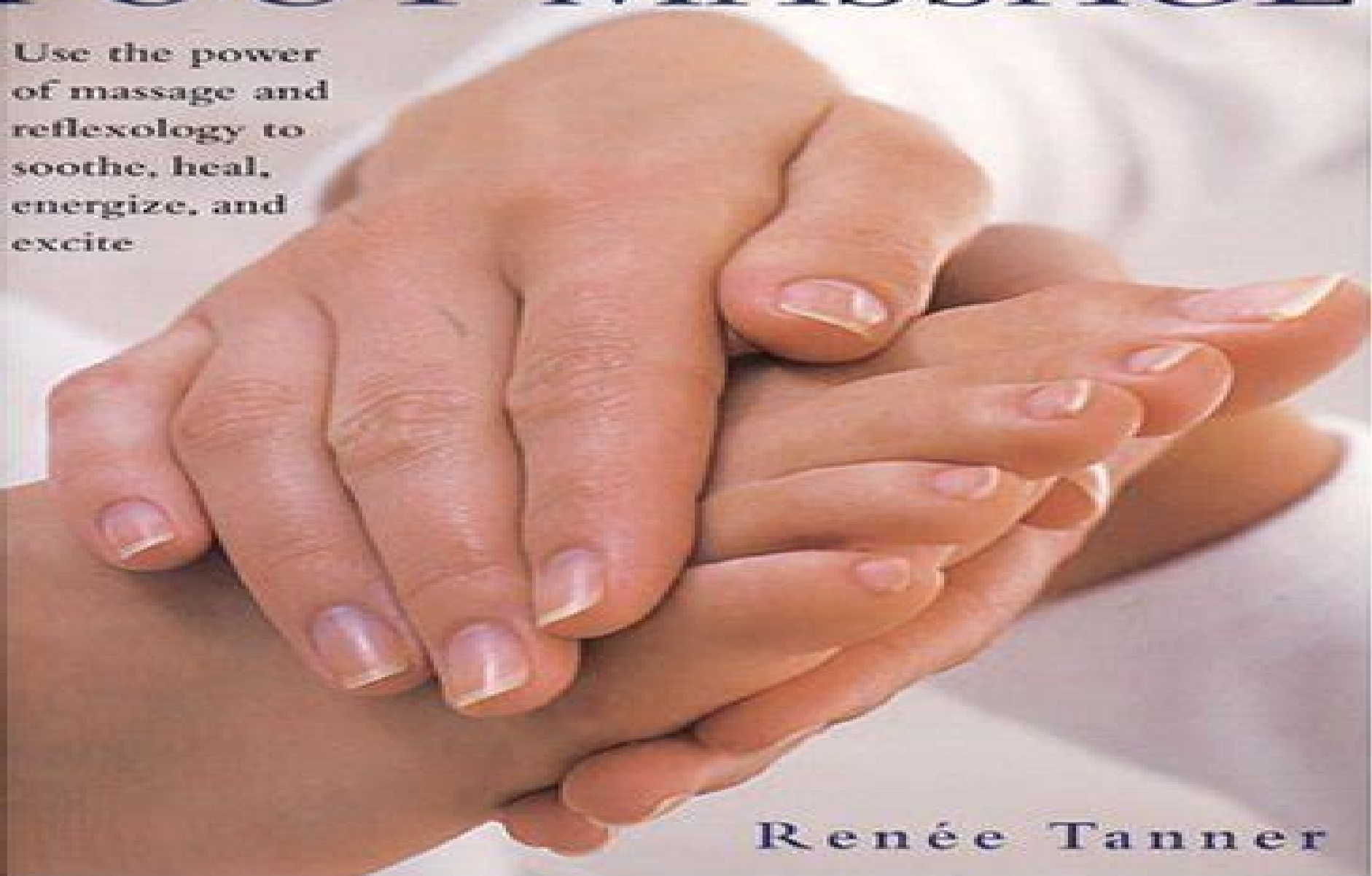


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Mind Blowing Foot Massage

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Mind Blowing Foot Massage:

Mind Blowing Foot Massage ,2011-12-01 **Mind Blowing Foot Massage** Renee Tanner,2004 Most of us spend much of our lives on our feet a part of the body that takes a huge amount of stress We all know just how much better we feel about ourselves if our feet are in good shape and yet few of us take proper care of them Mind blowing Foot Massage offers a comprehensive range of ways to keep your feet in tip top condition Many books have been written on reflexology and countless massage books contain small sections on foot massage However this book brings together not just reflexology and a wealth of foot massage techniques but also aromatherapy acupressure and simple home remedies There is something here for everyone no matter how much time you have and you can discover how to treat others as well as yourself The book begins with a thorough grounding in all the necessary principles plus basic routines and a full reflexology treatment all clearly explained and photographed step by step Further chapters deal with routines for pleasure and relaxation for maintaining your well being and for tackling everyday complaints Learn how to use foot therapy to send you off into a peaceful sleep detox your body get closer to a partner and warm up and wind down when you visit the gym Discover how to use your feet to diagnose and treat problems all over your body and see which instant treatments can be used at home or work to ease a headache or back pains Mind blowing Foot Massage also provides advice on appropriate aromatherapy oils and on pampering foot treats from easy foot exercises to indulgent home made potions lotions and scrubs and gives tips on keeping feet healthy all the time This is the perfect book for someone interested in really caring for this vital part of the body Book jacket

Reckonings Sydney Campbell,2020-10-01 A steamy contemporary series from a brand new romance author Torn between two lovers who will Allie choose Allie knows she s found the perfect guy in Matt and she s finally ready to try a real relationship Thrilled with her new writing gig she and Matt have settled down in Montreal Just when it seems everything is going smoothly Allie s ex boyfriend Josh reappears He s looking for a second chance Uncomfortable with the way things ended between Allie and Josh Matt encourages Allie to explore her feelings while he leaves for another extended work trip Suddenly Allie is faced with a life altering decision and she s finding it difficult to think clearly Will she return to her first love or take a chance on a new life with Matt Reckonings is the third book in the Allie Styles Romance series a four book series that should be read in order Contains steamy scenes and some light kink Keywords romance romance novels romance ebooks romance authors contemporary romance contemporary steamy romance erotic romance contemporary romance authors erotic romance authors romantic comedy relationships star crossed lovers Montreal series romance series contemporary romance series erotic romance series

Ultimate Book of Gangster Movies George Anastasia,Glen Macnow,2011-09-27 The gangster movie is one of the most popular genres in film From the Italian Irish and Russian families in America to similarly sinister groups in Europe Japan and beyond the cinema has never shied away from portraying the evil exploits of these brutal outfits In this highly entertaining and informative book two accomplished and apropos authors put the genre in perspective

like no other author or documentarian has done before The Ultimate Book of Gangster Movies provides extensive reviews of the Top 100 gangster films of all time including sidebars like Reality Check Hit and Miss I Know That Guy Body Count and other fun and informative features Also included are over a dozen stand alone chapters such as Sleeper Hits Fugazi Flops Guilty Pleasures Lost Treasures Q A Interviews with top actors and directors including Chazz Palinteri Michael Madsen Joe Mantegna and more plus over 50 compelling photographs Foreword by Joe Pistone the FBI agent and mob infiltrator who wrote the bestselling book and acclaimed movie Donnie Brasco

Kama Pootra Daniel Cole Young,2010-05-01 Every time the bathroom door closes a new experience awaits Kama Pootra is the ultimate poop gag gift for adults The average human performs approximately 25 000 bowel movements in their lifetime Sadly most people never depart from the first poop position they were taught as children However there exists another way fifty two in fact The Kama Pootra is the authoritative educational guide for a new and exciting pooping experience a governing handbook of free thinking bathroom conduct Within these pages students will find new positions for home or work alone or with friends with or without the use of common household items These lessons are the first step on the tiled path to an enlightened bathroom experience Place it on the porcelain throne in your guest bathroom for a laugh or give it as a raunchy white elephant gift to a family member Either way the Kama Pootra is the perfect poop gag gift for men or anyone who can t help but giggle at funny poop gifts There s an entire world of poo sitions to explore

The Jungle Room Kevin Zdrill,2020-09-10 What extremes would you go to for the chance to achieve your dream life Disgraced former LAPD officer Don Butler scams people out of their money in the hopes of affording a life of relaxation on the beaches of Costa Rica with his former fashion model girlfriend Alejandra if he doesn t get caught by the cops first Alejandra s probation jumping new roommate Megan is thrilled to begin a career as a stripper at The Jungle Room Her new mentor long time dancer and drug addict Tyrienne promises to bring her to the top of her profession with cash and partying beyond her wildest dreams But when the drugs and booze get out of control there are harsh consequences to pay Tommy has discovered that having a regular desk job isn t quite as creative as playing out the fantasies of middle aged businessmen unless they don t pay up Kirk has been abused one too many times by boyfriends promising him the world and now he s stuck in a job he despises with a boss he loathes even more Can he escape before his burgeoning paranoia leaks too far into his day job Experience L A s seedy underbelly where all roads lead to deceit betrayal or murder Please note this book contains explicit content

My Quiet Hero Bonnie Phelps,2021-11-16 She s ready to start living her life He wants to be his own man When fate brings them together will they find a home on the range Kitty Langford craves independence After spending her youth raising her siblings the fierce older sister longs for the freedom she gave up But when she leaves Oklahoma for Texas to at last taste autonomy the spunky gal finds herself stranded on the side of the road until a handsome local with kind eyes and capable hands changes everything Wayne Kincaid yearns to be seen as an equal to his accomplished cousins Though he mortgaged his ranch to pay for school the soft spoken vet has a solid side business

raising animals to supply fur for the artisan yarn industry He s determined to both get out of debt and prove himself He never expected that Kitty holds the key to making his mark As Kitty falls hard for the dependable animal doc her mischievous siblings discover her whereabouts and play a prank that backfires badly And after two of his prize goats go missing Wayne fears his new love could be hiding a relationship ending secret Can the couple comb through their tangled troubles to find happily ever after under the Lone Star sky My Quiet Hero is the heart warming fifth book in The Texas Kincaids contemporary romance series If you like self assured women strong and silent men and steamy chemistry then you ll adore Bonnie Phelps s beautifully woven tale Buy My Quiet Hero to give passion a voice today **No More Crumbs** Samantha Gregory,2012-10-12 No More Crumbs How to Stop Dating and Mating for Crumbs and Get the Cake You Deserve in 10 Crucial Steps takes you from crumb snatcher to cake connoisseur This book shows you how to change 10 key things in your life so you start seeing results in less than a month *Every I Love You Isn't True* Rasheeda Bryant-McNeil,2015-09-15 The Banks sisters had it all on the surface but their lives started to spin out of control after the murders that affected their entire family One will discover who she really is one will discover who she is not and the other will discover who she never wanted to be Power money sex and betrayal are only the beginning when describing their drama Loyalty is everything but they soon find out that everyone isnt loyal Every I Love You Isn't True will remind you that blood makes you related but loyalty makes you family **Off Your Face Creams** Mike Harmon,2022-06-19 Off Your Face Creams Naturopathic Skincare with a Cannabis Twist is the first professional cannabis beauty book that teaches how to create natural effective skincare products infused with cannabis s therapeutic benefits Written by Mike Harmon a Naturopath and skincare formulator with over 30 years of experience in personal formulations luxury spas and salons This guide makes expert knowledge accessible to everyone Inside You ll Discover Essential Ingredients Learn the properties of oils butters waxes emulsifiers thickeners actives and essential oils Cannabis Infusion Learn how to decarboxylate and infuse cannabis into oils to extract its antioxidants terpenes and cannabinoids DIY Formulations Follow step by step recipes to create spa quality products like Happy Hand Cream Floaty Foot Cream Blissed Out Body Butter and more Tinctures in Skincare Incorporate tinctures for enhanced effects Must Have Equipment Get a checklist of essential tools to start your skincare journey Homemade CBD Oil Learn to craft your own This book teaches you how to make personalised cannabis infused skincare products to relieve pain reduce inflammation and nourish your skin Take control of your beauty routine naturally **Sex, Sin, & Brooklyn** Crystal Lacey Winslow,2006-10-31 Sex Sin Brooklyn is a sexy novel about three competitive women who won t let anything or anyone stand in the way of their happiness These characters indulge in sex commit the ultimate sin and then return to the safety of their homes in Brooklyn Jinx has lived a sheltered life after the tragic death of her parents She clings to the nurturing love of her grandmother Nana and doesn t look much further When a humble unassuming man comes into her life she finally begins to live She s enamored as they take off into a whirlwind romance and let s her guard down and in the blink of an eye he s

gone Now using sex as a defense mechanism she vows to never love again She never counted on her heart not listening Kesha is the slick talking 357 carrying sexy detective working the Narcotics Unit of the 88th Precinct The lure of a Brooklyn thug is Kesha s weakness Although she has made a vow to serve and protect it doesn t stop her from mingling with the drug hustlers that she grew up with Insatiable in the bedroom and unstoppable in the squad room she s more than a handful Will she honor her oath and take it to her grave or will the streets put her there first Breezy has lived the ghetto fabulous life from the perks of being daddy s little girl Growing up in a plush Brooklyn brownstone driving the latest whips and sporting the top designers the writing is already on the walls Breezy gets what Breezy wants On a random night out with friends Breezy meets the man of her dreams Coincidentally her cousin Nicoli has already found the love of her life The only problem is he s the same man the charismatic and wealthy Black King Since all is fair in love and war they both plunge heart first into the game of love lies and deceit This is a recipe for drama May the best bitch win *Completely Yours* Sheridan Smythe,2005 Running a male escort service has its fair share of steamy intrigue But how naughty can it get when the owners twin brothers keep trading places between two of their lovely clients Original *A Hedonist's Guide to New York* Andrew Stone,2009 The world s favorite city and arguably foremost truly global metropolis New York is fast paced and constantly changing From the high end chic restaurants in Midtown to the alternative underground bars of the Lower East Side from the established grandeur of the Upper West Side to the unashamed wealth of the Upper East from glam and gay Chelsea to the taste makers of the Meatpacking District this is a city that desperately needs a tour guide Hg2 s crack team of writers come to the rescue with this discriminating guidebook Targeting a generation of time poor cash rich travelers who want only the best A Hedonist s Guide to New York is packed with photographs hidden venues and easy to use color coded maps Completely revised updated and redesigned this second edition helps visitors bypass the mundane and head toward the magnificent

Shedding the Corporate Bitch Bernadette Boas,2011-03-25 For twenty five years she was a corporate bitch and now has shifted from bitch to rich Do you have any idea how hurtful you are to people Linda asked She shook her head and did everything she could to avoid eye contact with me I looked across the room at Sheila searching for some validation of what Linda had said All I could see was her slumped in her chair sitting silently as Brian talked in her ear As a young woman Bernadette Boas was anything but a bitch Raised by loving Irish Catholic parents in a Philadelphia suburb in the 1960 s she was the middle child of twelve a sassy precocious girl with big dreams of a big life At the age of eighteen Bernadette left home with the love and support of her family and headed South to Boca Raton Florida where she began to climb the corporate ladder There amidst palm trees and sandy beaches the sun began to set on her once glowing personality A driven ambitious young woman Bernadette began to emulate the negative competitive attitudes of her coworkers men and women in her quest for success She gained a reputation for being aggressive demanding and brash Through hard work and perseverance she attained tremendous success and achievement through managerial and executive positions but it came

with a price Eventually she lost her six figure corporate job and her bitch persona Shedding the Corporate Bitch is one woman s real life admission of what it s like to sell one s soul in exchange for ambition greed and power at home and in the workplace Its one woman s apology to all the people she hurt over the years in pursuit of those goals But most importantly it s her lessons tips and advice for aspiring corporate women who erroneously believe that manning up and becoming a bitch in order to achieve career success that is valuable *Ebony* ,2002-02 EBONY is the flagship magazine of Johnson Publishing Founded in 1945 by John H Johnson it still maintains the highest global circulation of any African American focused magazine

Tokyo, My Everest Gabrielle Bauer,1995-09 Gabrielle Bauer finds herself on a plane bound for Tokyo leaving her career home and husband behind **Forthcoming Books** Rose Arny,2004 **Gabrielle Bauer 2-Book Bundle** Gabrielle Bauer,2017-11-20 Canada s Bridget Jones Gabrielle Bauer shares her journey of self recognition in her memoirs of a life as a square peg in a round hole Includes Waltzing the Tango A Late Boomer Dances to the Wrong Tune Bauer s hilarious memoir tells the story of her life as a square peg in a round hole It s a tale most women will not only identify with but will also laugh along with occasionally with the painful pangs of self recognition Tokyo My Everest A Canadian Woman in Japan By either folly or design Gabrielle Bauer finds herself on a plane bound for Tokyo leaving her career home and husband behind

Practical Manual Of Plantar Reflexology Maria Enelsi Gomez Gutierrez,2023-04-28 Feet are a masterpiece of structural engineering beautifully designed in perfect coordination with many muscles In a very small space they include 26 bones 33 joints 114 ligaments 20 muscles and an intricate network of nerves and blood vessels Wonderful structures that fully reflect our State of Health The fact that the Foot Plant like eyes and skin communicates directly with the Central Nervous System it is a basic element of the Postural System makes us realize the complex system of relationships that occurs within the most disparate parts of the Body Here s how targeted Reflexology Massage can help our body to get rid of toxins accumulated in some parts of it The Reflexology Massage is based on Pressures in specific parts of the Foot which result to have correspondences with each organ of the Body and thereby determining Reactivation States and improvement of the related physiological functions Plantar reflexology acts on the whole organism stimulating all the positive forces influencing the various organs and corporeal systems Circulatory Nervous Digestive and so on normalizing and balancing its functioning Starting from my experience as a Massotherapist and Bioenergetist I can say that my clients family members and friends have found well being and an improvement in health from their feet massage From the very first moment I met this Practice many years ago I remember having always wanted to have a nice Foot Massage done every evening The results have always been of well being and a sense of rest This is one of the things that led me to want to share this experience with you because our Feet are our base the Base of our Life *Mindfully Ever After* Paulette Glover,2021-02-25 Being mindful of our relationships is a means to nurture inspire and motivate commitment and endurance while recognizing red flags before they manifest into problems It is through mindfulness of the happenings of everyday living that we are able to anticipate the

unexpected while navigating a lifelong journey together Paulette Glover relies on her background as a dedicated meditator and believer in the power of energy healing techniques to share a treasure chest of succinct practical tips for couples of all ages that help identify the common pitfalls of marriage and resolve issues before they occur Through research data her personal experiences candid advice and practical tips she captures the value of gently guiding the heart and soul of love to preserve its integrity encourages couples to fight fair and inspires those in love to become mindfully aware of the challenges that occasionally line the path of even the healthiest relationships Mindfully Ever After offers guidance tips and advice that helps couples preserve the sanctity of forever love by living in the zone of mindfulness

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