

Kayla Itsines Workout

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Our collection consists of both physical and **Kayla Itsines Workout digital publications**, as well as **audiobooks**, so you can select the style that ideal fits your choices. We likewise offer **individualized publication suggestions** based on your **rate of interests** and previous analysis experiences.

Join our community of **book enthusiasts** and **connect** with like-minded people that share your enthusiasm for literary works. We take pride in showcasing new talent and **emerging voices** in the literary world, so you can discover appealing authors who are pressing borders and redefining styles.

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- Our store provides a **wide variety** of Kayla Itsines Workout in various layouts, including physical and **digital publications** and **audiobooks**.
- We supply **personalized book referrals** based on your **passions** and previous analysis experiences.
- Join our community of **Kayla Itsines Workout publication fans** to **connect** with similar individuals and broaden your literary perspectives.
- We display brand-new ability and **emerging voices** in the literary globe, so you can find promising authors that are pressing limits and redefining categories.
- **Explore** our collection and find the pleasure and knowledge that Kayla Itsines Workout books bring.

EXPLORE OUR WIDE ARRAY OF KAYLA ITSINES WORKOUT!

At our store, we pride ourselves available a comprehensive range of publications in different styles. Our company believe that every person must have access to literary works that speaks with them and enriches their lives. That's why we make every effort to have something for everybody in our collection.

Whether you're a follower of fiction, non-fiction, romance, mystery, or any other style, we have something to please your reading cravings. Our shelves are equipped with both traditional and contemporary titles, and our knowledgeable staff is always available to assist assist you in the appropriate instructions.

We believe that reading is a journey of exploration, and we wish to aid you embark on that trip in the best feasible method. That's why we provide a **wide array** of Kayla Itsines Workout to pick

from, so you can locate the perfect match for your passions and checking out choices.

Explore our wide range of this Kayla Itsines Workout publications!

- Discover a wide variety of genres
- Find the **perfect book** for your interests
- Study **captivating storytelling of Kayla Itsines Workout**
- **Discover new writers** and **emerging voices**
- Discover publications for **any ages** and **reading levels**

So whether you're trying to find an exhilarating page-turner or a thought-provoking literary masterpiece, we have something for everyone. Come **discover** our wide range of books and allow us assist you discover your next excellent read!

DIVE INTO EXCITING STORYTELLING

At our store, our team believe that Kayla Itsines Workout are greater than simply ink theoretically - they're an entrance to brand-new worlds and experiences. That's why we meticulously curate our option to include publications with **captivating storytelling** that will certainly deliver you to different areas and times.

From stretching impressives to heartwarming romances, our publications are filled with strong characters and thought-provoking styles that will maintain you engaged from start to finish. Whether you're looking for a getaway from reality or a much deeper understanding of the world around you, our Kayla Itsines Workout publications supply something for everyone.

Our writers are masters of their craft, using language and imagery to produce vibrant globes that really feel real. With every turn of the web page, you'll be drawn deeper right into the tale, anxious to uncover what happens following.

Experience the power of captivating narration of Kayla Itsines Workout

Our company believe that analysis is a transformative experience that can alter your life. By diving into a **Kayla Itsines Workout publication** with **captivating storytelling**, you have the power to discover new things, gain new point of views, and **link** with personalities and scenarios that might be different from your very own.

Whether you're an experienced viewers or just getting started, our choice of books with exciting storytelling is sure to leave a long-term impact. We invite you to **check out** our shop and find the magic of storytelling for yourself.

VOICES

At our shop, we take satisfaction in showcasing brand-new ability and arising voices in the literary world. We believe that every excellent tale deserves to be told which the power of literary works lies in its capacity to magnify varied point of views and voices.

By exploring our option, you'll have the chance to discover and support appealing authors that are pushing boundaries and redefining styles. From provocative memoirs to thrilling debut books, our collection covers a variety of genres and designs, making certain that there's something for everyone.

So why not step outside your reading comfort zone and uncover a new writer or emerging voice today? You never ever know what literary gems you may discover!

APPRECIATE THE COMFORT OF PHYSICAL AND KAYLA ITSINES WORKOUT DIGITAL BOOKS

At our shop, we recognize that every reader has their very own preferences when it concerns the layout they choose to read their publications. That's why we offer both physical and digital publications of Kayla Itsines Workout for your comfort.

The Ease of Physical Books

For those who like the feel of a Kayla Itsines Workout book in their hands and the experience of scanning the pages, we offer a wide array of physical books. From hardcovers to books, our choice includes all categories and analysis degrees. You can search our shelves and take your time choosing the excellent book to include in your collection.

The Convenience of Digital Books

We also comprehend that some readers choose the ease of keeping reading a tablet computer or e-reader. That's why we offer a substantial selection of electronic publications that you can buy and download easily. You can take your library with you anywhere you go and appreciate the advantages of having your preferred books within your reaches.

Whichever layout you choose, we have actually got you covered. Our objective is to give you with the most effective analysis experience while likewise remembering your convenience. Shop with us today and uncover the happiness of reviewing Kayla Itsines Workout in your recommended style.

ENHANCE YOUR CHECKING OUT WITH AUDIOBOOKS

At our store, our company believe that reading needs to be a hassle-free and pleasurable experience for every person. That's why we provide a wide selection of audiobooks that you can listen to on-the-go or while unwinding at home. With our audiobook collection, you can enhance your reading experience and submerse on your own in captivating narratives.

Our audiobooks are very carefully curated to offer the same level of amusement and enlightenment as our physical and electronic books. Whether you're listening to an exhilarating secret or a provocative memoir, our audiobooks will certainly deliver you to brand-new globes and provide you a fresh viewpoint.

DISCOVER BRAND-NEW AUTHORS AND ARISING VOICES
The Benefits of Audiobooks

Audiobooks supply an unique way to delight in Kayla Itsines Workout and improve your reading experience. Below are several of the advantages of audiobooks:

- Useful for individuals that have difficulty checking out because of visual impairment or discovering impairments.
- Great for multitasking while driving, exercising, or doing housework.
- Can improve pronunciation, vocabulary, and language understanding skills.
- Useful for individuals that struggle with holding a publication or reading for an extensive period of time.

Our audiobook collection features a range of styles and authors, so you can locate something that lines up with your analysis rate of interests. Whether you're a fan of love, science fiction, historical fiction, or self-help books, we have choices that accommodate every taste.

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You can access our audiobook collection through our internet site or by seeing our physical store. We offer both physical and electronic audiobooks to match your choices. If you choose to buy Kayla Itsines Workout digital audiobooks, you can download them immediately and start paying attention right now. Additionally, if you like physical audiobooks, you can order them on the internet and we'll deliver them to your front door.

Enhance your reading experience with our audiobook collection today and discover the happiness of listening to captivating narratives that will certainly carry you to brand-new worlds.

LOCATE PUBLICATIONS FOR ALL AGES AND ANALYSIS LEVELS

As a viewers, you know that books can be appreciated by individuals of all ages and reading levels. That is why our collection includes books that accommodate individuals of different ages and analysis skills.

For the children, we have an extensive series of kids's books, consisting of image publications, storybooks, and activity publications. Our selection of young person stories consists of the most recent trends and timeless classics that young adults can delight in.

If you favor books for mature visitors, we have a wide variety of literature that makes certain to pique your interest. You can take your pick from contemporary jobs or delve into classic novels from prominent authors.

Whether you are a seasoned bibliophile or simply starting on your analysis trip, we have a publication for every preference and skill level. Our team of knowledgeable team can assist you locate a Kayla Itsines Workout publication that matches your passions and checking out effectiveness.

Locate the Perfect Publication for Your Checking Out Degree

At our store, we take satisfaction in dealing with readers of **any ages** and ability degrees. We comprehend that picking the ideal book can be a difficult task, particularly for newbies. That is why we provide personalized recommendations based upon your analysis level and rate of interests.

We desire you to feel confident in your book choices, and our team of experts is right here to make that take place. From children's publications to adult literature, you can trust that we will help you locate the excellent publication that matches your reading abilities and rate of interests.

Customized Recommendations

Our staff is below to aid you find your following literary journey. Get in touch with us and obtain tailored referrals based upon your rate of interests and reading preferences. We'll work with you to find the best publication that suits your tastes and leaves you wanting more.

Join our community of Kayla Itsines Workout publication enthusiasts today and connect with similar individuals that share your passion for literature. We can't wait to start brand-new literary journeys with you!

RECEIVE CUSTOMIZED PUBLICATION REFERRALS

At our store, we understand that selecting the best book can be overwhelming. That's why we offer individualized publication referrals based on your interests and reviewing choices. Our educated staff is constantly prepared to aid and supply tailored ideas to help you find your next excellent read.

Whether you're looking for a particular style, writer, or design, we'll help you narrow down your alternatives and locate a publication that suits your tastes. We put in the time to get to know our clients and their reading practices, making sure that each suggestion is distinctively customized to their demands.

With our customized book suggestions, you'll never ever need to waste your time or cash on a publication that does not resonate with you. Allow us help you discover your following literary experience and improve your reading experience.

PRESENT THE JOY OF CHECKING OUT KAYLA ITSINES WORKOUT

Publications make remarkable presents for any type of celebration. At our shop, we provide a wide option of publications for all ages and rate of interests, guaranteeing that you'll find the excellent book for your liked ones.

Nothing beats the sensation of offering somebody the **delight of checking out Kayla Itsines Workout**. Whether it's an exhilarating mystery, a heartwarming love, or a captivating biography, publications have the power to transport viewers to brand-new globes and spark their creativities.

With our tailored recommendation service, we can help you pick the best publication for your recipient. Our knowledgeable staff will think about their passions and reviewing choices to provide

customized ideas that make sure to pleasure.

Not sure which book to select? Take into consideration one of our **gift** cards, which enables the recipient to discover our collection and select a publication that talks to them personally.

So why not share the magic of reading with those you like? Offer the **Kayla Itsines Workout** of a book and make their day a little better!

STAY UPDATED WITH THE LATEST RELEASES AND BESTSELLERS

At our store, we pride ourselves on maintaining our collection up-to-date with the **Kayla Itsines Workout most current releases** and **bestsellers**. We know how crucial it is to stay in the loop with the literary globe and have the newest titles within your reaches.

Whether you're a follower of mystery novels, self-help overviews, or romance tales, we have the **newest releases** and **bestsellers** in every genre. Our group stays on top of new launches and preferred titles, so you can constantly discover something to check out that's fresh and interesting.

Seeking something details? Our well-informed personnel can help you track down hard-to-find titles and advise comparable writers and titles you may enjoy. Whether you're a skilled viewers or brand-new to the literary globe, we have something for everybody.

What is actually New

Some of our current additions to the collection include:

These titles are swiftly becoming new follower faves and make sure to mesmerize you with their gripping storytelling and distinct viewpoints.

Do not miss out on the **Kayla Itsines Workout most recent launches** and bestsellers - shop with us today and uncover your following preferred read!

TAKE PLEASURE IN UNIQUE DISCOUNTS AND PROMOTIONS

At our shop, our company believe that everyone ought to have accessibility to terrific books at cost effective prices. That's why we offer **Kayla Itsines Workout special discounts** and **promos** to our valued clients.

Sign up for our e-newsletter to get updates on the current **promos** and price cuts available. You can likewise follow us on social media sites, where we frequently reveal special deals and limited-time deals.

As a part of our commitment program, you'll get much more **special price cuts** and benefits, including free delivery and special grant acquisition.

Whether you're a brand-new customer or a devoted consumer, we intend to see to it that you have access to the most effective feasible deals on our publications. Shop with us today and capitalize on our **exclusive price cuts** and **promotions**!

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Getting your preferred publications has never ever been less complicated! At our store, we provide a **practical online getting** system that enables you to surf our extensive collection from the convenience of your home. Just add your preferred publications to your cart, enter your shipping info, and continue

to check out. It's that very easy!

But the ease doesn't quit there. We additionally provide **rapid distribution** choices that ensure you get your books in a timely manner. Whether you require them for a publication club conference or just can not wait to dive into a new tale, we have actually obtained you covered.

Shipping Options

- Requirement distribution: Our standard distribution choice usually takes 3-7 business days to show up.
- Expedited shipment: Need your books quicker? Our expedited distribution choice assures shipment within 1-3 service days.
- Curbside pickup: If you favor to grab your publications face to face, we additionally provide curbside pick-up at select locations.

Our team works hard to ensure your Kayla Itsines Workout orders are processed and delivered as swiftly as feasible. And also, with our simple online radar, you can watch on your bundle's development every step of the way.

Experience the comfort and speed of our on-line ordering and distribution system. Place your order today and take the first step on your following literary journey!

CLIENT SATISFACTION ASSURED

At our store, we take great pride in guaranteeing that our consumers are satisfied with their purchasing experience. From the minute you start browsing our web site to the final delivery of your order, we are devoted to supplying extraordinary service.

If you have any kind of concerns or worries about your order, please do not hesitate to connect to our customer care group. We are here to aid you and make sure that you are completely satisfied with your purchase.

We provide a convenient return plan for any kind of products that do not satisfy your expectations. We likewise give a safe payment portal, so you can shop with confidence, recognizing that your individual details is safeguarded.

We support the top quality of Kayla Itsines Workout books and are certain that you will be pleased with your purchase. If you are not totally happy with your order, we will do every little thing we can to make it right.

Our dedication to consumer fulfillment is steadfast, and we make every effort to surpass your expectations in every method possible. Shop with us today and experience the difference!

VERDICT

We hope you're as delighted concerning the globe of Kayla Itsines Workout publications as we are! Our shop is dedicated to giving an exceptional reading experience for all. With our wide array of books, from new launches to timeless standards, there is something for everybody. Our dedication to consumer satisfaction means that you can go shopping with confidence, understanding that your order remains in good hands.

Do not forget to connect with us and fellow book fans in our lively area. Share your favorite reviews, engage in thoughtful discussions, and find new literary prizes. And if you ever before require assistance discovering the excellent publication, our educated team is right here to offer individualized recommendations.

The Bikini Body 28-Day Healthy Eating & Lifestyle Guide

200 Recipes and Weekly Menus to Kick Start Your Journey *Macmillan*

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

The Bikini Body 28-Day Healthy Eating & Lifestyle Guide

200 Recipes and Weekly Menus to Kick Start Your Journey *St. Martin's Press*

Kayla Itsines Bikini Body Guide 28-minute workouts are energetic, high-intensity, plyometric training sessions that help women achieve healthy, strong bodies. Itsines' Sweat with Kayla app is the best selling fitness app in the world for a reason. The Bikini Body 28-Day Healthy Eating & Lifestyle Guide is full of Kayla's meal plans, recipes, and motivating information to help you live a healthy and balanced lifestyle. Kayla makes exercising and healthy eating achievable and fun. The Bikini Body 28-Day Healthy Eating & Lifestyle Guide features: - Kayla's advice for a nutritious and sustainable diet - Over 200 recipes such as: Berry-Nana Smoothie Bowl Strawberries, Ricotta & Nutella Drizzle on Toast Peachy Keen Smoothie Super Green Baked Eggs Fruit Salad with Chia Seed Dressing Quinoa & Roast Vegetable Salad Moroccan Chicken Salad Asian Noodle Salad Stuffed Sweet Potato Chicken Paella Pad Thai with Chicken Zucchini Pasta Bolognese - 7-Day access to the Sweat with Kayla app - A 28-Day workout plan that has all the moves to accompany Kayla's meal plan The Bikini Body 28-Day Healthy Eating & Lifestyle Guide is the ultimate tool to help you achieve your health and fitness goals.

The Bikini Body 28-Day Healthy Eating & Lifestyle Guide *Macmillan Publishers Aus.*

The body transformation phenomenon and #1 Instagram sensation's first healthy eating and lifestyle book! "Women, particularly those younger than 30, can't get enough of her. (Fans include the actress Allison Williams and the model Candice Swanepoel)." The New York Times Millions of women follow Kayla Itsines and her Bikini Body Guide 28-minute workouts: energetic, kinetic, high-intensity interval training sessions that help women achieve healthy, strong bodies. Fans not only follow Kayla on Instagram, they pack stadiums for workout sessions with her, they've made her Sweat with Kayla app hit the top of the Apple App Store's health and fitness charts, and they post amazing before and after progress shots. Kayla's audience is avid and growing, with over 10 million followers worldwide. The Bikini Body 28-Day Healthy Eating & Lifestyle Guide features: - 200 recipes such as fresh fruit breakfast platters, smoothie bowls, and salads - A 4-Week workout plan which includes Kayla's signature 28-Minute workouts - Full color food shots and photos featuring Kayla throughout Kayla's international 2016 Sweat Tour sold out in only 4 hours! This is a specially formatted fixed-layout ebook that retains the look and feel of the print book.

The Bikini Body 28-Day Healthy Eating & Lifestyle Guide

200 Recipes, Weekly Menus, 4-Week Workout Plan *Bluebird*

The body transformation phenomenon and #1 Instagram sensation's first healthy eating and lifestyle book! Millions of women follow Kayla Itsines and her Bikini Body Guide 28-minute workouts: energetic, kinetic, high-intensity interval training sessions that help women achieve healthy, strong bodies. Fans not only follow Kayla on Instagram, they pack stadiums for workout sessions with her, they've made her Sweat with Kayla app hit the top of the Apple App Store's health and fitness charts,

and they post amazing before and after progress shots. The Bikini Body 28-Day Healthy Eating & Lifestyle Guide features: - 200 recipes such as fresh fruit breakfast platters, smoothie bowls, and salads - A 4-week workout plan which includes Kayla's signature 28-minute workouts - Full-colour food shots and photos featuring Kayla throughout

Bikini Body Training Guide 2.0 *The Bikini Body Training Company*

So you finished my 12 week guide! Give yourself a massive congratulations and pat on the back. It's a huge accomplishment, and no doubt you are feeling a big change in your overall health, mindset, and confidence. As you know by now, my program is not a "diet", but a lifestyle. With my 2.0 guide, I've created another 12 weeks to help you continue your healthy lifestyle. Inside you will find 12 weeks of higher challenge workouts, a full glossary section detailing new exercises, as well as a guide to foam rolling, and new resistance exercises. The 2.0 guide helps you take your healthy lifestyle to the next level, and is the best way to continue reaching your fitness goals!

The Bikini Body Motivation and Habits Guide *Bluebird*

The Bikini Body Motivation & Habits Guide *St. Martin's Griffin*

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."

Foam Rolling Guide

The Bikini Body Training Company

Kayla Itsines Foam Rolling Guide is essential for anybody who has purchased a foam roller and is unsure of how to use it. Foam rolling helps to relieve muscle tension and pain by improving circulation. It could also help to minimise the appearance of cellulite. In this guide you will find: • The importance of foam rolling • Recommended upper body foam rolling routine • Recommended lower body foam rolling routine • Stretching exercises to aid in rehabilitation • Do's & Don't's • Step-by-step information

Tone It Up

28 Days to Fit, Fierce, and Fabulous *Rodale*

Karena Dawn and Katrina Scott, the founders of the Tone It Up fitness and health brand, have taken the world by storm with their fun, energetic, girlfriend-to-girlfriend approach to getting fit. In their *Tone It Up* book, the girls' genuine, relatable philosophy is boiled down to a 28-day program that incorporates fitness

routines, nutritional advice, and mental and spiritual practices to transform readers' bodies, attitudes, and lives. Dawn and Scott take a holistic approach to fitness, including the same principles in their book that make their brand so popular--a sense of community, empowerment, and lightheartedness in every healthy, feel-good technique they recommend. Dawn and Scott will help readers get: • **FIT.** With daily fitness challenges, workout plans, healthy-eating tips, and delicious recipes, readers will be on their way to the strong, sexy body they're after. • **FIERCE.** Dawn and Scott will empower readers to be their best self-motivators by aligning their minds and bodies with their intentions through visualization exercises, daily meditations, confidence-boosting tips, and dares to move outside their comfort zones. • **FABULOUS.** This is the fun stuff: beauty, sparkle, friendship, inspiration, joy, and all the things that give readers that unmistakable glow so they radiate from the inside out!

The Art of Fear

Why Conquering Fear Won't Work and What to Do Instead *HarperCollins*

A revolutionary guide to acknowledging fear and developing the tools we need to build a healthy relationship with this confusing emotion—and use it as a positive force in our lives. We all feel fear. Yet we are often taught to ignore it, overcome it, push past it. But to what benefit? This is the essential question that guides Kristen Ulmer's remarkable exploration of our most misunderstood emotion in *The Art of Fear*. Once recognized as the best extreme skier in the world (an honor she held for twelve years), Ulmer knows fear well. In this conversation-changing book, she argues that fear is not here to cause us problems—and that in fact, the only true issue we face with fear is our misguided reaction to it (not the fear itself). Rebuilding our experience with fear from the ground up, Ulmer starts by exploring why we've come to view it as a negative. From here, she unpacks fear and shows it to be just one of 10,000 voices that make up our reality, here to help us come alive alongside joy, love, and gratitude. Introducing a mindfulness tool called "Shift," Ulmer teaches readers how to experience fear in a simpler, more authentic way, transforming our relationship with this emotion from that of a draining battle into one that's in line with our true nature. Influenced by Ulmer's own complicated relationship with fear and her over 15 years as a mindset facilitator, *The Art of Fear* will reconstruct the way we react to and experience fear—empowering us to easily and permanently address the underlying cause of our fear-based problems, and setting us on course to live a happier, more expansive future.

Women's Health Lift to Get Lean

A Beginner's Guide to Fitness & Strength Training in 3 Simple Steps *Rodale*

Research shows that building muscle helps the body burn more calories 24/7 and that resistance training is the most effective way to torch body fat. Yet that message is still lost on many women who fear that weight lifting will make them bulky, turn their skin green, and give them Incredible Hulk muscles like their boyfriends'. Women have more options than step aerobics or running on a treadmill to shed pounds: They can weight-train in a very specific manner designed to make the most of a woman's unique physiology. *Lift to Get Lean* is the first beginner's guide to strength training from Women's Health that is written specifically for women by a woman. Holly Perkins is a certified strength and conditioning specialist (CSCS) who has been teaching the fat-burning secrets of weight training exclusively to women for more

than 20 years. Perkins doesn't follow men's rules when it comes to building muscle. Lift to Get Lean delivers a three-step system: Technique, Movement Speed, and the Last 2 Reps Rule, which make all the difference in developing the kind of strong, lean, and sexy body women want. Perkins offers four different 90-day training programs that efficiently build functional strength along with leaner legs, stronger arms, and a sexier butt.

The Year One Challenge for Men

Bigger, Leaner, and Stronger Than Ever in 12 Months *Oculus Publishers*

This program has helped thousands of men build their best bodies ever. Will YOU be next? What if you could build that hot "Hollywood body" without having your life revolve around it? What if you didn't have to starve yourself, put in long hours at the gym, or do grueling cardio sessions that turn your stomach? What if you could eat all of the foods you actually like and do muscle-building workouts that you actually enjoy? Imagine waking up every morning, looking in the mirror, and feeling downright excited by your reflection. Imagine being able to proudly wear the clothes you really want to wear and take them off with confidence. Well, you can have all of these things, and it's not nearly as difficult or complicated as you probably think. The Year One Challenge for Men is a workout journal companion to the bestselling men's fitness book *Bigger Leaner Stronger*, and it contains a full year's worth of workouts neatly organized so you can record, track, and review your progress toward the body you've always wanted. With this program, you can add 15 to 25 pounds of lean muscle to your frame while also shedding handfuls of unwanted body fat and doubling or even tripling your whole-body strength. And that's just year one! So, if you're ready to build lean muscle and lose stubborn fat faster than you ever thought possible, scroll up, buy this journal today and start your journey to a bigger, leaner, and stronger you!

Kayla Itsines Adult Coloring Book: Famous Personal Trainer and Acclaimed Entrepreneur, Author and Fitness Blogger Inspired Adult Coloring Book *Kayla Itsines Books*

Kayla Itsines is an Australian personal trainer, author, and entrepreneur. She is the creator of a series of fitness ebooks titled *Bikini Body Guides*, and a meal-planning and workout app, *Sweat with Kayla*. *Sweat with Kayla* generated more revenue than any other fitness app in 2016.

The Real Food Grocery Guide

Navigate the Grocery Store, Ditch Artificial and Unsafe Ingredients, Bust Nutritional Myths, and Select the Healthiest Foods Possible *Fair Winds Press*

Understand food labels and cut through the myths, hype, and misleading information on "healthy" food choices. Make the best choices with *The Real Food Grocery Guide*. *The Real Food Grocery Guide* helps you navigate every aisle of the grocery store by clearly outlining what foods are truly the healthiest, the freshest, and the most economical—and which ones belong in the garbage rather than your grocery cart! Now you will finally know for certain whether fat-free and gluten-free are actually healthier, what hidden meanings you're missing in food labels, and if organic vegetables and grass-fed meat are worth the extra cost. *The Real Food Grocery Guide* is the most comprehensive and actionable guide to grocery shopping and healthy eating available, with advice on: What to eat for health, balanced weight, and longevity How to shop to save a significant amount of time and money How to decipher food "buzz words" (like natural,

grass-fed, wild, organic, gluten-free, etc.): know which to buy and which to leave on the shelf How to select the most nutritious and delicious produce, every time (no more getting home with brown avocados or tasteless melon) Why the quality of animal products such as meat, fish, eggs, and dairy is crucial—and how to choose the healthiest kinds How to store fresh food properly so it will stay fresh longer Why calorie counting is futile—and what you should look for instead to determine the healthiness of any food How to decipher what a food label is really saying How to avoid being duped by sneaky food industry claims and choose the best packaged products every time Stop guessing when you're in the grocery store. Grab *The Real Food Grocery Guide* and get the real facts on what labels are telling you. No spin.

The Nourishing Cook *Macmillan Publishers Aus.*

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 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.

Mastering Your Mean Girl

The No-BS Guide to Silencing Your Inner Critic and Becoming Wildly Wealthy, Fabulously Healthy, and Bursting with Love *Penguin*

One of Book Authority's Best Self-Esteem eBooks of All Time Ready to live your dream life? You know that sneaky voice inside your head telling you that you're not good enough, smart enough, pretty enough, whatever enough? That's your Mean Girl. And she's doing her best to keep you stuck in Fear Town, too scared to go after the life you always imagined. But enough's enough! Melissa Ambrosini has made a life beyond her wildest dreams, all by mastering her Mean Girl, busting through limiting beliefs and karate-chopping through the fears that held her hostage for years. And now she wants to help you remember not only what you are capable of, but how amazing you truly are! In this inspiring, upbeat guide, Melissa provides a practical plan for creating your own version of a kick-ass life — one that's wildly wealthy, fabulously healthy and bursting with love. Designed to propel you out of stuck-ness and into action, this is a must read if you're ready to let go of your Mean Girl and start living the life of your dreams.

The Virtue Method

A stronger, fitter, healthier you - in 28 days *Yellow Kite*

Revolutionise the way you approach fitness with yoga expert and celebrity trainer Shona Virtue - in just 28 days! 'Shona changed my perspective on yoga. Working with her made my aches and pains after playing disappear. She is the best.' - David Beckham Are you someone who has tried every fitness class out there, but

nothing has ever really stuck? Or perhaps you can run a 10k but can barely touch your toes? Heard lifting weights is good, but feel lost in the gym? Keen to calm your racing mind and get the focus you need to train? Shona Vertue's 28-day reset plan will revolutionise the way you approach fitness. Her groundbreaking three-in-one method features a blend of resistance training with weights to build strength, yoga to aid flexibility and lengthen muscles, and a positive, mindful approach to exercise, combined with delicious, nourishing recipes. Get in the best shape of your life, both physically and mentally, and feel stronger, healthier and more flexible - in just 28 days. Features photos of every exercise, complete with food plan and nutritious, energising recipes.

Ballet Beautiful

Transform Your Body and Gain the Strength, Grace, and Focus of a Ballet Dancer *Da Capo Press*

Ballet-inspired fitness for every woman! You don't have to be a professional ballerina to look like one! With Mary Helen Bowers' Ballet Beautiful, forget beating yourself up in the gym and suffering through starvation diets for some unattainable goal. You can achieve your ideal body and develop the strength, grace, and elegance of a dancer by following Mary Helen's proven program--one that's got everyone from celebrities to busy moms to executives raving! Ballet Beautiful is a fitness method that blends the artistry and athleticism of ballet with an easy, accessible eating plan that works for every body - and absolutely no dance experience is required. Created by professional ballerina Mary Helen Bowers, this transformative approach to fitness and health will reshape your body and your mind! Ballet Beautiful's three-fold approach is not an extreme workout nor is it a radical diet for an overnight fix; it's a roadmap to achieving and maintaining your ideal health, shape and size--all with the elegance and strength of a ballerina. Part One of the book introduces the program's empowering mindset, the key to supporting and guiding you through lasting change. Part Two, the Ballet Beautiful Method, consists of challenging, effective, and fun workouts that sculpt and tone sleek ballet muscles and build beautiful posture. Whether you have a full hour or only 15 minutes, you can tailor the program to your own schedule and needs. Part Three shares the Ballet Beautiful Lifestyle, a healthy, balanced approach to nutrition. With meal plans, shopping tips and quick but delicious daily recipes that will satisfy and nourish your entire body, it's a stress-free, diet-free plan that will help keep you feeling as strong and healthy as you look.

Lean in 15

15-Minute Meals and Workouts to Keep You Lean and Healthy *HarperCollins*

Eat more, exercise less, and lose fat Personal trainer and Instagram sensation Joe Wicks (@thebodycoach) has helped thousands around the world lose fat and transform their bodies with his nutritious, quick-to-prepare meals—ready in just fifteen minutes and made from easy to find ingredients. In this essential cookbook and exercise guide, he reveals how to SHIFT body fat and get the lean physique of your dreams by eating better and exercising less with his signature HIIT (high intensity interval training) home workouts and 100 delicious recipes like: Incredible Hulk Smoothie • Big Barbecue Chicken Wrap • Quick Tortilla Pizza • Gnocchi with Sausage Ragu • Thai Beef Stir-Fry • Beet Protein Brownies Filled with gorgeous food shots, helpful how-to photos, and inspiring before-and-after shots of Joe's clients and their amazing body transformations, Lean in 15 will help you discover how to keep your body healthy, strong, and lean—forever.

28 by Sam Wood

CHANGE YOUR THINKING, CHANGE YOUR SHAPE, CHANGE YOUR LIFE 28 By Sam Wood combines quick, simple, delicious meals with a daily 28 minute exercise program. In just a year of the program, personal trainer and The Bachelor favourite Sam Wood and his team have transformed more than 100,000 people's lives. Now, for the first time, the best of 28 by Sam Wood has been brought together in a book. Including 100 of Sam and nutritionist Steph Lowe's popular recipes for breakfast, lunch, dinner and snacks. All based on their philosophy that we should turn the healthy food pyramid upside down - and prioritise real food with as little human interference as possible. Alongside satisfying, achievable recipes for every time of the day, 28 By Sam Wood includes a monthly meal planner, a regime of tough but achievable exercises for every level, and advice on taking control of your weight, your health and your life today.

The Rebel's Apothecary

A Practical Guide to the Healing Magic of Cannabis, CBD, and Mushrooms *Penguin*

Learn how to improve your health and wellness with the healing magic of cannabis, CBD and medicinal mushrooms. When health coach and wellness blogger Jenny Sansouci learned that her father was diagnosed with stage 4 pancreatic cancer, her extensive knowledge of the latest alternative therapies was put to the test. Jenny dove into the world of cannabis and mushrooms and their medicinal properties - and she and her dad are now outspoken champions of the healing power of these plants and fungi - not only to tame the side effects of chemotherapy, but to address everyday wellness concerns. The Rebel's Apothecary is the result of her heartfelt and rigorous quest -- a science-based and supportive guide that will enhance the lives of anyone living with pain, anxiety, depression, a weakened immune system, insomnia, and more. Complete with background information, dosing instructions, and everyday recipes, this is the essential handbook for harnessing the ancient healing powers of cannabis and mushrooms --safely, without confusion, fear, or an unwanted high. In addition to debunking myths and de-stigmatizing these powerful healing plants and fungi, The Rebel's Apothecary presents: • Specific protocols and dosage guides for wellness uses (mood, sleep, immunity, focus, energy) and managing common chemotherapy side effects • Everyday wellness routines • Recipes for delicious, easy, health-enhancing cannabis and mushroom infused smoothies, coffee drinks, teas, elixirs, gummies, and broths - including recipes from chefs and wellness experts like Dr. Andrew Weil, Kris Carr, Seamus Mullen, Marco Canora and more • The latest research on CBD, THC, medicinal mushrooms and psilocybin • Tips for creating a cutting-edge home apothecary of your own

Overcoming Weight Loss Obstacles

How to Keep Going When Things Get Difficult *Kayla Cox*

Frustrating obstacles appear in every weight loss journey. Plateaus, overeating, slow weight loss, emotional eating, and weight gain are a few of the common roadblocks that can cause you to quit before you hit your goal weight. The good news is, all these obstacles can be overcome. Each chapter in this book will mentally prepare you for the challenges you are likely to face and will give you tips on how to overcome each one. It will help you to focus on the why behind losing weight and on the big picture, so that you continue to make progress in a sustainable way. Kayla Cox is a mom of three who has gone from being obese down to a normal BMI and has maintained her weight loss for years. In this

book she shares the struggles she had at each phase of the weight loss journey, and how she's dealt with each obstacle. She shares her failures, things she still struggles with, and the valuable lessons she's learned in the process. She has a YouTube channel about intermittent fasting, weight loss, and walking that currently has over 39,000 subscribers. She also runs Slow and Steady Success Academy, an online academy that teaches people how to lose weight sustainably and keep it off for good.

Be Healthy Every Day

A Weekly Planner--With Recipe Ideas, Healthy Hacks, and 300+ Stickers *Quarry Books*

Achieve Your Goals to Live a Healthier, Happier, More Balanced Life Be Healthy Every Day life planner will help you make them a reality! This 52-week motivational calendar and sticker set by noted nutrition and health coach Maria Marlowe guides you to learn about, set goals for, and stick to positive habits that will make you feel healthy, fit, and happy. Each week offers useful and supportive advice and tips, including: How to choose essential items for your pantry, fridge, and freezer—and what to toss How to make smart, healthy choices about snacks and packaged foods Basics for nutritious and delicious batch cooking and building veggie bowls, salad jars, healthy dressings, and more Plus: 300+ stickers that encourage you to choose healthy priorities, set and achieve healthy goals for eating and exercise, and nurture your relationships--and yourself With Be Healthy Every Day life planner, you can give yourself the gifts of feeling nourished, strong, focused, calm, and happy. What are you waiting for? The journey to your healthiest self can start today!

Natalie Jill's 7-Day Jump Start

Unprocess Your Diet with Super Easy RecipesÑLose Up to 5-7 Pounds the First Week! *Da Capo Press*

Social media sensation, fitness trainer, and sports nutritionist Natalie Jill offers her popular 7 day jump start program for weight loss, with recipes and tips

Style A to Zoe

The Art of Fashion, Beauty, & Everything Glamour *Grand Central Publishing*

Have you ever dreamed of having your own red carpet moment? Or wondered how to emulate the effortlessly chic style of the most photographed trendsetters? Or wished you could master the art of all things glamorous? In Style A to Zoe, Hollywood's hottest celebrity stylist, Rachel Zoe, shares her insider tips in this essential guide to the art of a fashionable, behind-the-velvet-rope lifestyle. With an eye toward living the luxe life, even if it's on a dime, Zoe zeroes in on the must-have accessories and wardrobe staples for all occasions, when to splurge and save on handbags and heels, how to decorate, entertain, and travel in style. From award shows to advertising campaigns, Zoe is the go-to force among A-list actresses, fashion houses, beauty firms, and magazine editors. Now she offers full access to the style secrets that skyrocketed her famous clients to the top of best-dressed lists worldwide. With the help of some of fashion's biggest names—including Michael Kors, Donatella Versace, and Diane von Furstenberg-Zoe shares her invaluable insights on: Mastering red carpet moments in your own life Developing a style for work or play that's unstudied and glamorous Personalizing your own modern look by referencing your favorite style icons and vintage clothes The importance of the "wow" piece-and how to choose one right for you Throwing a chic dinner party and creating a

luxuriously cozy living space Packing and traveling like a jet-setter Enjoying every day, living it up in style.

Stretching *Althea Press*

Discover how the practice of stretching can increase your flexibility, strengthen your body, and renew your youth with Stretching to Stay Young. As we age, our bodies move less and less. And the less we move, the tighter our muscles and joints become. But this isn't our natural state in fact, our bodies were designed for movement. Stretching is a gentle, simple activity that anyone can do. Doctors often prescribe stretching to patients to alleviate ongoing aches and pains, as well as improve range of motion and flexibility. Those who enjoy an active lifestyle find that regular stretching improves athletic performance and decreases the risk of injury. Jessica Matthews knows how important stretching is. Her work as a seasoned yoga instructor, exercise physiologist, and graduate-level health educator has impacted thousands of lives, and has made her a leading and trusted expert in the health and fitness industry. In Stretching to Stay Young, Jessica meets you at your current level of stretching ability and guides you step-by-step through each stretch, arming you with the confidence you need to progress into deeper levels of stretching for enhanced flexibility and strength over time. Stretching to Stay Young is your all-in-one guide to creating a stretching regimen that is tailor fit to your specific needs. In these pages you'll find: Detailed illustrations that provide visual aids for the correct positioning of your body Easy-to-understand explanations of the cutting edge research behind each stretch and how it works Change it up tips for modification that allow you to increase or decrease intensity level while stretching The most current, up-to-date information on the basic how-tos of proper stretching Beginning to end guidance from preparation to self-customization, Stretching to Stay Young delivers stretching options that consider your current issues and the lifestyle you want to lead No matter your age or level of activity, Stretching to Stay Young will take the confusion out of starting and put the enjoyment into stretching. "

Lift Yourself

A Training Guide to Getting Fit and Feeling Strong for Life *Penguin UK*

Ditch the fad diets and step off the treadmill. There's another way to get results, and it's all about lifting weights. Laura Hoggins spent her early adult life a slave to the scales and a fad diet junkie. Fed up of feeling unhappy, exhausted and demotivated, something had to change. That's when she discovered lifting - the ultimate form of fitness that celebrated effort over results and empowerment over appearance. Packed full of practical tips and myth-busting advice, Lift Yourself is your go-to companion to strength training which will help you to: · turbo-charge your metabolism · improve your mental health · recharge your energy levels Now a qualified strength and conditioning coach, Laura's 10 Lifting Commandments will help you kick-start a happier, healthier life. So, get ready for lift-off and prepare to find out just how strong you are.

Living in Style

Inspiration and Advice for Everyday Glamour *Grand Central Life & Style*

Rachel Zoe is an unparalleled fixture in the fashion world known for her unique take on effortless glamour. The designer, stylist, and editor is celebrated for shaping the images of Oscar-winning actresses and creating collections that embody her modern and

sophisticated look. Now she wants to help you define your own personal style and incorporate it into all aspects of your life, from your wardrobe to your home to your next dinner party. In these sleek pages, Rachel offers trusted tips and advice-along with style insights from her fellow insiders, friends, and family members. You will find never-before-seen photographs from Rachel's private archives and learn about her personal icons, from Jane Birkin to Coco Chanel. Along the way, she also reminisces about her earliest influences and shares the story of her own style evolution. Whether you're accessorizing a chic black jumpsuit, entertaining friends, or perfecting your Friday night smoky eye, let Rachel Zoe be your guide to living in style.

SuperFastDiet

Part-time dieting for long-term weight loss *Macmillan Publishers Aus.*

AS SEEN ON 'DOWNSIZING DUBBO' WITH CHANNEL 9'S TODAY SHOW. 'I've been helping patients with weight loss for over 30 years and I've never been so excited about a program before.' Dr Penny Adams The diet that helps you lose weight while still having a social life. After years of yo-yo dieting, Australian women Victoria Black and Gen Davidson lost 40 kg between them using the intermittent fasting methods described in SuperFastDiet. What's more, they have kept the weight off. Determined to help others do the same, Victoria and Gen created the world's first and now largest online fasting program. In the process, they've built a supportive and fun community of SuperFast enthusiasts (some of whom have lost more than 30 kg). Now, Victoria and Gen bring their dieting genius to life in their SuperFastDiet book. Here you will find: - all the information you need to select the SuperFast program that best suits you: 2 day (5:2), 3 day (4:3) or part-day (16:8) - the science behind the diet, showing how fasting can help you avoid diabetes, heart disease and a range of lifestyle diseases - 80 delicious recipes - weekly meal plans - real-life stories of dramatic weight loss from the SuperFast community. Fully photographed, and bursting with clear advice and encouragement, SuperFastDiet is your passport to long-term weight loss and good health. This is a specially formatted fixed-layout ebook that retains the look and feel of the print book.

The Hot Body Diet

The Plan to Radically Transform Your Body in 28 Days *Penguin*

A step-by-step diet and exercise plan from social media sensation and fitness guru Michelle Lewin, The Hot Body Diet reveals the star's insider tips and tricks for sustainable weight loss and a toned bikini body. How you do maintain a perfect body? For years, fans have been asking Venezuelan fitness model Michelle Lewin this very question. Known for her enviable curves, washboard abs, and super strength, Lewin's physique has earned her millions of fans who are eager to learn her diet and exercise secrets. And now, with help from certified health coach Dr. Samar Yorde, she will share the keys to her weight loss and weight management for the first time. Lewin has created an easy-to-follow, step-by-step diet and exercise plan that has amazing benefits for all body types. She shares stories and struggles from her own weight loss journey, offering support in creating a healthy transformation. With meal plans, recipes, exercise tips, and an FAQ section from actual followers, The Hot Body Diet will help women achieve the strong, svelte bikini body that Michelle Lewin has made famous.

The One-Minute Workout

Science Shows a Way to Get Fit That's Smarter, Faster, Shorter *Penguin*

Finally, the solution to the #1 reason we don't exercise: time. Everyone has one minute. A decade ago, Martin Gibala was a young researcher in the field of exercise physiology—with little time to exercise. That critical point in his career launched a passion for high-intensity interval training (HIIT), allowing him to stay in shape with just a few minutes of hard effort. It also prompted Gibala to conduct experiments that helped launch the exploding science of ultralow-volume exercise. Now that he's the worldwide guru of the science of time-efficient workouts, Gibala's first book answers the ultimate question: How low can you go? Gibala's fascinating quest for the answer makes exercise experts of us all. His work demonstrates that very short, intense bursts of exercise may be the most potent form of workout available. Gibala busts myths ("it's only for really fit people"), explains astonishing science ("intensity trumps duration"), lays out time-saving life hacks ("exercise snacking"), and describes the fascinating health-promoting value of HIIT (for preventing and reversing disease). Gibala's latest study found that sedentary people derived the fitness benefits of 150 minutes of traditional endurance training with an interval protocol that involved 80 percent less time and just three minutes of hard exercise per week. Including the eight best basic interval workouts as well as four microworkouts customized for individual needs and preferences (you may not quite want to go all out every time), The One-Minute Workout solves the number-one reason we don't exercise: lack of time. Because everyone has one minute.

Sexy Forever

How to Fight Fat After Forty *Harmony*

A guide to help women stay fit and healthy over the age of 40 outlines a program to purge toxins from the body, balance hormones and lose weight through a combination of exercise, nutritional supplements and an eating plan. Reprint.

The Women's Health Little Book of Exercises

Four Weeks to a Leaner, Sexier, Healthier You! *Rodale*

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 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.

The Buzz on Exercise & Fitness *Lebhar-Friedman*

Provides exercise tips and fitness facts for individuals of all

fitness levels, combined with inspirational advice and anecdotes from fitness gurus.

The Bikini Body Motivation & Habits Guide *Macmillan Publishers Aus.*

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 downloadable 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." This is a specially formatted fixed-layout ebook that retains the look and feel of the print book.

Robyn Lawley Eats *Random House Australia*

Robyn Lawley is a self-confessed foodie – in addition to being an international supermodel for the likes of H & M and Ralph Lauren. When she's not gracing the cover of Vogue or modelling swimwear or walking the runway, she is scouring menus around the globe and cooking up a storm for her best friends in her adopted home: New York City. *Robyn Lawley Eats* takes its name from her popular food blog and brings together a collection of modern classics and sumptuous photography from Robyn's travels, as well as home-grown Aussie dishes from her upbringing in Sydney. This book has been a true labour of love for our stunning and talented Robyn Lawley. Every single recipe in her new book was personally cooked, photographed, plated and eaten in Robyn's own kitchen in New York City! A rich, cosmopolitan array of recipes for any occasion, *Robyn Lawley Eats* has something for all levels of cooking experience and is an inspiration to girls who just love to eat.

Fast Carbs, Slow Carbs

The Simple Truth About Food, Weight, and Disease *HarperCollins*

The American body is in trouble. Unprecedented numbers of us suffer from obesity, heart disease, diabetes, and other debilitating illnesses. The root cause is a once-revolutionary idea that seemed to offer so much promise, but instead has become the cause of a global health crisis: processed foods. Over the past seventy-five years, a number of factors aligned to create a reality in which processed carbohydrates became our main food source. In *Fast Carbs, Slow Carbs*, bestselling author and former FDA Commissioner David A. Kessler explains how the quest to feed a nation resulted in a population that is increasingly suffering from obesity and chronic disease and offers a solution for changing course. For decades, no one questioned the effects of these processed carbohydrates. The focus was on fertile grassland, ideal for growing vast amounts of wheat and corn; an industrial infrastructure perfect for refining those grains into starch; a food production behemoth that turns refined grains into affordable, appealing, and ever-present food items, from pizza to burritos to

bagels; and an efficient distribution network that ensures consumption by Americans nationwide. But during those same decades, our bodies quietly contended with the metabolic chaos caused by consuming rapidly absorbable starch. Slowly but surely, these effects accumulated and became disastrous, leading to the public health crisis in which we find ourselves today. In *Fast Carbs, Slow Carbs*, Kessler explains how eating refined grains such as wheat, corn, and rice leads to a cascade of hormonal and metabolic issues that make it very easy to gain weight and nearly impossible to lose it. Worse still is how excess weight creates a very real link to diabetes, heart disease, cognitive decline, and a host of cancers. We can no longer afford to dismiss the consequences of eating food that is designed to be rapidly absorbed as sugar in our bodies. Informed by cutting-edge research as well as Dr. Kessler's own personal quest to manage his weight, *Fast Carbs, Slow Carbs* reveals in illuminating detail how we got to this critical turning point in our health as a nation—and outlines a plan for eliminating heart disease, allowing us to, finally, regain control of our health.

A Book That Takes Its Time

An Unhurried Adventure in Creative Mindfulness *Workman Publishing*

Take time to breathe. Take time to create. Take time to reflect, take time to let go. A book that's unique in the way it mixes reading and doing, *A Book That Takes Its Time* is like a mindfulness retreat between two covers. Created in partnership with Flow, the groundbreaking international magazine that celebrates creativity, beautiful illustration, a love of paper, and life's little pleasures, *A Book That Takes Its Time* mixes articles, inspiring quotes, and what the editors call "goodies"—bound-in cards, mini-journals, stickers, posters, blank papers for collaging, and more—giving it a distinctly handcrafted, collectible feeling. Read about the benefits of not multitasking, then turn to "The Joy of One Thing at a Time Notebook" tucked into the pages. After a short piece on the power of slowing down, fill in the designed notecards for a Beautiful Moments jar. Make a personal timeline. Learn the art of hand-lettering. Dig into your Beginner's Mind. Embrace the art of quitting. Take the writing cure. And always smile. Move slowly and with intention through *A Book That Takes Its Time*, and discover that sweet place where life can be both thoughtful and playful.

Body By Simone

The 8-Week Total Body Makeover Plan *Harper Collins*

In *Body By Simone*, Simone De La Rue, featured trainer on "Revenge Body with Khloe Kardashian", shares her fitness secrets and teaches women how to achieve an A-list body using her fun and unique strength training and cardio workouts. Considered the "next Tracy Anderson," Simone De La Rue has created a total body workout—a unique fusion of Pilates, bar method, strength training, and cardio dance moves—for women looking to lose weight, tone up, change up their routine, lose baby weight, or exercise while recovering from an injury. Her workouts are fast-paced, fun, and targeted for the muscle groups women most want to tone: arms, abs, glutes, and thighs. Filled with nearly 200 gorgeous color photos, *Body By Simone* features Simone's eight-week plan that incorporates her dance-based cardio workouts and signature strength training moves. Here are workouts for all levels—beginning, intermediate, and advanced—and a self-assessment test to choose the right plan for you. Simone offers a breakdown for each week and a schedule for each day, including an overview of the week's goals and challenges. Each week

builds on the next to keep you challenged and engaged, and see the results you want. To boost weight loss and metabolism as well as naturally detox the body, Simone also provides a 7-day kick-start cleanse complete with recipes for simple meals, juices,

and smoothies.

Make Your Own Rules Diet *Hay House Incorporated*

"In [this book], Tara Stiles introduces readers to ... ways to bring yoga, meditation, and healthy food into their lives"--