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*Discover the  
customized  
nutrition plan*

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*that will help  
you be lean,  
fit, more  
youthful,  
sexier, and  
full of  
energy—at every  
stage of life.  
Designed  
specifically  
for women, this  
individualized  
six-week*

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*intermittent  
fasting program*

*is the*

*sustainable*

*solution to*

*help you feel*

*and look your*

*absolute best.*

*Based on the*

*scientifically*

*proven 16:8*

*fasting model,*

*what makes this*

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*program unique  
is that it is  
geared toward  
your hormonal  
needs at every  
stage in  
life-whether  
you are cycling  
or in  
perimenopause,  
menopause, or  
beyond.*

***Intermittent***

*Page 4/187*

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***Fasting  
Transformation***

***will help you:***

- lose weight  
steadily and  
burn fat  
without hunger,  
cravings, or  
plateaus—and  
keep it off •  
balance your  
hormones for  
better***

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*metabolic health and wellness, while easing symptoms associated with perimenopause and menopause • experience a huge boost in physical and mental energy all day long • learn what*

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*foods best  
support weight  
loss,  
detoxification,  
and overall  
health • lift  
brain fog and  
help you sleep  
better • put  
aging in  
reverse . . .  
and so much  
more. Cynthia*

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**Thurlow, a  
nurse  
practitioner  
and an  
internationally  
known women's  
health expert  
whose viral  
TEDx Talk has  
received more  
than 10 million  
views,  
developed this**



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*breakthrough  
plan after  
entering  
perimenopause  
in her forties.  
Intermittent  
fasting didn't  
just help her  
lose weight;  
she had more  
energy, fewer  
cravings, and  
lower blood*

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*glucose levels.  
Thurlow has now*

*worked with*

*thousands of*

*women in her*

*private*

*practice to*

*make her unique*

*program of*

*intermittent*

*fasting work*

*for them, too.*

*With meal plans*

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Com  
and 50 recipes,  
along with  
advice for

supercharging

your fast, this

plan will

transform your

life, slow down

the aging

process, and

help you

reclaim your

health and well-

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*being.*

*This book*

*disseminates*

*current*

*information*

*pertaining to*

*the modulatory*

*effects of*

*foods and other*

*food substances*

*on behavior and*

*neurological*

*pathways and,*

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*importantly,  
vice versa.*

*This ranges  
from the  
neuroendocrine  
control of  
eating to the  
effects of life-  
threatening  
disease on  
eating  
behavior. The  
importance of*

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*this contribution to the scientific literature lies in the fact that food and eating are an essential component of cultural heritage but the effects of perturbations*

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*in the  
food/cognitive  
axis can be  
profound. The  
complex interre  
lationship  
between neurops  
ychological  
processing,  
diet, and  
behavioral  
outcome is  
explored within*

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*the context of  
the most  
contemporary ps  
ychobiological  
research in the  
area. This  
comprehensive  
psychobiology-  
and pathology-  
themed text  
examines the  
broad spectrum  
of diet,*



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*behavioral, and  
neuropsychologi  
cal*

*interactions  
from normative  
function to  
occurrences of  
severe and  
enduring psycho  
pathological  
processes.*

*International  
Conference on*

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***Industrial  
Engineering and  
Engineering  
Management is  
sponsored by  
Chinese  
Industrial  
Engineering  
Institution,  
CMES, which is  
the unique  
national-level  
academic***

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*society of  
Industrial  
Engineering.*

*The conference  
is held*

*annually as the  
major event in  
this area.*

*Being the  
largest and the  
most*

*authoritative  
international*

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*academic*

*conference held*

*in China, it*

*supplies an*

*academic*

*platform for*

*the experts and*

*the*

*entrepreneurs*

*in*

*International*

*Industrial*

*Engineering and*

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*Management area  
to exchange  
their research  
results. Many  
experts in  
various fields  
from China and  
foreign  
countries  
gather together  
in the  
conference to  
review,*

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*exchange,  
summarize and  
promote their  
achievements in  
Industrial  
Engineering and  
Engineering  
Management  
fields. Some  
experts pay  
special  
attention to  
the current*

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*situation of  
the related  
techniques  
application in  
China as well  
as their future  
prospect, such  
as Industry  
4.0, Green  
Product Design,  
Quality Control  
and Management,  
Supply Chain*

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*and logistics  
Management to  
cater for the  
purpose of low-  
carbon, energy-  
saving and emis-  
sion-reduction  
and so on. They  
also come up  
with their  
assumption and  
outlook about  
the related*



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*techniques'*  
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*development.*

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*The proceedings*  
*will offer*  
*theatrical*  
*methods and*  
*technique*  
*application*  
*cases for*  
*experts from*  
*college and*  
*university,*  
*research*

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*institution and  
enterprises who  
are engaged in  
theoretical  
research of  
Industrial  
Engineering and  
Engineering  
Management and  
its technique's  
application in  
China. As all  
the papers are*

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*feathered by  
higher level of  
academic and  
application  
value, they  
also provide  
research data  
for foreign  
scholars who  
occupy  
themselves in  
investigating  
the enterprises*

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**and engineering  
management of  
Chinese style.**

***This monograph  
provides a  
comprehensive  
synthesis and  
discussion of  
the archaeology  
of early  
medieval  
settlement in  
Ireland.***

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*Drawing on both published and unpublished material, it sets out an interpretive, analytical text and a gazetteer of some 241 key early medieval settlements revealed through*

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**archaeological  
excavations.**

**Analysis**

***focuses on four  
major areas:  
early medieval  
houses and  
other  
buildings;  
settlement  
enclosures;  
agriculture as  
part of the***

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*wider  
settlement  
landscape; and  
crafts and  
industrial  
activities on  
early medieval  
settlements.*

*Interval*

*Training*

*A Novel*

*Becoming*

*Ageless*

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**Small Team**

**Missions Behind**

**Enemy Lines**

**Jailhouse**

**Strong**

**The Most Time-**

**Efficient**

**Workout Ever**

**for a**

**Healthier,**

**Stronger,**

**Younger You**

**The Family**



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Millions of families are affected by eating disorders, which usually strike young women between the ages of fourteen and twenty. But current medical practice ties these families' hands when it comes to helping their children recover. Conventional medical wisdom

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dictates separating the patient from the family and insists that 'it's not about the food', even as a family watches a child waste away before their eyes. In BRAVE GIRL EATING Harriet Brown describes how her family, with the support of an open-minded paediatrician

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and a therapist, helped her daughter recover from anorexia using a family-based treatment developed at the Maudsley Hospital in London. Chronicling her daughter Kitty's illness from the earliest warning signs, through its terrifying progression, and on

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toward recovery,  
Brown takes us on one  
family's journey into  
the world of anorexia  
nervosa, where  
starvation threatened  
her daughter's body  
and mind. BRAVE  
GIRL EATING is  
essential reading for  
families and  
professionals alike, a  
guiding light for

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anyone who's coping with this devastating disease.

Continuing with their Amazon #1 best-selling series, Jailhouse Strong, Bryant and benShea return to deliver a guide on interval training. Instead of performing endless hours of long, slow

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cardio that makes you weaker, slower, and eats away at your muscle, Jailhouse Strong Interval Training is a time efficient way to lean out and harden up. Whether inside a posh gym or limited by space inside a cramped hotel room, the workout programs

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included inside of this work offer a means to make the most of your environment and enhance your current reality. While the workout approach of this book is rooted in the physical culture cultivated behind bars, this book takes the subject of interval training well beyond

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the confinement of  
prison walls.

Whatever your current  
reality, these interval  
training workouts can  
get you leaner,  
harder, and improve  
the trajectory of your  
physical development.  
Praise for Jailhouse  
Strong:"If you are  
looking for something  
that is simple and you



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do not have to have very sophisticated equipment, this is the book to read. I strongly recommend that you buy Jailhouse Strong." Charles Poliquin - World Renowned Strength Coach "Now you have no excuse to get yourself in fantastic shape!" Fred "Dr.

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Squat" Hatfield, PhD -  
President of ISSA

"Jailhouse Strong is  
good for grapplers,  
cage fighters, and  
everyday folks!"

Ricardo "Franjinha"  
Miller - Founder and  
Head Instructor of  
Paragon Brazilian Jiu-  
Jitsu Academies

"There's no gimmicks  
here...It's about

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results!" Zach Even-  
Esh Josh Bryant has  
held world records in  
powerlifting and won  
the Strongest Man in  
America title in 2005.  
Now, he is referred to  
as the "trainer of the  
superstars" because  
he works with some of  
the world's strongest  
and most muscular  
athletes at Metroflex

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Gym in Arlington, Texas, and via the Internet. To contact Josh about seminars, online coaching or to sign up for his free training tips newsletter, visit [www.JoshStrength.com](http://www.JoshStrength.com). Adam benShea is a Brazilian Jiu-Jitsu black belt and has won the California,

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Pan Am, and World Championships. He teaches Brazilian Jiu-Jitsu and is a college lecturer on California's central coast.

"...learn what the world's top bodybuilders do to get lean and ripped--from thermogenic aids, thyroid hormone, and

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Com  
anti-catabolics to  
protein selection and  
macronutrient  
ratios...includes the  
top 50 drugs for  
dieting and a special  
section on diuretics  
for bodybuilding  
competitions"-- Back  
cover.

The New

Mediterranean Diet

Cookbook is your

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guidebook to the ultimate superdiet, an evidence-based keto diet that emphasizes a diversity of fish, healthy fats, and a rainbow of colorful vegetables—with 100 delicious recipes for everything from snacks to dinner. The Mediterranean diet has long been touted

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as one of the world's healthiest diets, renowned for its protective effects against heart disease, cancer, and other chronic illnesses. However, its heavy inclusion of grains and carbohydrates can contribute to obesity and is a drawback for many.



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Also shown to have many health benefits, the ketogenic diet stimulates the fat-burning and longevity-promoting state of ketosis by limiting carbs and emphasizing high-fat foods. While the keto diet is about the proportion of macronutrients (fats,

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Com  
protein,  
carbohydrates) in the  
food you eat, the

Mediterranean diet is  
about specific food  
types: seafood, olive  
oil, colorful

vegetables, and other  
anti-inflammatory  
foods. This book is  
about living and  
eating at the  
intersection of these

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complementary diets so you can reap the benefits of both. While both diets advocate significant amounts of healthy fats and protein, The new Mediterranean approach to keto significantly shifts the fat profile of the diet to emphasize the monounsaturated and

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omega-3 fats that health experts agree promote living a long disease-free life. It also includes colorful vegetables, providing a diversity of nutrients and flavor. The result is an enhanced Mediterranean diet that stokes metabolism, supports the gut and

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microbiome, and is  
anti-inflammatory,  
anti-aging, and  
nutrient-dense.

Improve your overall  
health while enjoying  
delectable dishes  
including: Superfood  
Shakshuka Blender  
Cinnamon Pancakes  
with Cacao Cream  
Topping Green  
Goddess Salad

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Pancetta Wrapped  
Sea Bass Sheet Pan  
Crispy Salmon

Piccata Fierce

Meatball Zoodle

Bolognese Nordic

Stone Age Bread

Chocolate Hazelnut

"Powerhouse"

Truffles With The New

Mediterranean Diet

Cookbook, you'll learn

how to balance your

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macronutrients, what foods are considered the new

Mediterranean superfoods, and how to make tasty dishes to keep you satisfied all day.

The Optimal Keto-Friendly Diet that Burns Fat, Promotes Longevity, and Prevents Chronic

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Disease

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Recce

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Proceedings of the

23rd International

Conference on

Industrial Engineering

and Engineering

Management 2016

The 6-step lifestyle

change program for a

happier, healthier

body, for life

The 90-Second Fitness

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Solution  
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Com  
Pottery, for Artists,  
Craftsmen & Teachers  
Beautifully Designed  
Undated Training  
Journal Get Your  
Copy Today! 100  
Pages of Daily  
Fitness Entries  
6Inches By 9 Inches  
Includes Sections For  
Cardio Exercises

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Time Distance

Calories Burned

Strength Upper Body

Lower Body Abs

Muscle Groups

Exercises 6 Sets

Reps Weight Year

Month Date Day of

Week Get Your Copy

Today!

A gripping firsthand

account of life and

combat operations in

the elite South African

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Special Forces, known as Recces, by a veteran Recce officer. The South African Special Forces are one of the most effective—and mysterious—military units in the world. Working in secret on covert operations, the legendary Recces have long fascinated, but little is known

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about how they operate. Now Koos Stadler, a career officer in the South African Special Forces, shares a revealing chronicle of his life and his experiences in the Border War. Shortly after passing the grueling Special Forces selection course in the early

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1980s, Koos Stadler joined the so-called Small Teams group at 5 Reconnaissance Regiment. This sub-unit was made up of two-man teams and was responsible for many secret missions behind enemy lines. Sent to blow up railway lines and enemy fighter jets in south Angola, Stadler

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Com  
and his partner stared  
death in the face  
many times.

Isaac Bell may be on  
the hunt for the  
greatest monster of all  
time in this riveting  
action-adventure  
novel from #1 New  
York

Times–bestselling  
author Clive Cussler.  
The year is 1911.  
Chief Investigator

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Isaac Bell of the Van  
Dorn Detective

Agency has had many  
extraordinary cases  
before. But none quite  
like this. Hired to find  
a young woman  
named Anna Pape  
who ran away from  
home to become an  
actress, Bell gets a  
shock when her  
murdered body turns  
up instead. Vowing to

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bring the killer to justice, he begins a manhunt which leads him into increasingly more alarming territory. Anna Pape was not alone in her fate—petite young blond women like Anna are being murdered in cities across America. And the pattern goes beyond the physical



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resemblance of the victims—there are disturbing familiarities about the killings themselves that send a chill through even a man as experienced with evil as Bell. If he is right about his fears, then he is on the trail of one of the greatest monsters of his time.

Perfect for fans of

*Page 65/187*

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Lisa Jewell, New York Times bestselling author Christina Dodd delivers an all-new thriller, featuring a bold and brash female protagonist. WRONG JOB Eighteen-year-old Evelyn Jones lands a job in small-town Alaska, working for a man in his isolated mountain home. But her bright

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hopes for the future  
are shattered when  
Donald White  
disappears, leaving  
her to face charges of  
theft,  
embezzlement—and  
a brutal double  
murder. Her  
protestations of  
innocence count for  
nothing. Convicted,  
she faces life in  
prison...until fate

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sends her on the run.

WRONG NAME

Evie's escape leaves her scarred and in hiding, isolated from her family, working under an alias at a wilderness camp.

Bent on justice, intent on recovering her life, she searches for the killer who slaughters without remorse.

WRONG ALIBI At

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Cam

last, the day comes. Donald White has returned. Evie emerges from hiding; the fugitive becomes the hunter. But in her mind, she hears the whisper of other forces at work. Now Evelyn must untangle the threads of evidence before she 's once again found with blood on her hands:

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Com  
the blood of her own  
family... “This is Dodd  
at her brilliant best. ”

—Booklist (starred  
review) on Strangers  
She Knows Dodd's  
twisty suspense will  
have readers turning  
the pages and  
keeping the lights on  
at night.

Early Medieval  
Dwellings and  
Settlements in

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Ireland, AD 400-1100

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Training Log

Template

Intermittent Fasting

Transformation

The 45-Day Program

for Women to Lose

Stubborn Weight,

Improve Hormonal

Health, and Slow

Aging

Ecological Identity

Escape the Low

Calorie and Low Carb

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Diet Traps and  
Achieve Effortless

and Permanent Fat

Loss by Working with

Your Biology Instead

of Against It

Militant Weight Loss &

Recomposition

Wrong AlibiAn

Alaskan

MysteryHQN Books

It's just another

Tuesday in Rockin,



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Alaska: one bear cub, two Bigfoot sightings, three corrupt law officers and a sting operation that will test new police officer Gabriella Donatti to the limits. Right Motive is an all-new stand-alone novella from New York Times

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bestselling author  
Christina Dodd. Set  
in the same world  
as her novel Wrong  
Alibi, in small-town  
Rockin, Alaska, this  
story is packed with  
her trademark  
mystery,  
unforgettable  
characters, plot  
twists and humor.  
After his daughter's

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murder, a grieving father confronts God with desperate questions -- and finds unexpected answers -- in this riveting and deeply moving #1 NYT bestseller. When Mackenzie Allen Phillips's youngest daughter Missy is abducted during a

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family vacation, he remains hopeful that she'll return home.

But then, he discovers evidence that she may have been brutally murdered in an abandoned shack deep in the Oregon wilderness. Four years later, in this midst of his great

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sadness, Mack receives a suspicious note that's supposedly from God, inviting him back to that shack for a weekend. Against his better judgment, he arrives on a wintry afternoon and walks back into his darkest nightmare.

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What he finds there  
will change his life  
forever.

Once upon a time, I  
was a princess in a  
tower. One night,  
and my entire life  
went up in flames.  
All because of him.  
Jafar. As my world  
burned down  
around me, he  
offered me a choice.

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Walk away with nothing but my freedom... Or rise to his challenge and win my fortune back. I bargained. I lost. Now Jafar owns me, body and soul. Even as my mind rails against his rules, my body loves the punishments he

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deals out when I  
break them. But a  
gilded cage is still a  
prison, I'll do  
anything to obtain  
my freedom. Even  
betray the man I'm  
falling for. In

DESPERATE

MEASURES, you'll

find: -> Enemies to

lovers -> Captive

Heroine -> Kinky



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Roleplay ->

Daddy/baby girl ->

Alpha hero

So Few of Me

Right Motive

Enrich Your Life

Through Kundalini

Yoga & Meditation

as Taught by Yogi

Bhajan

The Story of

Charles Manson's

Dune Buggy Attack

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Battalion

Settling the Score

There Was a Time

100 Simple Low

Carb Recipes. 10

Ingredients or Less

Are you overwhelmed

by misleading health

messages and fad

diets? Confused

about food? And do

you want to know how

to lose weight and

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have a healthier,  
happier body, for life?

Look no further, Get  
Lean, Stay Lean is  
perfect for you. Dr  
Joanna will guide you  
through the six steps  
of Get Lean, Stay  
Lean to help reboot  
your body's computer  
and change the way it  
works, for the better.  
As a result, you'll  
become better at

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burning fat, controlling your appetite, controlling blood glucose and insulin levels, better at exercise, you'll perform better at work, and you'll have more energy to enjoy your life. Dr Joanna's program includes: A flexible template for eating, so you can build your own

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healthy diet, rich  
balance of smart  
carbs and good fats;  
Over 100 delicious,  
nutritionally balanced  
recipes the whole  
family will love;  
Nutritional  
breakdown, notes and  
portion guidance for  
every recipe; A  
sample weekly meal  
planner for the Get  
Lean phase of the

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program; Inspiring ideas for making exercise a rewarding part of daily life; Tips on how to manage stress and how to get a good night's sleep.

""Every imaginable topic covered thoroughly and engagingly.""

--"Backpacker

""Townsend's knowledge is

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immense." --"Sierra A  
top-selling recipient of  
the "Outdoor Writers  
Guild Award for  
Excellence," "The  
Backpacker's  
Handbook "owes its  
success to its  
enormous practicality  
for backpackers of all  
skill levels, covering  
everything from  
essential techniques  
for every backpacking

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trip--such as map and compass work--to the skills needed for more remote wilderness journeys--such as how to ford rivers safely and how to choose a route through untracked terrain.

Outlines an exercise program for women that features a fifteen-minute daily regimen



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designed to  
accelerate the  
metabolism past the  
workout time, in a  
guide complemented  
by a simple eating  
plan, supplement  
prescriptions, and  
recipes.

□ One of the most up  
to date, relevant, and  
honest accounts of  
one family's battle  
with the life

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threatening challenges of anorexia. Brown has masterfully woven science, history, and heart throughout this compelling and tender story. □ □Lynn S. Grefe, Chief Executive Officer, National Eating Disorders Association □As a woman who once knew the grip of a life-

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controlling eating  
disorder, I held my  
breath reading Harriet  
Brown's story. As a  
mother of daughters, I  
wept for her. Then  
cheered. — Joyce  
Maynard, author of  
Labor Day In Brave  
Girl Eating, the  
chronicle of a family's  
struggle with anorexia  
nervosa, journalist,  
professor, and author

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Harriet Brown  
recounts in  
mesmerizing and  
horrifying detail her  
daughter Kitty's  
journey from near-  
starvation to renewed  
health. Brave Girl  
Eating is an intimate,  
shocking, compelling,  
and ultimately uplifting  
look at the ravages of  
a mental illness that  
affects more than 18

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million Americans.

An Alaskan Mystery

How to Make Things  
Go Your Way

Wrong Alibi

Underground Body

Opus

The Shack

The Cutthroat

The inspirational true  
story of one family's  
battle with anorexia

*Bigger Leaner*

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*Stronger by  
Michael*

*Matthews |  
Summary &  
Analysis*

*Preview: Bigger  
Leaner Stronger  
outlines a  
complete plan  
for any man  
looking to lose  
fat, build*

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*muscle, and  
create an  
overall healthier  
lifestyle through  
better diet and  
exercise. Often,  
the fad diets,  
workout  
regimens, and  
endless  
supplements  
touted by many*

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*fitness*

*magazines and*

*ripped gurus on*

*TV have failed*

*men looking to*

*build their ideal*

*body. These*

*fitness*

*strategies are*

*often not based*

*on hard science*

*and don't*



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*deliver on their promises. The Bigger Leaner Stronger plan, on the other hand, is a regimen based on scientific studies and methods that have proven to be effective for*

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*men and women  
across age  
groups. The*

*secret to the  
plan is its  
simplicity...*

**PLEASE NOTE:**

*This is key  
takeaways and  
analysis of the  
book and NOT  
the original*

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*book. Inside this  
Instaread*

*Summary of  
Bigger Leaner  
Stronger ·  
Overview of the  
book ·*

*Important  
People · Key  
Takeaways ·  
Analysis of Key  
Takeaways*

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*About the Author With Instaread, you can get the key takeaways, summary and analysis of a book in 15 minutes. We read every chapter, identify the key*

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*takeaways and  
analyze them  
for your*

*convenience.*

*Cocktail*

*waitress Sookie*

*Stackhouse*

*turns sleuth to*

*investigate a*

*mysterious*

*sniper who has*

*set his sights on*

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*the local  
changeling  
population,  
especially when  
her own brother  
Jason, a newly  
transformed  
were-panther,  
becomes the  
prime suspect in  
the deadly  
series of*

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*attacks. By the  
author of Dead  
Until Dark.*

*A cadet  
encounters  
hazing and  
racism at an  
elite military  
academy in this  
novel from the  
#1 New York Ti  
mes–bestselling*

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*author of The  
Prince of Tides.  
As Will McLean*

*begins his  
studies at the  
Carolina  
Military  
Institute, the  
American South  
is in turmoil  
over  
desegregation.*



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*An outsider to  
the harsh  
authoritarianism  
of the military,  
Will survives the  
school's  
notorious  
freshman  
hazing, and  
avoids attention  
from its fabled  
and menacing*

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*secret society,  
the Ten. But  
when he is  
asked to mentor  
the school's first  
black student,  
Will is drawn  
into the intense  
racial  
politics—and  
the threat of viol  
ence—simmerin*

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*g beneath the  
surface. Based  
on Conroy's own  
military school  
experience and  
featuring his  
lush prose and  
richly drawn  
characters, The  
Lords of  
Discipline is a  
powerful story*

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*of a young  
man's stand for  
justice and the  
friendship, love,  
and courage he  
finds along the  
way.*

*What if you  
woke up one  
morning and  
found out it was  
all a lie? That*

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*long workouts  
do more  
damage than  
good, that the  
results of  
expensive  
workout  
equipment do  
not match the  
claims, that a  
good workout is  
not measured by*

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*heat exhaustion  
and sweat, and  
most*

*importantly,  
that it is better  
to work out for  
four minutes  
than sixty? This  
is not a dream,  
this is reality.  
Enter The High  
Intensity Fitness*

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*Revolution for  
Women. In  
today's world,  
most women  
don't have time  
to get to the  
gym because of  
their busy work  
days, crazy  
social lives, or  
responsibilities  
at home. High*

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*Printable Food Journal Builtlean Com*  
*Intensity Fitness is about working out smarter, not longer, using scientific principles and an advanced High Intensity workout program that takes only minutes a day,*



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*so anyone can  
add it to their  
routine. This  
powerful  
workout  
program will  
change the  
shape of your  
body in as little  
as three  
minutes, with  
the longest*

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*workouts lasting no more than fifteen. Anyone from the incredibly fit to a couch potato can benefit from High Intensity Fitness, as Pete Cerqua breaks down and simplifies what*

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*you do and don't  
need in your  
personal  
exercise  
program.*

*Women across  
the country will  
be rejoicing at  
how easy the  
workout is and  
how quickly  
they will see*

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*results.*

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*Handbook of  
Behavior, Food*

*and Nutrition*

*Dead as a*

*Doornail*

*The Summer*

*Games*

*A Family's*

*Struggle with*

*Anorexia*

*High Intensity*

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*Fitness  
Revolution for  
Women*

*Yoga for  
Prosperity*

*The New  
Mediterranean  
Diet Cookbook*

It is the summer of  
1945, the last and  
very dangerous  
days of World War

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II. The Office of Strategic Services is in close, cooperative contact with Ho Chi Minh and the fighting cadre of the Viet Minh, working against the Japanese. In the closing months of the war, the OSS parachute a team of

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special operations  
soldiers into Tonkin,  
northern Viet Nam.

Led by Major John  
Guthrie and his sec  
ond-in-command,  
Captain Edouard  
Parnell, both  
experienced  
officers from their  
earlier assignments  
in occupied France  
and Belgium, the

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team is tasked with working with Ho Chi Minh against the Japanese in the midst of various groups vying for control of Indochina. Guthrie and his team have to adapt to the entirely different context of Vietnamese politics



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in order to encourage communist operations against the Japanese.

Guthrie in particular, struggles with both his personal and professional conflicts. The relationship that Guthrie and the rest

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of the OSS team  
develops with the  
Viet Minh

leadership is of  
distinct annoyance  
to French ambitions  
to regain control of  
their colony,  
Indochina. Based on  
the little-known  
true story of  
American and Viet  
Minh collaboration

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in 1945, this novel challenges the later-accepted dogma of both those supporting and those opposing the American role in the Viet Nam conflict. This novel notes how what is seen at a later time is often inadequate to understand what

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actually went on. Its contemporary relevance is simply a mirror of what is always the case in international affairs: today ' s enemies can and may be tomorrow ' s friends – and most importantly, the reverse is true also.

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He was supposed to  
be a myth. But from  
the moment I  
crossed the River  
Styx and fell under  
his dark spell...he  
was, quite simply,  
mine. \*A

scorchingly hot  
modern retelling of  
Hades and  
Persephone that's  
as sinful as it is

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sweet.\* Society  
darling Persephone  
Dimitriou plans to  
flee the ultra-  
modern city of  
Olympus and start  
over far from the  
backstabbing  
politics of the  
Thirteen Houses.  
But all that's ripped  
away when her  
mother ambushes

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her with an  
engagement to  
Zeus, the  
dangerous power  
behind their  
glittering city's dark  
facade. With no  
options left,  
Persephone flees to  
the forbidden  
undercity and  
makes a devil's  
bargain with a man

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she once believed a myth...a man who awakens her to a world she never knew existed.

Hades has spent his life in the shadows, and he has no intention of stepping into the light. But when he finds that

Persephone can



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offer a little slice of the revenge he's spent years craving, it's all the excuse he needs to help her—for a price. Yet every breathless night spent tangled together has given Hades a taste for Persephone, and he'll go to war with Olympus itself to

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keep her close...

After wishing there were two of him to complete all the items on his "to do" list, Leo discovers that the real problem is not the number of Leos, but the length of his list and tries to find a creative solution to his overscheduling

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dilemma!

As an Olympic

rookie, Andie Foster

has spent far more

time in her cleats

than between the

sheets. For 21 years,

her Friday nights

have consisted of

blocking shots

rather than taking

them. But now that

she's landed in Rio,

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she's ready to see  
for herself if the  
rumors about the  
Olympic Village are  
true: - The athletes  
are all sex-crazed  
maniacs... - The  
committee passes  
out condoms like  
candy... - The  
games continue  
long after the  
medals have been

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handed out... As  
Andie walks the line  
between rumor and  
reality, she's forced  
into the path of  
Frederick Archibald,  
a decorated  
Olympic swimmer  
and owner of a sexy  
British accent-too  
bad he's  
unavailable in a  
way that "it's

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complicated" doesn't even begin to explain. In other words: off limits. It doesn't matter that he has abs that could bring peace to the Middle East and a smile that makes even the Queen blush; Andie fully intends on keeping her focus

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on the soccer field.  
But the Village is  
small. Suffocating.  
Everywhere Andie  
goes, Freddie  
happens to be there-  
shirtless, wet from  
the pool, and  
determined to  
show her a whole  
new meaning of the  
phrase

"international

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affairs."

Get Lean, Stay Lean

The Backpacker's

Handbook

The Four Secrets To

Looking and

Feeling Younger

Than Ever

The Lords of

Discipline

Selected

Proceedings from

the International



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Conference of  
Sustainable  
Ecological  
Engineering Design  
for Society (SEEDS)  
2019

There's a Hole in My  
Sidewalk

Forever Fat Loss

Through theoretical  
discussion as well as  
hands-on

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participatory

learning approaches,

Thomashow

provides concerned

citizens, teachers,

and students with the

tools needed to

become reflective

environmentalists.

Mitchell

Thomashow, a

preeminent educator,

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shows how environmental studies can be taught from different perspective, one that is deeply informed by personal reflection. Through theoretical discussion as well as hands-on participatory

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provides concerned  
citizens, teachers,  
and students with the  
tools needed to  
become reflective  
environmentalists.

What do I know  
about the place  
where I live? Where  
do things come

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from? How do I  
connect to the earth?

What is my purpose  
as a human being?

These are the  
questions that  
Thomashow  
identifies as being at  
the heart of  
environmental  
education.

Developing a

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profound sense of  
oneself in  
relationship to  
natural and social  
ecosystems is  
necessary grounding  
for the difficult work  
of environmental  
advocacy. In this  
book he provides a  
clear and accessible  
guide to the learning

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experiences that  
accompany the  
construction of an  
"ecological  
identity": using the  
direct experience of  
nature as a  
framework for  
personal decisions,  
professional choices,  
political action, and  
spiritual inquiry.

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Com  
Ecological Identity  
covers the different  
types of

environmental  
thought and activism  
(using John Muir,  
Henry David  
Thoreau, and Rachel  
Carson as  
environmental  
archetypes, but  
branching out into



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ecofeminism and  
bioregionalism),  
issues of personal  
property and  
consumption,  
political identity and  
citizenship, and  
integrating  
ecological identity  
work into  
environmental  
studies programs.

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Each chapter has accompanying learning activities such as the Sense of Place Map, a Community Network Map, and the Political Genogram, most of which can be carried out on an individual basis. Although

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people from diverse  
backgrounds become  
environmental

activists and enroll  
in environmental  
studies programs,  
they are rarely  
encouraged to  
examine their own  
history, motivations,  
and aspirations.

Thomashow's

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approach is to reveal  
the depth of personal  
experience that

underlies

contemporary

environmentalism

and to explore,

interpret, and nurture

the learning spaces

made possible when

people are moved to

contemplate their

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experience of nature.

Escape the Dieting

Trap and Transform

Your Life Have you

been spinning your

wheels, trying diet

after diet, only to

lose and regain the

same 10, 20, or 30

pounds over and

over again? Author

Ari Whitten's here to

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tell you that it's not your fault! The common weight loss strategy of "burn more calories than you take in" will fail 95% of you in the long term, simply because this goes against your body's natural wisdom. So it's time to stop

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fighting against your  
biology and start

working with your

biology. Forever Fat

Loss will show you

how. Eat What You

Crave and Get

Leaner By the Day

Sick of suffering

through diets where

you need to restrict

fat, carbs, or

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calories? There is a better way. Satisfy your cravings for sweet, salty, and fatty foods, and still reach your fat loss goals effortlessly. Forever Fat Loss sheds light on a whole new way of eating that will keep your taste buds



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happy without  
increasing your  
pants size. Be  
inspired by the  
included meal plans,  
and stay on track  
with the printable  
daily habit  
checklists. Eliminate  
the Hidden Triggers  
That Are Keeping  
You Fat Did you

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know that one hour  
of watching  
television shaves  
more minutes off  
your life than one  
cigarette? How is  
your sleep affecting  
your waistline? Why  
is it that 500 calories  
of broccoli affects  
your body  
differently than 500

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calories of processed food? The answers to these questions may hold the secret to why you can't lose weight, even if you've struggled with diet and exercise for years. Forever Fat Loss takes you step by step through

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scientifically proven  
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methods for

increasing health and  
shedding excess fat.

Uncover the Secrets  
of the Fat Loss

Industry Discover  
the real causes of the  
obesity epidemic  
that the fat loss

industry never told  
you...because they

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aren't even aware of  
these causes

themselves. Learn  
why people actually  
lose weight on low-  
carb diets. (Hint: it's  
not from restricting  
carbs!) Find out  
what kind of  
exercise actually  
works and how  
much of it you

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should be doing.

From magnesium  
and metabolism to  
insulin and leptin,  
it's all covered in  
this comprehensive  
plan that will have  
you working with  
your biology rather  
than against it.

There's no  
excuse--Ari makes

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this plan accessible  
to everyone, whether  
you're eating the  
standard American  
diet from your couch  
or dashing off to a  
meeting as the CEO  
of a Fortune 500  
company. Order this  
book today and  
break free from the  
diet trap **FOREVER!**

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Boys' Life is the official youth magazine for the Boy Scouts of America. Published since 1911, it contains a proven mix of news, nature, sports, history, fiction, science, comics, and Scouting.



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Four secrets to  
looking and feeling  
younger than ever.

Becoming Ageless  
presents a three-  
month, detailed diet  
and exercise plan to  
create a leaner, more  
muscular and  
happier you.

Developed by  
business mogul and

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fitness buff Strauss  
Zelnick--founder of  
the private equity  
firm Zelnick Media  
Capital and president  
and CEO of Take-  
Two Interactive, the  
company behind  
blockbuster video  
games such as Grand  
Theft Auto and  
NBA2K-- the

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strategies contained  
in Becoming

Ageless are the same  
tactics that allowed  
Zelnick to evolve  
from a skinny, out-of-  
shape business  
executive (a  
workaholic  
wunderkind who  
headed the film  
studio 20th Century

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Fox in his early 30s)

to one of the world's  
fittest and most  
physically active  
executives who  
reached his best-ever  
shape in his late 50s!

"If you believe my  
fitness buddies,"  
Zelnick writes, "I  
have a body that's  
aging in

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reverse...And  
Becoming Ageless is

filled with the  
amazing tips and  
unique principles  
you'd find if you  
trained with me."

Boys' Life

The Wholesome

Yum Easy Keto

Cookbook

A Fast and Easy

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Workout with  
Amazing Results  
Randolph County,  
1779-1979

Doctor Gourmet  
Diet for Coumadin  
Users

Theory and  
Application of  
Industrial  
Engineering  
Neon Gods

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BESTSELLER •

Easy, delicious

ketogenic

recipes all

with ten

ingredients or

less, from the

founder of the

mega-popular

keto website

Wholesome Yum.

“Loaded with

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family-friendly  
keto staples  
that don't take  
hours to  
prepare, this  
book is a slam  
dunk for keto  
beginners and  
experts  
alike."—Mark  
Sisson, New  
York Times  
bestselling



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author of The  
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Corn  
Keto Reset Diet  
and The Primal

Blueprint NAMED  
ONE OF THE BEST  
COOKBOOKS OF  
THE YEAR BY  
BUZZFEED

There's a  
reason that the  
ketogenic diet  
has become so  
wildly popular:

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It truly works!  
And weight loss  
is just the  
beginning.

Studies have  
shown that the  
keto diet  
stabilizes  
mood, raises  
energy levels,  
controls blood  
sugar, lowers  
blood pressure,

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improves  
cholesterol,  
and more.

Unfortunately,  
many people are  
intimidated by  
keto--they  
don't have a  
lot of time to  
cook, they have  
a whole family  
to feed, or  
they worry that

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they'll miss their favorite meals. That is why Maya Krampf created her now hugely popular website, Wholesome Yum, to share easy keto recipes all with ten ingredients or less. And now,

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in her first  
cookbook, Maya  
is determined  
to show people  
that a keto  
lifestyle does  
not have to be  
complicated,  
time-consuming,  
unsustainable,  
or boring. The  
Wholesome Yum  
Easy Keto

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-can't-believe-  
that's-keto  
recipes  
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chocolate chip  
peanut butter  
waffles, sheet  
pan sausage  
breakfast

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sandwiches,  
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chicken  
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spaghetti  
squash ramen  
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cinnamon roll  
pizza, and much  
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have to give up

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section

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dough that is

used to prepare

delicious keto

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pastries,

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research and  
proven  
practice, the  
aim of the  
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Design for  
Society (SEEDS)  
is to foster  
ideas on how to

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reduce negative  
impacts on the  
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while providing

for the health

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required for  
positive  
change.

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wisdom that  
will allow you  
to embrace and  
change your  
life" (John

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twelve-step  
programs, and  
the self-help  
community  
around the  
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Chapters" is a  
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motto for  
anyone seeking  
to better  
themselves and  
their life.

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book by a  
special lady”  
(Carol Burnett)  
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perfect

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