

Fir Girls Guide Free Ebook

This empowering exercise guide is big on attitude, giving plus-size women the motivation and information they need to move their bodies and improve their health. Hanne Blank—a fellow plus-size girl who’s been there and has the worn-out sports bras to show for it—will help you discover activity that works for you no matter what your size or current fitness level. Whether you choose to do yoga, pump iron, walk your dog, play Wii Fit, hire a personal trainer, or just run errands by bicycle, Hanne will provide specifically tailored advice on:

- Finding movement that feels great, physically and emotionally
- Choosing a gym
- Facing the trail, pool, park, or locker room
- Overcoming fear and shame
- Sourcing plus-size workout gear
- Getting the nutrition you need and avoiding common injuries
- Fighting fat prejudice and uninvited comments

Featuring incendiary acts like “Flail proudly,” and “Claim the right to be unattractive (just like anybody else),” Hanne serves up years of hard-won fitness advice with humor and self-acceptance. With motivating lists like “30 Things to Love About Exercise (None of Which Have Anything to Do with Your Weight, Your Size, or What You Look Like),” this call to action will get you up and moving in no time!

I know what you're thinking. You're thinking that yoga and a wonderfully curvy figure just don't go together. You're just not flexible enough, your curves would get right in the way and that your body just wouldn't obey you. You'd wobble like an ugly duckling and finish up feeling embarrassed and very silly. At least that's what you think. But did you know that over the last few years, a revolution has been gathering place in the yoga studios and living rooms of the world? A powerful revolution fronted by women just like you and I who also want to enjoy the massive health and happiness benefits of starting a yoga practice, but because of their body shape have felt too ashamed to even give it a go. A revolution that I'm lucky enough to be part of. Over the past few years, I have helped empower curvier women to start a yoga practice no matter what their challenges, or how scared they might feel, and now I'm here to do exactly the same for you. I've witnessed the amazing transformative effects of yoga in all of my fellow yoga enthusiasts; I've watched wallflowers blossom into strong, confident and beautiful women, I've seen that inner glow light faces from within, I've seen chronic health conditions heal and stubborn pounds drop off. And I can't wait for these amazing benefits to happen to you. You see; you don't have to have supermodel looks or be as bendy as a pretzel to welcome yoga into your life – you only need the desire to learn and a body to practice within. Provided you follow the easy-to-understand instructions in this book, you CAN become the very best version of yourself, and feel amazing too! Here's some of what I'll be sharing with you:

- * The fascinating facts about yoga
- * An easy guide to the styles, philosophy and underlying principles of yoga
- * The top secret ways to get the most from your yoga practice
- * What to do when boobs get in the way (and many other useful curvy girl tips)
- * Why it's so important to get that breathing right
- * The truth about yoga as a fitness workout
- PLUS a fully illustrated guide to yoga postures (asanas) and flow sequences, including:
 - * Beginner's Guide to Sun Salutations
 - * Yoga for Winter Blues & Depression
 - * Yoga for Better Sleep
 - * Yoga for Weight Loss
 - * Yoga for Period Pain
 - And my ultra-popular and useful '5-Minute Fix Yoga' for those who really need to give their bodies some TLC.

So what are you waiting for? Grab this book today to join me on this amazing journey towards better health and happiness.

In this fun and interactive book from bestselling author Nancy Rue, all the questions girls 8 to 12 ask about their changing bodies and growing up are answered, along with advice and health tips designed to help you become the confident, beautiful young woman God created you to be. Whether you're noticing new curves and hair growing where it never did before, or feel like your emotions are always on the surface, you likely have a lot of questions about what is going on inside you ... and what it means. No matter how big the question or how embarrassing it may sound, Nancy Rue is here with answers. Inside You! A Christian Girl's Guide to Growing Up, you'll discover: honest answers to your changing-body questions health and beauty tips quizzes and journaling space to help you figure out where you are in your puberty journey medical and spiritual facts on the things you wonder about advice from girls like you who have been where you are Most importantly, you'll discover the true beauty that is revealed as you grow closer to God, and all the things you're going through are actually part of his plan for the beautiful, confident, grown-up you! You! A Christian Girl's Guide to Growing Up: can be used as a supplement to school health classes looks at puberty from a Christian perspective helps make adolescence understandable and manageable for young girls features a conversational tone and fun features After following the advice from a manual called "How to Meet and Marry Mr Right", Jane learns that in love there is neither pattern nor promise. This is a funny collection of connected stories and a portrait of Jane, a woman manoeuvring her way through love, sex and relationships.

Yoga

Changing Bodies, Periods, Relationships, Life Online

Cooking

The Good Girl's Guide To Being A D*ck

An Inspirational Guide to Fitness and Well-being for Girls Who Surf

The Good Girl's Guide To Rakes (Last Chance Scoundrels, Book 1)

Sports & Fitness

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

The whirlwind of social media, online dating, and mobile apps can make life a dream—or a nightmare. For every trustworthy website, there are countless jerks, bullies, and scam artists who want to harvest your personal information for their own purposes. But you can fight back, right now. In The Smart Girl's Guide to Privacy, award-winning author and investigative journalist Violet Blue shows you how women are targeted online and how to keep yourself safe. Blue's practical, user-friendly advice will teach you how to:

- Delete personal content from websites
- Use website and browser privacy controls effectively
- Recover from and prevent identity theft
- Figure out where the law protects you—and where it doesn't
- Set up safe online profiles
- Remove yourself from people-finder websites

Even if your privacy has already been compromised, don't panic. It's not too late to take control. Let The Smart Girl's Guide to Privacy help you cut through the confusion and start protecting your online life.

Sorting through the mental, physical, and emotional aspects of a girl's life during her teen years, this guide presents positive reasons and practical advice for making fitness a permanent part of her life. As society becomes more accepting of truly athletic women, teen girls are encouraged to overcome a “quitter's mentality” and develop physical confidence and mental toughness. A variety of nutrition tips and fitness facts allow girls to design individual workouts. Also included is information geared toward teens on weight lifting, cardiovascular conditioning, joining a gym, and working out at home.

Get smart, get moving! Most of us want to be fit and healthy, but get stuck in a rut—we just don't have the will power to get up and move. What is the incentive for you to get off that couch and work out when you have all three seasons of Game of Thrones waiting for you? Almost everyone wants to be fit, but they just can't muster up the effort to do so. If you are like them, then this book is for you. The Lazy Girl's Guide to Being Fit is about the first few steps you need to take to go from a sedentary lifestyle to an active one, because that's the biggest challenge for a couch potato—movement! It's all about finding the balance in your life. This book will show you how exercise can take the guise of several daily activities—be it shopping or going on a picnic—and how eating right can solve half your problems. The easy and effective exercise routines contained here will get you fit in no time. The body can be beautiful if you know how to put it to use and have fun doing so. And this is exactly what this book will show you.

A Teen Girl's Guide to Resistance Training, Cardiovascular Conditioning and Nutrition

How to Text a Girl

A Girl's Guide to Growing Up

The Girl's Guide to (Man)Hunting

The Busy Girls Guide to Health

A Smart Girl's Guide to Friendship Troubles

The Ladies' Book of Etiquette, and Manual of Politeness

A society darling A rake never far from scandal A deal that will change everything... ‘Eva Leigh once again displays her literary prowess for creating marvelously memorable characters and crafting sensuality-forward love stories.’

Booklist

The American Girl's Handy Book was one of the earliest works written primarily for girls' amusement and enjoyment. It introduced original and novel ideas to open new routes for enterprise and entertainment for girls. The main goal was to engrave upon the girls' minds that they all have talent and the ability to achieve more than what they think is possible. During the time of this book's publication, it was unusual to promote girls to be inventive. But the writer desired to awaken this creative side in them by giving detailed methods of new tasks and amusements, to put them on the road they could travel and explore alone. Anyone curious about knowing the initiatives taken for girls' empowerment in the olden days will find this work beneficial.

A colossal cheat sheet for your post-college years, answering all the needs of the modern woman—from mastering money to placating overly anxious parents, from social media etiquette to the pleasure and pain of dating (and why it’s not a cliché to love yourself first). A perfect combination of tried-and-true advice and been-there tips, it’s a one-stop resource that includes how to clean up your digital reputation, info on finding an apartment you can afford and actually want to live in, and why you should exercise the delicate art of defriending. Plus the fundamentals, from health (mental and physical) to spirituality to ethics to fashion, all delivered in Melissa Kirsch’s fresh, personal, funny voice—as if your best friend were giving you the best and smartest advice in the world.

THE INTERNATIONAL BESTSELLER THAT WILL TRANSFORM YOUR LIFE Stop worrying about being nicer, calmer or more patient. Be a d*ck. It all began for Alexandra Reinwarth when she said 'F*ck you' to a friend. Realising this person was making her life a misery, she ditched her. This one small act of rebellion sparked a huge change in the way Alexandra forever dealt with social guilt about everything. The Good Girl's Guide To Being A D*ck will teach you how to embrace your inner d*ck, guiding you through who and what to get rid from your life, to stop worrying about what others think, and how the seemingly small things in life can have a huge impact on the quality of your every day living. Alexandra shows you how to embrace your own needs and desires to live the life you've always wanted. Learn to say what you want, ask for what you need and get the life you fully deserve. Go on, be a d*ck.

How to Use Your Body and Mind to Play and Feel Your Best

The Big Book of Health and Fitness

Practical Tips for Staying Safe Online

How to Make Food for Your Friends, Your Family and Yourself

The Bikini Body 28-Day Healthy Eating & Lifestyle Guide

A Good Girl's Guide to Murder

The Girls' Guide to Growing Up Great

'Wise and kind' - Sali Hughes 'Every young teen needs this book' - Nadia Sawalha 'Brilliant, accessible, sensitive and funny' - Emily Maitlis 'Funny, kind and wise' - Daisy Buchanan Going through puberty? Thinking about puberty? Worried about growing up? This book is for you! Puberty isn't just about what's going on in your body, but also your brain, your emotions and the world around you. Knowledge is power! All the information you need is here, plus advice, wisdom and lots of questions from girls like you:

- Body-basics (like breasts, spots and periods)
- Life's big mysteries. Is how you look important? Is a crush ever wrong? Is it bad to be jealous of your friends? - Clear, empowering info on emotions, sex, sexuality and gender
- Staying safe and having fun online
- Plenty of space for your own notes and doodles

From Tunde Oyeneyin, the massively popular Peloton instructor, fitness star, and founder of SPEAK, comes an empowering, inspiring book that shows how she transformed grief, setbacks, and flaws into growth, self-confidence, and triumph—for fans of Shonda Rhimes, Brene Brown, and Glennon Doyle. On any given day, thousands of devoted people clip into their bikes and have their lives changed by Tunde Oyeneyin. From her platform in a Peloton studio, she encourages riders with her trademark blend of positivity, empathy, and motivational “Tunde-isms,” to push themselves to their limits both on and off the bike. Now, fans and readers everywhere can learn about her personal journey, and discover how they too can “live a life of purpose, on purpose” with Speak, a memoir-manifesto-guide to life inspired by her immensely popular Instagram Live series of the same name. Taking us through each step of the SPEAK acronym—Surrender, Power, Empathy, Authenticity, and Knowledge—Oyeneyin shares the lessons she has learned about loss, love, body image, and how she has successfully created an intentional, joyful life for herself, offering an accessible blueprint for anyone looking to make a positive change in their lives.

To help girls decide whether to participate in a team sport or engage in a solo activity, this guide provides exercises to make their bodies stronger and last longer, confidence-building tips and brainpower drills, team and spirit-building activities, and tons of ideas from other girls. Illustrations.

Tips and Tricks to help you lead a healthy lifestyle without breaking the bank. Most of the tips inside this book are completely free!

A Room-by-Room Guide to Optimizing Your Home for Health, Fitness, and Happiness

The Girl's Guide

The Smart Girl's Guide to Going Vegetarian

The Smart Girl's Guide to Polyamory

The Girl Guide

The Period Book

As Good as Dead

Celebrating over twenty years in print, this best-selling, essential illustrated guidebook for adolescent girls is now available as a refreshed edition, with new and updated content. With over 400,000 copies sold, this appealingly illustrated guidebook to puberty--now updated with today's kids--is the perfect companion for girls and parents preparing for this important milestone. Written in consultation with preteen girls, this guide offers a supportive, practical approach, providing clear and sensitive answers to common questions on periods, as well as ad and mood swings. This revised edition features new sections on:

- getting braces
- bra sizing
- shaving
- relatable anecdotes from real girls
- changing friendships
- romantic feelings
- dealing with sexual harassment both on social media and in real life

Complete with charming a illustrations, The Period Book is a trusty friend that can help girls feel confident about this new phase of their lives.

Perfect for fans of The Sun Is Also a Star and Blackout, this YA novel from Debbie Rigaud is a celebration of Haitian and Caribbean culture, and a story of first love, vodu, and finding yourself, all set against the backdrop of the West Indian Day Parade in Brooklyn. Cicely Destin is Indian Day Parade, the joyous celebration of Caribbean culture that takes over the streets of her neighborhood. She loves waving the Haitian flag, sampling delicious foods, and cheering for the floats. And this year? She'll get to hang with her stylish aunt, an influencer known for Vodou. And maybe spot her dreamy crush, Kwame, in the crowd. But fate has other ideas. Before the parade, a rogue, mischievous spirit seems to take possession of Cicely's aunt during a spiritual reading. Cicely hardly knows anything about Vodou, or how to get someone un-po to her to set things right--and the clock is ticking. She'll have to enlist the help of her quick-thinking best friend, Renee, and, as luck would have it...Kwame. Cicely, her friends, and the reckless spirit who is now their charge set off on a thrilling scavenger hunt to gather the cere

And along the way, will Cicely discover surprising powers of her on? Bestselling author Debbie Rigaud infuses this novel with sparkling wit, romance, and nuance that will keep readers riveted and enchanted.

Have you ever thought about how awesome cooking really is? It's actually pretty cool to take ingredients and combine them in a special way to make something totally different - and delicious! Plus, sharing your tasty creations with family and friends makes it even more fun. The first step toward developing your culinary skills. You'll learn the basics like chopping, mixing, and blending; then you'll practice those skills with some classic recipes. Your family and friends will be amazed when you delight their taste buds! But that's not all. Cooking is also about making things look appetizing. You'll get tips and suggestions for pretty presentations, and learn how to plan a complete meal, too. So grab an apron, plop on a chef's hat, and get cooking!

"One of the world's most vaunted dating experts shows you what to text, when to text it, and why... So you can get the dates and girlfriends you deserve..." --

A Girl's Guide to Love & Magic

50 Ways to Learn to Love Your Changing Body

A Can-Do Approach to Building Confidence, Courage, and Grit

For Curvy Girls Guide - Easy Beginner's Poses for Women with Curves

How to Look Great, Feel Fabulous, and Be a Better You

A Girls Chase Guide

You! A Christian Girl's Guide to Growing Up

Bethany Hamilton has become a fitness expert by virtue of being a professional athlete who has excelled—and she’s done it while overcoming incredible challenges. Whether you know Bethany or not, whether you surf or not, everyone has challenges, and in Surfer Style, Bethany shares some of her core experiences with body, mind and spirit. Sharing her expertise as an athlete, New You helps young girls develop a healthy lifestyle, understand their changing bodies, gain confidence, and establish a pattern of healthy living starting at a young age. This book includes workouts specially developed for young girls by Bethany’s personal trainer, recipes and information on healthy eating based on “Bethany’s food pyramid,” which follows the Mediterranean diet, and advice on deepening your spiritual health, for a total body wellness book perfect for growing girls. This isn’t a book about Bethany, this is a book about wellness, becoming your best “you,” through physical and spiritual balance, because spiritual health is just as important as physical health.

Whether parents like it or not, romance is a part of girls' everyday lives. They see it in the media and hear about it from their friends and older family members. They may be having feelings they're not even sure how to define. It's all very exciting, but also very confusing for girls. This book helps answer all the questions popping up in her head: How can you tell if a person likes you? How do you tell someone you like them? What if you haven't had a crush yet? And, ugh, what about rejection? It includes tips and quizzes, plus age-appropriate and honest advice on navigating social situations and, most importantly, staying true to herself through any relationship.

Are you in an abusive or unhappy relationship? Do you try too hard to please your friends at the expense of your own needs and wants? Are you subservient to others and do you find yourself unable to become independent? Do you suffer from negative self-talk? These are all signs that your self-care regimen is deficient in some way. The Smart Girl's Guide to Self-Care tackles the common problems of effective self-care with practical suggestions for practices that will create a sustainable, lifelong self-care routine. For those who are beginners to concepts like mindfulness, meditation, opposite action, positive rebellion, positive affirmations and radical acceptance, this book will provide a useful and comprehensive introduction. For those struggling from the trauma of emotionally abusive relationships, this book will guide you in recognizing the signs of abuse, creating a reverse discourse that challenges ruminations over the abuse, moving forward successfully after a break-up using no contact, and techniques on coping with trauma in constructive and meaningful ways. Each chapter of this book also provides a list of supplemental resources as well as a recommended reading list to guide you on this journey to greater self-love and self-care. Although this book is intended for everyone, its target audience is young women who are socialized to believe that their needs and wants don't matter and that their relationships with others are much more important than the relationship they have with themselves. In order to have healthy, happy relationships with others, we must first cultivate healthy, happy relationships with ourselves and eradicate the toxic habits that deplete us of the self-love and self-acceptance necessary for a fulfilling life. You may be wondering: How is it possible to banish the browbeating bully inside your own head, influenced by all the bullies you've encountered in real life? How do you learn how to be more present in the moment rather than ruminating over the pitfalls of your past? How do you learn to love yourself, despite all of the experiences that tell you you aren't even worthy of your own respect and appreciation? Using a patchwork of diverse techniques and practices, The Smart Girl's Guide to Self-Care answers these questions through a holistic program of tending to the mind, body and spirit in healthier and more productive ways, serving as the portal to immense healing and enabling you to stage your own recovery and victory in ways you never thought possible.

An intelligent, comprehensive guide to nontraditional and non-monogamous relationships: "Informative and entertaining." —Dr. Elisabeth Sheff, author of When Someone You Love is Polyamorous This practical guidebook offers relationship advice radically different from anything you'll find on the magazine rack, to help women who want to break free of the mold of traditional monogamy—without the constraints of jealousy, possessiveness, insecurity, and competition. The Smart Girl's Guide to Polyamory incorporates interviews and real-world advice from women of all ages in nontraditional relationships, as well as exercises for building self-awareness, confidence in communication, and strategies for managing and eliminating jealousy. If you're curious about exploring group sex, opening up your current monogamous relationship, or ready to “come out” as polyamorous, this book covers it all.

The Thinking Girl's Guide to the Right Guy

The Surf Girl Fitness Handbook

The art of saying what you want, asking for what you need and getting the life you deserve

The Smart Girl's Guide to Self-Care

200 Recipes and Weekly Menus to Kick Start Your Journey

A Complete Hand Book for the Use of the Lady in Polite Society

The Girls' Guide to Hunting and Fishing

Why can't I get a guy to like me? Should I hook up with him? How can I make this relationship work? While young women today are more savvy and independent than ever, most still want a partner--someone to share a romance with, or maybe even a lifetime. But all too often, their relationships crash and burn. This empowering guide shows women how to shift focus, so instead of trying to be what he wants, they can figure out what they need to be happy and fulfilled--and whether he has what it takes. Vivid, realistic stories of diverse women in their 20s are interwoven with evidence-based tools designed to help readers build confidence and achieve their goals. An exciting, caring, and respectful relationship is possible--here's how to take control and make it happen.

'Honest, funny, inspiring, brave, generous - you just want Casey to be your best friend. I loved it.' - Jessica Marais 'Like your best, naughtiest friend and older sister rolled into one. Beros delivers a hilarious, vital hug to a new generation of women.' - Natalie Imbruglia 'An epically funny book that drops the expectations and unpacks what it is that makes you, you.' - Turia Pitt 'I've never made a mistake.' - said no one, ever Casey Beros is sick of women feeling bad about themselves. Bad about their slip ups, their successes and the size of their pants. You see, Casey has made a lot of mistakes. Some she made a few times, just to ensure they really sunk in. But after more than a decade spent interviewing experts about health and happiness, Casey has learned to turn her mess into a message: you are not your mistakes. It's time to shrug off the shame, do away with the disappointment and start loving your story, because you deserve whatever you want out of life - and this book is about helping you get it (and making sure you have a bloody good time along the way). Written for all the bad girls (and good ones, too), The 'Bad' Girl's Guide to Better offers a hilarious and poignant take on growing through some of your worst behaviour to step into a better, brighter future - from upgrading your emotional intelligence to fixing your relationship with money, navigating friendships, forgiving your parents and finding the one(s). A bestie in a book, it will soothe your soul, make you giggle and alter your perspective on the most important relationship in life: the one with yourself. Because life is a sh*tload easier when you have your own back.

Presents a guide to maintaining health and physical fitness, providing advice on nutrition, healthy eating, exercise, and preventive measures against disease.

In the debut middle grade novel from #1 New York Times bestselling author Gayle Forman comes a poignant and powerful coming-of-age story that follows a young girl and her new friend as they learn about family, friendship, allyship, and finding your way in a complicated world. It's the summer of 1987, and all ten-year-old Bug wants to do is go to the beach with her older brother and hang out with the locals on the boardwalk. But Danny wants to be with his own friends, and Bug's mom is too busy, so Bug is stuck with their neighbor Philip's nephew, Frankie. Bug's not too excited about hanging out with a kid she's never met, but they soon find some common ground. And as the summer unfolds, they find themselves learning some important lessons about each other, and the world. Like what it means to be your true self and how to be a good ally for others. That family can be the people you're related to, but also the people you choose to have around you. And that even though life isn't always fair, we can all do our part to make it more just.

The Unapologetic Fat Girl's Guide to Exercise and Other Incendiary Acts

Frankie & Bug

Find Your Voice, Trust Your Gut, and Get from Where You Are to Where You Want to Be

Wellness by Design

A Practical Guide to Diet, Exercise, Healthy Aging, Illness Prevention, and Sexual Well-Being

The Girls' Guide to Growth Mindset

Body and Soul

Offers girls help dealing with backstabbing, bullying, betrayal and other tough friendship problems through advice, quizzes, tips, and accounts of girls who have overcome their differences and strengthened their friendship.

Wish you could catch more waves when you go surfing? Wish you could surf for 90 minutes or more each session? Wish you could improve the power of your manoeuvres and really throw some spray? The Surf Girl Fitness Handbook is a new book aimed at girl surfers of all ages and abilities, from beginner to pro. Illustrated with step-by-step exercises and packed with tips and advice, the book offers a complete training program which will increase your fitness, power and endurance for surfing. Using the latest training techniques, this book covers everything from stretching and flexibility exercises to core strength enhancement and resistance training. Sections on healthy eating, motivation and maintaining fitness are also included, and there's advice about improving balance and flexibility from top yoga and pilates coaches. To keep you energized, there's a selection of quick, healthy and delicious recipes to try out (with quantities given in both US and metric measurements). In the technique section you'll find instructional tips covering fundamentals like popping up, taking off and bottom turning. Cutbacks, top turns and more advanced maneuvers are also fully explained, each with a corresponding specific exercise which will help you turn up the power. The Surf Girl Fitness Handbook will motivate you to improve your surfing, catch more waves, and have more fun. It's like having your own personal surf instructor, lifestyle coach and fitness guru all in one book!

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What would you love. Love what you eat. No labels. No fuss. It's not about what you call yourself--it's about how you feel. Whether you're going vegan, vegetarian, fish-only, chicken-only, or all veggies except grandma's famous pigs-in-a-blanket, this book is your new best friend. Eating less meat can boost your energy, help you lose weight, and it's better for the environment. If you're looking to cut down on meat or cut it out completely, here you'll find awesome advice and the answers you need to make it work for you. Get the Scoop On: •Daily meal ideas and easy recipes even your non-veggie friends will want to try •How to convince your family this isn't just a fad or a phase •Finding good food when you're away from home: veggie-friendly restaurants, colleges, and travel spots •Getting enough iron, protein, and other vital nutrients to be healthy (because being vegetarian does NOT mean a diet of ice cream and pasta) •Sneaky meaty things that can end up in food that seems perfectly safe for vegetarians

Dealing with Fights, Being Left Out & the Whole Popularly Thing

Getting the hang of your whole complicated, unpredictable, impossibly amazing life

Speak

Fitness Training for Girls

The 'Bad' Girl's Guide to Better

How to Amuse Yourself and Others: The American Girl's Handy Book

The Finale to A Good Girl's Guide to Murder

THE NEW YORK TIMES BESTSELLING SERIES WITH OVER ONE MILLION COPIES SOLD • The highly anticipated finale to the A Good Girl's Guide to Murder series, the instant bestsellers that read like your favorite true crime podcast or show. By the end of this mystery series, you'll never think of good girls the same way again... Pip is about to head to college, but she is still haunted by the way her last investigation ended. She's used to online death threats in the wake of her viral true-crime podcast, but she can't help noticing an anonymous person who keeps asking her: Who will look for you when you're the one who disappears? Soon the threats escalate and Pip realizes that someone is following her in real life. When she starts to find connections between her stalker and a local serial killer caught six years ago, she wonders if maybe the wrong man is behind bars. Police refuse to act, so Pip has only one choice: find the suspect herself--or be the next victim. As the deadly game plays out, Pip discovers that everything in her small town is coming full circle . . .and if she doesn't find the answers, this time she will be the one who disappears. . .

Provides advice for girls on the importance of physical fitness, and recommends a rigorous program of exercises--including stretching, using gym equipment, and weight lifting--and a healthy diet.

Design your home to optimize your healthy lifestyle with this room-by-room guide from certified kitchen designer and wellness design consultant Jamie Gold. Like a lot of folks these days, you're committed to maintaining a healthy lifestyle. You watch your diet, stay active, meditate, and surround yourself with positive people. So why should your home be any different?

Residential designer Jamie Gold has spent years defining the exciting new field of wellness design, which explores how simple changes to things like lighting, fixtures, storage, and outdoor space can make a huge difference in how you feel every day. Wellness by Design offers a room-by-room guide to refreshing your space so that it supports muscle and bone health, encourages clean eating, prevents disease, and promotes safety, fitness, serenity, and joy. Whether you're training for a marathon or recovering from an injury, building your dream home or decorating your new rental, the design of your home can help--or hinder--your active lifestyle. This book will help you keep your fitness goals and stay on track for a long and healthy life.

With a growth mindset, you can learn anything--the girls' guide to grit Get ready to unleash your learning power and potential! The Girls' Guide to Growth Mindset is an interactive book for girls--with keys to unlock new adventures, skills, and a world of exploration. In these pages, you'll nurture a can-do attitude and celebrate mistakes as a formula for bigger brains. With guided exercises to think about, see, and do, The Girls' Guide to Growth Mindset is a special place for you to get to know the wonderful you. Discover what women and girls have done before you--the ones around the world who never gave up! And imagine a world where you create the change you want to see. The hard (and fun!) work of dreaming, stumbling, and expanding your mind starts now. This essential guide to a growth mindset for girls includes: Dream big--Explore your passions and start planning what new challenges you'll tackle next. Keep going--Simple, practical tools can help you be brave, take risks, and boost self-confidence. Powerful prompts--Guided growth mindset exercises will inspire you to write down your thoughts, emotions, and dreams. Cultivating a can-do spirit can do wonders for young girls--The Girls' Guide to Growth Mindset shows you how.

How Knowing Yourself Can Help You Navigate Dating, Hookups, and Love

A Girl's Guide to a Fit, Fun and Fabulous Life

The Smart Girl's Guide to Privacy

A Smart Girl's Guide: Crushes: Dating, Rejection, and Other Stuff

Everything You Need to Know about Open Relationships, Non-Monogamy, and Alternative Love

The Lazy Girl's Guide to Being Fit

A Girl's Guide to Fitting in Fitness

Whether you're the MVP of your basketball team, an occasional jogger, or a self-acknowledged couch potato, A Girl's Guide to Fitting in Fitness has practical advice that you can really use. The book shows how easy it is to wake up earlier and sharper (using yoga and relaxation techniques), eat healthier foods, and use the little in-between moments of your day--like the commute to school, or the time between classes--to incorporate a little bit of physical activity that will make a big difference. Fitting in Fitness is sure to help even the most devoted TV-addict lead a fitter, healthier, and happier life--without the need for a gym or fancy exercise equipment.

Once, Miranda felt a little exposed! Miranda Hill can't believe her eyes!her cocky ex-boyfriend, pro hockey player Dane Croft, is back in Bluebonnet, Texas, after all these years. He ditched her!and their little town!just as some rather shocking photos showed up on the Internet for everyone to see. Miranda wasn't so lucky. Stuck in Bluebonnet and left to fend for herself, she's never really shaken the scandalior his betrayal. After nine long years, Dane's back, and she has the chance to turn the tables on him! It's time she gets even. Former NHL hotshot playboy Dane Croft has returned home to open a survival training school on an old ranch and reinvent himself. When his former high-school girlfriend enrolls in the program, he has no idea that Miranda's plan is to get him in a compromising position!not the one he's imagining, anyway. But soon Miranda realizes that to carry out her deviously sexy revenge, she'll have to get up close and personal with Dane all over again. Being a good girl got her nowhere for nine years; now it's time to be a little naughty. But falling in love with the man who broke her heart was never part of the plan!

For every tween girl wondering about her changing body and changing brain, this funny and highly illustrated guide is the answer. Packed with advice about everything from periods to bras to body hair!PLUS tips on how to deal with crushes, new emotions, and all the chaos in between! Growing up is fun . . . but it's tough, too. There are a lot of unknowns and it can be weird and messy for girls. Worry not! This book covers EVERYTHING girls need to know, and it's all been reviewed and fact-checked by medical consultant Dr. Radha Modgil. Learn how: To make your body your best friend (not your enemy). To get out there and do YOU (even when you don't want to move off the couch). The thoughts and feelings that make you feel alone are shared by every girl on the planet. To feel amazing through exercise, nutrition, and skin care. And so much more! Great for those who loved The Care and Keeping of You or What's Happening to My Body?

A stealth-help guide to getting your act together