

Bikini Body Guide Coupon

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The Bikini Body 28-Day Healthy Eating & Lifestyle Guide

Reverse the effects of aging and maintain optimal health for life through the revolutionary 6 Keys program by New York Times-bestselling author Jillian Michaels. With Master Your Metabolism, Jillian Michaels showed us how to take control of the metabolic machinery underneath our weight and

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health struggles. Now she's ahead of the curve again -- conquering the mayhem, myths, and misunderstandings associated with aging. After all, if you can decide your weight, why not your age? Scientists and doctors have identified six major age inciters: metabolism, damaged macromolecules, epigenetics, inflammation, stress adaptation, telomeres. The 6 Keys presents an ageless health, fitness, and beauty plan that addresses all six of them -- and gets them working for you instead of against you. Empowering and rigorously researched, The 6 Keys outlines powerful lifestyle interventions, dietary guidelines, exercise plans, and vanguard strategies for cultivating mindfulness that restore and protect human performance, keeping you fit, healthy, and beautiful for life.

Federal Trade Commission Decisions

Co-authored by plant-based athletes with more than 35 years' combined experience, Robert Cheeke and Vanessa Espinoza, *Plant-Based Muscle* is the most complete plant-based fitness book to be released since *Shred It!*. Sharing experiences from different perspectives, and different backgrounds in exercise and sports nutrition, this plant-based fitness duo brings you the information, motivation, and inspiration to take your plant-based athlete lifestyle to the next level. We wrote this book with you in mind. We want this to be an incredibly helpful manual, designed to provide you with the exact tools you need to achieve your health and fitness goals as a plant-based athlete. By athlete, we mean YOU. The inner

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athlete inside all of us is ready to come out, and this book will give you the confidence to unleash your best plant-based self. From start to finish, this book will provide you with the motivation, instruction, guidance, tips, recommendations, and resources to put you on the path to success. We've got you covered on everything from how to create a workout routine, to how to select quality foods and ingredients to prepare plant-based meals, to what to eat for improved athletic performance, to how to prevent and overcome injuries and setbacks. Here are some specific things that you can expect to learn from our 35+ years combined experience as plant-based athletes: Motivation to get you pumped up to achieve your goals Programs for muscle building Programs for fat burning Programs for fitness conditioning Samples of our actual meal plans and workouts Grocery shopping lists and tips Healthy plant-based meal plans Delicious plant-based recipes Meal preparation guidelines A detailed account of our nutrition and fitness philosophies Photo demonstrations of numerous exercises Strategies for effective outreach as plant-based athletes Techniques to prevent and overcome injuries

Mademoiselle

Resurrecting the art of applique--a technique in which pieces of fabric are sewn onto clothing, bags, quilts, and other creations--this enlightening resource provides today's generation of "sewists" with a technique that can be combined with embroidery, beadwork, buttons, ribbons, and more to imbue works

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with a creative and personal style. Ideal for those with some sewing experience looking to break away from the restrictions of traditional patterns, this guide offers the details for both hand and machine applique techniques, as well as a history of applique and how it was rediscovered in the fiber arts. Featured are 20 modern, stylish sewing projects ranging from aprons, skirts, pillows, and totes to a duvet cover, wall clock, blouse, baby quilt, and scarf. With step-by-step instructions, color photographs, and comprehensive how-to embroidery instructions, this is an all-in-one resource and guide.

Cosmopolitan

Speed Keto is the fastest way to get results on Keto.

FASTER Way to Fat Loss

Popular Science gives our readers the information and tools to improve their technology and their world. The core belief that Popular Science and our readers share: The future is going to be better, and science and technology are the driving forces that will help make it better.

Advertising For Dummies

A basic-level guide to Pilates yoga is designed for practitioners at any fitness level and requires only a mat, chair, and towel or blanket, and guides readers through a series of linked moves that promote strength, toning, flexibility, balance, posture, and

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overall well-being. Reprint. 50,000 first printing.

Choose to Lose

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

Glamour

Eat healthy. Exercise. Be happy. It sounds easy enough, so why is it so difficult? Because as millions of women know, it's not easy. There are challenges and obstacles, and health programs are not one size fits all. Sohee Lee understands, because she's faced the challenges and overcome them. As a trainer, presenter, and author, she's shared her experiences and helped others establish healthy relationships with food and exercise for long-term results. In the book *Eat. Lift. Thrive.* she empowers you with tools and strategies to make your own change. You will learn how to identify issues that are holding you back and what you can do to get back on track. You'll find motivation, exercise, and advice. And you'll learn how to

- incorporate Lee's Living Lean Guidelines to make your diet work around your life, rather than the other way around;
- perform her Primary Strength Movements and integrate them into an effective workout program; and
- adjust your routine to maintain the results you've achieved.

Eat. Lift. Thrive. also provides you with a structured, easy-to-follow 12-week training program. The program can be scaled according to your training experience, time

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commitment, and goals; it's completely customizable to ensure that your changes are lasting. This book is designed to be different. By the time you're finished, you'll be an expert at moderation and will say goodbye to extremes in dieting. You can have your cake and eat it too—and enjoy it! CE exam available! For certified professionals, a companion continuing education exam is available which can be completed after reading this book. The Eat. Lift. Thrive. Online CE Exam may be purchased separately or as part of the Eat. Lift. Thrive. With CE Exam package that includes both the book and the exam.

Fit Gurl

We Hunt the Flame

The Badass Body Diet

Based on the wildly successful Women's Health Big Book of Exercises, this portable handbook offers readers step-by-step instructions (and color photos) on how to perfectly execute the best fat-torching, muscle-toning exercises ever choreographed. This essential workout guide is for any woman--from beginner to expert--who wants to lose weight fast, build strength, and tone those terrible trouble spots, namely the belly, butt, and thighs. Complete with fast, effective workouts for home use or to take to the gym, this easy-to-tote package gives readers access to their favorite routines wherever they go. The

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guidebook details "main moves" for targeting each major muscle group and then shows readers variations that make the moves more challenging and effective. Other highlights: • The best new exercise to firm flabby arms • The ultimate circuit for a swimsuit ready body • The fastest cardio workout of all time • Plus, 10 new workouts and an exercise log to track progress from start to finish This shape-up manual bulges with hundreds of useful tips, breakthrough science, and cutting-edge workouts from the world's top trainers. Best of all, it'll help readers shape a body that will ensure a longer, healthier, happier lifetime.

Sew Liberated

The Metabolism Reset Diet

A proven 21-day diet and lifestyle plan to help women with polycystic ovary syndrome (PCOS) take back control of their health and resolve their symptoms from a certified health coach and founder of the large PCOS Diva online community. PCOS is one of the most common hormonal disorders, and the most common cause of female infertility, affecting roughly five million American women. Because it's symptoms are widespread—including stubborn weight gain, acne, mood swings, abnormal hair loss or growth, and irregular menstrual cycles—women suffering from PCOS are often misdiagnosed and treated with "Band-Aid" pharmaceuticals with uncomfortable side effects that only mask PCOS's root causes. While there is no cure for PCOS, women can learn to control their

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symptoms naturally. In this welcome guide, Amy Medling shows how to combine an anti-inflammatory and hormone-balancing diet, daily movement, and stress-reducing self-care to successfully treat their PCOS. Grounded in the latest medical research and filled with the knowledge she's acquired dealing with PCOS herself and working with thousands of women, *Healing PCOS* offers women small, manageable steps that help alleviate their symptoms and control the inflammation, hormonal imbalance, and insulin resistance that underlie the condition. Amy's revolutionary program consists of: A 21-day anti-inflammatory, hormone-balancing and gluten-free meal plan, including meal prep and plan-ahead tips to make eating this way simple and fast 85 delicious recipes—half fan favorites and half new dishes Daily self-care exercises, including meditation and journaling prompts Amy has helped tens of thousands of women with PCOS take back control of their health and their lives through lasting, healing, and sustainable lifestyle change. Whether you're newly diagnosed or have struggled with PCOS, her revolutionary program can now work for you.

Redbook

A comprehensive collection of lifestyle information, including tips on eating, exercising, and fashion.

The Bikini Body Motivation & Habits Guide

THE NO.1 BESTSELLER IN AUSTRALIA AND THE UK

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BASED ON THE LATEST GROUNDBREAKING SCIENCE THE ULTIMATE GUIDE FROM THE CREATOR OF THE 5:2 - HOW TO COMBINE RAPID WEIGHT LOSS AND INTERMITTENT FASTING FOR LONG-TERM GOOD HEALTH AN EXCITING NEW PROGRAMME BUILT AROUND A MORE MANAGEABLE 800-CALORIE FAST DAY Six years ago, Dr Michael Mosley started a health revolution with The 5.2 Fast Diet, telling the world about the incredible power of intermittent fasting. In this book he brings together all the latest science (including a new approach: Time Restricted Eating) to create an easy-to-follow programme. Recent studies have shown that 800 calories is the magic number when it comes to successful dieting - it's an amount high enough to be manageable but low enough to speed weight loss and trigger a range of desirable metabolic changes. Depending on your goals, you can choose how intensively you want to do the programme: how many 800-calorie days to include each week, and how to adjust these as you progress. Along with delicious, low-carb recipes and menu plans by Dr Clare Bailey, The Fast 800 offers a flexible way to help you lose weight, improve mood and reduce blood pressure, inflammation and blood sugars. Take your future health into your own hands. 'I lost 16kg in the first 8 weeks and then another 6kg. I've never been healthier.' Denise, 51

BodyBoss Tone Guide

Optimal Health for a Vibrant Life is a 30-day guide to optimize your health with nutrition, herbs, myofascial release, yoga and simple home remedies. This book

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will lead you through a step-by-step program to cleanse your body of impurities and toxins and to create simple, long-term changes that will produce results for years to come.

Speed Keto

High Voltage Tattoo is a graphic perspective on today's global tattoo culture by Kat Von D, star of The Learning Channel's L.A. Ink and one of the most talented and popular artists working today. Designed in a style that is reminiscent of a handmade Gothic journal with its red padded cover, ornate typography, and parchmentlike pages, it throws the door wide open to tattooing culture in the way only an insider like Kat can. High Voltage Tattoo traces Kat's career as an artist, from early childhood influences to recent work, along with examples of what inspires her, information about the show and her shop, her sketches, and personal tattoos. The book goes deep into tattoo process and culture: readers can see up close the pigments, the tools, and the making of complex, even collaborative, tattoos. With a foreword by MÖtley CrÛe's Nikki Sixx, the book features images and stories about celebrities, rockers, pro skaters, and everyday citizens, including Slayer's Kerry King, Anthrax's Scott Ian, Margaret Cho, Jackass' Bam Margera, David Letterman, and many others. It profiles and showcases the work of artists Kat has selected from all over the world, her interviews with people who have compelling tattoos and stories, and amazing images of extraordinary tattoo work. Numerous portfolios throughout the book showcase a

range of relevant subjects, from the black and gray portrait work for which Kat is famous to a popular tattoo theme, such as the rose or biblical images. There is a knockout ten-page full-body spread of Kat—clad in a yellow bikini and seven-inch, rhinestone-studded red stilettos—that catalogs in detail all her personal tattoos on her front, back, left, and right sides—even her hands and head.

The Skinny Confidential

Improve your physique, build lean muscle, increase strength—Glute Lab is the all-in-one glute training system that will teach you how to do all this and more. The gluteus maximus is the largest and most versatile muscle in the human body. In addition to being aesthetically appealing and controlling a wide range of functional movements, big, strong glutes set you up to lift heavier, jump higher, sprint faster, and swing harder and can even play a role in preventing knee, hip, and lower back pain and injuries. Your glutes influence every aspect of your physical life: from the way you look and how you feel to your ability to run, jump, cut, lift, and twist. Yet few understand how to properly build and develop this all-important muscle. Enter Glute Lab. In this book, Bret "The Glute Guy" Contreras—PhD, personal trainer, and bestselling author—lays out a glute training system that will help you reach your strength, performance, and physique goals. Through descriptive narrative, step-by-step images and illustrations, and easy-to-follow training programs, the Glute Guy distills the science and art of glute training into one

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comprehensive manual. Whether you're a bodybuilder, physique competitor, athlete, powerlifter, CrossFitter, personal trainer, physical therapist, or simply someone who wants to improve your physique, this book contains everything you need to know about building bigger, stronger, leaner, higher-performing glutes. In this book, you will learn: - The fundamentals of optimal glute training - How to perform the most effective glute-building exercises - How to select exercises based on your goals and body type - Variations for the hip thrust, deadlift, and squat exercises - The science behind how muscle develops and grows - The anatomy and function of the glutes - How to design a customized glute-training program - Techniques and programs for sculpting rounder, stronger glutes - The importance of glute training for aesthetics, health, strength, and performance - How glute training can prevent knee, hip, and low back injuries and pain - Strategies for targeting different areas of the glutes and lower body - More than 30 glute burnout circuits and workouts.

Eat.Lift.Thrive.

SPIN

Evidence-based muscle building and fat loss resource written for people living with diabetes.Go to resource for rapid body redesign and strength development when living with diabetes.The book provides a deep insight into the underlying physiology of diabetes and how it influences human metabolism, nutrition

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requirements and examines the body's response to different types of exercise especially weights resistance exercise.

Sassy

Dr. Alan Christianson, top naturopathic physician and bestselling author of *The Adrenal Reset Diet*, introduces a four-week cleanse that heals damage to the liver, helping readers unlock the key to rapid weight loss and lower blood sugar. The path to becoming naturally thin isn't as impossible as it may seem. In *The Metabolism Reset Diet*, you'll unlock the key to rapid, sustained weight loss and lower blood sugar with a four-week cleanse that heals your liver and gives your metabolism new life. The hidden truth is that your liver is actually the key to a healthy metabolism. When it isn't functioning properly, it loses the ability to burn fuel. An overloaded liver can only store fuel as fat - which slows your metabolism and leads to excess weight gain. Even if you cut out sugar and carbs, you can still struggle with weight loss and high blood sugar. With Dr. Alan Christianson's clinically proven program, you'll be able to reverse damage to your liver in just four weeks. Once your liver regains its ability to manage your metabolism, you'll have fewer food cravings, steady energy levels, better digestion, and a metabolism that works optimally. This proven diet is carefully constructed to provide your liver with the nutrients it needs without over fueling, supplying your body with healthy amounts of protein, fiber, micronutrients, and phytonutrients that support liver

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function. Unlike so many diets that require people to stick to a difficult and restrictive plan, following a liver-friendly eating plan will ensure that your weight and energy stay steady, even if your diet changes.

Complete with comprehensive guidelines, meal plans, recipes, and advice on maintenance, The Metabolism Reset Diet will help readers achieve optimal liver function to lose weight and get healthy fast.

The Nourishing Cook

NEW YORK TIMES BESTSELLER • From Maria Menounos, self-proclaimed EveryGirl and host of E! News, comes a lasting weight-loss program based on the Mediterranean diet of her childhood that will encourage women to think “smarter, simpler, healthier”—a personal mantra that helped the star lose (and keep off!) forty pounds. TV host and journalist Maria Menounos was once more than forty pounds overweight, low on energy, and often sick. Desperate for a change, she tried a wide array of diet and exercise fads—with zero success. Like most EveryGirl out there, Maria lacked the time, money, energy, and willpower to get in shape. Determined to overcome those obstacles, Maria spent a year developing commonsense diet, exercise, and lifestyle techniques that transcended traditional nutrition and weight-loss plans. As a result, she lost the extra pounds, regained her energy and health—and saw her career take off. Now, applying those techniques and bolstered by the wisdom, insight, and secrets of some of the world’s leading health and fitness experts—as well as the glamorous, superfit superstars she

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interviews regularly—Maria has created the ultimate no-time, no-money, no-willpower guide to losing weight, getting fit, and gaining long-term health and success: *The EveryGirl's Guide to Diet and Fitness*. Inside, you'll discover all of Maria's secrets:

- her 9-step plan for losing weight fast
- her lifelong plan for health and well-being
- a complete blueprint for rebuilding your physical and emotional foundation
- healthy, delicious, and easy-to-prepare recipes
- the quickest, easiest, most effective workouts (no gym or trainer required!)
- 1,000+ tips, tricks, and techniques for losing weight, getting fit, and staying that way
- how to do it all when time and money are in short supply

The EveryGirl's Guide to Diet and Fitness is simply the most complete, effective, and convenient manual for all the EveryGirls out there who lack the time, money, or willpower to change. It's not merely a weight-loss book. It's a guide to help you get fit, feel healthy, be productive, and embark on a longer, happier, healthier life! Praise for *The EveryGirl's Guide to Diet and Fitness*

“With so many diets and fitness trends out there, sometimes the most obvious route to wellness is good, old-fashioned common sense. . . . Maria Menounos lost forty pounds on a ‘common-sense’ diet, exercise and lifestyle regime she created that doesn’t require a lot of money and time.”—StyleBistro

“When you look at Maria you want what she’s having. This book tells you how to get it.”—Suzanne Somers

“I love Maria’s approach to health and fitness. Her tips are easy to follow and she proves you don’t have to avoid some of your favorite foods in order to be fit. I recommend this book to anyone trying to get a jumpstart on a healthy lifestyle!”—Serena Williams

“For the

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multitasking busy girl, Maria proves by example that it can be done! Maria is very inspiring.”—Kim Kardashian “It’s not about being skinny. Maria shows you how to live a happy and healthy life—and still indulge. This book finds new ways to help you stay inspired and gives you techniques that will change your life and get you in shape.”—Khloé Kardashian

Pilates for Every Body

From the concert stage to the dressing room, from the recording studio to the digital realm, SPIN surveys the modern musical landscape and the culture around it with authoritative reporting, provocative interviews, and a discerning critical ear. With dynamic photography, bold graphic design, and informed irreverence, the pages of SPIN pulsate with the energy of today's most innovative sounds. Whether covering what's new or what's next, SPIN is your monthly VIP pass to all that rocks.

The Diabetic Muscle and Fitness Guide

Celebrity favorite health and wellness consultant Kelly LeVeque shares her secrets for losing weight, attuning ourselves to our bodies’ needs, and freeing ourselves from food drama in this essential wellness guide, which includes 88 delectable recipes! In this inspirational yet practical book, the nutritional consultant and holistic healthcare expert who has helped celebrities such as Jessica Alba, Molly Sims, Chelsea Handler, and Emmy Rossum improve their health and achieve their goals shows you how to get

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beyond the food drama of cyclical fad diets and feel and look great by eating well. Kelly's Food Freedom program helps you set yourself up for success, eliminating cravings, mood swings, and other symptoms caused by food drama. Start your day with her Fab Four Smoothies, including a Strawberry Shortcake Smoothie and a Mango Kale Madness Smoothie, which pack protein, fat, fiber, and carbs to balance your blood sugar and keep you full and happy. After breakfast, you'll thrive with her Fab Four recipes, including Turkey-Stuffed Delicata Squash, Spicy Salmon Nori Burritos, and Anti-Inflammatory Detox Salad, which include the Fab Four food groups—protein, fat, fiber, and greens—that play a role in day-long satiety. Kelly also teaches you how to elongate your blood sugar curve to stay full and happy, and make yourself insulin aware. Kelly has studied the science behind familiar diets to understand how they trigger the body to lose pounds—and why they aren't sustainable. Instead, she offers a better choice: her four-step Food Freedom program that helps you find your wellness balance between eating enough and deciding how you feel. Once you find your balance, you will lose weight, lose fat, increase lean muscle mass, and drop at least one size. You'll also enjoy thicker, shinier hair; clear, glowing skin; a remarkable improvement in your overall appearance; reduced joint pain and other inflammations; increased energy; and better sleep. Filled with tips and resources on supplements and cleansing, dozens of delicious, healthy recipes and advice on how to adjust your eating when traveling and on vacation, Body Love is your one-stop resource to living clean and happy!

Optimal Health for a Vibrant Life

Strong & Sculpted

A day-by-day plan to get fit that worked for Melissa Alcantara.

Ayurveda

Use the power of motivation and good habits to become fitter, healthier, and stronger, for life! Bikini Body Guides (BBG) co-creator Kayla Itsines, named the world's number one fitness influencer by Forbes, shows you how to harness the power of motivation and build good habits around health and fitness. Drawing on more than 40,000 survey responses from her global online community, as well as extensive research and her experience as a trainer, Kayla addresses what stops us from following through on our health and fitness goals. In her second book, *The Bikini Body Motivation & Habits Guide*, Kayla explores how you can overcome those obstacles, set goals and stick to a long-term plan for better health. Inside, you'll find helpful checklists and templates, a 28-day meal plan, more than 200 simple and delicious recipes, shopping lists and a pull-out 28-day workout poster. Let global fitness phenomenon Kayla show you how YOU can stick to a plan for long-term health. "In this book, I give you the keys to achieving your goals and show you how to use motivation to create healthy habits that will stick."

The Fast 800: Australian and New Zealand edition

An Ignyte Award Winner 2020 A TIME Magazine Top 100 Fantasy Book of All Time A BuzzFeed Pick for "YA Books You Absolutely Must Read This Spring" A Bustle's Most Anticipated 2019 YA Release A Paste Magazine's Top 10 Most Anticipated YA Novels of 2019 A Paste Magazine Best YA Book of 2019 A PopSugar Best YA Book of 2019 A TeenVogue Book Club Pick for 2019 A Barnes & Noble Teen Book Club Pick for 2019 "Lyrical and spellbinding" —Marieke Njikamp, #1 New York Times Bestselling Author Set in a richly detailed world inspired by ancient Arabia, Hafsah Faizal's *We Hunt the Flame*—first in the Sands of Arawiya duology—is a gripping debut of discovery, conquering fear, and taking identity into your own hands. People lived because she killed. People died because he lived. Zafira is the Hunter, disguising herself as a man when she braves the cursed forest of the Arz to feed her people. Nasir is the Prince of Death, assassinating those foolish enough to defy his autocratic father, the sultan. If Zafira was exposed as a girl, all of her achievements would be rejected; if Nasir displayed his compassion, his father would punish him in the most brutal of ways. Both Zafira and Nasir are legends in the kingdom of Arawiya—but neither wants to be. War is brewing, and the Arz sweeps closer with each passing day, engulfing the land in shadow. When Zafira embarks on a quest to uncover a lost artifact that can restore magic to her suffering world and stop the Arz, Nasir is sent by the sultan on a similar mission: retrieve the artifact and

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kill the Hunter. But an ancient evil stirs as their journey unfolds—and the prize they seek may pose a threat greater than either can imagine.

The 6 Keys -- Free Preview

From celebrated fitness trainer Chris Powell, star of ABC's EXTREME WEIGHT LOSS, comes this inspirational weight loss book to help anyone conquer their weight. You've seen him change lives on television. Now, in *Choose to Lose*, Powell presents fast and easy workouts, diet guidance, basic recipes, and insight into finding the true transformation mindset. Following his *Carb Cycle Solution*, you can drop pounds safely and quickly while learning how to listen to your body to optimize your overall health and fitness. Powell's easy-to-follow *Carb Cycle Solution* contradicts everything you've heard about avoiding carbohydrates in an attempt to lose weight. Not only does Chris encourage you to eat carbs, he will show you how to use them to amplify your weekly weight loss. By cycling between high-carb and low-carb days, your body will alternate boosting metabolism one day and burning fat the next. You will never feel deprived of the foods you love, because you can fine-tune the solution to suit your needs. Powell gives you complete control over your nutrition plus plenty of opportunities to indulge, and offers many delicious recipes to help you stay on track. If you work it, the *Carb Cycle Solution* may very well work for you--for the rest of your life. With detailed exercises and accompanying photographs, as well as guidelines on how to revamp your environment, support system, and more, Powell

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not only shows you how to lose pounds, but also works with you as a coach and mentor, teaching you how to finally take control of the incredible machine that is your body. His words of encouragement will be there day after day as you build unstoppable momentum, guiding your body toward your ideal weight. Great physical change begins with a psychological one: Change your mind, change your body. - EAT MORE CARBS - BURN FAT - BUILD MUSCLE - QUICK-FIX RECIPES - NO GYM REQUIRED - CHEAT EVERY OTHER DAY

Healing PCOS

"To understand the history and spirit of America, one must know its wars, its laws, and its presidents. To really understand it, however, one must also know its cheeseburgers, its love songs, and its lawn ornaments. The long-awaited Guide to the United States Popular Culture provides a single-volume guide to the landscape of everyday life in the United States. Scholars, students, and researchers will find in it a valuable tool with which to fill in the gaps left by traditional history. All American readers will find in it, one entry at a time, the story of their lives."--Robert Thompson, President, Popular Culture Association. "At long last popular culture may indeed be given its due within the humanities with the publication of The Guide to United States Popular Culture. With its nearly 1600 entries, it promises to be the most comprehensive single-volume source of information about popular culture. The range of subjects and diversity of opinions represented will make this an

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almost indispensable resource for humanities and popular culture scholars and enthusiasts alike."--Timothy E. Scheurer, President, American Culture Association "The popular culture of the United States is as free-wheeling and complex as the society it animates. To understand it, one needs assistance. Now that explanatory road map is provided in this Guide which charts the movements and people involved and provides a light at the end of the rainbow of dreams and expectations."--Marshall W. Fishwick, Past President, Popular Culture Association

Features of The Guide to United States Popular Culture: 1,010 pages 1,600 entries 500 contributors
Alphabetic entries Entries range from general topics (golf, film) to specific individuals, items, and events
Articles are supplemented by bibliographies and cross references
Comprehensive index

The Women's Health Little Book of Exercises

Shawn Baker's Carnivore Diet is a revolutionary, paradigm-breaking nutritional strategy that takes contemporary dietary theory and dumps it on its head. It breaks just about all the "rules" and delivers outstanding results. At its heart is a focus on simplicity rather than complexity, subtraction rather than addition, making this an incredibly effective diet that is also easy to follow. The Carnivore Diet reviews some of the supporting evolutionary, historical, and nutritional science that gives us clues as to why so many people are having great success with this meat-focused way of eating. It highlights dramatic real-

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world transformations experienced by people of all types. Common disease conditions that are often thought to be lifelong and progressive are often reversed on this diet, and in this book, Baker discusses some of the theory behind that phenomenon as well. It outlines a comprehensive strategy for incorporating the Carnivore Diet as a tool or a lifelong eating style, and Baker offers a thorough discussion of the most common misconceptions about this diet and the problems people have when transitioning to it.

Plant-Based Muscle: Our Roadmap to Peak Performance on a Plant-Based Diet

The Carnivore Diet

High Voltage Tattoo

BodyBoss Ultimate Body Fitness Guide

CrossFit celebrity Christmas Abbott shows how to attain the body of your dreams with a targeted eating strategy and total-body workout plan that will whip glutes and hips—and every problem area—into top shape. As a formerly “skinny fat” woman, Christmas Abbott knows what real women need to get the butt and body of their dreams. In *The Badass Body Diet*, she dispels the myth of the health benefits of a “pear shape” body, teaches readers how to spot-reduce

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excess fat with targeted meal plans and recipes that zap cellulite, and galvanizes them with a quick and simple workout plan for a toned butt—the key to total body fitness. Your “glutes” (the technical term for booty) are the body’s largest and most powerful muscle group—and one of the most beautiful—but they can go dormant, flat, and flabby. Packed with essential information, and inspirational before-and-after photos of her clients, *The Badass Body Diet* shows how to whip that butt into shape and provides essential information on how to: Select essential “booty foods”—the right proteins, fats, and carbs Experience a total body workout with an easy-to-follow, powerful exercise program Improve posture and functional mobility and enhance overall health Target cellulite through diet, workout strategies, and other proven tips And much more. Unlike most “one approach fits all” diet and exercise books, *The Badass Body Diet* identifies the three types of dieters that Christmas has discovered working with hundreds of clients at her CrossFit gyms—Modifiers, Gainers, and Maintainers—and tailors her approach to each, providing specific goals for maximum results. Stop obsessing about a flat belly, Christmas advises. *A Badass Body* is a birthright, and it starts at the bottom—with a trim and tight tush.

The EveryGirl's Guide to Diet and Fitness

Brad Schoenfeld has helped hundreds of thousands of readers increase strength, lose fat, and sculpt the physiques of their dreams. Now, he’s created a new program for a new generation. *Strong & Sculpted* is a

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science-based program that is simple and effective. It takes into account your needs and goals and then provides you with the knowledge and blueprint for achieving those goals. Strong & Sculpted will help you deliver results and maintain them. The four-phase program takes you from where you are to where you want to be, then keeps you there. You'll start by building an essential foundation for muscle development, then progress to more targeted sculpting and shaping. As you evolve, so will your plan. You'll find variations, new exercises, and workouts as you progress through the advanced and peak physique phases. To ensure you get the most out of your workout, Strong & Sculpted relies on 117 exercises proven most effective for shaping and defining the lower body, shoulders, arms, and torso. In addition to step-by-step exercise instruction and full-color photos depicting proper technique, you'll find advice on reps, pacing, and optimal performance of each movement and full-color photos highlighting proper technique. You'll also learn to incorporate cardiorespiratory training and the mind-to-muscle and visualization techniques proven to enhance your results. Whether it's defined arms, chiseled abdominals, shapely upper body, curvaceous butt and legs, or all of these, Strong & Sculpted is your step-by-step guide to the body you've always dreamed of.

The Guide to United States Popular Culture

So, you need to create an advertising campaign that brings in more customers, adds more dollars to your

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bottom line, and validates all the reasons you went into business in the first place. But how can you make your ad look and sound like champagne if your budget can only afford beer? Are you wasting your time trying to sell ice to an Eskimo? The world of advertising can seem like a daunting place—but it doesn't have to be. Advertising for Dummies coaches you through the process and shows you how to:

- Identify and reach your target audience
- Define and position your message
- Get the most bang for your buck
- Produce great ads for every medium
- Buy the different media
- Create buzz and use publicity
- Research and evaluate your competition

Advertising for Dummies offers newbies a real-world look at the ins and outs of advertising—from online and print to TV, radio, and outdoor formats—to show you how you can easily develop and execute a successful campaign on any budget. Plus, you'll find a glossary of common buzzwords you may encounter along the way so you can talk the talk like the advertising guru you (almost) are! With simple tips on how to write memorable ads and timeless lessons from the legends, this book is packed with everything you need to have people from New York to Los Angeles whistling your jingle.

Body Love

Are you one of the millions of individuals who have tried every fad diet on the market, and still can't meet your goals? Or maybe you're killing yourself at the gym, spending hours on the treadmill to maintain the perfect number on the scale. Regardless of your

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failing strategy, you're feeling exhausted, discouraged, and uninspired. Enter The FASTER Way to Fat Loss, a behind-the-scenes look at the lifestyle sweeping the health and wellness industry. Since the creation of the program in 2016, the FASTER Way has helped tens of thousands of men and women lose fat and regain confidence. Through the book, Amanda Tress, author and creator of the FASTER Way to Fat Loss, details the core components of the FASTER Way and dives into the science that backs them up. Please note: Purchasing this book does NOT include participation in the official FASTER Way to Fat Loss program. Program registration must be purchased separately at www.fasterwaytofatloss.com.

Popular Science

"A must-read for anyone coming to Ayurveda for the first time or as a readable brush-up for all. Sahara offers a contemporary explanation of Ayurvedic wisdom that resonates with today's readers."-Deepak Chopra Discover your Ayurvedic Dosha (mind-body type) and find foods, self-care practices, yoga poses, and meditations that are tailored to your unique needs. Best-selling author Sahara Rose Ketabi makes Ayurveda accessible with this contemporary guide to the world's oldest health system. Originating in India over 5,000 years ago, Ayurveda is the sister science to yoga. It's the age-old secret to longevity, digestive health, mental clarity, beauty, and balance that's regaining popularity today for its tried-and-true methods. Sahara Rose revitalizes ancient Ayurvedic wisdom with a modern approach and explains how

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adjusting the timing of your meals; incorporating self-care practices such as dry-brushing, oil-pulling and tongue-scraping; eating the correct foods for your digestive type; and practicing the right yoga and meditation practices for your unique personality will radically enhance your health, digestion, radiance, intuition, and bliss. With *Idiot's Guides: Ayurveda*, you will:

- Discover your unique Dosha and learn how it is reflected in your physiology, metabolism, digestion, personality, and even in your dreams.
- Learn how your body's needs change according to the season, environment, and time of day
- Find ways to regain luster, passion and flow in your life
- Enjoy easy-to-make, plant-based recipes
- Establish an Ayurvedic morning and nighttime ritual for optimal balance
- Learn how to balance your chakras according to your Dosha
- Use Ayurvedic herbs and spices to heal digestive issues, skin problems, hormonal imbalance, and other ailments

With plenty of fun facts, holistic humor, and sacred knowledge from Sahara that will help you seamlessly integrate Ayurveda into your lifestyle.

Glute Lab

Self-taught cook and food blogger Leah Itsines is happiest when she's preparing delicious food for the people she loves. She's on a mission to help others make healthy eating an easy lifestyle choice by promoting creativity and confidence in the kitchen. With over 100 colourful recipes that are close to Leah's heart, *The Nourishing Cook* will inspire you to have a go and learn for yourself just how effortless it

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is to create nutritious meals that everyone will want to eat. You'll discover: *A clear approach to nutrition for every meal. *How to love making simple, yummy food by going back to cooking basics. *Leah's tips for food shopping, setting up her kitchen and her all-time favourite staples. *How to boost your energy and reset your body with her ?ve tailored 'days on a plate'. Leah's passion for healthy, wholesome food shines through on every page, and the key ingredient here is balance - if you enjoy a varied diet that is flexible and full of wholefoods, you needn't deprive yourself of anything! This is a specially formatted fixed-layout ebook that retains the look and feel of the print book.

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