

Getting Naked Later A Guide For The Fully Clothed

A lighthearted assessment of the medical, psychological, social and sexual aspects of conception shares advice for women on what they can do before contacting a doctor, explaining how to prepare oneself mentally and physically for pregnancy while offering insights into maximizing conception chances. Original. 35,000 first printing.

Harvard-trained theologian Meggan Watterson marched out of her church at age ten. With little-girl clarity, she knew something tremendously crucial was missing...the voices of women. Watterson became a theologian and a pilgrim to the divine feminine to find the missing stories and images of women's spiritual voices. She knew women's voices had never been silenced, just buried. But what she truly sought was her own spiritual voice inside her—the one veiled beneath years of self-doubt. At a sacred site of the Black Madonna in Europe, Watterson had a revelation that changed her. Rather than transcending the body, denying or ignoring it, being spiritual for her meant accepting her body as sacred. Only then, Watterson realized could she hear the voice of unfaltering love inside her- the voice of her soul. With passion, humor, and brutal honesty, Watterson draws on ancient stories and lesser-known texts of the divine feminine, like The Gospel of Mary Magdalene, making them modern and accessible to reveal the spiritual process she went through. She suggests that being spiritual is simply about stripping down to the truth of who we really are. Through her extensive work with women, Watterson found that she was not alone. There are countless women who long for a spirituality that encourages embodiment rather than denies it, that inspires them to abandon their fears but never themselves, and to be led by the audacious and fiercely loving voice of truth inside them. No matter where you rest on the spectrum of spirituality; religious or secular, devout believer or chronic doubter, freelance mystic or borderline agnostic, this story is about the desire in all of us to want to shed everything that holds us back. Reveal provides what religions have left out—the spiritual voice of a woman who has claimed her body as sacred—a woman who has found the divine insider her. In essence, this is a manual for revealing your soul. "I have spent the majority of my life gathering stories of the divine feminine. Each time before getting my masters degrees in theology and divinity, I went on a pilgrimage to sacred sites of the divine feminine throughout Europe. The first one was with a group and the second was on my own... The stories of the divine feminine, of Christianity's Mary Magdalene, Catholicism's Black Madonna, Hinduism's Kali ma, and Buddhism's Green Tara for example, allowed me to begin to see that I wasn't as much of a spiritual misfit as I had thought. There was a red thread that became visible to me that ran through so many of the world religions, especially through their mystics, relating that the way to find the divine is to go within. And, that our potential to be transformed by going inward is exactly the same whether we are a man or a woman. The real barometer of our spiritual potential is not our sex, but the commitment of our desire to want to encounter the divine." Excerpt from Reveal

With over 300 new entries added since the 1995 edition, this ultimate video guidebook for all video viewers gives a clear plot summary of each film, an MPAA rating, and extensive indices. From new releases to classics, foreign films to children's viewing, this reference contains over 20,000 entries of films available on video.

Moscow is a fascinating mix of old and new, East meets West, elegance and kitsch and spirituality and dowdiness. Be inspired to visit by the new edition of City Guide Moscow, a comprehensive full-colour guide to the fascinating capital of Russia. City Guide Moscow: A fully-overhauled edition by our expert Russia author. Stunning, specially-commissioned new photography that brings this intriguing city and its people to life. Highlights of the city's top attractions, including the Red Square, The Kremlin and the Pushkin Museum of Fine Arts. in our Best of Moscow. Descriptive accounts of each neighbourhood cover the whole city from the Red Square and Tverskaya and Lubyanka. The Day Trips from Moscow chapter includes the ancient cities of the Golden Ring. Detailed, high-quality maps throughout will help you get around and travel tips give you all the essential information for planning a memorable trip. About Insight Guides: Insight Guides has over 40 years' experience of publishing high-quality, visual travel guides. We produce around 400 full-colour print guide books and maps as well as picture-packed eBooks to meet different travellers' needs. Insight Guides' unique combination of beautiful travel photography and focus on history and culture together create a unique visual reference and planning tool to inspire your next adventure. 'Insight Guides has spawned many imitators but is still the best of its type.' - Wanderlust Magazine

The Impatient Woman's Guide to Getting Pregnant

How to Write a Book in a Week

An Unofficial Companion

Making Sense of the Unexpected Single Life

Don't Date Naked

My Pal George

Compiles career biographies of over 1,200 artists and rock music reviews written by fans covering every phase of rock from R&B through punk and rap

Al and Joy Jenkins' relationship began as love-at-first-sight and remains, nearly 30 years later, undimmed and rock-solid. They had believed this was true of their friends' marriage, too. But when hurricane-strength trouble blows Frank and Helen off course, Al and Joy must guard the pillars supporting their own love. Nothing is safe in the path of a storm.

Have you been attacked by a wolf-like creature in the last 30 days? Was it after the sun had set and under a full moon? If you answered, "yes" to both these questions, there's a very good chance that you were bitten by a werewolf. You now have less than a month before the full moon returns and with it your first transformation into a savage, bloodthirsty beast. Survival is an option, but first, know this: * Werewolves are real. * The majority of lycanthropes who do not have access to this book die during or shortly after their first transformations, generally due to heart failure, gunshot wounds, exposure, drowning or suicide. * Hollywood horror movies are NOT to be used as guides to living as a werewolf. Their goal is not to educate, but to entertain. As a result, they are largely

ignorant of the realities of the condition. * Ignorance creates monsters; lycanthropy does not. * You are not a monster. The Werewolf's Guide to Life cuts through the fiction and guides you through your first transformation and beyond, offering indispensable advice on how to tell if you're really a werewolf, post-attack etiquette, breaking the news to your spouse, avoiding government abduction, and how to not just survive, but thrive. You cannot afford to not read this book. Your very life depends on it.

An inviting and informative guide to sex for seniors, with a clear message that "as far as sex in the senior years goes . . . the best is yet to come" (Dr. Dean Edell) Joan Price is talking out loud about a subject that is often ignored or ridiculed in our society: later-life sexuality. In *Naked at Our Age*, she offers a candid, straight-talking exploration of senior sexuality -- the challenges, the disappointments, and the surprises, as well as the delights of love and passion. She shares the stories of women and men -- coupled and single, straight and gay -- demonstrating how their sex lives and relationships have changed with age, and how their sex lives influence their lives and self-esteem. Along the way, she offers wise advice from sex therapists, health professionals, counselors, sex educators, and other knowledgeable experts, helping seniors to embrace intimacy in all its forms. Entertaining and indispensable, *Naked at Our Age* is a complete guide to enjoying senior sex, love, passion, and couplehood.

A Writer's Guide to Meeting a Deadline

Reveal

Singapore to London: The Return Journey of the Iconic Land Rover Expedition (with a foreword by Tim Slessor)

Getting Naked

I've Seen You Naked

A Guide to Healing Trauma and Thriving with Your Foster or Adopted Child

Have you always wanted to write a book but, just never get around to it? Do you lack confidence in yourself as a writer? Need inspiration? *How to Write a Book in a Week (A Writer's Guide to Meeting a Deadline)* is the answer to all of these questions and more.

Getting Naked Later A Guide for the Fully Clothed Samizdat Creative

Have you heard the phrase, "If you just let go, you'll finally meet the love of your life?" Do you have a growing stash of two-for-one coupons? Do you keep a list about your potential spouse that includes such things as "he has to love dogs" or "he can't snore?" These are some of the rites of passage for singles, and Kate Hurley has been through all of them. In this book, Kate doesn't offer a magic formula that will bring your spouse to you, nor does she ask you to be content with your "gift" of singleness. With candid humor and refreshing honesty, she shares her own struggles and discoveries as a single person and invites you to come with her on a journey toward hope.

'This is a fabulous adventure - reckless, insanely ambitious and filled with sweat, tears and laughter . . . irresistible reading.' Joanna Lumley 'Alex Bescoby weaves travel, adventure, history and the contemporary together like no one else. His great gift is to take us on a journey through past and present. By its end we have learned more about the world and ourselves.' Dan Snow

'A journey that I don't think could be made again today'. It was this comment by Sir David Attenborough on the fiftieth anniversary of the iconic First Overland expedition that became an irresistible challenge for filmmaker and adventurer Alex Bescoby. In 1955, Attenborough, then a young TV producer, was approached by six recent university graduates determined to drive the entire length of 'Eurasia', from London to Singapore. It was the unclimbed Everest of motoring - many had tried, none had succeeded. Sensing this time might be different, Attenborough gave the expedition enough film reel to cover their attempt. The 19,000-mile journey completed by Tim Slessor and the team captivated a nation emerging from postwar austerity. Tim's book, *The First Overland*, soon became the Bible of the overlanding religion. Inspired by the First Overland, Alex made contact with now eighty-six-year-old Tim and together they planned an epic recreation of the original trip, this time from Singapore to London. Their goal was to complete the legendary journey started more than sixty years ago in the original Oxford Land Rover. In awe of the unstoppable Tim, and haunted by his own grandfather's decline, Alex and his team soon finds themselves battling rough roads, breakdowns and Oxford's constant leaky roof to discover a world changed for the better - and worse - since the first expedition.

Storm Path

The Complete WWF Video Guide Volume I

The Outing Magazine

A Patient's Survival Guide, Or, Never Get Naked on Your First Visit!

A Manual for the Newly Bitten

The Well-Being Guide

My Slave's Brutal JOI Manual is the transcript-turned-novella of a 32-minute POV audio from the author Ashley Adams. The spoken word audio is also available on Amazon.com under the title "A CBT BDSM Facesitting Jerk Off Session". Yes, it is a mouthful. It's actually a lot more than a mouthful. Ashley gushes in your mouth over and over again as you stroke it for her. It's non-

stop CBT fetish jerking instruction complete with Ashley's stroking orders, spanking orders, swallowing orders, and castration threats. She loves to threaten her slaves her with castration when they don't perform. Or even if they do perform. The 22-year-old ebony starlette, Ms. Adams, walks you through a long and painful masturbation session which includes groping, slap-grabbing, smooth-stroking, and smacking your balls in several different specific ways. At one point, she has you flipper-smack your testicles up at your knuckles while slamming your fist down on your shaft. That one gets intense. It all begins with you taking off your clothes, lying on your bed in just your underwear, and waiting for Ashley's permission to strip off those undies and go bare balls nude in front of her. Ashley looks you up and down and licks her lips and then begins to guide you, your dick, and your balls through a marathon of edging, stroking, milking, and ballbusting. She later guides your tongue and mouth too as she gets naked with you, and has you imagine her sitting her precious pussy right down on your face and dripping all over you as you continue to follow every one of her sordid whims. It was certainly meant as an audio, as it was an ad lib performance from a horny young Ashley, but it is enjoyable as a reading as well. We recommend the audio primarily so check out A CBT BDSM Facesitting Jerk Off Session on audio, only on Amazon.com.

Forget the stereotype! Giacomo Casanova's (1725-1798) reputation as libertine has sadly eclipsed his talents as scholar, linguist, prolific writer and manqué doctor. Fortunately for us, he wrote his memoirs at the end of his life on the advice of his doctor to control his propensity to depression. Although these often have been harvested for information on political, cultural and social aspects of his time, the insights they give about medical practice and the lived experiences of illness have been largely neglected. This book addresses this deficiency through exploring in detail what Casanova wrote on a variety of conditions that include venereal disease and female complaints, duelling injuries, suicide, skin complaints and stroke and even piles. These descriptions provide alternately grim and amusing insights about public health measures, the doctor-patient relationship, medical etiquette and the dominant medical theories of the era. To help the reader understand the historical significance of the medical subjects covered, the author integrates throughout the book an extensive historical context drawn from contemporary sources of information and current history of medicine literature

Maha Nasrallah-Babenko presents a culturally sensitive and uniquely accessible guide that equips clinicians, student sex therapists, and female clients with the tools to confidently treat genito-pelvic pain and penetration disorders (GPPPD). Addressing the issue from an integrated approach, the book provides evidence-based information and sensate, solo and partner practical exercises derived from the author's experience to help clinicians support women in redefining their relationship with sex, their bodies, and their partners. With a special focus on those from conservative and religious backgrounds, this beautifully illustrated text emphasizes the psychological, emotional, and relational factors that may increase shame and fear surrounding sex. The book defines GPPPD before outlining the author's ABCs approach, awareness, body, control, and safety, where she examines topics such as sexual abuse, how to communicate with you partner, sexual beliefs and messages, the importance of arousal, vulnerability and assertiveness, and shifting the significance of penetration for an enjoyable sex life. This book is essential reading for training and established sex therapists, family therapists, and couple therapists looking to support those struggling with sexual intimacy, as well as the couples seeking their help.

Uses personal stories, humor, and straight talk to describe all aspects of dating from a Christian perspective, emphasizing that dating should be good, clean fun.

Get What You Want

A Guide for the Fully Clothed

The Rookie's Guide to Options

The Last Overland

An Essential Handbook for Women Who Don't Know a Slam Dunk from a Grand Slam

18th Century Medical Practice

An introduction to Greek and Roman mythology provides explanations of all the gods and their roles, origins of the myths and theories on who wrote them, and the function of myths in society

Written for the significant others of sports buffs, a guide to all of the major professional sports outlines the rules and basics of each, with profiles of top historical and contemporary players and a humorous glossary of key terms.

"A new spin on bump and grind . . . relays strippers' advice on everything from makeup and wigs . . . [to] the favorite five cliché costumes." —SFGate Strippers are the experts when it comes to getting naked—especially when the topic is looking your best while wearing the least. Authors Jennifer Axen and Leigh Phillips are "regular" women who interviewed hundreds of strippers to uncover the real-life beauty secrets of baring it all. Their mission: to deliver these sexy trade secrets to women all over the world! *The Stripper's Guide to Looking Great Naked* reveals how to walk, stand, and move with allure, and incorporate confidence and sex appeal into everyday life—whether crossing the room during the day or slipping out of your clothes for that special someone at night. Here are quick, incredibly useful backstage tips for covering body blemishes, dealing with naked "emergencies," and showcasing any body shape's best features. This daring and fun illustrated guide reveals how any woman can use these racy but simple strategies to feel more confident, no matter what her state of undress, from the beach to the bedroom. In the age of celebrity burlesque, pole-dancing on Oprah, and striptease classes and workouts, *The Stripper's Guide to Looking Great Naked* finally puts the spotlight where it should be: when it comes to baring it all, it's what you know and how you work it.

If you want to go up the ladder of success, if you want to get what you want, if you want to fulfill that "burning desire" that keeps your mind busy all the time and you do not do something about it, if you want to do "that thing" that you wanted to do some day but you never got a chance to do so, you must take your hands out of your pockets, roll up your sleeves, and take action now. You cannot sit still and expect the elevator of success to come down

and take you to the peak. It has not happened to anyone. It will not happen to you either, guaranteed! Over the past several years I have helped many people like you to take their hands out of their pockets and climb their ladder of success. I have spent quality time with them, listened to them, felt their pain, assisted them in taking the right path, and made sure they came out of the process successful and fulfilled. I want to help you too. If you are committed to YOUR success and want to get what you truly want, this book is an excellent start. Are you ready for the journey?

Indiana Farmer's Guide

The Werewolf's Guide to Life

Licensed to Guide

The Rough Guide to the Universe

Sport, Adventure, Travel Fiction

A Navigational Guide To Airport Security

Chapter One In this chapter is the information needed to prepare for your journey and what to as well as what not to pack in your luggage. So let's get right to it and make your next trip a safe and more pleasurable experience. First off let's get you in the mindset for flying and the need for planning. When planning a trip one usually has a certain destination in mind. Whether your destination is for business or pleasure the principals are the same. There is always how long are you staying and what to bring? The how long are you planning to stay is usually already established in most cases. However, in the case of the business traveler whose schedules is determined by the office, a client, or even flight schedules may dictate ones planning. This usually means everything is up in the air and can leave a lot to be desired. With this in mind whether business or pleasure the basics still apply. So let's look at the traveler that is planning a pleasure trip. In this case the time to think about the airport is when you start planning your trip. Since the events on September 11, 2001, the whole mind set of traveling has been put on it ear so to speak. As it is with most individuals, myself included before I became a Transportation Security Officer (TSO) with the (TSA) in 2002, the name of the game was haphazard packing as a rule of thumb. This is what I call having most of the items in your luggage placed there the night before your departure. Usually these items are things that never get used in the course of ones travels. Such items as too many shoes, clothing, unnecessary foods and some toys are among the many things that are packed in luggage across this nation that need not be included. I am sure most of you know exactly what I am talking about. A good example is when I went sailing on a 32 foot sail boat in the Caribbean for a week with my daughter and son-in-law in 2000. I had packed enough clothes for a week only to use half the items packed. In this case I really only needed a swimsuit, several shirts, two pairs of shoes and traveling clothes. What is my style? There are other types of packers that travel the skyways. One of these is the individual that packs like the ones you might see in the movies or in one of your favorite television programs or commercials. Opening the dresser drawers and just stuffing items in the luggage. These individuals, while in their own rights, see no harm in the form of packing, however, they will have some difficulties at the airport. This form of packing makes inspection of their personal items by TSA difficult at best. With all the modern x-ray equipment used in today's airports and new technologies being developed continuously, it is still up to the TSO to determine the nature of the items within your luggage. And this form of packing has and does create problems for these passengers. Ways to avoid this will be addressed later in this chapter. Then there is the traveler at the other end of the packing spectrum that has everything folded and arranged perfectly so that everything within that piece of luggage has a rhyme and a purpose for its placement. This can be either a male or a female doing the packing. These types of pack jobs are in themselves great to look at and for the most part we as the ones screening that piece of luggage look forward to. But as in all cases even these types of luggage have their problems too. The level of inspection being performed on that piece of luggage and the individual doing the screening has a lot to do with the level of neatness your luggage is in when returned to you. Not all TSOs, to be honest with you, are interested in repacking your items as carefully as you would. Even though the TSA has spent many hours training TSOs on the proper procedures for inspecting person's luggage and the items within that piece of luggage, the manner in which the luggage has been packed may cause difficulties in its self.

Compiles career biographies of over 1,200 artists and rock music reviews written by fans covering every phase of rock from R&B through punk and rap.

Learn why stock options - a versatile investment tool that has seen explosive growth over the past few years - belong in your portfolio. If you're already trading options, this book is also for you. You will gain a thorough understanding of option pricing, function and equivalents, which will help you trade more effectively. Adopt more advanced option strategies, like iron condors and double diagonals, to help protect your nest egg and earn healthy returns. Includes chapter quizzes and accompanying CD-ROM.

Busted families, broken hearts, secrets and corruption are the lifeblood of The CW's gothic horror series Riverdale. The show is based on the original Archie comics, but this sinister town is a far cry from the wholesome, anyplace USA depicted in 80 years of the teen adventures featuring Archie, Jughead, Betty, Veronica, and the rest of the gang. This Riverdale is an other-worldly, ominous place where enigmatic parents and cunning town leaders hide wicked secrets while teens struggle to survive. The Riverdale gang face the definitive dilemma: good vs. evil. They fight ghouls, a cult leader, a serial killer, and each other—all while sporting inspiring outfits and photo-ready hair. Great music, the occasional Vixens cheer dance-off, and too-steamy-

for-high-school sex scenes add an undeniable layer of watchability to the fan-favorite show. This Binge Watcher's Guide to Riverdale will get you through the first four seasons. Keep the book beside you while you binge; the trivia, quotes and episode commentaries will inform and entertain. Want more? The literary analysis, connection to the comics, and resources have you covered.

Talking Out Loud About Senior Sex

Outing

Naked at Our Age

The Adoptive Parents' Handbook

Getting Naked Later

Making the Most of Life and Work

Read about Priscilla the Great, an ordinary girl with extraordinary gifts! This three book bundle includes: Priscilla the Great Book one: If you think middle school is awkward, try going through it with fire shooting out of your fingers. Priscilla the Great The Kiss of Life: Just when I'm finally getting the hang of my powers, something even more confusing and harder to understand enters my world...boys. Priscilla the Great Too Little Too Late: When Mom gets brainwashed it's up to me to save her. But even with some new friends and even newer gadgets, will it be too little, too late? Also includes study guide questions for each of the three books.

Publisher Description

THE STORY: President Clinton's unlikely canine consultant finds himself crossing party lines in this sequel to MY BUDDY BILL. George W. Bush calls on Clinton's unofficial advisor to train his Scottish Terrier, Barney, not to urinificate on White

If today you are no longer willing to settle for mediocrity in your work, relationships, and your life, this book is for you. Within these pages is the powerful secret to unlocking your fullest potential as a career person, a parent, a friend, a mate, a lover, a human being. How? Through getting naked. Getting Naked is about living life as the fullest, most authentic version of you. Its about cutting the crap--releasing the baggage that has held you hostage for so long and embracing all of you; the good parts, the bad parts, the public parts, and the shadow parts, so you can integrate them and become an even stronger force of positivity in the universe, through the secrets of honest self-disclosure. (The key is it discover where and with whom to be emotionally naked--being vulnerable does not mean being stupid and careless.) For example: Practice being emotionally naked at the right place and the right time with the right people to release your negative patterns and create a provocative catalyst for reflection. Uncover new or hidden parts of yourself that can guide you to create a more fulfilling life. Apply the tools of naked self-disclosure to all areas of your life so you can enjoy greater meaning and satisfaction. This is a book of stories, strategies, and tips, designed to overcome the negative self-narratives that obscure personal resilience and wellbeing. There comes a time when you have to defy the voices that hold you back. Getting Naked teaches you that it is your indisputable birthright to question any limitation--anything that gets in the way of your own magnificence. This book will provide you the inspiration, tools, self-discovery and support to share your naked truth and in so doing to fulfill your uniqueness every day.

The Integrated Guide to Treating Penetration Disorders in Women

The Stripper's Guide to Looking Great Naked

The Rough Guide to Rock

Five Steps to Finding the Love of Your Life (While Fully Clothed & Totally Sober)

My Slave's Brutal JOI Manual

The essential guide to parenting adopted and foster kids--learn to create felt safety, heal attachment trauma, and navigate challenging behaviors and triggers Children who have been adopted and/or shuttled through the foster-care system experience trauma at a much higher rate than other kids, which can make it difficult for them to trust, relax, regulate their emotions, and connect with their new families. As a parent, learning how to heal attachment trauma, attune to your child's needs, identify triggers, and create felt safety is essential to providing the loving, supportive, and stable home they need to thrive. Written for parents of adopted and foster kids of all ages, this book offers resources for handling common concerns like sleep issues, food sensitivities, anger, fear, and reactivity. It also provides guidance on navigating transracial adoptions, working through parents' own hang-ups, and recognizing signs of developmental and psychological conditions. The book highlights practical strategies and provides real-life examples to address questions like: • How do I help my adopted child adjust? • Is this kind of behavior "normal"? • How do I help my child live, heal, and thrive with PTSD?

A guide to navigating a dating life for love and happiness outlines a five-step approach based on the most commonly asked questions from the author's syndicated advice column.

A tool to help gain momentum and clarity in the sometimes-confusing maze called life and work. The book covers subjects as diverse as parenting, finances, relationships, career, and more.

Feel sexier and more energized when you strip away the foods that are weighing you down. Look younger, live longer, and experience the real you!

The Complete Idiot's Guide to Classical Mythology

On Being Emotionally Transparent at the Right Time, the Right Place, and with the Right Person

A Sacred Manual for Getting Spiritually Naked

Priscilla the Great Omnibus (3-Book Bundle includes study guide questions)

Outing; Sport, Adventure, Travel, Fiction

Casanova's Guide to Medicine

Whether you're a novice or an experienced amateur astronomer, The Rough Guide to the Universe is an indispensable book. Giving both a guide to the universe and an accessible overview of the science of astronomy, the Rough Guide features: bull; Concise information on every planet in the solar system, as well as the sun, moon, asteroids and comets. bull; Practical advice on observing the planets and stars, with binoculars, telescopes and the naked eye. bull; Incisive explanations of the latest theories about how the universe began and how it might end, the formation of galaxies and galaxy clusters, and weird concepts such as dark matter, worm holes and superstrings. bull; Dozens of photographs, plus star charts of every constellation, showing the night sky in the Northern and the Southern hemispheres. bull; Detailed listings of star clubs, planetariums, "deep sky " sites and Internet resources. John Scalzi is a writer and backyard astronomer who views the universe from the dark skies of Ohio's Amish Country.

Will I always be lonely if I end up alone? You thought you'd be married by now, but you're not. Even though your friends in relationships love to tell you that singleness is a gift, this gift comes with its share of fear, grief, and still-to-be-answered prayers. Life coach and singer-songwriter Kate Hurley has been there, and now she encourages you to open yourself to new opportunities and relationships of all varieties. Getting Naked Later will help you... find family in your friends, church, and community stop viewing the pursuit of a partner as a formula that demands a solution hand over control of your life to God, finding peace in the knowledge that He has a plan for you You don't need to give up on romance, but you also don't need to live on standby, expecting someone else to give your life meaning. Learn how to stop waiting and start embracing your life—right where you are.

Insight Guides City Guide Moscow (Travel Guide eBook)

Get Naked Fast!: A Guide to Stripping Away the Foods That Weigh You Down

The Beginner's Handbook of Trading Equity Options

The Smart Girl's Guide to Sports

Your Trusted Guide for Realizing Your Dreams, Overcoming Your Challenges, and Getting What You Want in Your Life

The Binge Watcher's Guide to Riverdale