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'The diet that could save your life.' - The Times 'A brilliant book if you have type 2 diabetes or you don't want to get it.' - Jeremy Vine, BBC Radio 2 ****AS SEEN ON CHANNEL 4**** Dr Michael Mosley's No 1 bestselling 8-week Blood Sugar Diet revealed a game-changing approach to weight loss that not only lowers blood sugar levels, but can also reverse and prevent type 2 diabetes. In this fabulous companion cookbook, Dr Clare Bailey, GP and wife of Michael Mosely, has teamed up with renowned nutritionist Dr Sarah Schenker to create a collection of low-cal, low-carb recipes, all expertly balanced and easy to make. They range from quick breakfasts to deliciously satisfying supper and follow the Mediterranean style of eating now proven to revolutionise your health.

Whether you are embarking on the full 8-week diet plan to reverse your diabetes or simply looking to keep your blood sugar levels in check, this book will help you lose weight and change the way you eat for ever. Average weight loss: 14kg in 8 weeks "I feel amazing. I have been given another chance at life." Cassie, 28, lost 20kg

Use the power of motivation and good habits to become fitter, healthier and stronger, for life! Bikini Body Guides (BBG) co-creator Kayla Itsines, named the world's number one fitness influencer by Forbes, shows you how to harness the power of motivation and build good habits around health and fitness. Drawing on more than 40,000 survey responses from her global online community, as well as extensive research and her experience as a trainer, Kayla addresses what stops us from following through

on our health and fitness goals. In her second book, *The Bikini Body Motivation & Habits Guide*, Kayla explores how you can overcome those obstacles, set goals and stick to a long-term plan for better health. Inside, you'll find helpful checklists and templates, a 28-day meal plan, more than 200 simple and delicious recipes, shopping lists and a downloadable 28-day workout poster. Let global fitness phenomenon Kayla show you how YOU can stick to a plan for long-term health. "In this book, I give you the keys to achieving your goals and show you how to use motivation to create healthy habits that will stick." This is a specially formatted fixed-layout ebook that retains the look and feel of the print book. This last book in the six-volume series from NEXTmanga combines cutting-edge illustration with fast-paced storytelling to deliver biblical truth to an ever-changing, postmodern culture. More than 10 million books in over 40 different languages have been distributed worldwide in the series.

The body transformation phenomenon and #1 Instagram sensation's first healthy eating and lifestyle book! Millions of women follow Kayla Itsines and her *Bikini Body Guide* 28-minute workouts: energetic, kinetic, high-intensity interval training sessions that help women achieve healthy, strong bodies. Fans not only follow Kayla on Instagram, they pack stadiums for workout sessions with her, they've made her *Sweat with Kayla* app hit the top of the Apple App Store's health and fitness charts, and they post amazing before and after progress shots. *The Bikini Body 28-Day Healthy Eating & Lifestyle Guide* features: - 200 recipes such as fresh fruit breakfast platters, smoothie bowls, and salads - A 4-week workout plan which includes Kayla's signature 28-minute workouts - Full-colour food shots and photos featuring Kayla throughout

A collection of 300 multiple-choice questions which are divided into subject chapters corresponding with those in *General and Systematic Pathology*, a complementary text. However, full explanatory answers are supplied so that this book may be used with any pathology textbook. The questions take the form of a stem with five branches which must be marked true or false. This is the most commonly used system of questions in British medical schools and is usually scored as +1 for a correct response and zero for no response.

In recent years, Iran has gained attention mostly for negative reasons--for its authoritarian religious government, disputed nuclear programme, and controversial role in the Middle East--but there is much more to the story of this ancient land than can be gleaned from the news. This ... history of Iran ... covers the entire history of the area from the foundation of the ancient Persian Empire to today's Iranian state. Writing from an Iranian rather than a European perspective, Katouzian integrates the significant cultural and literary history of Iran with its political and social history. Some of the greatest poets of human history wrote in Persian--among them Rumi, Omar Khayyam, and Saadi--and Katouzian discusses and occasionally quotes their work ... Katouzian argues that the absolute and arbitrary power traditionally enjoyed by Persian/Iranian rulers has resulted in an unstable society where fear and short-term thinking dominate.

'My son shoved an unpopped popcorn up his nose . . . what do I do?' 'My daughter was drinking from the dog's bowl with a curly straw . . . is that a problem?' 'There is something in my baby's nappy resembling a creature from the Alien franchise . . . should I be concerned?' Ahhhh, Parenthood. So much joy, so many stains.

So many rewards, so many unfinished lattes. So many questions, so many people pretending they have the answers. Madeleine West is an actor, a writer and sometimes a comedian, but most importantly, she is a mother, and even though she has a perfectly functional television, she has six of the crazed critters to prove it. Madeleine is no expert, but if she hasn't seen it, wiped it up, medicated it, rushed to the emergency ward with it, raised bail for it, or given birth to it, it isn't worth knowing. In this hilarious, moving, brutally honest tale, Madeleine takes you through the ups and downs of the rollercoaster called Parenthood. You will laugh, you may cry, and you might just learn something along the way.

The HELP Vegetarian Guide contains Kayla Itsines' 107 page clean eating plan including a full 14 day meal plan with recipes. Suitable for Vegetarians, Vegans and Pescatarians. Learn what to eat, discover fat burning foods, eat tasty meals and speed up your metabolism.

Tatum Everley is a freshman at Western Michigan University. Due to an emotionally and psychologically abusive past relationship, Tate struggles from Complex-Post Traumatic Stress Disorder. She has been working on controlling her symptoms and flashbacks, but when she meets Axel Burne at a fraternity party, who is notorious for sleeping around and getting into fights, she tries her best to dodge the bullet. Axel starts to become intrigued by Tate, but she's better off choosing Lucas- the sweet guy who has been trying to take her out since orientation. But even though Lucas is the better option, Axel keeps reappearing. Tate continues to try to stay away from him, but it starts becoming harder to, and as

she gets closer to him, things start to get way out of hand. If Tate wants her happy ending and her sanity intact, then she has to push through the hardships and maintain control over her disorder.

Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

Electronic Inspection Copy available for instructors here This exciting new text offers all students of Tourism a concise introduction to all the core topics of Tourism Management. Covering both key theory and practice it introduces students to general management issues across the whole tourism sector in an accessible and manageable way. Focusing particularly on the challenges of managing tourism in the 21st Century, it integrates the themes of sustainability, internationalism, technology and globalisation throughout to provide a thoroughly modern approach to the study of Tourism. Key features of this text include: - A specific focus on the management of tourism in the context of economic, social and environmental conditions, avoiding lengthy descriptions of the various components of the sector; - Three main integrated themes focusing on the demand for tourism, the supply of tourism, and the challenge of balancing of the two; - Coverage of how management techniques are developing in response to changing patterns of demand, emerging markets and destinations, globalisation, and the impacts of tourism; - Discussion points, examples and cases studies designed with the broadest cultural and international dimensions in mind for today's diverse student profile. Written specifically for those looking for core topic coverage in a manageable and concise format, this text will be

essential reading for those looking for a truly contemporary introduction to Tourism Management.

Math 1 B

14 days of Kayla Itsines' healthy, tasty meals! Sometimes the only thing harder than the workouts, is eating healthy and fighting those junk food cravings. Itsines' Recipe Guide uses the same nutrition principles as The HELP Nutrition Guide and contains 14 additional days worth of amazing, drool worthy recipes.

DISCIPLE IV UNDER THE TREE OF LIFE is the final study in the four-phase DISCIPLE program and is prepared for those who have completed BECOMING DISCIPLES THROUGH BIBLE STUDY. The study concentrates on the Writings (Old Testament books not in the Torah or the Prophets), the Gospel of John, and Revelation. Emphasis on the Psalms as Israel's hymnbook and prayer book leads natural to an emphasis on worship in the study. Present through the entire study is the sense of living toward completion - toward the climax of the message and the promise, extravagantly pictured in Revelation. The image of the tree and the color gold emphasize the prod and promise in the Scriptures for DISCIPLE IV: UNDER THE TREE OF LIFE. The word under in the title is meant to convey invitation, welcome, sheltering, security, and rest - home at last. Commitment and Time Involved 32 week study Three and one-half to four hours of independent study each week (40 minutes daily for leaders and 30 minutes daily for group members) in preparation for weekly group meetings. Attendance at weekly 2.5 hour meetings. DVD Set Four of the five videos in this set contain video segments of approximately ten minutes each that serve as the starting point for discussion in weekly study ses-

sions. The fifth video is the unique component that guides an interactive worship experience of the book of Revelation. Under the Tree of Life Scriptures lend themselves to videos with spoken word, art, dance, music, and drama. Set decorations differs from segment to segment depending on the related Scripture and its time period. Set decoration for video segments related to the Writings generally has a Persian theme. Set decoration for the New Testament video segments emphasizes the simpler life of New Testament times.

Can Leonardo battle ninja robots and keep his troublemaking brothers in line? Kids ages 2 to 5 will find out in this all-new, full-color book starring Nickelodeon's Teenage Mutant Ninja Turtles. This Nickelodeon Read-Along contains audio narration.

The Ultimate Guide to Dropshipping is a complete guide on how to create and run a successful dropshipping business. "This is by far the best book on dropshipping available. You will learn everything you need to know about finding a product, setting up an online store and growing your business." (Sean Work, Director of Marketing, KISSmetrics) "Andrew and Mark have written a comprehensive, no-BS guide to dropshipping. Essential reading for anyone considering this type of retail." (Chandra Clark, Founder & President, Scribendi) "These guys distill everything you need to know about dropshipping. It's a must read if you want practical advice and a clear blueprint to help you grow your business." (Valerie Khoo, National Director, Australian Writers' Centre) "Holy jeez - I wish these guys had written this 7 years ago.... I can say that the advice in this book is spot on."

CHANGE YOUR THINKING, CHANGE YOUR SHAPE, CHANGE YOUR

LIFE 28 By Sam Wood combines quick, simple, delicious meals with a daily 28 minute exercise program. In just a year of the program, personal trainer and The Bachelor favourite Sam Wood and his team have transformed more than 100,000 people's lives. Now, for the first time, the best of 28 by Sam Wood has been brought together in a book. Including 100 of Sam and nutritionist Steph Lowe's popular recipes for breakfast, lunch, dinner and snacks. All based on their philosophy that we should turn the healthy food pyramid upside down - and prioritise real food with as little human interference as possible. Alongside satisfying, achievable recipes for every time of the day, 28 By Sam Wood includes a monthly meal planner, a regime of tough but achievable exercises for every level, and advice on taking control of your weight, your health and your life today.

Who was Robin Hood? Romantic legend casts him as outlaw, archer, and hero of the people, living in Sherwood Forest with Friar Tuck, Little John and Maid Marian, stealing from the rich to give to the poor - but there is no historical proof to back this up. The early ballads portray a quite different figure: impulsive, violent, vengeful, with no concern for the needy, no merry band, and no Maid Marian. Hodd provides a possible answer to this famous question, in the form of a medieval document rescued from a ruined church on the Somme, and translated from the original Latin. The testimony of an anonymous monk, it describes his time as a boy in the greenwood with a half-crazed bandit called Robert Hodd - who, following the thirteenth-century principles of the 'heresy of the Free Spirit', believes himself above God and beyond sin. Hodd and his crimes would have been forgotten without the boy's minstrel skills, and it is the old monk's cruel fate to

know that not only has he given himself up to apostasy and shame, but that his ballads were responsible for turning a murderous felon into the most popular outlaw hero and folk legend of England, Robin Hood. Written with his characteristic depth and subtlety, his sure understanding of folklore, his precise command of detail, Adam Thorpe's ninth novel is both a thrilling re-examination of myth and a moving reminder of how human innocence and frailty fix and harden into history.

When a bad day at work culminates in losing out on a promotion, Jim Sanders shifts into his animal form to let off steam. Then his bad day turns into a bad night-while prowling his Atlantic City neighborhood as a large gray house cat, he's caught in a torrential downpour. What little luck he has washes down the gutter when his new boss, Andrew Wright, catches him taking shelter on his porch, brings him inside, and starts calling him Mr. Frosty. As a feline, Jim becomes the inadvertent confessor for his boss's lonely son, Tony, a victim of schoolyard bullying. As a human, he feels drawn to Andrew, a man he wanted to resent. Finding love was never part of Jim's plan for the future-not with his bizarre secret-yet suddenly he finds himself navigating that minefield anyway. But not everything is easy, especially for an interracial gay couple dealing with prejudice in the workplace, at Tony's school, and even within their own families.

Mama and baby make one incredible team in this new picture book from New York Times bestselling author and Peloton instructor extraordinaire Robin Arzón. Before I met you, I dreamed of you. This is the story of how we first met. Ultramarathons. Bike sprints. Squats and deadlifts. Naps. Kitchen dance parties! All of it is in preparation for meeting Pequeno, the "Little One" growing in

this strong mama's belly. From first heartbeats and fluttery kicks to grinning grandparents and that first loud cry -- pregnancy might just be the biggest workout yet! But there's nothing this mom and new baby can't tackle together as a team. New York Times bestselling author and Peloton Head Instructor Robin Arzón takes readers on sweat-packed journey through motherhood in this affirming and heartwarming celebration of mothers and parents everywhere.

This book exposes coffee's darker side that scientists know, but the coffee industry has tried to suppress. It uncovers short- and long-term health issues associated with coffee consumption, reveals why women should avoid coffee, the role of coffee in adrenal depletion, and other topics.

So you finished my 12 week guide! Give yourself a massive congratulations and pat on the back. It's a huge accomplishment, and no doubt you are feeling a big change in your overall health, mindset, and confidence. As you know by now, my program is not a "diet", but a lifestyle. With my 2.0 guide, I've created another 12 weeks to help you continue your healthy lifestyle. Inside you will find 12 weeks of higher challenge workouts, a full glossary section detailing new exercises, as well as a guide to foam rolling, and new resistance exercises. The 2.0 guide helps you take your healthy lifestyle to the next level, and is the best way to continue reaching your fitness goals!

An introduction to papermaking that describes the many techniques used today, how paper was invented, how it has evolved throughout history, and how people can make their own paper.

This book, first appearing in German in 2004 under the title

Spezielle Relativitätstheorie für Studienanfänger, offers access to the special theory of relativity for readers with a background in mathematics and physics comparable to a high school honors degree. All mathematical and physical competence required beyond that level is gradually developed through the book, as more advanced topics are introduced. The full tensor formalism, however, is dispensed with as it would only be a burden for the problems to be dealt with. Eventually, a substantial and comprehensive treatise on special relativity emerges which, with its gray-shaded formulae, is an invaluable reference manual for students and scientists alike. Some crucial results are derived more than once with different approaches: the Lorentz transformation in one spatial direction three times, the Doppler formula four times, the Lorentz transformation in two directions twice; also twice the unification of electric and magnetic forces, the velocity addition formula, as well as the aberration formula. Beginners will be grateful to find several routes to the goal; moreover, for a theory like relativity, it is of fundamental importance to demonstrate that it is self-contained and without contradictions. Author's website: www.relativity.ch.

If you are a millennial who is trying to figure out how money works, this book is for you. With simple, relatable and sometimes amusing stories about how to manage money on a day-to-day basis, you will learn how to change your mindset about money, get out of debt and stay debt-free, invest your money and, ultimately, live your best life. You're Not Broke, You're Pre-Rich will help you, the young professional, to think differently about money, while covering pertinent topics like black tax, savings, budgeting,

emergency funds and financial scams, as well as estate and retirement planning (and why you should care right now!). It is the best class you never attended ... in a book!

Our lives are pretty stressful, from the mountains of work emails to the never-ending life admin, finding time to see friends and family whilst still getting in those gym workouts, and why does everyone on Instagram have all this figured out. Working with crystals is a way to slow that frenetic world down, realign your intentions and find the inner calm we all seek. Some say that crystals are magic, but they're more than just magic. They have the power to reveal your truest self, the version of you that's been waiting to be seen and acknowledged. The Crystal Code explains how to harness the power of these awesome rocks, introducing us to seventy stones and their unique personalities. It will show you how to find the perfect crystals to empower and energize you and will teach you some easy rituals, meditations and crystallized self-care routines. Whether it's peacock ore to give you more confidence on that nerve-racking first date, white celestite to conquer anxiety or purple amethyst to help you feel centred, this is the ultimate guide to regaining control of your life and to feeling happier, healthier and more grounded.

Miguel Barclay's new recipe book, GREEN ONE POUND MEALS, is available for pre-order now! Over 80 super-simple and tasty recipes that will save you both time and money. Here is delicious food for less. So much more than cheap dinner ideas - here are meals that cost under £1 but look and taste a million dollars! Recipes for the whole family without breaking the bank, including lots of favourite and familiar storecupboard ingredients. Instagram chef sensation Miguel Barclay is taking the world by storm

with his delicious meals that cost less than £1 per person. 'I've always loved cooking but I'm not a fan of needlessly over-complicated recipes that waste time and money. So I've created my own style of cooking: simple ingredients, straightforward recipes and mouthwatering meals, all on a budget. Now you can eat the food you love - from meatball marinara to chicken katsu curry, lamb moussaka to aubergine dal - all for under £1 per person.' Miguel's easy-to-follow, ready-in-minutes recipes are for a single serving, and can all be cooked for under £1 per person - just multiply them up for more servings. 'As you would expect from such a relaxed style of cooking, the book is laid out in a similarly laidback manner. There are no chapters or themes. Just flick through the pages and cook whichever dish you fancy. But, as a nod to my Instagram roots and to help you identify types of dish, I have labelled each recipe with hashtags, so if you want to find veggie food, just look out for the veggie hashtags. One Pound Meals are designed to use a core group of ingredients, and this is the key to eliminating waste. Just start with one recipe, and depending on what you have left over, choose your next recipe accordingly. I want you to bounce around the book on a sort of never-ending random journey as you use up those leftover ingredients. It also means you can plan a week's worth of meals in one go and shop more efficiently.' With savvy supermarket shopping swaps and time-saving tips, One Pound Meals makes cooking quicker, easier and tastier, and with less waste. One Pound Meals includes: * Lasagne * Crab mac & cheese * Chicken katsu curry * Pork chop in a mustard & leek sauce * Spaghetti carbonara * Mushroom risotto * Quiche lorraine * Aubergine dal & chapati * Scotch Egg * Ultimate £1 burger * Ham & mushroom pizza * Pancake stack

From Michelle Knight-Cleveland kidnapping survivor and #1 New York Times bestselling author of *Finding Me* comes an inspirational book about healing and resilience, on the five-year anniversary of her escape. Michelle Knight -- now known as Lily Rose Lee -- captured the world's attention in May 2013, when she and two fellow kidnapping victims were found and freed after being held for more than a decade by notorious Cleveland kidnapper Ariel Castro. But many people are still asking: What happened after her escape? How do you re-enter society after years of abuse and isolation? How do you get past the trauma and live a happy and joy filled life? How do you learn to trust again? In *Life After Darkness*, published on the fifth anniversary of her liberation, Lily describes how she managed to heal the wounds to her body, mind, and soul-wounds, she reveals, that were first inflicted even before her kidnapping. With the help of good friends and anchored by her own inner strength, she takes us with her step by step on her journey out of darkness into the light. An inspiring story -- and for anyone who has dared to hope after suffering, a guidebook to finding new purpose for a meaningful life.

Kayla Itsines *Foam Rolling Guide* is essential for anybody who has purchased a foam roller and is unsure of how to use it. Foam rolling helps to relieve muscle tension and pain by improving circulation. It could also help to minimise the appearance of cellulite. In this guide you will find:

- The importance of foam rolling
- Recommended upper body foam rolling routine
- Recommended lower body foam rolling routine
- Stretching exercises to aid in rehabilitation
- Do's & Don't's
- Step-by-step information

Since its emergence in early 2020, the COVID-19 crisis has affect-

ed every part of the world. Well beyond its health effects, the pandemic has wrought major changes in people's everyday lives as they confront restrictions imposed by physical distancing and consequences such as loss of work, working or learning from home and reduced contact with family and friends. This edited collection covers a diverse range of experiences, practices and representations across international contexts and cultures (UK, Europe, North America, South Africa, Australia and New Zealand). Together, these contributions offer a rich account of COVID society. They provide snapshots of what life was like for people in a variety of situations and locations living through the first months of the novel coronavirus crisis, including discussion not only of health-related experiences but also the impact on family, work, social life and leisure activities. The socio-material dimensions of quotidian practices are highlighted: death rituals, dating apps, on-line musical performances, fitness and exercise practices, the role of windows, healthcare work, parenting children learning at home, moving in public space as a blind person and many more diverse topics are explored. In doing so, the authors surface the feelings of strangeness and challenges to norms of practice that were part of many people's experiences, highlighting the profound affective responses that accompanied the disruption to usual cultural forms of sociality and ritual in the wake of the COVID outbreak and restrictions on movement. The authors show how social relationships and social institutions were suspended, re-invented or transformed while social differences were brought to the fore. At the macro level, the book includes localised and comparative analyses of political, health system and policy responses to the pandemic, and highlights the differences in representa-

tions and experiences of very different social groups, including people with disabilities, LGBTQI people, Dutch Muslim parents, healthcare workers in France and Australia, young adults living in northern Italy, performing artists and their audiences, exercisers in Australia and New Zealand, the Latin cultures of Spain and Italy, Asian-Americans and older people in Australia. This volume will appeal to undergraduates and postgraduates in sociology, cultural and media studies, medical humanities, anthropology, political science and cultural geography.

Andrew McCarthy grows concerned for his family after he catches a young man, Zachary Denton, photographing his daughter, Grace McCarthy, and other children at a park. To his dismay, Zachary talks his way out of trouble when he's confronted by the police. He hopes that's the end of it. Then he finds Zachary at a diner and then at a grocery store. He knows their encounters aren't coincidences. And just as Andrew prepares to defend his family, Grace vanishes. As the police search stalls and the leads dry up, Andrew decides to take matters into his own hands. He starts by searching for sex offenders in the area and researching enhanced interrogation techniques... He convinces himself he'll do anything to rescue his daughter, unaware of the pure evil he'll face in his journey. He's willing to hurt-to torture-anyone to save his family. Jon Athan, the author of Into the Wolves' Den and The Abuse of Ashley Collins, delves into the underworld of internet predators in this disturbing horror novel. Are your children safe? **WARNING:** This book contains graphic content. Reader discretion is advised.

Erotic memoir

A complete guide to finding your float and working toward pressing to handstand. From carefully selected warmups to full body strengtheners and prop assisted pressing, The Beginner's Guide to Handstand Pressing covers everything you need to progress your inversion practice. Over 130 pages of high quality color photos, detailed "How Tos," and even a mini and full flow to help you find press-related activation throughout your practice. Alignment cues, partner drills, restorative work, and MORE. This manual is the natural sequel to The Beginner's Guide to Handstand, and is best suited for those regularly working on inversions.

The knock-out Sunday Times bestseller from BBC Sport Personality of the Year nominee, the People's Champion and Gypsy King: Tyson Fury _____ **PICK YOURSELF UP OFF THE CANVAS. TRANSFORM YOUR BODY AND MIND. MAKE YOUR COMEBACK.** _____

'Tyson's story ranks as one of the greatest comebacks ever. Not just in sport.' Telegraph 'Full of tips on getting physically and mentally fitter ... a great antidote to battling lockdown blues.' Evening Standard From weighing twenty-eight stone and fighting a deep depression, to his amazing return to heavyweight champion of the world, Tyson opens up and share his inspiring advice and tips on diet, exercise regime, and his incredible journey back to a healthier body and mind. Frank, accessible and inspiring, The Furious Method is a feel-good and motivating tonic, full of inspirational advice for readers on how we can all improve our physical and mental health. And how we can all create a champion mind-set. Whatever your starting point or past set-backs, Tyson will show you how you can make your own comeback and start living your life to the fullest - fighting fit, mentally restored, and stronger

than ever. _____ 'King of the ring ... king of how to make a regime work for you. [Passes] on the message without preaching, without lecturing' Chris Evans 'It's a very positive book, it's got some incredible things in here ... [this] book will help so many people' Roman Kemp 'A number of very useful tips ... A great example to anyone' Phillip Schofield 'It's a very open, honest book ... I think the advice in it is great.' Susanna Reid 'It's a great read ... a great book' Piers Morgan 'There's great humour in the book ... This is my favourite interview we've ever done' Holly Willoughby 'Inspirational ... must-have gift for Christmas' Alan Brazil 'The Furious Method is a feel-good and motivating tonic, full of inspirational advice for readers on how we can all improve our physical and mental health.' The Sportsman

CrossFit celebrity Christmas Abbott shows how to attain the body of your dreams with a targeted eating strategy and total-body workout plan that will whip glutes and hips—and every problem area—into top shape. As a formerly “skinny fat” woman, Christmas Abbott knows what real women need to get the butt and body of their dreams. In *The Badass Body Diet*, she dispels the myth of the health benefits of a “pear shape” body, teaches readers how to spot-reduce excess fat with targeted meal plans and recipes that zap cellulite, and galvanizes them with a quick and simple workout plan for a toned butt—the key to total body fitness. Your “glutes” (the technical term for booty) are the body’s largest and most powerful muscle group—and one of the most beautiful—but they can go dormant, flat, and flabby. Packed with

essential information, and inspirational before-and-after photos of her clients, *The Badass Body Diet* shows how to whip that butt into shape and provides essential information on how to: Select essential “booty foods”—the right proteins, fats, and carbs Experience a total body workout with an easy-to-follow, powerful exercise program Improve posture and functional mobility and enhance overall health Target cellulite through diet, workout strategies, and other proven tips And much more. Unlike most “one approach fits all” diet and exercise books, *The Badass Body Diet* identifies the three types of dieters that Christmas has discovered working with hundreds of clients at her CrossFit gyms—Modifiers, Gainers, and Maintainers—and tailors her approach to each, providing specific goals for maximum results. Stop obsessing about a flat belly, Christmas advises. A *Badass Body* is a birthright, and it starts at the bottom—with a trim and tight tush. *Korean: A Comprehensive Grammar* is a reference to Korean grammar, and presents a thorough overview of the language, concentrating on the real patterns of use in modern Korean. The book moves from the alphabet and pronunciation through morphology and word classes to a detailed analysis of sentence structures and semantic features such as aspect, tense, speech styles and negation. Updated and revised, this new edition includes lively descriptions of Korean grammar, taking into account the latest research in Korean linguistics. More lower-frequency grammar patterns have been added, and extra examples have been included throughout the text. The unrivalled depth and range of this updated edition of *Korean: A Comprehensive Grammar* makes it an essential reference source on the Korean language.