

Jj Smith 30 Day Challenge Cost

J.J. Smith's dating advice book gives you proven relationship knowledge you can easily grasp and use right away. Your dating experiences will dramatically improve --and the advice in these pages will help you get the love you really want. This is not one of those dating books with tired ideas about how to "get a man." Instead, it's smartly designed to help you celebrate who you are and build a wonderful life that attracts the best men for you. --P. [4] of cover.

Off the back of his groundbreaking and critically acclaimed film, *Super Juice Me! The Big Juice Experiment*, comes Jason Vale's most comprehensive juice programme to date.

For women that want to regain energy and life vitality, get back to a healthy weight, kick anxiety, depression and brain fog, lower inflammation, feel strong and fit in their bodies

JJ Smith, author of the #1 New York Times bestseller *10-Day Green Smoothie Cleanse*, provides an all-new and accessible detox system that rids the body of unwanted fat and bacteria for renewed energy and lasting weight loss. In the tradition of certified weight loss expert and nutritionist JJ Smith's *10-Day Green Smoothie Cleanse*, *Think Yourself Thin*, and *Green Smoothies for Life*, comes the *7-Day Apple Cider Vinegar Cleanse*. This revolutionary cleanse includes meals and drinks that help support the body's natural detoxification process and promote a healthy environment for good bacteria in the body. All of the new and delicious 25 recipes for breakfast, lunch, dinner, and snacks will effectively help rid of your body of toxins and unwanted fat in just 7 days, jumpstarting your journey to permanent weight loss.

The Laws of Truth

A Study in Classical African Ethics

A Practical Guide to Foraging, with Easy Identification of 60 Edible Plants and 67 Recipes

Green Smoothies for Life

Simplify Your Keto Diet with 8 Weekly Meal Plans and 60 Delicious Recipes

A 30-Day Guide to Permanent Weight Loss

Keto Cleanse

The Virgin Diet Cookbook

"Wild Edibles: A Practical Guide to Foraging, with Easy Identification of 60 Edible Plants and 67 Recipes has taught me that my backyard is full of free food! Way to go, Sergei." —John Mackey, CEO of Whole Foods Market In this field guide to foraging wild edible plants, Sergei Boutenko (son of raw-food guru Victoria Boutenko) explores the health benefits of wild-harvested food, explains how to safely identify trailside weeds, herbs, fruits, and greens that grow worldwide, and shares his delicious, nutrient-dense recipes. Sergei Boutenko has been gathering wild plants since he was 13, when, early on in a 6-month hike from Mexico to Canada, he and his raw-food family ran out of provisions and turned to foraging for survival in the wild. Back in civilization, Boutenko was dismayed by the inferior quality of store-bought food and industrial agriculture, and began to regularly collect wild plants near his home and on his travels. Now, in *Wild Edibles*, he shares knowledge gleaned from years of live-food wildcrafting and thriving in harmony with nature. This practical guide to plant foraging gives hikers, backpackers, raw foodists, gardeners, chefs, foodies, DIYers, survivalists, and off-the-grid enthusiasts the tools to identify, harvest, and prepare wild edible plants. The book outlines basic rules for safe wild-food foraging and discusses poisonous plants, plant identification protocol, gathering etiquette, and conservation. Boutenko explores in detail the many rewards of eating wild flora: environmental protection, sustainability, saving money, economic self-sufficiency, and healthy living. He draws on thoroughly researched nutrition science to make a compelling case for the health benefits of a diverse, local-food diet that includes wild greens. The majority of the 60 edible plants described in this field guide can be found worldwide, including common-growing trees. Over 300 color photos make plant identification easy and safe. A chapter containing 67 high-nutrient vegan recipes—including green smoothies, salads and salad dressings, spreads and crackers, main courses, juices, and sweets—provides inspiration to join Sergei on the trail to radiant health.

The ESC Textbook of Intensive and Acute Cardiovascular Care is the official textbook of the Acute Cardiovascular Care Association (ACVC) of the ESC. Cardiovascular diseases (CVDs) are a major cause of premature death worldwide and a cause of loss of disability-adjusted life years. For most types of CVD early diagnosis and intervention are independent drivers of patient outcome. Clinicians must be properly trained and centres appropriately equipped in order to deal with these critically ill cardiac patients. This new updated edition of the textbook continues to comprehensively approach all the different issues relating to intensive and acute cardiovascular care and addresses all those involved in intensive and acute cardiac care, not only cardiologists but also critical care specialists, emergency physicians and healthcare professionals. The chapters cover the various acute cardiovascular diseases that need high quality intensive treatment as well as organisational issues, cooperation among professionals, and interaction with other specialities in medicine. SECTION 1 focusses on the definition, structure, organisation and function of ICCU's, ethical issues and quality of care. SECTION 2 addresses the pre-hospital and immediate in-hospital (ED) emergency cardiac care. SECTIONS 3-5 discuss patient monitoring, diagnosis and specific procedures. Acute coronary syndromes (ACS), acute decompensated heart failure (ADHF), and serious arrhythmias form SECTIONS 6-8. The main other cardiovascular acute conditions are grouped in SECTION 9. Finally SECTION 10 is dedicated to the many concomitant acute non-cardiovascular conditions that contribute to the patients' case mix in ICCU. This edition includes new chapters such as low cardiac output states and cardiogenic shock, and pacemaker and ICDs: troubleshooting and chapters have been extensively revised. Purchasers of the print edition will also receive an access code to access the online version of the textbook which includes additional figures, tables, and videos to better to better illustrate diagnostic and therapeutic techniques and procedures in IACC. The third edition of the ESC Textbook of Intensive and Acute Cardiovascular Care will establish a common basis of knowledge and a uniform and improved quality of care across the field.

*The author of the #1 New York Times bestseller 10-Day Green Smoothie Cleanse returns with this revolutionary guidebook filled with the crucial mental strategies that will provide the missing piece in your weight loss journey once and for all. After helping dieters lose over two-million pounds in two years, JJ Smith realized the most important, yet most overlooked, factor for permanent weight loss is mental mastery. In *Think Yourself Thin*, Smith helps you uncover the root of your struggle and address the spiritual or emotional issues tied to your eating behavior. By applying the strategies outlined in this book, you will have the tools you need to take control of your weight, and thus your health, and experience the joy of having your dream body. Divided into four parts, Smith's book uncovers the five psychological stages required to lose weight and keep it off. Smith also introduces the all-new SUCCESS System detailing the mental habits and approaches necessary for permanent weight loss. Filled with inspiring, motivational success stories and user-friendly principles that provide the guidance you need to eat in a manner that helps the body burn fat and lose weight, *Think Yourself Thin* makes long-term weight loss a reality by starting with what matters most.*

Drawing With Colored Pencils, Pencil Drawings Of Men and Women or Familys Peoples. How To Draw A Realistic Eye Like A Master. Discover how to draw the iris in a whole new way without just filling in with darkness and makes it more realistic. Pencil Drawing For Beginners. How To Draw A Realistic Nose Like A Master. A quick basic explanation about nose drawing before you begin to draw a realistic nose like a master. Discover the way how I draw lips vertically and horizontally to create the complicated texture effect of human lips. Black White Pencil Drawings

Guides. Discover how you can memorize the inner parts of ear in an easier way within seconds. Simple Pencil Drawings For Kids. Discover the faster and easier way of drawing realistic hair that will save a lot of your time. Not only that, your hair drawing will look even better than that of other artists who spent hours on it. Tips On Pencil Portrait Drawing for beginners. Tips for correctly positioning the features. Tips on drawing the eyelids, iris, pupils, eyelashes, and the surrounding shadows. Learn the important aspects of drawing the nose. Learn to draw glossy lips. Ears come in many shapes and sizes and are unique to each individual. Learn how to draw the details of hair. Learn how to draw the details of the face. Pencil Portrait Drawing Lessons .

More Than 400 Simple, Delicious Recipes!

The Plant Based Juicing And Smoothie Cookbook

The Big Book of 30-Day Challenges

Boosting Your Immunity For Dummies

Simple Green Smoothies

Summary Green Smoothies for Life by JJ Smith Health Summaries (Bonus Added)

Clean Keto Lifestyle

The Juice Lady's Big Book of Juices and Green Smoothies

The companion to the New York Times bestseller The Virgin Diet brings the groundbreaking health and weight loss program into your kitchen. With more than 150 delicious and practical recipes, THE VIRGIN DIET COOKBOOK is designed to show you how to incorporate anti-inflammatory, healing foods into your diet to reclaim your health and reset your metabolism, while avoiding the 7 foods that are most likely to cause food intolerance. These tasty, easy-to-make recipes are free of gluten, soy, dairy, eggs, corn, peanuts, and sugar and artificial sweeteners. With mouthwatering suggestions for breakfast, lunch, dinner, dessert and snacks, you'll lose weight fast while enjoying what you eat!. THE VIRGIN DIET COOKBOOK will also help you to stock your kitchen, provide delicious substitutes for common ingredients, and offer easy swaps for eating out and on-the-go.

" Do You Want to Read But Not Enough Time? Then, grab this One Sitting Reads of Green Smoothies For Life by JJ Smith Now!Green smoothies may act like a cleansing blood transfusion. They give rise to loss of weight, reduction in food cravings, better skin, boosted energy, and so on. The three health-altering advantages of green smoothies include their assistance in reducing and then eradicating cravings for unhealthy foods, giving rise to radiant forms of health and improving digestion since they are easier to digest and metabolize.Part 1 of the book offers a sample meal plan containing green smoothie recipes for 30 days. It encompasses a detailed regimen to follow daily, offering instructions, recipes, shopping lists, etc. The book offers green smoothie recipes and a menu based on healthy meals for each of the 30 days of the plan. To guarantee success related to the 30-Day Program, the author shares the following six guidelines. Part 2 shares details regarding a number of 21 detox methods and their advantages, anticipated results, duration and range. These methods are cheap and have been tried and tested. After the utilization of nutrients from the food consumed by a person, their body should get rid of the food particles that are left unused and the waste generated by the digestive procedure. Part 3 underlines different success stories of people who have capitalized on green smoothies and clean forms of food to accomplish weight loss. By going through others' experiences and becoming aware of their weight loss success, readers will be motivated to try it on their own as well. Download And Start Reading Now - Even if it's 3 AM! Hurry, Limited Quantities Available!*Bonus Section Included*100% Satisfaction Guaranteed or your money back!"

Take the guesswork out of keto meal prep planning with over 60 low-carb recipes and 8 easy-to-follow weekly meal plans! Eating keto can be challenging, and cooking keto recipes that are satisfying can be even more challenging! You need to make sure you're eating enough fat to stay in ketosis, while still eating food that is satisfying. Weekly meal prep can help ensure that you stay in ketosis while still enjoying fresh, delicious, keto-friendly recipes that aren't the same every week. With Easy Keto Meal Prep, planning and preparing your weekly keto meals has never been easier! Dive straight in to discover: - 8 weekly meal plans, each with a detailed step-by-step prep plan, shopping list, and equipment list, and each with four main recipes and four alternative recipes that can be swapped in - Over 60 delicious recipes, each with specific macros and detailed nutrition information to ensure you're always eating the right ratios to stay in ketosis. - Beautiful photography and visual meal grids that show you exactly what you'll be eating each day, along with the macros ratios for each day's meals - Helpful guidance for eating keto, sticking with the diet, meal prepping like a pro, and safely storing your prepped meals Each recipe in this low-carb cookbook includes specific macro ratios and detailed nutrition information to ensure you're always eating the right ratios to stay in ketosis. With over 60 delicious recipes, you'll enjoy a large variety of keto meals sure to burn fat and give you a metabolism boost like never before! Featuring 8 weekly meal plans to offer a broad range of recipe combinations, this keto cookbook will ensure you'll never have to eat the same week of meals twice, and each prep plan includes detailed shopping lists, step-by-step prep day instructions, and handy equipment lists to help you prepare a week's worth of meals in just a few hours! Also included in this ketogenic diet book is helpful guidance for eating keto and sticking with your diet, tips on how to meal prep like a pro, and safely store your prepped meals. Fancy adopting a keto diet this New Year? Then this is definitely the book for you!

From the New York Times bestselling author of Uncomfortable Conversations with a Black Man, a call to break through our limits and say yes to a life of infinite possibility. You may know Emmanuel Acho as the host of groundbreaking video series "Uncomfortable Conversations with a Black Man." Or as a New York Times bestselling author. Or as an Emmy-winning television broadcaster. Or as a former linebacker for two NFL franchises. What you probably don't know is that Emmanuel defines his own life with just one word: Illogical. Behind every triumph, every expression of his gifts, Acho has had to ignore what everyone around him called "logic": the astronomical odds against making it, the risks of continuing to dream bigger or differently. Instead of playing it safe, at every turn Acho has thrown conventional wisdom—logic—out the window. Now, in this revelatory book, he's empowering us all to do the same. Whether it's creating the next groundbreaking startup, fighting for change as an activist, or committing to a personal passion, Illogical is the go-to book for all readers ready to become change-makers. With a step-by-step guide to finding our callings and shifting our mindsets, enlivened by stories from Acho's life and other illogical pioneers, and the Bible, Acho asks us to replace the limits set for us, and which we set for ourselves, with a world of possibility. Our horizons, he shows us, are endless.

Titanic

The Joys of Dating

(German-English Parallel Text)

100 Days of Weight Loss

Bush, City, Cyberspace

7-Day Apple Cider Vinegar Cleanse

The Revolutionary New Plan to Melt Up to 10 Pounds of Fat in Just One Week!

The Development of Australian Children's Literature into the 21st Century

This personal growth diet companion encourages dieters--no matter what diet plan they are on--to stick to it by giving them the tools to address the issues behind their eating habits and to make the right choices. Going on a diet is easy, staying on a diet is hard and it is the consistent, long-term lifestyle change that results in real success. This book is not a diet but a diet companion. There are 100 short lessons that provide coping skills, behavioral tools, and personal growth ideas that serve as a companion and encourager and give dieters the daily strength to stick with their resolution. Spangle tackles the emotional and psychological issues of weight loss, which is missing from most diet plans. They tell you what to eat. 100 Days of Weight Loss gives you the personal tools to make the right choices.

Geneen Roth, author of the #1 New York Times bestseller *Women Food and God*, explains how to take the journey to find one's own best self in this "beautiful, funny, deeply relevant" (Glennon Doyle) collection of personal reflections. With an introduction by Anne Lamott, *This Messy Magnificent Life* is a personal and exhilarating read on freeing ourselves from daily anxiety, lack, and discontent. It's a deep dive into what lies behind our self-criticism, whether it is about the size of our thighs, the expression of our thoughts, or the shape of our ambitions. And it's about stopping the search to fix ourselves by realizing that on the other side of the "Me Project" is spaciousness, peace, and the capacity to reclaim one's power and joy. *This Messy Magnificent Life* explores the personal beliefs, hidden traumas, and social pressures that shape not just women's feelings about their bodies but also their confidence, choices, and relationships. After years of teaching retreats and workshops on weight, money, and other obsessions, Roth realized that there was a connection that held her students captive in their unhappiness. With laugh-out-loud humor, compassion, and dead-on insight she reveals the paradoxes in our beliefs and shows how to move beyond our past to build lives that reflect our singularity and inherent power. *This Messy Magnificent Life* is a brilliant, bravura meditation on who we take ourselves to be, what enough means in our gotta-get-more culture, and being at home in our minds and bodies.

(Applause Books). A full-color gallery with over 150 photos of the original Broadway production; color costume and set designs and sketches; the complete back-story of the production from concept to launch to hit musical; artists at the helm: the crossing from fact to fiction; a brief history of Titanic lore; poster and marketing art; and the complete book and lyrics.

Everyone knows they need to eat more fruits and vegetables, but consuming even the minimum FDA-recommended five servings a day can be challenging. In *Green for Life*, raw foods pioneer Victoria Boutenko presents an overlooked powerhouse of nutrition in this equation: greens. For their bounty of minerals and nutrients, greens exceed other vegetables in value. *Green for Life* details the immense health benefits of greens and suggests an easy way to consume them in sufficient quantities: the green smoothie. This quick, simple drink benefits everyone, regardless of lifestyle, diet, or environment. Green smoothies eliminate toxins, correct nutritional deficiencies, and are delicious as well. *Green for Life* includes the latest information on the abundance of protein in greens, the benefits of fiber, the role of greens in homeostasis, the significance of stomach acid, how greens make the body more alkaline, the healing power of chlorophyll, and more. Also included are the results of a pilot study demonstrating the effectiveness of adding just one quart of green smoothies a day to one's diet, without changing anything else in dietary intake. Green smoothie testimonials and recipes give readers confidence and motivation in exploring green smoothies for themselves. This updated edition offers important new research on the role that omega-3 and omega-6 fatty acids play in metabolic health and includes nutritional data on select green smoothies and updated findings on organic versus conventional produce. Offering more in-depth nutritional and experiential information than Boutenko's recently released *Green Smoothie Revolution*, *Green for Life* makes an ideal companion piece to its recipe-rich successor. From the Trade Paperback edition.

200 Delicious Smoothie And Juicing Recipes To Lose Weight, Detox Your Body and Live A Long Healthy Life

The 14-Day New Keto Cleanse

The Death of Expertise

Saying Yes to a Life Without Limits

The Essential Oils Diet

Lose Up to 15 Pounds in 7 Days and Turn Your Body into a Fat-Burning Machine

10-Day Green Smoothie Cleanse

Wild Edibles

Boosting your health is easier than you think -- everything that's good for you can be made more delicious with a smoothie. America is facing a health crisis -- and it's not the one making the headlines. Over the past decade, there's been a sharp rise in the number of people developing chronic health conditions, including Type 2 diabetes, heart disease, and some cancers. But the shocking truth is that it could have been stopped. The CDC estimates that lifestyle changes can stave off over 80% of all heart disease, stroke, and Type 2 diabetes cases. And that's where a plant-based diet comes in. With stars as diverse as Lizzo, Joaquin Phoenix, and Miley Cyrus hopping on the vegan bandwagon, it's clear that this is more than a celebrity craze: this is a trend that's here to stay, and for good reason. In fact, the areas of the world with the highest life expectancies (the so-called 'blue zones') follow a largely plant-based diet. The arguments are compelling, but many people are put off by the thought of learning a whole new way of cooking and navigating complex recipes and unfamiliar ingredients. Are you one of them? You're not alone -- a survey showed that 80% of respondents said they thought transitioning to a

plant-based lifestyle would be too complicated to even attempt. But there's one powerful weapon that can help you in your quest to become healthier: a blender. A blender is your answer to taking the hassle out of plant-based living. With a comprehensive guide to smoothies for every health goal, you can drastically increase your intake of the world's most healthy ingredients. Whether your goal is weight loss, whole-body cleansing, or boosted energy and immune function, a smoothie is a nutritional powerhouse -- and you can tailor it precisely to your needs. In *The Plant Based Vegan Juicing and Smoothie Diet Cookbook*, you'll find out how to do just that. You'll discover: 200 astonishingly simple smoothie and juice recipes organized by health outcome A complete nutritional profile (and that all-important calorie count) for every recipe -- plus eye-catching images so you can see exactly what your glass should look like An easy-to-navigate index of ingredients (so you can search for smoothies based on what's already in your fridge) The #1 moment of the day to have a smoothie for maximum health benefits Exactly how to ensure you're getting the most out of your ingredients A comprehensive guide to every kitchen utensil you're going to need (don't panic -- most of them are already in your kitchen) A complete guide to the best vegan protein powders -- so you can make sure every smoothie delivers a powerful punch Kid-friendly smoothies (get that goodness into your little ones by stealth!) A quick guide to superfoods so you can make easy tweaks according to your health needs The top 8 greens to use for weight loss -- and how to make sure they're delicious every time And much more... Get your blender out, browse through the exciting flavor combinations and easy methods, and watch your life transform drink by drink. The pandemic has shown us, it's more important than ever to boost you and your family's immune system. Stop making poor food choices today and start tomorrow off right. *The Juice Lady*, Cherie Calbom, provides all of her most popular recipes for juicing, smoothies, shakes, soups, and sauces, in one complete volume.

Over 100 green smoothie recipes packed with vitamins, minerals, superfoods, and antioxidants Green smoothie recipes for weight loss, energy, detoxing, improving digestion, beauty, and more Step-by-step instructions for purchasing a blender, preparing produce and blending your own green smoothie ingredients A guide to shopping for produce, and when to buy organic Smoothies for all seasons and occasions, including *Berry Basket Breakfast Smoothie*, *Banana-Walnut Wonder*, *Cucumber-Melon Cooler*, and kid-friendly recipes like *Chocolate-Covered Cherry*

Recommends a ten-day cleansing diet for health and weight loss based on drinking green smoothies made from leafy greens and fruit juices and offers recipes for smoothies and advice on maintaining improvements when the ten days are over.

Easy Keto Meal Prep

A Court of Thorns and Roses

Ruthless People

The Campaign against Established Knowledge and Why it Matters

28 Day Juice Plan

14 Days For Weight Loss Challenge And Burn Fat Forever. Lose Up to 15 Pounds In 2 Weeks. Cookbook with 200 Low-Carb, Healthy and Easy to Make Keto Diet Recipes.

Super Juice Me!

150 Easy and Delicious Recipes to Lose Weight and Feel Better Fast

Aimed at academic, professional and general readers, *Bush, city, cyberspace* provides a snapshot of the state of Australian children's and adolescent literature in the early twenty-first century, and an insight into its history. In doing so, it promotes a sense of where Australian literature for young people may be going and captures a literary and critical mood with which readers in Australia and beyond will identify. The title of the work is intended to capture the fact that the field has changed dramatically in the century and a half that 'Australian children's literature' has existed, from the bush myths and heroism that inform the past and the present, through the recognition that the vast majority of authors and readers live in cities, to the third wave of 'cyberliterature' that incorporates multimedia, hypertext, weblinks and e-books - none of which lessens the enduring enthusiasm of practitioners and readers for books. *Bush, city, cyberspace* is not meant to be an encyclopedic volume. Rather, well-known, recent and/or award-winning works have been emphasised, with the addition of others where these help to illuminate particular points. The book is similar in coverage and approach to *Australian Children's Literature: An Exploration of Genre and Theme*, written by the same three authors and published by the Centre for Information Studies in 1995. In the intervening period, much has changed in the field, notable examples including the blurring of the dividing line between 'quality' and 'popular' literature; the blending of genres; the rise of a truly indigenous literature; the demise, to a significant extent, of 'Outbackery' in fiction; the acceptance of multiculturalism as the norm; and the advent of the literature of cyberspace, with new methods, and the sheer speed, of communication between writer and reader. All these trends, and others, are reflected in this work.

The New York Times bestselling *10-Day Green Smoothie Cleanse* will jump-start your weight loss, increase your energy level, clear your mind, and improve your overall health as you lose ten to fifteen pounds in just ten days. Made up of supernutrients from leafy greens and fruits, green smoothies are filling and healthy and you will enjoy drinking them. Your body will also thank you for drinking them as your health and energy improve to levels you never thought possible. It is an experience that could change your life

if you stick with it! This book provides a shopping list, recipes, and detailed instructions for the 10-day cleanse, along with suggestions for getting the best results. It also offers advice on how to continue to lose weight and maintain good health afterwards. Are you ready to look slimmer, healthier, and sexier than you have in years? Then get ready to begin the 10-Day Green Smoothie Cleanse! If you successfully complete the 10-Day Green Smoothie Cleanse, you will

- Lose 10-15 pounds in 10 days
- Get rid of stubborn body fat, including belly fat
- Drop pounds and inches fast, without grueling workouts
- Learn to live a healthier lifestyle of detoxing and healthy eating
- Naturally crave healthy foods so you never have to diet again
- Receive over 100 recipes for various health conditions and goals

The first diet program that harnesses essential oils and bioactive foods for weight loss and disease prevention, from the nation's trusted authority in essential oils and natural remedies. The runaway success of *The Healing Power of Essential Oils* showed that there is a growing interest in using essential oils to heal the body. Now, in *The Essential Oils Diet*, Dr. Eric Zielinski teams up with Sabrina Ann Zielinski ("Mama Z") to teach readers how bioactive plant compounds--those found in essential oils and in foods like matcha green tea, chia seeds, almonds, and avocados--can aid in weight loss, boost energy levels, and trigger the body's natural immune defenses to fight chronic diseases like type 2 diabetes and autoimmunity. *The Essential Oils Diet* features a sensible, evidence-based, two-phase program--first, the 30-day essential fast track, which helps you banish excess pounds quickly, followed by the essential lifestyle, a gentle, practical maintenance program you can follow for life. Featuring delicious, easy recipes, meal plans, and strategies to keep you on track, you'll learn how to harness essential oils and bioactive foods to help your body reach the homeostasis necessary to help you achieve and maintain a healthy weight and abundant health.

Jen Hansard and Jadah Sellner are on a fresh path to health and happiness--deprivation not included. In their book, *Simple Green Smoothies*, these two friends invite you into a sane and tasty approach to health that will inspire and energize you on your own journey toward a happier life. The *Simple Green Smoothies*' lifestyle doesn't involve counting calories or eliminating an entire food group. Instead, it encourages you to make one simple change: drink one green smoothie a day. *Simple Green Smoothies* includes a 10-day green smoothie kick-start to welcome you into the plant-powered lifestyle, with shopping lists included. Follow it up with 100+ delicious recipes that address everything from weight loss to glowing skin to kid-friendly options. Hansard and Sellner are two moms raising their own families on healthy, whole-food recipes. They've seen the amazing health benefits of green smoothies firsthand--from losing 27 pounds to getting more energy. Their wildly popular website has changed the lives of over 1 million people and made them the #1 green smoothie online resource. *Simple Green Smoothies* will empower you to take control of your health in a fun, sustainable way that can transform you from the inside out. Ready to join the plant-powered party?

100+ Tasty Recipes to Lose Weight, Gain Energy, and Feel Great in Your Body

The Secret to Being Successful on Any Diet Plan

This Messy Magnificent Life

Green for Life

The Complete Guide to Transforming Your Life and Health

The ESC Textbook of Intensive and Acute Cardiovascular Care

Overcoming Estrogen Dominance

Think Yourself Thin

Boost your body's natural defenses against disease Good nutrition is a key weapon against colds and the flu. The foods, supplements, and practices outlined in *Boosting Your Immunity For Dummies* can boost your body's natural defenses against disease when they're incorporated into your daily diet and lifestyle. *Boosting Your Immunity For Dummies* provides hands-on techniques for supercharging your immune system to resist illness and prevent disease. Through diet, exercise, stress reduction, and nutritional supplements, the role of water, sunlight, and oxygen, you can harness the power of your immune system and help your body combat health issues that include: antibiotic-resistant bacteria, allergies, Hepatitis C, pre-menopause, menopause, cancer, Rheumatoid arthritis, dental, and autoimmune diseases. In addition, *Boosting Your Immunity For Dummies* includes tasty recipes for every meal of the day along with shopping lists and tips for stretching grocery dollars while still eating healthy! Expert advice and tips on living and eating healthy Includes more than 40 healthy and tasty immunity boosting recipes Shows you how to supercharge your immune system If you're looking for a resource that will help you improve your overall health by eating properly and exercising to drastically improve their immunity to disease, *Boosting Your Immunity For Dummies* has you covered.

Join the 27,000 people who have achieved dramatic and long-term weight loss with *The Setpoint Diet*, from the New York Times bestselling author of *The Calorie Myth*. Your body fights to keep you within a range of about 15 pounds -- also known as your "setpoint weight." New research reveals that you can lower your setpoint and end that battle for good by focusing on the quality of calories you eat, not the quantity. With *The Setpoint Diet*, you will reprogram your body with a 21-day plan to rev up your metabolism, eliminate inflammation, heal your hormones, repair your gut, and get your body working like that of a naturally thin person -- permanently. *The Setpoint Diet* is a lower-carb menu that focuses on specific anti-inflammatory whole foods, including tons of produce, nutritious proteins, and therapeutic fats. Its creator, Jonathan Bailor, founded SANESolution, a weight loss company that has reached millions of people. Proven to help you lose weight naturally and maintain it, *The Setpoint Diet* is your new blueprint for

healthy living.

Technology and increasing levels of education have exposed people to more information than ever before. These societal gains, however, have also helped fuel a surge in narcissistic and misguided intellectual egalitarianism that has crippled informed debates on any number of issues. Today, everyone knows everything: with only a quick trip through WebMD or Wikipedia, average citizens believe themselves to be on an equal intellectual footing with doctors and diplomats. All voices, even the most ridiculous, demand to be taken with equal seriousness, and any claim to the contrary is dismissed as undemocratic elitism. Tom Nichols' *The Death of Expertise* shows how this rejection of experts has occurred: the openness of the internet, the emergence of a customer satisfaction model in higher education, and the transformation of the news industry into a 24-hour entertainment machine, among other reasons. Paradoxically, the increasingly democratic dissemination of information, rather than producing an educated public, has instead created an army of ill-informed and angry citizens who denounce intellectual achievement. When ordinary citizens believe that no one knows more than anyone else, democratic institutions themselves are in danger of falling either to populism or to technocracy or, in the worst case, a combination of both. An update to the 2017 breakout hit, the paperback edition of *The Death of Expertise* provides a new foreword to cover the alarming exacerbation of these trends in the aftermath of Donald Trump's election. Judging from events on the ground since it first published, *The Death of Expertise* issues a warning about the stability and survival of modern democracy in the Information Age that is even more important today.

Provides an essential introduction to classical logic.

The 21-Day Program to Permanently Change What Your Body "Wants" to Weigh

Die Verwandlung - Metamorphosis

The Complete Book of the Musical

The 7-Day Flat-Belly Tea Cleanse

14-day Plans to Reset With a Clean Ketogenic Diet

60 Habit-Forming Programs to Live an Infinitely Better Life

Why I Love Men

SugarDetox. Me

Overcome your sugar cravings, lose weight, and restore your health! Featuring more than 100 mouthwatering recipes and color photographs, this inspiring cookbook offers strategies for detoxing safely and effectively including 10 easy-to-follow Meal Maps. Each recipe delivers healthy, delicious food, from a breakfast of an egg, sunny side up, over cauliflower and bacon with potato hash to a memorable dinner of seared scallops over marinated mushrooms, corn mash, and red sorrel."
Die Verwandlung, Metamorphosis, is a novella by Franz Kafka, first published in 1915. It has been cited as one of the seminal works of fiction of the 20th century and is studied in colleges and universities across the Western world. The story begins with a traveling salesman, Gregor Samsa, waking to find himself transformed into a large, monstrous insect-like creature. The cause of Samsa's transformation is never revealed, and Kafka never did give an explanation. This volume contains Kafka's original German text facing a modern English translation.

Ruthless People #1...the book that started it all..... "One Marriage + Two Bosses = 3X the Chaos." To the outside world, they look like American royalty, giving to charities, feeding the homeless, and rebuilding the city. But behind closed doors is a constant battle for dominance between two bosses, cultures, and hearts. Ruthless People is a romantic crime fiction set in modern day Chicago and follows the life and marriage of Melody Giovanni and Liam Callahan - rivals by blood and leaders through fear. Theirs is an arranged marriage with the goal of ending years of bloodshed between the Irish and the Italians. Liam assumes he's getting a simple-minded wife, one he can control, one who bends to his every need...he'll soon find out that his wife to be does not fit that mold. Melody knows exactly what type of man Liam is and would rather die than give up the power she has spent her life earning. The mafia of the past has evolved, and with rival bosses gunning for their family, Melody and Liam will have to learn to work as one to take down those who stand in their way. Check out more thrilling titles in the Ruthless People series: RUTHLESS PEOPLE #1 "One Marriage + Two Bosses = 3X the Chaos." THE UNTOUCHABLES (#2) "One Secret, Multiple Casualties." AMERICAN SAVAGES (#3) "Villains by Choice." A BLOODY KINGDOM (#4) "After the battle, sharpen your knives." DECLAN + CORALINE(prequel novella that takes place 2 years before Ruthless People) "You don't find love; it finds you." And look for the Ruthless People spinoff, Children of Vice--out 5.17.17"From the Ruthless, Vice shall Rise."

Clean Keto Lifestyle is the definitive lifestyle companion to the ketogenic diet with exercise programs, guides to intermittent fasting, meal plans, and more. Keto is more than a diet--it's a lifestyle. Clean Keto Lifestyle is a complete lifestyle reference with everything you need to lose weight, gain energy, and live your best life on the ketogenic diet. With meal plans, exercise routines, guidelines for intermittent fasting and more, this knowledge-packed guide goes beyond recipes to address fundamental components for success on the ketogenic diet. Complete with insider advice on how to keep up with keto when you're out and about--plus 75 delicious recipes to make when you stay home--Clean Keto Lifestyle is the key to all things keto. Clean Keto Lifestyle includes: 5 1-week meal plans with shopping lists, make-ahead advice, and meal prep tips to kick-start your life on the ketogenic diet. Lifestyle routines that include illustrated exercise programs, a fool-proof guide to intermittent fasting, plus specific advice about eating keto at work lunches, dinner parties, and other social settings. 75 recipes for healthy, wholesome meals like Asian-Style Salmon, Bacon-Wrapped Chicken, Chocolate Fudge, and more! Whether you're a keto newbie or have some experience with the ketogenic diet, Clean Keto Lifestyle is your total lifestyle guide to eat, thrive, and feel amazing on the ketogenic diet.

The Green Smoothie Recipe Book

Lose Up to 15 Pounds in 10 Days!

Drawing the Head and Hands

Illogical

Food and Herbal Protocols, Recipes and Meal Plans to Resolve Fibroids, Fibrocystic and Lumpy Breasts, Thyroid Nodules, Hot Flashes, Endometriosis, PMS

Ketogenic Diet For Beginners

Maat, the Moral Ideal in Ancient Egypt

Jump-start your metabolism, turn on your fat-burning hormones, and bring calm to your body and mind with the remarkable, scientifically proven powers of weight-loss teas. Join food journalist Kelly Choi and the New York Times bestselling authors of Eat This, Not That! as they unlock the science of tea, and discover how different forms of this healing plant can help change your life. From metabolism-boosting green tea to fat-blocking white tea to the multi-powered chai, you'll learn how to time your tea intake throughout the day, ensuring your body is burning fat and staying strong 24/7. All the while, you'll get to enjoy delicious tea-based smoothies and indulgent dinners (yes, you get to eat on this cleanse!). In just one week, you will lose up to 10 pounds of stubborn abdominal weight look and feel leaner and lighter, without grueling exercise reset your metabolism to help make weight-loss long-lasting and automatic sleep more soundly and feel more energized dramatically reduce your risk of diabetes and heart disease beat stress and bring complete calm to your mind Are you ready to look slimmer, healthier, and sexier than you have in years-in just one week' Then you're ready for The 7-Day Flat-Belly Tea Cleanse.

Maat is the moral ideal of ancient Egypt whose texts contain information on Egypt's moral standards, its concepts of right from wrong, codes of behaviour and obligations. Written by a teacher of the tradition of Maat, this study is the 'first philosophical book that is based on a philologically and historically critical treatment of first-hand Egyptian material'. Focusing on the Maatian ideal rather than moral practices, Karenga discusses what Maat is and its place within the genre of philosophical ethics and morality, asking what it can contribute to modern African culture and values. Extracts are transcribed and translated into English.

"New recipes for delicious meals, green smoothies & special treats"--Cover.

MASTER YOUR BODY! Are you looking for simple and safe way to shed unwanted pounds? Are you tired of hearing about fasting? The Keto diet is a nice solution to overcome these problems! What happens when you follow this diet? - You will eat food that nourishes. - The fat will melt off. - You will get the burst of energy or a feeling of lightness throughout your body. - You will feel younger. - Your sugar, cholesterol, and blood pressure levels will be normal. - Your skin and joint problems will disappear. - You will love the way your body feels.! In describes the principles of Keto diet, ketosis, and fat burning. You will get a two-week food plan for the rapid start of ketosis. You will also receive 200 simple and delicious recipes. Without a personal nutritionist, you will learn how to make a correct menu, how to eat less and to control the appetite. The main thing is that having understood the principles of this diet you will be able to create healthy dishes without any calculations. Once you experience the benefits of the Keto diet, you will become a devotee for the rest of your life! Get this book today!

Lose Up to 15 Pounds in 2 Weeks with Delicious Meals and Low-Sugar Smoothies

Lose Weight and Transform Your Health with the Power of Essential Oils and Bioactive Foods

The Setpoint Diet

How To Draw What You See, Easy Techniques and Step-by-Step Drawings Guide for Teachers and Students.

Over 100 Healthy Green Smoothie Recipes to Look and Feel Amazing

Logic

A Field Guide

Revitalize with a cleanse you'll enjoy Unlike other cleanses you may have tried, the ones in this book are effective and satisfying. The Keto Cleanse follows a clean ketogenic diet, taking advantage of both the fat-burning power of keto and the healing effects of clean eating. By eating an abundance of nutrient-dense, whole foods designed to nourish your detoxifying organs and systems, this ketogenic diet will help your body do its job better. And with delicious recipes like Sesame-Crusted Tuna and Peach-Glazed Chicken Thighs, you'll begin to look and feel amazing. Your body will not only cleanse itself--it will thrive! This ketogenic diet book includes: The right choice for you--Choose from 3 detailed, 14-day plans--the keto cleanse, the elimination cleanse, or the intermittent fasting cleanse--each with shopping lists and prep instructions. Manage your success--Learn about meal prepping, sourcing high-quality ingredients, and what supplements you may need to succeed with a ketogenic diet. Lifestyle tips--Discover practical tips for cleansing in other areas of your life, including how to stay positive, eliminate environmental toxins, and move consistently. Cleanse your body with 3 specific 14-day plans and simplify your transition to a successful ketogenic diet.

NATIONAL BESTSELLER From the bestselling author of 10-Day Green Smoothie Cleanse, an exciting new keto-cleanse that delivers rapid weight loss with low-sugar smoothies and hearty low-carb meals. The 14 Day New Keto Cleanse combines the health benefits of green smoothies with the fat-burning benefits of keto for maximum weight loss. The green smoothies that Jj is famous for get a low-sugar revamp, with new recipes featuring 15g or fewer net carbs and tasty ingredients such as chocolate, berries, avocado, and much more. Nearly a million people are living their best and healthiest lives with the help of Jj's cleanses that have proven results. This book contains everything you need to change your life in fourteen days, with comprehensive shopping lists, daily meal and movement guides, and plenty of opportunities to customize the plan. Featuring thirty-five easy recipes ranging from Turkey Pumpkin Chili to Pepperoni Parmesan Crisps, you can feel full and satisfied each day! Each recipe is low-sugar, low-carb, and packed with nutrient-rich ingredients that taste great. In just fourteen days, you can kickstart your body into a healthy state of fat-burning ketosis, experience quick weight loss, and lay the foundation for a longer, healthier life!

10-Day Green Smoothie Cleanse Lose Up to 15 Pounds in 10 Days! Simon and Schuster

The host of titular podcast offers over sixty ideas to boost creativity, achieve fitness goals, increase productivity, improve relationships and more. Change isn't always easy, but you can do it! Packed with powerful ideas for improving your life in all areas, including fitness, food, mindfulness, relationships, networking and more, this book shows how to create lasting habits by first succeeding at a thirty-day challenge. Author Rosanna Casper shares dozens of practical tips, helpful resources and her own secret tricks that will keep you motivated and committed through day thirty and beyond. If you're ready to make some positive changes in your life, just pick a challenge and get started: Walk 10,000 steps thirty days without (added) sugar Cook one new recipe per day Get better sleep Get rid of clutter Take a photo every day Spend thirty minutes outdoors Read twenty pages a day