

## ***Your Six Week Plan Join The Sober Revolution And Call Time On Wine O'clock Addiction Recovery Series***

From Connie Bennett, author of the bestseller *Sugar Shock!*—the book that Mehmet Oz said "spills the beans" on the shocking impact of sugar and simple carbohydrates—comes *Beyond Sugar Shock*, the first book to provide a simple, practical, mind-body-spirit plan to help readers break free of their sugar or carb addiction. For the millions of people who suffer with problems such as low libido, excess weight, overpowering fatigue, and many other unexplained ailments, *Beyond Sugar Shock* provides a step-by-step, six-week program to gently guide readers to a healthier life. In this friendly, compassionate book, they'll find:

- A playful, but serious Sugar Shock Quiz to help readers learn about their personal sugar addiction.
- Easy, tried-and-true techniques that Connie used—and that her clients and Sugar Freedom Now participants now use—to successfully quit her sugar habits.
- Dozens of easy tips and tactics to stomp out carb cravings.
- Simple meal plans, tasty recipes, and a food/lifestyle pyramid that shows readers how to let go of quickie carbs and nonfoods (the Standard American Diet or SAD) and instead enjoy real, wholesome, health-giving nutrition.
- Entertaining, interactive "adventurcises" (adventurous exercises) such as "Do Sugary Soul Searching," "Party with the Produce," and "Snatch the E-Z Vitamins."
- Affirmations to refresh, rejuvenate, and renew the mind, body, and spirit.
- Remarkable success stories with before-and-after photos. In *Beyond Sugar Shock*, readers will find out that letting go of their sugar or carb addiction is much simpler than it seems—and it can even be fun! And once they've addressed their addiction, readers will not only look and feel better, but will also experience an overpowering sensation of joyous freedom and a sweeter, balanced life.

The New York Times bestseller is back, featuring new research, plus new exercises and nutrition plans to help you achieve even faster weight loss. The New Abs Diet for Women offers you a simple promise: If you follow this easy diet and exercise plan, a plan that does most of the hard work for you, you will lose weight. You will transform your body, your sex appeal, and the way you look in clothes. Most important, you will dramatically improve your health for life. Take a peek at what you'll gain from the updated and improved The New Abs Diet for Women: The leaner, fitter, sexier body you've always imagined—without sweating in an intimidating, pricey health club. Delicious recipes using 12 Abs Diet Powerfoods that automatically help strip away belly fat. An active, energetic life for decades to come. (Using our diet tip from a new study, you may reduce your risk of diabetes by 36 percent!) The ultra-efficient Abs Diet Home Workout that burns more fat and cuts workout time in half! Easy to follow, easier to stick to for life, and more satisfying than a great pair of jeans, The New Abs Diet for Women has been retooled and updated to provide you with the latest life-changing tools to achieve a fitter, healthier, happier you.

In addition to delicious recipes, The Low FODMAP 6-Week Plan & Cookbook provides a great introduction to the Low-FODMAP diet, as well as key lifestyle tips to help manage IBS symptoms. --Kate Scarlata, R.D.N., author of The Complete Idiot's Guide to Eating Well With IBS Irritable Bowel Syndrome (IBS) is at epidemic levels. Moreover, it is a debilitating condition that leaves its sufferers unable to enjoy many of the normal activities of life. However, the Low-FODMAP diet is promising real relief to those who suffer from IBS and other related digestive disorders. In-depth research studies have proven that the diet dramatically decreases the symptoms in 75% of IBS sufferers. The Low-FODMAP 6-Week Plan & Cookbook gives readers a step-by-step plan for integrating the Low-FODMAP diet as well as lifestyle changes which will support maintaining the diet successfully over the long-term. Each week will include worksheets, meal plans and associated recipes and diary pages to track symptoms and successfully identify trigger foods. You may just find that you are eating more deliciously than ever with recipes such as: Banana Pancakes with Cinnamon Ricotta and Kiwi, Tomato, Leek, and Turkey Bruschetta, Chocolate and Orange Polenta Cake, Chicken and Walnut Coleslaw, Steak and Mashed Potato with Chimichurri Sauce, Lemon and Parsley-Crusted Salmon, Chicken Cacciatore, Lamb Stir-Fry, Pizza Muffins and Three-Cheese Spanish Tortillas.

She wants faith, hope, and love. She wants help and healing. She wants to hear and be heard, to see and be seen. She wants things set right. She wants to know what is true—not partly true, or sometimes true, or almost true. She wants to see Truth itself, face-to-face. But here, now, these things are all cloudy. Hope is tinged with hurt. Faith is shaded by doubt. Lesser, broken things masquerade as love. How does she find something permanent when the world around her is always changing, when not even she can stay the same? And if she finds it, how does she hold on? She Reads Truth tells the stories of two women who discovered, through very different lives and circumstances, that only God and His Word remain unchanged as the world around them shifted and slipped away. Infused with biblical application and Scripture, this book is not just about two characters in two stories, but about one Hero and one Story. Every image points to the bigger picture—that God and His Word are true. Not because of anything we do, but because of who He is. Not once, not occasionally, but right now and all the time. Sometimes it takes everything moving to notice the thing that doesn't move. Sometimes it takes telling two very different stories to notice how the Truth was exactly the same in both of them. For anyone searching for a solid foundation to cling to, She Reads Truth is a rich and honest Bible-filled journey to finally find permanent in a world that's passing away.

*The Six-Week Plan to Flatten Your Stomach and Keep You Lean for Life*

*Writing Your Journal Article in Twelve Weeks*

*A Guide to Academic Publishing Success*

*A Step-by-step Program for Starting Your Business, Making Money, and Achieving Your Goals*

*Living Longer Stronger*

*Bliss Happens*

*Cherish the First Six Weeks*

***Bliss Happens will magically transform your grocery list into a beauty regimen, turn your home into an oasis on a shoestring budget, and help you discover easy solutions in the midst of everyday dilemmas. From Beauty Bliss to Mom Bliss, Man Bliss and Body Bliss, Kym***

***Douglas will have your family, home, body, health and schedule working together in perfect harmony in just SIX WEEKS!***

***This book provides you with all the tools you need to write an excellent academic article and get it published.***

***A 6-Week Plan/Workbook with Recipes, Meal Plans, and Strategies for Transitioning to a Low-FODMAP diet.***

***Your journey to a happy, alcohol-free life begins right here? From the bestselling founder of Soberistas.com comes this personal, unpreachy manual for getting you off the booze to a place where you can enjoy not drinking and become the person you want to be. The A-Z Of Binning The Booze is an honest, realistic approach to learning how to survive the pressures of living without alcohol, written from the personal experience of an ex binge drinker, who stopped boozing and has never looked back. This book covers practical topics such as: How to enjoy alcohol-free weekends and holidays The benefits of a booze-free love life How exercise, nutrition and mindfulness can help you on your journey Discover all the solutions you'll need for making the transformation to a new happier, healthier you!***

***Formula 50***

***The Six-Week Total-Life Slim Down***

***The Clear Skin Diet***

***The Low-FODMAP 6-Week Plan and Cookbook***

***Personal Finance in Your 50s All-in-One For Dummies***

***A 6-Week Workout and Nutrition Plan That Will Transform Your Life***

***Eat to Live***

***You have the right to bare arms! JJ Virgin, nutrition and fitness coach to the stars, and author of THE VIRGIN DIET, has created a simple, no-fail program that will trim, tone, and transform your arms into your hottest accessory. You don't even need to go to the gym! JJ's fun, tell-it-like-it-is method will teach you a no-fuss approach to eating that will increase your energy, help you build muscle, and get you off diets for good. She provides simple strategies for avoiding the common mistakes that can derail your progress, including how to reduce stress and how to change poor sleeping habits. JJ reveals the keys to building lean arms, and why your muscles will never get bigger from lifting weights --only smaller and more defined. And last, there are great tips for showing off your hot new assets—flattering outfits, how to pose for pictures, plus more insider secrets!***

***Explains how to lose up to twenty pounds and create the washboard abdomen that every man wants, offering a meal plan, a workout program with a focus on lower-body exercises, twelve "superfoods," and a simple maintenance plan.***

***While organizing the lives of her many clients, Emmy-nominated organizing expert Dorothy Breininger learned to face her own stuff, and lost seventy-five pounds in the process. In this one-of-a-kind book she addresses weight loss from the much-needed perspective of what lies underneath our clutter metaphorically, physically, and emotionally. Whether you're a packrat or a calorie-counter, a neat freak or a binge eater, Breininger reveals why, to be successful on the scale, you must first master the clutter within you and around you. With the same no-holds barred candor that resonates with TV viewers, she offers prescient advice to help anyone face their stuff, with an organized, step-by-step approach to either toss it, tame it, or tailor it to fit their lives. Filled with personal stories from clients, her own success story, and tips from fitness coaches and organizing experts, this imminently practical book gives everyone the tools to declutter their way to their dream size.***

***Manage your finances and enjoy your retirement Retirement security is one of the most pressing social issues facing the world in the next 30 years—so if you're approaching your golden years, it's essential to have a secure financial future. Personal Finance in Your 50s All-in-One For Dummies provides targeted financial advice and assists soon-to-be or established boomers with making informed decisions about how best to spend, invest, and protect their wealth while planning for the future. Retirement is an exciting time ... but it can also be scary if you're not sure that you have your ducks in a row. This hands-on resource arms you with an arsenal of beginner to intermediate personal finance and estate planning techniques for everything from spending, saving, navigating insurance, managing medical costs, household expenses, and even employment. Build a diversified portfolio Create emergency funds Avoid scams and frauds Improve your estate planning With the help of this all-in-one resource, you'll get a succinct framework and expert advice to help you make solid decisions and confidently plan for your future.***

***The 6-week Plan to Enhance and Extend Your Years Over 40***

***BrainSAVE!***

***The A-Z of Binning the Booze***

***Holding Tight to Permanent in a World That's Passing Away***

***The South Beach Diet Cookbook***

***Calling Time on Wine O'Clock***

***Restore Your Vital Force for Lifelong Wellness***

***Your Six Week PlanJoin the Sober Revolution and Call Time on Wine O'clock***

From “a pioneer in integrative medicine” comes “a simple, intuitive program to create lasting, vibrant health” (#1 New York Times bestselling author Mark Hyman, MD), anchored in Ayurveda, yoga, energy medicine, homeopathy, and nutrition “Harmonic Healing has helped me to create more balance in my life.”—Miranda Kerr, founder and CEO of Kora Organics After guiding thousands of patients on their journeys back to health, Dr. Linda Lancaster has seen that it is the interplay of invisible forces, including chemicals, heavy metals, radiation, and opportunistic parasites—worms, fungus, candida, bacteria, micro-parasites, and viruses—that causes many of the health struggles we experience today. This fundamental dynamic is the origin of most of the symptoms she has seen, including chronic exhaustion, digestive distress, painful joints, infertility, eczema, and mysterious conditions like Lyme disease. If you have experienced any of these symptoms, you know how the physical experience affects your emotional well-being. But it doesn't have to be that way. You can begin to take your life back with Harmonic Healing. In this six-week foundational program, you will learn how to cleanse your liver, neutralize environmental pollution, revitalize your energy, and return to a balanced state of health, using solely nontoxic, inexpensive, and natural protocols. With nourishing recipes, therapeutic baths, and gentle homeopathic and household remedies, Harmonic Healing helps clear the path for your journey back to health. Praise for Harmonic Healing “A real trailblazer for physicians and laymen alike, Harmonic Healing unlocks the real secrets of natural healing by tapping into the subtle, powerful forces of energy medicine. I urge everybody to read this book and learn how the invisible force that permeates all of life must be nourished and balanced—more so today than ever before—to transform our increasingly toxic and polluted bodies into vital and loving fortresses of peace, wellbeing, and enlightenment.”—Ann Louise Gittleman, PhD, CNS, New York Times bestselling author of *The New Fat Flush* “Dr. Linda keeps me connected to what my body needs and why in a completely natural way. I look to her first when dealing with everything from diet to herbs to homeopathic remedies and all things healing.”—Amanda Seyfried, award-winning actress

A companion to “The South Beach Diet” presents more than two hundred recipes that demonstrate how to eat healthfully without compromising taste, outlining the diet's basic philosophies and sharing personal success stories.

The healthy diet plan that's become a million-copy word-of-mouth bestseller -- now completely revised and updated. Hailed a "medical breakthrough" by Dr. Mehmet Oz, *Eat to Live* offers a highly effective, scientifically proven way to lose weight quickly. The key to Dr. Joel Fuhrman's revolutionary six-week plan is simple: health = nutrients / calories. When the ratio of nutrients to calories in the food you eat is high, you lose weight. The more nutrient-dense food you eat, the less you crave fat, sweets, and high-caloric foods. *Eat to Live* has been revised to include inspiring success stories from people who have used the program to lose shocking amounts of weight and recover from life-threatening illnesses; Dr. Fuhrman's nutrient density index; up-to-date scientific research supporting the principles behind Dr. Fuhrman's plan; new recipes and meal ideas; and much more. This easy-to-follow, nutritionally sound diet can help anyone shed pounds quickly-and keep them off.

*Stuff Your Face Or Face Your Stuff*

*She Reads Truth*

*Your Health Is Non-Negotiable*

*Full-Filled*

*Your Six-Week Guide To Total Transformation*

*The Organized Approach to Lose Weight by Decluttering Your Life*

*Successful Programs for Fitness and Health Clubs*

***A reissue of the 2014 edition, featuring a new foreword from the authors. Do you count down the minutes to wine o'clock? You are not alone. When it comes to alcohol, plenty of people find it hard to exercise moderation and become stuck in a vicious cycle of blame, guilt and addiction. If you want to take back control and stop being defined by alcohol now is the time to join The Sober Revolution. In this empowering book, addictions counsellor Sarah Turner and life coach Lucy Rocca examine women's relationship with alcohol and offer insight and advice into overcoming this addiction. The Sober Revolution explores the myths behind this socially acceptable yet often destructive habit and, through personal accounts of alcohol abuse and its impacts on relationships, careers and finances, you are invited to examine your own relationship with alcohol and its impact on your life. Read it now. Regain control and lead a happier, healthier life. Call time on wine o'clock forever.***

***BrainSAVE! is a book written for people still struggling with the symptoms of concussion months or years after their head injury.Having suffered multiple head injuries himself, Dr. Titus Chiu understands the personal impacts that Post-Concussion Syndrome can have on a person's life. In this easy-to-read book, Dr. Chiu breaks down the science of concussion through inspirational stories, personalized quizzes, and step-by-step instructions to get your life back on track. As a best-selling author and award-winning international speaker, Dr. Chiu brings to life his renowned teaching style and fun approach to healthcare in this DIY guide to concussion care.After working with thousands of patients, teaching other doctors and healing his own concussed brain, Dr. Chiu has put together a simple six-week plan to heal your brain, based on the latest breakthroughs in neurology, nutrition, and genomic medicine. You'll learn:•The ROOT CAUSE of your post-concussion symptoms•12 obstacles that dramatically slow your recovery•The Top 5 supplements for concussion•What foods to eat and avoid for optimal brain healing•7 simple at-home exercises to rebuild your brain • Key BrainSAVE! Lifestyle Strategies•And moreBy the end of BrainSAVE!, you'll have a clear understanding of why your brain isn't working after your concussion, what you can do to heal your brain, and how to take control of your life.***

A houseful of clutter may not be the only reason people pack on extra pounds, but research proves that it plays a big role. A recent study showed that people with supercluttered homes were 77 percent more likely to be overweight or obese! Why? Author Peter Walsh thinks it's because people can't make their best choices--their healthiest choices--in a cluttered, messy, disorganized home. In *Lose the Clutter, Lose the Weight*, organizing guru Walsh comes to the rescue with a simple 6-week plan to help readers: • Clear their homes of excess "stuff" as they discover their vision for their personal space • Clear their bodies of excess pounds as they follow a healthy, supersimple eating and exercise plan • Clear their minds and spirits of the excess weight of too many possessions All the pieces are connected--and Walsh weaves them together for a 6-week program that leads readers step-by-step through decluttering their homes, their bodies, and their lives. Rodale took the program for a testdrive with two dozen volunteers who followed his plan. All reported great results--from significant weight loss to calmer minds and more organized, happier, and more efficient lives. With a room-by room organizing guide, plus supersimple recipes and an easy exercise plan, *Lose the Clutter, Lose the Weight* is the only book to help readers clear the clutter while they zap the pounds all at the same time.

The fast and easy way for Baby Boomers to protect their financial future Are you nearing (or already basking in) retirement? This helpful guide addresses the unique financial opportunities and challenges you'll face as you enter your golden years. *Personal Finance For Seniors For Dummies* empowers you to chart your financial course for the decades to come, guiding you through the basics of creating a budget for retirement, investing accrued assets, taking advantage of governmental and nongovernmental benefits and planning for your family's future. You'll get trusted, practical information on reexamining investment strategies and rebalancing a portfolio, long-term care options, pension plans and social security, health care, Medicare, and prescription drug costs, and so much more. Advice on how to invest, spend, and protect your wealth Guidance on wills and trusts Other titles by Tyson: *Personal Finance For Dummies*, *Investing For Dummies*, and *Home Buying For Dummies* *Personal Finance For Seniors For Dummies* is basic enough to help novices get their arms around thorny financial issues, while also challenging advanced readers to identify areas for improvement.

Your 6-Week Guide to LiveBest

The Six Week Plan to a Happier, Prettier, Thinner and Richer Life

The Power Formula for LinkedIn Success (Fourth Edition - Completely Revised)

The 6-Week Weight-Loss Plan for Changing Your Relationship with Food-and Your Life-from the Inside Out

A Step-by-Step Program of Recipes and Meal Plans. Alleviate IBS and Digestive Discomfort!

More Than 200 Delicious Recipes That Fit the Nation's Top Diet

The Sober Revolution

**In April 2011, Lucy Rocca woke up in a hospital bed with no memory of how she had ended up there. After accepting that her drinking had spiralled out of control, she made the decision there and then to never touch alcohol again. However, the early days were a challenge, and Lucy began recording her journey in a blog as a way of helping herself move forward to a happy and sober future. For someone who defined herself by her love of drinking for over twenty years, letting go of the booze crutch was initially a challenge, but over time, Lucy began to realise how much happier she was living alcohol-free. Glass Half Full is the story of her journey from hopelessly devoted wine fiend to sober and truly happy for the first time in her adult life. As the founder of Soberistas.com, Lucy's blog also provides motivational and inspirational support for those seeking an alcohol-free life.**

**If you have decided to quit drinking, ‘Your 6 Week Plan’ is for you. A diary specifically created for those at the beginning of their sober journey, ‘Your 6 Week Plan’ provides the opportunity to write your very own personalised plan for alcohol-free living. Helped along by inspirational quotes, delicious alcohol-free drinks recipes and expert day-to-day guidance for liberation from the booze, fill in ‘Your 6 Week Plan’ as a diary which, once complete, becomes a lasting record of how YOU achieved your new alcohol-free life. An accompaniment to The Sober Revolution written by therapist Sarah Turner and Soberistas.com founder Lucy Rocca, this journal is the perfect start to your exciting journey of self-discovery, and your first step in joining the Sober Revolution, today!**

**Use posture and body alignment to build strength, achieve peak performance, reduce pain, and find a new sense of confidence with celebrity manual therapist and movement coach Aaron Alexander. Good posture is about more than standing up straight: It can change your mood, alleviate pain, rid your body of stressful tension, and may be the difference between getting that raise you've wanted and attracting your ideal mate, or not. But in order to reap all those benefits, the body must be properly integrated. Celebrity movement coach and manual therapist Aaron Alexander offers a revolutionary approach to body alignment to build strength, reduce pain, and put you on a direct path to peak performance that is both fun and accessible. The Align Method centers on five daily optimizations that can be easily integrated into any workout, mindfulness practice, or daily life activity: Floor Sitting Hanging Hip-Hinging Walking Nose Breathing A truly aligned life isn't limited to sweating in a gym or stretching in a yoga studio, and Alexander provides the fundamental principles to optimize your physical and mental process in any situation. Blending Eastern philosophy with Western mechanics, The Align Method brilliantly outlines the necessary tools to leverage the power of your own senses and body language to feel more flexible and confident, and details exactly how to reshape your environment for enhanced creativity and longevity. This is the quintessential user's manual to feeling better than you ever thought possible, and looking great while you're at it!**

**Through her Inside Out Weight Loss program and seminars, along with podcasts downloaded more than 3 million times, Renée Stephens has helped countless people free themselves from emotional eating to achieve the body and life they've always desired. Now, in her first book, she shares the breakthrough lessons of her popular work and develops them into a complete, step-by-step program: Full-Filled: The 6-Week Weight- Loss Plan for Changing Your Relationship with Food—and Your Life—from the Inside Out. With Full-Filled, you will gain freedom from dieting as you use some of the world's most advanced mind and behavior-changing techniques. An intuitive and easy weight-loss program, Full-Filled will open the door to bigger transformations in your life. Not only will you drop excess physical pounds with Renée's expert guidance, you will get to the root of why you eat and you will lose your spiritual weight—by identifying why you eat the way you do and finding better ways to satisfy your true hunger without food. A former food addict, Stephens is a leading weight-loss coach who works with women and men who have spent years trying to free themselves from their weight struggle and to regain control of their lives. Women, Food and God led millions to spiritual insights; Full- Filled turns those insights into practical steps in an easy-to-follow program that will permanently change how you think about and behave around food. The Full-Filled program will identify and heal your underlying food issues and provide you with the specific tools to create new habits that will make you slim and healthy for a lifetime. This isn't about what foods you should and shouldn't eat (although Renée does share some of her favorite recipes to make weight loss happen faster and easier). Filled with personal success stories and a whole bag of transformative tips and tricks, Full- Filled will set you up for significant weight loss and provide the no-fail techniques for keeping the pounds off permanently.**

**The Six-Week Plan to Completely Transform Your Home, Health, Family, and Life**

**Beyond Sugar Shock**

**Your Six Week Plan**

**101 Profitable Ideas**

**Join the Sober Revolution and Call Time on Wine O'clock**

**The Abs Diet**

**The Six-Week Program for Beautiful Skin: Foreword by John McDougall MD**

**Get fit like 50 Cent: The phenomenally fit superstar rapper reveals his strategic six-week workout plan for achieving a ripped body—and developing the mental toughness to stay in shape for a lifetime. Survival is a recurring theme of 50 Cent's lyrics, and his life. That's why, with obesity rates soaring and fitness levels declining, he wants to give everyone an all-access pass to his premium plan for lifelong fitness. In Formula 50, the mega-successful entertainer and entrepreneur unleashes the power of metabolic resistance training (MRT), the key ingredient that has helped him achieve the famously buff physique that makes his music videos sizzle. Through MRT, 50 Cent's fitness plan breaks down the barriers between traditional weight training and cardio workouts, accelerating fat loss while building muscle and improving overall fitness. Designed for a six-week rollout for total mind-body transformation, the Formula 50 regimen builds willpower while it builds physical power. In addition to motivation, nutrition is another key element; readers will discover the unique dietary combinations that fuel 50 Cent's workouts. Coauthored with Jeff O'Connell, health journalist and editor-in-chief at Bodybuilding.com (the world's largest fitness website), the book delivers a payoff that goes beyond six-pack abs and flab-free pecs: This is a fitness plan that boosts energy, endurance, flexibility, and mobility. The result is a body you've always dreamed of—and the mindset to attain the rest of your dreams.**

**In today's world, a club needs to offer more than state-of-the-art equipment and certified fitness instructors to recruit and retain members. You need something that will appeal to your members and keep them coming back. In Successful Programs for Fitness and Health Clubs: 101 Profitable Ideas, you will learn how to utilize programming to meet your strategic and financial goals. Written by internationally-respected programming consultant Sandy Coffman, this book will teach you exactly what programming is and how to make it work for you. Successful Programs for Fitness and Health Clubs: 101 Profitable Ideas presents more than 100 ready-to-use programs for use in fitness centers, group exercise studios, pools, gyms, and classrooms. The programs are designed to get hundreds of new members involved immediately. But the text is far more than just a program recipe book. Coffman addresses the challenges faced in programming, including teaching skills, communication skills, marketing techniques, and follow-up procedures. Her advice will help you design programs that unite members with common interests and abilities and foster a sense of belonging and commitment. Such programming leads to increased participation, reduced attrition, greater retention, more referrals, less downtime, and improved staff productivity. The text will first lay the foundation for programming by presenting the key principles and concepts that need to be considered. Part I explores -the five steps to programming success, -the 10 keys to member retention, -hiring and training the right people, -why a program director is needed, -internal and external promotions, and -niche marketing. By understanding and using the information in Part I, you can successfully implement the programs in Part II. Here you will find 101 actual programs, with numerous variations-including ideas for court sports, group exercise, and programs aimed at adults, families, kids, seniors, and women, covering a broad range of fitness levels, from beginners and intermediates to advanced participants. It also includes programming for specific time frames, such as the holiday season, spring, or summer. An activity finder located in the front of the text makes it easy to find programs based on criteria ranging from the type of activity or member to the type of special event. In addition to providing vital information for planning your programs, Successful Programs for Fitness and Health Clubs: 101 Profitable Ideas comes with a CD-ROM containing more than 60 files that will help you create support materials to get your programs started. You will find printable quizzes, flyers, score cards, invitations, scoring systems, round robin tournament schedules, and logos--most of which can be customized to include information specific to your facility, such as logo, contact names, dates, times, and more. Additional files provide templates to create T-shirts, buttons, and other promotional pieces. Headings and icons in the text indicate when to refer to the CD-ROM for certain materials. When it comes to enhancing your club offerings, follow the expert programming advice from Sandy Coffman. With it you will be able to create, implement, and deliver successful programs that will attract and retain new members and ultimately make your club a greater success.**

**In Your 6-Week Guide to LiveBest, Simple Solutions for Fresh Food and Well-Being, you get the DIY on how to serve up taste and health-on the same fork. Actionable, easy, delicious. Filled with assessments, food tips, inspiration, and humor, Your 6-Week Guide to LiveBest, highlights each food group and guides you to simple and practical solutions. You'll find more than 100 simple, realistic solutions for fresh food and a reboot of habits for a happier, healthier, and stronger you. With proven practices grounded in science, this guide is not a diet plan, but a healthful approach to eating high-quality foods, setting up your environment to mindlessly eat better, moving, and sleeping to nudge you in the right direction to feed you heart, muscles, bones, skin, eyes, energy, and well-being. Your 6-Week Guide is useful because: It's Actionable: With a few simple assessments and some goal setting you'll find out where you are before heading out with your own roadmap to make your fork, feet, and environment work for you. It's Easy: A whole foods-based approach to eating lies at the foundation of this book. Every suggestion is both nutrient-rich and readily available from major grocery stores. Other than fresh, wholesome food, no special ingredients required. And most importantly...it's delicious! More than 100 simple solutions for breakfast, lunch, and dinner. Berries and yogurt on toasted cornbread, roasted cauliflower with grated Parmesan, grapefruit and avocado salad, and peach and mozzarella salad. They all sound, well, good enough to eat! And best of all, are power-packed foods to help you LiveBest.**

**"A serious and important contribution to the whole food, plant-based world. . . Not infrequently I get asked about this diet for skin conditions-now I have a great reference to pass on to people."- T. Colin Campbell, co-author of The China Study From YouTube stars Nina and Randa Nelson comes the doctor-approved, clinically-tested, low-fat vegan diet that instantly and dramatically transformed their skin. Over \$3 billion dollars is spent treating acne every year. But YouTube celebrities Nina and Randa Nelson have found a solution that is easy, affordable, and as close as your local grocery store. Based on solid nutritional science, vetted by top nutrition experts, and proven by the authors' experiences and now so many others, The Clear Skin Diet will help you clear your skin for good. This is it: a six-week plan to take control of skin issues using the simple principles of a low-fat vegan diet, foods such as potatoes, pasta, rice, corn, beans, oatmeal and whole grains. Complete with detailed grocery lists, simple meal prep strategies, and delicious recipes using affordable, familiar ingredients, The Clear Skin Diet is an accessible guide to curing acne that will give readers, whether 13 or 43 years old, the confidence to start living life again.**

**Simple Solutions for Fresh Food and Well-Being**

**A Personal Plan for Healthy Weight Loss**

**The 5-Step Plan to Sleek, Strong, and Sculpted Arm**

**The Align Method**

**Ultraprevention**

**Glass Half Full**

**Christian Paths to Health and Wellness**

**Living Longer Stronger: The 6-Week Plan to Enhance and Extend Your Years Over 40 By Ellington Darden**

**4th edition of the world's most popular LinkedIn handbook—completely revised and updated, including tips for the mobile app ?Many LinkedIn books focus solely on creating a killer profile. But LinkedIn is not a spectator event. You can't just show up and wait for people to come to you. LinkedIn is a professional networking community, and opportunities abound to make real money and advance your career. In addition to helping you create a magnetic, professional profile, this book will show you how to develop a comprehensive strategy for achieving your business and career goals. Over 100,000 professionals have already used Breitbarth's LinkedIn secrets to land lucrative new customers and top-notch employees, grow their businesses and brands, and find great new jobs. And most people have only scratched the surface of LinkedIn's potential. The Power Formula for LinkedIn Success will help you: • Set yourself apart from the LinkedIn masses and build a powerful professional network • Attract and engage with people who need your products, services, or skills • Locate the right people for business partnerships and revenue opportunities • Discover insider information about employers, customers, and competitors • Find a great new job—many times when you're not even looking for one! LinkedIn is one of the most powerful business tools on the planet—and The Power Formula for LinkedIn Success is your perfect step-by-step guide to mastering it! It's time to take control of your health and start living. In this six-week guide to completely transforming your life, we focus on the one thing that matters most: YOU! Your body and your health have come in second place for far too long, and that needs to change RIGHT NOW! Your Health Is Non-Negotiable breaks down all the ways you have been unknowingly hurting your body and explains exactly how you can eliminate these problems and habits, while feeling and looking better than ever before. And this is a plan that can be tailored to suit YOU—your needs, your lifestyle, your goals—as everyone's body is different! Imagine a future in which you have the health and energy to sail through life, the physique and fitness that you always desired, and, most importantly, the knowledge to maintain this for the rest of your happy life. It's time to ditch our unhealthy lifestyles, reject all of the medical myths that have plagued so many of us, take control of our lives, and make our health NON-NEGOTIABLE!**

**A six-week health-bolstering program identifies such contributors to poor health as malnutrition and an impaired metabolism and offers advice on how to remove toxins from the body and implement healthy nutrition and supplement regimes.**

**The Secret to Losing Those Last Six Pounds: A Plant-Based Nutrition Program and Recipes**

**Six-week Start-up**

**A Plan that Creates Calm, Confident Parents and a Happy, Secure Baby**

**The Beginner's Keto Meal Plan**

**Harmonic Healing**

**The 6-Week Plan to Heal Your Brain from Concussions, Brain Injuries and Trauma Without Drugs Or Surgery**

**With all of the demands made on moms these days, it's no wonder they can end up overwhelmed, disorganized, unhealthy, and empty. Enter Hannah Keeley to the rescue! Keeley -- founder of TotalMom.com, author, speaker, television personality, life coach, and full-time homeschooling mother of seven -- knows of what she speaks. By following her simple and inspiring program, Keeley promises in just six weeks mothers everywhere can: Look better and sexier than ever Create beautiful, clean, clutter-free homes Build great relationships with their husbands and kids Cook healthy meals for their families Control chaos, fear, and worry in their lives And much more With advice and tips on everything from housecleaning to personal growth, Hannah Keeley's Total Mom Makeover is a must-have for any mother ready to reinvent herself and her family and to live life to the fullest.**

**You have an idea for a business -- but now comes the tough part: making it happen. From licenses to bookkeeping to marketing to setting up shop, Six-Week Start-Up guides you through every step of getting your business up and running successfully -- and fast! Book jacket.**

**Eliminate Stress and Guesswork with This Easy Guide to Low-Carb, High-Fat Cooking Transitioning to a Keto diet can feel overwhelming and confusing. But luckily for you, Kasey Cameron is a seasoned Keto pro and is here to share her know-how—including a 6-week meal plan to help you kick off your Keto journey with ease. Kasey's delicious high-fat, low-carb recipes have all your breakfast, lunch, dinner and snack needs covered. Get your day started right with tasty recipes like Mini Mexican Crustless Quiches or Maple Bacon Donuts that'll give you energy to tackle your to-do list. Grab a bowl of The Best Mac and Cheese or whip up a Bacon and Spinach Calzone for a mid-day refuel. Make dinnertime a snap with to-die-for meals like Grilled Margherita Chicken, Beef Bourguignon or Pan-Seared Tomato Basil Haddock. And don't forget your sweet treats—desserts and snacks like Snickers Chia Seed Pudding, Strawberry Shortcake for Two and Cannoli Fat Bombs will satisfy your sweet tooth without throwing off your diet! With Kasey's standout recipes and meal plan, plus all the useful tips and tricks you need for tracking macros, learning which foods to avoid, balancing your electrolytes and more, adopting a Keto diet couldn't be easier!**

**An Energizing and Delicious Vegan Meal Plan for a Strong and Lean Body Ella Magers has the perfect solution for those stubborn last six pounds and it doesn't involve logging hours and hours at the gym. Ella's unique formula for weight loss is made up of nutrient-dense, calorie-light, whole plant foods. She has created an effective, easy-to-follow six week plan for shedding body fat fast. Not just another fad diet, this program is designed to kickstart a vegan lifestyle and**

efficient workouts, without the calorie counting or "rabbit food" label! Ella offers a six-week plan of action, from all your meals to snacks, treats and workouts, designed to whip your tummy into shape! She provides delicious and healthy recipes such as the Beet This! Smoothie and Muay Thai Zucchini Noodles, along with grocery lists and tips and tricks for vegan food prep. The supplemental workout plan is intense, yet balanced, and features exercises such as burpees and plank variations for full body; assorted types of pull-ups and push-ups for upper body; and a squats and lunge medley for the lower body. The cross-training focuses on select areas and alternates with cardio on some days and yoga on others. Shed those last few pounds through this nutritious lifestyle by embracing the Six Weeks to Sexy Abs plan and see why it's not about dieting; it's about eating according to your goals!

The Amazing Nutrient-Rich Program for Fast and Sustained Weight Loss

The New Abs Diet for Women

Six Weeks to Sleeveless and Sexy

Kick-start Your Business, Brand, and Job Search

Lose the Clutter, Lose the Weight

The No-fad Diet

Personal Finance For Seniors For Dummies

From baby nurse to the stars, a step-by-step plan to managing sleep and feeding issues to survive—and enjoy—the first six weeks of your newborn baby's life. Have you ever wondered why celebrities look so rested in such a short time after giving birth? The answer: baby specialists like Helen Moon. A baby specialist and professional nanny for the past 25 years, Helen has worked closely with hundreds of families, including some of Hollywood's biggest stars. Helen knows that the first six weeks of a baby's life—when parents tend to be nervous, siblings are needy, and new babies need immediate and constant attention—has a huge impact on the entire family. Getting a baby on a sleeping and eating schedule is an achievable dream, and it's not a mystery. Helen's step-by-step plan shows new parents exactly how to integrate their baby into the family so that she will be able to sleep when she's tired, eat when she's hungry, and calm herself when she's fussy—self-regulating skills that will enable her to thrive for the rest of her life. Assured that their babies are secure and happy, parents can confidently enjoy this most precious time of their baby's life, trusting their own instincts, and—most importantly—sleeping through the night themselves!

Christian Paths to Health and Wellness, Second Edition, helps readers embrace the concepts and lifestyle choices of health and well-being as part of the Christian life. This text contains the latest information about nutrition, physical fitness, and emotional wellness plus practical tools and inspiration to help readers make gradual and permanent change.

A balanced, sensible approach to a heart-healthy lifestyle introduces a simple method for calculating a person's ideal caloric intake, along with two weeks of menus, nutritional analyses, and two hundred new recipes, ranging from Sole Champignon to Vanilla Soufflé with Brandy-Plum Sauce. 50,000 first printing.

5 Movement Principles for a Stronger Body, Sharper Mind, and Stress-Proof Life

Hannah Keeley's Total Mom Makeover

The Six Weeks to Sexy Abs Meal Plan

A Six-Week Guide to Starting Your Keto Diet the Right Way