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DEVELOPING HEALTHY HABITS is one of the keys to successful living. Experts say that if we do something for 21 days straight, we can turn it into a habit for a lifetime. One of the best habits anyone can develop is reading the Bible every day. "The Book: 21 Day Habit" is designed to help you get started. Set aside just a few minutes each day - before bedtime, on your lunch break, or whenever your day allows to read "The Book: 21 Day Habit," When you finish the 21 days of reading, move right into "The Book" and keep on going. You'll find that reading "The Book" each day will deepen your relationship with God and help you build more of his grace and wisdom into your life. For more information on how you can develop the 21 Day Habit, visit our Web site at www.ireadthebook.com. A leading integrative physician shares a groundbreaking 21-day eating plan to shed pounds, accelerate metabolism, balance your digestive system, improve gut function, and feel better every day—without dieting! There are one hundred trillion reasons losing weight and staying healthy are so hard: That's the number of bacteria living in your digestive system—good bugs and bad that influence everything from how much fat you store to whether or not you'll get arthritis, diabetes, or Alzheimer's. As medical director of the Atlanta Center for Holistic and Integrative Medicine, Tasneem Bhatia, M.D., is an expert in unlocking the mystery of the gut and probiotic health. Combining the latest research and cutting-edge science with proven alternative nutritional remedies, Dr. Taz has developed a simple plan—one that has worked for thousands of her own patients—that aims to reprogram your digestive system, help fight disease, and strip away pounds in just 21 days! The Belly Fix accelerates metabolism, increases energy, and jump-starts weight loss immediately. Once "fixed," you'll continue to feel the benefits. Drop pounds on the 21-Day Belly Fix plan, with more to come, as you continue to follow the program designed to balance your digestive bacteria and put you on the path to long-term health and vitality. Speed up your metabolism with the help of research that proves a direct link between your gut bacteria and how quickly you burn fat. Reduce inflammation and rebalance your body to help fight diabetes, arthritis, Alzheimer's, skin disorders, and more. Find focus and clarity with the help of simple and delicious foods that feed the healthy microorganisms in your gut—and fight the bad ones! The 21-Day Belly Fix is the final word on what researchers call your "second brain" and the simple ways that fixing your diet—instead of committing to a long-term food-banishing plan—can get your gut out of the gutter and help you to start feeling great. With delicious recipes and easy swaps, The 21-Day Belly Fix is the ultimate weight-loss plan! Praise for The 21-Day Belly Fix "If you are tired of feeling bloated and blah, let The 21-Day Belly Fix be your guide to good gut health and a slim waistline. This splendid book is truly a treasure, and Dr. Taz is one of the nation's leading experts on integrative medicine."—Gerard E. Mullin, M.D., associate professor of medicine, Johns Hopkins, and author of *The Inside Tract and Integrative Gastroenterology* It's a story we're all too familiar with: we want to lose weight but find ourselves mired in complicated methods, confusing science, and our own entrenched excuses. Trainer Joe Olliges is here to tell us that there is a way out, and it's easier than we might

think. We need to eat less, he says. It really is that simple. The key to living out this simple weight loss formula is realizing that we have all the willpower we need. It's our beliefs that need to change. The reason we don't eat less and lose weight is ultimately because we're not convinced we need to. In *It's Only Food*, you'll discover: The key to losing weight without gaining it back Why you'll never lose the weight if you're telling yourself this lie How you can choose your own weight Why eating healthier doesn't guarantee weight loss What you can do that makes it impossible NOT to lose weight It's *Only Food* is a refreshingly honest approach to weight loss that's been used by thousands of clients to lose 20, 50, or 100 pounds or more. It will break you out of your apathy and put you on a path to weight loss and healthy living. **Lose Excess Pounds and Eat Healthy with the 21-Day Cleansing Diet Plan** Eat Clean, Avoid Toxins, and Feel Great This cookbook includes the 3-week meal plan with calories, servings, and prep time for all dishes. It takes a person 21 days to fully form a new habit. That's why we propose you to try 3-week menu of clean eating diet plan. What do we propose you eat for your 3-week menu? Eat well while you diet Spend less time in the kitchen Try out simple and tasty recipes Lose weight without harming your health Weekly meal prep to try clean eating diet There are vegetarian, organic, gluten-free recipes in "21-Day Clean Eating Meal Plan - 1200 Calories." You'll find a detailed menu for five meals per day. Try these delicious dishes: Turkey Muffins with Mashed Potatoes, Peach Rice Bowl with Shrimp Warm Barley Chickpea Tomato Salad, Turkey Rolls with Vegetables Creamy Mashed Potatoes with Cauliflower, Dandelion Leaves Green Salad Buy "21-Day Clean Eating Meal Plan - 1200 Calories" today and change your habits and life immediately! Let Go of the Past, Live in the Present, and Discover the Future You Always Wanted In her most practical and prescriptive book to date, bestselling author Debbie Ford delivers a three-part process that empowers us to let go of toxic thoughts and destructive behaviors and discover the deep peace that resides within. The 21-Day Consciousness Cleanse carries us on an incredible personal journey that will open our eyes to all that we are and all that we desire to be. #1 NEW YORK TIMES BESTSELLER • **LOSE UP TO 20 POUNDS IN 21 DAYS!** In *The Skinny Rules*, celebrity trainer and coach of NBC's *The Biggest Loser* Bob Harper delivers the ultimate strategy for healthy, long-term weight loss and "thin maintenance." But what if you have a big event looming—a reunion, wedding, beach vacation, or other special occasion—and need a fast-acting plan to meet your short-term goals? *Jumpstart to Skinny* features thirteen short-term Rules (no one gets thin on mere suggestions) that will supercharge your weight loss. Taking any confusion or decision making out of the equation, Harper also provides a day-by-day plan for success, including his body-toning "Jumpstart Moves" and deliciously slimming recipes specially designed for your get-skinny needs. *Jumpstart to Skinny* lets you in on the secrets Bob shares with his red-carpet celebrity clients. This is not a marathon diet; it's a quick sprint to the finish line. And the victory lap comes when you slip into that sexy dress or swimsuit and feel fantastic. Get started today! **THE FOUR-PART JUMPSTART PLAN TO A SKINNER YOU** • Your Jumpstart Rules: Thirteen must-follow principles to get you ready for your own "big reveal," including Rule #1, a precise breakdown of the proper protein/carbohydrate/fat proportions for every meal, and Rule #3, which explains why you need to just say no to complex carbs after breakfast during this three-week plan. These are the Rules that Bob Harper and his celebrity clients use to get ready for their big events—and now you're in on the secrets, too. • Your Jumpstart Day-by-Day: No decisions, no confusion! Here is the simple, three-week game plan: the food to buy and prepare ahead each week, when and how much to eat each day, and the when and how of your exercise schedule. • Your Jumpstart Moves: Bob's unique, twenty-minute, at-home exercise routines. From sit-ups, push-ups, and squats to jumping rope, lateral jumps, and simple chair dips, choose one of the seven "packages" of body-toning moves when your day calls for Bob's "metabolic conditioning." • Jumpstart Recipes: Cleansing or juice fasting? No way! You need to eat to lose weight, so here are twenty-one days of slimmingly delicious recipes—including "Peanut Butter and Jelly" Oatmeal, Sweet Potato Hash, Spaghetti Squash Bolognese, Buffalo Chicken Salad, and Bob's signature Shrimp Skimpy—formulated with your Jumpstart protein/carb/fat proportions (see Rule #1!) and calorie maximums in mind. "A complete, step-by-step, gene reprogramming action plan" --Cover. Based on 8 key concepts and 5 action items, this book outlines a blueprint to get your health back on track - and your body fit and toned. It helps improve health conditions, including migraines, tinnitus, arthritis, type 2 diabetes, arthritis, high blood pressure and cholesterol. ****THE SUNDAY TIMES BESTSELLER**** 'Brilliant! It's hard to change your life - but this book gives you all the reasons it's possible. From the first page to the last, one revelation after another.' JEREMY VINE 'Brilliant . . . especially required reading in these COVID-19 days' LIZ EARLE 'Metabolism, inflammation, and immunity are three sides of the same coin. Fix one and you fix them all. Dr Aseem Malhotra offers you a way to fix all three at once, and the solution is as easy as your fork.' PROFESSOR ROBERT LUSTIG, bestselling author of *Fat Chance* 'This remarkable book will change your life. Beautifully written, it compiles in one place the health messages we all know make sense. PROFESSOR KAROL SIKORA, leading cancer specialist and Founding Dean, University of Buckingham Medical School 'Read this book and follow the plan, it may save your life.' GURINDER CHADHA, OBE, director of Bend It Like Beckham 'A crystal-clear roadmap to reverse the roots causes of our poor metabolic and immune health. It is the handbook of health for our time.' MARK HYMAN, New York Times bestselling author of *Food Fix* ***** The simple, evidence-based diet plan to rapidly improve your

metabolic health, help with normal immune function and likely reduce the risk of severe effects from Covid-19. Dr Aseem Malhotra is a leading NHS-trained cardiologist and a pioneer of lifestyle medicine. He has been at the forefront of citing the health conditions which make us vulnerable to the worst effects of Covid-19. Obesity, Type 2 diabetes and heart disease are high among them - and all indicators of poor metabolic health. The good news is that in just 21 days we can prevent, improve and even potentially reverse many of the underlying risk factors that exacerbate how infections, including Covid-19, affect us and improve our ability to recover from them. Giving us the evidence-based science behind the plan, Dr Malhotra shares how simple changes to our diet as well as daily exercise and stress relief can have remarkable results in improving our markers for metabolic health, even helping to put Type 2 diabetes into remission, reduce risk factors for heart disease, decrease weight and enhance vitality. Arguing for the huge benefits to global health of these highly effective lifestyle changes, he shows how just 21 days can help us to start the journey to lead a healthier and longer life. Are you tired of being shy and uncertain about yourself? Tired of negative self-talk that makes you feel bad and stops you from living your life to the fullest? Are you ready to learn how to truly love and accept yourself as the perfectly imperfect person you are now? Most people nowadays suffer from low self-esteem. And of course we do! We live in a world where we call people who love themselves arrogant, where we encourage children to compete with one another in school, and where we immerse ourselves daily in media of all the millions of things we have to do before we are considered adequately lovable. Low self-esteem, low confidence, self-doubt, self-hatred, shyness, guilt, shame, soul-crushing depression - call it whatever you want, the idea is the same: You, the person whose opinion should matter to you the most, don't accept yourself. The 21-Day Self-Love Challenge will help you to: - Develop self-love and acceptance in an easy step-by-step way - Realize the importance of taking good care of yourself and your body, and how to bring this in practice - Let go of self-talk, behaviors, things, and people that do not serve you - Understand why most self-love books you've heard before didn't work - Develop new habits that will significantly boost your feelings of self-love on a daily basis - ...and much more! Whether you're living paycheck to paycheck or just trying to make smarter financial choices, let award-winning writer and Washington Post columnist Michelle Singletary show you the practical steps you need to take for the financial peace you long for. In *The 21-Day Financial Fast*, Michelle proposes a field-tested financial challenge: for twenty-one days, put away your credit cards and buy only the barest essentials. What happens next will forever change the way you think about wealth. With Michelle's guidance, you'll discover how to: Break bad spending habits Plot a course to become debt-free with the Debt Dash Plan Avoid the temptation of overspending for college Learn how to prepare elderly relatives and yourself for future long-term care expenses Be prepared for any contingency with a Life Happens Fund Stop worrying about money and find the priceless power of financial peace Join the thousands of others who have already discovered practical ways to achieve financial freedom and experience what it truly means to live a life of financial peace and prosperity. A step-by-step guide to emotional health that guides you from toxic thoughts, emotional wounds, and bondages from your past into total inner healing. Through 21 daily lessons and personal application exercises, this incredible book helps you transform your life and relationships. Based on the latest science, the 21-Day Tummy diet targets excess weight and belly fat while addressing the most common digestive disorders, and is a fun, easy guide to healthy eating that will have you feeling great! Relieve digestive issues and shrink your waistline with the new, sensitive stomach meal plan from Liz Vaccariello, the New York Times® best-selling author of *The Digest Diet* and *Flat Belly Diet Series*. Lose the Belly Bloat and feel better fast 21-Day Tummy is designed specifically for people with temperamental tummies. You'll whittle your middle and discover which foods protect you from the main causes of digestive discomfort. Say goodbye to your grumbling belly and start feeling good again. Let the 21-Day Tummy show you how! Inside you'll find: An easy-to-follow 21-day eating plan that minimizes shocking Belly Bully foods that cause discomfort and weight gain, while piling on soothing Belly Buddy foods. more than 50 scrumptious recipes such as Tomato-Ginger Flank Steak, Chunky Chicken Couscous, Twice-Baked Potato with Pepper Hash, and Almost-Pumpkin Mini Pies. inspirational stories and advice from real readers who tried the plan—one lost 19 pounds, another 4 ½ belly inches, and everyone improved their digestive symptoms in just 3 weeks! an optional equipment-free workout plan that helps to both sculpt and sooth your stomach with a mix of core strengthening, walking, and yoga. 21-Day Tummy is a fun, easy guide to healthy eating that will have a smaller, healthier you feeling better than, well, possibly ever! Are you ready for a total body transformation? In *The 21-Day Yoga Body*, renowned wellness warrior and lifestyle expert Sadie Nardini gives you a program to renovate your body, mind and spirit. This fast-acting program, based on Sadie's potent inspirations, real-world recipes and unique Core Strength Vinyasa yoga style will turbocharge your results: speed up your metabolism, build lean muscle, and burn fat, all while building nutritional savvy and emotional strength. Designed to fit into your busy life, each day of the three-week plan includes a series of daily lifestyle tips, new-generation yoga poses (illustrated with step-by-step photos), breathing and meditation exercises, and nutrition tips and recipes (vegans, vegetarians and meat-eaters alike, welcome!). There's even wine! Here's what results many people are getting in just 3 weeks: • A fun, fresh yoga practice that's based in cutting edge anatomy for the maximum safety, strength, flexibility, and mind-centering benefits for the time you spend on the mat. • More

confidence, clarity of purpose, a renewed spirit and the ability to know yourself more deeply and act from your truth.

- Daily guidance about how to approach your personal, life and relationship challenges—and totally rock them.
- A daily meal plan that gives you a new, creative relationship with food and reveals how to eat fresh, whole—and fantastically well—for a lifetime.
- Creative action steps to make all these great ideas a reality and create more success for you on all levels! So get ready to kick some asana, play while you learn, and create your most fit, fierce, and fabulous self ever! The biggest misconception people have about doctors? That they know nothing about food and nutrition. The fact is food has become an important part of medicine. Studies have shown that a healthy diet and other good lifestyle habits can reduce your odds of developing a serious illness by 82 percent! What Doctors Eat brings together the collective dietary wisdom of 65 leading physicians and other health experts. They share the eating, exercise, and stress management advice they give to their patients and follow in their own lives along with their favorite healthy recipes. These dishes are packed with healing foods that are completely delicious. Nutrition expert and holistic physician Tasneem Bhatia, MD, compiled all the dietary advice and delicious recipes into one amazingly powerful 30-day diet plan. What Doctors Eat will help you drop pounds and put you on the road to a lifetime of perfect health. It's like having a healthy eating coach on call 24/7. America takes 75% of the world's medications and seven out of ten people die of chronic and preventable diseases. The health care system meant to remedy this problem is now the third leading cause of death itself. This exists because we often ignore our health or assume we are healthy until disease hits. Then once disease hits we manage the sickness with drugs and surgeries. That's not health care, that's sick care. This book is the guide to experience real health. If you manage sickness and disease you get sickness and disease, if you build health you get health. NEW YORK TIMES BESTSELLER • Lose weight safely and easily while spending less time in the kitchen with Dr. Kellyann's iconic bone broth diet plan, now revised and updated with new chapters and more recipes. "Empowering, user-friendly information supported by the most forward-thinking scientific research available."—David Perlmutter, MD, #1 New York Times bestselling author of Grain Brain As a naturopathic physician and weight-loss specialist, Dr. Kellyann Petrucci has helped thousands of patients achieve spectacular weight loss and more youthful-looking skin through her bone broth diet. Packed with fat-burning nutrients, skin-tightening collagen components, and gut-healing and anti-inflammatory properties, bone broth is the key to looking and feeling younger than ever before. In just twenty-one days, you, too, can unlock these miraculous results with Dr. Kellyann's delicious bone broth recipes and groundbreaking mini-fasting plan. In this updated edition, Dr. Kellyann shares new 80/20 recipes for added post-diet flexibility, maintaining the diet template for 80% of your meals while allowing non-diet foods for the other 20%. Along with new research on the benefits of a low-carb diet and fasting, she also shares her best tips for looking beautiful from the inside out and lifestyle advice for staying healthy and vibrant long after you have finished the diet. You'll learn the science of why bone broth works and how to lose weight safely and easily—cravings and hunger pains not included. The simple and tasty recipes for beef, turkey, chicken, and fish bone broths are loaded with flavor and nutrients. Unlike other diet plans that involve serious preparation and cooking, the bone broth diet allows you to spend less time in the kitchen and more time enjoying your newfound vibrancy. With easy fitness routines and mindful meditation exercises, Dr. Kellyann's Bone Broth Diet is your key to a healthier, happier, slimmer, and younger life. In many Asian traditions, 21 days is considered a spiritually significant time period. Ancient sacred texts often describe the transformation of spiritual figures through 21 days of ascetic discipline. Some experts tell us that it takes at least 21 days to create a new habit because of the time required for new neural connections to form in the brain. This inherent brain plasticity is the key to our ability to change ourselves and our lives. Is there something about yourself that you feel less than satisfied with? This journal will help you go through your own transformation, one day at a time. Journaling helps you clarify your thoughts and feelings, and formulate a new understanding of yourself. The 21-Day Journal guides you in this self-development process, helping you set a goal and a course of action. It gives you the space to record not only your thoughts and emotions, but your plans and evaluations of your progress. Learn how to closely watch yourself and learn from your own experience through the lens this journal provides. Beautifully designed with uplifting photographs from nature, the 21-Day Journal includes an introduction and a foundation for beginning your journey from New York Times bestselling author and self-development mentor Ilchi Lee. His encouraging quotes are scattered throughout, and there are extra blank pages in the back to provide plenty of space for recording your own inspiration. A three-week ketogenic diet plan to help you lose weight—and keep it off Whether you're just starting your weight loss journey or maintaining a low-carb, high-fat lifestyle, The 21-Day Ketogenic Diet Weight Loss Challenge will put you on the path to optimal health and wellness. Along with more than 100 easy, keto-friendly recipes, this ketogenic diet challenge includes meal plans and weekly trackers to help you set short-term goals for long-term success. This complete lifestyle guide also includes exercise routines and recommendations, best practices for good sleep, stress management strategies, and more. With this holistic approach, you can achieve lasting weight loss results, build good habits, and live a healthier, happier life. Everyday eating guidance? Create unique meal plans with flavorful recipes and shopping guides to keep your kitchen keto-friendly. A beginner-friendly intro? No problem if you're new to a ketogenic diet—you'll learn the foundations of

low-carb, high-fat eating. Keeping up with keto? See your weekly weight loss and wellness improvements during the program with a detailed tracker template. Tackle your health and weight loss goals the delicious way with this 21-day ketogenic weight loss challenge. Everybody can agree that having a more active lifestyle is a good thing. Nobody would argue that we couldn't all do a little more exercise. And yet ... why is it so hard to actually do it? If you're reading this book, you've probably gotten fed up with how difficult it is to always be starting a new exercise regime, only to go back to your old habits in a few weeks. First things first: this book is not about changing your life in 3 weeks. It's not about an easy, quick method that nobody's heard of before. It's not about losing huge amounts of weight and solving all your health problems once and for all. But in a way, what I hope you'll get from this book is even better - a fun and most importantly effective way to start making healthy choices a lifelong habit. More exercise in life means better health, better resistance against illness and injury, better mood and sunnier outlook on life, higher self confidence, clearer and healthier skin, improved muscle tone and strength, enhanced metabolism, deeper and more restful sleep, more flexibility and hey, maybe even a little weight loss thrown in. But I know you know all that. You know that it is a good idea to be more active - now; it's just a question of how. This book will answer that question and help you to: - get clear on your personal goals and motivation - enjoy exercise again - understand and overcome your excuses - incorporate exercise in your busy lifestyle - make small lasting changes with a big impact - stay motivated during and after the 21-Day Challenge And much, much more! A revolutionary new diet program based on the latest science showing the importance of fat in weight loss and overall health, from New York Times #1 bestselling author For decades we've been told that the fat we eat turns to fat in the body, contributing to weight gain, heart disease, diabetes, and generally poor health. And yet, even with all our low-fat products, we're fatter and sicker than ever before. What's going on? Could it be that the most feared food group is actually...the most helpful? As 'Pegan Plan' creator and author Dr Mark Hyman explains in *Eat Fat Get Thin*, a growing body of research is revealing the immense health and weight-loss benefits of a high-fat diet rich in eggs, nuts, oils, avocados, coconut oil, and other delicious superfoods. That's right - as it turns out, the key to losing weight, increasing overall energy, and achieving optimum wellness is eating more fat, not less. Dr Hyman debunks some of our most persistent fat-phobic myths and clearly explains the science behind fat's health benefits. In addition to learning why fat is good and which fats are best, you'll learn how to apply that knowledge to your day-to-day life. With easy-to-follow advice, simple and flavourful recipes, shopping lists, and more, *Eat Fat Get Thin* will help you lose weight and stay healthy for life. Denise Austin shows you how to lose weight, tone your body, and lose inches safely and quickly, includes tips to plan healthy meals and recipes, adopt an eat-ing and exercise plan you can live with, and learn the secrets of lasting weight loss. The 21-Day Sugar Detox Daily Guide takes you day by day through Diane Sanfilippo's popular 21-Day Sugar Detox (21DSD) program. This engaging and colorful book was created to give you new insights on how to succeed based on feedback that Diane has received over seven years of running the program. You'll learn what to expect each day of the Detox, from how your body might be responding to how you might be feeling mentally. Inside you'll find:

- Meal prep tips and tricks to make cooking easier
- Motivational moments to keep you going
- Journal space to track your experience and progress
- More than 50 mouthwatering recipes that won't leave you feeling deprived
- Recommended products and brands to make your 21DSD easier
- ... and so much more!

Beginning one week before your 21-Day Sugar Detox and wrapping up one week after, you'll be guided completely through the process of stripping sugar, sweet foods, and "bad carbs" out of your life. You'll learn how best to prepare yourself for the program and ease into the change, as well as how to ease out and incorporate what you've learned while on the program into your everyday life thereafter. Since 2010, the 21-Day Sugar Detox has helped hundreds of thousands of people bust sugar and carb cravings through the original book, cookbook, online program, website, Certified 21DSD Coaches, and various social media platforms. Now you can dive into the Detox with confidence, knowing that you'll be guided every step of the way! Are you tired of that lurking sense of depression? Tired of waiting around for happiness to find you? Are you ready to learn how to love your life? Ready to take action to become a happier person? True happiness is an inside job. Look at a happy person's life, and you don't see any magic or unicorns. There's nothing in them that isn't also in you. Though external realities can certainly play a role, happiness doesn't spring from what you have, what happens to you, the situation you are in, where you are, or anything else. In fact if it were easy to be happy, this book would be a very short one! Happiness doesn't have much to do with money, achievement, or possessions because plenty of people have all three and are still not happy. In this guide we'll approach happiness not as something you have but as something you actively do each and every day. The 21-Day Happiness Challenge will help you: - Understand and apply the key principles of living a happy life in an easy, step-by-step way - Love and accept yourself just the way you are now Let go of things, thoughts, behaviors, and people that do not serve you anymore - Realize that "huffy fluffy" concepts such as forgiveness, gratitude, and mindfulness are actually extremely powerful - Develop a daily routine that significantly boosts your happiness - ...and much more! Learn how to love your life and become a happier person today. Are you ready to take the challenge? The essential guide to fight inflammation, heal your gut, and reset your body with detox and clean eating After suffering for a decade from a range of ailments like Lyme Disease,

Hypothyroidism, and Leaky Gut Syndrome, Amie Valpone, creator of TheHealthyApple.com, healed herself through clean eating and detoxing. In *Eating Clean*, Amie provides guidance on how to fight inflammation and reset your body, including a 21-Day Elimination Diet, instructions for food reintroduction, a 2-week meal plan, and an extensive pantry list. The book has over 200 recipes that are vegetarian and free of gluten, dairy, soy, corn, eggs, and refined sugar to keep tummies healthy and satisfied—such as Velvety Pear and Fennel Soup, Carrot “Fettuccine” with Sun-Dried Tomatoes and Pumpkin Seeds, and Vanilla Bean Coconut Ice Cream. With this book, readers are able to get the support they need on their path toward wellness. For years, Dr. Neal D. Barnard has been at the forefront of cutting-edge research on what it really takes to lose weight and restore the body to optimal health. Now, with his proven, successful program, in just three short weeks you'll get fast results—drop pounds, lower cholesterol and blood pressure, improve blood sugar, and more. With Dr. Barnard's advice on how to easily start a plant-based diet, you'll learn the secrets to reprogramming your body quickly: Appetite reduction: Strategically choose the right foods to naturally and easily tame your appetite. Metabolism boost: Adjust eating patterns to burn calories faster for about three hours after each meal. Cardio protection: Discover the powerful foods that can help reduce cholesterol nearly as much as drugs do in just weeks. Whether you are one of the millions who are anxious to get a jumpstart on weight loss or who already know about the benefits of a plant-based diet but have no idea how or where to start, this book is the kickstart you've been waiting for. Complete with more than sixty recipes, daily meal plans for the 21-day program, tips for grocery shopping, and more, this book will teach you how to make the best food choices and get your body on the fast track to better health.

Detox Your Body, Detox Your Life! Detox diets are making news as the quickest, easiest way to shed pounds, boost your energy, and get yourself on a wellness track. One of the key advocates of the health benefits of cleansing detoxes is Roni DeLuz, ND. In *21 Pounds in 21 Days*, DeLuz offers three different detox programs, focusing on detoxification through taking antioxidants, fasting, stress reduction, and lifestyle changes. Also included in the book are: Maintenance plans Dozens of easy, delicious recipes Real-life tips An extensive glossary of terms A guide to supplements *21 Pounds in 21 Days* isn't just for those looking to lose weight; everyone can benefit from this revolutionary detox diet that results in a clean, refreshed system that functions at its best. Kathy Freston's appearance on *The Oprah Winfrey Show* prompted Oprah to commit to the “21-day cleanse” featured in *Quantum Wellness*, creating an instant bestseller and a national trend. During her 21-day cleanse, Oprah's daily blog provided updates on her progress, intriguing millions of readers and creating a media frenzy. Now, with *The Quantum Wellness Cleanse*, Kathy Freston gives readers the tools they need to fully harness the 21-day cleanse and stay motivated. This easy-to-follow guide lays out a comprehensive plan to turn our lives around in each of the areas of body, mind, and spirit. By following an essential day-by-day map of what to eat, how to deal with the complex feelings that arise as we detox, and how to fully redirect our energy so our lives take on a fresh momentum, this indispensable companion offers recipes that can be mixed and matched, and answers all the questions that may arise so that we can forever change the course of our lives. In her softcover book *The Power to Prosper*, award-winning writer Michelle Singletary has a field-tested financial challenge for you. For twenty-one days, you will put away your credit cards and buy only what you need for survival. With Michelle's guidance during this three-week financial fast, you'll discover how to:

- * Break your spending habit
- * Handle money with your significant other or your spouse
- * Break your bondage to debt with the Debt Dash Plan
- * Make smart investments
- * Be prepared for any contingency with a Life Happens Fund
- * Stop worrying about money and find the priceless power of financial peace

As you discover practical ways to achieve financial freedom, you'll experience something even more amazing ... your faith and generosity will increase, too. 'I am obsessed with The Pioppi Diet . . . I feel leaner, energised, definitely less bloated and more healthy. I genuinely feel like this is no longer a diet plan, it's just the way I eat' SARA COX _____ We are not being given the truth about our health . . . We're told to avoid saturated fats, we're marketed health food that is laden with sugar and we're encouraged to pound out miles at the gym. However, our chances of getting obese are increasing - raising our risk of Type-2 diabetes, cancer, dementia and heart disease. Yet in the tiny Italian village of Pioppi, life is as simple as it is long and healthy. There is no gym, no supermarket, the food is delicious and they enjoy a glass of wine every evening. Now cardiologist Dr Aseem Malhotra - a world-leading obesity expert and Britain's number one anti-sugar campaigner - and acclaimed filmmaker Donal O'Neill combine the wisdom of this remarkably long lived population with decades of nutrition and medical research to cut through long-standing dietary myths and create this easy-to-follow lifestyle plan. Indulge in delicious food for a happier, healthier and longer life . . .

- A creamy crab and ricotta omelette with sliced avocado
- Grilled halloumi and kale salad with tahini yoghurt dressing
- Steak burger with mature cheddar, tomato and avocado
- Cauliflower steaks and crumbled feta, za'atar and chilli
- A one-dish roasted aubergine with feta, herbs and yoghurt dressing _____

This isn't a diet or lifestyle, which requires saying 'no' to the things you love, or exercising for hours upon end. In just three weeks, *The Pioppi Diet* will help you make simple, achievable and long-lasting changes to how you eat, sleep and move - changes that all of us, no matter how busy we are, can make. 'A must have for every household and a must read for every medical student and doctor' Professor Dame Sue Bailey, the Chair of the Academy of Medical Royal Colleges 'Revolutionary' Richard Thompson, former physician

to HRH Queen Elizabeth "This book has the power to make millions of people healthier and happier." Andy Burnham, former Secretary of State for Health As heard on . . . BBC Radio 2's The Jeremy Vine Show · ITV's Save Money: Good Health · Sky News · BBC World News · BBC Asian Network · London Live News and as seen in The Telegraph . . . From Bryan Mattimore, innovation guru to Fortune 500 companies, comes a book for aspiring entrepreneurs, corporate "intrapreneurs," and anyone else looking to break the mold. Bryan Mattimore is a big idea guy. For the past twenty-five years, he has helped Fortune 500 companies create over \$3 billion in new innovations using his unique creative-thinking exercises. In 21 DAYS TO A BIG IDEA: CREATING BREAKTHROUGH BUSINESS CONCEPTS, Mattimore takes readers through a disciplined creative process to create original and practical new business concepts. By investing less than an hour a day for twenty-one days, you will: 1) learn a new toolkit of creative thinking strategies and problem-solving techniques that can be used for solving a wide variety of both personal and professional challenges, and 2) generate more than a dozen new concepts from which to choose the highest potential/winning idea for a new start-up. Entertaining and easy-to-follow, 21 DAYS TO A BIG IDEA is a must-read for all aspiring entrepreneurs, helping you to discover and implement your first—or your next—biggest idea. "Greatness starts with an idea, but the chasm between ideas and truly great ideas is vast. This terrific, approachable book provides a simple and straightforward method for bending and torturing almost any idea until it succumbs to greatness."—Bob Dorf, co-author of THE START-UP'S OWNER'S MANUAL The 21-Day Clean Eating Challenge, the 10th book in the 21-Day Challenge series! Do you feel like it's time to start taking better care of yourself? Do you want to look and feel better? If you ask my dad what "clean eating" is, he'll act confused and tell you it probably means not to eat things off the floor. What do you think of when you hear "clean eating"? Do you imagine some locally grown organic lettuce leaves sitting sadly on a plate? Do you think of green juice or health supplements? Yoga and detox diets? Well, you won't find any of that in this book. Instead, we're going to focus on a healthy and more realistic ways of eating, i.e. "common" sense that isn't all that common anymore. Clean eating is a lifestyle and an attitude During this challenge, you'll try to let go of the mythical "ideal diet", we will focus on continuous improvement rather than perfection. And most importantly, flexibility and joy rather than deprivation. The only one who knows if a diet is good for you or not is your own body. So ask it! During the 21 days of the challenge, we'll look at opportunities to clear away foods that are hindering your health and replace them with better ones. You will be amazed how much impact healthy eating will have on your overall wellbeing and the way you look. The 21-Day Clean Eating Challenge will help you to: * Make better food choices through out the day * Wake up every morning feeling refreshed and well-rested * Normalize blood pressure, cholesterol levels and digestion * Have more energy, better concentration and mood during the day * Shed excess weight * Boost your immune system so you won't catch a cold every time someone sneezes * Make clean eating a permanent part of your lifestyle * ..and much more inside! Learn how to make clean eating a part of your lifestyle to live a happier, healthier & more energized life TODAY! Are you ready to take the challenge? "Discover The Ancient Secret to Changing Anything Listen carefully: you were meant for more. You have a message, story, or experience that's going to change the world. And the fact is, I didn't need to tell you that. You've known it all your life. Problem is: you haven't gotten to your dreams yet because you've been told it that "slow and steady wins the race." It doesn't. Speed wins. And successful people build their lives around "Strategic Sprints." So imagine for a moment what it would be like to have the power to accelerate your success. Imagine being able to change anything in your life and to have total control over your mind, your body, your emotions, your relationships, and your future. What if you could invest just three short weeks to become the person you want to be? What if you could quickly accomplish your goals and simultaneously increase your income and impact? What if you had a secret formula for accomplishing any goal ... no matter how hard? You'd win every time. This book is about winning. Every time."-- 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. 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 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 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 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 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 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 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 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! In this cookbook, you will learn how to eat a more plant-based diet to lose weight, prevent and treat chronic diseases, reduce inflammation, and feel great! The 21-Day Revival Program is your guide to reduce inflammation and improve your health. This cookbook provides delicious recipes to complement and guide you through each phase of the 21-Day Revival Program and beyond. A leading integrative physician shares a groundbreaking 21-day eating plan to shed pounds, accelerate metabolism, balance your digestive system, improve gut function, and feel better every day—without dieting! There are one hundred trillion reasons losing weight and staying healthy are so hard: That's the number of bacteria living in your digestive system—good bugs and bad that influence everything from how much fat you store to whether or not you'll get arthritis, diabetes, or Alzheimer's. As medical director of the Atlanta Center for Holistic and Integrative Medicine, Tasneem Bhatia, M.D., is an expert in unlocking the mystery of the gut and probiotic health. Combining the latest research and cutting-edge science with proven alternative nutritional remedies, Dr. Taz has developed a simple plan—one that has worked for thousands of her own patients—that aims to reprogram your digestive system, help fight disease, and strip away pounds in just 21 days! The Belly Fix accelerates metabolism, increases energy, and jump-starts weight loss immediately. Once "fixed," you'll continue to feel the benefits. Drop pounds on the 21-Day Belly Fix plan, with more to come, as you continue to follow the program designed to balance your digestive bacteria and put you on the path to long-term health and vitality. Speed up your metabolism with the help of research that proves a direct link between your gut bacteria and how quickly you burn fat. Reduce inflammation and rebalance your body to help fight diabetes, arthritis, Alzheimer's, skin disorders, and more. Find focus and clarity with the help of simple and delicious foods that feed the healthy microorganisms in your gut—and fight the bad ones! The 21-Day Belly Fix is the final word on what researchers call your "second brain" and the simple ways that fixing your diet—instead of committing to a long-term food-banishing plan—can get your gut out of the gutter and help you to start feeling great. With delicious recipes and easy swaps, The 21-Day Belly Fix is the ultimate weight-loss plan! Praise for The 21-Day Belly Fix "If you are tired of feeling bloated and blah, let The 21-Day Belly Fix be your guide to good gut health and a slim waistline. This splendid book is truly a treasure, and Dr. Taz is one of the nation's leading experts on integrative medicine."—Gerard E. Mullin, M.D., associate professor of medicine, Johns Hopkins, and author of The Inside Tract and Integrative Gastroenterology The 21 Day Shred is a detailed dietary and workout regimen designed to help improve health and wellness, cut fat, and promote weight loss. Strip fat from your body and sculpt the perfect physical form—in just three weeks!—with this e-short from the editors of Men's Fitness. In The 21-Day Shred, Mike Simone and the experts at Men's Fitness call on decades of fitness, nutrition, and wellness research to create an intense, easy-to-follow program that will have your body burning fat and building muscle all day and all night. The 21-Day Sugar Detox Cookbook, a companion to The 21-Day Sugar Detox program guidebook, bursts with more than a hundred grain-, gluten-, legume-, dairy-, and sugar-free recipes to keep you inspired as you blow your cravings for sugar and carbs to smithereens. Taking on a detox plan can seem daunting, but these sumptuous recipes and life-altering eating concepts will make you wish you'd started sooner. Your 21 days will be over before you know it, your carb and sugar cravings a distant memory. With palate-pleasing, and soul-satisfying, recipes for breakfasts, lunches, dinners, snacks, and even some "sweet" treats, The 21-Day Sugar Detox Cookbook is your guarantee for delicious detox success!

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