

Online Library Eat Clean Live  
Lean Sophie Guidolin  
Cookbook

***Eat Clean Live  
Lean Sophie  
Guidolin Cookbook***

When a doctor and a filmmaker  
reconnect... Just who is healing whom?

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Two years ago, Dr. Wyatt Reid shared an unforgettable goodbye kiss with Mia Fiore. Now a scuba diving accident brings the daredevil documentary filmmaker into his San Francisco ER. Could this be their shot at a real relationship? But Wyatt, haunted by family tragedy, saves lives, and Mia risks hers every day. Can they

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find the way to a future on both their terms?

Vegan Recipes Cookbook Get your copy of the best and most unique recipes from Sophie Clark ! Do you miss the carefree years when you could eat anything you wanted?Are you looking for ways to relive the good old days without causing harm to

# Online Library Eat Clean Live Lean Sophie Guidolin Cookbook

your health? Do you want an ideal way to preserve your food? Do you want to lose weight? Are you starting to notice any health problems? Do you want to learn to prep meals like a pro and gain valuable extra time to spend with your family? If these questions ring bells with you, keep reading to find out, Healthy Weekly Meal

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Prep Recipes can be the best answer for you, and how it can help you gain many more health benefits! Whether you want to spend less time in the kitchen, lose weight, save money, or simply eat healthier, meal prep is a convenient and practical option and your family can savor nutritious, delicious, homemade food even on your

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busiest days. ? Purchase The Print Edition  
& Receive A Digital Copy FREE Via  
Kindle Matchbook ? In this book: This  
book walks you through an effective and  
complete anti-inflammatory diet-no prior  
knowledge required. Learn how to shop  
for the right ingredients, plan your meals,  
batch-prepare ahead of time, and even use

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your leftovers for other recipes.and detailed nutritional information for every recipe, Vegan Recipes Cookbook is an incredible resource of fulfilling, joy-inducing meals that every home cook will love. In addition, 2 weeks of meals-a 14-day schedule of meals, including step-by-step recipes and shopping lists for

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each, with tips on what you can prepare ahead of time to get dinner or meal on the table faster. Let this be an inspiration when preparing food in your kitchen with your love ones for the Holiday. It would be lovely to know your cooking story in the comments sections below. Again remember these recipes are unique so be



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ready to try some new things. Also remember that the style of cooking used in this cookbook is effortless. I really hope that each book in the series will be always your best friend in your little kitchen. Well, what are you waiting for? Scroll to the top of this page and click the Add to Cart button to get your copy now!

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Awakening in a bleak landscape, Cass Dollar vaguely recalls enduring something terrible. Having no idea how many days—or weeks—have passed, she slowly realizes the horrifying truth: her daughter, Ruthie, has vanished. And with her, nearly all of civilization. Instead of winding through the once-lush hills, the roads

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today see only cannibalistic

Beaters—people turned hungry for human flesh by a government experiment gone wrong. In a broken, barren California, Cass will undergo a harrowing quest to get Ruthie back. Few people trust an outsider—much less one who bears the telltale scars of a Beater attack—but she

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finds safety with an enigmatic outlaw, Smoke. And she'll need him more than ever when his ragged band of survivors learn that she and Ruthie have become the most feared, and desired, weapons in a brave new world....

Most Anticipated for 2022 by: Goodreads

\* PopSugar \* BuzzFeed \* USA Today

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"Sophie Sullivan's writing feels like a warm hug." —Rachel Lynn Solomon, bestselling author of *The Ex Talk Enemies-to-lovers* meets HGTV in this frothy, effervescent romantic comedy from Sophie Sullivan, author of *Ten Rules for Faking It*. Interior Design School? Check. Cute house to fix up? Check. Sexy,

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grumpy neighbor who is going to get in the way of your plans? Check.

Unfortunately. Grace Travis has it all figured out. In between finishing school and working a million odd jobs, she'll get her degree and her dream job. Most importantly, she'll have a place to belong, something her harsh mother could never

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make. When an opportunity to fix up—and live in—a little house on the beach comes along, Grace is all in. Until her biggest roadblock moves in next door. Noah Jansen knows how to make a deal. As a real estate developer, he knows when he's found something special. Something he could even call home. Provided he can

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expand by taking over the house next door--the house with the combative and beautiful woman living in it. With the rules for being neighborly going out the window, Grace and Noah are in an all-out feud. But sometimes, your nemesis can show you that home is always where the heart is. “This is a novel you'll want to



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read over and over again.” - USA Today

75+ Healthy Recipes for the Whole  
Family

The Men's Health Big Book of Food &  
Nutrition

The Gorgeously Green Diet

Vegan Recipes Cookbook

My Kids Eat

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Shopaholic on Honeymoon (Short Story)

The Rogue Not Taken

*The Bod Fuel is a collection of healthy, delicious and nourishing recipes designed to accompany THE BOD fitness programs. THE BOD are easy-to-follow, sustainable 12-week*

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*programs that gives you the flexibility to work out at home and eat the same meals as your family. Each recipe in The Bod Fuel includes full macros and a barcode to the MyFitnessPal app for easy tracking, making planning meals around you training*

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*goals a cinch.*

*Sophie Guidolin's goal is to make the task of daily cooking easier for you, not just through the convenience of using a thermo appliance but by providing inspiration for your everyday meals and using*

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*wholesome, easily sourced ingredients. Her latest cookbook will change the way your family eats and interacts, by saving you time in the kitchen preparing meals so you have more time to sit down together as a family and eat and connect. Sophie's*

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*food philosophy is to eat as close to the natural source as possible, with the least amount of processing involved, so you'll not only be getting food on the table fast, but it will be food that's good for you too!*

*Food Combining Diet Cookbook Get*

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## Cookbook

*your copy of the best and most unique recipes from Sophie Mackay ! Do you want an ideal way to preserve your food? Do you want to lose weight? Are you starting to notice any health problems? Do you want to learn to prep meals like a pro and gain*

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*valuable extra time to spend with your family? Do you want to learn new recipes that will leave your family hungry for more? If these questions ring bells with you, keep reading to find out, Healthy Weekly Meal Prep Recipes can be the best answer for*



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*you, and how it can help you gain  
many more health benefits! [?]*

*Purchase The Print Edition & Receive  
A Digital Copy FREE Via Kindle  
Matchbook [?] In this book: This book  
walks you through an effective and  
complete anti-inflammatory diet-no*

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*prior knowledge required. Learn how to shop for the right ingredients, plan your meals, batch-prep ahead of time, and even use your leftovers for other recipes. In addition, 2 weeks of meals-a 14-day schedule of meals, including step-by-step recipes and*

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*shopping lists for each, with tips on what you can prepare ahead of time to get dinner or meal on the table faster. Let this be an inspiration when preparing food in your kitchen with your love ones for the Holiday. It would be lovely to know your cooking*

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*best friend in your little kitchen. Well,  
what are you waiting for? Scroll to  
the top of this page and click the Add  
to Cart button to get your copy now!  
Sophie Guidolin's My Kids Eat . . .  
Whole Foods Recipe Book The perfect  
recipe book for you and your little*

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*ones. Over 5 chapters and 120+ delicious, whole food recipes including my famous Banana Bread. From the moment your children are born, you want to provide them with the very best start in life. Nutrition is key in keeping*

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*your child's health a priority, but remember, healthier options don't need to be boring or bland. This book took over four years to create, targeted at children and fussy eating. Think muffins, chicken nuggets, sausage rolls and much, much more.*

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*My Kids Eat is a follow-up recipe book to my best seller, Eat Clean, Live Lean. All recipes are free from added sugar, preservatives, additives and chemicals. With everything from breakfasts to lunchbox ideas and even party foods and fruitspiration, My*



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*Kids Eat by Sophie Guidolin is a collection of my family's favourite recipes in one mouth-watering, colour-filled book.*

*Everyone Eats*

*Sophie's World*

*Easy and Delicious for Weight Loss*

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*Fast, Healthy Living, Reset Your  
Metabolism Eat Clean, Stay Lean  
with Real Foods for Real Weight  
Loss*

*Eat.Lift.Thrive.*

*A Novel About the History of  
Philosophy*

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*Bright Line Eating*

*Understanding Food and Culture,  
Second Edition*

**11 chapters and over 160  
recipes you will find  
delicious meals for the  
whole family, clean**

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**eating breads and baked  
goodies along with  
mouthwatering desserts  
and much more!**

**Incorporate the sauces,  
dips and marinades into  
your everyday life and**

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**meals. Contents:**

**Sauces/Dressings/Dips &  
marinades Salads Baked**

**Goodies Breakfast Ideas**

**Snacks Drinks Soups**

**Family Meal Ideas**

**Vegetarian Desserts High**

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**Protein Sophie**

**Guidolin's 'Eat clean,  
Live lean' whole foods**

**book also caters for**

**vegans, vegetarians,**

**along with nut free,**

**lactose free, sugar free**

*Page 38/190*

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**and gluten free recipes  
too. There truly is  
something for everyone.  
As high school  
graduation looms, next-  
door neighbors and  
friends Sophie and**

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**Carter, who each struggle with dysfunctional parents at home, face an unexpected dilemma when they begin to fall in love with each other.**



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**An all-encompassing  
guide to transforming  
the body in a minimum of  
time demystifies  
contradictory dietary  
guidelines while making  
recommendations for**

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**informed shopping,  
eating and cooking.**

**Original.**

**The # 1 New York Times  
bestseller--now in trade  
paperback for the first  
time! In this #1 New**

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**York Times bestseller  
(originally published as  
My Beef with Meat), Rip  
Esselstyn arms readers  
with the 36 most  
powerful facts that  
prove, once and for all,**

**that a plant-based diet  
can save your life. Do  
you want to: Prevent  
cancer, heart attacks,  
stroke, and Type 2  
Diabetes? Eat plants!  
Have stronger bones than**

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**milk could ever give  
you? Eat plants! Avoid  
dangerous carcinogens  
and contaminants? Eat  
plants! Lose weight and  
look great? Eat plants!  
On top of these**

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**arguments are 150 other  
reasons why plants  
rule--as in 150  
delicious, mouth-  
watering Engine 2  
recipes, including 10  
that are exclusive to**

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**this new edition.**

**Prepare to eat well, be  
healthy, and live plant-  
strong!**

**Easy and Delicious for  
Weight Loss Fast,  
Healthy Living, Reset**

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**Your Metabolism - Eat  
Clean, Stay Lean with  
Real Foods for Real  
Weight Loss**

**Whole Foods Recipe Book  
The Science of Living  
Happy, Thin and Free**

*Page 48/190*



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**The 80/10/10 Diet**

**12 Days of Christmas**

**How to Live Lean and  
Green**

**Baby's First Recipe Book**

**Christmas Cookbook**

**The Healthiest Diet Cookbook**

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Get your copy of the best and most unique recipes from Sophie James ! Do you miss the carefree years when you could eat anything you wanted? Are you looking for ways to relive the good old

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answer for you, and how it can help you gain many more health benefits! Whether you want to spend less time in the kitchen, lose weight, save money, or simply eat healthier, meal prep is a

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convenient and practical  
option and your family can  
savor nutritious, delicious,  
homemade food even on your  
busiest days. Purchase  
The Print Edition & Receive  
A Digital Copy FREE Via

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Kindle Matchbook In this book : This book walks you through an effective and complete anti-inflammatory diet--no prior knowledge required. Learn how to shop for the right ingredients, plan

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your meals, batch-prepare ahead of time, and even use your leftovers for other recipes. and detailed nutritional information for every recipe, The Healthiest Diet Cookbook is an



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incredible resource of fulfilling, joy-inducing meals that every home cook will love. In addition, 2 weeks of meals--a 14-day schedule of meals, including step-by-step recipes and shopping lists for

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of cooking used in this  
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really hope that each book in  
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best friend in your little  
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waiting for? Scroll to the top

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'Louise Parker, AKA the  
figure magician, has worked  
her magic on actors, athletes,  
pop stars, politicians and

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princesses and believes  
absolutely anyone can have a  
sensational body.' Glamour  
'Louise Parker is one of the  
very few weight-loss experts  
worth the title. A genius  
method, an unbelievable client

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list and years of experience.'  
Good Housekeeping 'Clever,  
kind and committed to getting  
you the best body possible.  
Louise Parker really does  
think of everything.' Tatler  
'Quite simply the most

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intelligent weight-loss  
programme out there.'

Independent It is not a diet -  
it is an inspiring, easy-to-  
follow programme for life,  
consisting of two phases:  
**TRANSFORM** - taking the



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direct route to your best body  
LIFESTYLE - protecting your  
results for life The method is  
the best-kept secret of A-list  
celebrities, royals, global  
CEOs, entrepreneurs and  
London society - the

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quickest, most do-able approach of total body and lifestyle transformation. It contains over 80 effortless recipes to help you 'Eat Beautifully' and avoid being 'Organically Overweight'.

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Many of the recipes call for fewer than 8 ingredients and take just 8 minutes to prepare. For the first time, Louise shares her unique four-pronged approach to lasting success that has made her

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method the mecca for  
worldwide clients demanding  
the most intelligent, focused  
and practical solution to  
permanent weight loss and  
habit change. The book  
details four simple pillars that

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promise you can drop two  
dress sizes in six weeks  
without a chia seed in sight.  
Think Successfully -  
positivity, keeping inspiring  
company and making time for  
simple pleasures every single

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day Live Well - de-cluttering  
your surroundings, a Digital  
Detox after 9pm every night,  
sleeping 7-8 hours a night  
and taking 20 minutes a day  
to 'brain nap' Eat Beautifully -  
eating 3 meals and 2 snacks

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daily from any of the 80  
delicious recipes in the book  
Exercise Intelligently -  
achievable goals of walk a  
minimum of 10,000 steps,  
exercise for 30 minutes,  
following Louise's workouts

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or other exercises you enjoy  
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



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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

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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

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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

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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

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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.

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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

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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! CE exam available! For

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certified professionals, a companion continuing education exam is available which can be completed after reading this book. The Eat. Lift. Thrive. Online CE Exam may be purchased separately



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or as part of the Eat. Lift.  
Thrive. With CE Exam  
package that includes both  
the book and the exam.

75 Hard

A Fine Dessert: Four  
Centuries, Four Families, One

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Delicious Treat

How to Love Your Neighbor  
Rebirth

Scandal & Scoundrel, Book I  
Sophie Guidolin's Eat Clean,  
Live Lean Whole Foods  
Recipe Book

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## Bobby Flay Fit

*In the language of fan fiction, a 'Mary Sue' is an idealised and implausibly flawless character: a female archetype that can infuriate audiences for its perceived narcissism. Such is the setting for this brilliant and*

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*important debut by Sophie Collins. In a series of verse and prose collages, Who Is Mary Sue? exposes the presumptive politics behind writing and readership: the idea that men invent while women reflect; that a man writes of the world outside while a*

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*woman will turn to the interior.  
Part poetry and part reportage, at  
once playful and sincere, these  
fictive-factive miniatures deploy  
original writing and extant  
quotation in a mode of pure  
invention. In so doing, they lift up  
and lay down a revealing*

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*sequence of masks and mirrors that disturb the reflection of authority. A work of captivation and correction, this is a book that will resonate with anyone concerned with identity, shame, gender, trauma, composition and culture: everyone, in other words,*

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*who wishes to live openly and think fearlessly in the modern world. Who Is Mary Sue? is a work for our times and a question for our age: it is a handbook for all those willing to reimagine prescriptive notions of identity and selfhood.*

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*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*



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*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*

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*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*

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*will never be the same.-Andy  
Frisella*

*Provides a four-week eating plan,  
recipes, shopping lists, exercise  
program, and time-saving tips for  
a healthier lifestyle using organic  
and natural foods.*

*The Keto Diet Cookbook Get your*

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*copy of the best and most unique recipes from Sophie Wright ! Do you want an ideal way to preserve your food? Do you want to lose weight? Are you starting to notice any health problems? Do you want to learn to prep meals like a pro and gain valuable extra*

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*time to spend with your family?  
Do you want to learn new recipes  
that will leave your family hungry  
for more? If these questions ring  
bells with you, keep reading to  
find out, Healthy Weekly Meal  
Prep Recipes can be the best  
answer for you, and how it can*

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*help you gain many more health benefits! ☆ Purchase The Print Edition & Receive A Digital Copy FREE Via Kindle Matchbook ☆ In this book: This book walks you through an effective and complete anti-inflammatory diet- no prior knowledge required.*

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*Learn how to shop for the right ingredients, plan your meals, batch-prepare ahead of time, and even use your leftovers for other recipes. In addition, 2 weeks of meals-a 14-day schedule of meals, including step-by-step recipes and shopping lists for*

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*your little kitchen. Well, what are you waiting for? Scroll to the top of this page and click the Add to Cart button to get your copy now! The Keto Diet Cookbook*

*Fast Food for Fit Dads  
Your Completely Delicious Guide*

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*to Eating Well, Looking Great, and  
Staying Lean for Life!*

*A Tactical Guide to Winning the  
War with Yourself*

*Eat Well on \$4/Day*

*Sugar Free, Preservative, Additive  
and Chemical Free*

**Dr. Doug Graham has taken**

*Page 99/190*

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**the increasingly popular and  
tremendously successful low-  
fat, plant-based diet and turbo-  
charged it for unprecedented,  
off-the-charts results.**

**Eclipsing even the astounding  
benefits so well documented**

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**by renowned health professionals who also advocate low-fat eating, Dr. Graham's plan is the first to present a low-fat diet and lifestyle program based exclusively around whole,**

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**fresh, uncooked fruits and  
vegetables. From effortless  
body weight management to  
unprecedented vibrant health  
and disease reversal to  
blockbuster athletic  
performance, The 80/10/10**

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**Diet delivers in ways no other plan can even hope to match. But instead of reading our own tireless advocacy, here are stories of 811 success from around the world. My Kids Eat volume 2 is the**

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**follow-up to Sophie's successful first recipe book for children, which was aimed at kids, for kids. Her philosophy for eating is simple- eat a variety of foods as close to their natural form as possible.**



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**My Kids Eat vol. 2 includes yummy, nutritious meals the whole family can enjoy. The recipes are simple and easy to make so that kids can help out in the kitchen with prepping and even cooking, encouraging**

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**them to eat what they've  
made, which in turn empowers  
them to eat healthier. From  
breakfasts, lunchbox ideas,  
after-school snacks, dinners,  
meal prepping and party food,  
this gorgeous and fun**

Online Library Eat Clean Live  
Lean Sophie Guidolin  
Cookbook

**cookbook will inspire your kids  
to eat too!**

**A New York Times Best  
Illustrated Book From highly  
acclaimed author Jenkins and  
Caldecott Medal-winning  
illustrator Blackall comes a**

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**fascinating picture book in which four families, in four different cities, over four centuries, make the same delicious dessert: blackberry fool. This richly detailed book ingeniously shows how food,**

**technology, and even families have changed throughout American history. In 1710, a girl and her mother in Lyme, England, prepare a blackberry fool, picking wild blackberries and beating cream from their**

**cow with a bundle of twigs.  
The same dessert is prepared  
by an enslaved girl and her  
mother in 1810 in Charleston,  
South Carolina; by a mother  
and daughter in 1910 in  
Boston; and finally by a boy**

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**and his father in present-day San Diego. Kids and parents alike will delight in discovering the differences in daily life over the course of four centuries. Includes a recipe for blackberry fool and notes from**

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Cookbook

**the author and illustrator  
about their research.**

**A perfect and irresistible idea:  
A cookbook filled with  
delicious, healthful recipes  
created for everyone on a  
tight budget. While studying**



**food policy as a master's candidate at NYU, Leanne Brown asked a simple yet critical question: How well can a person eat on the \$4 a day given by SNAP, the U.S. government's Supplemental**

**Nutrition Assistance Program  
informally known as food  
stamps? The answer is  
surprisingly well: Broiled  
Tilapia with Lime, Spicy Pulled  
Pork, Green Chile and Cheddar  
Quesadillas, Vegetable**

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**Jambalaya, Beet and Chickpea Salad—even desserts like Coconut Chocolate Cookies and Peach Coffee Cake. In addition to creating nutritious recipes that maximize every ingredient and use economical**

**cooking methods, Ms. Brown gives tips on shopping; on creating pantry basics; on mastering certain staples—pizza dough, flour tortillas—and saucy extras that make everything taste**

**better, like spice oil and tzatziki; and how to make fundamentally smart, healthful food choices. The idea for Good and Cheap is already proving itself. The author launched a Kickstarter**

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**campaign to self-publish and fund the buy one/give one model. Hundreds of thousands of viewers watched her video and donated \$145,000, and national media are paying attention. Even high-profile**

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**chefs and food writers have taken note—like Mark Bittman, who retweeted the link to the campaign; Francis Lam, who called it “Terrific!”; and Michael Pollan, who cited it as a “cool kickstarter.” In the**

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**same way that TOMS turned inexpensive, stylish shoes into a larger do-good movement, Good and Cheap is poised to become a cookbook that every food lover with a conscience will embrace.**



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**A Novel**

**My Kids Eat 2**

**Gorgeous for Good**

**Gorgeously Green**

**Discover the World's**

**Healthiest Diet--with 150**

**Engine 2 Recipes**

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Cookbook

**I Owe You One**

**Balancing Your Health, Your  
Weight, and Your Life One  
Luscious Bite at a Time**

Cook, eat, and be fit with 200 recipes from Bobby Flay, whose approach to healthy eating is all about flavor—not

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Cookbook

eliminating anything from your diet. With a profession that has him constantly developing and tasting new recipes, chef Bobby Flay does not eschew any foods: bread, bacon, and butter are still all on the table. His secret to staying healthy is to have on

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hand an arsenal of low-calorie flavor bombs—like rubs, relishes, and marinades—to transform lean proteins, whole grains, and fresh produce into crave-worthy meals at home. In Bobby Flay Fit, Bobby shares smoothies and juices, breakfast

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bowls, snacks to fuel workouts, hearty salads, nourishing soups, satisfying dinners, and lightened-up desserts. With fitness tips and a look into the chef ' s daily healthy routines, this cookbook is for those who want to eat right without overhauling their

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pantries or sacrificing taste.

One day Sophie comes home from school to find two questions in her mail: "Who are you?" and "Where does the world come from?" Before she knows it she is enrolled in a correspondence course with a

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Cookbook

mysterious philosopher. Thus begins Jostein Gaarder's unique novel, which is not only a mystery, but also a complete and entertaining history of philosophy.

Sophie Guidolin's Eat Clean, Live Lean Whole Foods Recipe Book

# Online Library Eat Clean Live Lean Sophie Guidolin

## Cookbook

Free, Preservative, Additive and  
Chemical Free

Are you confused by all the advice  
you hear and see daily on how to "go  
green"? Do you want to incorporate  
earth-friendly practices into your life,  
but you don't know where to start?



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Don't stress! Green guru Sophie Uliano has sorted through all the eco-info out there and put everything you need to know about living a green lifestyle right at your fingertips. In *Gorgeously Green*, Sophie offers a simple eight-step program that is an

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easy and fun way to begin living an earth-friendly life. Each chapter covers topics from beauty to fitness, shopping to your kitchen—even your transportation. Whether it's finding the right lipstick, making dinner, buying gifts, or picking out a hot new

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Cookbook

outfit, finally, there is a book that tackles your daily eco-challenges with a take-charge plan. Just consider Sophie your go-to girl with all the eco-solutions. Find out how to: Green your entire beauty regime Detoxify your home Indulge in guilt-free

# Online Library Eat Clean Live Lean Sophie Guidolin Cookbook

shopping Adopt a home fitness routine Prepare eco-licious treats Give your kitchen a green makeover Become more aware of your impact on the earth The book's dozens and dozens of eco-friendly tips, products, and practices combine to form a

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treasure trove of practical advice for every possible way to become stylishly green. Your questions about dressing, makeup, eating, shopping, cleaning, travel, and more are all answered right here. Adopting a green lifestyle is among the most positive, forward-

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thinking, and personally fulfilling choices that anyone can make—and Gorgeously Green shows that it doesn't have to be tedious, time-consuming, or glamourless! Food Combining Diet Cookbook Good and Cheap

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Cookbook

If You Take My Meaning

The Healthiest Diet Cookbook

Lean for Life

The Midlife Kitchen

The Doctor's Recovery

**As featured in The Times and The  
Daily Mail. Are you at a point in**

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Cookbook

**your life where health is becoming more of a priority? Are you confused by ever-changing headlines that contrive to make the simple act of eating a peril rather than a pleasure? The Midlife Kitchen has the answers. Midlife is not a time to be concerned with**



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**food fads and foibles, but rather a glorious opportunity to wrest back control of your eating in the interests of health, happiness and a long life. Taste must certainly come first, but with health firmly snapping at its heels, underpinned by well-established nutritional**

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**common sense. Busy lives require simple, sustaining recipes that incorporate health-giving ingredients without too much fanfare or fuss. This book is not about 'clean-eating' or super foods, detoxing or restriction. Instead, it is about building up a balanced and**

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**diverse diet, with less sugar, better fat and good carbs. Alongside each recipe is the Midlife Kitchen emblem, the star anise. With each of the eight seeds representing a specific Midlife Health category - such as Hormone Harmony; Mind, Memory, Mood; or Heart Health -**

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**authors Sam and Mimi are able to provide simple nutritional information. Health tips explain the benefits of certain ingredients, while 'Why We Love It' sections explore the advantages of cooking each dish. Midlife Must-Haves show how to create homemade**

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**essentials such as Midlife Grown-up Granola, Midlife Power Porridge and Midlife Sweetener. From Seared Sirloin on Pan-roasted Veg to The Mother of All Greek Salads, Nurture Bircher to Three-ginger Fire Cake, the recipes in this book come together to create a vibrant**

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**menu bursting with mouth-watering flavours.**

**Do you ever look at yourself in the mirror and see someone you barely recognize? Do you delete nearly every selfie you take because . . . well . . . you're not glowing as you should be these days? Have you**

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**tried and failed to change something about your physical appearance? Do you sometimes feel as if you are fighting a losing battle in your quest to look more radiant? If you've answered "yes" to at least one of these questions, then join the club! Clean beauty**

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**guru and New York Times best-selling author, Sophie Uliano offers a solution to a never-ending beauty dilemma: how can you look rested and radiant without hours of painful and expensive surgery? How can your skin glow throughout your life, without using harmful chemicals or**



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**spending more than you can afford in the dermatologist's office? In her new book, Gorgeous for Good, Sophie puts forth a revolutionary, holistic program that covers everything from nutrition to self-care to spiritual connection. She reveals which beauty options work**

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Cookbook

**the best, and provides well-researched, myth-busting information about commercial and natural beauty products. In her fun, girl-next-door voice, Sophie brings all of this together in an innovative 30-day Gorgeous for Good program, offering readers tools for**

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Cookbook

**a body-and-soul beauty regimen that will help them stay gorgeous – not for six months or a year – but for good! Gorgeous for Good also features:**

- Simple guidelines for buying the best skin care products**
- Easy beauty treatments you can make at home – for a fraction of the**

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**cost! • Healthy, delicious recipes to kick start the new you • Different forms of exercise to get spiritually connected Gorgeous for Good doesn't just look at the outside – it takes you inside – where true beauty begins.**

**"An irresistible story of love and**

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**empowerment about a young woman with a complicated family, a handsome man who might be "the one," and an IOU that changes everything. Fixie Farr has always lived by her father's motto: "Family first." But ever since her dad passed away, leaving his charming**

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**kitchen supply store in the hands of his children, Fixie spends all her time picking up the slack from her siblings instead of striking out on her own. The way Fixie sees it, if she doesn't take care of her father's legacy, who will?"**

**From award-winning author Charlie**

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**Jane Anders comes an original space opera short story "If You Take My Meaning" As an ex-smuggler and two-time reluctant revolutionary, Alyssa is used to staring into the razor-sharp jaws of death. But now she's embarking on the most terrifying adventure of her**

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**life—journeying into the darkness to become a new type of being, one who can help humanity to survive. And deep at the heart of the city in the middle of the night, the price of transformation could be higher, and more terrible, than Alyssa ever expected. At the Publisher's**



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**request, this title is being sold  
without Digital Rights Management  
Software (DRM) applied.**

**The Louise Parker Method  
Plant-Strong  
Aftertime**

**A Tor.com Original  
The Undomestic Goddess**

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**The Bod Fuel**

**Who Is Mary Sue?**

*Everyone eats, but rarely do we investigate why we eat what we eat. Why do we love spices, sweets, coffee? How did*

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Cookbook

*rice become such a  
staple food throughout  
so much of eastern Asia?  
Everyone Eats examines  
the social and cultural  
reasons for our food  
choices and provides an*

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Cookbook

*explanation of the  
nutritional reasons for  
why humans eat what they  
do, resulting in a  
unique cultural and  
biological approach to  
the topic. E. N.*

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Cookbook

*Anderson explains the economics of food in the globalization era; food's relationship to religion, medicine, and ethnicity; and offers suggestions on how to*

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Cookbook

*end hunger, starvation,  
and malnutrition. This  
thoroughly updated  
Second Edition  
incorporates the latest  
food scholarship, most  
notably recognizing the*

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Lean Sophie Guidolin  
Cookbook

*impact of sustainable  
eating advocacy and the  
state of food security  
in the world today.*

*Anderson also brings  
more insight than ever  
before into the*

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Cookbook

*historical and  
scientific underpinnings  
of our food customs,  
fleshing this out with  
fifteen new and original  
photographs from his own  
extensive fieldwork. A*



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*perennial classic in the  
anthropology of food,  
Everyone Eats feeds our  
need to understand human  
ecology by explaining  
the ways that cultures  
and political systems*

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*structure the edible  
environment.*

*No Marketing Blurb*

*Civilization has fallen,  
leaving California an  
unforgiving, decimated  
place. But Cass Dollar*

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Cookbook

*beat terrible odds to  
get her missing daughter  
back. Yet with the first  
winter, Ruthie retreats  
into silence. Flesh-  
eating Beaters still  
dominate the land. And*

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*Smoke, Cass's lover and strength, departs on a quest for vengeance that can end only in disaster. Now the leader of the survivalist community where Cass has*

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Cookbook

*planted roots needs*

*Cass's help. Dor wants  
to recover his own lost  
daughter, taken by the  
Rebuilders. Soon Cass  
finds herself thrust  
into the dark heart of*

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Cookbook

*an organization*

*promising humanity's  
rebirth—at all costs.*

*Bound to two men blazing  
divergent paths across a  
savage land, Cass must  
overcome the darkness in*

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*her wounded heart, or  
lose those she loves  
forever. Watch for more  
of the Aftertime series,  
coming soon!*

*This free eBook short  
story fills in the gaps*

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*of Sophie Kinsella's  
bestselling Shopaholic  
series, following Becky  
Brandon and her husband,  
Luke, as they start  
their luxurious yearlong  
honeymoon around the*



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*world. But these jet-  
setters are about to hit  
some turbulence. Becky  
and Luke are in  
Venice—the city of  
winding canals, gorgeous  
historic buildings, and,*

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*of course, exceptional shopping. To unwind from the stress of their wedding, Becky has planned an utterly blissful honeymoon where, for an entire*

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*year, they will hop from one country to the next—Italy to the Czech Republic to Sri Lanka and beyond—as they please. But lately, Luke has been more restless*

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*than relaxed. In fact,  
he seems (unbelievably!)  
like he wants to go  
home. Will Becky be able  
to save their dream  
vacation, or will their  
globe-trotting come to a*

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*sudden halt? Praise for  
the Shopaholic novels  
“ [Sophie] Kinsella has a  
genuine gift for comic  
writing.”—The Boston  
Globe “Hilarious . . .  
hijinks worthy of*

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*classic I Love Lucy*

*episodes . . . too good  
to pass up.”—USA Today*

*“Kinsella’s Bloomwood is  
plucky and funny. . . .*

*You won’t have to shop  
around to find a more*

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Cookbook  
*winning*

*protagonist.*”—People  
*health-boosting recipes  
for midlife & beyond  
Sophie Guidolin's  
Everyday Thermo: Easy,  
Convenient and Quick*

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Cookbook

*Wholefoodrecipes*

*For Now and Forever (The  
Inn at Sunset*

*Harbor—Book 1)*

*Sophie & Carter*

*200 Recipes for a*

*Healthy Lifestyle: A*



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***Cookbook***

Lady Sophie ' s Society Splash  
When Sophie, the least interesting of  
the Talbot sisters, lands her  
philandering brother-in-law  
backside-first in a goldfish pond in  
front of all society, she becomes the

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target of very public aristocratic scorn. Her only choice is to flee London, vowing to start a new life far from the aristocracy. Unfortunately, the carriage in which she stows away isn't saving her from ruin . . . it's filled with it.

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Rogue 's Reign of Ravishment!  
Kingscote, " King, " the Marquess  
of Eversley, has never met a woman  
he couldn ' t charm, resulting in a  
reputation far worse than the truth,  
a general sense that he ' s more  
pretty face than proper gentleman,

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and an irate summons home to the Scottish border. When King discovers stowaway Sophie, however, the journey becomes anything but boring. War? Or More? He thinks she 's trying to trick him into marriage. She

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wouldn't have him if he were the last man on earth. But carriages bring close quarters, dark secrets, and unbearable temptation, making opposites altogether too attractive . .

.

Workaholic attorney Samantha

*Page 181/190*

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Sweeting has just done the unthinkable. She ' s made a mistake so huge, it ' ll wreck any chance of a partnership. Going into utter meltdown, she walks out of her London office, gets on a train, and ends up in the middle of nowhere.

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Asking for directions at a big, beautiful house, she ' s mistaken for an interviewee and finds herself being offered a job as housekeeper. Her employers have no idea they ' ve hired a lawyer – and Samantha has no idea how to work

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the oven. She can ' t sew on a button, bake a potato, or get the #@%# ironing board to open. How she takes a deep breath and begins to cope – and finds love – is a story as delicious as the bread she learns to bake. But will her old life ever



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catch up with her? And if it  
does...will she want it back?  
Now in tradepaper, New York  
Times bestseller breaks open the  
obesity mystery for using your brain  
as the key to weight loss. Bright Line  
Eating has helped thousands of

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people from over 75 countries lose their excess weight and keep it off. In this New York Times bestseller, available for the first time in paperback, Susan Peirce Thompson, Ph.D., shares the groundbreaking weight-loss solution based on her

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highly acclaimed Bright Line Eating Boot Camps. Rooted in cutting-edge neuroscience, psychology, and biology, Bright Line Eating explains how the brain blocks weight loss, causing people who are desperate to lose weight to fail again and again.

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Bright Line Eating (BLE) is a simple approach to reversing our innate blocks through four clear, unambiguous boundaries called "Bright Lines." You will learn:

- The science of how the brain blocks weight loss,
- How to bridge the

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willpower gap through making your boundaries automatic, • How to get started and the tools you can use to make the change last, and • A realistic lifestyle road map for staying on course. BLE enables you to shed pounds, release cravings,

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and stop sabotaging your weight loss by working from the bottom line that willpower cannot be relied on. By allowing you to focus on your specific cravings, BLE creates the path for your own personalized journey toward success.