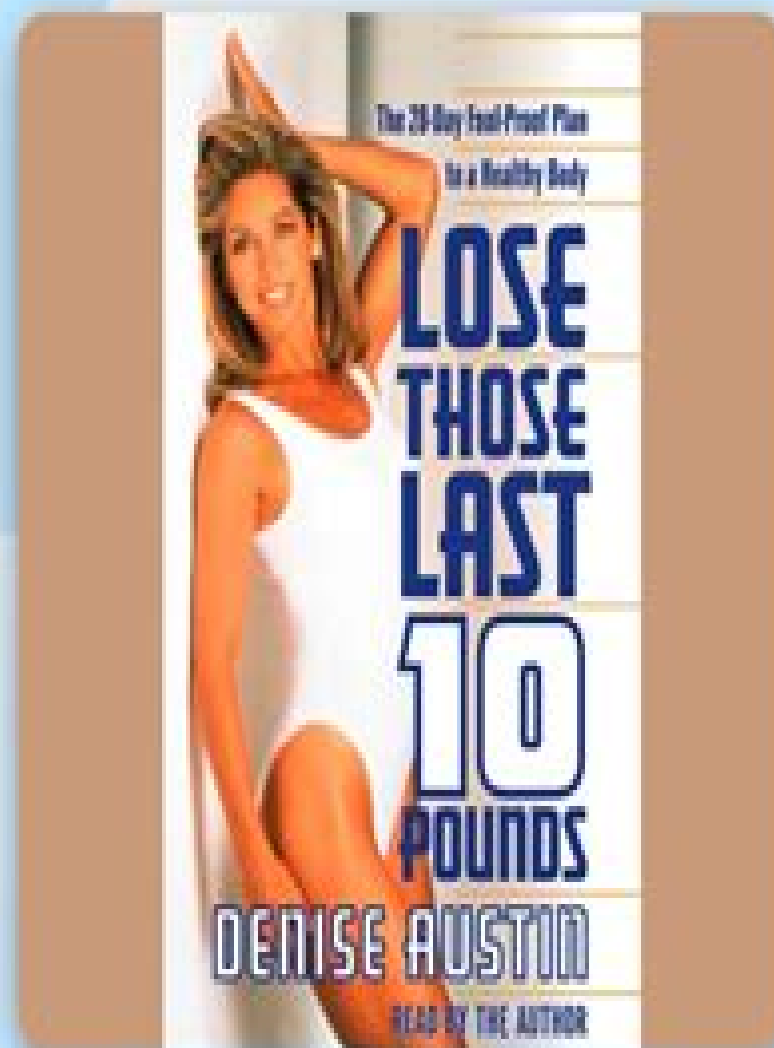


Audiobook preview

Lose Those Last Ten Pounds

Denise Austin



Lose Those Last Ten Pounds

Denise Austin



Lose Those Last Ten Pounds:

Lose Those Last 10 Pounds Denise Austin, 2001-03 Offers a combination of bodyshaping exercise routines and meal plans to help readers lose weight and get in shape accompanied by tips on ways to boost one's metabolism nutrition mental energizers and simple calorie burning techniques

The Obesity Myth Paul F. Campos, 2004 An exploration of America's self-defeating war on obesity argues against the myth that falsely equates thinness with health and explains why dieting is bad for the health and how the media misinform the public

The Weight of the Nation John Hoffman, Judith A. Salerno, Alexandra Moss, 2012-04-24 A guide to understanding your relationships with food and physical activity so you can change the way you eat and move for the rest of your life Based on the HBO Documentary Series People today work harder and take better care of their health than any previous generation So how could two thirds of us fail to measure up when it comes to eating right and exercising HBO and the Institute of Medicine of the National Academy of Sciences have joined together to bring you the nation's foremost experts and definitive research on weight and weight loss The Weight of the Nation explains how we got to this unhealthy place and how we can get to a healthy weight by overcoming the forces that drive us to eat too much and move too little The Weight of the Nation answers crucial questions about yo-yo dieting how metabolism functions why stress affects weight and how to keep weight off forever Based on the rich research behind HBO's documentary series The Weight of the Nation is the only book that tells it like it is losing weight is hard keeping it off is even harder and there's no quick fix Weight loss takes a lot of work and a lifetime commitment but thousands have done it and this book will show you how

Business Gamification For Dummies Kris Duggan, Kate Shoup, 2013-01-23 The easy way to grasp and use gamification concepts in business Gamification is a modern business strategy that leverages principles from games to influence favorable customer behavior on the web in order to improve customer loyalty engagement and retention Gamification can be used by any department in a company HR Sales Marketing Engineering Support etc for any web-based experience mobile website retail community etc Business Gamification For Dummies explains how you can apply the principles of this strategic concept to your own business model How gamification evolved from Farmville Zynga and Facebook and is now something that can be applied to the work environment How to build a successful gamification program How to entice and retain customers using gamification How to drive employee behavior inside your organization Real world illustrations of gamification at work If you're interested in learning more about this exciting and innovative business strategy this friendly down-to-earth guide has you covered

Leslie Sansone's Eat Smart, Walk Strong Leslie Sansone, 2025-05-01 A bestselling fitness guru turns her expertise and experience to teaching her fans how to develop the healthy eating habits that have worked for her Her proven six-week plan allows readers to experiment with different methods and adopt the healthy habits that are most effective for them

Modern Manners for Moms & Dads Sarah Davis, Evie Granville, 2020-10-27 A humorous etiquette guide for parents of young kids full of real world advice on how to handle

everyday embarrassing moments When you're raising kids you're thrown into dilemmas you could never have dreamed up A diaper disaster in the middle seat during take off Naked baby bath photos your mother in law posts online without permission An unexpected gift that leads to a tantrum in front of the gift giver How can you turn these into opportunities to be an A parent and friend role model and member of your community Authors Sarah Davis Ed D and Evie Granville M Ed are educators manners mavens and creators of a blog and podcast dedicated to parenting etiquette Their two families total six young kids Modern Manners unpacks the complicated social code for parents of kids ages zero to five Discover a public parenting style within a unique framework analyze your gut reactions to sticky situations and choose a course of action that balances the needs of parent child and others Written by and for busy parents this guide includes parenting tips lists charts pop quizzes personal anecdotes and practical advice Get child rearing guidance from real experts on Leading your family with kindness and awareness Setting a good example and realistic expectations for little ones Maintaining friendships and good communication Praise for Modern Manners for Moms Dads This book is a perfect new parent gift A must read Evie and Sarah do an amazing job of giving you the framework needed to feel confident in your personal parenting situation Heather Chauvin TEDx speaker podcaster coach and author of Dying to be a Good Mother Evie and Sarah bring such a bright new take on parenting books which usually focus on the child This book takes EVERYONE into account A must read based on research studies and years of experience Eli Weinstein licensed master social worker podcaster and creator of ELivation The publisher issues a notice regarding a design error occurring in the chart Is Your Kid Too Sick to Leave the House on page 77 of the print book chapter 2 in the eBook The chart should advise against leaving the house with a child with a temperature of 100.4 and above As stated by the authors this book is not intended as a substitute for the medical advice of physicians The reader should regularly consult a physician in matters relating to their health and their children's and particularly with respect to any symptoms that may require diagnosis or medical attention The authors and publisher advise readers to take full responsibility for their safety

The Obesity Paradox Carl J. Lavie, M.D., 2014-04-03 Robert Lustig changed the national conversation about fat Now a pioneer in obesity paradox research delivers a message that everyone who struggles to shed so-called excess weight will want to hear After research uncovered that overweight and even moderately obese people with certain chronic diseases often live longer and fare better than their normal weight counterparts Carl Lavie MD realized that being moderately fit is more important for good health than having a low body mass index Sharing the science behind these recent findings The Obesity Paradox shows readers how to achieve what's really important maximum health not minimum weight

Hype Nina Shapiro, Kristin Loberg, 2018-05-01 A top doctor cuts through the clutter of confusion when it comes to the best advice for your health Every home should have a copy of Hype Sanjay Gupta MD CNN Chief Medical Correspondent and New York Times bestselling author There is a lot of misinformation thrown around these days especially online Headlines tell us to do this not that all in the name of living longer better thinner younger Dr Shapiro wants to distinguish between the

falsehoods and the evidence backed truth In her work at Harvard and UCLA with more than twenty years of experience in both clinical and academic medicine she helps patients make important health decisions every day She s bringing those lessons to life here with a blend of personal storytelling and science to discuss her dramatic new definition of a healthy life Hype covers everything from exercise to supplements alternative medicine to vaccines and medical testing to media coverage Shapiro tackles popular misconceptions such as toxic sugar and the importance of drinking eight glasses of water a day She provides simple solutions anyone can implement such as drinking 2% milk instead of fat free and using SPF 30 sunscreen instead of SPF 100 This book is as much for single individuals in the prime of their lives as it is for parents with young children and the elderly Never has there been a greater need for this reassuring and scientifically backed reality check A feisty fact filled diatribe Shapiro s skeptical no nonsense approach and probing assessment of fact versus fiction make for lively reading that is likely to help readers make better health and medical choices Publishers Weekly [Leadership Coaching for Educators](#) Karla Reiss,2015-03-04 Empower your staff through coaching There is an urgent need for school leaders to go beyond top down supervision and coach educators to succeed Use this comprehensive resource to design and implement an effective school wide coaching system that yields powerful results Written by a veteran administrator and educational consultant and aligned with the International Coach Federation s Professional Coaching Core Competencies this revised edition demystifies the coaching process and includes Recent research projects award winning success stories and trends in the field Graphic organizers and practical examples of coaching dialogue Guidance for school leaders on developing designing and implementing a successful coaching program *The Hormone Fix* Anna Cabeca, DO, OBGYN, FACOG,2023-08-29 NATIONAL BESTSELLER Hormone balance is within reach and this is the definitive guide to reaching that goal David Perlmutter MD author of Grain Brain A revolutionary diet and holistic lifestyle program for women in perimenopause or menopause featuring 65 keto based nourishing recipes and a 10 day plan to jump start weight loss and reduce your symptoms immediately As women approach menopause many will experience the physical and emotional indignities of hormonal fluctuation metabolic stall and weight gain hot flashes and night sweats insomnia memory loss or brain fog irritability low libido and painful sex Too often doctors tell us that these discomforts are to be expected and that we will have to wait them out during the change some of us even agree to be unnecessarily medicated But Dr Anna Cabeca s research and experience with thousands of her patients show that there is a fast acting and nonpharmaceutical way to dramatically and permanently alleviate these symptoms The Hormone Fix introduces Dr Cabeca s unique Keto Green protocol a plan that pairs the hallmarks of ketogenic low carb high fat eating with diet and lifestyle changes that bring the body s cellular pH to a healthy alkaline level The proven result balanced cortisol and reduced output of insulin the hormones most responsible for belly fat and weight gain plus an increase in oxytocin the love and happiness hormone Whether you are perimenopausal menopausal or postmenopausal The Hormone Fix offers an easy to follow program including a 10 day quick

start detox diet daily meal plans and weekly shopping lists for a month s worth of Keto Green eating 65 delicious and easy to make recipes for breakfast lunch dinner smoothies and soups detailed information on vitamin and mineral supplementation that optimizes hormone balance simple self assessments and recommended optional lab testing to better understand your hormonal status tested and trusted stress reduction and oxytocin amplifying advice and techniques With The Hormone Fix you can expect to trim down tap into new energy levels enhance intimacy and completely revitalize your life Ready for your fix

Stolen by the Space Pirate Nina Croft,2017-04-10 A few days ago in a galaxy right here The earth faces total annihilation and one young woman signs up for a mission to rescue humanity Only she ends up getting rescued herself by a gorgeous space pirate And the sex is out of this world After a brief but magical interlude with a couple of stunningly gorgeous space pirates Ruby is back with the slavers and her mission is on target Now all she has to do is stay out of trouble be a good little slave and let her tracking device lead her allies from Earth straight to the slavers center of operations Hopefully before anything really nasty happens Protecting Ruby is becoming a habit for Space Pirate Killian Sharpe When he learns the slavers final destination he knows there s more at stake than just Ruby s mission to save mankind Because he s going home This time saving Ruby might cost him his life The Ruby Robbins Sexy Space Odyssey 3 Part Serial is best enjoyed in order Reading Order Part 1 Rescued by the Space Pirate Part 2 Stolen by the Space Pirate Part 3 Saving the Space Pirate

Ayurveda Mama Dhyana Masla,2024-05-28 The first pregnancy book with an Ayurvedic approach to conscious conception pregnancy labor birth and postpartum This robust guide includes more than 50 traditional practices recipes and remedies Ayurveda India s ancient and holistic system of health offers timeless wisdom on the sacred process of bringing life into this world Ayurveda Mama offers ways to prepare your body mind and life before conception and guidance on how to nourish yourself and your little one throughout pregnancy birth and postpartum Dhyana includes tips on diet lifestyle herbs and oils so that you experience vibrancy and vitality You will Learn traditional Ayurvedic rituals for conscious conception Feel prepared for your unique birthing experience Be equipped with Ayurvedic techniques to invoke auspiciousness balance and ease for labor and birth Have the tools needed to assure that your Sacred Window or postpartum period is one of the most profound restorative and memorable experiences of your life Feel assured that you are deeply nourished and cared for so that you can care for your little one Includes over 50 supportive traditional practices recipes for optimal health instructions for creating your own nontoxic home products and elixirs to treat common ailments

The One Year Daily Acts of Kindness Devotional Kristin Demery,Kendra Roehl,Julie Fisk,2017-10-17 What would happen if you and your family committed to doing one act of kindness each day for a year Our world desperately needs more kindness Whether it s on social media in the news or between your arguing kids it can seem like conflict and disconnection are everywhere But imagine how much better life would be if we got intentional about being kind This year embark on a journey to make kindness a part of your life home and soul In The One Year Daily Acts of Kindness Devotional you ll find Scripture passages

and inspirational personal stories about why God calls us to show kindness what it means to live a life of generosity and how you can incorporate kindness into your everyday routine and teach it to your kids with tons of simple easy to do ideas Show your world the kind of love that is possible with daily acts of kindness that will change your heart inspire your family and draw you closer to God *Bundle of Joy and The Cowboy's Little Girl* Annie Jones,Kat Brookes,2020-06-30 *Bundle of Joy* by Annie Jones Jackson Stroud plans to blow through Texas ranch country and never look back But when the former Dallas detective discovers an abandoned newborn Jax knows he came to this town for a reason Shelby Grace Lockhart is just as determined to learn why someone left a baby on her doorstep And as the pair work together Jax starts to believe he s finally found a place to belong *The Cowboy s Little Girl* by Kat Brookes Tucker Wade s life changes forever the moment Autumn Myers knocks on his door Not only is Autumn the identical twin of his recently deceased wife but she s brought someone with her the adorable five year old daughter Tucker didn t know existed Now this cowboy s determined to prove himself as a daddy and keep his daughter even if it means hurting the woman he s falling for *Racing the Sun* Karina Halle,2015-07-28 A novel about a young woman who becomes a nanny in Capri and falls for her charges bad boy brother [The Beauty Detox Power](#) Kimberly Snyder,2015-03-31 With over 60 whole foods based recipes **The Busy Person's Guide to Permanent Weight Loss** Melina Jampolis,2008-05-06 *The Busy Person s Guide to Permanent Weight Loss* reveals a weight loss plan busy people can successfully use in the real world Busy people see to everything and everyone except themselves The result is unexpected weight gain But few people have the time to lose weight This revolutionary approach to weight loss embraces the hectic lifestyle and provides realistic strategies for staying on target including a program that is easily tailored to fit individual dieting needs helpful dining options for eating out healthy flavorful and FAST menu ideas for eating in and time saving strategies to maximize results No two people lose weight the same way and busy people need a plan designed for their schedule Dr Jampolis has developed variations of the plan that will work with every lifestyle and every schedule You can even create your own plan by applying her seven principles into a plan that suits your lifestyle **Making Hope Happen** Shane J. Lopez,2014-07-22 Some people manage to bounce back quickly from setbacks to lead happy healthy productive lives no matter their circumstances These people have found a way to make good things happen even when luck isn t on their side According to Shane Lopez the secret ingredient they use to transform their lives it turns out is hope Using discoveries from the largest study of hopeful people ever conducted the author works to show that hope is not just an emotion but an essential life tool In addition Lopez shares the uplifting stories of real people who have created hope in their own lives and communities from a CEO who befriended a curious nine year old to a college student who is thriving after two heart transplants *Dante's Wood* Lynne Raimondo,2013-01-15 A troubled psychiatrist turns investigator when a young patient confesses to murder Psychiatrist Mark Angelotti knows that genes don t lie Or do they Back at work after a devastating illness Mark believes he has put his past behind him when he is asked to examine Charlie Dickerson a mentally handicapped

teenager whose wealthy mother insists he is a victim of sexual abuse Mark diagnoses a different reason for Charlie's ills but his prescription turns deadly when a teacher is murdered and Charlie confesses to the police Volunteering to testify on Charlie's behalf Mark's worst fears are realized when paternity tests show the victim was pregnant with Charlie's child Now it's up to Mark to prove Charlie's innocence in a case where nothing is as first meets the eye Not even genes Mark's or Charlie's can be trusted to shine a light on the truth From the Trade Paperback edition **Really Pregnant!** Kim Rinehart, 2010-01-02 There is a lot of bellyaching that goes along with pregnancy This book is no different Really Pregnant Confessions of a New Mom To Be or Why I Couldn't Stop Eating Brownies is a book written by a former pregnant woman to other pregnant women Even though every pregnancy is different they all do have one thing in common They can sometimes be a pain However within that pain we can sometimes find commonalities that allow us to relate to each other We're all women about to have babies and that's a big deal in and of itself but that doesn't mean we have to take it too seriously Because really pregnancy can be kind of funny Really Pregnant Confessions of a New Mom To Be or Why I Couldn't Stop Eating Brownies is the pregnancy book to buy if you want a funny look at what really happens once you find yourself pregnant

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