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Look Good Feel Great Transform Your Body In 10 Easy Steps

AW Rasmussen



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Transform Your Life: 10 Steps to Real Results Carole Gaskell, 2016-03-17 An inspirational step by step guide to Taking Charge of Your Life and Unlocking Your Full Potential Due to the level of detail quizzes and illustrations are best viewed on a tablet

The Gut Balance Revolution Gerard E. Mullin, 2017-07-03 Research shows that gut microflora and intestinal microbiota play a pivotal role in weight maintenance through its influence on metabolism appetite regulation energy expenditure and endocrine regulation Gut flora imbalance is why so many people can't lose weight despite exercising more and eating less In *The Gut Balance Revolution* Dr Gerard Mullin the foremost authority on digestive health and nutritional medicine explains how to prevent leaky gut inflammation and insulin resistance which are major contributors to obesity This book will teach you how to rebalance the gut microbiome using a simple three step method Reboot Weed out fat forming bad bacteria by eliminating foods that make them grow and promote inflammation insulin and fat accumulation and reignite fat burning metabolism with exercise and dietary supplements Rebalance Reseed your gut with good bugs and fertilize these friendly flora to establish a healthy gut ecology reduce stress and reinstitute a healthy lifestyle including sleep hygiene Renew Carry this lifestyle adjustment forward and maintain your weight with good eating habits with allowances for pleasure foods The book features step by step meal plans shopping lists restaurant guides recipes recommendations on dietary supplements and exercises for each phase so you can easily reboot rebalance and renew your health

The Art of Good Enough Dr. Ivy Ge, 2020-01-07 THE SECRET TO LIVING YOUR BEST LIFE IS TO FOCUS ON YOUR STRENGTHS NOT YOUR WEAKNESSES Have you been feeling depleted anxious and unsatisfied in the race of being the perfect mother Get more out of life guilt free Using her own life lessons Dr Ge enables you to filter out distractions and self sabotaging beliefs and create the life you love You aren't selfish to recharge before giving your best to your family You don't have to be perfect to be happy Written with humor and open heartedness rigorous research and unconventional wisdom *The Art of Good Enough* reveals the tools to simplifying your life optimizing time management dealing with difficult emotions and finding solutions to your dilemmas Learn how to Stop comparing to others and only focus on what is important to you Uncover your hidden strengths and use them to improve your life Look and feel your best regardless of your size and age Raise self reliant children and bring passion back to your relationship Reverse engineer your roadmap to reaching your goals and much more Read this book and start creating your best life today

Prime Bob Paris, 2002-01-08 One of the most celebrated fitness experts in the world Bob Paris has a new life changing message for the millions of men over 40 who want to get in shape It isn't too late No intimidation no goals too far to reach no unreasonable demands this book is so simple and so effective it's revolutionary Paris's step by step day by day self improvement regimens get results that men can see and feel in a relatively short time How By discovering Inventive new workouts and practical nutrition The right supplements vitamins and minerals Body skin and hair care Fat busters that work and diet fads that don't Individualized performance plans Personal motivation

exercises Five simple secrets to self improvement Powerflex and Muscle Blast Bob Paris s personal and unique programs that combine elements of yoga weight training isometrics plus dynamic new techniques for stimulating natural hormones

Embodiment Toni Bergins, M.Ed.,2024-10-29 A new paradigm for embodied healing in a unique experiential therapeutic process in which expressive movement guided imagery ritual music and creative expression work together In Embodiment Toni Bergins the founder and creator of JourneyDance an internationally renowned dance movement program shares with readers a powerful way to address trauma mindfully so people can confront it heal and grow to love themselves unconditionally just as they are Embodiment is a dynamic conscious practice that can help people release what no longer serves them and shows them how to stop stuffing numbing the pain and start feeling stop over thinking limiting and get moving Embodiment is the new buzzword in personal transformation but most often it is connected to static practices like breathwork and meditation For Toni Bergins embodiment is best achieved through active movement and has created a practice where people literally get out of their heads and into their bodies Her program is a trauma informed one that offers a new promise leading readers through deep personal work but making it feel like play In this book she turns the heaviness of processing pain and past trauma into an expressive art aligned with the most recent research Specifically trauma expert Bessel van der Kolk writes in his bestselling The Body Keeps the Score In order to overcome trauma people need to feel safe enough to open up their hearts and minds to others and become engaged with new possibilities This can be done if trauma survivors are helped to confront and confess the reality of what has happened and are helped to feel safe again In many cultures this involves communal rhythmical activities such as dancing And that is Toni Bergins mission and method to help readers move into a new story for their lives Embodiment features Toni s prescription for a comprehensive healing journey comprised of five core elements Music to open the doorways of impulse imagination creativity and healing to change mood and awareness Movement to enhance presence and confidence and release old patterns and traumas Mystical Inquiry where imagery and creative visualization exercises are used to guide readers into an alchemic and shamanic state to investigate past hurts and learn to trust their instincts Prayers and Invocations to raise energetic vibrations to a positive place with powerful affirmations and Journaling with writing prompts to process inner self awareness learned on the dance floor or through any of the other Embodiment elements

The Complete Overcoming Series Peter Cooper,2012-11-01 The complete set of self help guides from the popular Overcoming series Each guide is based on Cognitive Behavioral Therapy CBT an evidence based therapy which is recommended by the NHS for the treatment of a large number of psychological difficulties Each guide comprises a step by step self help programme based on CBT and contains Useful information about the disorder Practical strategies and techniques based on CBT Advice on how to keep recovery going Further resources The Complete Overcoming Series contains 31 titles Overcoming Anger and Irritability Overcoming Anorexia Nervosa Overcoming Anxiety Overcoming Body Image Problems including Body Dysmorphic Disorder Overcoming Bulimia Nervosa and Binge Eating Overcoming Childhood

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nature of motivation It offers a comprehensive exploration of the psychological emotional and physiological factors that influence our desires choices and actions As we embark on this journey we invite you to reflect on your own motivations and discover the keys to unlocking your full potential From understanding the intricacies of intrinsic and extrinsic motivation to delving into the power of goal setting and self efficacy we navigate the various dimensions that contribute to our drive We discuss the role of positive psychology and its impact on cultivating a resilient and optimistic mindset that fuels personal and professional growth Motivation does not exist in isolation it is intricately tied to our habits environment and the relationships we nurture Throughout this book we explore practical strategies for building habits that align with our goals creating environments that foster motivation and cultivating meaningful connections that uplift us on our journey Real life stories of individuals who have transformed their lives through motivation serve as beacons of inspiration reminding us that the human spirit is capable of extraordinary feats when ignited by passion and purpose We also delve into the challenges that may hinder our motivation offering guidance on how to overcome setbacks and setbacks and reignite the fire within Whether you are seeking personal growth professional advancement or simply a deeper understanding of what drives human behavior this book is designed to be a valuable companion It is an invitation to embark on a transformative expedition where you will unravel the layers of your aspirations tap into your inner reservoirs of determination and craft a life fueled by the pursuit of excellence As you journey through these pages remember that motivation is not a finite resource it is a renewable energy that can be nurtured replenished and shared Your commitment to absorbing the knowledge within this book and applying it to your own life is a testament to your dedication to living with purpose and embracing your potential

Runner's World, 2006-05 Runner s World magazine aims to help runners achieve their personal health fitness and performance goals and to inspire them with vivid memorable storytelling

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Active Your Body Needs You! Bob Lloyd, 2018-03-13 If you're inactive chances are you're overweight tired all the time and in poor health which puts you at risk of contracting cancer diabetes heart disease or high blood pressure But the very thought of changing your lifestyle to become a more active person can be daunting to say the least Until now Allow Bob Lloyd to show you how easy it can be His simple step by step guide will get you feeling fit strong and energized in as little as three months with just 30 minutes a day is all it takes Get Active is an entertaining eye opening read Bob's words of wisdom will cause you to reconsider all the pre conceived notions you have about exercise and you'll find yourself re evaluating re examining and re thinking your life Don't hesitate This is the golden opportunity you've been waiting for Get ready to turn your life around with Get Active

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