

The 30 Day Love Detox Cleanse Yourself Of Bad Boys Cheaters And Men Who Wont Commit And Find A Real Relationship

It's time to lay down your diet shakes, cleanses and detoxes. Just lay them right on down...at the foot of the cross. Whatever you're counting - calories, grams, points, steps, macros - you have our permission to stop, quit striving, rest, and re-evaluate. This little devotional was written by a team of folks - married, single, stay-at-home parents, working parents, health care professionals, but most importantly children of God. We all care about the same thing - helping others heal in their relationship with food and fully embrace their unique bodies, which were meant to be different shapes and sizes. We believe that every body is a good body! Our hope for you is that through this daily devotional, you will find the courage to stop stressing about food and start putting it back into its place as just one minor piece of your life. We pray for complete healing from struggles surrounding food, exercise and body image. Jesus came so that peace and love would reign over war and hate. As a culture, we are at war with our bodies. We declare body peace to reign over body hate.

"From Everyday Detox author Megan Gilmore, powerhouse blogger behind Detoxinista.com, here are 100 quick-to-prepare, affordable, and delicious whole-food recipes that make it easy to follow a healthy lifestyle for you and your family every day"--

TRANSFORMS THE PROVEN APPROACH OF THE MEGA-POPULAR PALEO DIET INTO A HARDCORE, MONTH-LONG DETOX Transform your body and improve your health with this hard-core cleanse based on the caveman diet. Follow the 30-day plan to rid your body of toxins without feeling deprived as you: •Lose Weight •Increase Energy •Boost Mental Clarity •Improve Digestion •Reduce Inflammation Packed with more than 100 delicious and easy recipes using whole, satisfying ingredients like meats, eggs and fresh vegetables, the Paleo Cleanse has everything you need to reap the benefits of the Paleo Diet in the fastest, most effective way.

From the New York Times bestselling author of She Comes First and Be Honest—You're Not That Into Him Either comes a revolutionary 30-day program to detoxify and rejuvenate your love life For many of us—whether we're in a relationship or actively dating in the hopes of finding that special someone—our love lives have become a source of toxicity. Sex Recharge offers a new way to start fresh and take action. In this practical, life-changing guide, Ian Kerner lays out a friendly, achievable 30-day course of action to help you rebuild your love life from the inside out. Whether you're single or coupled, Sex Recharge will enable you to achieve the relationship results you deserve.

The 30-Day Love Detox Cleanse Yourself of Bad Boys, Cheaters, and Men Who Won't Commit -- And Find A Real Relationship Rodale

Do you want to take a break from alcohol easily and safely? When you stop drinking, it takes up to 10 days for the alcohol to completely leave your system. It's a tricky time. You get cravings and your thinking becomes emotional. Most people struggle in the early days. But now there's a modern, scientific solution. The 10-Day Alcohol Detox Plan walks you through the detox period painlessly and explains everything you need to carry on to your personal sobriety goal, whether short-term or long-term. Written in an engaging and informative way, the 10-Day Alcohol Detox Plan is practical and easy to follow. There's no doom and gloom or going to meetings. It just does the job, and is suitable for anyone: If you want to try a sober break from alcohol If you want to stop drinking to help fitness or weight-loss If you need to give up alcohol for health reasons If you've simply had enough and want to quit drinking for good The author is a therapist working in public health who has helped countless drinkers to quit alcohol, and is the author of the bestseller "Alcohol and You: How to Control and Stop Drinking" and "Mindfulness for Alcohol Recovery". Order this book today and find a better way.

A supremely unlucky in love, late twenty-something living in London decides to leave the whole sorry business of dating behind – at least for a while.

Take A 30-day Break From Social Media to Improve Your life, Family, & Business. If you say, I don't think I could give up facebook/instagram for even a week, then you probably need to give it up more than you know! Being a mom is tough work and if you think that social media is your only escape, then you're not looking into other options! Learning how to make friends is a major part of growing up, and friendship requires a certain amount of risk. If teenagers aren't getting enough practice talking to people and getting their needs met in person and in real time, many of them will grow up to be anxious adults. Establish technology-free zones in the house and technology-free hours when no one uses the phone. We are here to help.

What would you be willing to give up to experience the presence of God in your life again? Many of us sign up for a physical detox program, thinking that if our bodies are healthier, then we're healthier. But a healthy body doesn't do us a lot of good if we are spiritually malnourished. Welcome to the 40-Day Sugar Fast, a fast that begins with us giving Jesus our sugar and ends with Jesus giving us more of himself--the only thing that can ever truly satisfy our soul's deep hunger. On this 40-day journey you'll learn how to stop fixating on food and other things you use to fill the voids in life and instead fix your eyes on Christ. Anyone who runs to sugar for comfort or a reward, who eats mindlessly or out of boredom, who feels physically and spiritually lethargic, or who struggles with self-control will discover here not only freedom from their cravings but an entirely new appetite for the good things God has for us.

A revised and updated edition of the New York Times- bestselling diet and fitness classic. Wendy Stehling, a former advertising executive, crafted this astonishingly effective program after polling all the many models and dancers she worked with on a daily basis as to how they achieved and maintained their enviable slender thighs. One of the simplest and smartest diet/fitness thigh-trimming methods known to womankind. The Thin Thighs in 30 Days singular, three-pronged approach consists of: *The Work-Off: six essential leg exercises to be performed each day for thirty days *The Walk-Off: a brisk walk to be taken each day for thirty days *The Weight-Off: a calorie-counting program to be followed each day for 30 days And the results? They're indisputable! Fully revised and updated according to the latest in diet and fitness research, and with new leg exercises that pack even more fat-busting, muscle-toning punch, this new edition of Thin Thighs in 30 Days is destined to inspire a whole new generation of women to believe that they too can have thin thighs in thirty days.

A New York Times, Wall Street Journal, Publishers Weekly, and USA Today bestseller "Newport is making a bid to be the Marie Kondo of technology: someone with an actual plan for helping you realize the digital pursuits that do, and don't, bring value to your life."--Ezra Klein, Vox Minimalism is the art of knowing how much is just enough. Digital minimalism applies this idea to our personal technology. It's the key to living a focused life in an increasingly noisy world. In this timely and enlightening book, the bestselling author of Deep Work introduces a philosophy for technology use that has already improved

countless lives. Digital minimalists are all around us. They're the calm, happy people who can hold long conversations without furtive glances at their phones. They can get lost in a good book, a woodworking project, or a leisurely morning run. They can have fun with friends and family without the obsessive urge to document the experience. They stay informed about the news of the day, but don't feel overwhelmed by it. They don't experience "fear of missing out" because they already know which activities provide them meaning and satisfaction. Now, Newport gives us a name for this quiet movement, and makes a persuasive case for its urgency in our tech-saturated world. Common sense tips, like turning off notifications, or occasional rituals like observing a digital sabbath, don't go far enough in helping us take back control of our technological lives, and attempts to unplug completely are complicated by the demands of family, friends and work. What we need instead is a thoughtful method to decide what tools to use, for what purposes, and under what conditions. Drawing on a diverse array of real-life examples, from Amish farmers to harried parents to Silicon Valley programmers, Newport identifies the common practices of digital minimalists and the ideas that underpin them. He shows how digital minimalists are rethinking their relationship to social media, rediscovering the pleasures of the offline world, and reconnecting with their inner selves through regular periods of solitude. He then shares strategies for integrating these practices into your life, starting with a thirty-day "digital declutter" process that has already helped thousands feel less overwhelmed and more in control. Technology is intrinsically neither good nor bad. The key is using it to support your goals and values, rather than letting it use you. This book shows the way.

The 21 Day Ex-Boyfriend Cleanse is your guide to moving on from a broken heart. Day by day, you are given practical tools that allow you to process the emotional changes taking place during your breakup. Through questions, tasks, & activities, you are able to move through such a tough time in a healthy manner. You will learn how to accept that you have a purpose in life outside of the relationship and how to push further into it. Starting with day 1, allow this Cleanse to help you take back control of your heart & move the heck on with your life!

A Reset Button for Your Body, Mind, and Spirit In our fallen world, invisible toxins like doubt, disappointment, and discouragement can contaminate even the strongest of faiths, leaving behind symptoms that affect our entire being--body, mind, and spirit. Using a one-month detox structure, spiritual wellness expert and certified nutritional counselor Laura Harris Smith uncovers 30 universal faith-toxins that affect us all. Each day you will discover Scripture, prayers, and faith declarations to cleanse yourself spiritually and emotionally with truth and a biblical perspective. In addition, she includes a simple, corresponding nutritional cleanse using detoxifying foods from your own kitchen. Prayer by prayer, thought by thought, day by day, refresh and refuel your faith and bring healing to the whole temple--spirit, mind, and body. As standards of conduct continue to erode in our shock-proof world, we must fight the soul pollution threatening our health, our faith, and our witness to others. Without even knowing it, people willingly inhale second-hand toxins poisoning their relationship with God and stunting their spiritual growth. Soul Detox examines the toxins that assault us daily including: toxic influences, toxic emotions, and toxic behaviors. By examining the toxins that assault us daily, this book offers the ultimate spiritual intervention with ways to remain clean, pure, and focused on the standard of God's holiness

Men can drive you absolutely crazy. They can bring out parts of you that you didn't know you had! They can also interfere with your connection with God if you let them. Women can get so focused on a man or a relationship that they become completely oblivious to the signs that God sends to let you know if that man is right for you. Men can make you feel like you are losing your everlasting mind, and they can disrupt the peace in your life without even knowing it. What better reason than to take a season to pray and pledge to let no one affect your spiritual growth over the course of 30 days! Hence the reason I developed the 30-Day Man Cleanse. It's 30 days of scriptures and prayers to get you back on track spiritually with no disruption from MEN!

The human body has an extraordinary ability to detoxify itself. We rely on this system when we wait for a hangover to lift or recover from a bout of food poisoning. However, cutting-edge science is revealing how toxic exposures can actually affect our genes and lead to conditions such as obesity, diabetes, arthritis, mood disorders, energy, allergies, fertility, and heart disease—all of which are on the rise. The good news is that each of us can optimize this natural cleansing system for better health, greater energy, and efficient weight loss. In *The Detox Prescription*, Dr. Merrell draws on new research to help readers assess their own toxic risk factors and health deficiencies. Next, he and Mary Beth Augustine, RD, offer more than 75 delicious and nutrient-rich recipes incorporating juices and whole foods, broken into 3-, 7-, and 21-day cleanses. Dr. Merrell's holistic approach also relies on light yoga practices, basic self-care, beginning meditation, and sleep hygiene to reset body, mind, and spirit and take control of our genetic destiny.

Flush out negativity and clear a path for new positive habits, behaviors, and emotions with certified energy healer, yoga instructor, and psychology professor Sherianna Boyle's emotional detox program, C.L.E.A.N.S.E—as featured on YogaJournal.com. When we think of a detox, we usually think of a physical experience. But it's not just our physical bodies that need to be cleansed of the impurities we encounter and absorb in our daily lives—it's our minds too. When we find ourselves unable to process our negative emotions and feel them becoming toxic to ourselves and those around us, it's time for an Emotional Detox, a mindful and systematic guide to freedom from these troublesome feelings. Wellness expert Sherianna Boyle has created the revolutionary 7-step C.L.E.A.N.S.E. method to help you rid yourself of negativity, fear, worry, anger, and doubt, and guide you back toward a natural, energized state of pure joy and acceptance. Learn how to Clear your pathways, Look inward, Emit positivity, Activate, Nourish, Surrender, and Ease your way into your best self and a happier and healthier life. Emotional Detox “will wake you up, turn your views upside down, while providing you with life changing tools and insight” (Elizabeth Hamilton-Guarino, CEO of Best Ever You Network and author of *Percolate*).

Why can't I get a guy to like me? Should I hook up with him? How can I make this relationship work? While young women today are more savvy and independent than ever, most still want a partner--someone to share a romance with, or maybe even a lifetime. But all too often, their relationships crash and burn. This empowering guide shows women how to shift focus, so instead of trying to be what he wants, they can figure out what they need to be happy and fulfilled--and whether he has what it takes. Vivid, realistic stories of diverse women in their 20s are interwoven with evidence-based tools designed to help readers build confidence and achieve their goals. An exciting, caring, and respectful relationship is possible--here's how to take control and make it happen.

“Gabrielle is the real thing. I respect her work immensely.” —Dr. Wayne Dyer “A new role model.” —The New York Times “I came to one of Bernstein's monthly lectures and got my first look at the woman I'd one day unabashedly refer to as ‘my guru.’” —Elle From #1 New York Times bestselling author Gabrielle Bernstein comes a clear, proactive, step-by-step process to release the beliefs that hold you back from living a better life. This six-step practice offers many promises. Petty resentments will disappear, compassion will replace attack, the energy of resistance will transform into freedom and you'll feel more peace and happiness than you've ever known. I can testify to these results because I've lived them. I've never felt more freedom and joy than I have when writing and practicing these steps. My commitment to healing my own relationship to judgment has changed my life in profound ways. My awareness of my judgment has helped me become a more mindful and conscious person. My willingness to heal these perceptions has set me free. I have been able to let go of resentments and jealousies, I can face pain with curiosity and love, and I forgive others and myself much more easily. Best of all, I have a healthy relationship to judgment so that I can witness when it shows up and I can use these steps to quickly return to love. The Judgment Detox is an interactive six-step process that calls on spiritual principles from the text *A Course in Miracles*, Kundalini yoga, the Emotional Freedom Technique (aka Tapping), meditation, prayer and metaphysical teachings. I've demystified these principles to make them easy to commit to and apply in your daily life. Each lesson builds upon the next to support true healing. When you commit to following the process and become willing to let go, judgment, pain and suffering will begin

to dissolve. And the miracles will keep coming. Once you begin to feel better you start to release your resistance to love. The more you practice these steps, the more love enters into your consciousness and into your energetic vibration. When you're in harmony with love, you receive more of what you want. Your energy attracts its likeness. So when you shift your energy from defensive judgment to free-flowing love your life gets awesome. You'll attract exactly what you need, your relationships will heal, your health will improve and you'll feel safer and more secure. One loving thought at a time creates a miracle. Follow these steps to clear all blocks, spread more love and live a miraculous life.

The original bestselling detox phenomenon, completely revised and updated. Are you feeling run down and stressed out by modern living? Do you want to lose weight and increase energy? Would you like to feel in the peak of health all the time? Detox Yourself, by bestselling author Jane Scrivner, is a highly effective spring-cleaning programme for the whole body. Expanded and adapted to cater for your hectic modern lifestyle, this 30-day programme will enhance your circulation, boost your immune system, tackle your cellulite, and promote optimum energy levels and glowing skin so you will feel cleansed, revitalised and energised! With a range of tasty new recipes for you to enjoy, menu plans, shopping lists and key foods to be enjoyed or avoided, as well as a section on eating out on the programme, you will be completely prepared for every occasion. Detox Yourself also includes a breakdown of all the latest treatments and products to complement your detox. It features a 10-day programme for the times when your body needs a jump-start, but also encourages you to adjust your longterm attitude to food and your body for lasting health and vitality.

When were you last happy with your finances? Create lasting happiness with your financial situation — not by creating a blistering budget but by living the life you love! Ashley Feinstein Gerstley was working in financial services when she came to the shocking realization that even she was stressed about her personal finances. How could that be, with all her education and experience in dealing with money? Ashley quickly realized that her stress didn't only arise from a lack of knowledge but the way that we as a society treat and talk (or rather don't talk) about our money, and she created a system to turn the entire practice on its head! Through Ashley's system, in just 30 days you will have created a healthier, happier relationship with your money by: Eliminating all money stressors Finally knowing where your money is going Breaking those panic-inducing bad money habits Learning the basics of how and where to invest Making a plan that you can not only live with but enjoy Readers who have tried the 30-Day Money Cleanse have, on average, saved over \$950 through the course of the month! Are you ready to cleanse?

Packed with tested strategies and practical tips, this book is the essential, life-changing guide for everyone who owns a smartphone. Is your phone the first thing you reach for in the morning and the last thing you touch before bed? Do you frequently pick it up "just to check," only to look up forty-five minutes later wondering where the time has gone? Do you say you want to spend less time on your phone—but have no idea how to do so without giving it up completely? If so, this book is your solution. Award-winning journalist Catherine Price presents a practical, hands-on plan to break up—and then make up—with your phone. The goal? A long-term relationship that actually feels good. You'll discover how phones and apps are designed to be addictive, and learn how the time we spend on them damages our abilities to focus, think deeply, and form new memories. You'll then make customized changes to your settings, apps, environment, and mindset that will ultimately enable you to take back control of your life.

Life Unplugged makes digital detox easy with alternative activities and better ways to feel connected to your friends, family, and the world around you. By unplugging your electronics, you'll be able to take that much-needed vacation you've been craving. For busy entrepreneurs and families, it can seem impossible to find time for yourself or to stay connected to your loved ones, but with Life Unplugged, staying connected is much simpler than you imagine. This workbook guides you through ways to de-stress, cultivate mindfulness, and improve your mood and health while also helping you find balance and joy in your daily life through digital detox. It's the mini vacation without the extra cost of actually going away and all the wellness benefits you need for a more fulfilling lifestyle. You'll find: Habit-tracking worksheets to keep you on task Fun challenges to help you be the most successful in your detox Journaling prompts to get your creative juices flowing Tips to finding and integrating alternative activities into your daily routine Ways to optimize your free time, so you're more productive throughout the day With this life-changing journal, you'll learn to live without being attached to your phone, TV, laptop, or social media. It can be as easy as taking a few breaks from your digital devices a day to make you feel refreshed, enlightened, and purposeful. Sleep better and improve your overall mental and physical health by taking a break from the internet. The practice of digital detoxing has proven to improve your memory, posture, blood pressure, and give you greater feelings of gratitude and happiness. Live a more connected, purposeful life by staying in tune with the world around you.

Everyone's experience of life of unique—but none of us gets by without being hurt or disappointed somewhere along the way, hindering our relationships and progress in life. With compassion and humor, author Jo Naughton takes you step-by-step to emotional and spiritual renewal. Step One: Off-load—Lay down your weights and receive healing and new confidence. Step Two: Clean Out—Clear out the clutter in your life and let go of guilt. Step Three: Build Up—Restore your dreams and be filled with strength and life. As you move through this process, you will experience new life in your relationship with God, feel whole again—and be more ready than ever to fulfill your God-given destiny.

"A groundbreaking program to help you cut back or quit drinking entirely--in the privacy of your own home"--

Have you ever been in the cycle of stress and fear wondering what you should add to your plate to make it "simpler." Me too, and I realized adding doesn't work. This book is specifically written for the high achievers, the doers, the dreamers. If you are going through life wishing you had more time to do the things that matter most to you. If you are feeling the burden of stress and overwhelm, but believe the solution is to add another thing to your already over-filled calendar. Then this book is for you. Here's the huge problem in our society right now. We feel like the solution to whatever problem we are facing is found by adding more to our lives, not stopping things. We've been conditioned to believe if we just buy the book, join the course, take the class, buy the outfit, go on the vacation, or work harder then we'll meet the solution we seek of taming the chaos of our lives. Unfortunately, life doesn't work like this. Adding more will not create clarity. Doing more will not calm you down. Hustling will not build your business. Making yourself absolutely miserable will not make your life happier. As a "recovering perfectionist" the author, Allison Liddle, felt many of the struggles you felt. She was overwhelmed with trying to be "all the things." Then one day she decided to reset her life. This process is one she actually went through to help gain clarity, focus, and confidence. The process is simple, but impactful. And the best part...it works! If you are ready to LAUNCH to the next level of life, what you may need is to "Reset Your Life in 30 Days."

Encourages women to weed out the bad boys and discusses the five sexual myths that keep women single, when to begin the onset of sexual activity in a new relationship, and the biggest mistakes that one can make when dating online.

Beat Sugar Cravings, Finally Lose the Weight and Take Control of Hunger and Your Life! This Book Will Set You Free of Sugar Addiction with the 30 Day Sugar Detox Diet! BONUS - 30 Day Sugar Detox Cook Book, Recipes and Meal Plan!! MUST READ! Here Is A Sneak Peak...(Attn: FREE BONUS INSIDE!) What is a Sugar Detox and What to Expect! Learn What Sugar is REALLY doing to us.. Find Out if You Are TRULY Addicted to Sugar!The BIGGEST Benefits to Sugar Detoxing Why this 30 Day Sugar Detox Plan is ALL YOU NEED! The OFFICIAL 30 Day Sugar Detox Guide Included! OFFICIAL 30 Day Sugar Detox Recipes and Meals (Main Dishes, Side Dishes, Soups and Salad

Dressing, Breakfasts and MORE! OFFICIAL 30 Day Sugar Detox Sample Meal Plans! Find Out What to do AFTER THE DETOX! Learn How to Be Successful with Sugar Detoxing! Much, much more! Do You Find Yourself Struggling with Sugar Detox? What About Low Energy and Fatigue? Have You Found Yourself Gaining Weight and Nothing You Do Seems to Help!? Have You Been Unsuccessful at Dieting and Weight Loss in the Past? If you answered YES to any of these questions the you MUST answer YES to the 30 Day Sugar Detox!! Test Out the Detox EVERYONE IS TALKING ABOUT!"

MONOGAMY HAS MET ITS MATCH When it comes to scoring on the side, this book is your best friend. Comedians Bill Burr, Joe DeRosa, and Robert Kelly have experienced the rich pleasures and unspeakable risks of romantic infidelity, and survived to tell their tales. Now, they impart all the wisdom, advice, and humor they picked up along the way, including how to: * Wipe away your shame and guilt—and get smart before you get hard * Conduct your filth with the right chick, in the right place, at the right time * Take an hour to shower and scour—and fight your worst enemy: glitter * Explain a strange scrunchy, hair extension, or pair of earrings to your girl * Navigate strip clubs, massage parlors, and women of the night Lie like a woman—and call it quits without getting caught Featuring ten true stories from men who've lived the life and a link to watch Burr, DeRosa, and Kelly's hilarious short film of the same name, Cheat is a wickedly smart field guide to philandering that will revolutionize your game.

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

* The Ultimate Juicing Recipe Guide * Juice cleanse diets are ways of ridding your body of dietary or environmental toxins, while ensuring adequate nutrition for optimal health and daily activities. A 30 day juice cleanse is a type of fast where you limit your diet to raw fruit and vegetable juices. Proponents of juice fasting believe that a high level of detoxification takes place while the body takes a mini-break from processing solid food. The juice itself is also thought to be an excellent source of antioxidants and vitamins. We have collected the most delicious and best selling juicing recipes from around the world! We have provided over 100 to choose from, allowing you to customize and plan your juice cleanse accordingly. Enjoy! Start your juice cleanse today! Scroll Up & Grab Your Copy NOW!

The best-selling authors of It Starts With Food outline a scientifically based, step-by-step guide to weight loss that explains how to change one's relationship with food for better habits, improved digestion and a stronger immune system. 150,000 first printing.

The New York Times bestselling 10-Day Green Smoothie Cleanse will jump-start your weight loss, increase your energy level, clear your mind, and improve your overall health as you lose ten to fifteen pounds in just ten days. Made up of supernutrients from leafy greens and fruits, green smoothies are filling and healthy and you will enjoy drinking them. Your body will also thank you for drinking them as your health and energy improve to levels you never thought possible. It is an experience that could change your life if you stick with it! This book provides a shopping list, recipes, and detailed instructions for the 10-day cleanse, along with suggestions for getting the best results. It also offers advice on how to continue to lose weight and maintain good health afterwards. Are you ready to look slimmer, healthier, and sexier than you have in years? Then get ready to begin the 10-Day Green Smoothie Cleanse! If you successfully complete the 10-Day Green Smoothie Cleanse, you will... • Lose 10–15 pounds in 10 days • Get rid of stubborn body fat, including belly fat • Drop pounds and inches fast, without grueling workouts • Learn to live a healthier lifestyle of detoxing and healthy eating • Naturally crave healthy foods so you never have to diet again • Receive over 100 recipes for various health conditions and goals

"If we want love, why do we often settle for less?" — from the Foreword by Jason and Crystalina Evert Tired of toxic relationships, many young adults want to clean up their love lives. They desire to give their lives to Christ and turn away from sin—but without a concrete plan, they quickly fall back into old habits. Featuring daily reflections and resolutions, this forty-day detox provides a practical "cleanse" for those who want to purify themselves from the poisoned dating culture and live a life of authentic freedom, respect, and love. Inside you'll find: Compelling and clear explanations of "God's plans for love, dating, and sex" Hopeful true-life stories of people who have successfully moved from desiring chastity to actually living it Practical tools, habits, and strategies to live more virtuously with joy and freedom

Questions and compatibility tests help women determine their motivations when entering a relationship, evaluate a man's potential, and maintain a healthy relationship.

“Finally a diet-lifestyle that links the secret of real beauty with naturally delicious foods!” —Frédéric Fekkai Natalia Rose, a leading nutritionist and authority on cleansing diets, reveals a gentle and uniquely effective 28-day detox plan designed specifically for adult women. Detox 4 Women offers a revolutionary, foolproof, four-week transformation plan that allows women to eat what other detox plans do not, including cooked foods, some meats and cheese, butter, and chocolate. The author of The Raw Food Detox Diet takes health and weight loss one step further with Detox 4 Women

Inner peace is finally within reach with Tami Shaikh's groundbreaking new book, Detox Your Soul. Do you often find yourself wishing to rid yourself of all the negative, harmful influences that often make life so difficult? Look no further than this new thirty-day program that helps you cleanse away your spiritual, mental, and emotional toxins and remove these relentless daily obstacles once and for all. Beginning with day one, you'll learn how to face your inner demons and build up your self-esteem. The strategies are designed to be incorporated into your daily life—no drastic changes to your routine are needed! Waking up just ten minutes earlier and going to bed just ten minutes later each day gives you all the time you need to see—and feel—a difference. Each of the thirty chapters provides a section for you to record your innermost thoughts, reflections on that day's exercises, and what you have achieved both physically and spiritually in the last twenty-four hours. By the end of the thirty-day program, you'll feel more in tune with your spirit, mind, and emotions. Most importantly, you'll have gained the tools to cleanse your soul for a lifetime to come.

For those who are brand-new to keto and those who are getting back on track after falling off the wagon, the first 30 days on a ketogenic diet can be challenging. As the body adapts to burning fat (ketones) rather than sugar for fuel, cravings can arise, and some people find that they just don't feel so great. Many fall victim to the temptation to give up before they can truly experience the benefits of being keto-adapted. The 30-Day Ketogenic Cleanse isn't like most juice or other cleanses where you starve throughout the entire process. Keto expert Maria Emmerich offers tasty whole-food recipes—all dairy-free and nut-free—that are filling and satisfying and keep cravings at bay. Plus, she offers helpful tips and tricks for making it through the adjustment period. The 30-Day Ketogenic Cleanse is a guidebook for healing the body from the inside out. Most people attempting a keto diet do it completely wrong. Maria Emmerich, on the other hand, bases this cleanse on a true, well-formulated ketogenic diet, helping readers reset their metabolism, regain health, lose weight, and tap into increased energy levels. This book includes:

- A detailed explanation of how sugar causes inflammation and leads to disease
- 30-day meal plans to kick-start ketosis, with corresponding shopping lists
- 30-day Whole30-compliant meal plans, with corresponding shopping lists
- A wide variety of amazing recipes, with suggestions for combining those recipes into delicious and satisfying ketogenic meals
- Easily accessible lists of approved keto foods and foods that hold people back from ketosis
- Tips on how to eat to balance hormones, sleep better, feel better, and lose weight while following a ketogenic diet
- Guidance for maintaining ketosis after a successful 30-day cleanse
- Recommendations for supplements to help heal from poor eating habits
- A bonus slow cooker chapter to help make life easier!

There is no question the terrain has changed. We can do what we want and date who we want, but do we have the tools to navigate our hard-won sexual freedom? Now, from the dating doyenne of the Sex and the City generation comes a groundbreaking prescription for smart, savvy, slow-love. Dr. Wendy Walsh's outside-the-box approach to relationships turns traditional thinking on its head by using evolutionary psychology to offer advice that is both empowering and practical. In The 30-Day Love Detox, Walsh offers a step-by-step, five-part attachment strategy with a 30-day "detox" that helps weed out the bad boys and sets you up to meet the right guy, including:

- The five sexual myths that keep women single
- When to say yes to sex in a new relationship
- How to use technology to bring your crush closer
- How to spot a commitment-oriented man at his peak readiness

Melding scientific research, anthropological truths, and proven techniques, The 30-Day Love Detox is a revolutionary road map to finding lasting love in a modern world.

Discover the safe, effective, delicious cleanse that took Instagram by storm! This 5-day detox program allows you to eat whole, nutrient-rich foods—and feel satisfied and energized while dropping pounds! As a professional model, Nikki Sharp traveled constantly, barely slept, skipped meals, and relied on quick fixes to stay skinny, all of which took a toll on her physical and emotional health. Realizing she needed to make a serious change, she began to study integrative nutrition—and learned that the key to weight loss, radiant skin, and overall well-being is not starving yourself but eating. That's right: eating! Sharp created her detox plan based on the knowledge that in the right combinations, real whole foods—grains, vegetables, fruits, and spices—can aid digestion, burn body fat, flush out toxins, reduce bloating, banish fatigue, and clear up acne. Unlike other cleanses, The 5-Day Real Food Detox allows you to eat five times a day—and shed a pound a day—with meals and snacks developed by Sharp (and backed by a nutritionist and a registered dietician). Even better, the recipes, including Love Pancakes, Spinach & Chickpea Hummus, Black Bean Burgers, Cauliflower Mash, and Taco Bowl, have been taste-tested by Sharp's many of 300,000-plus Instagram followers, who have done the plan and seen amazing results. In The 5-Day Real Food Detox, you'll discover

- nutrient-dense foods that encourage detoxification and weight loss
- the facts on juice, smoothie, tea, and raw food cleanses
- yummy foods to substitute when you crave unhealthy ones
- ingredients to avoid and how to decode food labels
- the secret to great-tasting meals—use spices instead of salt
- strategies for lowering stress and combating insomnia
- troubleshooting for food allergies, mood swings, bloating, and other detox issues

Complete with gorgeous photos, success stories, shopping lists, and meal plans, The 5-Day Real Food Detox lays the groundwork for eating well and feeling wonderful for the rest of your life! Advance praise for The 5-Day Real Food Detox “Nikki is an amazing inspiration. Whether you are vegan, vegetarian, paleo, or just trying to get healthy, this book is a must-read!”—Kristina Carrillo-Bucaram, founder of the FullyRaw brand and

author of The Fully Raw Diet “Nikki Sharp’s plant-based detox is a holistic approach to long-term wellness. Not only will it help get you lean in a short amount of time, it will keep you there, and feeling energized the whole way through.”—Brendan Brazier, author of the Thrive book series “The real power of this book is that it just may transform how you think about your food, your body, and the way your choices shape every aspect of your life.”—Adam Rosante, author of The 30-Second Body “I love that Nikki Sharp’s program is full of real, satisfying foods that won’t leave you starving—so you can build healthy habits that will last long after the five days are over!”—Megan Gilmore, author of Everyday Detox “Nikki Sharp’s style is fun, approachable, and innovative, and embodies the new way we should be eating. The wellness world is fortunate to now include her brilliant new book.”—Matthew Kenney, author of Cooked Raw: How One Celebrity Chef Risked Everything to Change the Way We Eat “A must have for everyone who wants to look gorgeous and healthy like Nikki!”—Ani Phyo, author of Ani’s 15-Day Fat Blast and Ani’s Raw Food Essentials

TIPS, TRICKS AND TECHNIQUES TO TRANSFORM THE INTIMIDATING MASTER CLEANSE INTO A POWERFUL DETOX ANYONE CAN ACCOMPLISH Does forgoing solid foods for up to ten days scare you away from detoxing? Don’t let it! With the helpful strategies in this book, you’re sure to succeed on the cleanse—losing weight, resetting your system, feeling great and jumpstarting a healthy lifestyle. Guiding you step by step through the cleanse, the author shows how easy it is to: •Boost energy •Power through hunger •Maintain mental clarity •Keep a positive attitude Maximizing the cleanse’s effectiveness while minimizing any hardships, The Master Cleanse Made Easy delivers the practical information and understandable approach you’ve been waiting for to conquer the cleanse and renew your health.

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