

Download Free Kayla Itsines
Bikini Body Training Guide

Kayla Itsines Bikini Body Training Guide

Get the strong, toned and
graceful figure of a

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dancer - without the rigorous training! Mary Helen Bowers has helped tone and sculpt the bodies of a whole host of celebrities, including Natalie Portman for her

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role in Black Swan, plus Liv Tyler, Zooey Deschanel and Helena Christensen. Now, in this fantastic fitness guide, she reveals her exercise, diet and lifestyle plan for

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transforming your whole body. - Achieve the long, toned and powerful body shape of a dancer - Target trouble areas, such as legs, bum and tummy - Get a dancer's beautiful

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posture and elegance -
Lose weight and turn fat
into muscle - Radically
transform your physique -
Noticeable results in just
14 days

The American body is in

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trouble. Unprecedented numbers of us suffer from obesity, heart disease, diabetes, and other debilitating illnesses. The root cause is a once-revolutionary idea that

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seemed to offer so much promise, but instead has become the cause of a global health crisis: processed foods. Over the past seventy-five years, a number of factors aligned

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to create a reality in which processed carbohydrates became our main food source. In *Fast Carbs, Slow Carbs*, bestselling author and former FDA Commissioner

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David A. Kessler explains how the quest to feed a nation resulted in a population that is increasingly suffering from obesity and chronic disease and offers a

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solution for changing course. For decades, no one questioned the effects of these processed carbohydrates. The focus was on fertile grassland, ideal for growing vast

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amounts of wheat and corn;
an industrial
infrastructure perfect for
refining those grains into
starch; a food production
behemoth that turns
refined grains into

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affordable, appealing, and ever-present food items, from pizza to burritos to bagels; and an efficient distribution network that ensures consumption by Americans nationwide. But

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during those same decades, our bodies quietly contended with the metabolic chaos caused by consuming rapidly absorbable starch. Slowly but surely, these effects

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accumulated and became disastrous, leading to the public health crisis in which we find ourselves today. In *Fast Carbs, Slow Carbs*, Kessler explains how eating refined grains

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such as wheat, corn, and rice leads to a cascade of hormonal and metabolic issues that make it very easy to gain weight and nearly impossible to lose it. Worse still is how

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excess weight creates a very real link to diabetes, heart disease, cognitive decline, and a host of cancers. We can no longer afford to dismiss the consequences of eating

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food that is designed to be rapidly absorbed as sugar in our bodies.

Informed by cutting-edge research as well as Dr. Kessler's own personal quest to manage his

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weight, Fast Carbs, Slow Carbs reveals in illuminating detail how we got to this critical turning point in our health as a nation—and outlines a plan for

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eliminating heart disease,
allowing us to, finally,
regain control of our
health.

The body transformation
phenomenon and #1
Instagram sensation's

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first healthy eating and lifestyle book! Millions of women follow Kayla Itsines and her Bikini Body Guide 28-minute workouts: energetic, kinetic, high-intensity

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interval training sessions that help women achieve healthy, strong bodies.

Fans not only follow Kayla on Instagram, they pack stadiums for workout sessions with her, they've

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made her Sweat with Kayla app hit the top of the Apple App Store's health and fitness charts, and they post amazing before and after progress shots. The Bikini Body 28-Day

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Healthy Eating & Lifestyle Guide features: - 200 recipes such as fresh fruit breakfast platters, smoothie bowls, and salads - A 4-week workout plan which includes Kayla's

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signature 28-minute
workouts - Full-colour
food shots and photos
featuring Kayla throughout
Kayla Itsines Foam Rolling
Guide is essential for
anybody who has purchased

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a foam roller and is unsure of how to use it. Foam rolling helps to relieve muscle tension and pain by improving circulation. It could also help to minimise the

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appearance of cellulite.
In this guide you will
find: • The importance of
foam rolling • Recommended
upper body foam rolling
routine • Recommended
lower body foam rolling

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routine • Stretching
exercises to aid in
rehabilitation • Do's &
Don't's • Step-by-step
information

A Beginner's Guide to
Fitness & Strength

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Training in 3 Simple Steps
Your Five-Year Plan for
Life after College
Fast Carbs, Slow Carbs
A stronger, fitter,
healthier you - in 28 days
Bikini Body 2.0

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Bikini Body Training Guide
2.0

Der Bikini Body Training Guide ist der 189-seitige Workout-Guide von Kayla Itsines. Er enthält einen 12-Wochen Plan für deine Workouts inkl. Ausdauertraining, Krafttraining und Dehnübungen. Die Workouts dauern dabei nicht einmal 30

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Minuten und konzentrieren sich gezielt auf deine Problemzonen!

If you are like most people, you have probably tried many diets looking for one that works, makes you feel good, and that you can actually follow for more than a few days. You've probably come up empty-handed. We've all been there -- but Natalie

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Jill's 7 Day Jump Start is different. This easy-to-follow plan is based on REAL food and you get to choose the foods YOU like best. Natalie has helped millions of people ditch processed foods, lose weight, feel great, and change their mindset to become their best selves. Whether you have yo-yo dieted for years or have tried to "eat

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healthy" without seeing results, Natalie offers real solutions that will last a lifetime: Methods for using food to combat cravings and hunger pains Easy-to-follow meal plans and guidelines for any situation Delicious recipes for breakfast, lunch, dinner, and snacks -- plus guilt-free desserts 7-minute exercises for a leaner,

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toned body Success stories from people who have transformed their lives and bodies When you decide you're ready, Natalie will walk you through each step in your new unprocessed lifestyle. All it takes is 7 days to jump start a new you! ARE YOU IN?

The HELP Nutrition Guide contains Kayla

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Itsines' 90 page clean eating plan including a full 14 day meal plan with recipes. Learn what to eat, discover fat burning goods, eat tasty meals and speed up your metabolism.

The HELP Vegetarian Guide contains Kayla Itsines' 107 page clean eating plan including a full 14 day meal plan with

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recipes. Suitable for Vegetarians, Vegans and Pescatarians. Learn what to eat, discover fat burning foods, eat tasty meals and speed up your metabolism.

Bikini Body

Women's Health Lift to Get Lean

Kayla Itsines Adult Coloring Book:

Famous Personal Trainer and Acclaimed

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Entrepreneur, Author and Fitness Blogger

Inspired Adult Coloring Book

Low-Carb Express

Lean in 15 - The Shift Plan

Recipe Guide

Research shows that building muscle helps the body burn

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more calories 24/7 and that resistance training is the most effective way to torch body fat. Yet that message is still lost on many women who fear that weight lifting will make them bulky, turn their skin green,

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and give them Incredible Hulk muscles like their boyfriends'. Women have more options than step aerobics or running on a treadmill to shed pounds: They can weight-train in a very specific manner designed to

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make the most of a woman's unique physiology. Lift to Get Lean is the first beginner's guide to strength training from Women's Health that is written specifically for women by a woman. Holly Perkins is a

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certified strength and conditioning specialist (CSCS) who has been teaching the fat-burning secrets of weight training exclusively to women for more than 20 years. Perkins doesn't follow men's

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rules when it comes to building muscle. Lift to Get Lean delivers a three-step system: Technique, Movement Speed, and the Last 2 Reps Rule, which make all the difference in developing the

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kind of strong, lean, and sexy body women want. Perkins offers four different 90-day training programs that efficiently build functional strength along with leaner legs, stronger arms, and a

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sexier butt.

Learn how to improve your health and wellness with the healing magic of cannabis, CBD and medicinal mushrooms. When health coach and wellness blogger

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Jenny Sansouci learned that her father was diagnosed with stage 4 pancreatic cancer, her extensive knowledge of the latest alternative therapies was put to the test. Jenny dove into the world of

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cannabis and mushrooms and their medicinal properties - and she and her dad are now outspoken champions of the healing power of these plants and fungi - not only to tame the side effects of

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chemotherapy, but to address everyday wellness concerns. The Rebel's Apothecary is the result of her heartfelt and rigorous quest -- a science-based and supportive guide that will enhance the lives of

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anyone living with pain,
anxiety, depression, a
weakened immune system,
insomnia, and more. Complete
with background information,
dosing instructions, and
everyday recipes, this is the

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essential handbook for harnessing the ancient healing powers of cannabis and mushrooms --safely, without confusion, fear, or an unwanted high. In addition to debunking myths and de-

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stigmatizing these powerful healing plants and fungi, The Rebel's Apothecary presents:

- Specific protocols and dosage guides for wellness uses (mood, sleep, immunity, focus, energy) and managing

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common chemotherapy side effects • Everyday wellness routines • Recipes for delicious, easy, health-enhancing cannabis and mushroom infused smoothies, coffee drinks, teas, elixirs,

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gummies, and broths - including recipes from chefs and wellness experts like Dr. Andrew Weil, Kris Carr, Seamus Mullen, Marco Canora and more • The latest research on CBD, THC, medicinal

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mushrooms and psilocybin •
Tips for creating a cutting-
edge home apothecary of your
own

The Lean Machines are
genuine experts in health and
happiness and have helped

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thousands of people get lean and strong through their work as personal trainers and on their hugely popular YouTube channel. Champions of balance, moderation and individuality, their advice is

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sensible, accessible, and not at all intimidating - eat well, move better and feel awesome! "Our aim is to help as many people as possible get healthy and understand that getting in great shape

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doesn't have to be hard or depressing." Here, they share their secrets in their first book; a fun, fully illustrated guide for becoming the best version of yourself. Featuring easy nutritious recipes, as well as

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simple workouts, toning tips
and mindfulness techniques,
the boys prove that having a
healthy lifestyle is achievable
and fun. #leanmachines

Start your journey to better
health and fitness now with

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The Body Coach and the bestselling diet book of all time! Eat more. Exercise less. Lose fat. In his first book, Joe Wicks, aka The Body Coach, reveals how to shift your body fat by eating more and

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exercising less. Lean in 15 –
The Shift Plan features a
hundred recipes for nutritious,
quick-to-prepare meals –
including his bad-boy burrito
and oaty chicken – and guides
you through Joe's signature

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HIIT (High Intensity Interval Training) home workouts – revealing how to combine food and exercise to ignite intense fat-burning. It will teach you how to fuel your body with the right food at the right time so

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you burn fat, build lean muscle
and never go hungry.

28 by Sam Wood

The HELP Vegetarian Nutrition
Guide

The Adventures of Two
Rescue Pups

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BodyBoss Ultimate Body
Fitness Guide

The Bikini Body Motivation
and Habits Guide

The Lean Machines

The body transformation
phenomenon and #1 Instagram

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sensation's first healthy eating and lifestyle book! "Women, particularly those younger than 30, can't get enough of her. (Fans include the actress Allison Williams and the model Candice Swanepoel)." The New York Times Millions of women follow

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Kayla Itsines and her Bikini Body Guide 28-minute workouts: energetic, kinetic, high-intensity interval training sessions that help women achieve healthy, strong bodies. Fans not only follow Kayla on Instagram, they pack stadiums for workout

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sessions with her, they've made her Sweat with Kayla app hit the top of the Apple App Store's health and fitness charts, and they post amazing before and after progress shots. Kayla's audience is avid and growing, with over 10 million followers

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worldwide. The Bikini Body 28-Day Healthy Eating & Lifestyle Guide features: - 200 recipes such as fresh fruit breakfast platters, smoothie bowls, and salads - A 4-Week workout plan which includes Kayla's signature 28-Minute

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workouts - Full color food shots and photos featuring Kayla throughout Kayla's international 2016 Sweat Tour sold out in only 4 hours! This is a specially formatted fixed-layout ebook that retains the look and feel of the print book.

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A comprehensive reference containing information on the four blood types provides detailed information on how to treat more than three hundred health conditions and ailments according to one's blood type, more than five hundred entries

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on food and supplements, the best medications according to one's blood type, the history and evolution of blood type, and more. Original.

Use the power of motivation and good habits to become fitter, healthier and stronger, for life!

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Bikini Body Guides (BBG) co-creator Kayla Itsines, named the world's number one fitness influencer by Forbes, shows you how to harness the power of motivation and build good habits around health and fitness.

Drawing on more than 40,000

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survey responses from her global online community, as well as extensive research and her experience as a trainer, Kayla addresses what stops us from following through on our health and fitness goals. In her second book, *The Bikini Body Motivation*

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& Habits Guide, Kayla explores how you can overcome those obstacles, set goals and stick to a long-term plan for better health. Inside, you'll find helpful checklists and templates, a 28-day meal plan, more than 200 simple and delicious recipes,

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shopping lists and a downloadable 28-day workout poster. Let global fitness phenomenon Kayla show you how YOU can stick to a plan for long-term health. "In this book, I give you the keys to achieving your goals and show you how to use

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motivation to create healthy habits that will stick." This is a specially formatted fixed-layout ebook that retains the look and feel of the print book.

This program has helped thousands of women build their best bodies ever. Will YOU be

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next? What if you could build that hot “Hollywood body” without having your life revolve around it? What if you didn't have to starve yourself, put in long hours at the gym, or do grueling cardio sessions that turn your stomach? What if you could eat all of the

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foods you actually like and do muscle-building workouts that you actually enjoy? Imagine waking up every morning, looking in the mirror, and feeling downright excited by your reflection. Imagine being able to proudly wear the clothes you

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really want to wear and take them off with confidence. Well, you can have all of these things, and it's not nearly as difficult or complicated as you probably think. The Year One Challenge for Women is a workout journal companion to the bestselling

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women's fitness book Thinner Leaner Stronger, and it contains a full year's worth of workouts neatly organized so you can record, track, and review your progress toward the body you've always wanted. With this program, you can melt away up

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to 35 pounds of fat—including stubborn hip, belly, and thigh fat—add lean muscle to all the right places on your body, and double or even triple your whole-body strength. And that's just year one! So, if you're ready to build muscle definition and lose

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stubborn fat faster than you ever thought possible, scroll up, buy this journal today and start your journey to a thinner, leaner, and stronger you!

Hello New Me

Eat, Drink and Still Shrink!

Help : Healthy Eating and

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Lifestyle Plan

Eat Well, Move Better and Feel
Awesome

Transform Your Body Shape with
My Complete Diet and Exercise
Plan

14 days of Kayla Itsines'
healthy, tasty meals!

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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

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The HELP Nutrition Guide and contains 14 additional days worth of amazing, drool worthy recipes. Create a five-year plan that covers all aspects of daily life—including work,

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finances, and health—with this all-inclusive guide to successfully reaching your goals after college graduation. The celebrations have ended and you've finally

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graduated from college. But the one looming question remains over every recent grad's head: what's next? In this book, you'll find a detailed guide to putting together

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a five-year plan to set yourself up for success. No need to stress about having the rest of your life mapped out—instead, you'll focus on how to make the most after

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graduation so you can thrive in the years to come. Whether you're looking for advice on turning your first job out of college to a long-term career or need some tips

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on managing your money so you can pay down your student debt (and treat yourself), you'll find all that and more in *What Next?*. Filled with advice from journalist and

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lifestyle blogger Elana
Lyn Gross, *What Next?*
includes all the tools you
need to achieve your goals
one step at a time.
Offering helpful guidance
on every aspect of life,

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you'll have no problem
answering the question:
what's next?

Go beyond the ordinary and
break out into the
extraordinary life God
designed for you through a

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mentality of abundance
with help from #1 New York
Times bestselling author
and Lakewood Church pastor
Joel Osteen! We all have a
vision of our lives and
ourselves. What does your

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picture look like? Do you see yourself rising higher, overcoming obstacles, and living an abundant life? Or do you have a picture of yourself struggling, defeated,

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addicted, overweight, and never getting good breaks? The pictures you allow in your mind will determine what kind of life you live. God's dream for your life is that you would be

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blessed in such a way that you could be a blessing to others. Dare to have a big vision for an abundant life, and trust God to bring it to pass. Through The Abundance Mind-Set,

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Joel can help you change your defeatist mind-set so that one day soon, instead of just having a dream, you'll be living the dream. Your vision will become reality.

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Ava and Prince are like most dogs. They want a place to call home, where love is yummy like peanut butter and belly rubs never end. This is their sweet, real-life story

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about home, family and
love.

The HELP Nutrition Guide
A Practical Guide to the
Healing Magic of Cannabis,
CBD, and Mushrooms
The Bikini Body 28-Day

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Healthy Eating & Lifestyle
Guide

A Daily Food and Exercise
Journal to Help You Become
the Best Version of
Yourself, (90 Days Meal
and Activity Tracker)

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Tone It Up

200 Recipes, Weekly Menus,
4-Week Workout Plan

Chloe Madeley's 4-Week Body
Blitz is an at-home workout that
shows you how to transform
your body shape in just 28 days.

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No gym equipment needed. If you have a short-term weight-loss goal, then this is the exercise and nutrition plan for you! Chloe Madeley is a qualified personal trainer who specialises in body shape transformation. In

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the 4-Week Body Blitz, she lays out the exercises you need to do and the food you should eat every single day for four weeks in order to get yourself in shape. Follow Chloe's instructions and you will see a significant

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difference in how your body looks. What's more, you don't need a gym membership or expensive equipment to follow Chloe's plan. This comprehensive, fully illustrated guide is full of delicious, easy

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recipes to fuel your exercise and aid your weight-loss. What readers are saying: ***** 'Step by step exercise program that you do at home with no equipment (that really kicks your butt!!), and simple recipes that anyone

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can follow. 100% recommend!

***** 'The plan gets results. I am over the moon with my results.'

***** 'Great recipes and ideas. Love the workouts. I love Chloe - such an inspiration.'

Kayla Itsines is an Australian

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personal trainer, author, and entrepreneur. She is the creator of a series of fitness ebooks titled Bikini Body Guides, and a meal-planning and workout app, Sweat with Kayla. Sweat with Kayla generated more revenue

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than any other fitness app in 2016.

So you finished my 12 week guide! Give yourself a massive congratulations and pat on the back. It ' s a huge accomplishment, and no doubt

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you are feeling a big change in your overall health, mindset, and confidence. As you know by now, my program is not a “ diet ” , but a lifestyle. With my 2.0 guide, I ’ ve created another 12 weeks to help you continue

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your healthy lifestyle. Inside you will find 12 weeks of higher challenge workouts, a full glossary section detailing new exercises, as well as a guide to foam rolling, and new resistance exercises. The 2.0 guide helps

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you take your healthy lifestyle to the next level, and is the best way to continue reaching your fitness goals!

We would all love to eat less carbohydrates and switch to a low-carb diet, but many of us

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think we just do not have the time. We believe that low-carb cooking and baking are time consuming, because you have to start from scratch, and it involves specialised ingredients which may be expensive or hard

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to find. Not so, says Vickie de Beer, who believes the problem lies in the fact that we have become afraid of the kitchen and lost the knowhow of basic cooking techniques. The truth is that you can still cook

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nutritional and flavourful meals without refined carbohydrates even when you are pressed for time. In Low-Carb Express, Vickie shows that with a little planning and better time management, you can cook

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healthy meals in a cinch that will not only benefit you and your family ' s overall health, but might also benefit your budget. The Bikini Body 28-Day Healthy Eating and Lifestyle Guide Ballet Beautiful

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Six Weeks to Skinny Jeans

What Next?

Unprocess Your Diet with Super
Easy Recipes-Lose Up to 5-7
Pounds the First Week!

The Bikini Body Motivation &
Habits Guide

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***The body transformation
phenomenon and #1
Instagram sensation's
first healthy eating and
lifestyle book! Millions of
women follow Kayla Itsines
and her Bikini Body Guide***

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***28-minute workouts:
energetic, kinetic, high-
intensity interval
training sessions that
help women achieve
healthy, strong bodies.
Fans not only follow Kayla***

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on Instagram, they pack stadiums for workout sessions with her, they've made her Sweat with Kayla app hit the top of the Apple App Store's health and fitness charts, and

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they post amazing before and after progress shots. Kayla's audience is avid and growing, with over 13 million followers worldwide. The Bikini Body 28-Day Healthy Eating &

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***Lifestyle Guide features:-
220 nutritious recipes,
including fresh fruit
breakfast platters, dips,
smoothie bowls, drinks,
salads and much more- 4
weeks of flexible meal***

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plans for balanced eating
- Clear, practical advice
on nutrition and how to
choose and prepare food
that fuels strong bodies -
A handy pull-out poster
featuring Kayla's

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*signature workouts in a
comprehensive 4-week
exercise plan
Give it a try, see the
results! Are you trying to
eat healthier? Are you
working on getting in*

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***better shape? Then Hello
New Me food and exercise
journal is just for you -
the perfect daily
companion on the journey
to become the best version
of yourself! You will love***

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it. It is cute, simple, clear, easy to use, and very organized. Now you can keep track of what you eat and how active you are, and evaluate what you can change about your diet

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*and daily routines. Hello
New Me will be your
convenient diary and
motivating planner during
your next three months or
90 days (the standard time
span for a weight training*

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program).

The new healthy eating and lifestyle book from the inspirational and widely followed personal trainer, Kayla Itsines.

The Bikini Body 28-Day

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***Healthy Eating & Lifestyle
Guide 200 Recipes, Weekly
Menus, 4-Week Workout
Plan Pan Macmillan
Be Body Beautiful
My guide to a healthy,
happy new you***

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***Ava and the Prince
Thinner, Leaner, and
Stronger Than Ever in 12
Months***

Foam Rolling Guide

Holiday Keto

Keto is the fastest-growing diet

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in America, and the holiday season poses its greatest challenge: a steady stream of parties and feasts full of carbohydrate-loaded foods (think stuffing and sweet potato casserole) and tempting

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desserts. With this indispensable guide, you will never feel hungry, burn fat, boost energy, and transform your body all while enjoying the festive season. The ketogenic diet is based on cutting carbs

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down almost to near-zero while upping fat intake, and it has been shown to not only help people lose weight permanently, but also be good for their health by stabilizing blood sugar, lowering blood

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pressure, and improving markers for heart disease, among other benefits. This book is a guide to handling your keto lifestyle throughout the holidays to both enjoy the season and still maintain a

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healthy diet program. Starting first with the basics of keto—what it is, how and why it works, and what you need to know about fats and carbs—readers get tips on how to prep their kitchen, entertain

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in style, stay on track with exercise, and get through tough moments: maintaining keto when friends and family pressure you, recovering from a “cheat,” and adjusting your diet in the short term. The

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centerpiece is an extensive and colorful collection of keto recipes, starting with cocktails and appetizers and going through main and side dishes, vegetarian and vegan, and spectacular desserts. We wrap

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up with a fun keto gift guide full of products and foods that every keto dieter will love.

This manual brings the reader through a step-by-step process explaining both diet and exercise in a way that's never

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been done before. It shows the reader how to prepare season by season so the reader will look her best for the time of year that matters most, Bikini Season.

CHANGE YOUR THINKING,

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CHANGE YOUR SHAPE,
CHANGE YOUR LIFE 28 By
Sam Wood combines quick,
simple, delicious meals with a
daily 28 minute exercise
program. In just a year of the
program, personal trainer and

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The Bachelor favourite Sam Wood and his team have transformed more than 100,000 people's lives. Now, for the first time, the best of 28 by Sam Wood has been brought together in a book. Including

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100 of Sam and nutritionist
Steph Lowe's popular recipes
for breakfast, lunch, dinner and
snacks. All based on their
philosophy that we should turn
the healthy food pyramid upside
down - and prioritise real food

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with as little human
interference as possible.

Alongside satisfying, achievable
recipes for every time of the
day, 28 By Sam Wood includes
a monthly meal planner, a
regime of tough but achievable

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exercises for every level, and advice on taking control of your weight, your health and your life today.

The content in this book is written with the assistance of two Accredited Practising

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Dietitians from NPA Pty Ltd.
(Nutrition Professionals
Australia) These guidelines are
not formulated to suit any
nutrient deficiencies, allergies
or any other food related health
problems. If you are an

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individual with such problems
please seek the help of an
Accredited Practising Dietitian
or similar health
professional. The materials and
content contained in "Kayla
Itsines Healthy Eating and

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Lifestyle Plan" are for general health improvement recommendations only and are not intended to be a substitute for professional medical advice, diagnosis or treatment.

Although in depth information

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and specific weight amounts are given, users of this specific program should not rely exclusively on information provided in this program for their own health needs as it is branded as a set of "generic

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guidelines" aimed at a broad spectrum audience (market specified in introduction). All specific medical questions should be presented to your own health care professional." Kayla Itsines

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Healthy Eating and Lifestyle Plan" is not written to promote poor body image or malnutrition. As the referenced information provided, the entirety of the nutrition recommendations as well as

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educational resources provided are not only based around the AGHE (Australian Guide to Healthy Eating) but are also written in assistance with NPA Pty Ltd. (Nutrition Professionals Australia) *The Bikini Body*

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implied, as to the accuracy or completeness, timeliness or usefulness of any opinions, advice, services or other information contained, or referenced to, in this document.

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Ltd. does not assume any risk for your use of this information as such materials or content may not contain the most recent information. This resource is not individually tailored. It is a guideline which

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has emerged via a combination of personal experience, government guidelines, and where possible, scientific literature.

Eat Right for Your Type
28 Days to Fit, Fierce, and

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Fabulous

Success Starts Here

15 Minute Meals and Workouts
to Keep You Lean and Healthy
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2.0

The Vertue Method

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Revolutionise the way you approach fitness with yoga expert and celebrity trainer Shona Vertue - in just 28 days! 'Shona changed my perspective on yoga. Working with her made my aches and pains after playing disappear. She is the best.' - David Beckham Are you someone who has

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tried every fitness class out there, but nothing has ever really stuck? Or perhaps you can run a 10k but can barely touch your toes? Heard lifting weights is good, but feel lost in the gym? Keen to calm your racing mind and get the focus you need to train? Shona Vertue's 28-day reset plan will

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revolutionise the way you approach fitness. Her groundbreaking three-in-one method features a blend of resistance training with weights to build strength, yoga to aid flexibility and lengthen muscles, and a positive, mindful approach to exercise, combined with delicious, nourishing

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recipes. Get in the best shape of your life, both physically and mentally, and feel stronger, healthier and more flexible - in just 28 days. Features photos of every exercise, complete with food plan and nutritious, energising recipes.

Robyn Lawley is a self-confessed

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foodie - in addition to being an international supermodel for the likes of H & M and Ralph Lauren. When she's not gracing the cover of Vogue or modelling swimwear or walking the runway,, she is scouring menus around the globe and cooking up a storm for her best friends in her

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adopted home: New York City. Robyn Lawley Eats takes its name from her popular food blog and brings together a collection of modern classics and sumptuous photography from Robyn's travels, as well as home-grown Aussie dishes from her upbringing in Sydney. This book has been a true labour of

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love for our stunning and talented Robyn Lawley. Every single recipe in her new book was personally cooked, photographed, plated and eaten in Robyn's own kitchen in New York City! A rich, cosmopolitan array of recipes for any occasion, Robyn Lawley Eats has something for all levels of cooking

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experience and is an inspiration to girls who just love to eat.

Be Body Beautiful is Lucy

Mecklenburgh's first ever diet and fitness book. 'I'm probably the happiest and most content I've ever been, but I've had to work really hard on my body and on my confidence to get

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here. This book is my personal journey, but it's also a diet and lifestyle plan that will help you transform your body and live a long, strong, healthy and happy life' When Lucy Mecklenburgh ditched the junk food and embarked on a journey to get fit, it was the best decision she ever made -

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the results are clear to see. Now Lucy is on a mission to get every woman looking and feeling her best. With the help of her nutritionist and personal trainer, Lucy shares the six-week diet and fitness plan that changed her life. Providing a lasting, lifestyle-based approach, this book is grounded in the

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*latest science to help you become
'body beautiful' - because decisions
we make about our diet and life impact
hugely on how we look and feel.*

*Discover how to: - Nourish your body
with Lucy's favourite beauty foods -
Energize your exercise routines with
home workouts - Boost confidence*

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with Lucy's top ten tips - Motivate yourself to make lasting changes - Break bad habits for good Be Body Beautiful tells of Lucy's rollercoaster last few years and how she learned to take control of her body and her life. For anyone who wants to transform themselves for good, this book will be

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a life changing read.

Every woman has a pair of trophy “skinny” jeans she has banished to the back of her closet: a reminder of days past, when she felt young, sexy, and fit. Well, with Amy Cotta’s help, readers will tone up, slim down, and stay motivated until they can shimmy

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back into those sexy skinny jeans for good! Diet, exercise, and attitude are all readers need to succeed during this 6-week program. Cotta's eating plan trims fast-burning carbohydrates for the first 3 weeks, igniting weight loss, then reintroduces and manages those carbs for the second half of the plan.

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Her graduated fitness program offers three styles of cardio and strength-training exercises that get progressively more challenging to keep readers from getting bored or hitting a plateau while sculpting those curves. Both plans are simple to follow at home—no gym, fancy equipment, or

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expensive food deliveries required—and there are calendars, food logs, and meal plans to help readers stay upbeat and organized. Packed with dynamic, down-to-earth strategies, Six Weeks to Skinny Jeans inspires women to take control of their lifestyle and feel younger, sexier, and

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fitter than ever before.

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The 4-Week Body Blitz

Natalie Jill's 7-Day Jump Start

200 Recipes and Weekly Menus to

Kick Start Your Journey

The Rebel's Apothecary

The Simple Truth About Food, Weight,

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and Disease

Karena Dawn and Katrina Scott, the founders of the Tone It Up fitness and health brand, have taken the world by storm with their fun, energetic, girlfriend-to-girlfriend approach to getting fit. In their Tone It Up book, the girls' genuine, relatable philosophy is boiled

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down to a 28-day program that incorporates fitness routines, nutritional advice, and mental and spiritual practices to transform readers' bodies, attitudes, and lives. Dawn and Scott take a holistic approach to fitness, including the same principles in their book that make their brand so

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popular--a sense of community, empowerment, and lightheartedness in every healthy, feel-good technique they recommend. Dawn and Scott will help readers get:

- *FIT. With daily fitness challenges, workout plans, healthy-eating tips, and delicious recipes, readers will be on their way to the*

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*strong, sexy body they're after. •
FIERCE. Dawn and Scott will empower
readers to be their best self-motivators
by aligning their minds and bodies with
their intentions through visualization
exercises, daily meditations,
confidence-boosting tips, and dares to
move outside their comfort zones. •*

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FABULOUS. This is the fun stuff: beauty, sparkle, friendship, inspiration, joy, and all the things that give readers that unmistakable glow so they radiate from the inside out!

Yeah! Du hast mein 12 Wochen Programm beendet! Du kannst stolz auf dich sein und fühlst dich jetzt

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bestimmt viel besser, gesünder und fitter. Wie du jetzt weißt, geht es bei meinem Programm nicht nur um ein Training, sondern es geht um einen neuen Lebensstil. Mit meinem BBG 2.0 habe ich ein weiteres 12 Wochen Programm erstellt, welches dich auf deiner Reise zu mehr Fitness und

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Gesundheit unterstützen soll. Der Guide enthält weitere herausfordernde Workouts, ein komplettes Glossar mit neuen Übungen sowie einen Leitfaden für das Schaumstoffrollen. Der BBG 2.0 hilft dir noch gesünder zu leben und ist der beste Weg, um deine Fitness-Ziele zu erreichen!

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The Abundance Mind-Set

Robyn Lawley Eats

Blast Fat, Firm Your Butt, and Lose

Two Jean Sizes

The Year One Challenge for Women