnancy Baby's First Year is like your best friend who's been there before this book will make you laugh while giving you the real answers and seasoned solutions that all new moms are looking for Simple steps to better health and happiness for you and baby Solutions for each trimester including how to ace the worry factor Nutrition guidelines that are good for you and your budget Checklists on the essentials from nursery to hospital bag and must have baby gear A month by month guide to developmental milestones for baby's first year Quick Easy tips for breastfeeding sleep training and going back to work Much much more

Applied Nlp Workbook Ana Marcela Duarte, 2016-08-25 Many people have sought to define neurolinguistic programming otherwise known as NLP John Grinder said NLP is the epistemology of returning to what we have lost a state of grace Richard Bandler said NLP is an attitude which is an insatiable curiosity about human beings with a methodology that leaves behind it a trail of techniques And Robert Dilts said NLP is whatever works No matter

how you define it NLP has the potential to transform your life and Ana Marcela Duarte a certified master practitioner in NLP explains what it is and how to use it in this workbook Learn how to use various techniques to develop rapport with people look at eye patterns to determine if someone is being truthful do things that unsuccessful people fail to do empower yourself with seven easy steps and master the art of storytelling to achieve your goals Many of the world's most successful people have used NLP to achieve their dreams for some time but the public has remained in the dark With the insights and exercises in this workbook you'll find that you too can take massive action to change your life for the better with NLP **Look Better Naked** Michele Promaulayko, 2011-04-26 Offers tips and plans for reshaping a woman's body reveals the power foods that should be eaten daily and provides a workout that can be done in just minutes a day *Nyonya Kebaya* Christine Ong Kiat Neo, 2019-01-03 This book combines the passionate and the practical features of the kebaya fashion It renews the intricate embroidery work of the past through the creative adaptation to fit contemporary demands The outfit can be worn and cared for on a daily basis or based on creative preferences of the nyonias The book also shares tips and ideas on matching the kebayas with the sarongs skirts so as to achieve an amazing ensemble Aspects of the sarong art is also highlighted

Correct Thoughts (1126 +) to Eat Better, Feel Great, Get More Energy and Live a Healthy Lifestyle Nicholas Mag, The Miracle In this book Nicholas presents you a practical unique subliminal very simple detailed method of how to Eat Better Feel Great Get More Energy and Live a Healthy Lifestyle You will feel the effects immediately and the results will appear very quickly So it was in my case You will not achieve fulfillment and happiness until YOU become the architect of your own reality Imagine that with a few moments each day you could begin the powerful transformation toward complete control of your own life and well being through this unique subliminal method combined with positive affirmations The order of words is extremely important for every book written by Nicholas These are arranged to be traversed in a certain way so as to eliminate certain blockages in the human being blockages that are bringing disease or failure on various plans You don't need a big chunk of your time or expensive programs Everything is extremely simple Health money prosperity abundance safety stability sociability charisma sexual vitality erotic attraction will optimism perseverance self confidence tenacity courage love loving relationships self control self esteem enthusiasm refinement intuition detachment intelligence mental calm power of concentration exceptional memory aspiration transcendence wisdom compassion You have the ability to unlock your full inner potential and achieve your ultimate goals This is the age old secret of the financial elite world class scholars and Olympic champions For example when you watch the Olympics you'll find one consistency in all of the champions Each one closes their eyes for a moment and clearly affirms visualizes themselves completing the event flawlessly just before starting Then they win gold medals and become champions That's merely one example of how the real power of mind can elevate you above any of life's challenges By reading this book you will feel totally that life deserves to be lived and enjoyed every moment and that everything that you propose for yourself becomes easy for you to fulfill Nicholas will guide

you to touch your longed for dream and will make you see life from a new perspective full of freshness and success This book helps you step by step in a natural way in just 3 minutes a day to change your misguided way of thinking and to Eat Better Feel Great Get More Energy and Live a Healthy Lifestyle NOTE For good Nicholas keep the price of the book as lower as he can even if is a hard work behind this project A significant portion of the earnings from the sale of the book are used for these purposes for charity volunteer projects nature restoration and other inspired ideas to do good where it is needed If you can not afford to buy the book please contact Nicholas and he will give you a free copy You also have a bonus in the pages of the book that makes you live your success by doing a seemingly trivial thing You will feel the difference Yes The Miracle is possible Get Your Copy Now [Pulling Home](#) Mary Campisi,2012-09-22 It s all about that second chance Sometimes we re lucky enough to get that second chance in life and in love Pulling Home is a stand alone story of a strong woman who battles heartache and loss with courage and determination to find new paths and true love This is book one of That Second Chance series It is also the prequel to Mary s bestselling family saga A Family Affair The Promise Truth in Lies Book Seven She ll risk anything to save her child even the truth It s taken nine years and a cross country move but Audra Valentine Wheyton has kept her secrets safe She s created the perfect life a husband who loves her a daughter she adores and a position as head writer for an award winning daytime soap When her husband dies suddenly Audra returns to her hometown for the funeral and faces a community that has not forgotten her meager beginnings and the man who has never forgiven her for marrying his brother Jack Wheyton is a successful pediatric neurosurgeon who is about to become engaged when Audra walks back into his life with her daughter He forgave his brother long ago for taking something that had been his something he hadn t even realized he wanted until it was gone But forgiving Audra is another story and forgetting her Near impossible When a shattering illness strikes Audra s daughter she turns to Jack to save her child and risks exposing a secret that will change their lives forever That Second Chance Series Book One Pulling Home Also prequel to A Family Affair The Promise Book Two The Way They Were Also prequel to A Family Affair The Secret Book Three Simple Riches Also prequel to A Family Affair Winter Book Four Paradise Found Also prequel to A Family Affair The Wish Book Five Not Your Everyday Housewife Also prequel to A Family Affair The Gift Book Six The Butterfly Garden Also prequel to A Family Affair The Return *Small Town Perfect Boxed Set 1* Mary Campisi,2019-02-20 Small town romantic women s fiction with love hope second chances and a happy ending Note from Mary I love secondary characters writing them reading about them even watching them on the big screen Secondary characters support the stars make them more vibrant and compelling But when the story ends I m often left wondering what they d do if they were in the spotlight That s why I ve created special boxed sets that were part of That Second Chance series and the Truth in Lies series These boxed sets let the reader follow the before and after of select characters as they first appear in That Second Chance series and later in the fictional town of my bestselling Truth in Lies series Boxed Set One contains Pulling Home and A Family Affair The Promise I invite you to follow their journey Pulling

Home She'll risk anything to save her child even the truth It's taken nine years and a cross country move but Audra Valentine Wheyton has kept her secrets safe She's created the perfect life a husband who loves her a daughter she adores and a position as head writer for an award winning daytime soap When her husband dies suddenly Audra returns to her hometown for the funeral and faces a community that has not forgotten her meager beginnings and the man who has never forgiven her for marrying his brother Jack Wheyton is a successful pediatric neurosurgeon who is about to become engaged when Audra walks back into his life with her daughter He forgave his brother long ago for taking something that had been his something he hadn't even realized he wanted until it was gone But forgiving Audra is another story and forgetting her Near impossible When a shattering illness strikes Audra's daughter she turns to Jack to save her child and risks exposing a secret that will change their lives forever A Family Affair The Promise There's a new man in Magdalena one badly in need of a second chance Grant Richot sprinted through life a boy wonder with talent intelligence confidence and charm He never doubted the world awaited him just as he never doubted the right woman would come into his life but only when he was ready for her Anyone before that was simply preparation for the one How wrong he was Years and a tragedy later Grant arrives in Maggie Finnegan's hometown of Magdalena New York broken uncertain and searching for that second chance with the woman he cast aside But Maggie's no longer naive and impressionable she's a confident competent widow with a child who has more at risk than another broken heart Bree Kinkaid is dealing with heartache and betrayal the only way she can deny Her friends can't help her she won't listen to her parents and she rejects offerings of support and sympathy from the town as she attempts to hold onto that magical life she wanted But when a stranger shows up at Bree's doorstep with information about her husband she can't pretend any longer Small Town Perfect Series Boxed Set 1 includes Pulling Home and A Family Affair The Promise Boxed Set 2 includes The Way They Were and A Family Affair The Secret Boxed Set 3 includes Simple Riches and A Family Affair Winter Boxed Set 4 includes Paradise Found and A Family Affair The Wish Boxed Set 5 includes Not Your Everyday Housewife and A Family Affair The Gift Boxed Set 6 includes The Butterfly Garden and A Family Affair The Return

That Second Chance Boxed Set 1 Mary Campisi, 2016-03-01 Bestselling romance and women's fiction author Mary Campisi brings readers Books 1-3 of That Second Chance series in a boxed set Her small town romances center on family life friendship forgiveness and of course second chances as they explore the issues of today's contemporary women Sometimes we're lucky enough to get that second chance in life and in love That Second Chance Series are stand alone stories of strong women who battle heartache and loss with courage and determination to find new paths and true love What ties them together A common theme belief in the beauty of that second chance Pulling Home She'll risk anything to save her child even the truth It's taken nine years and a cross country move but Audra Valentine Wheyton has kept her secrets safe She's created the perfect life a husband who loves her a daughter she adores and a position as head writer for an award winning daytime soap When her husband dies suddenly Audra returns to her hometown for the funeral and faces a community that has not

forgotten her meager beginnings and the man who has never forgiven her for marrying his brother Jack Wheyton is a successful pediatric neurosurgeon who is about to become engaged when Audra walks back into his life with her daughter He forgave his brother long ago for taking something that had been his something he hadn't even realized he wanted until it was gone But forgiving Audra is another story and forgetting her Near impossible When a shattering illness strikes Audra's daughter she turns to Jack to save her child and risks exposing a secret that will change their lives forever The Way They Were They promised to love one another forever but tragedy tore them apart Now destiny may just bring them back together At eighteen Rourke Flannigan and Kate Redmond thought they'd spend the rest of their lives together until a family tragedy tore them apart Fourteen years have passed and they've both carved out separate lives hundreds of miles apart hers as a wife and mother his as a successful driven businessman But once a year Kate pulls out a red velvet journal and writes a letter which she'll never send to the man who still owns her heart Once a year on the anniversary of the first and only night they made love Rourke permits himself to read the annual investigative report detailing an ordinary day in Kate's life When a subcontractor at one of Rourke's holding companies is killed Rourke decides to pay the widow a visit and offer condolences never dreaming the widow will be Kate As they embark on a cautious journey of rediscovery one far greater than they could have imagined secrets and lies threaten to destroy their newfound closeness forever Simple Riches Big city girl falls for small town doctor but there's a problem He doesn't know she wants to turn his town into a resort Alexandra Alex Chamberlain is a big city girl who knows nothing about close knit families sibling rivalry or receiving an unsolicited opinion in the name of family She's been raised by an aunt and uncle who've provided her with a wealthy lifestyle and a fancy education but have withheld what she craved most love and acceptance Her uncle has taught her to disregard everything but the bottom line on a balance sheet and she'll do anything to earn his approval She prides herself on excelling at her job which is selecting small towns to buy flatten and replace with luxury resorts When Alex decides to investigate Restalline Pennsylvania as a potential site for the next resort she enters the town under the guise of a researcher gathering information for a documentary Her uncle wants this project badly and she's not going to disappoint him This town should be like all the others Only it isn't This town has the Androviches

A Prescription for Long-Lasting Youth Dian Jen, 2006-02-17 After thirty eight years working in the computer industry Dian has found retirement to be surprisingly exciting and fun Besides traveling cruising and casino hopping he and his wife also enjoy many other good things their retired life has to offer However everywhere they went they saw seniors struggling with their poor health and disabilities It made them realize how fortunate they are that at their age they still have excellent health Obviously the decision they made earlier in life that put health as an equally important goal as wealth for their retirement was a wise one and it made all the difference In addition they also have no illness or handicaps of any kind and are not dependent on any mandatory medications This is why even in their seventies they are still able to do all the fun things they used to do in their younger years Furthermore Dian had a very successful career Like others he dealt with

cutthroat competition under unrelenting stresses in his profession yet still managed to stay on top without sacrificing his good health He did this by choosing to live a healthy lifestyle that included regular vigorous exercise a healthy diet sufficient rest and recovery and an active sex life four parts of his prescription for long lasting youth That is the secret of how he has managed to stay totally fit at over seventy and still looks and feels like an extremely fit young man twenty years younger This is what he shares with the readers plus the fun filled lifestyle that he and his wife now enjoy living in retirement Dian associates real life scenarios some of them with multicultural background to address many interesting but relevant issues concerning retirement sex life health and fitness and the positive impact living a healthy lifestyle can have on our aging process As part of the conclusion Dian said What I described as my prescription for long lasting youth is at best a strong personal belief but one that seems to have promising merits and supported by my personal experience to this date Although it has made a believer out of me it will take my lifetime to prove it and that could be a very very long time too long for you to wait for it even if you could afford to So why not just join me and give it a try What have you got to lose your life

Cincinnati Magazine ,2000-10 Cincinnati Magazine taps into the DNA of the city exploring shopping dining living and culture and giving readers a ringside seat on the issues shaping the region *Odisea nº 13* Nobel-Augusto Perdu Honeyman,2015-10-08 Anuario dirigido y gestionado por miembros del rea de Filología a Inglesa del Departamento de Filología de la Universidad de Almería con el propósito de ofrecer un foro de intercambio de producción científica en campos del conocimiento tan diversos como la lengua inglesa literatura en lengua inglesa didáctica del inglés traducción inglesa para fines específicos y otros igualmente vinculados a los estudios ingleses **New York Magazine** ,1990-04-09 New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country With award winning writing and photography covering everything from politics and food to theater and fashion the magazine's consistent mission has been to reflect back to its audience the energy and excitement of the city itself while celebrating New York as both a place and an idea 100 Questions & Answers for Women Living with Cancer: A Practical Guide for Survivorship Krychman,2007-01-02 There are approximately ten million people living with cancer and more than half of them are women Whether you're a newly diagnosed woman with cancer a survivor or a friend or relative of someone with cancer this book offers help The only text to provide both the patient's and doctor's views this invaluable resource provides up to date authoritative practical answers to the most common questions asked by women with cancer and survivors whether active or remissive 2007 261 pages New York Magazine ,1990-07-02 New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country With award winning writing and photography covering everything from politics and food to theater and fashion the magazine's consistent mission has been to reflect back to its audience the energy and excitement of the city itself while celebrating New York as both a place and an idea **Overcoming Emotional**

Baggage Gladys Famoriyo, 2012-05-17 In her debut book Gladys Famoriyo fearlessly tackles the growing issue of women carrying emotional baggage. It is a fact: On our journeys in life, we all experience challenges or situations that may result in hurt, pain, disappointment, grief, and separation, leaving many of us emotionally battered, bruised, and wounded. Often busy with our endless to-do lists, hats to wear, goals, and busy schedules, many of us opt to bury our heads in the sand, trying our best to get on with life. To hide our issues, we wear a mask, try to look the part, and show up each day. To cope, we adopt precarious coping methods, e.g., comfort eating, retail therapy, busyness, drugs, alcohol, sex, etc. So it is no surprise many of us are falling apart at the seams. Like Gladys experienced, you might look successful on the outside, seemingly having your act together. But the fact is, your unresolved issues are sabotaging the great stuff in your life. Each day you show up, they show up too. Unbeknownst to you, they are calling the shots of your life, influencing your decisions and choices. To mention a few: And so, *Overcoming Emotional Baggage* has been written for women who quite frankly want to ditch their baggage for good. *Overcoming Emotional Baggage* will help you:

1. Become consistently aware of your emotional state and its impact on your life.
2. Live a more abundant and balanced life.
3. Start you on your journey to tackling self-defeating, unhealthy, and/or self-destructive attitudes, beliefs, and behaviours.
4. Get rid of inner turmoil and conflict.

Overcoming Emotional Baggage is a superb book packed with practical, no-nonsense insights, Christian principles, and teaching along with exercises. Applicable for individual use or small groups, *Overcoming Emotional Baggage* promotes emotional restoration, wellbeing, and baggage-free living.

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