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15YZ0A - KEENAN DARRYL

Dr Hiromi Shinya is credited with a medical breakthrough when he invented the colonoscopy. In Enzyme Factor 2 he turns his visionary genius to the power of enzymes to cure and restore. He gives you compelling ways to reverse aging, stop Alzheimers and prevent diabetes.

I'm the type of girl who's given up on fairy tales. So when Beck - the hot new busboy at work - starts flirting with me, I know better than to get my hopes up. Happily ever afters aren't for the average. I learned that the hard way. But how can I be expected to resist a man who can quote Austen, loves making me laugh, and seems to be everything hot and good in this world? Only there's so much more to him than that. Billionaire playboy? Check. Troubled soul? Check. The owner of my heart, the man I've moved halfway across the country to be with, who's laying the world at my feet in order to convince me to never leave? Check. Check. Check. But nobody does complicated like the one percent. This is

not your everyday rags-to-riches, knight-in-shining armor whisking the poor girl off her feet kind of story. No, this is much messier. "Rich Boy takes you on a literal ride! Funny. Angsty. There's mean rich people and people you root for. It's a definite recommend from me! -Tijan, New York Times bestselling author "Rich Boy was witty, exciting and had the most intense slow burn romance I've read in a long time. The complexity of the characters was refreshing and made me wish for more!"—Audrey Carlan, #1 New York Times bestselling author

What do a high end brothel, a sexy womanizing lawyer and demanding stranger have in common? Delilah Jameson. It's time for this art gallery owner to put on her big girl panties and choose wisely.

"I love this sad, beautiful, hopeful book." --Kathleen Glasgow, New York Times bestselling author of Girl in Pieces and How to Make Friends With the Dark For fans of Nina LaCour and Jennifer Niven, a richly layered novel that's both uplifting and heartbreaking, about piecing yourself together after loss and the dark truths

we choose to keep from each other and ourselves. San Francisco. New Year's Eve. A tragic accident after the party of the year. Cara survives. Her best friend, G, doesn't. Nine months later, Cara is still struggling, consumed by grief and a dark secret she'd rather forget. In the hopes of offering a fresh start, her mother sends her to boarding school in Switzerland, a place where no one knows what happened--and where they never will, if Cara can help it. But her new classmates Ren and Hector won't let her close herself off. They are determined to break down the walls she has so carefully built up. And maybe Cara wants them to . . . especially Hector, who seems to understand her like no one else does. The problem is that the closer Cara gets to Hector, the more G slips away. If moving on means letting go of the past--and admitting what she did that night--Cara's not sure how. But a second chance awaits, if she can only find the strength within herself. "A poignant exploration of grief, guilt, and forgiveness." --Sophie Kinsella, New York Times bestselling author of *Finding Audrey* and the *Shopaholic* series "Transportive and redemptive, this is a gentle story about the universality of grief, the beauty of self-forgiveness, and how new friendship can help heal old wounds."--Ashley Woodfolk, author of *The Beauty That Remains* and *When You Were Everything* "Atmospheric....this is a delicious read."-Irish Times "A good choice for readers who enjoyed Stephanie Perkins's *Anna and the French Kiss* and Gayle Forman's *If I Stay*."--SLJ

When Dr. Michael A. Smith hears this common question, his answer is always a resounding "Yes" In *The Supplement Pyramid*, Dr. Smith covers the many reasons why even the healthiest diets fall

short in terms of supplying the optimal amount of nutrients we need not just to survive, but also to thrive. With such a staggering amount of supplement choices on the market, it's hard to know where to start. The Supplement Pyramid provides the road map. With its three-tiered plan-foundational, personalization, and optimization levels-The Supplement Pyramid helps you design a nutritional regimen to meet your personal needs. Step-by-step instructions and detailed medical quizzes, along with useful information about blood testing, will help you develop an ideal personalized menu of supplements from which to choose. Knowing which supplements to take is only half the battle. Purchasing high-quality products is essential for success, and therefore *The Supplement Pyramid* covers all of the information you need to know to be sure you are making the best investment in your health. Written in easy-to-understand language and providing a wealth of vital information, this book puts all the questions to rest so you can move toward an optimal personalized supplement regimen. Book jacket.

Doctors have always considered type II diabetes to be an irreversible condition. But, as Dr Barnard shows in his groundbreaking book, this is simply not true. In a series of studies, he has proven that it is possible to repair insulin function and reverse type II diabetes, and here he shows you how. Using this scientifically proven, life-changing programme, you will be able to control your blood sugar levels three times more effectively than with other well-respected diets for people with diabetes. With Dr Barnard's programme, you will eat regular meals throughout the day, building each meal on the New Four Food Groups: vegetables, fruits, whole grains and pulses. This new way of eating will improve the

way your body responds to insulin - thereby reversing the defining symptom of diabetes. In fact, many people will find they are able to cut back on medication after just a few weeks on this programme. With its emphasis on high-fibre, low GI foods and its foundation on proven scientific fact, this is a programme that will work for you.

So you're an angry person? Are you one of those people who like to break everything when they feel angry? That speak loudly, cursing, offending, fighting with others? If yes, read this short book.

50 Studies Every Internist Should Know presents key studies that shape today's practice of internal medicine. Selected using a rigorous methodology, the studies cover topics including: preventative medicine, endocrinology, hematology and oncology, musculoskeletal diseases, nephrology, gastroenterology, infectious diseases, cardiology, pulmonology, geriatrics and palliative care, and mental health. For each study, a concise summary is presented with an emphasis on the results and limitations of the study, and its implications for practice. An illustrative clinical case concludes each review, followed by brief information on other relevant studies. This book is a must-read for health care professionals and anyone who wants to learn more about the data behind clinical practice.

"Negotiation: Science and Practice" is a university-level textbook and lecture series designed to teach effective skills and techniques in negotiation. It provides scientifically tested tools that allow anyone to construct and implement the best possible negotiation strategies, in any negotiation scenario. From this pack, stu-

dents, like yourself, learn the art, science and practice of influence, as well as how to construct optimal agreements, whether you are negotiating a settlement in a legal dispute, a contract to sell a business, a ceasefire in a conflict zone, the sale of your own home, a price rise of the goods or services your company provides, a wage dispute with a powerful union or even an amendment to legislation. The lectures in this textbook are as follows: Lecture 1: Negotiation dynamics (available in full, for free, in the "sample") Lecture 2: Preparation for negotiation Lecture 3: Evaluation techniques Lecture 4: Influence Lecture 5: Cognitive biases, heuristics, errors and effects Lecture 6: Group dynamics Lecture 7: Logic and creativity Lecture 8: Parachutes, problems and tricks Lecture 9: Culture, human nature and individual difference Lecture 10: Enforcement mechanisms Lecture 11: Ethics, lying, the law and why good people do bad things Lecture 12: Alternative dispute resolution Lecture 13: Conflict This book contains: - A comprehensive lecture series (outlined above) - Week-by-week multiple choice questions (100+ pages) - Detailed answers and explanations to all week-by-week questions (50+ pages) - A mid-semester exam - A comprehensive reference glossary (200 pages) - Full academic abstracts to complement critical references (aiding a more detailed understanding and facilitating further exploration of the science behind each technique) - The most comprehensive examination of the psychology of negotiation available, with clear examples of how it can be used to achieve desired outcomes - The most comprehensive description of common "dirty tricks" in negotiation and how to respond to them - Detailed explanations of the law and how it affects you as a negotiator; including important case summaries - Step-by-step explana-

tions of how to calculate the 'need-to-know' numbers in all negotiations

After 30 years of pioneering research with NASA, Joan Vernikos has written the first book to focus on the fundamental importance of gravity in maintaining youthful vigor. In it, she applies lessons learned from the experiences of U.S. astronauts and Soviet/Russian cosmonauts in space to ordinary people here on Earth. Highly practical, the "What You Can Do about It" section in each chapter is a comprehensive guide that will help young people, baby boomers, the elderly, and professionals make smart lifestyle choices. The G-Connection is written in down-to-earth and understandable language. Peppered with firsthand anecdotes from astronauts and interesting stories of Vernikos's own voyage of discovery, this book is both a fun and credible resource. The excitement for her work and ideas comes across clearly and is contagious. The reader finishes the book knowing what to do differently in his or her daily life to slow down or even reverse the aging process. "It is a treasure trove of ideas to a geriatrician"-Harold J. Guy, M.D., Professor of Geriatric Medicine, University of California San Diego Medical School, San Diego, California "The premise is plausible and the contents thoroughly referenced and well documented. It is written in a flowing style with humor and self-assurance and with language that never patronizes the reader."-Ralph Pelligra, M.D., NASA Ames Chief Medical Officer Moffett Field, California.

'OMG - Victoria has, once again, written another fabulous book.' ☆☆☆☆☆ Reader Review What if we're all just searching for something? Anna Stewart is lost. After barely surviving a car accident as a teenager, Anna is scared of settling. Flitting between jobs,

boyfriends and homes whenever she gets bored, she has no idea what the future holds. Then her brother Brodie, minister of Glendale, suggests she moves to the beautiful Scottish village, lining up a housekeeper job for her at Glendale Hall. Out of options, Anna agrees to take the job just for the summer. Once at the hall, her culinary skills impress everyone, and she agrees to give Hilltop Farm's new manager, Cameron, cooking lessons. Sparks fly between Anna and the handsome Scot, but Cameron keeps pushing Anna away, and Anna definitely isn't looking for love. But it's wedding season at Glendale Hall, and Anna is about to discover that her new home has a way of working its magic on even the coldest of hearts. Will she really be able to just walk away at the end of summer, or could Anna have finally found a place to belong? It's summertime so pack your bags and escape to beautiful Highlands village of Glendale with this gorgeously uplifting, romantic read. Fans of Milly Johnson, Heidi Swain and Holly Martin will love this charming romance. Readers are falling in love with Always and Forever at Glendale Hall: 'Such a warm hug of a book...left me smiling and satisfied.' ☆☆☆☆☆ Reader Review 'Oh my, my heart definitely belongs in Glendale - it's just like coming home.' ☆☆☆☆☆ Reader Review 'A lovely series full of warmth, inspiration, community spirit, friendship and love, set in the most idyllic village in the Scottish hills.' ☆☆☆☆☆ Reader Review 'So brilliantly written that I felt as though I was right there in the story!! Pure perfection as always.' ☆☆☆☆☆ Reader Review 'Victoria has a wonderful way of writing which brings the characters to life, their stories are believable, their love genuine and their pain heartbreaking... I've genuinely loved these books so much.' ☆☆☆☆☆ Reader Review

Whether you are studying at a university, college, evening classes, or high school, this essential book will help you to work without supervision and to realize your full potential. With special sections on writing correct English and a helpful review of basic mathematics, this little book goes a long way to giving you the confidence you seek to do well in school.

When Tamalyn Haynes agrees to be a bridesmaid, she doesn't realize she will be dancing with the best man—notorious tycoon Fletcher Stanton! Fletcher is relentless in pursuing his desires—and intent on bedding wide-eyed Tammy. But he has one condition: it's to be a temporary romance only. Marriage is not an option. However, their passionate nights together lead to Tammy dropping a bombshell. Unintentionally, Fletcher Stanton's mistress is pregnant with his forbidden baby....

From nutrition expert and author of the hugely popular The Volumetrics Weight-Control Plan, comes an illustrated eating plan based on her breakthrough approach to weight loss. Almost four years after it first appeared, Dr. Rolls' landmark Volumetrics is still selling, rapidly approaching 150,000 copies in combined editions. Now, Dr. Rolls offers a valuable collection of 125 Volumetrics recipes, along with a menu planner that will enable her readers to quit "dieting" for good, and lose excess pounds without deprivation or yo-yo weight loss/gain. Her recipes follow the sensible, balanced, effective model of Volumetrics, putting her revolutionary concept into real and tangible instructions for every meal. With this important new recipe collection, lavishly illustrated with 40 color photographs, readers can enjoy home cooked meals that will help them shed pounds without sacrificing the pleasures of

cooking and dining with friends and family.

MADDOX Mates are supposed to be forever, but nine years ago I found mine sleeping with another man. Every night I both curse the Moon Goddess for pairing me with such an unfaithful woman and beg her for another chance to find a mate who could love me, because a callous and unruly alpha like me isn't cut out to raise a daughter with a disability on his own. But the years pass by, and I find myself loathing everyone, especially that son-of-a-bitch's daughter, Jade. She is a constant reminder of who her father used to be before I killed him. When the Chaos hits, for the first time in nine years, like a mother fuckin' train, I stare at Jade from across the dark forest and vow that I would never let another woman get close enough to hurt me again, especially if she's my mate. JADE Mates mean nothing, at least that's what my father said when he cheated on Mom with the luna of our pack. I didn't believe in them then, and I don't believe in them now. And nothing, not even the Chaos, could change my mind. But when the forest goes dark and the Chaos descends upon the dark valley, I find myself staring back at Maddox, my alpha and the annoying prick who has made my life a living hell these past nine years. If I hate anything more than the mate bond, it is that the Moon Goddess destines me to be with Alpha Maddox. Too bad I will never let him into my life. But the pull is stronger than I hope, and my wolf won't let him go. Alpha Maddox is a standalone novel, part of the Wolves of Chaos Valley shared universe series. **** In Chaos Valley, there is only one way for wolves to find their fated mates. Once a year, in the heat of summer, the Chaos descends. Seven days and seven nights for your animal instincts to run wild under the blood-red moon. One week to find

the wolf or wolves who would make your lives complete. But, without warning, it stopped. Nine long years have passed since this essential magic bathed these territories. And when it finally returns, anarchy will reign. What kind of madness and mayhem will abound when the wolves of Chaos Valley are finally let off their leash? When their one shot at true and abiding love is finally set free? Dive into the world of the Wolves of Chaos Valley and read eleven stories of fated mates, steamy hot alphas and feisty heroines.

A werewolf, an owl shifter, and a scientist walk into a bar... Sam I was born in a lab, fostered out to humans, then tortured in a cage. Fate allowed me to escape, and I know why. To balance the scales of justice. Right the misdeeds of the harvesters. Nothing matters but taking down the man who made me what I am: A monster driven by revenge, whatever the cost. Then I meet Layne. She thinks I'm a hero. But she doesn't understand—if I don't follow this darkness to its end, it will consume me. Layne I've spent my life in the lab, researching the cure for the disease that killed my mom. No late nights out, no dates, definitely no boyfriend. Then Sam breaks into my lab, steals my research, and kidnaps me. He's damaged. Crazy. And definitely not human. He and his friends are on a mission to stop the company that's been torturing shifters, and now I'm a part of it. Sam promises to protect me. And when he touches me, I feel reborn. But he's hellbent on revenge. He won't give it up. Not even for me.

Create awesome iOS and Android apps with a single tool! Flutter is an app developer's dream come true. With Google's open source toolkit, you can easily build beautiful apps that work

across platforms using a single codebase. This flexibility allows you to get your work out to the widest possible audience. With Flutter already being used by thousands of developers worldwide in a market where billions of apps are downloaded every year, now is the right time to get ahead of the curve with this incredible tool. Flutter for Dummies is your friendly, ground-up route to creating multi-platform apps. From how to construct your initial frameworks to writing code in Dart, you'll find the essentials you need to ride the Flutter revolutionary wave to success. This book includes how to create an intuitive and stunning UI, add rich interactivity, and easily pull in data. You'll also see how Flutter features like Hot Reload—providing sub-second refreshes as you refine your work—help you make sure your app is a delight to use. Start simple: follow steps to build a basic app It's alive! Keep connected to online data It moves! Make things fun with animated features Get the word out: use tips to expand your audience Whether you're a fledgling developer or an expert wanting to add a slick feather to your programming cap, join the Flutter revolution now and soar above the rest!

[Siren LoveXtreme Forever: Erotic Romance, Menage, Romantic Suspense, Contemporary, Small Town, Law Enforcement, MFMM-MM, HEA] Naomi is an entrepreneur who has made a lot of money on her own despite her ex-lover trying to steal it all from her. She doesn't trust easily, but she's a sensual woman and she isn't against giving romance another try. When she meets the Law men, Forester, Brendon, Cody, Rome and Mercury at different times and feels the same strong connection, she's intimidated by this menage idea and shies away from them. Fate has a way of making things happen, and when a stalker tries to make an ag-

gressive move, they are there to intervene. One thing leads to another and soon she can't fight the power of a menage or the enticing charisma of the five brothers working together to break her down. When her ex returns to hurt her they see red and they save her. Not only by stopping him from his assault but by destroying his criminal business and getting him off her case forever. They assumed the danger was over, and shockingly, she becomes a victim once again, and they must use their connections, their town, and all their resources to find her before it's too late. Dixie Lynn Dwyer is a Siren-exclusive author.

An enticing new historical romance from No. 1 New York Times bestselling author Johanna Lindsey. *Marry Me By Sundown* takes you on a captivating adventure in 1880s Montana where passions and gold fever run high as an American heiress turns to a rugged mountain man to help her locate her father's fortune. Perfect for fans of Julia Quinn's *Bridgerton*. Summoned back to Philadelphia from the social whirl in London, Violet Mitchell never expected to find her brothers living on the edge of financial ruin while their father seeks new wealth in Montana's gold fields. With the family's home and social standing at risk, Violet makes a drastic decision. Morgan Callahan rode away from his family's cattle ranch to make his own fortune. Now as he finishes exploiting a mother lode of silver, a young woman claiming to be his late partner's daughter turns up wanting to be taken to her father's mine. Suspecting that the pretty schemer works for the mining outfit that is trying to steal his land, he has no qualms about snatching her and holding her at his camp where she can do no harm. Morgan underestimated the new thorn in his side. Determined to claim what rightfully belongs to her family, Violet summons up the

courage, grit, and spunk to cope with the hazards and discomforts of an untamed land and the disturbingly masculine stranger who holds her fate in his hands. But an error of judgment brings down a hailstorm of calamity and danger that upends her plans and deepens her bond to a man who is not the brilliant match a lady wishes to make but could be all that a strong, passionate woman desires. Utterly captivating. Wonderfully entertaining. Let legendary author Johanna Lindsey capture your heart with her unforgettable romance.

A light romantic comedy sure to leave you smiling... Elena Murphy is doing just fine—if you don't count her struggling art studio, her ex-boyfriend suing her, and accidentally tossing purple paint onto a man who just happened to be in the wrong place at the very worst time. And not just any man, but freaking royalty. *The World's Most Eligible Bachelor*, to be exact, with the paparazzi catching the whole embarrassing incident on camera. Could her life be any more of a dumpster fire? Yes it could. Now she's getting dragged online and her clients are disappearing faster than free drinks at happy hour. And just when she thinks things can't possibly get worse...His Royal Hotness decides the best way to fix this mess is to make her the envy of New York—by pretending to date. Because what's worse than a prince treating her like his very own Cinderella, including dreamy nights at the theater and a nearly X-rated pottery date? Reminding herself it's all fake. Each book in the *Royally Engaged* series is *STANDALONE*: * *A Royal Disaster* * *Royal Trouble*

Detective Georgiana Germaine is back on the trail of a cold-blooded killer, and once again, the case hits close to home. Twen-

ty-year-old Olivia Spencer sits at her desk in her mother's bookshop, dreaming about her upcoming wedding. The shop may be closed, but Olivia's not alone, and her dream is about to become her worst nightmare. *Little Broken Things* is the third book in the bestselling Georgiana Germaine mystery series. Grab your copy today and get swept up in a twisty tale of secrets and lies that will have you up reading all night. Praise for the Georgiana Germaine Series: "Gigi is strong willed and it will be interesting to see how life goes on future stories." Amazon Vine Voice "A well-plotted story with surprise twists." Amazon Vine Voice "This is my first book by Cheryl Bradshaw and it definitely won't be my last." "Cheryl Bradshaw has turned into my favorite author!" "Once I started this story I could not stop reading it till the end! Took me all night, but I got it done." "There are so many new things to learn about Gigi, and I cannot wait for the next book to delve into her character further." "I was completely immersed in the story and read it straight through."

For readers who want to know which illnesses best respond to nutrition therapy, and how and why that therapy works, this book will be a must-read. The principles of orthomolecular medicine and the science behind them, the pioneers and clinical and experimental evidence from expert researchers and clinicians makes this the complete book on this important subject.

Power he never dreamed of possessing. As a child, Craig Henriksen is sent to Chicago to live with relatives after the shocking death of his father. As an adult, he is reclusive and avoids facing his past, only to discover strange abilities that won't let him escape it. His struggle to find normalcy is challenged by his cousin Danny, a Chicago Police detective who uses him to uncover clues

at murder scenes. As Craig becomes involved with Lauren, a woman who offers him the hope of living the life he has always wanted, he finds himself pulled ever further into Danny's pursuit of a vicious serial killer---the Tourist. But even if he chooses to forgo his chance at happiness in order to help his cousin, will he understand in time that both he and Danny are being hunted? *Relentless Enemy* brings an age-old battle to today's streets, hearts, and lives.

Since it was first released, this bestselling book has been a media sensation, appearing in publications such as *Woman's Day*, *Madison*, *Body + Soul*, *Dolly*, *NW*, *Notebook*, *Good Health*, *Australian Natural Health*, *Reader's Digest* and *Practical Parenting*, as well as being featured on TV programs *A Current Affair* and *Today Tonight*. This new 'value' edition capitalises on that success by bringing nutritionist Karen Fischer's proven eight-week program to the public at a new cheaper price point! Whatever your skin type, whatever your skin condition, you'll find all the help you need right here. Whether you want to eliminate acne, cellulite, dandruff, dermatitis, eczema, psoriasis or rosacea, or simply fight the signs of ageing, the answers are in the book. You'll also learn how to ensure your children grow up with clear, problem-free skin. By following Karen's program, you will change your skin for the better and put yourself on the path to a blemish-free future. Specific programs are also included to target each skin condition, while Karen's nutritious, delicious recipes mean you have all the tools you need to start living a healthier more beautiful life today!

Our hurried lifestyles leave us using prepackaged and take-away food containing high levels of fat, sodium, and calories: not a

healthy situation. The recipes in this useful cookbook address both issues -- speed and nutrition -- to ensure proper meals and snacks for the entire family. The recipes are quick and easy to make and all are low in fat and high in nutrition. It's the simplest way to keep families healthy while still living an active life. About the Australian Women's Weekly Mini Format series These handy little cookbooks might be small, but they're chock-full of recipes to suit every need and taste. With a wide range of 50 titles to choose from, the series is broken down into 4 distinct categories: the Make It Tonight range is ideal for busy cooks, with fuss-free, fast, delicious food; the Sweet and Simple range satisfies your craving for something sweet, with easy-to-follow recipes that are just a little bit wicked; the Healthy Eating range demonstrates how you can have high flavor but low fat; and the Creative Food range are for those who enjoy adventure in the kitchen. This little series has it all.

Meet DCI Hanlon. A woman with a habit of breaking the rules and a fierce loyalty to the few people she respects. When the kidnap of a 12-year-old boy blows the case of some missing children wide apart, the finger is pointing at the heart of the Met. Hanlon is sent in as the only cop who is incorruptible enough to handle it. But can she find the killer before another child is stolen? Once you start the DCI Hanlon series, you won't be able to put it down. Perfect for fans of Angela Marsons, Lisa Regan and Mark Dawson. This book was previously published as Time To Die by Alex Howard. What readers are saying about The Stolen Child: 'Brilliantly done, authentic and doesn't pull any punches' 'The story twists and turns its way to an edge of the seat conclusion' 'Difficult to put down' 'Brilliant and well written' 'A great new char-

acter and a gripping story' 'I thoroughly enjoyed the story and the turns of the plot.' 'A great female lead, in a story that is as much about character as it is about the crime.'

This groundbreaking new medical work demonstrates how modern sedentary lifestyles contribute to poor health, obesity, and diabetes, and how health can be dramatically improved by continuous, low-intensity, movement that challenges the force of gravity. Citing her original NASA research on how weightlessness weakens astronauts' muscles, bones, and overall health, the author presents a simple and effective plan for maintaining good health throughout life by developing new lifestyle habits of frequent gravity-challenging movement. Written for everyone who spends most of their lives sitting in chairs, at desks, and in cars, this practical, easy-to-follow action plan outlines simple gravity-challenging activities such as standing up frequently, stretching, walking, and dancing that are more healthful and effective than conventional diet and exercise regimens.

From USA TODAY Bestselling Author Claudia Burgoa comes a single-dad sports romance where the only thing more heartfelt than the small town is the love story. I never wanted to go back to Baker's Creek. But when it rains, it pours. I lost my job, lost the guy, and lost the house. The perfect trifecta of ruin. Ten years after I said I can make it on my own, I have no choice but to ask for help. But it's my mother who needs me now... So it's back to where I don't belong. There's no opportunity in my hometown. The only job that I can get is nannying. For a player from the Vancouver Orcas. "Mean" Mills Aldridge is going to be my new boss... and I'm supposed to pretend he isn't sex on skates. Between avoiding the town mean girls, helping my parents, and trying not

to behave like a puck bunny, my job with that sweet boy is fast becoming just like the rest of my life--one big complication. My only escape is my late-night chats with Mills. The confessions we share make me feel like I belong. The stolen kisses make it hard to remember why I ever left. Until the opportunity I've been waiting for arrives, and it's time for me to say goodbye. But can I leave that little boy and his father behind? The Baker's Creek Billionaire Brothers series is a romantic comedy saga that's swoonful and sexy, with the right mix of ugly-cry moments and sweet seductions.

Dr. Louis Ignarro discovered "the atom" of cardiovascular health--a tiny molecule called Nitric Oxide. NO, as it is known by chemists, is a signaling molecule produced by the body, and is a vasodilator that helps control blood flow to every part of the body. Dr. Ignarro's findings led to the development of Viagra. Nitric Oxide has a beneficial effect on the cardiovascular system as well. NO relaxes and enlarges the blood vessels, prevents blood clots that trigger strokes and heart attacks, and regulates blood pressure and the accumulation of plaque in the blood vessels. Dr. Ignarro's current research indicates that Nitric Oxide may help lower cholesterol by facilitating the actions of statin drugs like Lipitor. The goal of the regimen presented in NO More Heart Disease is to age proof the cardiovascular system, keeping the vascular network clean and elastic through enhanced NO productivity. The plan is easy-to-follow without extreme lifestyle adjustments, involving taking supplements to stimulate Nitric Oxide production, incorporating NO friendly food into the diet, and a moderate exercise program.

What's a vampire to do when he accidentally makes a baby? Hire a sexy nanny, of course. A vampire for centuries, Frederick is tired of living in shadows. To that end, he hires the best and brightest scientists to find a way to help him tolerate the sun without losing the benefits that come from being a master of the night. One of them succeeds. Frederick gets to feel the sun's rays on his skin without barbecuing. Is reminded of how it feels to be human. Only later, nine months to be exact, does he find out about the side effects. Now he's on the hunt for a nanny. And finds much more than help with diapers. This vampire is about to discover how it feels to fall in love—if his enemies don't eliminate him first. genres: vampire romance, romantic comedy, single daddy

How to fix the Modern American Diet and reclaim our minds and waistlines "An insightful, eye opening adventure into diet and nutrition. Concise and witty, this book kept me engaged from cover to cover. A must-have for anyone serious about getting happy and healthy naturally."—Andrew Morton, MD, Board-certified Family Physician; Former Medical Corps, US Navy and Army Infantry Medic, Desert Storm For the first time in history, too much food is making us sick. The Modern American Diet (MAD) is expanding our waistlines while starving and shrinking our brains. Rates of obesity and depression have recently doubled, and though these epidemics are closely linked, few experts are connecting the dots for the average American. Using data from the rapidly changing fields of neuroscience and nutrition, The Happiness Diet shows that over the past several generations, small, seemingly insignificant changes to our diet have stripped it of nutrients—like magnesium, vitamin B12, iron, and vitamin D, as well as some very spe-

cial fats—that are essential for happy, well-balanced brains. These shifts also explain the overabundance of mood-destroying foods in the average American’s diet and why they predispose most of us to excessive weight gain. After a clear explanation of how we’ve all been led so far astray, *The Happiness Diet* empowers the reader to steer clear of this MAD way of life with simple, straightforward solutions, including:

- A list of foods to swear off
- Shopping tips and kitchen organization tricks
- A compact healthy cookbook full of brain-building recipes
- Practical advice, meal plans, and more!

Graham and Ramsey guide you through these steps and then remake your diet by doubling down on feel-good foods—even the all-American burger. Praise for *The Happiness Diet* “Finally, a rock-solid, reliable, informative, and entertaining book on how to eat your way to health and happiness. Run—don’t walk—to read and adopt *The Happiness Diet*. This is the only diet book I’ve encountered that I can actually recommend to patients without reservation.”—Bonnie Maslin, PhD, Psychologist and author of *Picking Your Battles* “A lively, thorough, and iron-clad case for real food. You will never eat an egg-white omelet or soy protein shake again.”—Nina Planck, author of *Real Food and Real Food for Mother and Baby* “The book includes food lists, shopping tips, brain-building recipes, smart slimming strategies, and other useful tools to lose weight and keep the blues at bay.”—AM New York

Harlequin Presents brings you four full-length stories in one collection! Experience the glamorous lives of royals and billionaires, where passion knows no bounds. Be swept into a world of luxury, wealth and exotic locations. This box set includes: *HER IMPOSSIBLE BABY BOMBSHELL* by USA TODAY bestselling author Dani

Collins After his challenging upbringing, billionaire Jun Li made sure he couldn’t have children. So when Ivy Lam, the woman he shared one mesmerizing encounter with, claims she’s pregnant, he needs proof – before he claims them both! *THE PLAYBOY’S “I DO” DEAL* (A Signed, Sealed...Seduced novel) by Tara Pammi Dev Kohli’s superyacht is the perfect hideout from the forced marriage Clare’s escaping – despite the intimacy it brings... But when the threat to her increases, so does the need to protect her with something Dev never thought he’d offer – his ring! *FROM EXPOSÉ TO EXPECTING* by Andie Brock Following one sexy night with Leonardo, his swift rejection leaves journalist Emma mortified. Letting off steam, she writes a private, scandalous exposé on the tycoon...that’s accidentally published! Yet that’s nothing compared to the surprise that follows... *QUEEN BY ROYAL APPOINTMENT* (A Princesses by Royal Decree novel) by USA TODAY bestselling author Lucy Monroe As a naïve teenager, Lady Nataliya signed a contract promising her to a prince. Now, to release them both, she causes a scandal. It works... Until her betrothed’s brother, the irresistibly brooding King Nikolai, insists she honor the marriage agreement – with him! For more stories filled with passion and drama, look for Harlequin Presents June 2021 Box Set – 2 of 2 Mercury "Merc" Watson Not your average boy next door Hot stud, indie music fan, dirty mechanic With a panty-melting grin And eyes that hide dark secrets... I've often seen him on campus as I run from class to class Girls flock around him all the time He's too hot for words. Tall, muscular, handsome. Also distant, arrogant, in a trajectory so far from mine I can't hope to touch him Maybe it's for the best. I've sworn off men, you see. For good. Until one day he

asks me out. Woo baby, right? Only he thinks I'm my twin sister. Then he admits that behind the golden façade he hides a dark secret and....I'm hooked. I need to know what it is. Solve the riddle. Without losing my heart to him. Easier said than done. ***This is a standalone, full-length romance with a HEA and no cliffhanger or cheating. ***This is the story of Merc, brother to Gigi and Octavia whom you met in Caveman and Bad Wolf.

This iPad interactive book is an indispensable tool for pilots seeking the Airbus A320 type rating. This study guide offers an in-depth systems knowledge with pictures, videos and schematics not found in other publications. It is packed with detailed and useful information to prepare any candidate for command and responsibility of the A320 equipped with IAE or CFM engines.

It's like she'd entered a different world... When Kristy visits Paris to commemorate her parents' death by staying at the luxury hotel where they spent their honeymoon, the hotel employees all look at her with shock. Not knowing why, Kristy tries to book one of the cheapest rooms in the hotel and makes eye contact with a breathtakingly gorgeous man named Armand Dutournier. His strong gaze immediately captures Kristy's heart. "You betrayed me!" Armand yells and then kisses her passionately. Everything is a mystery—Armand's identity, his familiarity and the existence of a potential mirror image of Kristy!

Provides information on why whole grains are healthy, including nutrition information on specific grains, along with six weeks of weight-loss menus and fifty recipes featuring whole grains.