

Let's Get It On!: The Making Of MMA And Its Ultimate Referee

Combining elements of mystery, history, and romance, this compelling narrative explores the river frontier of West Virginia to the Midwest in the 1900s. Unconventional for her time, Sarah Perkins is driven to excel and be successful in a man's world despite her traumatic childhood under an abusive father who strictly enforced traditional gender roles. Dreaming of one day being a riverboat pilot, Sara embarks on an adventure aboard the Spirit of the River, a premier paddleboat on the Ohio and Mississippi rivers. She's spent hours behind the wheel under the supervision of the captain, Jeremy Smith—her friendly rival and romantic interest—and longs to prove her worth. When a traveling troupe of entertainers, Le Théâtre d'Illusion, discovers that a cast member has suspiciously disappeared while a mysterious and deadly illness afflicts the rest of the passengers, Sarah will find herself tested in unimaginable ways. Suspenseful and thrilling, this dynamic novel of hidden secrets offers an unflinching look at serious issues such as alcoholism, suicide, and gender, while maintaining a lively storyline full of adventure, independence, and life on the river wild. She's So Not Having This Problem "I go on vacation in the Bahamas to celebrate my promotion and who do I see? Maurice Goings, NFL superstar, my high school and

college sweetheart...the man who not only broke my heart, but drop-kicked it beyond repair. We were only a few weeks away from marriage when I caught him cheating on me. I changed schools, became a top lawyer, and swore that I'd never be hurt like that again. I don't care that Maurice is even finer than ever before, I'm not letting him fool me twice. . . " But He's Ready To Do Whatever It Takes. . . "I know I hurt Kenya a lot, but I really do love her. No matter how much she tries to push me away, fate keeps drawing us back into each other's arms--and God knows there's still so much sizzling chemistry between us. So this is my last chance to show her that she can trust me again. It's going to be the hardest thing I've ever done--but Kenya's worth it.."

Let 's Get Started is a faith based preparedness manual written to Christians, but invaluable to anyone. The body of Christ is to be a light in the world! How bright will that light shine to help others, if ill prepared to help ourselves, in a time of disaster or tragedy? What does God have to say in his word about being prepared for today? With emphasis on the spiritual and the natural, this manual is a must have for every believing home that is trusting in God for the future. Living in the Tulsa, Oklahoma area most of her life, Veda Byers has been married to Phil Byers, a successful General Contractor, for 45 years. A mother, grandmother, teacher and prayer leader, she has been active in ministry since 1980. She graduated from Victory Bible Institute in 1991 located in Tulsa. Her love for Jesus and people, with a calling and passion for prayer, has led her to reach out further. She and her husband, Phil, attend Newspring Family Church in

Jenks, Oklahoma, where she continues to lead a group of Intercessors.

Are you living with elephants, excuses, self-sabotage, and other snags that keep you stuck? Let's Get UnStuck! will help you move all these out of your way to the life God intended you to live! Nina gives you golden nuggets that actually work regardless of your age, status, or circumstances. Master communicator, professional life coach, ordained minister, Nina Wilson uses biblical principles, her life experiences, including a chapter dedicated to her daughter De'ja, who is in heaven, and everyday practical wisdom to show you how to put the "kick" in your butts. Nina inspires you to eliminate unproductive habits and to recognize and move that "elephant"--the one you see but don't see--out of the middle of the room, with time-tested and simple but effective action steps. She champions what matters the most, which is you doing what you are meant to do and doing it as your best you!

Let's Get UnStuck!

Let's Get Lost

Let's Get It On!

Let's Get Visible

Let's Get Physical

Silver details the economic forces that persuaded him to put Silveto to rest and to return to the studios of such major jazz recording labels as Columbia, Impulse, and Verve, where

he continued expanding his catalogue of new compositions and making recordings that are at least as impressive as his earlier work. Silver's irrepressible sense of humor combined with his distinctive spirituality make his account, which is well seasoned with anecdotes about the music, the musicians, and the milieu in which he worked and prospered, both entertaining and inspiring."--Jacket.

Publish like a pro and start building your audience today with the most comprehensive guide on the market. Packed with practical, actionable advice, this brand new fourth edition of Let's Get Digital delivers the very latest best practices on publishing your work and finding readers. · Boost your writing career with marketing strategies that are proven to sell more books. · Get expert tips on platform building, blogging and social media. · Discover which approaches are best for selling fiction vs. non-fiction. · Implement powerful ways to make your ebooks more discoverable. · Increase your visibility by optimizing keywords and categories. · Weigh the pros and cons of Kindle Unlimited,

and find out exactly how to tweak your promotional plans depending on whether you stay exclusive to Amazon or opt for wider distribution. And that's just for starters...

Let's Get It On!The Making of MMA and Its Ultimate RefereeMedallion Media Group

A young girl describes ways that she celebrates Valentine's day at school and at home.

The Educator's Guide to Edmodo

Let's Get Social

How to Get Noticed and Sell More Books

How To Self-Publish, And Why You Should (Fourth Edition)

A Novel

Drawing on his personal fascinating story as a prosecutor, a defendant, and an observer of the legal process, Paul Butler offers a sharp and engaging critique of our criminal justice system. He argues against discriminatory drug laws and excessive police power and shows how our policy of mass incarceration erodes communities and perpetuates crime. Controversially, he supports jury nullification—or voting “not guilty” out of principle—as a way for everyday people to take a stand against unfair laws, and he joins with the “Stop

Snitching" movement, arguing that the reliance on informants leads to shoddy police work and distrust within communities. Butler offers instead a "hip hop theory of justice," parsing the messages about crime and punishment found in urban music and culture. Butler's argument is powerful, edgy, and incisive.

When Dan And Dad Go Out For Pizza They Learn That Just Because It Smells So Good Doesn't Mean You Should Eat Too Much. It's Much Better If You Share. Teaching Focus, Words To Know Before You Read, Comprehension And Extension Activities. Inside Front And Back Cover Parent And Teacher Support.

Teaching your dog the key points to exercises saves time, is easy for your dog to understand, and avoids having to make corrections. Young cats are on the hunt for a mouse named Sleepy in Let's Get Sleepy!, an energetic picture book from New York Times bestselling author and illustrator Tony Cliff. These cats are on an adventure to find that darn mouse named Sleepy. But Sleepy is a sneaky mouse—he's hard to find. The cats will have to look everywhere: all over town, out by the beach, up in space, and even back in time with the dinosaurs! Can the cats catch that mouse? Even if they don't, at the end of the day, they may just get "sleepy" after all. While seek-and-find elements are at work in the adorable artwork, the rhyming text reminds readers that the journey is more important than the

destination—and that the most valuable treasure is a day richly lived with friends. An Imprint Book

A Practical Guide to Nutrition and Health.

Fisher-Price Let's Get Moving!

Alphabet

Let's Get Back to the Tardis

Let's Get Real A guide to training your dog

As she acts out the role of "Mean Girl"--at school, with her father and brother, and even with her new boyfriend--sixteen-year-old Isabel comes to a dead end and finally confronts issues related to her mother's death.

This exercise booklet guides the study of embracing Christian living on earth and attaining eternal life. After completing these self-paced exercises, you will have a better understanding of the Christian lifestyle / Christian walk. Each lesson includes 1. a brief description of the topic, along with its purpose and functions 2. key scripture passages that support the topic and serve as a helpful resource for future reference 3. research questions designed to gain a better understanding of the topic and its application in everyday living 4. something to review to help begin processing the new knowledge and learning to apply it into relationships with others 5. space for journaling comments and/or questions. The bonus section gives a snapshot that helps to simplify the understanding of the book of Revelation.

A captivating blend of reportage and personal narrative that explores the untold history

of women's exercise culture--from jogging and Jazzercise to Jane Fonda--and how women have parlayed physical strength into other forms of power. For American women today, working out is as accepted as it is expected, fueling a multibillion-dollar fitness industrial complex. But it wasn't always this way. For much of the twentieth century, sweating was considered unladylike and girls grew up believing physical exertion would cause their uterus to literally fall out. It was only in the sixties that, thanks to a few forward-thinking fitness pioneers, women began to move en masse. In *Let's Get Physical*, journalist Danielle Friedman reveals the fascinating hidden history of contemporary women's fitness culture, chronicling in vivid, cinematic prose how exercise evolved from a beauty tool pitched almost exclusively as a way to "reduce" into one millions have harnessed as a path to mental, emotional, and physical well-being. *Let's Get Physical* reclaims these forgotten origin stories—and shines a spotlight on the trailblazers who led the way. Each chapter uncovers the birth of a fitness movement that laid the foundation for working out today: the radical post-war pitch for women to break a sweat in their living rooms, the invention of barre in the "Swinging Sixties," the promise of jogging as liberation in the seventies, the meteoric rise of aerobics and weight-training in the eighties, the explosion of yoga in the nineties, and the ongoing push for a more socially inclusive fitness culture—one that celebrates everybody. Ultimately, it tells the story of how women discovered the joy of physical strength and competence—and how, by moving together to transform fitness from a privilege into

a right, we can create a more powerful sisterhood.

"Estranged childhood friends Oscar and Sebastian-both too young to have a personal relationship with the AIDS crisis but too old to have enjoyed the freedom of an out adolescence-spend a year grappling with cultural identity, generational change, and what they see in, and owe to, each other"--

Let's Get Real About Eating

Let's Get Real or Let's Not Play

Let's Get Ready for Valentine's Day

Let's Get Pizza

Let'S Get Started

What is a British girl to do when she is suddenly jobless, loveless and homeless all in the spate of an afternoon? Well she goes on holiday, which is what she does. This is the sorry situation, which Emma Brook finds herself in so if anyone deserves a vacation then Emma thinks it should be her and the destination chosen is exactly what she needs to get over her ex and move on with her life. So with the help and guidance of a family member and a new friend, Emma is set to prove to Gabe and herself that she is not 'boringly normal' like he'd cruelly insisted she was and she can be adventurous and daring. But it's all

not as easy as it sounds when the only man Emma falls for has a secret of his own, which he was trying to keep from her ever finding out about. So a spot of revenge/rebound sex is out of the question then, or is it? It all comes to a head when Emma returns home to face her ex and claims to her friends that she had a holiday romance with a Greek God lookalike to show that she was indeed over Gabe. Low and behold, this mystery man actually turns up to complicate matters further. Will Emma regret her white lie, or will it be the best thing that ever happened to her?

This book features favorite Little People characters enjoying the day with healthy and fun activities. With 40 flaps for little hands to open, each spread teaches new words including healthy foods and action verbs. It's time to get moving with the Little People! Whether it's tumbling in gym class, sledding in the winter, or dancing inside on a rainy day Eddie, Sarah Lynn, and all their friends know that it's healthy and fun to find ways to Get up 'n' Go! Every page features lots of labels, healthy foods to find, and exciting flaps that will keep toddlers coming back to visit again and again.

After opening a wildly successful "full-service spa" in Reno that caters

to professional women (which turned the world's oldest profession on its head), Lydia Beaucoup and her friends Acey Allen and LaShaWanda P. Marshall decide to grow their business—with a new spa on a boat moored off the shore at Martha's Vineyard. In this unique haven for pampering, in addition to massage and reflexology, clients can purchase fabulous, multi-orgasmic safe sex from men specifically trained to please women. But selling sex is never easy—and insatiable clients, mob extortion, and a repressive federal government are just a few of the problems threatening to take down A Sister's Spa. Smart, sizzling, and wickedly funny, Let's Get It On is an outrageous tale of pushing traditional envelopes in pursuit of empowerment—and a witty, forthright look at what women really want.

When Heaven falls in love with Hamid, a Pakistani medical student, despite their cultural and religious differences, she knows there will be problems, but she never guessed how many. Heaven's business is taking off, and she is reluctant to leave it; Hamid has sworn to go back to Pakistan and open a medical clinic. They try to keep their relationship going, but it's an uphill battle; with Heaven in the US and Hamid in Pakistan, the strain very quickly begins to wear them down.

If they are going to make their love work, they must find a way to bridge the continental divide.

A Hip-Hop Theory of Justice

Let's Get Started

Let's Get Back to the Party

Let's Get It Started: The Rise & Rise of the Black Eyed Peas

Let's Get Serious

Many people on Earth look forward to their eventual time in Heaven. They speak of Heaven as a lofty, perfect place where they will be surrounded by love and humanity turned divine. However, these same people seem to shrink from human contact while on Earth. They miss the opportunity to connect with their brethren, looking to the sky as they walk the ground. Poet Al Hall looks forward to Heaven, but through his inspired words he hopes to reveal the interconnectedness of human life on this planet and how best to utilize our limited time here. He encourages us to cherish togetherness during this short period of time on Earth before taking off on the road to Heaven. It's time to slow down and take a look around, preparing for Heaven but not living there already. True, nothing on Earth is perfect. Politicians make vocal blunders. Humans get irritated and angry at each other over nothing more than miscommunication or perhaps a wrong

note in church choir. It's time we stopped pulling each other down and lifted each other heavenward instead. Enjoy worship, laughter, celebration, and falling in love. Heaven will one day be home, but for now, Hall encourages us to live imperfectly but with joy and forgiveness.

The marriage scheme... The Mom: runs a matchmaking service and refuses to find herself a date! Her son wants her to find herself a husband, but Rosemary Gallagher wants to remain happily unmarried. The Kid: has the perfect plan and doesn't care if it gets him grounded for a year. Little Danny is going to get his mommy married, and he wouldn't mind having a dad, too. The Would-be Groom: doesn't have a clue that he's about to say bye-bye to bachelorhood. Chris Maverick, get ready to walk down that aisle!

"Leverage Amazon's famous recommendation engine to take advantage of the various opportunities it provides for exposure. Position your books for discoverability on other sales venues. Minimize the time you spend promoting so you have more time to spend writing. Promote in a cost-effective way that actually works"--

Five strangers. Countless adventures. One epic way to get lost. Four teens across the country have only one thing in common: a girl named LEILA. She crashes into their lives in her absurdly red car at the moment they need

someone the most. There's HUDSON, a small-town mechanic who is willing to throw away his dreams for true love. And BREE, a runaway who seizes every Tuesday—and a few stolen goods along the way. ELLIOT believes in happy endings...until his own life goes off-script. And SONIA worries that when she lost her boyfriend, she also lost the ability to love. Hudson, Bree, Elliot and Sonia find a friend in Leila. And when Leila leaves them, their lives are forever changed. But it is during Leila's own 4,268-mile journey that she discovers the most important truth— sometimes, what you need most is right where you started. And maybe the only way to find what you're looking for is to get lost along the way.

Aviation Noise, Let's Get on with the Job

Let's Get Mommy Married

Bible Lessons for Discussion

Let's Get It Started

Let's Get Together

Let's Get Back To The TARDIS is part biographical, part fiction. Factual fiction! Starting in 1987, this story is about the goings on of a character called Jamie. Jamie is a young Doctor Who fan, who is determined to make a fan film based on the 1965 Dr. Who and the Daleks movie (which starred Peter Cushing). He enlists his cousin Simon (a non-Doctor Who fan) to help him. This book details their various attempts and how the idea goes in directions that even they didn't expect it to go. Despite being set in the late 1980s, the book becomes just like a TARDIS as time switches back and forth through

various points in Jamie's life. At its very heart, this book is the tale of young forgotten innocence viewed through the warm glow of nostalgia and the changes that occur as one gets older.

Jodi Spears is fast approaching her thirtieth birthday, but it is not a date that she is looking forward to anymore. Since her world was turned upside down and rocked to its very core when her husband decided to jump off a cliff instead of staying with her to deal with the crippling debts that he had gotten himself into, that were unbeknownst to her at the time. She lost everything as a result, when the business went bankrupt and this included her home so she now lives in her car in-between house-sitting jobs and uses her wages to pay what she can off the money still owed. The latest abode where her boss at the agency sends her to, is on a cliff top which unfortunately for Jodi is very similar to the one which had claimed the life of her late husband. As her drinking increases, so does her growing attraction for a hunky guy that she met called Reece and at last things are starting to look up as Jodi sees a light at the end of the dark tunnel she has been trapped in for nine, long hard months. However, it is never going to be that easy for Jodi seeing as she suddenly gets a blast from the past walking right back into her life and nothing will ever be the same again.

Relationships “ Lets Get to the Point ” is an e-book guide that is meant to get your relationship in the right direction. There are a lot of great books out there about relationships, but how do you actually use 100 to 200 pages of information for everyday scenarios. You can read and get really good information throughout a longer book, but when it comes time to get your point across with your partner it may be hard to put it into action. It ’ s just not a practical way to take what you ’ ve read and actually make it work in real time. Your partner may be willing to take steps to help better the relationship, but they may not have the time to read a 100 page book to do it. Some people are readers some are not. That ’ s why I put together a step by step guide that does not feel tedious and overwhelming. It ’ s simply me talking

to you nothing fancy. OK people lets get to the point!

When Linda Hunter said for better or worse twenty years ago, she ' d meant it. Unfortunately, her husband didn ' t share the sentiment. After she learns of his wandering eye, and libido, he levels her with his reason for straying over the years. Her weight gain. Armed with a willpower made of steel, Linda decides to hire a personal trainer so she can try to reclaim herself, if not her husband. After settling in a new position in Maryland, personal trainer Jack McAllister goes through his days cursing his strange twist of fate. Accustomed to being just another attractive face at his last gym, he isn ' t prepared for the deluge of propositions he ' s receiving from his female clientele. Thrown together due to circumstance, Jack and Linda aren ' t quite sure what to do with one another. She expected her trainer to be a woman; he expected his new client to be the latest vapid barracuda. Neither of them got what they expected, but both of them will learn that when it comes to physical attraction, there is more than meets the eye.

Let's Get Free

Let's Get It On

Let's Get Funny Fiction

A coming-of-age novel

Enter here to learn how to think about using stones and crystals as tools for your journey. You may have heard the point of our journey is to experience a life of joy. Lets Get Stoned teaches you where stones and crystals can help play a part in living your joyful life.

The new way to transform a sales culture with clarity, authenticity, and emotional intelligence.

Too often, the sales process is all about fear. Customers are afraid that they will be talked into

making a mistake; salespeople dread being unable to close the deal and make their quotas. No one is happy. Mahan Khalsa and Randy Illig offer a better way. Salespeople, they argue, do best when they focus 100 percent on helping clients succeed. When customers are successful, both buyer and seller win. When they aren't, both lose. It's no longer sufficient to get clients to buy; a salesperson must also help the client reduce costs, increase revenues, and improve productivity, quality, and customer satisfaction. This book shares the unique FranklinCovey Sales Performance Group methodology that will help readers:

- Start new business from scratch in a way both salespeople and clients can feel good about
- Ask hard questions in a soft way
- Close the deal by opening minds

Welcome back to Leo's supper club, where seduction is always on the menu . . . Rochelle Alers, "Love Lessons" Tyrell Hardcastle is knocked off his feet when he meets a local high school teacher. Now all he has to do is overcome her objections to him being the "younger man". Donna Hill, "Lady in Waiting" Noah Hardcastle is engaged to beautiful Tara Mitchell. However, their relationship is threatened when Noah's first love Rachel, returns to D.C. to prove to him that he is all she ever really wanted. Brenda Jackson, "Irresistible Attraction" Sydney Corbain never forgot her explosive encounter with Tyrone Hardcastle at her brother's wedding. So when she runs into him in New York City on business, they both see this as an opportunity to explore their undeniable attraction. Francis Ray, "Blind Date" Ayanna Hardcastle pretends that she is dating wealthy businessman Tanner Rafferty, in order to get her matchmaking friend off her back. But, she never imagined that Tanner Rafferty would show up to collect on that claim!

In this book, educators can learn everything they need to know about integrating social

learning at all grade levels using the popular educational social network, Edmodo. With valuable tips and resources for both new and experienced users, it provides immediately adaptable strategies for incorporating Edmodo's suite of tools and apps in their classrooms. Learn how to leverage Edmodo for assessment, project-based learning, flipped classroom, gamification and more. Seasoned educators and educational technology specialists Ginger Carlson and Raphael Raphael also share how educators can expand and maximize social learning networks, specifically Edmodo, to ask questions, share knowledge and create an extended network of colleagues.

Let's Get Funny Fiction Series

The Ultimate Handbook for Youth with LGBTQ Parents

The 10 Links That Bond A Relationship

Transforming the Buyer/Seller Relationship

Let's Get Together On Earth Before Taking Off On The Road To Heaven

The first in-depth biography of The Black Eyed Peas explored their rise from backstreet gangsta rap to globally famous group. Tells the full story from the backstreets of Los Angeles in the mid 1980s to the formation of the Black Eyed Peas and a record deal in the mid 1990s.

An intimate profile of the legendary mixed martial arts (MMA) referee, this first full-length autobiography of pop culture icon "Big" John McCarthy details every aspect of his life—from his strong-handed Los Angeles upbringing to his involvement in the naming of the sport, his role in its regulation, and MMA's rise in stature. The narrative follows "Big" John through his 22-year career as a Los Angeles police

officer, where he taught recruits arrest and control procedures as well as survival tactics, then his 15-year career as MMA's premier official in the chain-linked cage. A fixture of the sport, "Big" John started refereeing at UFC 2 in 1994 when MMA was in its infancy and went on to officiate at every major UFC event but two until 2007. Following a one-year hiatus as a color commentator and on-camera analyst for MMA and boxing events, he returned to MMA refereeing in 2008. In his own words, "Big" John relates his insider's perspective from the midst of many of the sport's greatest moments—from Tito Ortiz–Ken Shamrock I at UFC 40 in 2002 to Randy Couture–Tim Sylvia at UFC 68 in March of 2007—along with his account of the birth of the sport in America, its evolution, and MMA's ongoing struggles for acceptance.

What should you do when your boyfriend wants to propose live on air? Should you a) confess up front that you're already married before the cameras are in your face and risk losing him, because you never meant to lie but you never mentioned it either. On the other hand, b) try to avoid being alone with him (ever again) so that he will not get the opportunity to ambush you with a surprise engagement ring. Or c) play along with it and accept his offer of marriage and that leaves option d) which stands for divorce, which is what you should have done ages ago seeing as it's been five long years since you've actually seen your husband in the flesh. Speaking about the absent husband, just to complicate matters even further begs the question. Did they have to make a pact to hook up again five years down the line and get back together for good, if neither of them had found happiness with

another person by then? And this is the problem that Faye Allen faces on the programme where she works, while the TV presenter is busy trying to make her own mark on telly so that she can fulfil her ambitions and one day host her own show. Only a scandal like this could sink her career boat that was sailing along quite nicely, until this happened to scupper her dreams. As it is decided, the best course of action to take in this situation is to head off to Gibraltar to get it all sorted and Faye has a close encounter with a monkey for all her troubles and it would not be for the first time. So read this funny British comedy romance fiction novel in order to find out how Faye handles having a fiancé and a famous husband plus a demanding workload all at once, which ends up crossing the line right over into every single part of her life and completely wreaks havoc all-round as a result. Let's Get This Straight reaches out to young people with one or more gay, lesbian, bi, or trans parents to provide them with the tools to combat homophobia, take pride in their alternative family structures, and speak out against injustice. This short but thorough book profiles forty-five diverse youth and young adults, all of whom voice their opinions and provide advice for other youth living in LGBTQ households. Let's Get This Straight also includes probing questions, fun activities, engaging quizzes, and reflective journal sections for youth to share their feelings and experiences about having a gay parent. By reading this book, readers will learn how to: identify and overcome barriers to having a gay parent; address discrimination and heterosexism; build a strong self-esteem and sense of belonging; communicate effectively with their parents and individuals outside of

the LGBTQ community; access resources and support for their families; respond effectively when challenged about being in a sexual minority family; and reduce the isolation, fear, shame, and confusion that can be associated with having gay parents. As the media brings ever-increasing exposure to gay-headed households, this book is more important than ever. Let's Get This Straight is the perfect blend of wit, sharing of experiences, and "expert" advice that children with LGBTQ parents need to become more self-aware and affirming, and to maintain healthy relationships with their parents.

The Autobiography of Horace Silver

Let's Get Digital

How Women Discovered Exercise and Reshaped the World

Let'S Get Stoned

Let's Get to the Nitty Gritty

A love-seeking mechanic, a dramatic petty thief, a disappointed planner, and a broken-hearted teen all find their lives transformed as each shares whirlwind adventures with a girl in an insanely red car.

Finally, a book that breaks down everything we've heard and gets straight to the fundamentals of what we eat and how we feel. This book will not only open your eyes to what we eat, how it is grown, manufactured, and packaged but also the impact it has on our health, and then goes one step further and actually tells us what we can do about it. Whether you're ready to take baby steps or make major changes, this book tells you how—

plain and simple. “Let’s Get Real about Eating keeps it simple, clear, and honest. It’s not about being alternative or holistic or organic, it’s about being “right” and speaking the truth regarding our food. – Randy Naidoo, M.D. “Laura’s extensive in depth knowledge for nutrition is remarkable! Let’s Get Real About Eating could add years to your life.” – Melissa Irvin, mother of two “Laura Kopec has expertly guided our family through practical steps to better health. Her wealth of education has helped us develop a healthy eating plan and get on the right track.” – Hillary Jarrard, mother of three “This book is a must-have! Laura found a way to teach us in an easy, non-confrontational way of the dangers and concerns we should have regarding the foods we eat.” – Karimen Montero, mother of two “Laura gave us freedom from being trapped in the same cycle and taught us how to look outside the box. To open adult’s minds and to instill this knowledge is a true God given talent and we are forever grateful!” - Jennifer Goodman, mother

Using Stones and Crystals to Create a Life That Rocks!

The Making of MMA and Its Ultimate Referee

Let's Get This Straight

Relationships "Let's Get to the Point"

Let's Get Sleepy!