

Never Too Late Resetter Series

In Time to Parent, the bestselling organizational guru takes on the ultimate time-management challenge—parenting, from toddlers to teens—with concrete ways to structure and spend true quality time with your kids. Would you ever take a job without a job description, let alone one that requires a lifetime contract? Parents do this every day, and yet there is no instruction manual that offers achievable methods for containing and organizing the seemingly endless job of parenting. Finding a healthy balance between raising a human and being a human often feels impossible, but Julie Morgenstern shows you how to harness your own strengths and weaknesses to make the job your own. This revolutionary roadmap includes: A unique framework with eight quadrants that separates parenting responsibilities into actionable, manageable tasks—for the whole bumpy ride from cradle to college. Simple strategies to stay truly present and focused, whether you're playing with your kids, enjoying a meal with your significant other, or getting ahead on that big proposal for work. Clever tips to make the most of in-between time—Just 5-15 minutes of your undivided attention has a huge impact on kids. Permission to take personal time without feeling guilty, and the science and case studies that show how important self-care is and how to make time for it.

Do you need to make a new start? Sometimes we feel as if we need to start over, to allow God to do a “hard reset” of our lives. It is possible to return to God and reclaim your relationship with Him. In Reset Your Life: Make a New Start, Joseph W. Walker III uses eight “R’s” (Reset, Return, Review and Recalculate, Reclaim, Redirect, Reinvigorate and Revive, Reinvest, and Reinvent) to teach how you can have a new beginning through faith in God. Features include: The eight “R’s” to a making a new start through faith in God End-of-chapter questions for individual thought or group discussion

Abbey is excited about having a starring role in the annual sophomore class renaissance faire and although her costar, Jason Hardy, has always been a “jerk,” she sees him in a new light during their daily rehearsals.

Kids deserve a better digital future. Help them create it. When it comes to raising

children in a digital world, every parent feels underprepared and overwhelmed. We worry that our children will become addicted to online games, be victims of cyberbullying, or get lost down the rabbit hole of social media. We warn them about all the things they shouldn't do online, but we don't do nearly enough to teach them the skills of digital well-being. It's time to start a new conversation. In Digital for Good, EdTech expert Richard Culatta argues that technology can be a powerful tool for learning, solving humanity's toughest problems, and bringing us closer together. He offers a refreshingly positive framework for preparing kids to be successful in a digital world—one that encourages them to use technology proactively and productively—by outlining five qualities every young person should develop in order to become a thriving, contributing digital citizen: Be balanced: understand when and how much tech use is healthy Stay informed: discern between true and false information Be inclusive: treat others with respect and kindness online Be engaged: use tech to strengthen family relationships and community connections Stay alert: exercise caution and create safe digital spaces for others This practical guide will help parents and children discover the path to becoming effective digital citizens, all while making our online world a better place.

You're Never Too Old to Have a Happy Childhood

The Diet Whisperer: 12-Week Reset Plan

The 7-Day Program to Harmonize Hormones and Restore Radiance

Create Your Own Path to Physical, Emotional, Energetic & Spiritual Wellness

Time to Parent

The Longevity Bible

Family Values

Menopause Reset! is the revolutionary, scientifically-proven program that helps women control the physiological effects of perimenopause and menopause with mind, diet, and exercise solutions that keep blood sugar levels stable and bodies in the fat-burning zone all day long. In the past, controversial hormonal replacement therapy was the only method by which women could positively affect menopausal symptoms. But Menopause Reset! changes all of that. The program specifically regulates blood glucose with food, exercise, and highly effective stress reduction techniques, allowing women to stop and reverse menopausal weight and fat gain. Based on the successful treatment of tens of thousands of women whose life-changing results are included in the book, Dr. Harpaz has put together an easy, 3-step solution that targets the triggers of menopause and its symptoms. Menopause Reset! teaches women all about their metabolic mechanisms: what they are, how they work, and, most importantly, how to manipulate them to achieve sustainable weight loss and get

their bodies back!

A guide to online dating for women looking later in life for the man of their dreams. You've succeeded on your own terms, and now you want to have a loving partner in your life. But you still have worries. Will men still find you attractive? How can you succeed in the complex world of online dating? Are there still any good men out there? At age sixty-two, Joan Bragar, EdD, leadership consultant and coach, married a wonderful man whom she met on an online dating site. The lessons she learned from this journey have inspired other women to find their own happiness in love. *Never Too Late for Love* is the guide for women who are ready to find and keep the love of their life. In *Never Too Late for Love*, Dr. Bragar provides proven practices for women to: Clarify intentions for the kind of relationship they want Effectively use online dating sites to meet suitable men Overcome the inevitable disappointments of dating . . . to meet the man of their dreams! "Dr. Joan Bragar is a world-class myth-buster. In this delightfully compelling read, you're going to find out why finding happy, healthy love is not only possible, but probably when you follow her simple and easy-to-follow protocol." —Katherine Woodward Thomas, *New York Times*–bestselling author of *Conscious Uncoupling* and *Calling in "The One"*

An essential modern parenting guide for restoring trust and security to your home life from renowned psychiatrist and Dr. Phil Show regular, Dr. Charles Sophy. Over the last twenty years, Dr. Charles Sophy has been a staple on *The Dr. Phil Show*, where he has guided and coached millions of people begging for assistance with parenting their children. From conflict resolution to substance dependence, Dr. Sophy is the one with the answers. Now, in *Family Values*, Dr. Sophy has written a guide to rebuilding parent/child relationships to be stronger than ever. Structured around four essential strengths of relationship—trust, shared beliefs, family history, and forgiveness—this book will hit on the hot topics that Dr. Sophy gets asked most frequently for help on, including: -Dealing with power shifts/struggles -Defensive vs. offensive parenting styles -Building/rebuilding your parenting foundation -Eliminating the intergenerational cycle of parental neglect and abuse With compassion and clarity, Dr. Sophy shows how to break free of generational wounds and learn how to create safety, stability, and permanence for your children.

This engaging and inspirational book by Carl Lentz, the rock star pastor of Hillsong NYC, shows us the way toward a more connected, spiritually-grounded, and fulfilled life. When you think of a Christian pastor, you probably don't envision a tattooed thirty-something who wears a motorcycle jacket, listens to hip-hop music, references *The Walking Dead* and *Black Lives Matter* in his sermons, and every Sunday draws a standing-room only crowd to a venue normally used for rock concerts—in godless New York City, no less. But then you clearly have never met Carl Lentz. As lead pastor of the first United States branch of global megachurch Hillsong, the former college basketball player is on a mission to make Christianity accessible in the 21st century. In *Own The Moment*, he shares the unlikely and inspiring story of how he went from being an average teenager who couldn't care less about church to leading one of the country's fastest-growing congregations—how one day he is trying to convince a Virginia Beach 7-Eleven clerk to attend his service, and just a few years later he is baptizing a global music icon in an NBA player's Manhattan bathtub. Amid such candid personal tales, Lentz also offers illuminating readings of Bible passages and practical tips on how to live as a person of faith in an increasingly materialistic world. How do you maintain your values—and pass them onto your children—in a society that worships money and sex and fame? How do you embrace your flaws in this Instagram era that exalts the appearance of perfection? How do you forget about "living the dream" and learn to embrace the beauty of your reality? These are just a few of the many important questions Lentz answers in *Own The Moment*—a powerful book that redefines not just Christianity but spirituality as a whole.

It's Never Too Late to Sleep Train
You Can Redo You

A Guide to Discovering Your True Worth

Natural Beauty Reset

Own The Moment

Finding Rest, Refreshment, and Restoration for Your Soul

Anything is possible with a plan Bring order amidst the chaos with this practical guide for those who like to prep (or maybe need a little more planning in their lives). Happy Planning will give you the tools you need to plan every aspect of your life, from the weekly shop, daily meal prep and general budgeting, right through to big occasions like weddings, parties and holidays. You'll cut waste, save more and live better – a little plan goes a long way! Planning is about taking away last-minute panic pressure, gaining control and helping you to be the best version of yourself.

Charlotte's everyday approach has been so successful that she launched a business off the back of it, and is now sharing all of her practical and positive know-how in this book. As well as her planning mantras and toolkit, each section of the book is dedicated to an area of life that benefits from planning and is packed with personal learning experiences, planning methods, tips and tricks, practical guidance and interactive elements. It's simple, positive and practical planning that will lead to a healthier happier you.

Getting--and staying--organized is a challenge in and of itself. Add motherhood to the mix, and you've got a whole new dimension of difficulty. So how does a busy mom stay on top of the daily chaos that children inevitably bring along with them? No matter what your situation is, Kristi Clover's home organization systems will work for you. Her foundational rules are highly adaptable and will help you make your home more efficient no matter where you live or how many kids you have (and how messy they are). She helps you prioritize, break down big jobs, declutter, develop age-appropriate chores for your kids, tackle the endless piles of laundry, and so much more. If you long to have a functional and fabulous home for your family and you're tired of feeling overwhelmed by all the work, this life-changing book is for you!

Find rest, refreshment, and restoration for your soul—21 daily devotionals for women. This delightful 21-Day Devotional Journal offers encouragement and inspiration to help you rest your heart, quiet your soul, and meditate on the refreshing and restorative life-giving Word of Truth. Whether you're an abandoned daughter, an abused teen, a dispirited wife, a battered single parent, or an insecure woman who's feeling emotionally frail; you can liberate your soul from every guilt and shame caused by trauma, calamities, and suffering, Beside Still Waters. Inside Beside Still Waters, you'll find: Twenty-one devotionals for women—Daily guidance to inspire you to press into God and His Word as often as you want. Thoughts on Today's Verse—Hone your focus as you take time to prayerfully read and embrace the Word of God in a practical way. Connect to God through Prayer—Ask God for what you want. Quiet your mind, and when your mind settles down, listen to God's response to what you've requested. Personal Declarations—Embrace and guide yourself to a new result by affirming to allow the manifestation of your request. Remember, the happier you are, the better things will flow. Take Soul Care Actions—Identify the beliefs and habits you want to keep, release, and establish to achieve your vision of success. Time for Self-Reflection—Write down your thoughts in the dedicated space at the end of each devotional. Pause! Take a few minutes every day—or whenever you can—to turn the world off, enjoy rest, refreshment, and restoration, Beside Still Waters. Scroll up and grab your copy Now!! "He offers a resting place for me in his luxurious love. His tracks take me to an oasis of peace, the quiet brook of bliss. That's where he restores and revives my life. He opens before me pathways to God's pleasure and leads me along

in his footsteps of righteousness so that I can bring honor to his name (Psalm 23:2-3 TPT)".

NEVER TOO LATE Collection 2 contains Books 5-7 of the Never Too Late Series under one cover. These laugh out loud stories will convince you that it really is never too late to find romance and love. **DATING A SILVER FOX** (Book 5) Lydia McCarthy doesn't want any man in her life, much less an incorrigible old flirt like Morrison Fox. Widowed since her forties, being single suits her just fine. She truly can't see any sane reason to risk her peaceful existence for someone who says he wants to make wine out of her one minute and then embarrasses her the next. Does it matter at her age that Morrie might be her last chance to find true love? **DATING A COUGAR II** (Book 6) Firefighter and eco entrepreneur Walter Graham II is tired of unhappily dating. He wants to date Jane Fox who can turn on his body and keep up with his brain. Unfortunately, the sexy older woman is using her formidable logic to prove any relationship between them is a bad idea. But once he gets his reluctant cougar into bed, Walter intends to give Jane's amazing mind something more important to focus on than their age difference. **DATING A PRO** (Book 7) Her tendency to buck convention as much as Harrison did definitely made Doris worthy of a tumble. She wasn't his first older woman so the decade difference in their ages didn't bother him a bit. After all, it wasn't like he was going to marry the woman. All he wanted was to share her lonely divorcee bed and maybe stir things up at the club with a few mix-gender golf games. He and Doris would both have some fun. The last thing Harrison expected was to find himself falling for the most inappropriate female he'd ever met.

Reset Trust, Boundaries, and Connection with Your Child

It's Never Too Late to Be Worthy of ...

Raising Strong, Resilient Children in the Sexualized Digital Age

Living Outside the Cubicle

Everything is Different Starting Now

Never Too Old to Get Rich

Menopause Reset!

*Born from a hobby of sewing clothes for her daughters, Brandi Temple's Lolly Wolly Doodle has grown into one of the largest online retailers of children's and family clothing. Brandi's transition from a full-time mom to selling in flea markets to establishing a wildly successful e-Bay store and Facebook presence to becoming founder and CEO of a successful company was by no means easy, but each hardship only strengthened her resolve. Along the way, Brandi has kept both her faith and family at the forefront, while maintaining the positive attitude she is best known for. A business story layered onto a winning personal narrative, *Scrappy* is packed with her homespun (and seriously killer smart) philosophy: - Use all the scraps - Press the reset button as many times as you want - Know your customer by meeting her - Always act on an "ah ha" moment*

*Never Too Late for Love*The Successful Woman's Guide to Online Dating in the Second Half of LifeMorgan James Publishing

How to live a positive and successful life. Six different techniques to revamp your self-esteem, business, and relationship to achieve your goals.

Karen Griffith is a smart, independent, creative, passionate, forty seven year old, mountain-climbing grandma. Her business card reads "Transformational Technician: Give me a week - I'll give you your life." Her new client, actor/director Sam Hudson, is in crisis and unable to

continue working. The novel deals with genuine life-changing issues interspersed with quick-witted dialogue, physical comedy and vivid images of Southern California's coastline. After several disastrous false starts, Sam and Karen come to acknowledge their true feelings for each other. A midnight escapade on Sam's yacht proves the title of the book to be true.

Never Too Late Collection 1, Books 1-4

The Entrepreneur's Guide to Starting a Business Mid-Life

An HR Professional's Toolkit

Still Never Too Old to Serve the Lord

Opportunity

Jubilee

Reset Families

HR's contribution to the business goes beyond its traditional role of managing hiring, discipline and payroll. Strategic Human Resource Management is a practical guide for all those in HR roles to support wider organizational goals and objectives whilst developing and engaging individual employees through focussing on the concept of 'People Experience'. Drawing upon tools, exercises and case studies, this complete resource covers the core areas that are essential to achieving competitive advantage through understanding yourself, your business, your industry and your profession. Strategic Human Resource Management shows how to hone the personal skills needed to excel in HR and leadership positions, such as authenticity, network building and managing stakeholder relationships, alongside the importance of focussing on self-care and mental wellbeing. It provides guidance on building competitor awareness, markets and channels, trends and forecasting and interpreting financial results in order to build commercial acumen. Career frameworks, professional accreditation and the importance of continued personal and professional development are also explored, in addition to technological trends and the future of work in a changing business environment. This comprehensive toolkit is an indispensable resource for HR professionals who want to implement HR practices that benefit the business and its workforce, and make an impact within their organization and profession.

What is it that you feel worthy of, right now? Worthiness is a treasure, and now is the time to open the door and begin your own treasure hunt, in search of happiness, serenity, harmony, authenticity, and abundance. It's Never Too Late to Be Worthy Of ... offers a blueprint for living a worthy celebrated life. You can design an incredible new world built on self-love and learn healing steps that encourage you to press your "reset to worthy" button and engage your amazing power to live the life you love. All things are possible if we are willing to take action and alter what is critically in need of changing, starting and ending with ourselves. These changes will help create priceless, gold-star-worthy days. We are all born worthy. It is your majestic heart that will remind you of this truth and seek to reunite you with its precious light. This self-help guide presents worthiness as a mighty and magical gateway to discovering the limitless possibilities for your life.

LOSE UP TO 12KG IN 12 WEEKS Two doctors want to help people lose weight, and they know how to do it. Obesity is now our biggest health threat and is ruining people's lives. Diets work for a while, but then fail. Why? In *The Diet Whisperer*, Dr Paul Barrington Chell and Dr Monique Hope-Ross explain in simple terms why we are now struggling with our weight. And the answers are very surprising. They tell us why calorie counting is flawed, and why exercise is not the answer. They dispel many long-held myths about weight loss and dieting, backing up their methods with up-to-date evidence-based medicine. In this remarkable book on wellness, the two doctors tell us exactly how to lose weight, lose it quickly, and lose it forever. There are easy to follow plans, for fat adapting our bodies and controlling our fat storage hormones.

They teach us how to combine these with safe intermittent fasting, to control our weight forever. As a new diet-whisperer, you will have the skills to make your loved ones healthier too.

Trisha Lewis is on a mission to change her life and shed 13 stone – and she’s over halfway there. It hasn’t been easy. Failures, setbacks and curveballs have all been part of the journey, but Trisha wants to spread the message that weight loss doesn’t have to be about constant deprivation and self-punishment. Trisha’s 21-Day Reset helps you build the foundations of a resilient weight-loss plan, so that when you fall off the wagon you don’t have to beat yourself up – you simply reset. It contains everything you need to get back on track, from how to get into a positive state of mind to how to balance your needs for sleep, hydration, exercise and nutrition. As a trained chef, Trisha believes in losing weight without losing flavour. The 21-Day Reset is packed with over 60 delicious, simple recipes with all the macros and calories counted, so you can follow a plan that suits your weight-loss goals or simply enjoy tasty, healthy food. Get ready to discover the power of the reset button and kick-start your weight-loss journey!

Overcoming the Habits, Hangups, and Mishaps That Hold You Back

The Whole Body Reset

How to Keep Your Kids From Backsliding

The Psychological Skills for Peak Performance on the Bike - and in Life

Scrappy

You, the Most Amazing Person

Whole Body Healing

Raising a prodigal is every Christian parent ’ s worst nightmare. Horrifyingly, George Barna contends that over 60 percent of Christian kids will run off to university and “ lose their faith. ” Some pollsters believe the number is as high as 80 percent. But there is great news! Your child doesn ’ t have to become a statistic. Your child can become an adult who loves the Lord the same way you do — but this will likely require a radical parenting reset on your part. Todd Friel has witnessed to hundreds of university students, most of whom are Bible-belt backsliders. Reset for Parents gets to the heart of the issue and presents a solid, biblical roadmap for parents to avoid the pain and heartache of raising a prodigal. Face it--if dating were easy.then you'd never have to sit through another night in your Manolos watching ESPN at a bar, thinking, I got a bikini wax for this? You need proven strategies to boost your confidence, ask the right questions, identify the red flags faster, and know when to say Next!--and when to take a closer look. You need SMART Man Hunting. Liz Kelly, dating coach, speaker and columnist, shares her insider expertise, surveys, and insights to show you how to win the dating game. With 26 A-to-Z man codes that provide a compatibility guide and comic relief, Liz gives you the tools to find the right guy fast. Whether it's Internet dating, speed dating, professional matchmakers, or singles events, SMART Man Hunting prepares you for every situation--and gives you everything you need to get smart, get confident, and get the right guy at last. Very much on target. . . .extremely useful strategies. --Sabina Dana Plasse, Editor,

Smart Woman The true stories and reminders of what works and doesn't work in SMART Man Hunting will help you make the right choices. --John Gray, Ph.D., bestselling author of Men Are from Mars, Women Are from Venus Liz H. Kelly is a dating coach, author, speaker, and columnist. Her book and work have been featured on such shows as FOX News, Lifetime's Speaking of Women's Health, and BBC Radio's WM Late Show, as well as in publications including Cosmopolitan, USA Today, Glamour, and Smart Woman magazine. Liz drew on her corporate management experience in employee training, marketing communications, and sales presentation techniques to create her SMART Man Hunting dating strategy. This strategy incorporates Liz's ABC Man Codes, a lighthearted look at the main Man Types and how to handle them, and grew out of Liz's dating experiences and interviews with hundreds of active daters. This new edition includes an ABC Man Codes Quiz, more success stories, and new tips on sex, style, and wireless world connections. In this book, Liz shares her energetic enthusiasm, No-Fear Attitude, and total commitment to helping you find your man in the 21st century.

Decorated FBI agent Peter McClaren is drafted into Blue County for his biggest assignment yet. McClaren's initial investigation reveals that Russian businessman Simeon Kolinsky was the force behind the Blue County bombing. But on closer inspection, he uncovers a chilling truth: that treason is in the air. Kolinsky is back to punish the CIA for betraying his father and killing his family; by serving his brand of vengeance. With the recruitment of the Vice President and Senator Lee in the deadly chess game of treachery, he is bent on destabilizing the security of The United States. McClaren is racing against time. Can he stop Kolinsky's plot for revenge?

Opportunities are limitless and abundant. The problem is, many people can't recognise them. It can feel like opportunity doesn't knock for you, or other people get more opportunities, or you have bad luck and timing. You just need to know where to look. How to ask. When to ACT. Opportunity can be a window or a door; sometimes it opens right in front of you and sometimes it knocks. You need to be ready: windows, doors and eyes open. Are you waiting for that once-in-a-lifetime or business opportunity to change your life? How will you know when it comes? How will you be sure it's right for you? This book is not about waiting for an opportunity. It's a book containing strategies that can be employed immediately, ensuring you attract opportunities abundantly, both big and small, and you're ready to recognise and take them. To turn ideas into opportunities. Successful people often make their own luck - they find success because they have trained their minds to recognise great opportunities and make the most of them, rather than freezing with uncertainty or lacking the vision to see them through. They know the opportunity cost of not taking them. In this book you'll learn how to spot, seize and implement the right opportunities, and how to say NO to the wrong ones. You'll learn to take fast and slow opportunities. When opportunity appears you'll be ready to take advantage, seize the day, and win at

life.

Kids, Sex & Screens

Trisha's 21-Day Reset

The Fast Track Dating Guide for Finding Mr. Right

Simple Solutions to Organize Chaos and Bring More Joy into Your Home

Your Weight-Loss Plan for a Flat Belly, Optimum Health & a Body You'll Love at Midlife and Beyond

Reverse Weight Gain, Speed Fat Loss, and Get Your Body Back in 3 Simple Steps

Moving Forward

A revolutionary new path to optimize your health, balance hormones, and revitalize skin, including more than 80 food and DIY skincare recipes Natural Beauty Reset is the essential guide for women to restore radiance and hormonal harmony from the inside out. In this book, USA Today bestselling author of Clean Skin from Within, Dr. Trevor Cates guides readers toward revitalized health with a root cause and seasonal approach. In Part 1, Dr. Cates dives into the root causes of women's health concerns, including hormonal fluctuations and skin issues—like those experienced with pregnancy, menstrual irregularities, perimenopause, and more—the foods we eat, the health of our microbiome, environmental toxin exposures, and other lifestyle elements like sleep and stress. In Part 2, she presents her practical, customizable 7-Day Reset for each season, designed to address root causes and support optimal nutrition, gut health, and mindfulness, focusing on four aspects crucial for lasting beauty that glows from the inside out: Food Movement Mindset Skin Care Combining traditional wisdom with credible scientific research, Natural Beauty Reset is the ultimate holistic resource to help women feel empowered—physically, mentally, and emotionally—and to step fully into the dazzling beauty they have possessed all along.

The Jubilee theme is the Old Testament concept of declaring a special season for attaining spiritual renewal. In Jubilee, Mel Lawrenz skillfully takes readers through a season of renewal, pausing to examine the following themes and inviting readers to consider their own lives and their response to God. Sabbath: a time and an attitude in which we rehearse that God and God alone is in control. Proclamation: knowing what we stand for in life, and letting others know it. Redemption: being freed by God's great acts of deliverance. Freedom: cherishing the liberty that God brings to every area of life. Forgiveness: accepting the mercy of God and releasing those we have held indebted to ourselves. Healing: letting God restore our spirit, our body and our relationships. Justice: standing for what is right and being an advocate for those who are downtrodden.

Living Outside The Cubicle truly is The Ultimate Success Guide For The Aspiring Entrepreneur. If you've ever dreamed of accomplishing greatness, and building your own business, this book lays down the blueprint of how to achieve massive success in both business, and life in general. Written by multi-talented entrepreneur Darren Sugiyama, this book clarifies, directs and inspires all who dream of one day becoming a successful entrepreneur. Darren not only shares his secrets on what has made him successful, but also teaches you his step-by-step process of business development, goal setting, marketing, branding, leadership, and confidence building. Never before has there been a book that has fully encompassed each step of becoming a successful entrepreneur, where you can say to yourself, "Now I know EXACTLY what I need to do!" This book will literally change your business life forever.

From the author of The Memory Bible and The Memory Prescription, Dr. Gary Small's exciting, all-encompassing formula for living a longer and better life Bestselling author and expert on aging Dr. Gary Small show us how to live longer, stronger, better lives in his new book, The Longevity Bible, by following simple guidelines such as a positive attitude, gratifying relationships, and lifelong education. Comprised of advice on memory fitness, healthy diet, physical conditioning, and stress reduction, The Longevity Bible follows the stories of four typical readers in different stages of their lives, and how those lives are improved with his plans.

Romantic Comedy Series About Dating And Romance

Seize The Day. Win At Life.

Smart Man Hunting

Never Too Late

Happy Planning

Supercharge your metabolism, reverse diabetes and harmonise your brain clock

3 weeks to kick-start your weight-loss journey

New York Times Bestseller Stop—and even reverse!—age-related weight gain and muscle loss with the first-ever weight-loss plan specifically designed to shrink your belly, extend your life, and create your healthiest self at mid-life and beyond. You don't have to gain weight as you age. That's the simple yet revolutionary promise of The Whole Body Reset, which uncovers why standard diet and exercise advice stops working for us as we approach midlife—and reveals how simple changes to the way we eat can halt, and even reverse, age-related weight gain and muscle loss. The Whole Body Reset presents stunning new evidence about the power of "protein timing" for people at midlife—research that blows away current government guidelines, refutes the myth of slowing metabolisms and "inevitable" weight gain, and

changes the way people in their mid-forties and older should think about food. The Whole Body Reset explains in simple, inspiring terms exactly how our bodies change with age, and how eating to accommodate those changes can make us respond to exercise as if we were twenty to thirty years younger. Developed by AARP, tested by a panel of more than 100 AARP employees, and approved by an international board of doctors, nutritionists, and fitness experts, The Whole Body Reset doesn't use diet phases, eating windows, calorie restriction, or other trendy gimmicks. Its six simple secrets and scores of recipes are easy to follow, designed for real people living in the real world. A dining guide even shows how to follow this program in popular restaurants from McDonald's to Starbucks to Olive Garden. And best of all: It works! Expect the unexpected, especially in a room filled with books. . . Honoria Duchamp is well aware that men often consider widows easy prey for the role of mistress. What else could explain the attentions of handsome Lord Devin, and his visits to her bookshop? The much younger Viscount has even shown interest in the printing press with which she creates pamphlets on London's basest injustices. Yet his chief interest appears to be in her. . . Coerced to investigate Nora's controversial pamphlets, Devin expected to find a bookish matron. Instead, he is taken with Nora's womanly beauty, sharp intellect, and quick wit. Soon, what begins as an unwelcome task becomes a pleasure, and Devin's job becomes more dangerous—for them both. For Nora has no idea of the vicious element she's crossed. Now Devin will risk his reputation to protect her—and much more to win her love. . . 76,129 Words

This is a story about being around the world in fifty-eight days many countries, many cultures, many new friends. This is about unexpected opportunities to teach, to counsel, to sing duets, to speak in unusual places using a translator, and more, sharing that God loves you. He always has, and he always will. We were overwhelmed with love and hospitality every place we went. God continually filled our days with unexpected surprises. Would we travel around the world again? In a heartbeat!

Start a successful business mid-life When you think of someone launching a start-up, the image of a twenty-something techie probably springs to mind. However, Gen Xers and Baby Boomers are just as likely to start businesses and reinvent themselves later in life. Never Too Old to Get Rich is an exciting roadmap for anyone age 50+ looking to be their own boss and launch their dream business. This book provides up-to-date resources and guidance for launching a business when you're 50+. There are snappy profiles of more than a dozen successful older entrepreneurs, describing their inspirational journeys launching businesses and nonprofits, followed by Q&A conversations, and pull-out boxes containing action steps. The author walks you through her three-part fitness program: guidelines for becoming financially fit, physically fit, and spiritually fit, before delving more deeply into how would-be entrepreneurs over 50 can succeed. • Describes how you can find capital to start your own business • Offers encouraging stories of real people who have become their own bosses and succeeded as entrepreneurs • Written by PBS Next Avenue's entrepreneur expert, Kerry Hannon • Teaches you how to start your own business Never Too Old to Get Rich is the ideal book for older

readers looking to pursue new business ventures later in life.

Make a New Start

Strategic Human Resource Management

Beside Still Waters

Use Everything You Have, Trust Yourself, and Press the Reset Button for Success, the Lolly Wolly Doodle Way

You can start again Today

M.O.M.--Master Organizer of Mayhem

Around the World

Kids, Sex & Screens is Dr. Jillian Roberts' primer for parents that know they need to speak with their children about sexualized media, but don't know where to start. Our kids are being exposed to sexual content at a younger and younger age, whether through the Internet, advertisements, or interactions with their peers. When children are exposed to this sexual information without context, or images of a graphic nature, they can experience lasting psychological effects with deep-seated ramifications. Kids, Sex & Screens explains in easy-to-understand language what exactly the psychological effects of that exposure can look like, and offers parents the tools and expert advice on how to handle it appropriately. Weaving eye-opening accounts from her own counseling practice with up-to-date psychological science, Dr. Jillian Roberts gives a full-fledged accounting of our sexualized society. Dr. Roberts pairs this explanation with advice and concrete actions that parents of both girls and boys desperately need. Writing with warmth and authority, Dr. Roberts has an important message for parents: you can mitigate the risks your child faces navigating a sensational and sometimes disturbing world so that they grow up healthy and strong. Using her "7-Point Compass" as a navigational tool, Kids, Sex & Screens helps parents make sure their sons and daughters mature in a manner that is age-appropriate in a "mature content" world.

Parenting is perhaps the most important job you'll ever have, and it may be the hardest. The way you interact with your kids today will leave an imprint and produce results for generations. What could be more important than gaining tools to be the best parents we can be? That's what Reset Families is all about. You'll walk away from this book with ideas and practical tools to help you end power struggles, have fun and build strong connections with your kids, set clear expectations

Let Go of What Holds You Back and Fulfill God's Purpose Far too many people are not living up to God's best for them, limited by habits and hang-ups from which they just can't seem to break free. Unforgiveness, addictive behavior, unhealthy financial patterns--limitations come in all shapes and sizes. Breaking free from any of them starts the same way: by walking in the truth. Jesus died on the cross to set us free and enable us to experience life to the full; anything less than that is not God's best. If we are followers of Christ, freedom is not just a benefit to embrace if we choose; it's a responsibility we are called to. Pastor and author John Siebeling helps readers connect the dots between what they read in God's Word and their everyday lives. Each chapter highlights a specific hang-up or habit that holds people back, explains what God says about it, and points to a way

forward in freedom. Practical advice and suggestions for next steps help readers see how to implement changes that give them the traction they need to move forward.

*From a leading pediatric sleep physician comes a revolutionary program that will have everyone in the house sleeping through the night. When Dr. Craig Canapari became a father, he realized that all his years of 36-hour hospital shifts didn't even come close to preparing him for the sleep deprivation that comes with parenthood. The difference is that parents don't get a break—it's hard to know if there's a night of uninterrupted sleep anywhere in the foreseeable future. Sleepless nights for kids mean sleepless nights for the rest of the family—and a grumpy group around the breakfast table in the morning. In *It's Never Too Late to Sleep Train*, Canapari helps parents harness the power of habit to chart a clear path to high-quality sleep for their children. The result is a streamlined two-step sleep training plan that focuses on cues and consequences, the two elements that shape all habits and that take on special importance when it comes to kids' bedtime routines. Dr. Canapari distills years of clinical research and experience to make sleep training simple and stress-free. Even if you've been told that you've missed the optimal "window" for sleep training, Dr. Canapari is here to prove that it's never too late, whether your child is 6 months or 6 years old. He's on your side in the battle against bedtime, and with his advice, parents and children alike can expect a lifetime of healthy sleep.*

Never Too Late for Love

Raising Kids to Thrive in an Online World

The Cycling Mind

Reset Your Life

Never Too Late Collection 2, Books 5-7

Reset for Parents

Plan your way through anything, from healthy eating and holidays to weddings and weekly shops

'A must-read book to make you faster on the bike' – Cycling Weekly The Cycling Mind gives you the essential tools to ride – and live life – at your personal best. Foreword by Joanna Rowsell Shand, double Olympic gold medallist and world champion cyclist. The top of the podium is reserved for those athletes who train their bodies and minds to perform at their very best. One of the most important yet overlooked areas to master is an athlete's psychological skills. The Cycling Mind is an expert guide to developing the elite mindset needed for peak performance – both on and off the bike. Written by leading sports psychologist Ruth Anderson, who has worked with globally renowned Olympic and World champion cyclists, this book will teach you everything about the psychology strategies used in elite competition. You'll discover the techniques top athletes use to excel: from race preparation to harnessing performance anxiety, and from how to recover from a win (as well as a loss!), to how to build an effective support team. The Cycling Mind gives you the essential tools to ride – and live life – at your personal best. Foreword by Joanna Rowsell Shand MBE, double Olympic gold medallist, winner of multiple world cycling championships and BBC commentator on major cycling competitions.

Learn how to take an active role in your own healing process and discover a wide range of treatment modalities to help you achieve physical,

emotional, energetic, and spiritual wellness. Within these pages, you will find dozens of hands-on practices for working with your body as an integrated whole and for incorporating chakras, emotions, spiritual energies, and much more. Join author Emily A. Francis as she shares the critical information and solutions you need to heal the ailments and illnesses that may be holding you back. This book explores traditional and modern healing techniques such as breath-work, cognitive therapy, hypnotherapy, Traditional Chinese Medicine, Ayurveda, homeopathy, flower remedies, essential oils, naturopathy, EMDR, EFT, and many more that go beyond the physical to help you find and forge your own path to living your best life.

Hit Your Life ' s Reset Button

The Successful Woman's Guide to Online Dating in the Second Half of Life

8 Essential Strategies for Keeping Your Mind Sharp and Your Body Young

Building Social and Emotional Skills while Avoiding Nagging and Power Struggles

Organizing Your Life to Bring Out the Best in Your Child and You

Digital for Good

The Low-Stress Way to High-Quality Sleep for Babies, Kids, and Parents