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Elixir
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Support your
cancer healing
journey with a
daily
devotional of
inspirational
quotes,
stories,
scripture, and
encouragement,
now in
paperback,

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from the
author of
Chris Beat
Cancer. A
healing
mindset takes
fortitude,
faith, and
courage -- and
acceptance of
support when
you need it

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most. As a survivor of cancer for more than 15 years, Chris Wark, best-selling author of *Chris Beat Cancer* and *Beat Cancer Kitchen*, knows the daily

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struggles
involved in
healing from
cancer and
wants to
support you as
you walk this
path with God.
This daily
devotional
offers nuggets
of scripture,

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inspiration,
encouragement,
and actions
for surviving
life's
difficult
storms. No
matter the
challenges you
face, your
soul is
naturally

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resilient and
has the
ability to pro
sper—mentally,
physically,
emotionally,
and
spiritually.
The must-have
book for
FullyRaw fans
or anyone who

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wants to
explore a raw-
foods vegan
diet to lose
weight, gain
energy, and
improve
overall health
and wellness
The Fully Raw
Diet offers a
21-day plan to

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help people
enjoy a clean,
plant-based,
healthful
approach to
eating.

Kristina Carri
Ilo-Bucaram
transformed
her own health
by eating
vegetables,

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fruits, nuts,
and seeds—100%
fresh, raw,
and ripe—and
she is now the
vivacious,
uber-healthy
founder of the
FullyRaw
brand. Her ten-
year success
with this

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lifestyle
Smoothie Elixir
inspires
Recipes To
thousands via
Supercharge Your
social media,
Health
and her 21-day
FullyRaw Video
Challenge on
YouTube in
2014
dramatically
grew her fan
base. This

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book shares
her advice and
will
correspond to
a new video
challenge,
with meal and
exercise tips,
recipes, and
vivid photos.
Fans will love
the smoothies,

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salads, main
dishes, and
desserts, such
as Lemon-

Ginger Blast,
Spicy Mango
Basil Salad,
Yellow Squash
Fettuccine
Alfredo, Melon
Pops, and
Caramel-Apple

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Cups.
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In the early
days of swing
dancing,
Frankie
Manning stood
out for his
moves and his
innovative
routines; he
created the
"air step" in

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the Lindy hop,
a dance that
took the U.S.
and then the
world by
storm. In this
fascinating
autobiography,
choreographer
and Tony Award
winner (Black
and Blue)

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Frankie
Manning
recalls how
his first
years of
dancing as a
teenager at
Harlem's Savoy
Ballroom led
to his
becoming chief
choreographer

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and a lead dancer for "Whitey's Lindy Hoppers," a group that appeared on Broadway, in Hollywood musicals, and on stages around the

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globe. Manning
brings the
Swing Era
vividly back
to life with
his
recollections
of crowded
ballrooms and
of Lindy
hoppers trying
to outdo each

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other in
spectacular
performances.
His memories
of the many
headliners and
film stars, as
well as
uncelebrated
dancers with
whom he shared
the stage,

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create a
unique
portrait of an
era in which
African
American
performers
enjoyed the
spotlight, if
not a star's
prerogatives
and salary.

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With

collaborator

Cynthia

Millman,

Manning traces

the evolution

of swing

dancing from

its early days

in Harlem

through the

post-World War

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II period,
until it was
eclipsed by
rock 'n' roll
and then
disco. When
swing made a
comeback,
Manning's
30-year hiatus
ended. He has
been

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performing, choreographing, and teaching ever since.

The human body has an extraordinary ability to detoxify itself. We rely on this system when we

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wait for a
hangover to
lift or
recover from a
bout of food
poisoning.

However,
cutting-edge
science is
revealing how
toxic
exposures can

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actually
affect our
genes and lead
to conditions
such as
obesity,
diabetes,
arthritis,
mood
disorders,
energy,
allergies,

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fertility, and
heart
disease—all of
which are on
the rise. The
good news is
that each of
us can
optimize this
natural
cleansing
system for

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better health,
greater
energy, and
efficient
weight loss.

In The Detox
Prescription,
Dr. Merrell
draws on new
research to
help readers
assess their

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own toxic risk factors and health deficiencies.

Next, he and Mary Beth Augustine, RD, offer more than 75 delicious and nutrient-rich recipes

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incorporating
juices and
whole foods,
broken into
3-, 7-, and
21-day
cleanses. Dr.
Merrell's
holistic
approach also
relies on
light yoga

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practices,
basic self-
care,
beginning
meditation,
and sleep
hygiene to
reset body,
mind, and
spirit and take
control of our
genetic

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destiny.

Popular health
and fitness
expert Danette

May delves
deep into your
soul's calling
to unlock the
tools to help
you manifest
your heart's
deepest

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desire. After
the tragic
loss of her
son and a
marriage that
ended in
divorce and ne
ar-bankruptcy,
world-renowned
health and
transformation
expert Danette

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May found her
life in
shambles. But
when her
support seemed
to come from
few and her
options seemed
the most far
between, she
began to hear
a voice inside

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her telling
her it was
time. May
never
predicted that
her journey
would take her
into a world
bikini
competition,
to a sacred
healer in

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Costa Rica, or
through a
process of heart-wrenching
forgiveness.

And she
definitely
didn't know it
would lead to
establishing
her own
international

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business,
touching the
lives of
millions of
people around
the world. Yet
it was her
soul's calling
that led her
there. With
raw honesty
and shocking

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vulnerability,
May shares her
own radical
truth and
insights of
self-love and
forgiveness to
help you
manifest the
fullest
expression of
yourself. She

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distills the
essence of
sparking your
own
transformation
and guides you
through the
small daily
"hinges" that
will open
life's doors
for you. The

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time has come
for you to
connect with
your greatest
self. The time
has come for
you to rise.

Crazy Sexy
Kitchen
The Health
Habit

Crazy Sexy

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Survivor
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Your Health,
Health
Strip Away
Pounds, and
Eliminate the
Toxins Within
Beat Cancer
Kitchen
Radical Hope
Make Your Own

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Preserve Your
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**Crazy Sexy
Juice 100+ Simple
Juice, Smoothie &
Nut Milk Recipes to
Supercharge Your
Health**
Hay House
Whether you're
seeking breakfast,
lunch, dinner, or a
snack, a weeknight-
friendly cookbook
of 125+ easy-to-
make plant-based

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Supercharge Your
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***recipes to support
your cancer
healing and
prevention
journey. Following
the success of Chris
Beat Cancer, Chris
Wark shares
delectable,
delicious, and easy-
to-make recipes
within his anti-
cancer diet. This
cookbook will help***

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Smoothie Elixir
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***to support you on
your healing
journey. Whole-
foods and plant-
based, these
meals, bowls,
smoothies, and
juices will energize
both body and
soul, while
providing the
comfort that all
good food should.
Complete with full-***

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***color photos of
each recipe and
suggestions for
common diet
modifications, this
cookbook will help
to get you in the
Beat Cancer
Mindset and guide
you onto the road
to wellness.
From Colleen
Hoover, the #1
New York Times***

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***bestselling author
of It Ends With Us,
a heart-wrenching
love story that
proves attraction
at first sight can
be messy. When
Tate Collins meets
airline pilot Miles
Archer, she doesn't
think it's love at
first sight. They
wouldn't even go
so far as to***

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consider
Smoothie Elixir
themselves
friends. The only
thing Tate and
Supernatural Your
Miles have in
Health
common is an
undeniable mutual
attraction. Once
their desires are
out in the open,
they realize they
have the perfect
set-up. He doesn't
want love, she

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**doesn't have time
for love, so that
just leaves the sex.
Their arrangement
could be
surprisingly
seamless, as long
as Tate can stick to
the only two rules
Miles has for her.
Never ask about
the past. Don't
expect a future.
They think they**

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**can handle it, but
realize almost
immediately they
can't handle it at
all. Hearts get
infiltrated.**

**Promises get
broken. Rules get
shattered. Love
gets ugly.**

**The ultimate
girlfriends guide to
kicking cancer's
tail. Part memoir,**

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and Supercharges for
Your Health

***part tips, tricks
and secrets, this
handbook will
educate you and
make you feel like
you're not alone.
The Learning
Channel broadcast
the premiere of
Carr's
unforgettable
documentary,
Crazy Sexy Cancer
on August 29,***

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2007.

**Drink Two
Delicious
Smoothies a Day
and Watch Belly
Fat Melt Away!
Sculpt the body
you want and help
bulletproof your
health with the
foods you love to
eat--in just seven
days! Yes, it
sounds hard to**

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***believe, but when
you look closely, it
makes complete
sense: Simply
replace two meals
with creamy,
nutritious
smoothies, and
you can lose up to
a pound a day and
train yourself to
eat more healthy
for life. Here's the
secret: These***

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100 Simple Juice,
smoothies are

packed with more

fat-burning

protein, fiber, and

superfoods than

you'd get in a

dinner with three

times the calories!

And they are

totally satisfying

and delicious.

You'll never feel

hungry again!

Here's what a

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Health

**typical day of
eating looks like
on the 7-Day
Smoothie Diet:**
**FOR BREAKFAST: A
tall glass of high-
protein smoothie
called Chocolate
Peanut Butter
Power. FOR
LUNCH: Enjoy
chicken salad with
pistachios. FOR A
MIDAFTERNOON**

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**100 Simple Juice,
Smoothie Flixir**
**SNACK: Key Lime
Pie smoothie! FOR
DINNER: Sheet-pan
roasted vegetables
with chicken or
savory beef stew.
You'll find more
than 100 good-
health recipes for
smoothies and
hearty meals
inside the book.
Plus...we'll
demonstrate a**

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**"Get Moving!"
exercise plan
that'll help you
burn hundreds of
fat calories
throughout the
day. No gym
required! You can
lose up to a pound
a day while
slashing your risk
of the debilitating
diseases of aging.
The editors of Eat**

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***This, Not That!**
have created a
super-simple 7-day
plan to cancel carb
cravings and
trigger rapid fat
burn. All it takes is
replacing one meal
and one snack with
a belly-filling
shake. It's weight
loss at the push of
a button!*

The Unofficial

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**Disney Parks Drink
Recipe Book**

**Even Cowgirls Get
the Blues**
Supercharge Your
Mockingjay

**(Hunger Games,
Book Three)**
The Hating Game
**Liquid Intelligence:
The Art and
Science of the
Perfect Cocktail**
**Heal Your Body,
Feel Great, and**

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**Transform Your
Smoothie Elixir**

**From LeFou's Brew
to the Jedi Mind
Trick, 100+
Magical Disney-
Inspired Drinks**

Start eating the
crazy, sexy way: a
nutrient-dense, plant-
happy approach to
eating and living
that harmonizes

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your beautiful body
at the cellular level!

The woman who
made prevention hot
is now making it
delicious! Crazy
Sexy Kitchen, the
follow-up to Kris
Carr's New York
Times bestseller
Crazy Sexy Diet, is
a Veggie Manifesto
for plant-

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empowered gourmands and novices alike, and it's filled with inspiration, education, cooking tips, and over 150 nourishing, nosh-worthy recipes. Infused with her signature humor, style, and personal stories, Crazy Sexy

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Kitchen redefines
the kitchen as
headquarters for
America's wellness
revolution. The
goodness born in
the Crazy Sexy
Kitchen will reach
deep into the rest of
your life—enriching
your health, your
home, your heart,
and the planet.

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Crazy Sexy Kitchen gives readers all the tools and know-how needed to adopt a joyful and vibrant Crazy Sexy Diet and Lifestyle. What is the Crazy Sexy Diet and Lifestyle, you ask? A nutrient-dense, plant-happy approach to eating and living that

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harmonizes your beautiful body at the cellular level. It's a celebratory way of life that's deeply connected, healthy, awake and engaged. Now that's SEXY! Like a long, luxurious meal, Crazy Sexy Kitchen is laid out in courses. You'll start

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with a detailed
review of the Crazy
Sexy Diet. Next
you'll learn how to
stock your culinary
arsenal. Kris will
show you how to
find the best kitchen
tools and
equipment, and
prep you with basic
culinary skills and
lingo. Handy

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symbols like, gluten-free, soy-free, kid-friendly—and for the time

pressed—Crazy Sexy Quickies, help you to easily identify the recipes that are perfect for your dietary needs. Not sure how to put a whole meal together? No

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problem. Crazy
Sexy Kitchen covers
that, too—with a
hearty dose of menu
plans and recipes to
inspire and delight.
Joined by Whole
Foods chef, Chad
Sarno, Crazy Sexy
Kitchen offers over
150 delicious,
nutrient-dense
recipes designed to

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Recipes To
nourish the mind,
body, and soul.

From juicing to
planning a three-
course meal, Crazy
Sexy Kitchen has all
the essentials to fill
your kitchen (and
life!) with health,
happiness, family,
friends, and good
times.

“One of my favorite

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100 Simple Juice,
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authors.”—Colleen Hoover An

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insightful, delightful,
instant #1 New York
Times bestseller

from the author of
Beach Read and
People We Meet on
Vacation. Named a
Most Anticipated
Book of 2022 by
Oprah Daily · Today
· Parade · Marie

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Claire · Bustle ·
PopSugar · Katie
Couric Media · Book
Bub · SheReads ·

Medium · The
Washington Post ·
and more! One
summer. Two rivals.

A plot twist they
didn't see coming...
Nora Stephens' life
is books—she's
read them all—and

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she is not that type
of heroine. Not the
plucky one, not the
laidback dream girl,

and especially not
the sweetheart. In
fact, the only people
Nora is a heroine for
are her clients, for
whom she lands
enormous deals as
a cutthroat literary
agent, and her

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beloved little sister
Libby. Which is why
she agrees to go to
Sunshine Falls,
North Carolina for
the month of August
when Libby begs
her for a sisters' trip
away—with visions
of a small town
transformation for
Nora, who she's
convinced needs to

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become the heroine
in her own story. But
instead of picnics in
meadows, or run-ins
with a handsome
country doctor or
bulging-forearmed
bartender, Nora
keeps bumping into
Charlie Lastra, a
bookish brooding
editor from back in
the city. It would be

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a meet-cute if not
for the fact that
they've met many
times and it's never
been cute. If Nora
knows she's not an
ideal heroine,
Charlie knows he's
nobody's hero, but
as they are thrown
together again and
again—in a series of
coincidences no

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editor worth their
salt would
allow—what they
discover might just
unravel the carefully
crafted stories
they've written
about themselves.

Hi, we're Chad and
Derek. We're chefs
and brothers who
craft humble
vegetables into the

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stuff of food legend.
Everything we
create is a bold
marriage of delicate
and punchy flavors,
and crunchy
textures-all with
knife-sharp attention
to detail. We're
proud graduates of
the University of
Common Sense
who simply believe

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Health

that eating more veg
is good for you and
good for the planet.

THE WICKED
HEALTHY

COOKBOOK takes
badass plant-based
cooking to a whole
new level. The chefs
have pioneered
innovative cooking
techniques such as
pressing and

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searing mushrooms until they reach a rich and delicious meat-like consistency. Inside, you'll find informative sidebars and must-have tips on everything from oil-free and gluten-free cooking (if you're into that) to organizing an

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efficient kitchen.
Celebrating the
central role of crave-
able food for our
health and vitality,
Chad and Derek
give readers 129
recipes for everyday
meals and dinner
parties alike, and
they also show us
how to kick back
and indulge now

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and then. Their
drool-inducing
recipes include
Sloppy BBQ

Jackfruit Sliders with
Slaw, and Grilled
Peaches with
Vanilla Spiced
Gelato and Mango
Sriracha Caramel.
They believe that if
you shoot for 80%
healthy and 20%

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wicked, you'll be
100% sexy: That's
the Wicked Healthy
way.

Make no mistakes
about it. I know what
I look like to others.
Young, government-
aided, pregnant
mom. They see
Lucy on my hip, and
they see a mistake.
I mean, why else

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would someone
have a child so
young, right? They
couldn't be more
wrong. I'm too busy
most days between
parenting, work, and
finishing up my last
year of nursing
school to let their
judging gaze tear
me down until he
moves into the

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vacant house next
to the apartments I
live in. His cold, blunt
observation of us
doesn't differ from
any other stranger.
He doesn't know
me, but he's already
painting a picture of
who he thinks I am
in his mind. He
judges my very
round belly, Lucy's

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inability to leave him
alone, the bags
under my eyes, and
the fact that I

couldn't care less
what I look like
anymore. He's a
rude guy. Stays that
way for months too.
Then something
happens, I'm not
even sure what.

Judgmental Guy

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decides Lucy and me-as well as baby Eli, are worth his friendship. Turns out, Judgmental Guy isn't too mean-okay, he kind of still is. But he graduates to Elijah. I build an unlikely friendship with him which deems it necessary for him to start

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smiling around me
and my kids. I'm
wrong again. Elijah
isn't rude. He's
terrifying. His
strange acts of
kindness are
unraveling me.

Elijah is only my
friend. Right? Oh,
fudge. I think I'm
wrong. Again.

The instant #1 New
Page 85/268

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York Times and
USA Today best
seller by Karen
Kilgariff and Georgia
Hardstark, the
voices behind the hit
podcast My Favorite
Murder! Sharing
never-before-heard
stories ranging from
their struggles with
depression, eating
disorders, and

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addiction, Karen
and Georgia
irreverently recount
their biggest
mistakes and
deepest fears,
reflecting on the
formative life events
that shaped them
into two of the most
followed voices in
the nation. In *Stay
Sexy & Don't Get*

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100 Simple Juice,
Murdered, Karen
Smoothie Elixir
and Georgia focus
Recipes To
on the importance of
Supercharge Your
Health
self-advocating and
valuing personal
safety over being
'nice' or 'helpful.'
They delve into their
own pasts, true
crime stories, and
beyond to discuss
meaningful cultural
and societal issues

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with fierce empathy
and unapologetic
frankness. “In many
respects, Stay Sexy
& Don’t Get

Murdered distills the
My Favorite Murder
podcast into its most
essential elements:
Georgia and Karen.
They lay themselves
bare on the page, in
all of their neuroses,

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triumphs, failures,
and struggles. From
eating disorders to
substance abuse
and kleptomania to
the wonders of
therapy, Kilgariff
and Hardstark
recount their lives
with honesty,
humor, and
compassion,
offering their best

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unqualified life-
advice along the
way.”

—Entertainment
Weekly “Like the
podcast, the book
offers funny,
feminist advice for
survival—both in the
sense of not getting
killed and just, like,
getting a job and
working through

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your personal shit
so you can pay your
bills and have
friends.” —Rolling
Stone At the

Publisher's request,
this title is being
sold without Digital
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applied.

Veggie Mama
100 Plates Large

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The Brain That
Changes Your
Health
The Edge of Never
Beat Cancer Daily
Eat Your Veggies,
Ignite Your Spark,
And Live Like You
Mean It!
The Ultimate Book
of Modern Juicing:

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More than 200
Fresh Recipes to
Cleanse, Cure, and
Keep You Healthy
“Fascinating.

*Doidge’s book is a
remarkable and
hopeful portrait of
the endless
adaptability of the
human
brain.”—Oliver
Sacks, MD, author*

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*of The Man Who
Mistook His Wife
for a Hat What is
neuroplasticity? Is
it possible to
change your brain?
Norman Doidge's
inspiring guide to
the new brain
science explains all
of this and more An
astonishing new
science called
neuroplasticity is*

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*overthrowing the
centuries-old
notion that the
human brain is
immutable, and
proving that it is, in
fact, possible to
change your brain.
Psychoanalyst,
Norman Doidge,
M.D., traveled the
country to meet
both the brilliant
scientists*

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*championing
neuroplasticity, its
healing powers,
and the people
whose lives they've
transformed—peop
le whose mental
limitations, brain
damage or brain
trauma were seen
as unalterable. We
see a woman born
with half a brain
that rewired itself*

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*to work as a whole,
blind people who
learn to see,
learning disorders
cured, IQs raised,
aging brains
rejuvenated, stroke
patients learning to
speak, children
with cerebral palsy
learning to move
with more grace,
depression and
anxiety disorders*

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*successfully
treated, and
lifelong character
traits changed.
Using these
marvelous stories
to probe mysteries
of the body,
emotion, love, sex,
culture, and
education, Dr.
Doidge has written
an immensely
moving, inspiring*

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book that will
permanently alter
the way we look at
our brains, human
nature, and human
potential.

*An accessible plan
for anyone
transitioning to a
healthy, plant-
based diet that
highlights
delicious, easy
vegan and raw*

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recipes.

"This is one of those special novels—a piece of working magic, warm, funny, and sane."—Thomas Pynchon The whooping crane rustlers are girls. Young girls. Cowgirls, as a matter of fact, all "bursting with

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dimples and hormones”—and the FBI has never seen anything quite like them. Yet their rebellion at the Rubber Rose Ranch is almost overshadowed by the arrival of the legendary Sissy Hankshaw, a white-trash goddess literally born to

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*hitchhike, and the
freest female of
them all. Freedom,
its prizes and its
prices, is a major
theme of Tom
Robbins's classic
tale of eccentric
adventure. As his
robust characters
attempt to turn the
tables on fate, the
reader is drawn
along on a*

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*tragicomic joyride
across the
badlands of
sexuality, wild
rivers of language,
and the frontiers of
the mind.*

*You are a Survivor
from Day One On
the heels of the
acclaimed Learning
Channel
documentary and
best-selling*

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Crazy Sexy Cancer
Tips comes this
survivor's
supercharge your
health
companion. In
Crazy Sexy Cancer
Tips Kris Carr and
her posse of
Cancer Babes
shared their wealth
of insights, tricks,
how-tos, and hell
yeahs for living life
with cancer. Now

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*Kris invites all the
Cancer Cowgirls
(and dudes) out
there to chat back
and record their
own journeys, with
this beautifully
illustrated, full-
color go-anywhere
companion. Pairing
Kris's signature
sass and smart,
soulful, real advice
with thoughtful*

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exercises, new
Smoothie Elixirs,
contributors, and
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ample space for
writing and
Supercharge Your
reflecting, Crazy
Health
Sexy Cancer
Survivor reaffirms
that it is possible to
live a real, fun,
crazy, sexy
life—with cancer.
Kris shares her wit
and wisdom on
everything from

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*food and exercise,
to make-up,
meditation,
spirituality,
dreams, planning
for today (and the
future), and much,
much more. The
user-friendly trim
size and flexible-
cover format
meanwhile ensure
that this
incomparable*

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blend of
Smoothie Elixir
informative pocket
Companion To
journal can go any
Supercharge Your
where—brightening
Health
up those hours in
hospital waiting
rooms, at home, or
spent out in the
big, wide,
wonderful world
putting into
practice that most
precious truth:

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healing is about
truly living.*

*The most exciting
vegetable cooking
in the nation is
happening at
Vedge, where in an
elegant nineteenth-
century townhouse
in Philadelphia,
chef-proprietors
Rich Landau and
Kate Jacoby serve
exceptionally*

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*flavorful fare that is
wowing vegans,
vegetarians, and
carnivores alike.
Now, Landau and
Jacoby share their
passion for
ingenious
vegetable cooking.
The more than 100
recipes here—such
as Fingerling
Potatoes with
Creamy*

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Worcestershire
Sauce, Pho with
Roasted Butternut
Squash, Seared
French Beans with
Caper Bagna
Cauda, and
Eggplant
Braciolo—explode
with flavor but are
surprisingly
straightforward to
prepare. At
dessert, fruit takes

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center stage in
dishes like*

Blueberries with

*Pie Crust and
Lemonade Ice*

Cream—but

*vegetables can still
steal the show, like
in the Beetroot
Pots de Crème.*

*With more than
100 photographs,
behind-the-scenes
anecdotes, and*

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useful tips
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throughout, Veggie
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revolutionize the
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way you cook and
taste vegetables.
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Pounds in 10 Days!
A Fun, Wholesome
Guide to Feeding
Your Kids Tasty
Plant-Based Meals
The 7-Day

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a day--and sip your
way to a flat belly!
Repea To
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The Immortals
The Muscle and
Strength Pyramid:
Nutrition
An Unforgettable
Journey of Self-
Love, Forgiveness,
and Transformation
If you want to

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know how to
brew the
ultimate cup
of coffee in
the comfort of
your own home
(and save some
money too!),
then you want
to read this
book. You see,
making great

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coffee boils
down to doing
a number of
little things
right, such as
selecting the
right beans
and roasts,
and creating
the right
blends; using
the right

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coffee machine
and grinder;
using the
right amount
of grounds;
brewing at
correct
temperatures
and for the
right amount
of time; and
more. If all

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that sounds
complicated to
you, don't
worry--this
book breaks it
all down and
teaches you,
step by step,
everything you
need to know
to brew
heavenly cups

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of coffee that
are the
hallmark of
true coffee
maestros. In
this book,
you'll learn
things like...
How to pick
the right
coffee machine
and get the

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most bang for
your buck,
regardless of
your budget.

(Please don't
buy a drip
brewer before
reading this
chapter!)

Everything you
need to know
about coffee

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beans to
master the art
of creating
incredible
blends that
create rich,
complex
coffee. You'll
be blown away
by how much
better your
coffee will be

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when you use
this
information.
Why you should
seriously
consider
getting a
coffee
grinder, and
which types
are the best
for making

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coffee. The
step-by-step,
no-fail method
of brewing
sweet,
decadent
coffee every
time. Say
goodbye to
coffee that's
too weak or
strong or

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bitter, and
say hello
sweet,
aromatic
indulgences.

30 delicious
coffee recipes
including
classics that
are to die
for, espresso
drinks that

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every coffee
lover should
try, holiday
drinks that
will make you
cheer, and
dessert drinks
that are like
heaven in a
cup. And
more... Brewin
gmouth-

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watering
coffee and
making your
favorite
coffee drinks
are a breeze
after reading
this book!
Scroll up and
click the
"Buy" button
now to learn

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how to make
coffee so good
that your
friends and
family will
rave.

The most
current and
comprehensive
juicing guide
available Step
aside, Juicing

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Bible and Big
Book of
Juices: Mimi
Kirk is back
with the most
current and
fresh guide to
juicing yet.

With more than
200 recipes,
handy advice
on how to get

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the most from
your juicing,
and an eye
toward taste,
health, and
cost, The
Ultimate Book
of Modern
Juicing is the
only book on
the topic
you'll ever

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need. Kirk has
been juicing
vegetables and
fruits for

more than 40
years, yet she
doesn't look a
day over 50.

(And yes,
those two
things are
connected.)

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She recently became more interested in how to use juicing to feel and look even better. Her discoveries—genuinely up-to-the-minute—are shared here,

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along with
vibrant
photographs of
her creations

The Ultimate
Book of Modern
Juicing is a
must-have for
everyone
interested in
or committed
to the juicing

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lifestyle.
Smoothie Elixir
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Juice is a
completely
original, up-
to-date, and
colorful (of
course!) guide
to the
wonderful
world of fruit

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elixirs. 100+
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all-new recipe
Supercharge Your
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especially for
this
book--contain
superpowers
ranging from
immunity
boosters,
inflammation

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fighters,
happiness
helpers,
longevity
leaders, mood
fixers, and
booty
enhancers. The
all-green
healthful
tonics and
fruity and

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refreshing Smoothie Elixir
potions are Recipes To
organized by Supercharge Your
function, Health
including The
Cleansers, The
Healers, The
Boosters, and
The
Beautifiers.
Fiber-rich
superfood

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smoothies are
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likewise
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categorized,
Supercharge Your
as star pH
Health
Warriors, Body
Boosters, Age
Defiers, and
Superheroes. A
section on Nut
Milks helps
you get your
protein power

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on. Not only
are there
enough recipes
to keep your
juicer and
blender busy
through every
season, but
Kris also
addresses
every concern
you may have

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about juicing
and blending.
From selecting
the right
equipment for
your needs and
budget, to
choosing and
storing the
most
nutritious
produce, she

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takes you through every aspect of the process--and helps make it a habit that sticks for life. Whether you're an old pro at making liquid magic or if you're

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just starting
out, you will
experience
juicing and
blending as a
fun and
delicious
journey into
the healing
powers of
fresh, raw
fruits and

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vegetables, as
well as nuts
and seeds.
Here's what
else you can
expect from
this
essential,
concise
(crazy, sexy)
reference:
Flavor

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combinations
that tantalize
your palate;
Tips for
blending and
juicing on the
go; Handy
lists of
helpful
kitchen tools;
The 411 on
alkalinity and

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why it's
important; A
pick of the
crop nutrient
guide Handy
substitutions
for food
sensitivities;
Hints on
handling
mental and
emotional

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hurdles that
come with
change; Plus
an easy 3-day
cleanse and so
much more.
Drink your
veggies.
Change your
life. Join
Kris Carr on
yet another

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adventure in
health,
happiness, and
the delicious
food that can
make a
powerful
impact on your
overall
vitality.

Cheers!" --

Navigating the

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available
fitness
information
online can be
confusing and
time-consuming
at best, and a
minefield of
misinformation
at worst. One
inherent
problem is

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that
information
online is
always
presented as
supremely
important and
as the next
'big thing,'
without
context or any
understanding

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of priorities.
Enter The
Muscle and
Strength
Pyramid books.

The
foundational
concept of
these books is
understanding
priorities and
context, so

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you can take
all the pieces
of the puzzle
and fit them
together into
an actionable
plan. * No
longer waste
time and
energy with
your
nutritional

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efforts The structured order of importance is what makes this book different.

Learn what matters and when. * Use our science-based

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calculations
for optimal
setup Whether
you're headed
for the

bodybuilding
stage, cutting
pounds for a
weight class,
or about to go
on a bulk,
we've got it

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covered. *
Achieve
continued and
lasting
changes Learn
how to balance
adherence,
consistency,
and
flexibility so
you can live
your life

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while

progressing
toward your
goals. The

chief author

of the books,

Dr. Eric

Helms, has not

only the

academic

understanding

of training

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and nutrition
as an active
researcher but
also extensive
practical
experience. He
has been a
personal
trainer,
powerlifting
and
bodybuilding

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coach since
2005, helping
hundreds
bridge the gap
between
science and
practice to
reach their
goals. In
addition, he
has the minds
of Andrea

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Valdez, and
Smoothie Elixir
Andy Morgan to
Recipes To
ensure the
Supercharge Your
concepts are
Health
communicated
clearly and
effectively
and no stone
is left
unturned.
Andrea is a
lifelong

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athlete with
extensive
coaching
experience and
her Masters in
Exercise
Physiology,
and Andy is a
successful
writer and
consultant for
body

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composition
change with a
unique grasp
of how to
communicate
topics to
diverse
groups, as he
produces
content for
both the
Japanese and

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Smoothie Elixir
speaking
Recipes To
fitness
Supercharge Your
communities.
Health

Together, they
bring you The
Muscle and
Strength
Nutrition
Pyramid, the
hierarchical,
comprehensive,

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evidence-based
guide that is
a must-have
for every
serious lifter
or trainer.

Veggie Mama is
a manual for
elevating your
family's diet
to incorporate
more whole,

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plant-based
foods. The
book features
over 100 vegan
recipes

--including
many raw
options, using
whole grains,
legumes, nuts,
seeds, fruits,
and

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vegetables,
Smoothie Elixir
along with
Recipes To
superfoods
Supercharge Your
--for growing
Health
kids of all
ages. Veggie
Mamas Doreen
Virtue and
Chef Jenny
Ross discuss
food allergies
and present a

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program free
of
inflammatory
agents that
can that can
create anxiety
in sensitive
kids, as well
as worsen
allergy
symptoms. With
menu-planning

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guides, brown-
bag school
lunches, and
snack and
dessert
favorites,
you'll have
everything you
need to feed
your entire
family
wholesome and

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delicious
Smoothie Elixir
meals. Using
Recipes To
these tasty,
Supercharge Your
100 percent pl
Health
ant-ingredient
recipes --such
as the Avocado
Citrus
Parfait,
Pumpkin Seed
Cheese Wraps,
Veggi-wiches,

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and Nut Butter
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Bites --you
Recipes To
will be
Supercharge Your
pleasing your
Health
children's
palates and
doing their
bodies good .
. . setting
them up for a
lifetime of
wellness!

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Your Healing
Journey
365 Days of
Inspiration,
Encouragement,
and Action
Steps to
Survive and

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Milk Recipes
to Supercharge
Your Health
The Definitive
How-To Guide
The
Surprising,
Unbiased Truth

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Smoothie Elixir
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Why
Supercharge Your
Choosing Raw
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"Tara Stiles shows you how to have fun making your own rules in the kitchen. You'll begin by breaking free of the labels, judgements, restrictions, and stresses of having

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**to eat a certain way-
letting go of the
binge-and-purge,
punishment-and-
reward, diet-and-fail
cycles."--**

**The New York
Times bestselling
10-Day Green
Smoothie Cleanse
will jump-start your
weight loss,
increase your
energy level, clear**

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**your mind, and
improve your overall
health as you lose
ten to fifteen
pounds in just ten
days. Made up of
supernutrients from
leafy greens and
fruits, green
smoothies are filling
and healthy and you
will enjoy drinking
them. Your body will
also thank you for**

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Health

**drinking them as
your health and
energy improve to
levels you never
thought possible. It
is an experience
that could change
your life if you stick
with it! This book
provides a shopping
list, recipes, and
detailed instructions
for the 10-day
cleanse, along with**

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**suggestions for
getting the best
results. It also offers
advice on how to
continue to lose
weight and maintain
good health
afterwards. Are you
ready to look
slimmer, healthier,
and sexier than you
have in years? Then
get ready to begin
the 10-Day Green**

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Smoothie Cleanse!

If you successfully
complete the 10-Day
Green Smoothie
Cleanse, you will... •
Lose 10–15 pounds
in 10 days • Get rid
of stubborn body
fat, including belly
fat • Drop pounds
and inches fast,
without grueling
workouts • Learn to
live a healthier

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lifestyle of detoxing
and healthy eating •

Naturally crave
healthy foods so
you never have to
diet again • Receive
over 100 recipes for
various health
conditions and
goals

Real-life stories
from survivors of
cancer and other
diseases who have

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Health**

**used the 9 key
factors from the
New York Times
best-selling Radical
Remission, with
updated research
and a tenth key
factor revealed.
Following the
publication of the
New York Times
best-selling Radical
Remission,
researcher Kelly A.**

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Turner, Ph.D., has collected hundreds of new cases of radical remissions--from cancer and now also other diseases--from across the globe. In Radical Hope, Turner explores the real-life application of the Radical Remission

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principles and the people who have chosen to take this journey. Each chapter shares a survivor's in-depth story and their use of one of the ten key Radical Remission healing factors. Turner provides updated scientific research and new tips for each factor,

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Repairs To Go Your
Supercharge Your
Health

**and unveils a tenth
key factor for
integration into your
healing approach.
Male and female,
young and old,
these survivors
recognize that by
taking ownership of
their approach to
healing, they are
giving themselves
the best chance for
a longer and**

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**healthier life, with
the ultimate goal of
achieving
remission. With
warmth, realness,
and a true sense of
hope, Turner shines
the spotlight on the
pure strength of the
human spirit and
offers steadfast
support and
guidance for making
the unique and**

**individual decisions
that lead to a
powerful journey of
healing.**
In this volume of 15
articles,
contributors from a
wide range of
disciplines present
their analyses of
Disney movies and
Disney music, which
are mainstays of
popular culture. The

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**power of the Disney
brand has
heightened the need
for academics to
question whether
Disney's films and
music function as a
tool of the Western
elite that shapes the
views of those less
empowered. Given
its global reach, how
the Walt Disney
Company handles**

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**the role of race,
gender, and
sexuality in social
structural inequality
merits serious
reflection according
to a number of the
articles in the
volume. On the
other hand, other
authors argue that
Disney productions
can help individuals
cope with difficult**

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Health

**situations or
embrace
progressive
thinking. The
different
approaches to the
assessment of
Disney films as
cultural artifacts
also vary according
to the theoretical
perspectives
guiding the
interpretation of**

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**both overt and
latent symbolic
meaning in the
movies. The authors
of the 15 articles
encourage readers
to engage with the
material,
showcasing a
variety of views
about the good, the
bad, and the best
way forward.
Discover the**

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Smoothie, Elixirs
beloved New York
Times bestseller

about two lost souls

who embark on an
epic road trip and

find love along the

way. A New York

Times, USA Today,

and Wall Street

Journal bestselling

blockbuster! Twenty-

year-old Camryn

Bennett thought she

knew exactly where

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**her life was going.
But after a wild
night at the hottest
club in downtown
Raleigh, North
Carolina, she
shocks everyone-
including herself-
when she decides to
leave the only life
she's ever known
and set out on her
own. Grabbing her
purse and her cell**

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Supercharges Your
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phone, Camryn boards a Greyhound bus ready to find herself. Instead, she finds Andrew Parrish. Sexy and exciting, Andrew lives life like there is no tomorrow. He persuades Camryn to do things she never thought she would and shows her how to give in to

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Smoothie Elixirs,
her deepest, most
forbidden desires.

Soon he becomes
the center of her
daring new life,
pulling love and lust
and emotion out of
her in ways she
never imagined
possible. But there
is more to Andrew
than Camryn
realizes. Will his
secret push them

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inseparably
together -- or
destroy them
forever?
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Health
Making Raw Foods
Part of the Way You
Eat

How to Make Coffee
So Good You'll
Never Waste Money
on Starbucks Again
The 150 Healthiest
Foods on Earth,

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10 Key Healing
Factors from
Exceptional
Survivors of Cancer
& Other Diseases
21 Days to Better
Health, with Meal
and Exercise Plans,
Tips, and 75
Recipes
The Rise
Now a movie
starring Lucy Hale

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*100 Simple Juice,
and Austin Stowell,
Smoothie Elixir
USA Today*

*bestselling author
Sally Thorne's*

*Supercharge Your
Health
hilarious and sexy
workplace comedy
all about that thin,
fine line between
hate and love.*

*Nemesis (n.) 1) An
opponent or rival
whom a person
cannot best or*

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overcome. 2) A
person's undoing 3)
Joshua Templeman
Lucy Hutton and
Joshua Templeman
hate each other. Not
dislike. Not
begrudgingly
tolerate. Hate. And
they have no
problem displaying
their feelings
through a series of

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*ritualistic passive
aggressive
maneuvers as they
sit across from each
other, executive
assistants to co-
CEOs of a
publishing company.
Lucy can't
understand Joshua's
joyless, uptight,
meticulous
approach to his job.*

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Joshua is clearly baffled by Lucy's overly bright clothes, quirkiness, and Pollyanna attitude.

Now up for the same promotion, their battle of wills has come to a head and Lucy refuses to back down when their latest game could cost her her dream

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*Smoothie Elixir
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job...But the tension between Lucy and Joshua has also reached its boiling point, and Lucy is discovering that maybe she doesn't hate Joshua. And maybe, he doesn't hate her either. Or maybe this is just another game.

Winner of the 2015

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Health. A

*revolutionary
approach to making
better-looking, better-
tasting drinks. In
Dave Arnold's world,
the shape of an ice
cube, the sugars
and acids in an*

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*apple, and the
bubbles in a bottle of
champagne are all
ingredients to be
measured, tested,
and tweaked. With
Liquid Intelligence,
the creative force at
work in Booker &
Dax, New York
City's high-tech bar,
brings readers
behind the counter*

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*and into the lab.
There, Arnold and
his collaborators
investigate
temperature,
carbonation, sugar
concentration, and
acidity in search of
ways to enhance
classic cocktails and
invent new ones that
revolutionize your
expectations about*

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Supercargo Your
Health

*what a drink can
look and taste like.*

*Years of rigorous
experimentation and
study—botched
attempts and
inspired
solutions—have
yielded the recipes
and techniques
found in these
pages. Featuring
more than 120*

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*recipes and nearly
450 color
photographs, Liquid
Intelligence begins
with the
simple—how ice
forms and how to
make crystal-clear
cubes in your own
freezer—and then
progresses into
advanced
techniques like*

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*clarifying cloudy lime
juice with enzymes,
nitro-muddling fresh
basil to prevent
browning, and
infusing vodka with
coffee, orange, or
peppercorns.
Practical tips for
preparing drinks by
the pitcher, making
homemade sodas,
and building a*

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*specialized bar in
your own home are
exactly what drink
enthusiasts need to
know. For devotees
seeking the cutting
edge, chapters on
liquid nitrogen,
chitosan/gellan
washing, and the
applications of a
centrifuge expand
the boundaries of*

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traditional cocktail,
Smoothie Elixir
craft. Arnold's book
Recipes To
is the beginning of a
Supercargo Your
new method of
Health
making drinks, a
problem-solving
approach grounded
in attentive
observation and
creative techniques.
Readers will learn
how to extract the
sweet flavor of

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*peppers without the
spice, why bottling
certain drinks
beforehand beats
shaking them at the
bar, and why quinine
powder and succinic
acid lead to the
perfect gin and
tonic. Liquid
Intelligence is about
satisfying your
curiosity and refining*

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*your technique, from
red-hot pokers to the
elegance of an old-
fashioned. Whether
you're in search of
astounding drinks or
a one-of-a-kind
journey into the next
generation of
cocktail making,
Liquid Intelligence is
the ultimate
standard—one that*

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*no bartender or
drink enthusiast
should be without.
"The ultimate guide
to holistic health!" --*

*Gabrielle Bernstein,
#1 New York Times
best-selling author
of The Universe Has
Your Back "Every
woman should get
this book." --*

Christiane Northrup,
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M.D., New York,
Smoothie Elixir
Times best-selling
author of Women's
Bodies, Women's
Wisdom and
Godesses Never
Age What if the best
health of your life
isn't just about what
you do--or
don't--eat? The
secret to having the
healthy body and life

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*you want isn't just in
a rigid way of eating.
It's in developing
your own Health
Habit. Coined by
nutritionist and
author Elizabeth
Rider, your Health
Habit is a skill, or a
set of skills, that
allows you to make
the best choices that
serve you most. By*

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*focusing on
action--not just
theory--you won't
even have to think
about "being
healthy." You just
will be--without the
deprivation, shame,
and OMG-do-I-really
-have-to-choke-that-
down overthinking
and fear that come
with restrictive diets.*

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With this paperback edition of her fresh look at healthy living, *28-Day Kick-Start Plan*, 50 recipes, and online community, Elizabeth will get you started, keep you motivated, and connect you to health-conscious people around the

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world.

*The author of the
best-selling Crazy
Sexy Cancer Tips
and Crazy Sexy
Cancer Survivor
takes on the crazy
sexy subject of what
and how we eat,
drink, and think.*

*Crazysexydiet.com
On the heels of Kris
Carr's best-selling*

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*cancer survival
guidebooks and her
acclaimed TLC
documentary comes
her new journey into
a realm vital to
anyone's health.
Infused with her
signature sass, wit
and advice-from-the-
trenches style,
Crazy Sexy Diet is a
beautifully illustrated*

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*resource that puts
you on the fast track
to vibrant health,
happiness and a
great ass! Along
with help from her
posse of experts,
Carr lays out the
fundamentals of her
Crazy Sexy Diet: a
low-glycemic,
vegetarian program
that emphasizes*

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*balancing the pH of
the body with lush
whole and raw
foods, nourishing
organic green
drinks, and
scrumptious
smoothies. Plus, she
shares the steps of
her own twenty-one-
day cleanse, and
simple but
delectable sample*

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recipes. In ten chapters with titles such as, “pHAbulous,” “Coffee, Cupcakes and Cocktails,” “Make Juice Not War,” and “God-Pod Glow,” Carr empowers readers to move from a state of constant bodily damage control to

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*one of renewal and
repair. In addition to
debunking common
diet myths and
sharing vital tips on
detoxifying our
bodies and
psyches—advice
that draws both on
her personal
experience as a
cancer survivor and
that of experts—she*

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*provides helpful
hints on natural
personal care, how
to stretch a dollar,
navigate the grocery
store, eating well on
the run, and working
through the
inevitable pangs and
cravings for your old
not-so-healthy life.
Crazy Sexy Diet is a
must for anyone who*

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*seeks to be a
confident and sexy
wellness warrior.
Poor health is
America's #1
problem. Over 70%
of us are either
overweight or
obese. Over 70% of
Americans are on at
least one
prescription
medication, and*

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Smoothie Elixir
Recipes To
Supercharge Your
Health

*more than half take
two. Preventable
chronic diseases are
responsible for the
overwhelming
majority of deaths in
this country. Just
two of these chronic
illnesses-heart
disease and cancer-
together account for
nearly half of all
deaths in the U.S.,*

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*needlessly taking
the lives of 1.2
million loved ones
each year. Currently,
94% of the calories
being consumed by
Americans come
from meat, dairy
products and
processed foods
with only 6% of
calories coming from
healthy fresh*

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100 Simple Juice,
vegetables, fruits,
Smoothie Elixir
beans/legumes, and
Recipes To
whole grains,
Supurbarg Your
according to the
USDA's Profiling
Food Consumption
in America. The
Standard American
Diet full of fat and
sugar (meats and
sweets) is depriving
us of real nutrients
that our bodies

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require for good health. In this eye-opening book, the authors reveal the causes of our chronic diseases and the foods that can make us well.

*Ugly Love
Stories of Personal
Triumph from the
Frontiers of Brain
Science*

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31-Day Food
Smoothie Elixir
Recipes To
One Percent of You
150 Plant-
Empowered
Recipes to Ignite a
Mouthwatering
Revolution
Vedge
10-Day Green
Smoothie Cleanse
Heal your body,
lose excess

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weight, and free yourself from toxic food with this simple guide focusing on sustainable food that has "depth, spirit, and [a] breadth of information" (Rip Esselstyn, New York Times bestselling author). 31-Day

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Food Revolution,
Smoothie Elixir
is your guide to
Recipes To
liberation from
Supercharge Your
a toxic food
Health
world. Author
Ocean Robbins
reveals the
secrets the
industrialized
food industry
doesn't want you
to know, how
specific
ingredients and

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methods could be
making you sick

Smoothie Elixir Recipes To Supercharge Your Health

-- and what to
do about it. And
he shows you how

-- in just 31
days -- you can
use the amazing
power of
delicious food
to heal your
gut, lose excess
weight, and
lower your risk

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for disease, all
while
contributing to
a healthier
planet. Ocean's
plan includes 31
simple and
affordable step-
by-step actions
that give you a
road map to
healthy,
ethical, and
sustainable

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Recipes To:

Supercharge Your
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Detoxify: Get
rid of the
unhealthy foods
and

environmental
factors making
you sick.

Nourish: Fuel
your body with
the healthy
micronutrients

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you need to
thrive. Gather:
Build your
community and
surround
yourself with
supportive,
positive people.
Transform: YOU
can be part of
the solution.
It's a lot
easier to change
the world than

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you imagine!
You'll discover
amazing secrets,
such as how to
stop food
cravings, why
nuts are one of
the best snack
foods, time-
saving habits,
and how to catch
dangerous
ingredients
hiding in food

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labels. In his
nonjudgmental
and down-to-
earth way, Ocean
Robbins meets
you wherever you
are on your
personal journey
with food. Then,
he provides you
with tools that
make it easy to
eat less sugar,
processed foods,

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and unhealthy
Smoothie Elixirs
animal products—
Recipes To
and to happily
Supercharge Your
enjoy whole Your
plant foods, and
Health
more fair trade,
local, organic,
and otherwise
consciously
sourced fare.
Ocean helps you
make small
improvements
that lead to big

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results. If you
want to feel
better, enjoy
your food more,
and help sustain
the planet,
start reading
this book today.
In just 31 days
you can change
your health for
the better. And
your body will
thank you for

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the rest of your
life.

Skip the crowded
bar, coffee Your
shop, and
Health

restaurant and
bring the magic
of Disney's
drinks right
your home with
over 100 easy,
delicious drink
recipes inspired
by the Disney

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Parks. Raise a
glass to
bringing the
magic of Disney
straight to your
home with The
Unofficial
Disney Parks
Drink Recipe
Book. From
coffee and tea
to milkshakes
and slushies to
mocktails and

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cocktails, this
Smoothie Elixir
book features
over 100 of your
favorite To
Supercharge Your
Health
beverages from
the happiest
place on Earth.
Recipes are
taken straight
from your
favorite
restaurants and
cafes throughout
the Disney Parks

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and resorts.

Smoothie Elixir
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Health

You'll learn to
make delicious,
unique drinks
without waiting
in line

including:

-Coffees and
teas, like
Frozen

Cappuccino from
Joffrey's and
Teddy's Tea from
Jock Lindsey's

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Hangar Bar
Smoothie Elixir
-Fruity drinks

and slushies
Recipes To
like Frozen Your
Supercharge Your
Sunshine from
Health

Beaches and
Cream and the
Goofy Glacier
from Goofy's
Candy Company

-Mocktails and
cocktails like
the Sparkling No-
Jito from the

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Tambu Lounge or
Smoothie Elixir
the La Cava
Avocado from
Recipes To
Mexico in Epcot
Supercharge Your
-And dessert
Health
drinks like the
Peanut Butter
and Jelly
Milkshake from
50's Prime Time
Café or the Dole
Whip Float from
Aloha Isle
Perfect for

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100 Simple Juice,
Disney fans

Smoothie Elixir
everywhere who

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want to

Supercharge Your
experience those

Health
familiar flavors

right from the

comfort of their

home, The

Unofficial

Disney Parks

Drink Recipe

Book has all the

recipes you'll

need to make

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luscious
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libations worthy
of the Mouse
himself.

It's time to
debunk all the
myths about
foods we want to
eat. The 150
Healthiest Foods
on Earth,
Revised Edition
delivers facts
on foods; no

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spin, no agenda.
In this newly
updated
nutrition
reference guide,
acclaimed
nutritionist and
bestselling
author Jonny
Bowden debunks
traditional food
myths, saves the
reputations of
foods long

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suffering from bad publicity, and provides just the facts—so you can make good, health-conscious decisions about which foods you and your family should eat.

You'll learn the latest research on many of your

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favorite foods,
as well as some
surprising new
findings on the
health benefits
of foods you may
have been
avoiding
unnecessarily.
Did you know
that, according
to the latest
research,
Saturated fat

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does not cause heart disease? Full-fat dairy may protect against diabetes? There is no need to avoid meat if it is 100 percent grass fed? There is a major difference between farmed salmon and wild

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salmon? No food provides everything. But real food—whole food with minimal processing—contains a virtual pharmacy of nutrients, phytochemicals, enzymes, vitamins, minerals, antioxidants, an

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and healthful
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fats, all of Supercharge Your
which keep you Health
alive and
thriving. Learn
how easy it is
to find “real”
food and
discover what
more than a
dozen well-known
nutrition

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experts say are
their "top ten"
healthiest foods
on earth.

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Evermore, the
first book in
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New York Times
bestselling The
Immortals
series. Enter an
enchanted new
world where true

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love never dies.

. . . After a

horrible

accident claimed

the lives of her

family, sixteen-

year-old Ever

Bloom can see

people's auras,

hear their

thoughts, and

know someone's

entire life

story by

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touching them.
Going out of her
way to avoid
human contact
and suppress her
abilities, she
has been branded
a freak at her
new high
school—but
everything
changes when she
meets Damen
Auguste. Damen

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is gorgeous,
exotic and
wealthy. He's
the only one who
can silence the
noise and random
energy in her
head—wielding a
magic so
intense, it's as
though he can
peer straight
into her soul.

As Ever is drawn

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deeper into his
enticing world
of secrets and
mystery, she's
left with more
questions than
answers. And she
has no idea just
who he really
is—or what he
is. The only
thing she knows
to be true is
that she's

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falling deeply
and helplessly
in love with
him.

Hello, gorgeous!

Welcome to a
juicing and
blending
adventure! If
you've picked up
this book, it's
likely that
you're looking
to bring more

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zing into your
life. Perhaps
you're feeling a
little tired.
Bloated. Out of
sorts. Whatever
it is, you've
come to the
right place. Get
ready to say
good-bye to
feeling meh and
hello to feeling
fabulous! In

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advocate and New
York Times best-
selling author
Kris Carr
teaches you
everything you
need to know
about creating
fresh,
nutritious
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smoothies, and

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indulgent nut
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and seed milks.
Supercharge Your
Health
With enough
recipes to keep
your juicer and
blender humming
through every
season, she
shows you how to
fit them into
your life,
helping you make
health deposits

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– instead of
Smoothie Elixir
withdrawals! Cha-

ching! She

guides you
Supercharge Your
through her
Health

wonderful world
by teaching you:

- How to create
flavor
combinations
that tantalize
your taste buds
- How to choose
the best juicer,

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for selection,
storage, and
preparation of

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- ingredients
- Answers to frequently asked questions and health concerns
- Suggestions for juicing and blending on the go
- Tips on how to get your family onboard and make this lifestyle stick
- And oh, so

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Whether you're
an old pro at
making liquid
magic or just
starting out,
Kris will help
you experience
juicing and
blending as a
fun and
delicious
journey into the
transformative

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powers of fruits
and veggies! By
simply adding
these nutrient-
dense beverages
to your daily
life, you can
take control of
your health -
one sip at a
time. With more
than 100
scrumptious
recipes and

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oodles of
information,
you'll be ready
to dive into a
juicing
paradise. Cheers
to that!

Includes an easy
and energizing
3-day cleanse!
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Ambassador of
Lindy Hop
The Wicked

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Smoothie Elixir
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Animals.To

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Implications of
Disney Movies
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