

## Bodypump By Les Mills

Adulting is hard! But “kidulting”—engaging in nostalgic childhood activities to relieve stress, like playing with your old favorite toys, participating in games and activities from your youth, and even snacking on the foods you enjoyed as a kid— isn’t. Let this book be your guide to indulging your inner child. “Kidulting” is a thing, and it’s growing! Especially popular among millennials, the term “kidulting” refers to engaging in activities from your childhood, sometimes with a grown-up twist. Psychology Today points out that playing like a kid helps you look at the world with fresh eyes—or “beginner’s mind”—which allows you to slow down and focus. The Kidult Handbook is a fun and informative guide to healthy escapism through play. Much like adult coloring books, kidulting is a way of focusing your mind on something fun and creative to relieve stress. But this book goes way beyond just coloring—it includes 160 ideas for fun, from timeless classics like building blanket and pillow forts, to generation-specific ideas, from millennials to boomers. Interspersed throughout are fun facts and trivia about games through the ages. Most activities are unplugged and screen-free, and range from solitary pursuits to ones you can share with a friend or two. Feeling young again has never been so easy!

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What happens to "orphan" diseases that aren't big enough profit centers for the pharmaceutical industry or get caught in the web of government funding and academic research? Augie Nieto found out in the spring of 2005: At forty-seven years old he was diagnosed with ALS. Devastated, Augie struggled with depression and attempted suicide. When he awoke from a coma, with friends and family surrounding him, his sense of faith and mission were renewed. Fast-forward one year: Augie and his wife, Lynne, were profiled as "Real Heroes" on the Today show. Their determination to beat the disease had already led to major overhauls in the way ALS research was conducted. In partnership with the Muscular Dystrophy Association, Augie had set up a foundation and lab to coordinate and oversee ALS research and testing across the globe. By centralizing operations and championing an entrepreneurial approach to medical research, Augie and his team accomplished remarkable results in less than two years. Part inspiration, part business innovation, Augie's Quest illustrates how one person can make a meaningful difference. Praise for Augie Nieto: George H. W. Bush, former U.S. president: "Your contributions to the fitness industry are well known, and your dedication an inspiration." Lance Armstrong, seven-time "Le Tour de France" champion: "I think it says a lot about Augie, the fact that everybody came together regardless of whether or not it's for competing gyms or

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competing companies that make equipment. They all say, this is one of our own; this is a guy who's committed his life to our industry and has been dealt a serious blow. We're going to be there for him, we're going to say, we're here for you and we're part of the Quest." Arnold Schwarzenegger, governor of California: "Your success has been incredible. But you are so much more than just a successful businessman. You are the greatest husband, a great father, and a terrific friend. So,

Explore 100 sweet and savory recipes, including plenty of vegan, gluten-free, and paleo-friendly options, all featuring the incomparable taste of maple. Maple. The very word conjures up sweet memories of rich amber-colored syrups, indulgent breakfasts, and delicate candy. But that's just a drop in the sap bucket: this liquid gold works its magic on everything from barbecue sauce to classic cocktails to delectable desserts. Plus it's a healthier option than other sweeteners. So step into the sugar shack as seasoned sap-tapper Katie Webster takes you behind the scenes of her backyard maple sugaring hobby. Then try your hand at her Maple Ginger Roasted Salmon or Smoky and Sweet Turkey Chili. Pour yourself a Maple Peach Old Fashioned and enjoy a helping of Bananas Foster Bundt Cake.

Selections from the Table of Contents Breakfasts: Potato and Sausage Breakfast Skillet with Greens Snickerdoodle French Toast Maple Cranberry Walnut Granola

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Maple Sweet Potato Coffee Cake Dutch Baby Pancake with Maple Rhubarb Compote Drinks and Appetizers: Maple Meyer Lemon Whiskey Sour Sugaring Season Hot Cocoa Pumpkin Maple Dip with Apple Wedges Skewered Seared Duck with Tabasco Plum Sauce Maple Cashew Chicken Satay Soups, Side Dishes, and Salads: Carrot Ginger Soup with Maple Yogurt Slow Cooker Chicken Thigh Hot Pot Sap Baked Beans Kale Skillet Salad with Walnuts and Maple Layered Beet and Carrot Salad Main Courses: Vermonter Quesadillas with Maple Cream Chicken, Peanut, and Napa Cabbage Pad Thai Maple Pork Loin Roast with Apple Chutney Spicy Peanut Noodles with White Pepper Sirloin Swordfish with Maple Pipérade Desserts: Maple Shortbread Cookies Maple Date Bread Pudding Maple Bourbon Pumpkin Pie Maple Bacon Peanut Brittle Maple Pear Ginger Sorbet

Grow the Core stands conventional wisdom about business growth on its head and provides a proven formula for growing your business in recessionary times. These days, it's a common belief among business leaders across industry sectors that the best way to grow their businesses is to expand into new markets. In reality, virtually all top-performing companies achieve superior results through a leading position in their core business. Unfortunately, there's very little in the way of practical advice on how to do this. Grow the Core shows you how to focus

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on your core business for brand success, with a program of eight workouts road-tested by the author's consultancy, the brandgym. The book provides inspiration, practical advice and proven tools for building and strengthening your core business. It is packed with case studies from brandgym clients, including Mars, Friesland Campina, SAB Miller and Danone. The book features exclusive brandgym research, in addition to front-line experience on over one hundred brand coaching projects.

Mama of ten Abbie Halberstadt helps women humbly and gracefully rise to the high calling of motherhood without settling for mediocrity or losing their minds in the process. Motherhood is a challenge. Unfortunately, our worldly culture offers moms little in the way of real help. Moms only connect to celebrate surviving another day and to share in their misery rather than rejoice in what God has done and to build each other up in hard times. There has to be a better way, a biblical way, for moms to grow and thrive. As a daughter of Christ, you have been called to be more than an average mom. Attaining excellence doesn't have to be unsettling but it will take committed focus and a desire to parent well according to God's grace and for His glory. M is for Mama offers advice, encouragement, and scripturally sound strategies seasoned with a little bit of humor to help you embrace the challenge of biblical motherhood and raise your children with love

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and wisdom. Mama, you are worthy of the awesome responsibility God has given you. Now it's time to start believing you can live up to it.

Early in the twenty-first century, a quiet revolution occurred. For the first time, the major developed economies began to invest more in intangible assets, like design, branding, and software, than in tangible assets, like machinery, buildings, and computers. For all sorts of businesses, the ability to deploy assets that one can neither see nor touch is increasingly the main source of long-term success. But this is not just a familiar story of the so-called new economy. *Capitalism without Capital* shows that the growing importance of intangible assets has also played a role in some of the larger economic changes of the past decade, including the growth in economic inequality and the stagnation of productivity. Jonathan Haskel and Stian Westlake explore the unusual economic characteristics of intangible investment and discuss how an economy rich in intangibles is fundamentally different from one based on tangibles. *Capitalism without Capital* concludes by outlining how managers, investors, and policymakers can exploit the characteristics of an intangible age to grow their businesses, portfolios, and economies.

**THE LAST DIET BOOK YOU'LL EVER NEED** With so much conflicting weight-loss advice out there to confuse your efforts, it's no wonder you haven't been

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successful losing weight and keeping it off. But with Bob Harper, superstar trainer and co-host of NBC's hit show *The Biggest Loser* as your personal authority and coach, you can and will finally shed the pounds—whether you want to lose two or two hundred! Distilling Bob's vast knowledge of nutrition, weight-loss strategy, and human nature down to twenty simple, nonnegotiable principles, *The Skinny Rules* will help you step away from a reliance on processed foods and the need for so much sweet and salt and step into a newly thin lifestyle. And Bob's methods couldn't be more straightforward. Taking the guesswork out of implementing the *Skinny Rules*, Bob offers a month's worth of menu plans and more than 90 delicious, rule-abiding recipes for breakfast, lunch, dinner, and snacks to keep you cooking and eating skinny for life. You'll be happily astounded to see the variety and volume of the tasty food on your plate! He also includes terrific tips for what to stock in your fridge and what to prepare every weekend in order to set yourself up for success during your too-busy-to-cook weekdays. A virtual GPS to your weight-loss goals, *The Skinny Rules* takes the mystery out of the process, offering the fastest route to your skinny destination. LOSING WEIGHT IS NOW AS SIMPLE AS 1-2-3 . . . AND 3-15-18-20 TOO!

Rule #3: Eat protein at every meal, making some kind of fish your go-to protein as often as you can. Take your weight and divide it by two—that's more or less

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how much protein you should be eating in grams every day. Rule #15: Eat at least ten meals a week at home (and cook them yourself). Restaurant portions are usually 40 to 50 percent bigger than what you'd serve at home—the more you eat out, the more you overeat. Set yourself up for success by preparing my turkey meatballs, hummus, and roasted vegetables on the weekend so that you will have go-to staples and no excuses! Rule #18: Go to bed slightly hungry. Denied fuel for more than five hours, your body will start burning its own fat and sugar. Make a point not to eat after dinner and you'll be burning fat while you're sleeping. Rule #20: Enjoy a splurge meal once a week. Unlike episodic bingeing, splurge meals are an ingredient in your diet. When you plan something, you are in control.

Who says there's no time to cook? In the time it takes to find the phone book and call the local pizza shop, busy parents across the country could be serving up a hot, home-cooked meal for their families. Now, the secrets to being able to cook quick and nutritious meals in the time it takes for a sitcom plot to be revealed are collected here by mother and son team Nancy Mills and Kevin Mills.

Jennifer Aniston. Kate Beckinsale. Helen Hunt. Brooke Shields. In addition to their fame, these actresses share something else in common: they owe their enviable silhouettes to fitness expert and celebrity yoga instructor Mandy Ingber. In *Yogalosophy*®, Ingber—one of the most



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sought-after fitness and wellness advisors in Los Angeles—offers up a unique 28-day plan to help readers achieve healthier bodies and happier minds. Building on the concepts offered in Ingber's popular Yogalosophy® DVD, this handbook provides an accessible program of proven workouts and eating guidelines designed to tone and strengthen the entire body, inside and out. In addition to recipes and detailed body-sculpting workouts (which combine yoga postures with a wide range of other effective exercises), Ingber also offers up wise insights and thought-provoking anecdotes in each chapter, encouraging readers to establish a healthier, more life-embracing mindset. Full of girlfriend-y wisdom, Yogalosophy® is a realistic, flexible, daily plan that will help readers transform their minds, their bodies, and their lives.

This 100+ page, 4-color handbook is available in English and Spanish. It offers evidence-based information about osteoporosis prevention, detection and treatment in easy-to-read language for patients and interested consumers. *Boning Up on Osteoporosis* provides detailed information about nutrition and physical activity, including 24 exercises with step-by-step instructions for patients with osteoporosis. Other topics covered include osteoporosis risk factors, bone mineral density testing, treatment options, fall prevention and much more!

"My Grandma Says the F-word" is a hilariously funny children's book for both kids and adults alike. This loving Grandma speaks her mind, no matter where she is, who is around, or even if it's a special day. A comical play on words, this story pokes fun at what it might be like to have an unconventional grandma in your life. Because let's face it, nobody fits a perfect mold, but the people who stand out the most, are well remembered.

From the medical authority, whose previous bestsellers (*Aerobics*, *The New Aerobics*, *The Aerobics Way*, and *Aerobics for Women*) have sold more than 12 million copies, comes an

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exciting, new and comprehensive concept for total fitness. . . . Millions have benefited from Dr. Cooper's famous aerobic exercise programs. He has revolutionized the way Americans get in shape and stay in shape. Now, he presents a complete program for total well-being—physically, nutritionally, emotionally. Discover for yourself why it is the most effective, enjoyable and medically sound approach to a lifetime of energy and good health. A program designed to bring physical and emotional health and vitality to every area of your life, including:

- the 7 benefits of integrated aerobic exercise, including reduced risk of heart disease
- the 4 types of exercise that have been most radically re-evaluated in terms of aerobic exercise
- the 3 dozen ways to stay fit, and the 4 steps to making it fun
- 3 complete weeks of nutritious menus
- guidelines for the 22 components of a comprehensive medical exam, so you can work with your doctor to evaluate your level of fitness
- plus, the aerobics way to diminish physical and emotional stress, enhance your sex life, and more

Market shaping is a powerful strategy that unleashes value gains from greater market size, efficiency and profitability. This book, written by experts in the field, presents a universal, teachable, and actionable framework for understanding and shaping markets.

Get in a Good Mood & Stay There is a practical guide to help you take your thinking off autopilot and put yourself back in the driver's seat. Having gone through a rough spiritual depression and many failures in life, Dannie De Novo implemented a systematic approach to shift her attitude and create the life she wanted. In this book, she shares with you her journey and the effective exercises she utilized. Most coaches just hand you a map; Dannie gives you the guided tour. Foreword by Bob Proctor, Master Success Coach. Afterword by Troy Dunn, TV Personality.

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THE INSIDE STORY OF THE EPIC TURNAROUND OF FORD MOTOR COMPANY UNDER THE LEADERSHIP OF CEO ALAN MULALLY. At the end of 2008, Ford Motor Company was just months away from running out of cash. With the auto industry careening toward ruin, Congress offered all three Detroit automakers a bailout. General Motors and Chrysler grabbed the taxpayer lifeline, but Ford decided to save itself. Under the leadership of charismatic CEO Alan Mulally, Ford had already put together a bold plan to unify its divided global operations, transform its lackluster product lineup, and overcome a dysfunctional culture of infighting, backstabbing, and excuses. It was an extraordinary risk, but it was the only way the Ford family—America's last great industrial dynasty—could hold on to their company. Mulally and his team pulled off one of the greatest comebacks in business history. As the rest of Detroit collapsed, Ford went from the brink of bankruptcy to being the most profitable automaker in the world. American Icon is the compelling, behind-the-scenes account of that epic turnaround. On the verge of collapse, Ford went outside the auto industry and recruited Mulally—the man who had already saved Boeing from the deathblow of 9/11—to lead a sweeping restructuring of a company that had been unable to overcome decades of mismanagement and denial. Mulally applied the principles he developed at Boeing to streamline Ford's inefficient operations, force its fractious executives to work together as a team, and spark a product renaissance in Dearborn. He also convinced the United Auto Workers to join his fight for the soul of American manufacturing. Bryce Hoffman reveals the untold story of the covert meetings with UAW leaders that led to a game-changing contract, Bill Ford's battle to hold the Ford family together when many were ready to cash in their stock and write off the company, and the secret alliance with Toyota and Honda that helped prop up the American automotive supply base. In one of

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the great management narratives of our time, Hoffman puts the reader inside the boardroom as Mulally uses his celebrated Business Plan Review meetings to drive change and force Ford to deal with the painful realities of the American auto industry. Hoffman was granted unprecedented access to Ford's top executives and top-secret company documents. He spent countless hours with Alan Mulally, Bill Ford, the Ford family, former executives, labor leaders, and company directors. In the bestselling tradition of *Too Big to Fail* and *The Big Short*, *American Icon* is narrative nonfiction at its vivid and colorful best.

One of the most significant books to have been written by a New Zealand business leader. Phillip Mills, the Ernst and Young Entrepreneur of the Year and a global exporter of fitness programmes to 71 countries, has spent the last year forming his views on health and fitness and sustainability into an engaging and challenging book, *Fighting Globesity*. All New Zealanders should read it. As Phillip jokes, "What would a couple of gym bunnies know about climate change and sustainability?" As it turns out, rather a lot. Phillip has done wide reading and research in this area over the last few years. From that he has distilled a carefully argued message: we need to get fit and stay fit, we need to consume fewer resources, we need to urgently engage with health and climate change issues - and we can make a difference. In this he may well be a step ahead of many other business thinkers. Accompanied by exercise and training programmes, nutritional information, recipes and more, *FIGHTING GLOBESITY* is a perfect health, fitness and philosophy package. *FIGHTING GLOBESITY - A Practical Guide To Personal Health And Global Sustainability* combines the Mills's experience to create a cutting-edge lifestyle prescription which will be sustainable for both the individual and the planet. In a cynical age that constantly drowns us with information and conditions us to

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be mistrustful, the majority of us harbor a deep-seated yearning for more meaning and connection. Why is that? And how can we be truly fulfilled? If you feel dissatisfied with your life and helpless to make a change, you are not alone. Many people struggle to make sense of the world and find true purpose. Two decades ago, these same feelings drove Jonni Pollard to seek out a better way of being in the world. A master teacher in India introduced him to ancient Vedic practices that changed Jonni's life forever; the anxiety that had tormented him for so many years was finally replaced by a deep sense of purpose and fulfillment. Now an expert meditation teacher, Jonni's mission is to share the knowledge and techniques he has learned to help anyone reclaim their power to live a meaningful and fulfilling life. The most foundational of these lessons is what Jonni calls "the Golden Sequence." In *The Golden Sequence*, Jonni shares these eye-opening teachings with readers from all walks of life in the hopes that more people will be able to build happier, more authentic lives. A global leader in the field of meditation and mindfulness, Jonni's programs have already helped more than 250,000 people across the world. This book is a response to the greatest need of our time—reclaiming the power of our humanity. Through his genuine, essential lessons, Jonni presents a powerful case that the current global crisis we are experiencing is rooted in our disconnection from our true purpose and

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responsibility of belonging. Rediscover your authentic human nature, learn how to reclaim it as your greatest power, and find fulfillment through seeing the difference you can make in the world.

From one of America's top meditation teachers and mindfulness experts comes a revolutionarily simple approach to everyday practice—especially if you don't think you have the time or the patience. Imagine you're sitting on a cushion with your legs crossed, ready to tap into unlimited joy. There's just one problem: You can't get comfortable (let alone still), and your head is full of way too many thoughts. The problem is not with meditation, or you, though—the issue may be with your approach. When properly understood and practiced, meditation should feel easy, calming, and comfortable. In *Bliss More*, maverick instructor Light Watkins provides the tools for making it E.A.S.Y. (Embrace, Accept, Surrender, Yield), dispels the biggest myths and misunderstandings, and shares real-world tips and straight talk for hacking into this ancient practice. The result: a happier and healthier you, inside and out. Watkins also shares candid testimonials from people whose lives have been enriched through his method, and extensive resources for transforming a daily chore into an enjoyable activity. Even the biggest skeptic will look forward to sitting for meditation every day. Whether you're a novice or experienced practitioner, *Bliss More* will shed light on the path

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to a clearer mind, better sleep, and more bliss in everyday life. Praise for Bliss More “With Light Watkins as your guide, you will unlock the secrets to establishing a regular and powerfully healthy daily practice.”—Deepak Chopra, M.D. “Bliss More is one of the best meditation books I’ve ever come across for getting you started. Light Watkins has the gift of being able to demystify meditation in a way that will make you want to meditate, even if you feel your mind is too busy.”—Frank Lipman, M.D., author of 10 Reasons You Feel Old and Get Fat “If you’re ready to start a solid meditation practice, look no further.”—Rosario Dawson, actress “Light takes the world’s most powerful practice and turns it into something you can’t wait to do, something you’re actually excited about.”—Pam Grout, author of E-Squared and Thank & Grow Rich “Bliss More is a treasure trove of powerful, practical, and priceless techniques to finally master your meditation practice.”—Davidji, meditation teacher and author of Sacred Powers

40 DAYS to FREEDOM leads the reader through an expertly guided transformational process to break the cycle of food craving, diet cycling & body shaming, once and for all. Using Neuro-Linguistic Programming (NLP), we will teach you how to overcome compulsions and bad habits, and to release limiting beliefs and emotional connections to food. By implementing the steps found in

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this book you will re-program the way you think and feel about your body and install positive and supportive habits that keep you accountable and progressing toward your goals. With your newfound knowledge and motivation you will become equipped and empowered to create lasting results. As a conscious health consumer, does the vast amount of information available online, in bookstores, from health professionals and peers only leave you feeling overwhelmed and unsure of whom to trust, and what to implement? Do you encounter conflicting and confusing information seemingly at every turn, leaving you with more questions than answers? Have you come to realize that having the best intentions or strong "willpower" to gain control over your eating habits isn't enough to thrust you out of an addictive cycle? Perhaps you've perceived to have some success with a particular diet, only to find yourself rebound back to the same or worse condition over time - now weighted with the compounded effects of exasperation, desperation and despair guiding your choices. You may be a new recipient of a concerning medical diagnosis, a parent seeking healthful alternatives to the standard school lunch fare or convenience dinner foods, or an athlete seeking a competitive advantage...and you are all left with the same question: How do I break free from the rut or routine where I seem to be trapped? As you sift through mountains of literature on the latest fad diet or scientific study,



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as you consider and sometimes succumb to gimmicky "shortcuts" and home machines that are "guaranteed" to deliver gleaming health - you grow sicker, fatter and more frustrated. There is no diet, no exclusive or restrictive pattern that ever works for humans long-term. It is hardwired into our being to break out of these patterns. That is why most attempts for us to simply "willpower our way there" end in misery, disappointment and even do damage to our metabolisms. There is not one definition of freedom that is the right answer for everyone. We are all unique biochemical beings, with distinct physical and emotional differences. We cannot expect to experience the same results of another's experimentation toward better health, nor can we rely on lab research that does not translate into the human experience, and its diverse population. Our unique expression of humanness and our perception of well-being is a complex and savory stew of our internal representations of what it means to be healthy as well as distinctly measurable external variables. We have different ancestries, different metabolic types, different health histories and different health goals. So what can be taught in one book that could serve the health of the masses? Keep reading, you'll soon know.

This engaging and inspirational book by Carl Lentz, the rock star pastor of Hillsong NYC, shows us the way toward a more connected, spiritually-grounded,

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and fulfilled life. When you think of a Christian pastor, you probably don't envision a tattooed thirty-something who wears a motorcycle jacket, listens to hip-hop music, references *The Walking Dead* and Black Lives Matter in his sermons, and every Sunday draws a standing-room only crowd to a venue normally used for rock concerts—in godless New York City, no less. But then you clearly have never met Carl Lentz. As lead pastor of the first United States branch of global megachurch Hillsong, the former college basketball player is on a mission to make Christianity accessible in the 21st century. In *Own The Moment*, he shares the unlikely and inspiring story of how he went from being an average teenager who couldn't care less about church to leading one of the country's fastest-growing congregations—how one day he is trying to convince a Virginia Beach 7-Eleven clerk to attend his service, and just a few years later he is baptizing a global music icon in an NBA player's Manhattan bathtub. Amid such candid personal tales, Lentz also offers illuminating readings of Bible passages and practical tips on how to live as a person of faith in an increasingly materialistic world. How do you maintain your values—and pass them onto your children—in a society that worships money and sex and fame? How do you embrace your flaws in this Instagram era that exalts the appearance of perfection? How do you forget about “living the dream” and learn to embrace the beauty of your reality? These

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are just a few of the many important questions Lentz answers in *Own The Moment*—a powerful book that redefines not just Christianity but spirituality as a whole.

White women are one of the most influential demographics in America—we are the largest voting bloc, with purchasing power that exceeds anybody else's, and when we unify to demand change, we are a force to be reckoned with. Yet, so many of us sit idly on the sidelines, opting out of raising our hands to do, learn, and engage in ways that could make a difference. Why? White American women are no monolith. Yet, as Women's March national organizer Jenna Arnold has learned over the past few years criss-crossing the US in conversations with white women about their identity and role in the country, we do possess common characteristics—ones that get in the way of us becoming more engaged as citizens. We're so focused on checking off our to-do lists, or so afraid of getting it wrong, or so busy trying to avoid conflict, that we are actively avoiding the urgent conversations we need to have. We are confused about how we got here and unsure how to do better. *Raising Our Hands* is the reckoning cry for white women. It asks us to step up and join the new frontlines of the fight against complacency—in our homes, in our behaviors, and in our own minds. Consider *Raising Our Hands* your starting place, your "Intro to Being a White Woman in

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Today's World" freshman-year class. In these pages, Jenna peels back the history that's been kept out of textbooks and the cultural norms that are holding us back, so we can finally start really listening to marginalized voices and doing our part to promote progress. The American white woman is a powerful force—an essential participant—to mobilize alongside the rest of humanity on behalf of the world, and we can no longer make excuses for why we don't have time or don't know enough.

This Research Topic of Frontiers in Physiology is dedicated to the memory of Professor Nigel Stepto, the Lead Guest Editor of this collection, who sadly passed away during its formation. Prof Stepto was a passionate and recognised world leader in the field of Exercise Physiology with outstanding contributions, particularly in the area of women's reproductive health. Nigel's research passion was in understanding the mechanistic effects of exercise for health and therapy with a special interest in insulin resistance and Polycystic Ovary Syndrome, the leading cause of anovulatory infertility in young women of reproductive age. He was the co-Deputy Director - Research Training at the Institute of Health and Sport (IHeS) at Victoria University, Melbourne, Australia and held adjunct associate professorial roles at Monash University and the University of Melbourne. He was Chair of the Exercise and Sports Science Association

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(ESSA) Research Committee, Project Director of the Australian Institute for Musculoskeletal Science (AIMSS) and an active member of the Australian Physiological Society (AuPS). Alongside his influential research career and leadership roles, Nigel was a strong advocate for postgraduate and early career researchers. His collaborative nature and approach to research ensured those mentored by him were considered, included and valued members across his many research projects and initiatives. Nigel's impact and influence on the careers of early researchers will continue at Victoria University with both a Nigel Stepto Travel Award and Nigel Stepto PhD Scholarship established in his honour. Nigel was great friend and colleague to many who is very much missed. Nigel is survived by his wife, Fiona and two children Matilda (14 years) and Harriet (11 years). Vale, Professor Nigel Stepto (12 September 1971 – 4 February 2020).

The Lotte Berk Method is a low-impact, extraordinarily effective program that firms, lengthens and shapes muscles to their optimal form.

In April 1811, while staying with her brother in London to await the publication of her first novel, Jane Austen finds herself deep in the heart of a conspiracy when she investigates the murder of a disgraced woman rumored to be the mistress of Lord Castl

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THE NEW YORK TIMES BESTSELLER 'A glittering depiction of a woman ahead of her time who absolutely refused to be second best' Red Alva Smith, her Southern family destitute after the Civil War, marries into one of America's great Gilded Age dynasties: the newly wealthy but socially shunned Vanderbilts. Ignored by New York's old-money circles and determined to win respect, she designs and builds nine mansions, hosts grand balls, and arranges for her daughter to marry a duke. But Alva also defies convention for women of the time, asserting power within her marriage and becoming a leader in the women's suffrage movement. With a nod to Jane Austen and Edith Wharton, bestselling author Therese Anne Fowler paints a glittering world of enormous wealth contrasted with desperate poverty, of social ambition and social scorn, of friendship and betrayal, and an unforgettable story of a remarkable woman. 'A very lively read' Independent 'A pacy, elegant novel' Mail on Sunday 'Wholly absorbing' Stylist 'Like Gossip Girl minus more than a century' The Skimm 'Enthralling' Good Housekeeping ----- \*PRAISE FOR Z: A NOVEL OF ZELDA FITZGERALD, A NEW YORK TIMES BESTSELLER\* 'Brilliant. Read it, read it, read it' Daily Mail 'Superb' Independent on Sunday 'Utterly compulsive reading' Stylist 'A treat' Sunday Times

From its earliest days, America served as an arena for the revolutions in

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alternative spirituality that eventually swept the globe. Esoteric philosophies and personas—from Freemasonry to Spiritualism, from Madame H. P. Blavatsky to Edgar Cayce—dramatically altered the nation’s culture, politics, and religion. Yet the mystical roots of our identity are often ignored or overlooked. Opening a new window on the past, *Occult America* presents a dramatic, pioneering study of the esoteric undercurrents of our history and their profound impact across modern life.

*THE BRAND GAP* is the first book to present a unified theory of brand-building. Whereas most books on branding are weighted toward either a strategic or creative approach, this book shows how both ways of thinking can unite to produce a “charismatic brand”—a brand that customers feel is essential to their lives. In an entertaining two-hour read you’ll learn:

- the new definition of brand
- the five essential disciplines of brand-building
- how branding is changing the dynamics of competition
- the three most powerful questions to ask about any brand
- why collaboration is the key to brand-building
- how design determines a customer’s experience
- how to test brand concepts quickly and cheaply
- the importance of managing brands from the inside
- 220-word brand glossary

From the back cover: Not since McLuhan’s *THE MEDIUM IS THE MESSAGE* has a book compressed so many ideas into so few pages. Using the visual language of

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the boardroom, Neumeier presents the first unified theory of branding—a set of five disciplines to help companies bridge the gap between brand strategy and customer experience. Those with a grasp of branding will be inspired by the new perspectives they find here, and those who would like to understand it better will suddenly “get it.” This deceptively simple book offers everyone in the company access to “the most powerful business tool since the spreadsheet.”

Using in-depth case studies to explore how we grapple with compulsion in ourselves and those we love, *Can't Just Stop* examines the science behind both mild and extreme compulsive behavior—“a fascinating read about human behavior and how it can go haywire” (The Charlotte Observer). Whether shopping with military precision or hanging the tea towels just so, compulsion is something most of us have witnessed in daily life. But compulsions exist along a broad continuum and, at the opposite end of these mild forms, exist life-altering disorders. Sharon Begley’s meticulously researched book is the first to examine all of these behaviors together—from obsessive-compulsive disorder (OCD) to hoarding, to compulsive exercise, even compulsions to do good. They may look profoundly different, but these behaviors are all ways of coping with varying degrees of anxiety. Sharing personal stories from dozens of interviewees, “Begley combines a personal topic with thoughtfulness and sensitivity” (Library



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Journal) and gives meaningful context to their plight. Along the way she explores the role of compulsion in our fast-paced culture, the brain science behind it, and strange manifestations of the behavior throughout history. Can't Just Stop makes compulsion comprehensible and accessible, with "fresh insight that could fundamentally alter how we think of, and treat, mental illness going forward" (Publishers Weekly).

"Finally—a fitness book for the rest of us! . . . [Big Fit Girl] is sure to usher in a new generation of tough, curvy athletes." —Jessamyn Stanley, author of Every Body Yoga In Big Fit Girl, Louise Green describes how the fitness industry fails to meet the needs of plus-size women and thus prevents them from improving their health and fitness. By telling her own story of how she stopped dieting, got off the couch, and unleashed her inner athlete—as well as showcasing similar stories from other women—Green inspires other plus-size women to do the same. Green also provides concrete advice, based on the latest research, about how to get started, how to establish a support team, how to choose an activity, what kind of clothing and gear work best for the plus-size athlete, how to set goals, and how to improve one's relationship with food. And she stresses the importance of paying it forward—for it is only by seeing plus-size women in leadership roles that other plus-size women will be motivated to stop trying to lose weight and get fit

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instead. “Big Fit Girl impressed me tremendously. Green combines compelling storytelling with practical tips—true to what we know about science—in a unique way that will get you moving.” —Linda Bacon, PhD, scientist, and author of *Health at Every Size* “Inspiring and empowering.” —Taryn Brumfitt, producer and director, founder of the Body Image Movement “I’m thrilled to live in a world where Big Fit Girl will be part of the health section. Thank you Louise—it’s time for every person of every size to have access to this information!” —Jes Baker, *The Militant Baker*

As a child, Sarah Robb O’Hagan dreamed she could be a champion. Her early efforts failed to reveal a natural superstar, but she refused to settle for average. Through dramatic successes and epic fails, she studied how extraordinary people in sports, entertainment and business set and achieve extremely personal goals. Sarah became an executive at Virgin Atlantic and Nike, and despite being fired twice in her twenties, she went on to become the global president of Gatorade and of Equinox—as well as a wife, mother, and endurance athlete. In every challenging situation, personal or professional, individuals face the pressure to play it safe and conform to the accepted norms. But doing so comes with heavy costs: passions stifled, talents ignored, and opportunities squelched. The bolder choice is to embrace what Sarah calls Extreme You: to confidently

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bring all that is distinctive and relevant about yourself to everything you do. Inspiring, surprising, and practical, Extreme You is her training program for becoming the best version of yourself.

'My aim is to make changing the way you eat easy, attainable and non-threatening. I want to take food back to basics: simple, healthy, plant-based recipes, full of unprocessed natural ingredients that taste great. Just remember what you need to help you THRIVE (tasty, healthy recipes that increase vitality effortlessly).' Saskia Be fit and strong not skinny, happy not guilty with 100 healthy recipes for every day, deliciously free from meat, dairy and wheat. Saskia's delicious, easy-to-make recipes will prove to sugar addicts, hardened carnivores and dairy lovers that plant-based eating is delicious, fun and satisfying - as well as really good for you. Recipes are either quick and simple or can be made ahead, ingredients are affordable and easy to find, and you don't need lots of expensive equipment to make this food. As a ballet dancer, this diet gives Saskia all the energy and nutrition she needs to train, recover and perform but you don't have to be an athlete to benefit from this book. These recipes will overhaul your health, leave your skin healthy and glowing, give you energy to tackle every situation and occasion from gym work-outs to that special occasion for which you need to look for best, and give your body all the nutrients it needs

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to be healthy.

Building muscle has never been faster or easier than with this revolutionary once-a-week training program In Body By Science, bodybuilding powerhouse John Little teams up with fitness medicine expert Dr. Doug McGuff to present a scientifically proven formula for maximizing muscle development in just 12 minutes a week. Backed by rigorous research, the authors prescribe a weekly high-intensity program for increasing strength, revving metabolism, and building muscle for a total fitness experience.

A celebrated strength trainer and trauma practitioner offers a fresh and empowering approach to healing and thriving after trauma. In this innovative title, celebrated trainer and trauma practitioner Laura Khoudari brings a fresh approach to healing after trauma, using strength training as an embodied movement practice. Compassionate, witty and fastidiously researched, Khoudari's debut, *Lifting Heavy Things*, is a breakthrough title that will empower and inspire you to develop resilience and build emotional and physical strength through working out with weights, while mindful of the ways that trauma can compromise the wellbeing of the mind and body. In *Lifting Heavy Things*, you'll learn about: Managing chronic pain Creating the conditions for training and healing Understanding how trauma shows up in daily life Using embodied

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movement practices (beyond yoga) as a tool to comfortably re-inhabit the body  
Navigating interpersonal relationships during and after the healing process Why  
you don't have to tell your trauma story (to everyone) Thriving with and moving  
beyond trauma With humor, tenderness and grit, *Lifting Heavy Things* takes  
readers on a journey of personal revelation and integration, helping them to  
lighten their emotional burden and build deep inner strength to lift all of the heavy  
things that life may bring with greater ease.

The riveting novel of iron-willed Alva Vanderbilt and her illustrious family as they  
rule Gilded-Age New York, written by Therese Anne Fowler, a New York Times  
bestselling author of *Z: A Novel of Zelda Fitzgerald*. Alva Smith, her southern  
family destitute after the Civil War, married into one of America's great Gilded  
Age dynasties: the newly wealthy but socially shunned Vanderbilts. Ignored by  
New York's old-money circles and determined to win respect, she designed and  
built nine mansions, hosted grand balls, and arranged for her daughter to marry a  
duke. But Alva also defied convention for women of her time, asserting power  
within her marriage and becoming a leader in the women's suffrage movement.  
With a nod to Jane Austen and Edith Wharton, in *A Well-Behaved Woman*  
Therese Anne Fowler paints a glittering world of enormous wealth contrasted  
against desperate poverty, of social ambition and social scorn, of friendship and

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betrayal, and an unforgettable story of a remarkable woman. Meet Alva Smith Vanderbilt Belmont, living proof that history is made by those who know the rules—and how to break them.

'A work of remarkable scope' - Guardian FT Best science books of 2018 Primate Change has been adapted into a radio series for the BBC WORLD SERVICE. \* This is the road from climate change to primate change. PRIMATE CHANGE is a wide-ranging, polemical look at how and why the human body has changed since humankind first got up on two feet. Spanning the entirety of human history - from primate to transhuman - Vybarr Cregan-Reid's book investigates where we came from, who we are today and how modern technology will change us beyond recognition. In the last two hundred years, humans have made such a tremendous impact on the world that our geological epoch is about to be declared the 'Anthropocene', or the Age of Man. But while we have been busy changing the shape of the world we inhabit, the ways of living that we have been building have, as if under the cover of darkness, been transforming our bodies and altering the expression of our DNA, too. Primate Change beautifully unscrambles the complex architecture of our modern human bodies, built over millions of years and only starting to give up on us now. 'Our bodies are in a shock. Modern living is as bracing to the human body as jumping through a hole

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in the ice. Our bodies do not know what century they were born into and they are defending and deforming themselves in response.'

Running is not just a sport. It reconnects us to our bodies and the places in which we live, breaking down our increasingly structured and demanding lives. It allows us to feel the world beneath our feet, lifts the spirit, lets our minds out to play, and helps us to slip away from the demands of the modern world. When Vybarr Cregan-Reid set out to discover why running means so much to so many, he began a journey which would take him out to tread London's cobbled streets, the boulevards of Paris, and down the crumbling alleyways of Ruskin's Venice. Footnotes transports you to the deserted shorelines of Seattle, the giant redwood forests of California, and to the world's most advanced running laboratories and research centers. Using debates in literature, philosophy, neuroscience, and biology, this book explores that simple human desire to run. Liberating and inspiring, Footnotes reminds us why feeling the earth beneath our feet is a necessary and healing part of our lives.

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

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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.

Ladies who Lunge: Essays on Difficult Women dances through history with the unconventional woman. Witty and refreshing, the tone, texture and feeling of the words on the page are as unconventional as the plucky women who punctuate



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the prose. It is a tough, determined, moving, frank and funny review of difficult women: how they got there, how we can understand their actions, and how we can learn from them.

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