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XF1CWF - TATE MARELI

In *Body By Simone*, Simone De La Rue, featured trainer on "Revenge Body with Khloe Kardashian", shares her fitness secrets and teaches women how to achieve an A-list body using her fun and unique strength training and cardio workouts. Considered the "next Tracy Anderson," Simone De La Rue has created a total body workout—a unique fusion of Pilates, bar method, strength training, and cardio dance moves—for women looking to lose weight, tone up, change up their routine, lose baby weight, or exercise while recovering from an injury. Her workouts are fast-paced, fun, and targeted for the muscle groups women most want to tone: arms, abs, glutes, and thighs. Filled with nearly 200 gorgeous color photos, *Body By Simone* features Simone's eight-week plan that incorporates her dance-based cardio workouts and signature strength training moves. Here are workouts for all levels—beginning, intermediate, and advanced—and a self-assessment test to choose the right plan for you. Simone offers a breakdown for each week and a schedule for each day, including an overview of the week's goals and challenges. Each week builds on the next to keep you challenged and engaged, and see the results you want. To boost weight loss and metabolism as well as naturally detox the body, Simone also provides a 7-day kick-start cleanse complete with recipes for simple meals, juices, and smoothies.

The Lean Machines are genuine experts in health and happiness and have helped thousands of people get lean and strong through their work as personal trainers and on their hugely popular YouTube channel. Champions of balance, moderation and individuality, their advice is sensible, accessible, and not at all intimidating - eat well, move better and feel awesome! "Our aim is to help as many people as possible get healthy and understand that getting in great shape doesn't have to be hard or depressing." Here, they share their secrets in their first book; a fun, fully illustrated guide for becoming the best version of yourself. Featuring easy nutritious recipes, as well as simple workouts, toning tips and mindfulness techniques, the boys prove that having a healthy lifestyle is achievable and fun. #leanmachines

Provides definitions and study tips for over sixteen hundred frequently used SAT words and includes strategies for memorizing the words and answering questions on the test.

You were created for a purpose, and it's time to make it happen. *Make It Happen* is the story of how I surrendered my fear, took the leap, and got a life. In my case, a perfectly imperfect, fulfilling life as a mama, a working woman, and a grateful wife. This is the story of how I chose to make "it"—a greater purpose than mine—happen, and how you can too. *Make It Happen* is for women who find themselves worried, anxious, and completely overwhelmed by the constant chase for perfection those seeking the courage to jump into a new venture working women who are struggling to "do it all" weary wives and moms looking for relief from burning the candle at both ends anyone who dreams of a

life lived not by accident, but on purpose Your time has come to take a leap of faith. Join me as we surrender our fears, end the chase for perfection, and say yes to cultivating the meaningful lives God desires for us. You know all those things you've always wanted to do? You should go do them.

Do you lack confidence, grit, endurance, fortitude, self-esteem and all the other things that don't just make someone great, but successful in everything they do? What if you could completely transform yourself into someone who could do anything? I'm not talking about the change that happens for a week or a month or a year...but for your whole life? What would that legitimately and realistically be worth to you? Everybody tries to tell themselves that they are "special" or "great"...but it's just talk. It's not reality. This book tells you how to do that. It doesn't cost anything to execute this program...but it ain't free. I guarantee if you do exactly as I tell you to do it with no compromises and zero substitutions...you and your life will never be the same. -Andy Frisella

Eat healthy. Exercise. Be happy. It sounds easy enough, so why is it so difficult? Because as millions of women know, it's not easy. There are challenges and obstacles, and health programs are not one size fits all. Sohee Lee understands, because she's faced the challenges and overcome them. As a trainer, presenter, and author, she's shared her experiences and helped others establish healthy relationships with food and exercise for long-term results. In the book *Eat. Lift. Thrive.* she empowers you with tools and strategies to make your own change. You will learn how to identify issues that are holding you back and what you can do to get back on track. You'll find motivation, exercise, and advice. And you'll learn how to • incorporate Lee's Living Lean Guidelines to make your diet work around your life, rather than the other way around; • perform her Primary Strength Movements and integrate them into an effective workout program; and • adjust your routine to maintain the results you've achieved. *Eat. Lift. Thrive.* also provides you with a structured, easy-to-follow 12-week training program. The program can be scaled according to your training experience, time commitment, and goals; it's completely customizable to ensure that your changes are lasting. This book is designed to be different. By the time you're finished, you'll be an expert at moderation and will say goodbye to extremes in dieting. You can have your cake and eat it too—and enjoy it!

Frustrated with your diet? Sick of eating the same bland food? *The Flexible Dieting Cookbook* is a must read. Containing over 160 delicious high protein recipes that will help you lose fat and build healthy lean muscle in no time! Best of all - all of the meals within this book are EASY and INEXPENSIVE to make, you don't need to spend hours slaving away in the kitchen, delicious meals designed to help you achieve your fitness goals are only minutes away. Each recipe states the number of calories, with a macronutrient breakdown into Protein, Carbohydrates and Fats. This is far more than just a recipe book, I will explain how you tracking your macronutrients while eating these delicious meals will help you

achieve the body of your dreams. The measurements and temperatures for each recipe stated within this book are in both metric and imperial, suitable for worldwide use! Here Is A Preview Of What You'll Learn to Cook...25 delicious breakfasts such as Protein Pancakes, Vanilla Protein Porridge, Big Breakfast Pizzas, Apple Crisps, Breakfast Fajitas Mouth-watering main meals including Thai Spiced Chicken Beef and Basil, Protein Pumpkin Pie, Creamy Artichoke Chicken, Tuna Melt, Advacado Lime Chicken, Lean Turkey Meatloaf, Teriyaki Salmon Low calorie snacks and desserts including Protein Puddings, Amino Acid Jelly, Protein Snickers, Peanut Butter Ice Cream, High Protein Cheesecake, Protein Donuts Quick and convenient smoothies and shakes such as - Berry Blast, Chocolate Cookie Butter Mass Gainer, Banana Bread smoothies, Mocha Frappuccinos Sides including Low Calorie Chocolate Sauce, Tuna Dip, Shrimp Sliders, Cinnamon Sweet Potato Fries, Clean Protein Nutella Spread

Jennifer Aniston. Kate Beckinsale. Helen Hunt. Brooke Shields. In addition to their fame, these actresses share something else in common: they owe their enviable silhouettes to fitness expert and celebrity yoga instructor Mandy Ingber. In *Yogalosophy®*, Ingber—one of the most sought-after fitness and wellness advisors in Los Angeles—offers up a unique 28-day plan to help readers achieve healthier bodies and happier minds. Building on the concepts offered in Ingber's popular *Yogalosophy®* DVD, this handbook provides an accessible program of proven workouts and eating guidelines designed to tone and strengthen the entire body, inside and out. In addition to recipes and detailed body-sculpting workouts (which combine yoga postures with a wide range of other effective exercises), Ingber also offers up wise insights and thought-provoking anecdotes in each chapter, encouraging readers to establish a healthier, more life-embracing mindset. Full of girlfriend-y wisdom, *Yogalosophy®* is a realistic, flexible, daily plan that will help readers transform their minds, their bodies, and their lives.

DK Eyewitness Travel Guide: Norway will lead you straight to the best attractions this breathtaking country has to offer. Packed with stunning photography and illustrations, this guide helps you discover Norway region by region, from the enchanting Northern Lights and beautiful fjords to the vibrant Oslo nightlife. Explore the culture, history, wildlife, and architecture of Norway with walks and hikes through dramatic landscapes, scenic routes, and guidance on Norwegian cuisine. DK Eyewitness Travel Guide: Norway provides all the insider tips you need, whether you are whale watching, exploring museums, or hiking across spectacular mountains. This fully updated guide includes 3-D cutaway illustrations and floor plans of must-see sights, comprehensive listings of the best hotels, restaurants, shops and nightlife in each region for all budgets, and reliable information about getting around this incredible country. With hundreds of photographs, illustrations, and maps, DK Eyewitness Travel Guide: Norway shows you what others only tell you.

Tone and improve flexibility anywhere, any time, with this illustrated step-by-step guide to 1,500 stretching poses organized by body part, with stunning photographs and the health benefits of each pose. Great for family activity at home or anywhere! Stretching is vital for to retain muscle tone, alleviate chronic pain, and achieve free movement. It also helps manage anxiety! 1,500 Stretches offers a comprehensive collection of stretches organized by body part--back, calf, hamstrings, chest and many more. Each stretch is demonstrated with full-color photographs. The steps are easy to follow and explain what muscle groups are targeted and that stretch's benefits for pain relief and physical appearance. There are additional chapters on yoga and partner stretches and the importance of stretching correctly. 1,500

Stretches provides practical advice to feeling and looking your best.

The HELP Vegetarian Guide contains Kayla Itsines' 107 page clean eating plan including a full 14 day meal plan with recipes. Suitable for Vegetarians, Vegans and Pescatarians. Learn what to eat, discover fat burning foods, eat tasty meals and speed up your metabolism.

Color in each page as Melanie Martinez's fictional character Cry Baby takes you on her journey into becoming more comfortable in her skin. Parental Advisory Explicit Content

For readers of Atul Gawande and Paul Kalanithi, a palliative care doctor's breathtaking stories from 30 years spent caring for the dying. Modern medical technology is allowing us to live longer and fuller lives than ever before. And for the most part, that is good news. But with changes in the way we understand medicine come changes in the way we understand death. Once a familiar, peaceful, and gentle -- if sorrowful -- transition, death has come to be something from which we shield our eyes, as we prefer to fight desperately against it rather than accept its inevitability. Dr. Kathryn Mannix has studied and practiced palliative care for thirty years. In *With the End in Mind*, she shares beautifully crafted stories from a lifetime of caring for the dying, and makes a compelling case for the therapeutic power of approaching death not with trepidation, but with openness, clarity, and understanding. Weaving the details of her own experiences as a caregiver through stories of her patients, their families, and their distinctive lives, Dr. Mannix reacquaints us with the universal, but deeply personal, process of dying. With insightful meditations on life, death, and the space between them, *With the End in Mind* describes the possibility of meeting death gently, with forethought and preparation, and shows the unexpected beauty, dignity, and profound humanity of life coming to an end.

This is not your run-of-the-mill fitness book. Developed by world-renowned gluteal expert Bret Contreras, *Strong Curves* offers an extensive fitness and nutrition guide for women seeking to improve their physique, function, strength, and mobility. Contreras spent the last eighteen years researching and field-testing the best methods for building better butts and shapelier bodies. In *Strong Curves*, he offers the programs that have proven effective time and time again with his clients, allowing you to develop lean muscle, rounded glutes, and greater confidence. Each page is packed with information decoding the female anatomy, providing a better understanding as to why most fitness programs fail to help women reach their goals. With a comprehensive nutritional guide and over 200 strength exercises, this book gets women off the treadmill and furnishes their drive to achieve strength, power, and sexy curves from head to toe. Although the glutes are the largest and most powerful muscle group in the human body, they often go dormant due to lifestyle choices, leading to a flat, saggy bum. *Strong Curves* is the cure.

Kayla Itsines Foam Rolling Guide is essential for anybody who has purchased a foam roller and is unsure of how to use it. Foam rolling helps to relieve muscle tension and pain by improving circulation. It could also helps to minimise the appearance of cellulite. In this guide you will find:

- The importance of foam rolling
- Recommended upper body foam rolling routine
- Recommended lower body foam rolling routine
- Stretching exercises to aid in rehabilitation
- Do's & Don't's
- Step-by-step information

The explosion of knowledge about satiety and hunger has given new meaning to our understanding of the genetics of obesity. New interest in gene expression as related to nutrition and advances in the field of macronutrients has made the latest nutrition research intriguing. *Advanced Nutrition: Macronutrients* adopts an integrated approach to the understanding of macronu-

trient nutrition. It provides scientific foundations of the current findings on energy balance, protein need, gene expression, and carbohydrate and lipid use, and maintains emphasis on the biochemical and physiological basis for nutrient need.

Revolutionise the way you approach fitness with yoga expert and celebrity trainer Shona Vertue - in just 28 days! 'Shona changed my perspective on yoga. Working with her made my aches and pains after playing disappear. She is the best.' - David Beckham Are you someone who has tried every fitness class out there, but nothing has ever really stuck? Or perhaps you can run a 10k but can barely touch your toes? Heard lifting weights is good, but feel lost in the gym? Keen to calm your racing mind and get the focus you need to train? Shona Vertue's 28-day reset plan will revolutionise the way you approach fitness. Her groundbreaking three-in-one method features a blend of resistance training with weights to build strength, yoga to aid flexibility and lengthen muscles, and a positive, mindful approach to exercise, combined with delicious, nourishing recipes. Get in the best shape of your life, both physically and mentally, and feel stronger, healthier and more flexible - in just 28 days. Features photos of every exercise, complete with food plan and nutritious, energising recipes.

This edited Promotion and Marketing Communications book is an original volume that presents a collection of chapters authored by various researchers and edited by marketing communication professionals. To survive in the competitive world, companies feel an urge to achieve a competitive advantage by applying accurate marketing communication tactics. Understanding marketing communication is an essential aspect for any field and any country. Hence, in this volume there is the latest research about marketing communication under which marketing strategies are delicately discussed. This book does not only contribute to the marketing and marketing communication intellectuals but also serves different sector company managerial positions and provides a guideline for people who want to attain a career in this field, giving them a chance to acquire the knowledge regarding consumer behavior, public relations, and digital marketing themes.

CrossFit celebrity Christmas Abbott shows how to attain the body of your dreams with a targeted eating strategy and total-body workout plan that will whip glutes and hips—and every problem area—into top shape. As a formerly “skinny fat” woman, Christmas Abbott knows what real women need to get the butt and body of their dreams. In *The Badass Body Diet*, she dispels the myth of the health benefits of a “pear shape” body, teaches readers how to spot-reduce excess fat with targeted meal plans and recipes that zap cellulite, and galvanizes them with a quick and simple workout plan for a toned butt—the key to total body fitness. Your “glutes” (the technical term for booty) are the body’s largest and most powerful muscle group—and one of the most beautiful—but they can go dormant, flat, and flabby. Packed with essential information, and inspirational before-and-after photos of her clients, *The Badass Body Diet* shows how to whip that butt into shape and provides essential information on how to: Select essential “booty foods”—the right proteins, fats, and carbs Experience a total body workout with an easy-to-follow, powerful exercise program Improve posture and functional mobility and enhance overall health Target cellulite through diet, workout strategies, and other proven tips And much more. Unlike most “one approach fits all” diet and exercise books, *The Badass Body Diet* identifies the three types of dieters that Christmas has discovered working with hundreds of clients at her CrossFit gyms—Modifiers, Gainers, and Maintainers—and tailors her approach to each, providing specific goals for maximum results. Stop obsessing about a flat belly, Christmas advises. A *Badass Body* is a birthright, and it starts at the bottom—with a trim and tight tush.

This book explores common representations and experiences of American fitness. It takes women's experiences as the center of inquiry toward an understanding of the function of fitness in our lives and in our culture-at-large. Ranging from 1968 to the present, from Jane Fonda to WiiFit, from revolution to institutionalization, from personal to political, and beyond, this book considers a broad range of topics from an interdisciplinary perspective: generations, cultural appropriation, community development, choreography, methodology, healing, and social justice. Drawing on her experience as a cultural theorist, educator and fitness instructor, the author offers critical and creative approaches that reveal the limitations and possibilities of fitness. The book enables readers to think about their own relationship to fitness as well as the more abstract meanings of the term, and suggests the idea that fitness has some potential to transform our worlds—if we're willing to do the work(out).

14 days of Kayla Itsines' healthy, tasty meals! Sometimes the only thing harder than the workouts, is eating healthy and fighting those junk food cravings. Itsines' Recipe Guide uses the same nutrition principles as The HELP Nutrition Guide and contains 14 additional days worth of amazing, drool worthy recipes.

So you finished my 12 week guide! Give yourself a massive congratulations and pat on the back. It's a huge accomplishment, and no doubt you are feeling a big change in your overall health, mindset, and confidence. As you know by now, my program is not a “diet”, but a lifestyle. With my 2.0 guide, I've created another 12 weeks to help you continue your healthy lifestyle. Inside you will find 12 weeks of higher challenge workouts, a full glossary section detailing new exercises, as well as a guide to foam rolling, and new resistance exercises. The 2.0 guide helps you take your healthy lifestyle to the next level, and is the best way to continue reaching your fitness goals!

The materials and content contained in "Kayla Itsines Nutrition Healthy Eating Lifestyle Plan Recipe Guide" a reforegeneral heal thim provement recommendations only and are not intended to be a substitute for professional medical advice, diagnosis or treatment. Although in depth information and specific weight amounts are given, users of this specific program should not rely exclusively on information provided in this program for their own health needs as it is branded as a set of "generic guidelines" aimed at a broad spectrum audience. All specific medical questions should be presented to your own health care professional."Kayla Itsines Nutrition Healthy Eating Lifestyle Plan Recipe Guide" is not written to promote poor body image or malnutrition. The meal plan provided herein is not only based around the Australian Guide to Healthy Eating (AGHE) but is based on the advice provided by NPA Pty Ltd. (Nutrition Professionals Australia), coauthors of the "Kayla Itsines Nutrition Health Eating Lifestyle Plan". The Bikini Body Training Company Pty Ltd. should not be held liable for the interpretation or use of the information provided. The information and other material available from this book come from a number of sources including the personal experiences of myself and the staff at Fresh Fitness, third parties who have given permission for use of their material, and material copied under statutory licenses. Accordingly the information and material in this book is copyright, 2015. © The Bikini Body Training Company Pty Ltd.

You can lose weight like crazy, and you can achieve anything! Autumn Calabrese shares the revolutionary step-by-step approach to lose weight that made her one of the top fitness and nutrition celebrities in the world. No cutting corners and no BS: In this book she reveals the personal struggles that shaped her approach to overcome excuses that led to this 30-day plan to succeed at weight loss, and life! Hey there! I'm Autumn Calabrese. I'm a Midwest girl, a single working mom who really had no busi-

ness being in the business of health and fitness. But I found my passion in helping people achieve their weight-loss and health goals. I turned myself into a mini mega-mogul of nutrition and fitness with two of Beachbody's most successful programs ever: 21 Day Fix and The Ultimate Portion Fix. I've led a crazy life and it's still crazy—probably a lot like yours. I've faced tremendous hardships and disappointments that have deflated my self-confidence. But I've found a way to turn “failures” into “redirections” that have transformed my life. And you can do it, too! Over the past five years, I've helped hundreds of thousands of people finally get control of food and lose 10, 20, 30, even more than 100 pounds with my breakthrough weight-loss programs. And, now I'm going to do the same for you! Imagine enjoying your favorite CARBS, WINE AND COCKTAILS, AND EVEN CHOCOLATE CAKE and still melt fat to build the lean, fit, healthy body you've always wanted! Here's my proposition: Give me just 30 days of your time, trust my process, GO ALL IN, and see what happens to your body. If you've ever struggled to lose weight before, I know why, and I have the solution. Lose Weight Like Crazy is NOT a DIET. There's Zero Deprivation. It works by automatically controlling your portion sizes, eliminating those unhealthy, sugary processed foods that trigger cravings, and filling you up on a proven ratio of healthy whole foods. It's simple. It's backed by science. And it works. Here's what YOU can expect while you lose weight like crazy: You won't count calories! You won't feel hungry or deprived! You can enjoy dessert! You can have a cocktail with your friends! You can speed up your results by adding fast, fun exercise routines that you'll love! (free lifetime access to my 2 new workout videos included with the book!) You can maintain your new body and feel amazing—for life!

The book provides online and material resources for Education for Sustainable Development using the United Nations Sustainable Development Goals.

New from #1 New York Times bestselling author Bill Phillips comes *Body-for-Life Success Journal*. With over three million copies sold and after more than three years on bestseller lists, *Body-for-Life* is still going strong. People everywhere are discovering that they too have the power to change their body, their mindset, their life. They are discovering that when they make a change, they make a difference -- they become an inspiration to others, a positive example of living a healthy style of life. And now, with this new *Success Journal*, becoming a *Body-for-Life* success story is within reach for everyone. More than just a typical log book, this complete *Success Journal* guides you, day by day, step by step, through the entire 12-week Program. Bill Phillips designed this book to help you stay focused and inspired. Through its pages, he will be with you every step of the way and so will other people who have successfully completed the Program. Each and every day they will support you, encourage you, and help you complete the Program in championship style. When you finish this *Success Journal*, it will document your success story. However, the real reward will be your new, transformed body and your clear, empowered mindset.

If you want to get muscular, lean, and strong as quickly as possible without steroids, good genetics, extreme dieting, or wasting ridiculous amounts of time in the gym . . . regardless of your age . . . you want to read this book.

A step-by-step diet and exercise plan from social media sensation and fitness guru Michelle Lewin, *The Hot Body Diet* reveals the star's insider tips and tricks for sustainable weight loss and a toned bikini body. How do you maintain a perfect body? For years, fans have been asking Venezuelan fitness model Michelle Lewin this very question. Known for her enviable curves, washboard abs, and super strength, Lewin's physique has earned her

millions of fans who are eager to learn her diet and exercise secrets. And now, with help from certified health coach Dr. Samar Yorde, she will share the keys to her weight loss and weight management for the first time. Lewin has created an easy-to-follow, step-by-step diet and exercise plan that has amazing benefits for all body types. She shares stories and struggles from her own weight loss journey, offering support in creating a healthy transformation. With meal plans, recipes, exercise tips, and an FAQ section from actual followers, *The Hot Body Diet* will help women achieve the strong, svelte bikini body that Michelle Lewin has made famous.

"With a life-changing 4-week liver detox"--Jacket.

New York Times best-selling author offers a one-of-a-kind program to help readers finally become happy, thin, and free! Sustainable weight loss expert Susan Peirce Thompson builds on the success of her *Bright Line Eating Boot Camps* and best-selling book with: *The Official Bright Line Eating Cookbook!* *The Official Bright Line Eating Cookbook* is designed to help readers transition to this transformative way of life as smoothly and solidly as possible. The first book gave explicit instructions as to what the guidelines for each meal are, but no specific suggestions as to what to actually cook. This book provides recipes, as well as tons of tips, tricks, and tools culled directly from the *Bright Line Eating* community, the "Bright Lifers" themselves! Because *Bright Line Eating* is unlike any food program out there, this cookbook will be unlike any seen before. It's broken down by warm bowls, cold bowls, and plates. There will be a large section on salad dressings--because *Bright Lifers* live and die by their dressing! Note: there will not be any "cheat" foods, because those foods keep addiction alive in the brain, slow weight loss, and leave you vulnerable to old habits. Special features: • 75+ delicious recipes • Guidance for getting started and staying the course • Tips and tricks for getting the most from the plan • Jaw-dropping before-and-after stories and photos from successful *Bright Lifers* • and more! This will be an invaluable companion to the first book, and, for some, an entry into *Bright Line Eating* and an entirely new way of eating.

For the past four decades, increasing numbers of Americans have started paying greater attention to the food they eat, buying organic vegetables, drinking fine wines, and seeking out exotic cuisines. Yet they are often equally passionate about the items they refuse to eat: processed foods, generic brands, high-carb meals. While they may care deeply about issues like nutrition and sustainable agriculture, these discriminating diners also seek to differentiate themselves from the unrefined eater, the common person who lives on junk food. *Discriminating Taste* argues that the rise of gourmet, ethnic, diet, and organic foods must be understood in tandem with the ever-widening income inequality gap. Offering an illuminating historical perspective on our current food trends, S. Margot Finn draws numerous parallels with the Gilded Age of the late nineteenth century, an era infamous for its class divisions, when gourmet dinners, international cuisines, slimming diets, and pure foods first became fads. Examining a diverse set of cultural touchstones ranging from *Ratatouille* to *The Biggest Loser*, Finn identifies the key ways that “good food” has become conflated with high status. She also considers how these taste hierarchies serve as a distraction, leading middle-class professionals to focus on small acts of glamorous and virtuous consumption while ignoring their class's larger economic stagnation. A provocative look at the ideology of contemporary food culture, *Discriminating Taste* teaches us to question the maxim that you are what you eat.

The new healthy eating and lifestyle book from the inspirational and widely followed personal trainer, Kayla Itsines.

“Features five design-focused metropolises . . . and funky spaces that reflect the sensibilities of life there . . . It has visual inspiration galore.” —Refinery29 Explore the world’s most stylish and eclectic residences in this inspired armchair décor guide. Home Style by City captures the essence of five design-forward cities, featuring gorgeously decorated homes from each that reflect local style and inspire internationally. Part city tour—including must-visit flea markets, bits of colorful history, and curated lists of music, books, and films—and part design resource for achieving the various looks, this refreshing perspective on décor shows how cities themselves impact interiors. Illuminating text invites readers into page after page of lavishly photographed interiors, offering deceptively simple transitions and insider tips to bring the look into any space. Visually rich and totally inspiring, Home Style by City is a treasure for lovers of design, travel, and, of course, big city dreams. “From character and cultural heritage, each section offers up tips for decorating in this eclectic-bohemian style from where to shop (flea markets) while in these cities to ‘get the look’ ideas and DIYs to create your own favorite city-inspired look.” —Poppytalk “Ida’s book is loaded with wonderful images of her friends’ stylish homes who are collectors of vintage finds. She also lists favorite flea markets, best movies to watch, books to read, and music to listen to.” —A Well Lived House

With equal parts wit and wisdom, New York Times bestselling author Donald Miller invites you to reconnect with your faith. Miller shares what he’s learned firsthand—that our relationship with God is designed to teach us about redemption, grace, healing, and so much more. Searching for God Knows What weaves together timeless stories and fresh perspectives on the Bible to capture one man’s journey to discover an authentic faith that’s worth believing. Along the way, Miller poses his own questions about faith, religion, and community, asking: What if the motive behind our theology was relational? What if our value exists because God takes pleasure in us? What if the gospel of Jesus is an invitation to know God? Maybe you’re a Christian wondering what faith you signed up for. Or maybe you don’t believe anything and are daring someone to show you a genuine example of genuine faith. Somewhere beyond the self-help formulas, fancy marketing, and easy promises, there is a life-changing experience with God waiting for you—it just takes a little bit of searching. Praise for Searching for God Knows What: “Like a shaken snow globe, Donald Miller’s newest collection of essays creates a swirl of ideas about the Christian life that eventually crystallize into a lovely landscape...[He] is one of the evangelical book market’s most creative writers.” --Christianity Today “If you have felt that Jesus is someone you respect and admire—but Christianity is something that repels you—Searching for God Knows What will give you hope that you still can follow Jesus and be part of a church without the trappings of organized religion.” --Dan Kimball, author of The Emerging Church and Pastor of Vintage Faith Church, Santa Cruz, CA “For fans of Blue Like Jazz, I doubt you will be disappointed. Donald Miller writes with the wit and vulnerability that you expect. He perfectly illustrates important themes in a genuine and humorous manner...For those who would be reading Miller for the first time, this would be a great start.” --Relevant

Karena Dawn and Katrina Scott, the founders of the Tone It Up fitness and health brand, have taken the world by storm with their fun, energetic, girlfriend-to-girlfriend approach to getting fit. In their Tone It Up book, the girls’ genuine, relatable philosophy is boiled down to a 28-day program that incorporates fitness routines, nutritional advice, and mental and spiritual practices to transform readers’ bodies, attitudes, and lives. Dawn and Scott take a holistic approach to fitness, including the same principles in their book that make their brand so popular—a sense of commu-

nity, empowerment, and lightheartedness in every healthy, feel-good technique they recommend. Dawn and Scott will help readers get: • FIT. With daily fitness challenges, workout plans, healthy-eating tips, and delicious recipes, readers will be on their way to the strong, sexy body they’re after. • FIERCE. Dawn and Scott will empower readers to be their best self-motivators by aligning their minds and bodies with their intentions through visualization exercises, daily meditations, confidence-boosting tips, and dares to move outside their comfort zones. • FABULOUS. This is the fun stuff: beauty, sparkle, friendship, inspiration, joy, and all the things that give readers that unmistakable glow so they radiate from the inside out!

The New York Times bestseller makes detoxing easy! Juicing and cleansing are more popular than ever, but most programs ask readers to avoid food and live on juice alone for days on end. Enter THE SUJA JUICE SOLUTION, a groundbreaking new detox from Annie Lawless and Jeff Church of Suja. This easy-to-follow 28-day program features a powerful 7-day jumpstart of high-energy green juices and antioxidant-rich mini-meals designed for readers to detoxify and lose weight without deprivation. Over the 4-week program, readers gradually increase their intake of whole, fresh foods, while learning to crowd out unhealthy foods with nourishing juices and more balanced, healthy options. In just four weeks, readers will beat sugar cravings, decrease inflammation, boost energy, improve skin and drop pounds. With over 75 recipes and mix-and-match meal plans, THE SUJA JUICE SOLUTION is an all-in-one resource that sets readers off on a life-long path towards improved health and sustainable wellness.

Squeaky Clean Keto marries the principles of clean eating with the ketogenic diet, resulting in reduced inflammation, faster weight loss, and better overall health. It provides readers with the methods and principles of squeaky clean keto (no grains, dairy, alcohol, sweeteners, or nuts), 30 days of easy-to-follow meal plans, and over 130 delicious recipes that are big on flavor and will appeal to even the pickiest of eaters. This book will help readers lose weight, feel healthier, and identify whether or not certain common allergens are hindering their progress—all while eating an abundance of delicious foods that the entire family can enjoy. Squeaky Clean Keto makes weight loss on keto almost effortless, even for people who are self-proclaimed “slow losers.” Food intolerances and inflammation caused by common keto foods like dairy, nuts, and sweeteners can slow weight loss, so when those things are completely removed from the diet, many see rapid results that they weren’t getting on “regular” keto. After 30 days of squeaky clean keto, slowly reintroducing the potentially offending foods can shine a light on which foods may have been stalling weight loss. With this information in hand, readers can decide to limit or omit those foods completely moving forward for a fully customized approach to the keto diet.

YOUR BEST BODY BEGINS HERE AND NOW! Ditch the gym membership and say goodbye to weights and machines! Take control of your shape and your weight at home with celebrity fitness trainer Adam Rosante’s three-tiered, simple-to-follow plan: • Eat Clean: Feed your body right with simple meals designed to help you feel your best inside and out. No weird and wacky “diet” gimmicks; just an easy embrace of healthy whole foods. • Train Dirty: Using compound movements, progress overload, and high-intensity 30-second interval training, Rosante’s exercises will skyrocket your metabolism, torch fat, and build lean muscle without requiring the use of a single piece of equipment. • Live Hard: Strengthen the single most important muscle in your body: your mind. You’ll learn how “Lottery Mindset Marketing” has conditioned you to fail in your weight-loss goals—and how to overcome it. Featuring inspiring testimonials, motivational advice, instruc-

tive photos, and a complete workout calendar, *The 30-Second Body* is a comprehensive one-stop solution, your road map to losing weight fast and taking charge of your life! Praise for *The 30-Second Body* “Easy, effective, and efficient . . . [The 30-Second Body] is more like an easy-to-read playbook than an intimidating diet or fitness guide. It’s filled with illuminating fitness quickies on how to build a better smoothie and high-intensity workout moves you can do anywhere.”—Well+Good

CHANGE YOUR THINKING, CHANGE YOUR SHAPE, CHANGE YOUR LIFE *28 By Sam Wood* combines quick, simple, delicious meals with a daily 28 minute exercise program. In just a year of the pro-

gram, personal trainer and *The Bachelor* favourite Sam Wood and his team have transformed more than 100,000 people's lives. Now, for the first time, the best of 28 by Sam Wood has been brought together in a book. Including 100 of Sam and nutritionist Steph Lowe's popular recipes for breakfast, lunch, dinner and snacks. All based on their philosophy that we should turn the healthy food pyramid upside down - and prioritise real food with as little human interference as possible. Alongside satisfying, achievable recipes for every time of the day, *28 By Sam Wood* includes a monthly meal planner, a regime of tough but achievable exercises for every level, and advice on taking control of your weight, your health and your life today.