

## Mr Bounce Bouncy Castles Facebook

Djibouti, a tiny country on the Horn of Africa at the entrance to the Gulf of Aden, has become a refuge for people fleeing from neighbouring war zones. It's here that former soldier and extreme adventurer Jordan Wylie visited various refugee camps and orphanages and saw first-hand the grim lives of many of the children, deprived of so many of the basic things which most children in the UK simply take for granted.

Determined to raise funds and awareness to build a new school for some of these children, Jordan embarked on a series of extraordinary adventures, becoming the first person to row solo and unsupported across the pirate-infested Bab-el-Mandeb Strait between Yemen and the Horn of Africa; running a series of extreme marathons in ice-cold climates around the world; and stand-up paddleboarding for longer and further than anyone ever had before at sea, in an attempt to circumnavigate mainland Great Britain, where he faced angry fisherman, busy shipping lanes, military firing ranges, crazy teenagers on jet-skis, psychotic jellyfish and, finally, Covid-19. This is the inspirational true story of the lengths to which one man went to fulfil a dream and keep his promise of making a positive contribution to the lives of the people, especially children, in the war-torn countries he'd come to know so well through his travels.

An in-depth look at the influence of the Grateful Dead and hippie culture on contemporary fashion and street style by GQ's style-in-the-wild correspondent and fashion expert Since the formation of Dead & Company, a new breed of Deadhead has emerged: someone who appreciates stylish streetwear as much as tie-dye. *Dead Style* is a book that shows the influence of the Grateful Dead and hippie culture on the current world of fashion. Tie-dyed pieces from designer labels like Louis Vuitton, Off-White, Saint Laurent, Balenciaga, Missoni, and Burberry have dominated runway looks. Vintage Grateful Dead shirts are fetching hundreds of dollars online (on fashion auction sites and via Instagram sellers alike) and in stores. This book, visually driven and heavily captioned, is a look book for current Deadhead culture. *Dead Style* is a surprising, provocative, engaging, and fun work, a Grateful Dead book for a new generation.

The Cat and Co. take off to the faraway land of Gerpletz where they know quite a lot about caring for pets—especially cats, dogs, guinea pigs, birds, and bunnies! From the food, shelter, exercise, and medical care they need to the love and companionship they crave, the Cat teaches beginning readers how to keep their pets (and themselves!) healthy, safe, and happy.

Winner of the Booker prize and twice winner of the Booker of Bookers, *Midnight's Children* is "one of the most important books to come out of the English-speaking world in this generation" (New York Review of Books). Reissued for the 40th anniversary of the original publication--with a new introduction from the author--Salman Rushdie's widely acclaimed novel is a masterpiece in literature. Saleem Sinai is born at the stroke of midnight on August 15, 1947, the very moment of India's independence. Greeted by fireworks displays, cheering crowds, and Prime Minister Nehru himself, Saleem grows up to learn the ominous consequences of this coincidence. His every act is mirrored and magnified in events that sway the course of national affairs; his health and well-being are inextricably bound to those of his nation; his life is inseparable, at times indistinguishable, from the history of his country. Perhaps most remarkable are the

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telepathic powers linking him with India's 1,000 other "midnight's children," all born in that initial hour and endowed with magical gifts. This novel is at once a fascinating family saga and an astonishing evocation of a vast land and its people—a brilliant incarnation of the universal human comedy. *Midnight's Children* stands apart as both an epochal work of fiction and a brilliant performance by one of the great literary voices of our time.

Derek Fallon discovers all the angst that comes with being twelve—he just wants to feel grown up, but life gets in the way with a series of mishaps that make him look like a baby. He passes out during a worm dissection in science class, falls flat on his face in gym class and gets a fat lip that causes him to lisp all day, and his plans for a monster-truck party turn into a bouncy house disaster. Why isn't being in middle school as great as Derek imagined? Thankfully, with a little help from his friends—and, ironically, a Toys for Tots fundraiser—things seem like they could start shaping up at last. *My Life as a Joke* by Janet and Jake Tashjian is a Christy Ottaviano Book

An introduction to Robert Frost containing fifty-one of his best poems for young people  
An entertaining, provocative novel, a fresh look at male bonding and our sense of kinship, by a young, high-flying political consultant.

William ('Billy ') is caught by surprise as he realizes his parent is not on time to pick him up. Follow William as he faces his fears, overcomes challenges, and find solutions to his problems. This book's purpose is to promote meaningful family engagement through discussion.

Describes the biology of human reproduction and sex in a Christian context, and provides answers for young people about sexual morality

INSTANT NEW YORK TIMES BESTSELLER A Roxane Gay's *Audacious* Book Club Pick! Named a Best Book of Summer by: *Wall Street Journal* \* *Thrillist* \* *Vogue* \* *Lit Hub* \* *Refinery29* \* *New York Observer* \* *The Daily Beast* \* *Time* \* *BuzzFeed* \* *Entertainment Weekly* A vibrant story collection about Cambodian-American life—immersive and comic, yet unsparing—that offers profound insight into the intimacy of queer and immigrant communities Seamlessly transitioning between the absurd and the tenderhearted, balancing acerbic humor with sharp emotional depth, *Afterparties* offers an expansive portrait of the lives of Cambodian-Americans. As the children of refugees carve out radical new paths for themselves in California, they shoulder the inherited weight of the Khmer Rouge genocide and grapple with the complexities of race, sexuality, friendship, and family. A high school badminton coach and failing grocery store owner tries to relive his glory days by beating a rising star teenage player. Two drunken brothers attend a wedding afterparty and hatch a plan to expose their shady uncle's snubbing of the bride and groom. A queer love affair sparks between an older tech entrepreneur trying to launch a "safe space" app and a disillusioned young teacher obsessed with *Moby-Dick*. And in the sweeping final story, a nine-year-old child learns that his mother survived a racist school shooter. The stories in *Afterparties*, "powered by So's skill with the telling detail, are like beams of wry, affectionate light, falling from different directions on a complicated, struggling, beloved American community" (George Saunders).

As seen on CNBC's Follow the Leader "Farnoosh's ground-breaking book will save more relationships than couples counseling ever could." —Barbara Stanny, author of *Secrets of Six-Figure Women Today*, a record number of women are their household's top-earner. But if you're that woman, you face a much higher risk of burnout, infidelity, and divorce. In this important and timely book, personal finance expert Farnoosh Torabi candidly addresses how income imbalances affect relationships and family dynamics, and presents a bold strategy to achieving happiness at work and home. Torabi's ten essential rules include:

- Buy Yourself a Wife: Outsource as many household tasks as possible to bring more peace and happiness to both your lives
- Don't Assume a Mr. Mom is Best: The math might say he should quit his job, but doing so can be dangerous.
- Understand the Male Brain: Know how men think and what motivates their behavior to communicate effectively, share responsibilities, and avoid power struggles in your relationship.

The Sunshine BookLulu.comRita's RhinoAndersen PressUSA

From bestselling author David Nasaw, a sweeping new history of the one million refugees left behind in Germany after WWII In May 1945, after German forces surrendered to the Allied powers, millions of concentration camp survivors, POWs, slave laborers, political prisoners, and Nazi collaborators were left behind in Germany, a nation in ruins. British and American soldiers attempted to repatriate the refugees, but more than a million displaced persons remained in Germany: Jews, Poles, Estonians, Latvians, Lithuanians, Ukrainians, and other Eastern Europeans who refused to go home or had no homes to return to. Most would eventually be resettled in lands suffering from postwar labor shortages, but no nation, including the United States, was willing to accept more than a handful of the 200,000 to 250,000 Jewish men, women, and children who remained trapped in Germany. When in June, 1948, the United States Congress passed legislation permitting the immigration of displaced persons, visas were granted to sizable numbers of war criminals and Nazi collaborators, but denied to 90% of the Jewish displaced persons. A masterwork from acclaimed historian David Nasaw, *The Last Million* tells the gripping but until now hidden story of postwar displacement and statelessness and of the Last Million, as they crossed from a broken past into an unknowable future, carrying with them their wounds, their fears, their hope, and their secrets. Here for the first time, Nasaw illuminates their incredible history and shows us how it is our history as well.

After discovering the Notebook of Doom, Alexander Bopp faces off against spooky balloon goons. Aligned to Common Core Standards and correlated to state standards. Spotlight is a division of ABDO.

June 7, 1992, is the day that changed Springfield, Missouri, forever. That's when the "three missing women," also known as "the Springfield Three," disappeared without a trace. The day before was one of celebration for Stacy McCall and Suzie Streeter, for that was when they graduated from Kickapoo High School. June 7 was supposed to be light-hearted and fun for the new graduates as they planned a trip to a water park in Branson with several of their classmates. Following a night of parties, the young women made a late-night, last-minute

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decision to sleep at Suzie's house – the home of her mother, Sherrill Levitt. It was a fateful decision because by the morning of June 7, the three women had vanished and were never seen again. Based on a true story, this novel explores the details of a real missing-person's case via a father-and-son's fictional search for truth. In the spring of 2020, co-authors Alan Brown and Brian Brown were facing a downturn at the family's St. Louis-based marketing firm. During their idle time, they began discussing and researching the most famous unsolved case from Brian's hometown. Soon, Brian was headed to Springfield to meet with his father's friend, an Ozarks' original, Private Investigator Booger McClain. What follows is an investigation like no other; one which ultimately reveals the gratitude friends and families can share with one another as they live lives of chance.

From the bestselling author of *How to Train Your Dragon* comes an exciting high-adventure series--set in a magical time, full of Wizards, Warriors, Giants and Sprites. This was once the story of a young boy Wizard and a young girl Warrior who had been taught since birth to hate each other like poison. But now, the boy Wizard and girl Warrior have been brought together in the Badwoods and they have witnessed the shocking consequences of the Stone That Takes Away Magic. They will need to cast aside their differences once more--for an Evil Spell has broken free. It's up to Xar and Wish to find the ingredients. But it means entering dangerous territory unannounced... Cressida Cowell brings her trademark wit to this spellbinding sequel, along with the stunning artwork and heartfelt adventure that has made her beloved around the world, weaving a story that is sure to transport readers to a world that will enchant and bewitch them.

When Rita's mother refuses to get her a pet, Rita goes to the zoo and returns with a rhinoceros--but keeping a pet rhino a secret proves to be much trickier than she ever imagined. After country mouse Toby hitches a ride to town in Farmer Harris's old white truck, he meets town mouse Sophie who is doing something amazing—she's reading a book. He's fascinated and wants to learn more, but sees Farmer Harris loading his truck, so he rushes to catch his ride home. During supper, he tells his family about Sophie, books and the library. At bedtime, a disapproving Papa warns Toby about the dangers of leaving the farm, but the curious Toby cannot resist the lure of books and adventure. Ages 4-8

When a man is found on a British beach, drifting in and out of consciousness, with no identification and unable to speak, interest in him is sparked immediately. From the hospital staff who find themselves inexplicably drawn to him, to international medical experts who are baffled by him, to the national press who call him Mr. Nobody, everyone wants answers. Who is this man? And what happened to him? Some memories are best forgotten. Neuropsychiatrist Dr. Emma Lewis is asked to assess the patient in a small town deep in the English countryside. This is her field of expertise, this is the chance she's been waiting for, and this case could make her name known across the world. But therein lies the danger. Emma left this same town fourteen years ago and has taken great pains to cover all traces of her past since then. Places aren't haunted...people are. But now something--or someone--is calling her back. And the more time she spends with her patient, the more alarmed she becomes that he knows the one thing about her that nobody is supposed to know.

A riveting, deeply personal account of history in the making—from the president who inspired us to believe in the power of democracy #1 NEW YORK TIMES BESTSELLER • NAACP IMAGE AWARD NOMINEE • NAMED ONE OF THE TEN BEST BOOKS OF THE YEAR BY THE NEW YORK TIMES BOOK REVIEW NAMED ONE OF THE BEST BOOKS OF THE YEAR BY The Washington Post • Jennifer Szalai, The New York Times • NPR • The Guardian • Marie Claire In the stirring, highly anticipated first volume of his presidential memoirs, Barack Obama tells the story of his improbable odyssey from young man searching for his identity to leader of the free world, describing in strikingly personal detail both his political education and the landmark moments of the first term of his historic presidency—a time of dramatic transformation

and turmoil. Obama takes readers on a compelling journey from his earliest political aspirations to the pivotal Iowa caucus victory that demonstrated the power of grassroots activism to the watershed night of November 4, 2008, when he was elected 44th president of the United States, becoming the first African American to hold the nation's highest office. Reflecting on the presidency, he offers a unique and thoughtful exploration of both the awesome reach and the limits of presidential power, as well as singular insights into the dynamics of U.S. partisan politics and international diplomacy. Obama brings readers inside the Oval Office and the White House Situation Room, and to Moscow, Cairo, Beijing, and points beyond. We are privy to his thoughts as he assembles his cabinet, wrestles with a global financial crisis, takes the measure of Vladimir Putin, overcomes seemingly insurmountable odds to secure passage of the Affordable Care Act, clashes with generals about U.S. strategy in Afghanistan, tackles Wall Street reform, responds to the devastating Deepwater Horizon blowout, and authorizes Operation Neptune's Spear, which leads to the death of Osama bin Laden. *A Promised Land* is extraordinarily intimate and introspective—the story of one man's bet with history, the faith of a community organizer tested on the world stage. Obama is candid about the balancing act of running for office as a Black American, bearing the expectations of a generation buoyed by messages of "hope and change," and meeting the moral challenges of high-stakes decision-making. He is frank about the forces that opposed him at home and abroad, open about how living in the White House affected his wife and daughters, and unafraid to reveal self-doubt and disappointment. Yet he never wavers from his belief that inside the great, ongoing American experiment, progress is always possible. This beautifully written and powerful book captures Barack Obama's conviction that democracy is not a gift from on high but something founded on empathy and common understanding and built together, day by day.

An expert on traumatic stress outlines an approach to healing, explaining how traumatic stress affects brain processes and how to use innovative treatments to reactivate the mind's abilities to trust, engage others, and experience pleasure--

A gleeful and exhilarating tale of global conspiracy, complex code-breaking, high-tech data visualization, young love, rollicking adventure, and the secret to eternal life—mostly set in a hole-in-the-wall San Francisco bookstore *The Great Recession* has shuffled Clay Jannon out of his life as a San Francisco Web-design drone—and serendipity, sheer curiosity, and the ability to climb a ladder like a monkey has landed him a new gig working the night shift at Mr. Penumbra's 24-Hour Bookstore. But after just a few days on the job, Clay begins to realize that this store is even more curious than the name suggests. There are only a few customers, but they come in repeatedly and never seem to actually buy anything, instead "checking out" impossibly obscure volumes from strange corners of the store, all according to some elaborate, long-standing arrangement with the gnomish Mr. Penumbra. The store must be a front for something larger, Clay concludes, and soon he's embarked on a complex analysis of the customers' behavior and roped his friends into helping to figure out just what's going on. But once they bring their findings to Mr. Penumbra, it turns out the secrets extend far outside the walls of the bookstore. With irresistible brio and dazzling intelligence, Robin Sloan has crafted a literary adventure story for the twenty-first century, evoking both the fairy-tale charm of Haruki Murakami and the enthusiastic novel-of-ideas wizardry of Neal Stephenson or a young Umberto Eco, but with a unique and feisty sensibility that's rare to the world of literary fiction. *Mr. Penumbra's 24-Hour Bookstore* is exactly what it sounds like: an establishment you have to enter and will never want to leave, a modern-day cabinet of wonders ready to give a jolt of energy to every curious reader, no matter the time of day.

Doctor Max Jacobson, whom the Secret Service under President John F. Kennedy code-named "Dr. Feelgood," developed a unique "energy formula" that altered the paths of some of the twentieth century's most iconic figures, including President and Jackie Kennedy, Marilyn Monroe, Frank Sinatra, and Elvis. JFK received his first injection (a special mix of "vitamins and hormones," according to Jacobson) just before his first debate with Vice President Richard Nixon. The shot into JFK's throat not only cured his laryngitis, but also diminished the pain in his back, allowed him to stand up straighter, and invigorated the tired candidate. Kennedy demolished Nixon in that first debate and turned a tide of skepticism about Kennedy into an audience that appreciated his energy and crispness. What JFK didn't know then was that the injections were actually powerful doses of a combination of highly addictive liquid methamphetamine and steroids. Author and researcher Rick Lertzman and New York Times bestselling author Bill Birnes reveal heretofore unpublished material about the mysterious Dr. Feelgood. Through well-researched prose and interviews with celebrities including George Clooney, Jerry Lewis, Yogi Berra, and Sid Caesar, the authors reveal Jacobson's vast influence on events such as the assassination of JFK, the Cuban Missile Crisis, the Kennedy-Khrushchev Vienna Summit, the murder of Marilyn Monroe, the filming of the C. B. DeMille classic *The Ten Commandments*, and the work of many of the great artists of that era. Jacobson destroyed the lives of several famous patients in the entertainment industry and accidentally killed his own wife, Nina, with an overdose of his formula.

At age sixteen, Sara Shandler read Mary Pipher's *Reviving Ophelia*, the national bestseller that candidly explored the unique issues that challenge girls in their struggle toward womanhood. Moved by Pipher's insight yet driven to hear the unfiltered voices of today's adolescent girls, Shandler yearned to speak for herself, and to provide a forum for other Ophelias to do so as well. A poignant collection of original pieces selected from more than eighthundred contributions, *Ophelia Speaks* culls writings from the hearts of girls nationwide, of various races, religions, and socioeconomic backgrounds. Ranging in age from twelve to eighteen, the voices here offer a provocative and piercingly real view on issues public and private, from body image to boys, politics to parents, school to sex. Framing each chapter are Shandler's own personal reflections, offering both the comfort of a trusted friend and an honest perspective from within the whirlwind of adolescence. In these pages, you will see your best friend, your daughter, your sister--and yourself. At once filled with heartbreak and hope, in these pages Ophelia speaks.

From the white boy who transforms himself into a full-fledged Chicano, to the self-assured woman who effortlessly terrorizes her Anglo boss, to the junior-high friend who berated her "sloppy Spanish" and accused her of being a "Chicana Falsa," the people and places that Michele Serros brings to vivid life in this collection of poems and stories introduce a unique new viewpoint to the American literary landscape. Witty, tender, irreverent, and emotionally honest, her words speak to the painful and hilarious identity crises particular to the coming of age of an adolescent caught between two cultures. This revised and expanded second edition discusses the assessment and treatment of patients recovering from coma and disorders of consciousness. Besides diagnostic, prognostic and ethical issues, this book describes well-established techniques and procedures, and also techniques under development. New chapters include

consciousness theories, issues relating to long-term care, and neuromodulation treatments. *Coma and Disorders of Consciousness, Second Edition* is a comprehensive review of the field for clinicians and researchers, regardless of whether they are already familiar with the difficult but exciting field of disorders of consciousness.

New York Times Bestseller: A “powerful and epic story . . . the best account of infantry combat I have ever read” (Col. David Hackworth, author of *About Face*). In November 1965, some 450 men of the First Battalion, Seventh Cavalry, under the command of Lt. Col. Harold Moore, were dropped into a small clearing in the Ia Drang Valley. They were immediately surrounded by 2,000 North Vietnamese soldiers. Three days later, only two and a half miles away, a sister battalion was brutally slaughtered. Together, these actions at the landing zones X-Ray and Albany constituted one of the most savage and significant battles of the Vietnam War. They were the first major engagements between the US Army and the People’s Army of Vietnam. How these Americans persevered—sacrificing themselves for their comrades and never giving up—creates a vivid portrait of war at its most devastating and inspiring. Lt. Gen. Moore and Joseph L. Galloway—the only journalist on the ground throughout the fighting—interviewed hundreds of men who fought in the battle, including the North Vietnamese commanders. Their poignant account rises above the ordeal it chronicles to depict men facing the ultimate challenge, dealing with it in ways they would have once found unimaginable. It reveals to us, as rarely before, man’s most heroic and horrendous endeavor.

Blockchain technology is powering our future. As the technology behind cryptocurrencies like bitcoin and Facebook’s Libra, open software platforms like Ethereum, and disruptive companies like Ripple, it’s too important to ignore. In this revelatory book, Don Tapscott, the bestselling author of *Wikinomics*, and his son, blockchain expert Alex Tapscott, bring us a brilliantly researched, highly readable, and essential book about the technology driving the future of the economy. Blockchain is the ingeniously simple, revolutionary protocol that allows transactions to be simultaneously anonymous and secure by maintaining a tamperproof public ledger of value. Though it’s best known as the technology that drives bitcoin and other digital currencies, it also has the potential to go far beyond currency, to record virtually everything of value to humankind, from birth and death certificates to insurance claims, land titles, and even votes. Blockchain is also essential to understand if you’re an artist who wants to make a living off your art, a consumer who wants to know where that hamburger meat really came from, an immigrant who’s tired of paying big fees to send money home to your loved ones, or an entrepreneur looking for a new platform to build a business. And those examples are barely the tip of the iceberg. As with major paradigm shifts that preceded it, blockchain technology will create winners and losers. This book shines a light on where it can lead us in the next decade and beyond.

A young girl befriends a squash.

Reddick do naturally the things that Isaac Newton says they should.

The debut cookbook from the popular New York Times website and mobile app *NYT Cooking*, featuring 100 vividly photographed no-recipe recipes to make weeknight cooking more inspired and delicious. You don’t need a recipe. Really, you don’t. Sam Sifton, founding editor of *New York Times Cooking*, makes improvisational cooking easier than you think. In this handy book of ideas, Sifton delivers more than one hundred no-recipe recipes—each gloriously photographed—to make with the ingredients you have on hand or could pick up on a quick trip

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to the store. You'll see how to make these meals as big or as small as you like, substituting ingredients as you go. Fried Egg Quesadillas. Pizza without a Crust. Weeknight Fried Rice. Pasta with Garbanzos. Roasted Shrimp Tacos. Chicken with Caramelized Onions and Croutons. Oven S'Mores. Welcome home to freestyle, relaxed cooking that is absolutely yours.

'Pippa Grange has something to teach all of us when it comes to letting go of perfectionism and anxiety, and living with open hearts rather than clenched fists. Fear Less is a total game-changer.' Brené Brown If we were truly free from fear, what could we achieve? We strive for success, but we are rarely happy. The more we try to win - putting on a brave face for work or family - the more we risk losing ourselves. And even reaching our goals can feel strangely hollow. The culprit? Fear. It makes us anxious, or shameful, or turns us into perfectionists. We pretend to be someone else while aiming for a status that's never truly satisfying. There is another way. A way to find our true voice, to win on our own terms. Building that open mindset is at the heart of this mould-breaking book by Dr Pippa Grange, the psychologist who helped transform the England team, taking them all the way to the World Cup semi-finals in 2018. In Fear Less, Pippa Grange shows all of us how, by starting to live with less fear, we can find our real passions and deeper fulfilment. Her simple manifesto enables us to replace stress with courage, and connect with the people around us on a far deeper level. This type of success isn't about trophies or beating others, it's about winning at the very deepest level: winning from within. It's time to fear less.

An inspiring memoir of one man's transformation from a delinquent, drug-dealing dropout to an award-winning Harvard educator through literature and debate—all by the age of twenty-seven. Brandon P. Fleming grew up in an abusive home and was shuffled through school, his passing grades a nod to his skill on the basketball court, not his presence in the classroom. He turned to the streets and drug deals by fourteen, saved only by the dream of basketball stardom. When he suffered a career-ending injury during his first semester at a Division I school, he dropped out of college, toiling on an assembly line, until depression drove him to the edge. Miraculously, his life was spared. Returning to college, Fleming was determined to reinvent himself as a scholar—to replace illiteracy with mastery over language, to go from being ignored and unseen to commanding attention. He immersed himself in the work of Black thinkers from the Harlem Renaissance to present day. Crucially, he found debate, which became the means by which he transformed his life and the tool he would use to transform the lives of others—teaching underserved kids to be intrusive in places that are not inclusive, eventually at Harvard University, where he would make champions and history. Through his personal narrative, readers witness Fleming's transformation, self-education, and how he takes what he learns about words and power to help others like himself. Miseducated is an honest memoir about resilience, visibility, role models, and overcoming all expectations.

Princess and Fairy, the two most adorable bunnies in all of Fairyland, have received an invitation to the Queen's Grand Birthday Feast! The Fairy Queen has asked them to kindly bring pretty things to share with all, but the party is on tonight - will Princess and Fairy be able to find their list of pretty things in time? Hop in and join Princess and Fairy on their glittering adventure, and remember - the prettiest things may be found where you least expect!

Dr Mike Moreno's 17 Day Diet is a revolutionary new weight-loss programme that activates your skinny gene so that you burn fat day in and day out. The diet is structured around four 17-day cycles: Accelerate- the rapid weight loss portion that helps flush sugar and fat storage from your system; Activate-the metabolic restart portion with alternating low and high calorie days to help shed body fat; Achieve - this phase is about learning to control portions and introducing new fitness routines; Arrive - A combination of the first three cycles to keep good habits up for good. Each cycle changes your calorie count and the food that you're eating. The variation that Dr. Mike calls 'body confusion' is designed to keep your metabolism guessing. This is not a diet



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that relies on a tiny list of approved foods, gruelling exercise routines, or unrealistic calorie counts that leave you hungry and unfulfilled. Each phase comes with extensive lists of what dieters can and can't eat while on the phase, but also offers acceptable cheats. He advises readers not to drink while on the diet, but concedes that if they absolutely have to then they should at least drink red wine. Dr Mike knows that a diet can only work if it's compatible with the real world, and so he's designed the programme with usability as a top priority.

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