

Ebook Fit Girls Guide

Get smart, get moving! Most of us want to be fit and healthy, but get stuck in a rut—we just don't have the will power to get up and move. What is the incentive for you to get off that couch and work out when you have all three seasons of Game of Thrones waiting for you? Almost everyone wants to be fit, but they just can't muster up the effort to do so. If you are like them, then this book is for you. The Lazy Girl's Guide to Being Fit is about the first few steps you need to take to go from a sedentary lifestyle to an active one, because that's the biggest challenge for a couch potato—movement! It's all about finding the balance in your life. This book will show you how exercise can take the guise of several daily activities—be it shopping or going on a picnic—and how eating right can solve half your problems. The easy and effective exercise routines contained here will get you fit in no time. The body can be beautiful if you know how to put it to use and have fun doing so. And this is exactly what this book will show you.

Counsels adolescent girls on how to have fun with fashion and develop a personal sense of style, providing quizzes for identifying looks that promote comfort and confidence while sharing advice on how to shop and handle disagreements with parents. 47,500 first printing. Original.

Parenting is definitely one of the hardest but most rewarding things to do in life. It involves a ton of work, but in the end, every bit of effort is well worth it. Each of these ebooks provides information on a different aspect of parenting. They cover everything from some of the best baby products to tips of raising children! This bundle includes the following ebooks: -Changing Tables for Babies: A Convenient Place to Change Diapers -Sleep Baby, Sleep: Cribs and Crib Bedding That Will Keep Your Baby Safe and Comfy -Baby Strollers: The Essential Product for Every Infant -Baby Car Seats: Safety, Style, and Comfort for Your Child -Raising Your Children Safely and Effectively: A Guide for New Parents Who would you pay the full price for each of these parenting ebooks when you can buy them bundled together for this great price?

The One and Only Girl's Guide to Greatness Do you believe in wishes? Did you know you are made of stardust? Have you ever been curious about how you fit into this big old universe? Kidda Jones invites you to join School of Awake, where you will explore our amazing world while getting to know and love your authentic self. Kidda understands the challenges you face and offers dozens of ways to keep it real and navigate the world without losing sight of what's important. Experience the light within you through colorful illustrations, fun facts, mystical, heart-centered activities, and timeless wisdom. Explore dozens of ways to be yourself and cruise through the world without forgetting what matters most. Through Q&As, ceremonies, crafts, and even recipes, you'll learn how to: -build a kit of tools that will make your life better and truly yours - resist bullying by putting bullies on ice - create a giant dream catcher, a "galaxy on the go," and affirmation flags - connect to your heart in difficult moments - make a personalized wish jar for your best and brightest dreams This unique introduction to mind, body, and spirit consciousness overflows with empowering advice for becoming your best self. It will fill you with a sense of being connected to the entire universe while standing firmly in your one-of-a-kind beauty. Each page brims with powerful, positive energy to help you move through your life with joy and love. This is not like any school you've ever attended — or any book you've ever read!

What if instead of sitting around dreaming about beautiful women you could instead go out and get the women of your dreams? Impossible you say? Well for one who is without knowledge and direction no doubt. But in this book I aim to give you both and give you the keys to getting the women that you want. You don't have to live without. With the knowledge in this book you will learn everything that you need to know to attract all of the women that you want into your life.No longer will you have to spend weekends alone, strike out at the bar, or resort to going after women way below you. With the knowledge in this book you will consistently "punch above your weight class" time after time. Regardless if you want to have sex with hundreds of women like a rock star or simply get a gorgeous good girl to date then this book is for you. I'll teach you everything that you need to know and more. Imagine being to walk around completely assured that you will have no trouble attracting the women that you want in your life. This book will teach you (among other things)... -How & why 20% of guys sleep with 80% of women (and how to get into the 20%) -Why so many guys get in their own way when it comes to seducing the women they want -Why chasing after women will leave you with none - How to approach beautiful women successfully. - Trouble shooting why you're not getting laid! - The importance of women's biology in seducing them. -How women view men - The things that matter the most to women when it comes to attraction. - How to go from dud to stud. - Everything you need to know to pass shit tests - Mindset switches that'll triple the amount of women you're sleeping with. - 2 things that turn women on like crazy. -How to get a woman addicted to you (use with caution!) - Why you should "always go for it" - Why sleeping with women should never be your number one priority. -The root of sexual attraction between men and women- What women want and only men can fulfill. -How to go from hella to sex in three easy steps- How to be a natural with women.-One word that is a guaranteed party dropper- And so much more...Do yourself a service and don't delay. Get your copy of How To Get Girls: The Definitive Guide today! Life is too short to not have the sex life of your dreams.

The Bright Girl Guide

A Girl's Guide to Kicking Goals

A Cuban Girl's Guide to Tea and Tomorrow

How to Text a Girl

The Smart Girl's Guide to Privacy

A Good Girl's Guide to Murder

A Teen Girl's Guide to Resistance Training, Cardiovascular Conditioning and Nutrition

Sorting through the mental, physical, and emotional aspects of a girl's life during her teen years, this guide presents positive reasons and practical advice for making fitness a permanent part of her life. As society becomes more accepting of truly athletic women, teen girls are encouraged to overcome a "quitter's mentality" and develop physical confidence and mental toughness. A variety of nutrition tips and fitness facts allow girls to design individual workouts. Also included is information geared toward teens on weight lifting, cardiovascular conditioning, joining a gym, and working out at home.

The whirlwind of social media, online dating, and mobile apps can make life a dream—or a nightmare. For every trustworthy website, there are countless jerks, bullies, and scam artists who want to harvest your personal information for their own purposes. But you can fight back, right now. In The Smart Girl's Guide to Privacy, award-winning author and investigative journalist Violet Blue shows you how women are targeted online and how to keep yourself safe. Blue's practical, user-friendly advice will teach you how to: - Delete personal content from websites - Use website and browser privacy controls effectively - Recover from and prevent identity theft - Figure out where the law protects you—and where it doesn't - Set up safe online profiles - Remove yourself from people-finder websites

Even if your privacy has already been compromised, don't panic. It's not too late to take control. Let The Smart Girl's Guide to Privacy help you cut through the confusion and start protecting your online life.

Have you ever wished you had psychic powers when it comes to men? Do you have time to waste on useless 2nd and 3rd dates? Or even dating someone for months? I didn't think so!Have you ever dated someone you thought was amazing but he turned out to be so not amazing? Yes, I've had my fair share, and I'd love to spare you some of the pain!So, I've come up with 70 red flags to help you navigate the tricky waters of dating guys - to not only save your time but your heart. Now, the quicker you spot these signs, the quicker you'll move on to finding the right partner for you.In this book, you will learn the key life skill of reading between the lines. Men seem to have a knack for knowing who they do and don't want to be with in a matter of seconds. Unfortunately, women often don't, and since forever have invested time, energy, and emotions into men who are just not the right fit. Unfair! This book isn't just about identifying which guys are into you and which aren't - we're going a step further. I want you to know which are even worth your time. Because it doesn't matter how much a man may appreciate you and say and do all the right things, he's got to be right for you.So here's your one-stop-shop for red flags and men to avoid to save yourself time, energy, and tears.What's more, when you sweep aside the duds you'll have space to zero in on the right one much faster. So studs - begone, for Mr.Right is waiting!

A Reese Witherspoon x Hello Sunshine Book Club YA Pick 'X Cuban Girl's Guide to Tea and Tomorrow is an absolute delight. Cozier than a hand-knit gray cardigan and richer than Abuela's pastelito recipe, Nanea takes you from Miami to Winchester, and leaves your heart belonging to both." —Rachael Lippincott, #1 New York Times bestselling author of Five Feet Apart Love & Gelato meets Don't Date Rosa Santos in this charming, heartfelt story following a Miami girl who unexpectedly finds love—and herself—in a small English town. For Lila Reyes, a summer in England was never part of the plan. The plan was 1) take over her abuela's role as head baker at her panadería i. a. 2) move in with her best friend after graduation, and 3) live happily ever after with her boyfriend. But then the Trifecta happened, and everything—including Lila herself—fell apart. Worried about Lila's mental health, her parents make a new plan for her: Spend three months with family friends in Winchester, England, to relax and reset. But with the lack of sun, a grumpy inn cook, and a small town lacking Miami flavor (both in food and otherwise), what would be a dream trip for some feels more like a nightmare to Lila...until she meets Orion Maxwell. A teashop clerk with troubles of his own, Orion is determined to help Lila out of her funk, and appoints himself as her personal tour guide. From Winchester's drama-filled music scene to the sweeping English countryside, it isn't long before Lila is not only charmed by Orion, but England itself. Soon a new future is beginning to form in Lila's mind—one that would mean leaving everything she ever planned behind.

A Teen Girl's Guide to Getting Off is the best toolkit for real sex education discussing the issues facing the modern teen girl in an open, honest, frank and often funny way.

How I Lost 40 lbs and Kept It Off-And How You Can Too!

Fitness Training for Girls

I Am My Sisters' Keeper

Outdoor + Indoor Adventures for Hands-On Girls

The Lazy Girl's Guide to Being Fit

A stealth-help guide to getting your act together

A Smart Girl's Guide to Style

This empowering exercise guide is big on attitude, giving plus-size women the motivation and information they need to move their bodies and improve their health. Hanne Blank—a fellow plus-size girl who's been there and has the worn-out sports bras to show for it—will help you discover activity that works for you no matter what your size or current fitness level. Whether you choose to do yoga, pump iron, walk your dog, play Wii Fit, hire a personal trainer, or just run errands by bicycle, Hanne will provide specifically tailored advice on: • Finding movement that feels great, physically and emotionally • Choosing a gym • Facing the trail, pool, park, or locker room • Overcoming fear and shame • Sourcing plus-size workout gear • Getting the nutrition you need and avoiding common injuries • Fighting fat prejudice and uninvited comments Featuring incendiary acts like "Flail proudly," and "Claim the right to be unattractive (just like anybody else)," Hanne serves up years of hard-won fitness advice with humor and self-acceptance. With motivating lists like "30 Things to Love About Exercise (None of Which Have Anything to Do with Your Weight, Your Size, or What You Look Like)," this call to action will get you up and moving in no time!

Fitness Training for Girls+ Teen Girl's Guide to Resistance Training, Cardiovascular Conditioning and NutritionTracks Publishing Furnishes women with much-needed advice, inspiration, strategies, and guidelines on how to manage effectively, offering lessons in leadership training, team-building tactics, navigating office politics, delegation, and creating one's own corporate culture, along with quizzes, tips, checklists, exercises, and entertaining sidebars. Reprint. 30,000 first printing.

Are you in an abusive or unhealthy relationship? Do you try too hard to please your friends at the expense of your own needs and wants? Are you subservient to others and do you find yourself unable to become independent? Do you suffer from negative self-talk? These are all signs that your self-care regimen is deficient in some way. The Smart Girl's Guide to Self-Care tackles the common problems of effective self-care with practical suggestions for practices that will create a sustainable, lifelong self-care routine. For those who are beginners to concepts like mindfulness, meditation, opposite action, positive rebellion, positive affirmations and radical acceptance, this book will provide a useful and comprehensive introduction. For those struggling from the trauma of emotionally abusive relationships, this book will guide you in recognizing the signs of abuse, creating a reverse discourse that challenges ruminations over the abuse, moving forward successfully after a break-up using no contact, and techniques on coping with trauma in constructive and meaningful ways. Each chapter of this book also provides a list of supplemental resources as well as a recommended reading list to guide you on this journey to greater self-love and self-care. Although this book is intended for everyone, its target audience is young women who are socialized to believe that their needs and wants don't matter and that their relationships with others are much more important than the relationship they have with themselves. In order to have healthy, happy relationships with others, we must first cultivate healthy, happy relationships with ourselves and eradicate the toxic habits that deplete us of the self-love and self-acceptance necessary for a fulfilling life. You may be wondering: How is it possible to banish the browbeating bully inside your own head, influenced by all the bullies you've encountered in real life? How do you learn how to be more present in the moment rather than ruminating over the pitfalls of your past? How do you learn to love yourself, despite all of the experiences that tell you you aren't even worthy of your own respect and appreciation? Using a patchwork of diverse techniques and practices, The Smart Girl's Guide to Self-Care answers these questions through a holistic program of tending to the mind, body and spirit in healthier and more productive ways, serving as the portal to immense healing and enabling you to stage your own recovery and victory in ways you never thought possible.

'Wise and kind' - Sall Hughes 'Every young teen needs this book' - Nadia Sawalha 'Brilliant, accessible, sensitive and funny' - Emily Mattlis 'Funny, kind and wise' - Daisy Buchanan Going through puberty? Thinking about puberty? Worried about growing up? This book is for you! Puberty isn't just about what's going on in your body, but also your brain, your emotions and the world around you. Knowledge is power! All the information you need is here, plus advice, wisdom and lots of questions from girls like you: - Body-basics (like breasts, spots and periods) - Life's big mysteries. Is how you look important? Is a crush ever wrong? Is it bad to be jealous of your friends? - Clear, empowering info on emotions, sex, sexuality and gender - Staying safe and having fun online - Plenty of space for your own notes and doodles

The Girls' Guide to Hunting and Fishing

My Worst Day...and How I Survived It

The Lazy Girl's Guide to Losing Weight and Getting Fit

Changing Bodies, Periods, Relationships, Life Online

How to Use Your Body and Mind to Play and Feel Your Best

School of Awake

Fat Girls Hiking

A colossal cheat sheet for your post-college years, answering all the needs of the modern woman—from mastering money to placating overly anxious parents, from social media etiquette to the pleasure and pain of dating (and why it's not a cliché to love yourself first). A perfect combination of tried-and-true advice and best-therapist tips, it's a one-stop resource that includes how to clean up your digital reputation, info on finding an apartment you can afford and actually want to live in, and why you should exercise the delicate art of defriending. Plus the fundamentals, from health (mental and physical) to spirituality to ethics to fashion, all delivered in Melissa Kirsch's fresh, personal, funny voice—as if your best friend were giving you the best and smartest advice in the world.

*AJ Rochester has always been a lazy girl. She knows how hard it is to lose weight and exercise, and keep inspired about it too, especially when she'd much rather curl up with some chipies and watch Carson on Queer Eye. After losing a staggering 45 kilos, and writing about it in her bestselling CONFESSIONS OF A REFORMED DIETER, hundreds of desperate women wanted to know how she did it. Now in paperback - THE LAZY GIRL'S GUIDE TO LOSING WEIGHT AND GETTING FIT is a simple, step-by-step program and details the nuts and bolts of how AJ lost weight - and continues to help others to do. There's no starvation, no low carb torture, and no weights and measures - AJ focuses on achievable goals, having fun and loving yourself! While you make the biggest changes in your life. Lazy girls will love AJ's insights on: * getting started * the basics and what, how much and when to eat * the serious issue of emotional eating and how to combat it * popular diets and why they don't work * fine-tuning your new lifestyle * living a normal life and keeping on track * getting off the weight loss plateau * fit kids, not fat kids * stepping outside your comfort zone with exercise * a 4-week eating plan and 12-week exercise guide * food diary * Q and A and recipes.*

NEW YORK TIMES BESTSELLER • From Maria Menounos, self-proclaimed EveryGirl and host of E! News, comes a lasting weight-loss program based on the Mediterranean diet of her childhood that will encourage women to think "smarter, simpler, healthier"—a personal mantra that helped the star lose (and keep off!) forty pounds. TV host and journalist Maria Menounos was once more than forty pounds overweight, lay on her side, and often ate. Preparing for a change, she tried a wide array of diet and exercise fads—with zero success. Like most EveryGirl out there, Maria lacked the time, money, energy, and willpower to get in shape. Determined to overcome those obstacles, Maria spent a year developing commonsense diet, exercise, and lifestyle techniques that transcended traditional nutrition and weight-loss plans. As a result, she lost the extra pounds, regained her energy and health—and saw her career take off. Now, applying those techniques and bolstered by the wisdom, insight, and secrets of some of the world's leading health and fitness experts—as well as the glamorous, superfit superstars she interviews regularly—Maria has created the ultimate no-line, no-money, no-willpower guide to losing weight, getting fit, and gaining long-term health and success: The EveryGirl's Guide to Diet and Fitness. Inside, you'll discover all of Maria's secrets: •her 9-step plan for losing weight fast •her lifelong plan for health and well-being •a complete blueprint for rebuilding your physical and emotional foundation •healthy, delicious, and easy-to-prepare recipes •the quickest, easiest, most effective workouts (no gym or trainer required!) •1,000+ tips, tricks, and techniques for losing weight, getting fit, and staying that way •how to do it all when time and money are in short supply The EveryGirl's Guide to Diet and Fitness is simply the most complete, effective, and convenient manual for all the EveryGirls out there who lack the time, money, or willpower to change. It's not merely a weight-loss book. It's a guide to help you get fit, feel healthy, be productive, and embark on a longer, happier, healthier life! Praise for The EveryGirl's Guide to Diet and Fitness "With so many diets and fitness trends out there, sometimes the most obvious route to wellness is good, old-fashioned common sense. . . Maria Menounos lost forty pounds on a 'commonsense' diet, exercise and lifestyle regime she created that doesn't require a lot of money and time."—StyleBistro "When you look at Maria you want what she's having. This book tells you how to get it."—Suzanne Somers "I love Maria's approach to health and fitness. Her tips are easy to follow and she proves you don't have to avoid some of your favorite foods in order to be fit. I recommend this book to anyone trying to get a jumpstart on a healthy lifestyle!"—Serena Williams "For the multitaasking busy girl, Maria proves by example that it can be done!" —Kim Kardashian "It's not about being skinny. Maria shows you how to live a happy and healthy life—and still indulge. This book finds new ways to help you stay inspired and gives you techniques that will change your life and get you in shape."—Khloe Kardashian

An entertaining guide for girls on how to make the world into their workshop—with screen-free, hands-on activities for independent exploration, making, building, and play. The Girl's Guide to Building a Fort shows girls how to knock down the four walls holding them in and transform each day into a canvas for play and adventure. This illustrated, information-packed guide is for Hands-On Girls, girls who want to fix things, make things, and learn more about the world around them. The book contains two sticker pages and dozens of activities, projects, and games—many of which can be done in 30 minutes or less with materials you already have in and around your home—and fun and interesting information on everything from how to spot constellations and create a bike tire to how to make your own jerky and what to do if you get lost in the woods. It's the must-have book for anyone, big or little, who's ready to learn new skills, get a little dirty, and reconnect with the whimsical, gutsy girl in each of us.

Bethany Hamilton has become a fitness expert by virtue of being a professional athlete who has excelled—and she's done it while overcoming incredible challenges. Whether you know Bethany or not, you'll find her story and her core experiences with body, mind and spirit. Sharing her expertise as an athlete, New You helps young girls develop a healthy lifestyle, understand their changing bodies, gain confidence, and establish a pattern of healthy living starting at a young age. This book includes workouts specially developed for young girls by Bethany's personal trainer, recipes and information on healthy eating based on "Bethany's food pyramid," which follows the Mediterranean diet, and advice on deepening your spiritual health, for a total body wellness book perfect for growing girls. This isn't a book about Bethany, this is a book about wellness, becoming your best "you," through physical and spiritual balance, because spiritual health is just as important as physical health.

The Pocket Guide to Girl Stuff

An Inclusive Guide to Getting Outdoors at Any Size Or Ability

Getting the hang of your whole complicated, unpredictable, impossibly amazing life

200 Recipes and Weekly Menus to Kick Start Your Journey

Practical Tips for Staying Safe Online

The Bikini Body 28-Day Healthy Eating & Lifestyle Guide

The Lazy Girl's Guide To A Blissful Pregnancy

Radical Healing is healing that is necessary as a result of living in an oppressive environment. Radical healing is unique because it focuses on the unique experiences of Black women, Indigenous women, immigrant women, and other women of color. As women of color in this country, we have resisted racial/ethnic oppression and sexism for many generations, and although our communities have been resilient, radical healing allows us to highlight the strengths that are responsible for this resilience. In other words, radical healing involves taking a look at how living as a person of color, woman, or both have impacted your wellness. The focus of this workbook is radical healing because healing is CRUCIAL to mental health. Radical healing involves identifying and acknowledging past traumas. Radical healing also involves highlighting each woman's individual strength, and strengths of their community. Radical healing walks you through practices that promote resilience and well-being for women of color and challenges you to become an agent of change in your community. While strategies that are more western in origin are included in this workbook, many of the strategies discussed will be based on cultural and indigenous ways of healing. This approach to Radical Healing is revolutionary because it encourages women of color to use resources and traditions that we already possess in order to strengthen and improve our lives. This is your opportunity to heal. After all, WE have to make US better.

THE LAZY GIRL'S GUIDE TO A BLISSFUL PREGNANCY is your guide to getting pregnant, being pregnant and life after pregnancy. It's for all girls who want to find the less stressed way to be pregnant but are too busy to wade through all the books, leaflets and advice. It's about the stuff that's tricky such as how to work when you have 24 hour fatigue and morning sickness. And the stuff that's annoying such as how to deal with the myriad of medical, anecdotal and personal advice thrown at you. But most of all THE LAZY GIRL'S GUIDE TO A BLISSFUL PREGNANCY is about the parts of being pregnant that secretly worry you - pregnancy sex, first time parenting, meeting your new baby and how to avoid turning your chic house into a large oversized playroom! Crammed full of: * Expert advice on pre and post pregnancy fashion and beauty * Essential mum tips on last time motherhood, and surviving labour * Smart advice on the emotional, physical and lifestyle changes of pregnancy THE LAZY GIRL'S GUIDE TO A BLISSFUL PREGNANCY is your comprehensive and down-to-earth guide to staying sane through nine months and beyond.

'Honest, funny, inspiring, brave, generous - you just want Casey to be your best friend. I loved it.' - Jessica Marais 'Like your best, naughtiest friend and older sister rolled into one. Beros delivers a hilarious, vital hug to a new generation of women.' - Natalie Imbruglia 'An epically funny book that drops the expectations and unpacks what it is that makes you, you.' - Turia Pitt 'I've never made a mistake.' - said no one, ever Casey Beros is sick of women telling her about themselves. Bad about their slip ups, their successes and the size of their pants. You see, Casey has made a lot of mistakes. Some she's made a few times, just to ensure they really sunk in. But after more than a decade spent interviewing experts about health and happiness, Casey has learned to turn her mess into a message; you are not your mistakes. It's time to shrug off the shame, do away with the disappointment and start loving your story, because you deserve whatever you want out of life - and this book is about helping you get it (and making sure you have a bloody good time along the way). Written for all the bad girls (and good ones, too). The 'Bad' Girl's Guide to Better offers a hilarious and poignant take on growing through some of your worst behavior to step into a better, brighter future - by upgrading your emotional intelligence to fixing your relationship with money, navigating friendships, forgiving your parents and finding the one(s). A bestie in a book, it will soothe your soul, make you giggle and alter your perspective on the most important relationship in life: the one with yourself. Because life is a sh!+load easier when you have your own back.

THE ULTIMATE SELF-CARE BOOK FOR TEENAGE GIRLS Face up to the world with confidence and higher self-esteem Growing up has become faster, more furious and the pressures more intense. Anxiety and panic have reached epidemic proportions. A third of teenage girls will suffer from depression. Factor in a rise in self-harm and eating disorders and the mental health stats become alarming. It's time to equip young women with the means to fight back. A Girl's Guide to Being Fearless unlocks self-esteem, confidence, wellbeing, resilience and offers an antidote to an overwhelming world of altered photos, filters, and filters. A Girl's Guide helps parents, girls, and teachers understand that wellbeing is an inside job. As an essential book for our time, this guide reflects the challenging world facing teens. The authors suggest there is little to be gained by asking girls to stop taking selfies or using Instagram filters, because these habits are ingrained in teenage culture. Instead, guidance is provided on how girls can take action to increase their confidence and love the skin they are in. Moreover, it's about learning to be a class act in person and online. Practical exercises and doable ideas to inspire young women Encouragement to eliminate self-limiting beliefs Guidance for girls on lifting themselves and others up Tips for showing greater confidence and being excited about the future Suggestions for how to live your best life Keep calm and read A Girl's Guide to Being Fearless, a gathering of life's cheat codes; all simple, do-able and hugely entertaining. Learn how to slow anxiety the lead and let in more of the good stuff. This book will help you find your future. Whisper it quietly, but it might even change your life.

"One of the world's most vaunted dating experts shows you what to text, when to text it, and why... So you can get the dates and girlfriends you deserve..." --

...That Makes It Awesome to Be a Girl!

Settle for the Best and Ignore the Rest

The EveryGirl's Guide to Diet and Fitness

Sports & Fitness

Parenting Made Easy: A Guide for New Parents (5 eBook Bundle)

The 'Bad' Girl's Guide to Better

Valuable Lessons, Smart Suggestions, and True Stories for Succeeding As the Chick-in-charge

Growing up is hard for everyone. For girls today, in a world of 24-hour connectivity, it can be harder than ever. A Girl's Guide to Kicking Goals is about growing confidence in yourself even while your body changes. It's a guide to smashing your goals and, when you don't, bouncing back and trying again. Learn to be kind to yourself; stop comparing and judging others. Feel OK with the skin you're in and shake off the bullies. Get stress- and time-management hacks to keep you calm in a super-busy world. Plus killer workouts and delicious healthy recipes for a girl on the go. Steph Claire Smith and Laura Henshaw are two models turned young entrepreneurs. They are extremely passionate about healthy living, body confidence in young women, and making social media a positive space.

"Originally published in paperback by Ebury UK Ltd, London, in 2019." -Title page verso.

When the guy your mother warned you about is exactly the guy you're looking for, the usual rules of dating aren't going to help you out much! Learn from one girl's mistakes - and she's made some doozies - as you find out what life is like for a single woman today in the world of dominance, submission, BDSM, fetish and kink. "As a single kinky girl on the prowl, I found The Kinky Girl's Guide to Dating invaluable. Luna Grey leads you through the common pitfalls with humor and heart. Before baring your bottom or wielding your whip for that hot guy or girl you just met, read this book!" - Rachel Kramer Bussel, Senior Editor, Penthouse Ventures "Single kinky girls rejoice! This outstanding resource is the book I wished had been around when I first started lingering over the leather goods and looking for action. This awesome guide is destined to become any kinky girl's well-thumbed, dog-eared sidekick." - Violet Blue, Senior Book Reviewer, Good Vibrations "It's tough enough to face going to a beach with a new date for the first time. It's even tougher if you have to explain the whip marks peaking out of your bikini... a smart, irreverent, hilarious and playful manual that covers all the dilemmas those other dating books never get around to." - Josely Vogels, sex and relationship columnist, My Messy Bedroom

After following the advice from a manual called "How to Meet and Marry Mr Right", Jane learns that in love there is neither pattern nor promise. This is a funny collection of connected stories and a portrait of Jane, a woman manoeuvring her way through love, sex and relationships.

Jorge and Laura Posada are not the kind of parents who say to their children, "Do as I say." Their parenting mantra instead is, "Let's do this." and the Posadas have always made good nutrition and fitness a core element of their family lifestyle. Fit Home Team is their formula for getting parents and kids off the couch, arming families with key tools for optimal health, wellness, and overall balance by offering: 1) A simple guide to eating right 2) Nutrition-packed kid-friendly recipes 3) Tips for taking the "work" out of "working out" 4) Inexpensive seasonal activities for staying fit 5) An easy-to-follow family progress chart 6) Sixteen percent of children age 2 to 19 are obese. To help face down this tragic national health crisis, the Posadas bring together everything they have learned from sports and athletics, along with caring for their own family, giving parents a complete lesson in fitness, nutrition, and the power of family unity, all at the same time. Fit Home Team is a durable lifestyle change that helps families get fit and stay fit.

The Kinky Girl's Guide to Dating

The Definitive Guide

The Unapologetic Fat Girl's Guide to Exercise and Other Incendiary Acts

The Girls' Guide

A Teen Girl's Guide to Getting Off

The Girls' Guide to (Man)Hunting

Once, Miranda felt a little exposed... Miranda Hill can't believe her eyes—her cocky ex-boyfriend, pro hockey player Dane Croft, is back in Bluebonnet, Texas, after all these years. He ditched her—and their little town—just as some rather shocking photos showed up on the Internet for everyone to see. Miranda wasn't so lucky. Stuck in Bluebonnet and left to fend for the scandal—or his betrayal. After nine long years, Dane's back, and she has the chance to turn the tables on him... It's time she gets even. Former NHL hotshot playboy Dane Croft has returned home to open a survival training school on an old ranch and reinvent himself. When his former high-school girlfriend enrolls in the program, he has no idea that Miranda's plot to compromise his position—not the one he's imagining. But soon Miranda realizes that to carry out her deviously sexy revenge, she'll have to get up close and personal with Dane all over again. Being a good girl got her nowhere for nine years; now it's time to be a little naughty. But falling in love with the man who broke her heart was never part of the plan... Kayla Itznes Bikini Body Guide 28- minute workouts are energetic, high-intensity, plyometric training sessions that help women achieve healthy, strong bodies. Itznes' Sweat with Kayla app is the best selling fitness app in the world for a reason. The Bikini Body 28-Day Healthy Eating & Lifestyle Guide is full of Kayla's meal plans, recpes, and motivating information to balanced lifestyle. Kayla makes exercising and healthy eating achievable and fun. The Bikini Body 28-Day Healthy Eating & Lifestyle Guide features: - Kayla's advice for a nutritious and sustainable diet - Over 200 recipes such as: Berry-Nana Smoothie Bowl Strawberries, Ricotta & Nutella Drizzle on Toast Peachy Keen Smoothie Super Green Baked Eggs Fur Salad with Quinoa & Roast Vegetable Salad Moroccan Chicken Salad Asian Noodle Salad Stuffed Sweet Potato Chicken Paella Pad Thai with Chicken Zucchini Pasta Bolognese - 7-Day access to the Sweat with Kayla app - A 28-Day workout plan that has all the moves to accompany Kayla's meal plan The Bikini Body 28-Day Healthy Eating & Lifestyle Guide is the ultimate tool to health and fitness goals.

Girls today face numerous challenges—developing self-confidence, choosing great friends, and maintaining a healthy lifestyle. Luckily, they now this handbook that uses humor and everyday situations to emphasize a positive attitude, achievement, and being a strong individual. With chapters on everything from toxic friends to improving your relationship with Mom at party, this is one book girls won't want to miss.

Hannah was teased at her new school for being small. Aubrie's best friend said she was "too weird" to be seen with. Camille got in big trouble for pulling a prank on a teacher. Morgan and her mom were robbed at gunpoint. In these amazing true stories submitted to Discovery Girls magazine, real girls share how they overcame their private struggles with friends, fa

Stories, girls will find comfort, encouragement, and inspiration—and the confidence and resilience to handle even their most difficult times. Best of all, girls will learn that whatever life throws at them, they are never alone.

Not all diets are created equal. Sometimes, girls just need a little guidance and know-how. They get that and more with Pocket Guide to Girl Stuff. Acclaimed author Bart King delves into the secret world of girls-with the help of his five sisters and fifty other girls, of course. Girls can: Take the Friend Test to see how their friends rate. Discover their cele

super-duper amazing diet of all time! Figure out why boys do annoying things. Fashion, friends, and fun stuff—everything is covered in this volume petite enough to fit in any girl's purse.

Inspiring Stories from Girls Who Have Overcome Tough Times

The Posada Family Guide to Health, Exercise, and Nutrition The Inexpensive and Simple Way

How to Have Fun with Fashion, Shop Smart, and Let Your Personal Style Shine Through

The Girl's Guide to Building a Fort

Real Girls' Guide to Everything

How to Get Girls

The Girls' Guide to Growing Up Great

Tips and Tricks to help you lead a healthy lifestyle without breaking the bank. Most of the tips inside this book are completely free!

Fit Home Team

A Girl's Guide to a Fit, Fun and Fabulous Life

Use Your Period to Your Advantage

The Busy Girl's Guide to Health

A Girl's Chase Guide

The Girl's Guide to Being a Boss (Without Being a Bitch)

Body and Soul