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Katie Higgins

Slim for Life Jillian Michaels, 2013 Bestselling author and Biggest Loser trainer Jillian Michaels swore she'd never write another diet book. But she realized that with all of the conflicting, overly complicated information being thrown at you each day, what you need is a clear, simple plan that cuts through all the confusion to deliver amazing results, fast. This book distills all she's learned about diet, fitness, and a healthy lifestyle to provide anyone seeking to be slim, strong, and healthy with an easier path to achieving dramatic body transformation.--From publisher.

Proofreading, Revising & Editing Skills Success in 20 Minutes a Day Brady Smith, 2003 This comprehensive guide will prepare candidates for the test in all 50 states. It includes four complete practice exams, a real estate refresher course and complete math review, as well as a real estate terms glossary with over 900 terms, and expert test-prep tips.

My Morning Routine Benjamin Spall, Michael Xander, 2018-05-15 FT BUSINESS BOOK OF THE MONTH - MAY 'This small book carries the irresistible implicit promise that if you follow the morning routines of famous, important and successful people, you will become famous, important and successful yourself.' Financial Times How are you spending your most valuable hours? The first few choices you make each morning can unlock greater productivity, creativity, and calm - or bring out your worst self. - Marie Kondo performs a quick tidying ritual to quiet her mind before leaving the house. - The president of Pixar and Walt Disney Animation Studios, Ed Catmull, mixes three shots of espresso with three scoops of cocoa powder and two sweeteners. - Retired U.S. Army Four-Star General Stanley McChrystal works out at 4:00 AM every day for at least an hour. Part instruction manual, part someone else's diary, *My Morning Routine* interviews sixty-four of today's most successful people - including Biz Stone, the co-founder of Twitter; Arianna Huffington, founder of The Huffington Post; and Michael Acton Smith, the CEO of Calm - and offers advice on creating a routine of your own. Some routines are all about early-morning exercise and spartan living; others are more leisurely and self-indulgent. Whether you want to boost your productivity, implement a workout or meditation routine, or learn to roll with the punches in the morning, this book has you covered. Once you land on the right routine, you'll look forward to waking up. ----- From inside the book: 'A big part of my morning routine is about what I don't do: when I wake up, I don't start the day by looking at my phone' - ARIANNA HUFFINGTON, founder of the Huffington Post and Thrive Global 'I travel a lot for work, so my days are always different. Having a morning routine really means fitting things in around everything else' - CAMERON RUSSELL, fashion model and cultural activist 'If I don't get a chance to play with my son in the morning I feel like I missed something that I'll never get back' - BIZ STONE, cofounder of Twitter 'Find certain things you know you should do, don't like to do, or make excuses to avoid, and then do them every day' - STANLEY McCHRISTAL, retired U.S. Army four-star general ----- BENJAMIN SPALL AND MICHAEL XANDER are the founders of mymorningroutine.com. Spall has written for outlets including The Huffington Post, 99U, and The Next Web. Xander is a product designer and engineer.

The Suja Juice Solution Annie Lawless, 2015-04-07 The New York Times bestseller makes detoxing easy! Juicing and cleansing are more popular than ever, but most programs ask readers to avoid food and live on juice alone for days on end. Enter THE SUJA JUICE SOLUTION, a groundbreaking new detox from Annie Lawless and Jeff Church of Suja. This easy-to-follow 28-day program features a powerful 7-day jumpstart of high-energy green juices and antioxidant-rich mini-meals designed for readers to detoxify and lose weight without deprivation. Over the 4-week program, readers gradually increase their intake of whole, fresh foods, while learning to crowd out unhealthy foods with nourishing juices and more balanced, healthy options. In just four weeks, readers will beat sugar cravings, decrease inflammation, boost energy, improve skin and drop pounds. With over 75 recipes and mix-and-match meal plans, THE SUJA JUICE SOLUTION is an all-in-one resource that sets readers off on a life-long path towards improved health and sustainable wellness.

NASM AFAA Principles of Group Fitness Instruction Nasm National Academy of Sports Medicine, 2017-09-19 Since 1983, AFAA has pioneered and set the fundamental movement standards in the fitness industry. With more than 350,000 certifications issued in 73 countries, AFAA-trained instructors have motivated millions of people toward healthier and happier lives. Through this course, you will acquire the knowledge and practical skills needed to inspire people.

Making Vision Stick Andy Stanley, 2009-05-26 There are lots of books about discovering or developing a vision for your organization, but this one is about making that vision endure the corrosion of time and complexity--how to make your vision stick. Influential author and pastor Andy Stanley reveals the reasons why leaders' visions often falter, and he delivers 5 in-depth strategies so that you can dodge the pitfalls: How to state your vision simply. How to cast your vision convincingly. How to repeat your vision regularly. How to celebrate your vision systematically. How to embrace your vision personally. Many of us have good ideas, even great ones. The difficult part is putting them into practice and keeping that vision clear and visible to your organization--whether that's a business or a church--when there are so many things in the day-to-day living of that vision that can distract from it. *Making Vision Stick* offers valuable, practical tips and case studies. This is a book you'll want to highlight and dog-ear and pass around as you learn how to propel your organization toward the vision God has granted you. Vision is about what could be and should be, but life is about right this minute. The test of a true leader is in keeping that vision on track, day in and day out.

Body Love Kelly LeVeque, 2017-06-27 Celebrity favorite health and wellness consultant Kelly LeVeque shares her secrets for losing weight, attuning ourselves to our bodies' needs, and freeing ourselves from food drama in this essential wellness guide, which includes 88 delectable recipes! In this inspirational yet practical book, the nutritional consultant and holistic healthcare expert who has helped celebrities such as Jessica Alba, Molly Sims, Chelsea Handler, and Emmy Rossum improve their health and achieve their goals shows you how to get beyond the food drama of cyclical fad diets and feel and look great by eating well. Kelly's Food Freedom program helps you set yourself up for success, eliminating cravings, mood swings, and other symptoms caused by food drama. Start your day with her Fab Four Smoothies, including a Strawberry Shortcake Smoothie and a Mango Kale Madness Smoothie, which pack protein, fat, fiber, and carbs to balance your blood sugar and keep you full and happy. After breakfast, you'll thrive with her Fab Four recipes, including Turkey-Stuffed Delicata Squash, Spicy Salmon Nori Burritos, and Anti-Inflammatory Detox Salad, which include the Fab Four food groups--protein, fat, fiber, and greens--that play a role in day-long satiety. Kelly also teaches you how to elongate your blood sugar curve to stay full and happy, and make yourself insulin aware. Kelly has studied the science behind familiar diets to understand how they trigger the body to lose pounds--and why they aren't sustainable. Instead, she offers a better choice: her four-step Food Freedom program that helps you find your wellness balance between eating enough and deciding how you feel. Once you find your balance, you will lose weight, lose fat, increase lean muscle mass, and drop at least one size. You'll also enjoy thicker, shinier hair; clear, glowing skin; a remarkable improvement in your overall appearance; reduced joint pain and other inflammations; increased energy; and better sleep. Filled with tips and resources on supplements and cleansing, dozens of delicious, healthy recipes and advice on how to adjust your eating when traveling and on vacation, *Body Love* is your one-stop resource to living clean and happy!

A Very Punchable Face Colin Jost, 2020-07-14 NEW YORK TIMES BESTSELLER • In these hilarious essays, the Saturday Night Live head writer and Weekend Update co-anchor learns how to take a beating. "I always wanted to punch his face before I read this book. Now I just want to kick him in the balls."—Larry David NAMED ONE OF THE BEST BOOKS OF THE YEAR BY Cosmopolitan • Vulture • Parade If there's one trait that makes someone well suited to comedy, it's being able to take a punch—metaphorically and, occasionally, physically. From growing up in a family of firefighters on Staten Island to commuting three hours a day to high school and "seeing the sights" (like watching a Russian woman throw a stroller off the back of a ferry), to attending Harvard while Facebook was created, Jost shares how he has navigated the world like a slightly smarter Forrest Gump. You'll also discover things about Jost that will surprise and confuse you, like how Jimmy Buffett saved his life, how Czech teenagers attacked him with potato salad, how an insect laid eggs inside his legs, and how he competed in a twenty-five-man match at WrestleMania (and almost won). You'll go behind the scenes at SNL and Weekend Update (where he's written some of the most memorable sketches and jokes of the past fifteen years). And you'll experience the life of a touring stand-up comedian—from performing in rural college cafeterias at noon to opening for Dave Chappelle at Radio City Music Hall. For every accomplishment (hosting the Emmys), there is a setback (hosting the Emmys). And for every absurd moment (watching paramedics give CPR to a raccoon), there is an honest, emotional one (recounting his mother's experience on the scene of the

Twin Towers’ collapse on 9/11). Told with a healthy dose of self-deprecation, A Very Punchable Face reveals the brilliant mind behind some of the dumbest sketches on television, and lays bare the heart and humor of a hardworking guy—with a face you can’t help but want to punch.

The Small Business Bible Steven D. Strauss,2012-02-27 An updated third edition of the most comprehensive guide to small business success Whether you're a novice entrepreneur or a seasoned pro, The Small Business Bible offers you everything you need to know to build and grow your dream business. It shows you what really works (and what doesn't!) and includes scores of tips, insider information, stories, and proven secrets of success. Even if you've run your own business for years, this handy guide keeps you up to date on the latest business and tech trends. This Third Edition includes entirely new chapters devoted to social media, mobility and apps, and new trends in online discounting and group buying that are vital to small business owners everywhere. New chapters include: How to use Facebook, Twitter, and other social media tools to engage customers and potential stakeholders How to generate leads and win strategic partnerships with LinkedIn How to employ videos and YouTube to further your brand What you need to know about Groupon and group discount buying What mobile marketing can do for your business Give your small business its best shot by understanding the best and latest small business strategies, especially in this transformative and volatile period. The Small Business Bible offers every bit of information you'll need to know to succeed.

Chocolate-Covered Katie Katie Higgins,2015-01-06 What if you CAN eat all of your favorite desserts . . . and still be healthy and fit into your skinny jeans? Meet Katie: a girl who eats chocolate every day and sometimes even has cake for breakfast! When Katie's sugar habit went too far in college and left her lacking energy, she knew something needed to change. So she began developing her own naturally sweet recipes and posting them online. Soon, Katie's healthy dessert blog had become an Internet sensation, with over six million monthly visitors. Now, in her first cookbook, Katie shares over 80 never-before-seen recipes, such as Chocolate Obsession Cake, Peanut Butter Pudding Pops, and Ultimate Unbaked Brownies, that use only real ingredients, without any unnecessary fats, sugars, or empty calories. These desserts prove once and for all that health and happiness can go hand-in-hand-you can have your dessert and eat it, too!

15 Minutes to Fit Zuzka Light,Jeff O'Connell,2015-12-29 YouTube workout video star Zuzka Light presents her long-awaited debut fitness book, with a 30-day fitness regime of powerful, effective 15-minute workouts. Filming first from a tiny basement in Prague, and eventually settling in Los Angeles, Zuzka Light has single-handedly ushered in the YouTube fitness revolution. Viewers love Light for her short, ferociously effective workouts and her in-the-trenches, never-give-up positive attitude—and she’s racked up more than half a billion views to prove it. Now, finally, comes 15 Minutes to Fit, Light’s hotly anticipated debut, with a 30-day fitness plan guaranteed to burn fat and build ripped muscles. Based on innovative high-intensity interval training, the workouts in 15 Minutes to Fit are designed to be done anywhere, anytime (no fancy gym equipment necessary), in just 15 minutes a day. This book takes the guesswork out of the workout, providing: • A 30-day workout plan to whip your body into shape—in 15 minutes a day or less • A companion meal plan, with delicious and healthful recipes for each day • Step-by-step photographs throughout to illustrate proper form for the workouts • Quick facts on health and nutrition to help readers separate fact from fiction • Support and motivation from Light, who overcame many obstacles to become the female face of fitness As Light says, “Give me 15 minutes a day and I’ll give you a badass body.” Coauthored by New York Times–bestselling author Jeff O’Connell, 15 Minutes to Fit is the book legions of fans have been waiting for.

What Your Birthday Reveals About You Phyllis Vega,2005-10-01 Astrology meets numerology in this fascinating guide to the secrets of your birth date! Born on December 3rd? You’re an ambitious, hardworking “idea person” and a dynamic leader. Born on December 14th? You’re the “traveling salesperson” of the zodiac and a gifted marketer. All Sagittarians are charming, intelligent, and adventure-seeking—but which day of the month you’re born on can determine the way in which you use those traits to your best advantage. In this exciting new book, master astrologer Phyllis Vega gives a detailed analysis for each birthday in the year, combining astrology and numerology to paint a true picture of the characteristics, desires, and destinies of people born on that day. If you were born October 5th, you’re a skilled negotiator with a gift for making money. But if you were born just four days later, you’re a compassionate dreamer with spiritual inclinations. Aries is the sign of the determined ram, but if you were born on April 7th, you are idealistic and inspiring. Discover what’s revealed in this guide about you, your loved one, coworkers, or even your favorite celebrity in this entertaining, enlightening reference!

Bigger Leaner Stronger Michael Matthews,2017-07-29 Bigger Leaner Stronger: The Simple Science of Building the Ultimate Male Body By Michael Matthews

World Economic Outlook, October 2018 International Monetary Fund. Research Dept.,2018-10-09 Global growth for 2018–19 is projected to remain steady at its 2017 level, but its pace is less vigorous than projected in April and it has become less balanced. Downside risks to global growth have risen in the past six months and the potential for upside surprises has receded. Global growth is projected at 3.7 percent for 2018–19—0.2 percentage point lower for both years than forecast in April. The downward revision reflects surprises that suppressed activity in early 2018 in some major advanced economies, the negative effects of the trade measures implemented or approved between April and mid-September, as well as a weaker outlook for some key emerging market and developing economies arising from country-specific factors, tighter financial conditions, geopolitical tensions, and higher oil import bills. The balance of risks to the global growth forecast has shifted to the downside in a context of elevated policy uncertainty. Several of the downside risks highlighted in the April 2018 World Economic Outlook (WEO)—such as rising trade barriers and a reversal of capital flows to emerging market economies with weaker fundamentals and higher political risk—have become more pronounced or have partially materialized. Meanwhile, the potential for upside surprises has receded, given the tightening of financial conditions in some parts of the world, higher trade costs, slow implementation of reforms recommended in the past, and waning growth momentum.

How to Skimm Your Life The Skimm,2019-06-11 #1 NEW YORK TIMES BESTSELLER • It might seem like everyone you know took secret classes on budgeting, owning their career, and choosing the right wine—and you were sick that day. Enter: How to Skimm Your Life. With theSkimm’s trademark mix of real talk, humor, and inspirational messaging, this book gives you the information you need to make informed and empowered decisions in your life. Covering everything from personal finance, to career, to stress management, global politics, and more, How to Skimm Your Life breaks down some of the less glamorous parts of adulting and answers questions like: • “What’s the difference between an ETF and a mutual fund?” • “How should I negotiate my salary when I’m offered a new job?” • “Should I claim standard or itemized deductions on my taxes?” • “How should I tip while traveling abroad?” • “How do I read the wine list without breaking out a dictionary?” And much more . . . Wine & Food • Travel • Networking • Job Searching • Personal Growth • Mental Health • Time Management • Budgeting • Investing • Health Insurance • International Relations • US Government With life hacks for anyone who’s starting out in the real world, looking to make a change, or just wants a reset, How to Skimm Your Life will be time well spent—making it the perfect gift for graduation, birthdays, or your best friend “just because.”

Listful Thinking Paula Rizzo,2015-01-13 What do Madonna, Martha Stewart, John Lennon, Ellen DeGeneres, Ben Franklin, Ronald Reagan, Leonardo da Vinci, Thomas Edison, and Johnny Cash have in common? Each is (or was) a list maker. These successful people, along with CEOs and successful entrepreneurs, all use lists to keep track of their ideas, thoughts, and tasks. Finding enough hours in the day to get everything accomplished and allow for some downtime can be a struggle. It's no wonder so many of us are stressed, overextended, and exhausted. More than half of all American employees feel overwhelmed, according to a study by the nonprofit Family and Work Institute. For the 54 percent of us who feel like we’re chasing our own tails, Listful Thinking is here to prove that it doesn't have to be that way. You can still find time to relax, read a good book, and do the things you love. Listful Thinking is the book that will give readers their lives back with indispensable tips on saving time, getting organized, improving productivity, saving money, and reducing stress.

The Cultural Return Susan Hegeman,2012-01-09 This insightful book tracks the concept of culture across a range of scholarly disciplines and much of the twentieth and early twenty-first centuries—years that saw the emergence of new fields and subfields (cultural studies, the new cultural history, literary new historicism, as well as ethnic and minority studies) and came to be called the cultural turn. Since the 1990s, however, the idea of culture has fallen out of scholarly favor. Susan Hegeman engages with a diversity of disciplines, including anthropology, literary studies, sociology, philosophy, psychology, and political science, to historicize the rise and fall of the cultural turn and to propose ways that culture may still be a vital

concept in the global present.

The Work of the Future David H. Autor,David A. Mindell,Elisabeth Reynolds,2023-10-03 Why the United States lags behind other industrialized countries in sharing the benefits of innovation with workers and how we can remedy the problem. The United States has too many low-quality, low-wage jobs. Every country has its share, but those in the United States are especially poorly paid and often without benefits. Meanwhile, overall productivity increases steadily and new technology has transformed large parts of the economy, enhancing the skills and paychecks of higher paid knowledge workers. What’s wrong with this picture? Why have so many workers benefited so little from decades of growth? The Work of the Future shows that technology is neither the problem nor the solution. We can build better jobs if we create institutions that leverage technological innovation and also support workers though long cycles of technological transformation. Building on findings from the multiyear MIT Task Force on the Work of the Future, the book argues that we must foster institutional innovations that complement technological change. Skills programs that emphasize work-based and hybrid learning (in person and online), for example, empower workers to become and remain productive in a continuously evolving workplace. Industries fueled by new technology that augments workers can supply good jobs, and federal investment in R&D can help make these industries worker-friendly. We must act to ensure that the labor market of the future offers benefits, opportunity, and a measure of economic security to all.

Lifestyle TV Laurie Ouellette,2016-01-29 From HGTV and the Food Network to Keeping Up With the Kardashians, television is preoccupied with the pursuit and exhibition of lifestyle. Lifestyle TV analyzes a burgeoning array of lifestyle formats on network and cable channels, from how-to and advice programs to hybrid reality entertainment built around the cultivation of the self as project, the ethics of everyday life, the mediation of style and taste, the regulation of health and the body, and the performance of identity and difference. Ouellette situates these formats historically, arguing that the lifestyling of television ultimately signals more than the television industry's turn to cost-cutting formats, niche markets, and specialized demographics. Rather, Ouellette argues that the surge of reality programming devoted to the achievement and display of lifestyle practices and choices must also be situated within broader socio-historical changes in capitalist democracies.

The Mentoring Mom Jackie Kendall,2006 Using the concept of stamping the image of Christ on the child's heart, with the mother as the wet ink pad and the child as the recipient of the imprint, Jackie Kendall guides readers through her 11 time-tested principles of modeling Christ.

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