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As a fitness icon and motivational mastermind, Shaun T has helped millions of people transform their bodies and their lives through his Hip Hop Abs, INSANITY, and CIZE

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workouts. But people who think of Shaun T as just a workout force are missing something. He has always focused on building inner strength first, then moving to the exterior. And that inner focus started in his own life. He became the man and motivator he is today after escaping from the abuse

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he suffered as a child, and fighting his way back from a 50-pound weight gain in his early 20s. He knows firsthand that you can't drop weight or enjoy better health until you overcome the mental obstacles that cause bad choices in the first place. In T is for Transformation, Shaun T unveils the 7

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transformational principles that guided his progress through life and that are at the core of his incredibly successful workouts. T is for Transformation is a motivational master class as Shaun shows you how to become more flexible and resourceful, give everything you've got, and, most

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importantly, trust and believe in your path to success. The only real obstacles in life are the mental ones, and T is for Transformation can train you to achieve astonishing results in your own life, just as Shaun T has in his.

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

Most Registered Dietitian Nutritionists
Couldn't Claim This | I Lost 100
Pounds and Now I'm Sharing How I

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Did It with You! MORE THAN 240,000 CLIENTS CAN'T BE WRONG! My name is Ilana Muhlstein and I wrote You Can Drop It! to help you learn my personal and proven system to drop weight and keep it off without sacrifice and it's so simple that you'll love it! This unique

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approach has become famous thanks to my renowned 2B Mindset program. The 2B Mindset is designed with the built-in ability for customization so that it is optimally effective and can work for everyone. It has already helped thousands of people lose weight—some more than 100 pounds—while never

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asking them to go hungry or cut out the foods that they love. You Can Drop It! doesn't just give you the key knowledge you need to lose weight. It adds motivational principles and real-life examples and it's the perfect complement to my successful program. No counting calories! No

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portion control! No feeling hungry! No off-limits foods! No exercise required! Finally! weight loss with FREEDOM! Here's Exactly Why YOU CAN DROP IT! Will Work: You're going to feel full and satisfied. (You can still eat comforting foods, in big portions, and enjoy 50+ delicious recipes inside.)

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You'll eat the foods you love. (Nothing is off-limits, not even dessert or a glass of wine.) You'll be in control. (Say goodbye to emotional and mindless eating.) You can finally keep off the weight! (These powerful weight-loss tools will be yours for life.) The 2B Mindset method changed my life. I

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struggled with yo-yo dieting the whole first half of my life. I was always the big one in the group. By the time I turned 13, I weighed over 200 pounds, and I felt terrible about myself. That's when I realized I had to break the cycle. Through trial and error, and lots of research, I discovered a simple and

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effective way to lose weight, while still eating large portions and the foods I loved. Over time, I lost 100 pounds, and kept the weight off. . . even after having two beautiful children. My secret? It's called the 2B Mindset. It has helped thousands of my clients lose weight too—and now it will help

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You can lose weight like crazy, and you can achieve anything! Autumn Calabrese shares the revolutionary step-by-step approach to lose weight that made her one of the top fitness and nutrition celebrities in the world.

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No cutting corners and no BS: In this book she reveals the personal struggles that shaped her approach to overcome excuses that led to this 30-day plan to succeed at weight loss, and life! Hey there! I'm Autumn Calabrese. I'm a Midwest girl, a single working mom who really had no

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business being in the business of health and fitness. But I found my passion in helping people achieve their weight-loss and health goals. I turned myself into a mini mega-mogul of nutrition and fitness with two of Beachbody's most successful programs ever: 21 Day Fix and The

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Ultimate Portion Fix. I've led a crazy life and it's still crazy—probably a lot like yours. I've faced tremendous hardships and disappointments that have deflated my self-confidence. But I've found a way to turn “failures” into “redirections” that have transformed my life. And you can do it, too! Over

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the past five years, I've helped hundreds of thousands of people finally get control of food and lose 10, 20, 30, even more than 100 pounds with my breakthrough weight-loss programs. And, now I'm going to do the same for you! Imagine enjoying your favorite **CARBS, WINE AND**

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COCKTAILS, AND EVEN CHOCOLATE CAKE and still melt fat to build the lean, fit, healthy body you've always wanted! Here's my proposition: Give me just 30 days of your time, trust my process, GO ALL IN, and see what happens to your body. If you've ever struggled to lose

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weight before, I know why, and I have the solution. Lose Weight Like Crazy is NOT a DIET. There's Zero Deprivation. It works by automatically controlling your portion sizes, eliminating those unhealthy, sugary processed foods that trigger cravings, and filling you up on a proven ratio of

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healthy whole foods. It's simple. It's backed by science. And it works. You Won't Count Calories! You won't feel hungry or deprived! You can enjoy dessert! You can have a cocktail with your friends! You can speed up your results by adding fast, fun exercise routines that you'll love! (free lifetime

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access to my 2 new workout videos included with the book!) You can maintain your new body and feel amazing for life!

You can lose weight like crazy, and you can achieve anything! Autumn Calabrese shares the revolutionary

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step-by-step approach to lose weight that made her one of the top fitness and nutrition celebrities in the world. No cutting corners and no BS: In this book she reveals the personal struggles that shaped her approach to overcome excuses that led to this 30-day plan to succeed at weight loss,

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and life! Hey there! I'm Autumn Calabrese. I'm a Midwest girl, a single working mom who really had no business being in the business of health and fitness. But I found my passion in helping people achieve their weight-loss and health goals. I turned myself into a mini mega-mogul of

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nutrition and fitness with two of Beachbody's most successful programs ever: 21 Day Fix and The Ultimate Portion Fix. I've led a crazy life and it's still crazy—probably a lot like yours. I've faced tremendous hardships and disappointments that have deflated my self-confidence. But

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I've found a way to turn "failures" into "redirections" that have transformed my life. And you can do it, too! Over the past five years, I've helped hundreds of thousands of people finally get control of food and lose 10, 20, 30, even more than 100 pounds with my breakthrough weight-loss

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programs. And, now I'm going to do the same for you! Imagine enjoying your favorite CARBS, WINE AND COCKTAILS, AND EVEN CHOCOLATE CAKE and still melt fat to build the lean, fit, healthy body you've always wanted! Here's my proposition: Give me just 30 days of

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your time, trust my process, GO ALL IN, and see what happens to your body. If you've ever struggled to lose weight before, I know why, and I have the solution. Lose Weight Like Crazy is NOT a DIET. There's Zero Deprivation. It works by automatically controlling your portion sizes,

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eliminating those unhealthy, sugary processed foods that trigger cravings, and filling you up on a proven ratio of healthy whole foods. It's simple. It's backed by science. And it works.

Here's what YOU can expect while you lose weight like crazy: You won't count calories! You won't feel hungry

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or deprived! You can enjoy dessert!
You can have a cocktail with your
friends! You can speed up your results
by adding fast, fun exercise routines
that you'll love! (free lifetime access to
my 2 new workout videos included
with the book!) You can maintain your
new body and feel amazing for life!

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This book explores common representations and experiences of American fitness. It takes women's experiences as the center of inquiry toward an understanding of the function of fitness in our lives and in our culture-at-large. Ranging from

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1968 to the present, from Jane Fonda to WiiFit, from revolution to institutionalization, from personal to political, and beyond, this book considers a broad range of topics from an interdisciplinary perspective: generations, cultural appropriation, community development,

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choreography, methodology, healing, and social justice. Drawing on her experience as a cultural theorist, educator and fitness instructor, the author offers critical and creative approaches that reveal the limitations and possibilities of fitness. The book enables readers to think about their

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own relationship to fitness as well as the more abstract meanings of the term, and suggests the idea that fitness has some potential to transform our worlds—if we're willing to do the work(out).

In this era of health-science research,

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rarely a day goes by without a public pronouncement of some exciting health-enhancing discovery: a new diet, a new fitness routine, a new drug or alternative therapy, the miracles achieved by genetic mapping. And we are told—by the media, health-care experts, even government—that we

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should use this information to live a healthier life. But what information can we trust? Are yoga and stretching the surefire path toward healthy aging? Can consuming enormous quantities of certain "natural" remedies ward off disease? Should we all eat nothing but carbs, or fats, or pineapples, and

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regularly cleanse our colons or have our meridians aligned? Should we all have our genome mapped to solve our health problems? In *The Cure for Everything*, health policy expert and fitness enthusiast Timothy Caulfield wades through the tides of health crazes, misleading data, and well-

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meaning gurus in a quest to sort out real, reliable health advice. He takes us along as he navigates the maze of facts, findings, and fears associated with emerging health technologies, drugs, and disease-prevention strategies and presents an impressively researched, accessible

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take on the production and spread of information in the health sciences. Seamlessly switching between his sweatsuit and his lab coat, Caulfield doesn't just pore over the research and interview the professionals; he gets his t-shirt sweaty and his meridians aligned, testing out the

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scientific validity of some of the health and fitness crazes of our day. Bravely using himself as a guinea pig, he goes on a strict diet, a rigorous exercise routine, swallows bottles of "natural" remedies, and has needles inserted all over his body. He illuminates some solid paths to better health, along with

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the dead-end detours. Science is everywhere, but what passes through most people's field of vision is often wrong, hyped, or twisted by an ideological or commercial agenda. And without good scientific data, bad decisions are made--by doctors and governments, by you and me.

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Caulfield demonstrates, alas, that there are no quick fixes or simple steps to flat abs; that you will never be able to eat all you want; that no "natural" supplements will lead to better health; that knowing your genetic map will not save you from almost anything. The Cure for

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Everything ends with five simple, scientifically sound—and, yet, difficult—steps to take in order to lead a longer, healthier life.

Blaize Dance and Fitness magazine (BDF) is in a unique class by itself as the entertainment world of dance

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meets the much needed physical activity world of fitness. This is a place where you can plug into the latest and greatest dance news, in addition to how you can reset your life by adopting a healthy lifestyle change via fitness and nutrition.

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A 30-day food, fitness, and mind/body plan that helps readers drop a crazy amount of weight fast. Written by Beachbody super trainer and nutrition/fitness expert Autumn Calabrese, the book provides inspiring life lessons and practical guidelines that readers can use to overcome the

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excuses and obstacles that have been holding them back from achieving the body they've always wanted. Lose Weight Life Crazy offers a jumpstart to Calabrese's wildly popular 21 Day Fix and Ultimate Portion Fix programs that teach the principles of portion control, balancing macronutrients and

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eliminating added sugars and highly processed food. The book is jam-packed with tips, secrets, and advice, plus 23 delicious portion-controlled recipes and two invigorating workouts.

Tired of trying to figure out what you should be eating for breakfast, or

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whether it's ever OK to eat before going to bed? Want to know which type of milk, or cereals, or meats are best so that food shopping is easier? Millions of people already eat, look, and feel better thanks to popular podcast host and board-certified nutritionist Monica Reinagel. In her

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highly-anticipated guidebook she sorts through all the conflicting nutrition information out there and busts outdated food myths, so you'll know exactly what to eat (and what to avoid) once and for all. Don't worry if pasta makes you happy, if chocolate keeps you sane, or if you just can't stand

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broccoli; no food is off limits and none is required. Instead, Monica walks you through every aisle of the grocery store and through each meal and snack of the day, helping you make healthier choices and answering your burning questions, including: - How often should you eat? - Which organic

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foods are worth the extra cost? - Does cooking vegetables destroy the vitamins? - Should foods be combined in certain ways for better digestion? Complete with grocery shopping lists, simple, delicious recipes, and sample meal plans, Nutrition Diva's Secrets for a Healthy Diet will have you feeling

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healthier, looking better than ever before, and no longer worrying about what to eat for dinner.

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