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Harley Pasternak, M.Sc., holds an MS in exercise physiology and nutritional sciences from the University of Toronto, and an honors degree in kinesiology from the University of Western Ontario. He is certified by the American College of Sports Medicine and the Canadian Society of Exercise Physiology. His work has been profiled in such national publications as Redbook, Glamour, Fitness and Men's Health, and he has appeared on The Oprah Winfrey Show and other TV programs. Pasternak, a native of Canada, lives and works in Los Angeles.

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

Transform your body with this fitness and exercise book from the author of The Greenprint and the sensational nutrition meal delivery plan The 22 Day Revolution. He's transformed some of the most famous bodies around the world. Now celebrity fitness expert Marco Borges shares his innovative secrets for lifelong health. Jay-Z, Gloria Estefan, Beyoncé, Sean "Diddy" Combs, Kanye West, Pharrell Williams, Gwen Stefani, and Shakira...These are just a few of the top celebrities and athletes Marco Borges has helped get fit and sculpted. And now readers can get the same results through Power Moves, four simple movements of four joints: shoulder, elbow, hip, knee. This innovative approach to exercise has made Borges one of the most sought-after fitness experts in the country. His transformative health programs have proven to yield extraordinary results, helping people not only to lose weight-whether fifteen pounds or 150-but also think differently about exercise and health.

Find a fitness workout that works for you with the home fitness bible Whether you want to fit into your skinny jeans, brave a swimming costume in six weeks or squeeze in some exercise during your lunch break, The Fitness Book will help you find a workout that fits perfectly into your busy lifestyle. From stretching to strength-training and yoga to Pilates, over 500 exercises are covered plus questionnaires and tests help you identify the perfect

workout for you. Tips on motivation and advice on healthy eating will keep you on the right track when the going gets tough. Easy to follow, enjoyable and achievable, The Fitness Book is your own gym membership for life so cancel your costly subscription and find a routine that really works for you.

At the heart of Born to Run lies a mysterious tribe of Mexican Indians, the Tarahumara, who live quietly in canyons and are reputed to be the best distance runners in the world; in 1993, one of them, aged 57, came first in a prestigious 100-mile race wearing a toga and sandals. A small group of the world's top ultra-runners (and the awe-inspiring author) make the treacherous journey into the canyons to try to learn the tribe's secrets and then take them on over a course 50 miles long. With incredible energy and smart observation, McDougall tells this story while asking what the secrets are to being an incredible runner. Travelling to labs at Harvard, Nike, and elsewhere, he comes across an incredible cast of characters, including the woman who recently broke the world record for 100 miles and for her encore ran a 2:50 marathon in a bikini, pausing to down a beer at the 20 mile mark.

In July 1946 a French designer shook the world with the skimpiest swimwear ever seen. Named after the American atomic bomb test site at Bikini Atoll, the tiny two-piece caused a chain reaction around the world that is still reverberating today. From the initial impact in the still-prudish 1940s, through 50s pinups like Monroe, Mansfield, and Brigitte Bardot, the Bond girls and go-go dancers of the 60s, to today's supermodels, The Bikini Book celebrates - with a wealth of pictures and a sense of humor - a true style icon of the 20th Century.

This enhanced ebook edition of the bestselling fitness program includes over 80 videos of Jillian demonstrating the exercises in that will help you shed the pounds and get the body of your life. You've seen her change lives-why not yours? Are you in good shape but struggling with those last ten to twenty pounds? Do you have an event on the calendar where you'd love to make jaws drop? Or do you just want to see what it would be like to have the best body you've ever had? Then you need to discover what millions who've used Jillian's training methods already know! Making the Cut empowers you to:

- Identify your unique body type and metabolic makeup (are you a fast, slow, or balanced oxidizer?) and customize a diet plan that is perfect for you
- Acquire the mental techniques that will greatly enhance your self-confidence and sharpen your focus on success
- Develop your strength, flexibility, coordination, and endurance
- Reach levels of fitness you never before thought possible

Determine if your eating behaviors are a problem, develop strategies to change unhealthy patterns, and learn when and how to get professional help when needed with this practical, engaging guide to taking care of yourself when you are not a full-blown anorexic. Millions of men and women struggle with disordered eating. Some stand at the mirror wondering how they can face the day when they look so fat. Others binge, purge, or exercise compulsively. Many skip meals, go on diet after diet, or cut out entire

food groups. Still, they are never thin enough. While only 1 in 200 adults will struggle with full-blown anorexia nervosa, at least 1 in 20 (including 1 in 10 teen girls) will exhibit key symptoms of one or more of the officially recognized DSM eating disorders--anorexia nervosa, bulimia nervosa, and binge eating disorder. Many suffer from the effects but never address the issue because they don't fully meet the diagnostic criteria. If this is the case for you, then you may be "almost anorexic." Drawing on case studies and the latest research, *Almost Anorexic* combines a psychologist's clinical experience with a patient's personal recovery story to help readers understand and overcome almost anorexia. *Almost Anorexic* will give you the skills to: Understand the symptoms of almost anorexic; Determine if your (or your loved one's) relationship with food is a problem; Gain insight on how to intervene with a loved one; Discover scientifically proven strategies to change unhealthy eating patterns; Learn when and how to get professional help when it's needed.

Presents a collection of diet, weight loss, and fitness tips from some of Hollywood's most famous celebrities, including Jessica Alba, Cameron Diaz, Jennifer Aniston, and Halle Berry.

Discover what "optimal" means within your own body to reduce pain, move better, and live longer. What is THE "optimal body"? The internet is flooded with people telling women what exercises to do or not to do, what posture is "bad" for them, and what tools will relieve their pain. The messaging can get confusing and is sometimes filled with false information. It can make women believe they need to look or function a certain way. The thing is, there is NO one-size-fits-all approach to human movement, exercise, or pain relief. As a Doctor of Physical Therapy, "Doc Jen" Esquer is not out to fix people; she is here to facilitate the journey toward rebuilding trust in your body. The *Optimal Body* will provide specific, practical tools that will: - Help you address your physical pain; turns out it's not as scary or "bad" as we've been taught - Examine how adapting your body (by optimizing your breathing, targeting specific body areas, and using manual techniques) can have massive impacts on how you feel pain and even help to reduce inflammation--without adding any new supplements - Teach you the tricks to overcoming stiffness, tightness, and recurring aches and pains - Provide you with self-assessments and effective exercises to get you understanding your body and moving in a better way, without having to buy some special gadget or expensive tool Doc Jen is going to cut through the BS and get real with you. The truth is that keeping it simple is better, and a regimen doesn't have to be complicated to be effective.

Dr. Belisa Vranich's ground-breaking second book teaches the science, techniques, and benefits of breathing correctly and efficiently for warriors in all walks of life. People are less in touch with their bodies—and especially their breathing—than ever before. Ironically, athletes and others who pride themselves on taking care of their bodies actually put themselves at greater risk. Why? Because they're asking their body to take on next-level demands, but failing at life's most essential skill: efficient breathing. Proper breathing is the world's most powerful biohack. Learning it will help you feel better, avoid injury, and perform at your very best (including in bed!). Champion gladiators, master martial artists, even spearfishers all had one thing in common: efficient breathing to achieve flawless execution. An elite few still understand: Navy SEALs who need to make the perfect shot, super-elite weightlifters who truly understand how to harness and channel their energy, free-divers who can spend seemingly impossible amounts of time underwater, and high-profile execs who keep calm before multi-billion-dollar presentations. You can learn their secrets. From the corporate athlete to the tactical ninja, *Breath-*

ing for Warriors is a practical, science-forward book that focuses on everything related to breathing and performance—from muscles and workouts to an impenetrable inner game.

Presents an assortment of short exercise routines which take only fifteen minutes per day and includes workouts for different fitness levels, with some moves targeting specific body parts.

GO BEYOND THE BALL WITH TODAY'S NEWEST STRENGTH AND BALANCE EXERCISES. Balance training—or working out on unstable surfaces like the BOSU, ball and core board—forces you to use the deep, inner muscles that other workouts miss. These are the muscles that make you look sleek, toned and sexy. Whether exercising on the mat at home or working on a balance tool at the gym, *Balance Training* will help you dramatically sculpt your legs, butt and stomach while improving overall strength and posture. Your core and foundational muscles will never be weak and flabby again. This book takes balance training to the next level, providing the benefits of yoga and Pilates as well as strength and core training—all in one easy-to-follow program.

Todd Durkin is the most sought-after personal trainer in sports, and if you don't know his name, you've definitely seen his work. He is the man who helped world-class athletes such as quarterback Drew Brees win a Super Bowl MVP, pitcher Cole Hamels win a World Series MVP, and professional snowboarder Shaun White win two Olympic gold medals. He is known throughout sports as the one trainer who can use any person's unique raw materials to transform them into—quite literally—the best they can be. Now Durkin has tailored his elite training program for anyone looking to transform their bodies. Based on groundbreaking "muscle matrix" research, Durkin's program is designed to adapt to your body to help you shed flab, build strength and flexibility, and enhance your athletic performance.

Get healthy in just 15 days with this diet plan from the celebrity trainer and New York Times bestselling author frequently featured on Khloé Kardashian's *Revenge Body*. We've gone way overboard trying to beat the bulge. We've tried every diet out there—low-carb, low-fat, all-grapefruit—and spent hours toiling on treadmills and machines, to no avail. It's time to hit the reset button and start over with a new perspective on weight loss. In *The Body Reset Diet*, celebrity trainer and New York Times bestselling author Harley Pasternak offers you the ultimate plan for a thinner, healthier, happier life. This three-phase program focuses on the easiest, most effective way to slim down: blending. The 5-day jump-start includes delicious, expertly crafted smoothies (White Peach Ginger, Apple Pie, and Pina Colada, to name a few), dips, snacks, and soups that keep you satisfied while boosting your metabolism. Over the following 10 days, the plan reintroduces healthy combinations of classic dishes along with the blended recipes to keep the metabolism humming, so you will continue to torch calories and shed pounds. The plan also explains how the easiest form of exercise—walking—along with light resistance training is all it takes to achieve the celebrity-worthy physique that we all desire. No equipment necessary! Whether you are looking to lose significant weight or just those last 5 pounds, *The Body Reset Diet* offers a proven program to reset, slim down, and get healthy in just 15 days—and stay that way for good!

The essential diet and fitness guide to lean, sexy abs—including a results-driven 4-week program to lose weight, strengthen your core, and tone your entire body. Call it a spare tire, muffin top, or paunch. Men and women consistently cite their belly as their biggest problem area—and it is often the toughest final pounds to lose. Not anymore! Whether readers' eating habits have been affected by stress, their bodies have changed with age, or they're constantly doing crunches without results, it's time to blast belly fat the right way. Using the comprehensive, week-by-week eating

and exercise plan, readers can lose up to 20 pounds in 4 weeks—and keep it off, forever. The Women's Health Big Book of Abs special features include: A delicious, easy-to-follow diet that includes satisfying carbs! A special section on the best pre- and post-pregnancy workouts Hundreds of tips on how to reveal a lean, flat belly and bikini-worthy body! Including a step-by-step, 4-week eating and exercise plan, easy-to-prepare recipes, and hundreds of exercises, The Women's Health Big Book of Abs is the ultimate guide to a leaner, fitter, sexier body—starting with your core.

You probably have enough on your to-do list, and adding hours of exercise and perfect dieting to it won't guarantee hot-body results. Frankly, if a diet and fitness routine feels too strict or time consuming, it usually backfires and won't work long term. The solution? Shape-Up Shortcuts, the ultimate collection of fitness and diet tips from Jen Ator, CSCS, and the editors of Women's Health. This must-have manual offers hundreds of smart, effective tips and troubleshooting techniques that will help you transform your body—even if you can spare only 5 minutes a day! Inside, you'll find: More than 20 exclusive workouts from the country's top trainers that will reshape your body in less than 30 minutes Calorie-saving food swaps; quick, delicious recipes; and time-saving kitchen techniques to make cooking a breeze (even for beginners!) Hundreds of tips that work with your schedule—like 2-second life changers, postworkout beauty fixes, and slim-down secrets—to take the stress out of healthy living Shape-Up Shortcuts unlocks the secret to successful, lasting weight loss: It's all about doing a little bit better each day. So what are you waiting for? Get into the best shape of your life—now!

"Strong muscles and bones defy the aging process. Margaret Richard's Body Electric program offers you the spectacular opportunity to realize your fitness potential." --Miriam Nelson, Ph.D., bestselling author of Strong Women Stay Young Some things never get old. You certainly don't tire of vibrant health, youthful energy, radiant good looks, and the strength to live your life any way you please. Unfortunately, our bodies do get old—but old doesn't have to mean weak and flabby. Margaret Richard's Body Electric program will give you stronger muscles, denser bones, better balance, increased energy, and a quality of life that is defined by the things you can do rather than those you can't. Work out with Margaret Richard, creator and host of "Body Electric," seen nationally on PBS-TV. You'll look better, feel better, and live better. Body Electric helps you: Increase your strength, stamina, and flexibility in just three hours a week Gain lean muscle and reduce unhealthy body fat Exercise from the comfort of your own home Avoid aches and injuries by working gently on joints and powerfully on muscles

Health and fitness expert Jen Widerstrom learned one important thing about weight-loss success through years of working with her clients and now contestants on NBC's The Biggest Loser: when it comes to dieting, one size will never fit all. In order for you to successfully lose weight, your diet plan needs to tap into your traits and tendencies as an individual. In Diet Right for Your Personality Type, Widerstrom introduces a revolutionary plan for maximizing weight loss and keeping the pounds off for good by adjusting your eating patterns, habits, and diet to best fit your personality. After all, understanding the ideal way to harness your personal strengths and navigate your roadblocks will help you effectively lose weight for the long term. Starting with a simple assessment, you'll identify your dominant personality type: the Everyday Hero (very giving and always puts others first), the Rebel (free-spirited and noncommittal), the Organized Doer (the type-A personality who craves routine and rules), the Swinger (the adventurous type who follows the trendiest fads), or the Nev-

er-Ever (believes if the pants don't fit, it's time to buy bigger pants). Once you've identified your personality type, you will be guided through a tailored four-week diet and fitness plan that works for you instead of against you. With meal plans, recipes, exercise routines, and more, losing weight and maintaining a lasting healthy lifestyle has never been this simple.

Going far beyond standard pull-ups, push-ups, and squats, Body-weight Strength Training Anatomy presents 156 unique exercises that work every muscle in the body. Detailed anatomical artwork accompanies step-by-step instructions for performing each exercise anytime, anywhere, without the need for equipment or machines.

Digital Femininities: The Gendered Construction of Cultural and Political Identities Online examines the role of new media technologies in the production of girls' cultural and political identities. The book argues that the varied and complex spaces which make up our 'social media' should be conceptualised as important terrains upon which neoliberal and postfeminist subjectivities can be both reproduced and subverted. In doing so, the book explores many key issues underpinning current debates around gender politics and digital media, including gendered spatial politics, visibility, surveillance and regulation, beauty politics, and civic and political engagement and activism. Over the last decade, the position of girls and young women within the digital landscape of social media has been a topic of much debate. On the one hand, girls' social media practices are presented as a key site of concern, wherein new digital technologies are said to have produced an intensification of individualised, neoliberal and postfeminist identities. Conversely, others have championed access to social media for young people as a potentially useful political tool, enabling previously marginalised political subjects (such as girls) to access and participate within new and exciting political cultures. Locating itself at the intersection of these two approaches, this book offers a fresh contribution to these debates. Based upon the findings from focus groups with girls and young women aged between 12 and 18 in England, the book offers an in-depth analysis of the digital cultures that emerged from the study. This timely book will be essential reading for anyone interested in contemporary femininity and feminism and the role of digital media in the production of cultural, political and gendered identities.

Inside every woman's body, there's a battle going on: a battle between lean, toned muscle and soft, flabby fat. Now, the experts at Women's Health give readers the final word on winning that battle and staying fit and trim for life. They've boiled down the most authoritative health, fitness, and nutrition advice into one simple, effective, life-altering plan. Backed by groundbreaking research, The Women's Health Diet is a proven program that actually works with a reader's body to build lean muscle and burn stubborn belly fat—in just 27 days! This unique philosophy, built around 8 superfood groups, combines an indulgent diet with a simple exercise program for rapid and effortless weight loss from the belly, hips, and thighs. Just follow the Secrets of the Slim—7 simple strategies that are often surprising and even humorous, like Secret #2: I Will Never Eat the World's Worst Breakfast (hint: with this plan, even ice cream can be breakfast!). Even if you only follow the Seven Secrets 80 percent of the time, you can't help but stay lean! Features include: The Women's Health Fast-Track Tone Up Plan; Complete Guide to the Female Body in Your 20s, 30s, 40s, and Beyond; and the 250 Best Foods for Women. Packed with delicious recipes, hundreds of helpful tips, and weekly workout plans, this is the ultimate guide to a slimmer, sexier body.

Hyperbolic Stretching - Alex Larsson - Fastest, Most Natural Way To Full Flexibility, Speed And Core Strength For MMA, Yoga & Mar-

tial Arts

Helps women over the age of thirty-five build protective muscles and increase bone mass.

Praised by the *New Yorker* and *New York* magazine, Saul Austerlitz's fascinating behind-the-scenes look at *Friends*, is, according to *Newsweek*, the "next best thing" to a cast reunion. In September 1994, six friends sat down in their favorite coffee shop and began bantering about sex, relationships, jobs, and just about everything else. A quarter of a century later, new fans are still finding their way into the lives of Rachel, Ross, Joey, Chandler, Monica, and Phoebe, and thanks to the show's immensely talented creators, its intimate understanding of its youthful audience, and its reign during network television's last moment of dominance, *Friends* has become the most influential and beloved show of its era. *Friends* has never gone on a break, and this is the story of how it all happened. Noted pop culture historian Saul Austerlitz utilizes exclusive interviews with creators David Crane and Marta Kauffman, executive producer Kevin Bright, director James Burrows, and many other producers, writers, and cast members to tell the story of *Friends*' creation, its remarkable decade-long run, and its astonishing Netflix-fueled afterlife. Readers will go behind the scenes to hear from the people who were present as the show was developed and cast, written and filmed. There will be talk of trivia contests, prom videos, trips to London, Super Bowls, lesbian weddings, wildly popular hairstyles, superstar cameos, mad dashes to the airport, and million-dollar contracts. They'll also discover surprising details—that Monica and Joey were the show's original romantic couple, how Danielle Steel probably saved Jennifer Aniston's career, and why *Friends* is still so popular that if it was a new show, its over-the-air broadcast reruns would be the ninth-highest-rated program on TV. The show that defined the 1990s has a legacy that has endured beyond anyone's wildest expectations. And in this hilarious, informative, and entertaining book, readers will now understand why.

CrossFit celebrity Christmas Abbott shows how to attain the body of your dreams with a targeted eating strategy and total-body workout plan that will whip glutes and hips—and every problem area—into top shape. As a formerly "skinny fat" woman, Christmas Abbott knows what real women need to get the butt and body of their dreams. In *The Badass Body Diet*, she dispels the myth of the health benefits of a "pear shape" body, teaches readers how to spot-reduce excess fat with targeted meal plans and recipes that zap cellulite, and galvanizes them with a quick and simple workout plan for a toned butt—the key to total body fitness. Your "glutes" (the technical term for booty) are the body's largest and most powerful muscle group—and one of the most beautiful—but they can go dormant, flat, and flabby. Packed with essential information, and inspirational before-and-after photos of her clients, *The Badass Body Diet* shows how to whip that butt into shape and provides essential information on how to: Select essential "booty foods"—the right proteins, fats, and carbs Experience a total body workout with an easy-to-follow, powerful exercise program Improve posture and functional mobility and enhance overall health Target cellulite through diet, workout strategies, and other proven tips And much more. Unlike most "one approach fits all" diet and exercise books, *The Badass Body Diet* identifies the three types of dieters that Christmas has discovered working with hundreds of clients at her CrossFit gyms—Modifiers, Gainers, and Maintainers—and tailors her approach to each, providing specific goals for maximum results. Stop obsessing about a flat belly, Christmas advises. A Badass Body is a birthright, and it starts at the bottom—with a trim and tight tush. In a frightening discovery, researchers from Massachusetts found a steady decline in male testosterone levels at a rate of about

1.2% each year, independent of age. Odds are that your testosterone levels are far lower than your father's were at your age, and lower still than your grandfather's. Lower testosterone levels: - Increase your likelihood for experiencing low energy and depression, - Your risk of heart disease and certain cancers, - Your likelihood of being overweight and obese, - While making it more likely that you experience impotence. This decline in manhood, however, does not have to be a part of your story. In *The Man Diet* you'll learn how to regain the virility that was once the norm. It's a method of eating that you can follow for the remainder of your life, enjoying what you eat rather than confining yourself to the unreasonable restrictions that are the foundation of most diets. *The Man Diet* is backed by 91 studies that will show you how to increase your testosterone levels naturally, and reduce your estrogen and cortisol levels (the two primary disruptors of testosterone). This book is for guys who want to be healthier, stronger, and manlier. If you don't want to be a part of this decline in masculinity, if you want to be elite, virile, and powerful, then the *Man Diet* is your guide. Join author Chad Howse in this quest to eat like a man, and live a more powerful life.

Jennifer Aniston. Kate Beckinsale. Helen Hunt. Brooke Shields. In addition to their fame, these actresses share something else in common: they owe their enviable silhouettes to fitness expert and celebrity yoga instructor Mandy Ingber. In *Yogalosophy®*, Ingber—one of the most sought-after fitness and wellness advisors in Los Angeles—offers up a unique 28-day plan to help readers achieve healthier bodies and happier minds. Building on the concepts offered in Ingber's popular *Yogalosophy®* DVD, this handbook provides an accessible program of proven workouts and eating guidelines designed to tone and strengthen the entire body, inside and out. In addition to recipes and detailed body-sculpting workouts (which combine yoga postures with a wide range of other effective exercises), Ingber also offers up wise insights and thought-provoking anecdotes in each chapter, encouraging readers to establish a healthier, more life-embracing mindset. Full of girlfriend-y wisdom, *Yogalosophy®* is a realistic, flexible, daily plan that will help readers transform their minds, their bodies, and their lives.

This is not your run-of-the-mill fitness book. Developed by world-renowned gluteal expert Bret Contreras, *Strong Curves* offers an extensive fitness and nutrition guide for women seeking to improve their physique, function, strength, and mobility. Contreras spent the last eighteen years researching and field-testing the best methods for building better butts and shapelier bodies. In *Strong Curves*, he offers the programs that have proven effective time and time again with his clients, allowing you to develop lean muscle, rounded glutes, and greater confidence. Each page is packed with information decoding the female anatomy, providing a better understanding as to why most fitness programs fail to help women reach their goals. With a comprehensive nutritional guide and over 200 strength exercises, this book gets women off the treadmill and furnishes their drive to achieve strength, power, and sexy curves from head to toe. Although the glutes are the largest and most powerful muscle group in the human body, they often go dormant due to lifestyle choices, leading to a flat, saggy bum. *Strong Curves* is the cure.

Aimed towards anyone tired of spending countless hours training with weights and doing cardio and without seeing additional gains, *101 High-Intensity Workouts For Fast Results* provides a lifetime of workouts that continually increase lean muscle mass and reduce body fat using scientifically proven methods of short, high-intensity bouts of training.

What does it mean to be a woman? Do women have a unique nature and a unique vocation? Should feminists work to help women

specifically or to support all people? *Thinking Woman* examines the lives and ideas of women in the history of philosophy who wished to understand and advocate for themselves as women. Some, like Hildegard of Bingen and Edith Stein, found women to be a unique creature designed by God, necessary for good stewardship of creation. Others, such as Mary Wollstonecraft and Sojourner Truth, found women to be identical to men in all but biology and thus identical before the law. Still others, from Simone de Beauvoir to Judith Butler, found the very question troubling as they tried to sort out cultural ideas from biological rules. These women and their views form a canon on the question of women, a canon that can help guide the conversation for thinkers and activists today who want both to understand women and to advocate for justice for all people.

Deepen Your Relationship with Your Body Transform negative words, thoughts, and beliefs into personal empowerment with the unique approach found in *Body Mindful Yoga*. Combining insightful Yoga philosophies and simple Yoga practices with the power of language to improve body image, this book's inspiring guidance will empower you to move through the world with an attitude that radiates self-confidence. Open your eyes to how words affect your body image using four Body Mindful steps: Listen, Learn, Love, and Live. These steps lead to amazing insights through practical techniques, hands-on exercises, and yoga practices. The latter two steps encourage active practice as you improve your inner dialogue and your interactions with others. You will also learn how to apply the teachings and yoga practices of this book to your daily life and continue your personal Body Mindful Yoga journey.

Part memoir, part research and reflection, a journalist embarks on a quest to remake her life in the image of her favorite celebrities and explores why we covet the lives of celebrities and believe that if we only had what they had - looks, money, houses, fabulousness - our lives would be perfect too. Original.

A safe, challenging, and effective method of core conditioning, planking is one of the best ways to get fit and toned. Variations of planks are used across many fitness domains including traditional group exercise, personal training, home workouts, yoga, pilates, barre, CrossFit and plenty more! In no time, planks will craft: -Abs -Shoulders -Pectorals -Biceps -Triceps -Glutes -Quads -Hamstrings Not to mention the fact that planking increases heart rate, offering calorie-busting cardio exercise, and creating healthy muscle tone. *Ultimate Plank Fitness* features 100 different variations of planks that can be used to customize your workout. Easily increase the difficulty of your core strengthening exercises by adding stability balls, gliders, and weights. Each exercise includes a step-by-step photo demonstration, points of performance, where to engage, along with common faults to detect ways to improve your fitness. Finally, CrossFit coach, personal trainer, and fitness instructor, Jennifer DeCurtins provides you with ten 5-minute workouts incorporating several planks that you can use to target trouble areas and build strength. With countless variations of the exercise, ranging from traditional planks to side plank variations and planks using external weights or unstable surfaces, your entire workout can be programmed around the plank! Work your way to a healthy core with *Ultimate Plank Fitness*.

14 days of Kayla Itsines' healthy, tasty meals! Sometimes the only thing harder than the workouts, is eating healthy and fighting those junk food cravings. Itsines' *Recipe Guide* uses the same nutrition principles as *The HELP Nutrition Guide* and contains 14 additional days worth of amazing, drool worthy recipes.

It's time to rethink your relationship with food and exercise! *The Women's Health Fitness Fix* is a refreshing, realistic guide for anyone who wants a better body. You'll find all the tools you need for

successful and lasting weight loss—no rigid, inflexible diet rules or demanding, time-consuming workout programs. These easy-to-follow strategies are practiced by the US's leading fitness experts, tested by the world's top researchers, and proven by everyday busy people across the US. Whether you're a beginner or a longtime fitness fanatic, this must-have manual offers hundreds of tips to get you the results you've always wanted—in just minutes a day. Inside, you'll find:

- More than 30 exclusive total-body workouts from America's top trainers, including genius 5-minute routines you can do whenever you're in a hurry and stack together when you have time for a serious calorie-blasting sweat session.
- Practical solutions for managing your motivation, busting through fitness and weight-loss plateaus, and overcoming the most common diet obstacles and exercise excuses.
- Beginner-friendly techniques for healthier cooking at home and meal prep made simple, along with hundreds of fast-and-easy recipe ideas and calorie-saving food swaps.
- More than 145 research-based "Quick Tips" for improving everything from your goal setting and grocery shopping list to your sleep habits and stress-management skills.

The Women's Health Fitness Fix is more than a diet book: It's the long-term solution you've been searching for and offers the tools and motivation you need to improve your relationship with food and exercise, transform your body, and finally make your healthy lifestyle feel effortless!

The debut collection of raucous, dark, strange, satirical stories from the former *Late Show* with Stephen Colbert writer and New Yorker contributor, featuring a foreword by Stephen Colbert "Jen Spyra's stories are shocking, silly, smart, and absurdly funny. Underline both those words, I don't care how much it costs!"—Tina Fey A bride so desperate to get in shape for her wedding that she enrolls in a new kind of workout program that promises the moon but costs more than she bargained for. A snowman who, on the wish of a child, comes to life in a decidedly less savory way than in the childhood classic. And in the title story, a time-hopping 1940s starlet tries to claw her way to the top in modern-day Hollywood, despite being ridiculously unwoke. In this uproarious, addictive debut, Jen Spyra takes a culture that seems almost beyond parody and holds it up to a funhouse mirror, immersing the reader in a world of prehistoric influencers, woodland creatures plagued by millennial neuroses, and an all-out birthday bash determined to be the most lavish celebration of all time, by any means necessary. Welcome, brave soul, to the world of Jen Spyra. Let's face it—women simply do not shed pounds or build muscle as easily as men do. Drawing on fascinating recent research that has shed new light on the gender differences in food metabolism and the effect of exercise, the editors of *Women's Health*, the healthy lifestyle magazine for today's active woman on the go, have devised a weight-loss plan that works especially well for women who would like to lose 5-25 pounds. Key features of the *Women's Health Perfect Body Plan* include:

- Glucomannan, a soluble fiber that helps dieters feel full faster—and therefore eat less throughout the day
- Meal plans that contain at least 40 grams of fiber per day
- An adjustment for the impact of female hormones on weight loss (women need a higher protein diet than men to increase lean body tissue and decrease body fat)
- Dieting techniques that revolve around psychological needs and personal goals and lifestyle
- Two diet plans to choose from—one higher in fats and lower in carbs; the other higher in carbs and lower in fats (simple food tests help women choose the type they need)

In addition to the customized eating plan—complete with 75 easy-to-prepare recipes—there is a vigorous customized fitness program consisting of 50 exercises that brings results in just three weeks.

Jorge Cruise unleashes his new fitness and weight-loss series with

one simple piece of advice: Work smarter, not harder. With his revolutionary 5-Minute Fitness Formula and 6-Day Challenge, he shatters the conventional wisdom that rapid, lasting weight loss can only be achieved through hours and hours in the gym, day after day. In *Inches Off! Your Tummy*, Jorge unveils the most effective exercise formula to optimize belly-fat burn all day—using compound exercises to hit virtually every muscle in the body with each rep—while also showing readers how to avoid the hidden sugars in foods that signal their bodies to store fat. The outcome: Visible results in 6 days, exercising just 5 minutes per day. With more than 6 million books in print and 3 million online weight-loss clients via JorgeCruise.com, Jorge Cruise is one of the most successful fitness and diet authors on the planet—and his newest book franchise launches now. "Jorge Cruise has answers that really work and take almost no time. I recommend them highly." —Andrew Weil, MD "Jorge Cruise sets you up to win!" —Anthony Robbins

As our knowledge of the human body becomes ever more exact, scientists have made remarkable leaps forward in many fields. Yet for one question that many of us would like answered--What causes the body to burn fat?--we find all sorts of confusing claims. Since we know so much about how our body works, can't science tell us the answer? As it turns out, science already has. I have spent over ten years reading thousands of fat-loss studies. Not theories promoted by diet gurus. Only the proven data. My investigation uncovered all kinds of scientific findings: - Studies stating how certain foods cripple our ability to burn fat - Scientists showing how to burn fat while eating more food - Researchers revealing how to get all the benefits of traditional exercise in a tenth of the time - Physiologists finding out how eating less sets us up to gain fat in the long run - Doctors discussing how a few

minutes of a new form of exercise immunizes us against fat gain - Endocrinologists explaining how we fix the underlying condition causing us to gain fat We deserve to know the proven facts about fat loss, but who has time to read tens of thousands of pages of scientific studies? The study took me more than a decade. It should not take you that long because the facts have been summarized in this book. They have also been simplified, so anyone who wants to lose weight can understand them. Make no mistake. Tons of clinical studies have shown the best way to trim off those unwanted pounds. It is time to stop listening to marketing myths about how to lose weight. We tried it. It failed. It is time to move on to a smarter science of slim. ?Proven and practical.? ?Dr. Theodoros Kelesidis Harvard & UCLA Medical Schools ?The latest and best scientific research.? ?Dr. John J. Ratey Harvard Medical School ?An important piece of work.? ?Dr. Anthony Accurso Johns Hopkins ?Smart and health promoting.? ?Dr. JoAnn E. Manson Harvard Medical School ?The last diet book you will ever need to buy.? ?Dr. Larry Dossey Medical City Dallas Hospital ?Revolutionary, surprising, and scientifically sound.? ?Dr. Jan Friden University of Gothenburg ?Compelling, simple, and practical.? ?Dr. Steve Yeaman Newcastle University ?Stimulating and provocative.? ?Dr. Soren Toubro University of Copenhagen ?Amazing and important research.? ?Dr. Wayne Westcott Quincy College ?Brilliant. Will end your confusion once and for all.? ?Dr. William Davis Fellowship of the American College of Cardiology, author of *Wheat Belly* ?Bailor's work stands alone.? ?Maik Wiedenbach World Cup and Olympic Athlete ?Bailor opens the black box of fat loss and makes it simple for you to explore the facts.? ?Joel Harper Dr. Oz Show fitness expert ?A groundbreaking paradigm shift. It gets results and changes lives.? ?Jade Teta, ND, CSCS author of *The New ME Diet*