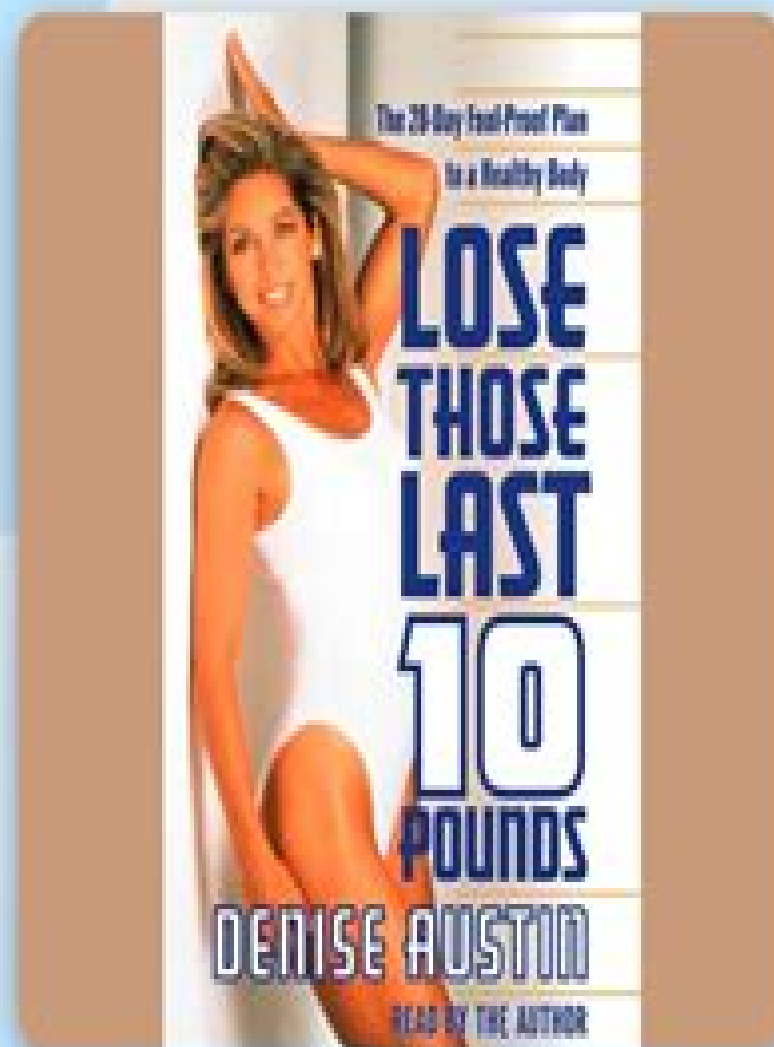


Audiobook preview

Lose Those Last Ten Pounds

Denise Austin



Lose Those Last Ten Pounds

Rebecca Apsan



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

Working Mother, 1996-02 The magazine that helps career moms balance their personal and professional lives

Fatass No More! Kim Rinehart, 2011-11 So you want to lose weight Well so did Kim Rinehart In fact she wanted to lose it so badly she went on diet after diet looking for something that would make her skinny again However none of them worked and what was worse some of them even made her gain more weight So after being stymied by diets that required special foods or special preparation she struck out on her own devising her own plan to lose weight while still eating the foods she loved even cheeseburgers and french fries And it worked What's even better is that it's so easy anyone can do it Told with humor *Fatass No More! How I Ate Cheeseburgers and Fries and Still Lost Weight* is a real person's story of weight loss which will show how you too can lose weight by simply rearranging your eating habits This is not your ordinary weight loss book This one actually works This newly reissued updated edition contains a bonus chapter on how the author dealt with the problem of baby weight

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

How Can We Light a Fire When the Kids Are Driving Us Crazy? Ellen Kreidman, 2013-03-06 Remember a time when you and your mate weren't too tired for romance When you could take off on the spur of the moment for a glamorous evening or sexy weekend Before listening for the patter of little feet put a damper on lovemaking Believe it or not you're about to recapture the rapture From the New York Times bestselling author of the runaway hit *Light His Fire* and number one *Light Her Fire* comes a new self-help guide for men and women that fills a universal need In *How Can We Light a Fire When the Kids Are Driving Us Crazy* love expert Ellen Kreidman conclusively proves that passion and parenthood can go hand in hand Through observations success stories and techniques that have come out of her famous seminars she shows married couples exactly how to light their fires and achieve the greatest possible level of emotional and sexual fulfillment According to Kreidman rekindling the sparks begins by acknowledging three core principles If you don't have an affair with your mate you risk the possibility that someone else will The best gift you can ever give your children is having a lasting relationship with your partner The happiest most well-adjusted children come from a home in which the parents love each other From that springboard *How Can We Light a Fire When the Kids Are Driving Us Crazy* goes on to offer sage advice and creative suggestions that encourage moms and dads to

be loving partners too from homework assignments that teach you your mate and your children how to become better and more sensitive communicators through a genuinely innovative list of fifty one ways to light a fire to two pages of stickers for scheduling and anticipating romantic rendezvous And the Parents and Children s Bills of Rights will keep the home fires burning while preventing meltdown Whether the problem is finding a capable baby sitter the advisability of letting the kids into your bed or discovering the best places to make love home is the least arousing you ll find a wealth of effective answers here Filled with the wit compassion and basic smarts that are Ellen Kreidman s trademarks How Can We Light a Fire When the Kids Are Driving Us Crazy can make a marvelous difference in family happiness and harmony as it restores the sizzle of courtship to married life

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

The Lingerie Handbook Rebecca Apsan,2006-01-01 It s the essential guide to dressing to undress from the basics of bras panties slips and shapewear to the sexy extremes of corsets sheer chemises balconets and bustiers perfect for the tens of millions of fans of Fifty Shades of Grey who are now wondering what to wear Written by lingerie expert Rebecca Apsan the best bra fitter in the country New York magazine Lessons in Lingerie covers it all The revelation of a properly fitted bra How to cultivate your inner coquette How to look ten pounds thinner What works under a clingy dress or a sheer white blouse The basics of shopping cleaning organizing And Ms Apsan s manifesto for change Stop wearing underwear **I Can Make You Thin** Paul McKenna,2009-01-01 Presents a weight loss system that discusses how to re pattern thoughts attitudes and beliefs about one s self health and food in order to take control of one s diet and achieve permanent weight loss **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 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

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Water: the Universal Healer Guy Proulx, 2012-08-27 Water The Universal Healer shares the lifesaving message that with adequate clean water the body heals naturally and that the effects of many common health complaints can be alleviated with proper hydration Author Guy Proulx began lecturing on hydration before it became popular he witnessed its success among his massage clients He makes the vital point that of all the mammals on this planet humans are the only ones who drink anything but water once they are finished nursing Educating and teaching individuals about how the body works has always been his most powerful healing tool The Earth consists of more water than land mass Water gives life to the whole planet and every living being on it Consider these three amazing facts about water There is not one thing on Earth that water cannot break down Even diamonds in time are no match for water There is nothing that water will not clean or dilute Water is the universal solvent There is absolutely no living organism on the planet that does not depend totally on water for its healing powers and lifegiving nourishment to survive Water The Universal Healer speaks to the fact that to intentionally deprive your body of water is tantamount to embarking on a slow insidious and premature death

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

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