

The Everything Guide To Le Apps A Practical Guide To Affordable Le App Development For Your Business Jennifer Moranz

Here's something worth learning: Studying doesn't have to be a chore! This fun and accessible resource provides the tools you need to develop better study habits, boost your grades, and position yourself for academic success. Educational consultant Cynthia Clumeck Muchnick uses a wide range of ideas taken from hundreds of students to help you find a unique, effective method suited for your individual learning style. You'll improve transcripts for college applications, ace standardized tests, and become a better student at any level of education. This indispensable guide shows you how to: Get the most out of class time Use the best strategies for note-taking and memorizing Improve writing skills Prepare completely for tests Safely and effectively conduct online research Use Skype, iChat, or social media to form study groups With this guide in your backpack, you'll be able to balance school and activities, avoid pre-test panic, and achieve consistently better results.

Writing for kids can be fun and rewarding-- if you can break into the competitive world of children's book publishing. Learn how to write and promote a children's book that will impress any publisher.

Insider tips from investment pros! Over the past two decades, no investment has returned more profits than commodities, but these assets can also be perilous for the uninitiated. The Everything Guide to Commodity Trading demystifies this dynamic market, and gives you the levelheaded, clear guidance you need to make a killing in commodities! Inside, you'll learn how to conduct fundamental and technical analysis of commodities, build a portfolio, and anticipate movements in the commodities markets. The book also includes valuable info on: Cutting-edge energy and material commodities Investing safely in ETFs, index funds, futures, and options Maximizing profit in developing economies Key "set-ups" that signal when to buy and sell With trading strategies crafted for various levels of budget and risk, and featuring a chapter on numismatics and collectibles, The Everything Guide to Commodity Trading gives you the advice you need to cash in on this red-hot market!

Day trading can be perilous or profitable--depending upon the expertise of the trader. In this no-nonsense, take-no-prisoners guide, you learn how the market works and how to make it work for you. From screening stocks to conducting technical analyses, you learn everything active traders need to succeed in this tumultuous world, including: What goes on behind the scenes in the market How things can go wrong and how to reduce risk Which kind of technical analyses work--and why The best research and trading services to turn to for help The ins and outs of chart patterns, like Candlesticks, Triangles, and Head and Shoulders With real-life examples that illustrate the ups and downs inherent in this high-risk, high-profit business, this guide is all you need to trade wisely, quickly, and lucratively, no matter how new you are to the challenging game of day trading.

Looks at the history and hierarchy of angels and offers instructions on using divine intuition, use meditation to connect with angels, gain protection from angels, and perform angel card readings.

You've always wanted to be an author. And now you're ready to get started. But getting that manuscript written and published is not so easy. In this guide, you'll find the expert advice of industry insiders--editors, agents, and successful authors. You'll learn tips and tricks about submissions, how to write a killer query, and even how to navigate the uncertain waters of self-publishing and e-books. Whether you're a beginner or an experienced writer, here is everything you need to take an idea to the printed page, including: Guidance on planning a writing career and building a platform Surefire ways to get a submission taken seriously Contract negotiation tips from the pros An in-depth exploration of self-publishing and e-books This essential guide also includes an exclusive link to a FREE get-published webinar, sponsored by the prestigious writing magazine Writer's Digest. This multimedia package is loaded with insider tips and professional techniques--all you need to turn writing from a hobby into a profession!

What are my start-up costs? How much will my store make? Should I sell online? How can I compete with larger stores? If you've ever considered owning a store but don't know where to start, The Everything Guide to Starting and Running a Retail Store is perfect for you. This resource will help you recognize the importance of an independent retail store in community life and the opportunities it offers for a rewarding lifestyle. This comprehensive guide shows you how to: Spot and capitalize on small retailer trends Conduct your own market analysis Research and select the most appropriate retailing software Run your business day to day Attract customers with effective advertising Make the leap to online selling This helpful handbook offers practical advice on retail store planning and management with valuable guidelines and real-world examples that can make the difference between your store's success and failure. This guide provides all the tools you need to run a store that your customers--and you--will enjoy for many years to come!

Harness the power of the crowd to turn your dreams into reality! Crowdfunding is the newest way to fund projects and start businesses. You don't need to hit up family and friends, max out your credit cards, or get a second mortgage--there are perfect strangers out there who will help you fund your idea. You just have to know how to find them. The Everything Guide to Crowdfunding is a step-by-step handbook to harnessing the power of social media to raise funds. Inside, you'll find real-life case studies and techniques for creating a successful campaign, including: Gaining an online presence Tapping into the crowd Understanding the different crowdfunding platforms Designing a successful campaign plan Promoting your campaign with social media, search engine optimization, and affiliate marketing Dealing with donors after your campaign ends Almost 50 percent of crowdfunding ventures fail to get funded. With this guide, you will learn how to be in the 50 percent that succeed. Whatever your dream or business idea, there is no reason it can't become a reality with the power of crowdfunding.

Provides information about handling type 2 diabetes, including monitoring glucose levels, increasing exercise, paying attention to nutrition, and reducing the long-term effects.

"Eat carbohydrates--but only if they're "good." Eat fiber--but only if it's soluble. Eat protein--but not too much. There are so many rules on the road to good nutrition, how can anyone know what to eat? With this guide, you'll find all you need to keep yourself and your family healthy, such as: Recipes for nutritionally balanced meals that taste good Tips for incorporating more fruits and vegetables Which foods contain the most beneficial vitamins How to safely transition to a vegetarian or vegan diet Why processed foods are so bad for you--and how to stop eating them And much, much more! With meal plans and grocery shopping guidelines, this complete guide is perfect for busy families or individuals

on the go. Eating healthy is just a grocery store trip away!"

That important paper is due soon and you don't know where to start. You're out of ideas and out of time. Don't panic-- writing great research papers is not as daunting a task as you think. It's just a process—and with *The Everything Guide to Writing Research Papers*, you can master that process in no time. Professional educator and writer Cathy Spalding guides you step –by-step through the writing process—from brainstorming ideas to polishing your final work. With dozens of timesaving tips on organization, research, and revision, you'll find the actual writing easier than ever before. This easy-to-follow handbook answers all of your questions: What are the different types of research papers—and which should you write? How can you focus your research efforts, saving time and aggravation? Yikes! You're three pages short – now what? What can you do to protect yourself from plagiarism? How do you find and cite all of your sources? Perfect for high school and college students juggling multiple assignments, *The Everything Guide to Writing Research Papers* shows you how to take control of your assignments – before they take control of you!

Do you enjoy cooking for others? Is your buffet table a work of art? Are your parties the best in the neighborhood? Then catering may be a great career for you! It's all here—from getting licenses and choosing the perfect name to developing menus and getting the word out. Seasoned food expert and caterer Joyce Weinberg covers all aspects of the catering business and shares her secrets to success with you, including how to: Choose a specialty-fancy fundraisers, company and family picnics, or romantic weddings; Learn the ropes before you start your business; Create a marketing plan that gets your company noticed by all the right people; Find clients and generate repeat customers. *The Everything Guide to Starting and Running a Catering Business* is all you need to make your passion your profession!

Discover the secret to being productive and successful when working from home with this essential guide to becoming a digital nomad. During COVID-19, working from home became the new normal. Now, both employers and employees find that the remote work they were forced to adjust to may be, well, better—financially, sustainably, and even in terms of overall morale and productivity. But working from home is not without its challenges. It can be difficult to eliminate distractions, strike a solid work/life balance, and maintain social connections that are crucial in the workplace. Whether you're trying to find and land a job from the comfort of your home, learning to manage a virtual team, or dream of living a digital nomad lifestyle, *The Everything Guide to Remote Work* has everything you need to be successful. You'll learn to optimize your own workplace culture, whether it's in your home office or a constantly changing backdrop. So whether your company continues to work remotely full time or you only have to go to the office a few days a week, you'll be armed with all the tools you'll need to make the most out of this new lifestyle.

Find out the truth about the other side... Is there life after death? Or is the end of our physical existence really the end of us? In this thought-provoking guide, you will examine scientific evidence so you can decide for yourself whether or not there is an afterlife. Medium Joseph M. Higgins and "Psychic Cop" Chuck Bergman attempt to answer questions like: Does consciousness survive death? Is communication possible between the living and the dead? Are mediums real--or frauds? What happens to us during near-death experiences? Where do we go when we die? Are we heaven and hell actualities? What is life like after death? Is reincarnation real--and is everyone reincarnated? Including an overview of various religious afterlife traditions, *The Everything Guide to Evidence of the Afterlife* introduces you to the unlimited possibilities of what we face after our release from the physical world. "

A plain-English guide to the human body and how it works Looking for a companion text for your anatomy and physiology class? Need a refresher for a course you took years ago? Or are you just interested in learning more about how the human body works? Professor Kevin Langford walks you through all the structures of the body, from cells to organs to systems and how they interact. This all-in-one guide covers all you need to know about anatomy and physiology, including: Scientific terminology for organs, systems, and functions The functions of each system in the body How systems are formed, from conception through adulthood Diseases and disorders that affect each system With simple explanations and dozens of illustrations, *The Everything Guide to Anatomy and Physiology* provides a detailed look into the wonders of the human body.

Learn all about intermittent fasting with this comprehensive guide—from its health benefits to how to safely implement fasting into your life and diet—with 100 recipes for nutrient dense foods and meals under 500 calories. Intermittent fasting involves alternating cycles of fasting and eating, all within a set time schedule. Think of it more as a pattern of living and eating than a diet. Because unlike diets, there aren't any strict rules on what you can and can't eat—intermittent fasting is all about timing! Recently, many scientific and medical studies have pointed to the benefits of intermittent fasting, from its weight loss results to its impact on disease. Not only does intermittent fasting help you lose those stubborn pounds, it can increase your energy, help produce good gut bacteria, reduce inflammation, eliminate sugar cravings, and boost mental focus. But to reap the full benefits, you have to do it right. With *The Everything Guide to Intermittent Fasting*, you'll learn all you need to know to start safely incorporating intermittent fasting into your everyday life. This accessible and practical guide includes information on the different ways to fast, when to eat, why fasting benefits your body, which foods to eat to help you feel your best, and can help you determine which intermittent fasting plan best suits you. Featuring 100 recipes for nutrient-dense foods that will keep you full longer, and including tips, techniques, and advice from registered dietician, Lindsay Boyers, there's never been an easier way to look and feel your best.

The ultimate user's guide to Facebook, Twitter, Flickr, and more! Don't know a tweet from a tweep? Wondering how to get a Second Life? Curious about creating a Facebook profile? Join the social media movement! With *The Everything Guide to Social Media*, you'll master the lingo, tools, and techniques you need to use all forms of social media. Written in friendly, non-technical language by acclaimed reporter John K. Waters, this highly accessible handbook covers the full range of social media services, including: Messaging and communication (Blogger, Twitter) Communities and social groups

(Facebook, MySpace, Friendster) Location-based social networking (Foursquare) News and tagging (Digg, StumbleUpon) Collaboration and cooperation (Wikipedia, Wikispaces) Photos and video sharing (Flickr, YouTube) Opinion and reviews (Yelp, Epinions) With this guide, you'll become comfortable with social media--and learn how to expand your presence online. With a special section on leveraging the power of social networks to build or grow a business, this up-to-the-minute guide is everything you need to walk the talk online--one wiki at a time!

Maximize your money while avoiding the potential pitfalls of investing in cryptocurrency—this handy guide shows you how to get in from the bottom up in this hot new market. Cryptocurrency—a digital asset that uses cryptography to secure all of its transactions, making it nearly impossible to counterfeit—is moving into the mainstream, receiving coverage from major financial websites such as Forbes and Bloomberg, as well as increased attention from serious financial institutions, and experiencing wider availability in trusted markets, such as the world's largest futures exchange, Chicago Mercantile Exchange. As the price of Bitcoin and other cryptocurrencies continue to fluctuate and news stories of cryptocurrency hackers increase, investors have to be more conscious of the huge opportunities and large risks in this market. Understanding these risks and rewards of cryptocurrency is vital for everyone wanting to make money on this exciting new form of investing. The Everything Guide to Investing in Cryptocurrency is an authoritative and comprehensive guide to help you safely jump into the lucrative world of e-commerce. You'll learn: —The different major cryptocurrencies, including Bitcoin, Litecoin, and Ethereum —Where to buy and sell cryptocurrencies safely and securely —Setting up and managing your cryptocurrency wallet —Properly analyzing their investments Leap into cryptocurrencies with a full understanding of what you're investing in. With the help of The Everything Guide to Investing in Cryptocurrencies, you'll maximize your gains and minimize your risks in this radical new frontier.

A Simon & Schuster eBook. Simon & Schuster has a great book for every reader.

Affecting more than five million people in the United States, borderline personality disorder, also called emotional regulation disorder, has become more common than Alzheimer's, and nearly that of bipolar disorder and schizophrenia combined. Marked by bouts of violence and anger coupled with desperate and fixated love, this disorder is just now being recognized as a true mental illness. The Everything Guide to Borderline Personality Disorder is the professional yet compassionate guide that readers need to explore and understand the tumultuous world of BPD, offering information on: Experiences, trauma, and heredity as causes of BPD Warning signs and red flags from an early age Monitoring and recognizing extreme symptoms Different treatment options and therapies Maintaining safety in a relationship that involves BPD Featuring the latest therapy information on mindfulness meditation and behavioral relaxation, The Everything Guide to Borderline Personality Disorder is the comprehensive resource for families, spouses, and friends dealing with this psychological epidemic.

Complex ideas explained in everyday language! Is there life after death? Are euthanasia, suicide, or stem cell research ethical acts? Does the use of performance enhancers in sports constitute cheating? These are the types of philosophical questions people face today. Philosophy is not a dead set of doctrines--it's a living body of knowledge that you can use to guide behavior and problem solving. In a lively, easy-to-follow approach, The Everything Guide to Understanding Philosophy introduces you to the major thinkers and the problems they've pondered over the last 2,600 years. In plain English, author Kenneth Shouler, Ph.D. explains all of the great philosophies--and provides contemporary examples to put them in perspective. He delves into the minds of such philosophers as: Socrates, Plato, and Aristotle Augustine and Aquinas Spinoza and Descartes Locke and Hume Mill and Nietzsche Russell and Sartre If you're ready to broaden your outlook on life, this is the book for you. Endlessly fascinating--and always clear and concise--it's the perfect introduction for budding philosophers!

Learn how to bet on sports safely, smartly, and responsibly—and profit big—with this easy-to-use guide, perfect for beginners! Betting money on sports can be great fun and is a sure way to turn any sports game into an exciting must-watch event. However, it can be dangerous to the uninitiated—new gamblers can risk too much, bet randomly, or even lose it all. The Everything Guide to Sports Betting won't let that happen. Filled with tips, tricks, and tactics, this handy guide shows you how to place bets strategically. You'll learn all of the different types of bets you can make, how to spot a potentially profitable bet, and when to walk away. Covering all of the major sports leagues, The Everything Guide to Sports Betting will introduce you to the sports betting world and show you how to beat the casinos at their own games. In no time, you'll be a gambling pro—and cash in on some major wins!

Discover the amazing benefits of this ancient healing plant! You know that aloe vera can soothe a sunburn or an insect bite. But did you know that it can also fight inflammation, strengthen the immune system, and improve your health? Researchers are also studying the plant's effects on weight loss, diabetes, ulcers, irritable bowel syndrome, rheumatoid arthritis, and seasonal allergies. This natural remedy, which has been used for centuries, is a therapeutic powerhouse, full of vitamins, minerals, and essential amino acids. In The Everything Guide to Aloe Vera for Health, you'll find: Hundreds of uses for the gel and juice Tips for growing and harvesting aloe vera 50 recipes for smoothies, juices, and health and beauty products In this fascinating guide, you'll learn about the uses of aloe throughout history, current research into the many potential benefits of aloe vera juice, and ways to incorporate aloe into your daily routine to improve your overall health and vitality!

Every year, thousands of romance manuscripts are submitted to publishers, but only the best are eventually published. This simple guide—written by two award-winning romance novelists—will show readers what it takes to break into this highly competitive market and will provide them the information they need to get their manuscript out of the slush pile and onto the bookshelf. Readers will learn how to do the following techniques: build a story from premise to plot; add a fresh twist to a classic storyline; create compelling characters; write sizzling sex scenes that carry an emotional punch; research agents and markets; write a story that an editor can't reject; and promote themselves and their work. New writers, and even experienced writers, will find the solid how-to information here invaluable. This is a must-have for aspiring writers who want to write the perfect love story.

According to the U.S. Environmental Protection Agency, the air in our houses is up to five times more polluted than air outside--so it's clear that our homes have become fundamentally unhealthy places. But there is hope! With this guide, you'll learn the immediate changes that make your home--and your life--healthier and safer by neutralizing the toxins, radiation, and chemicals that threaten the average house. Inside you'll find: Instant-fix checklists that will immediately make your home, workplace, and school safer Room-by-room explorations of the most common and avoidable threats Special tips designed to protect vulnerable infants, children, and pets With detailed checklists that are ranked by the projected health impact of making the fix, you'll be able to make real, concrete improvements to the health of your home. Whether you make every change or just a targeted few, the decisive steps in this guide will result in a safer, more comfortable, and more livable home for you and your family.

"Contains material adapted and abridged from The everything start your own business book, 4th edition, by Julia B. Harrington"--T.p. verso.

Your ten-week plan to avoid the onset of diabetes! A diagnosis of pre-diabetes is certainly a wakeup call, but it is not a life sentence of daily medication and having to live without your favorite foods. Managing pre-diabetes is about common sense and moderation, not deprivation. The Everything Guide to Managing and Reversing Pre-Diabetes, 2nd Edition can help you find ways to alter your lifestyle and avoid type 2 diabetes. Inside, you'll find helpful tips on lifestyle changes, along with recipes for delicious, healthy meals your whole family will love, like: Buttermilk

pancakes Rich and creamy sausage-potato soup Soy and ginger flank steak Grilled haddock with peach-mango salsa Walnut chicken with plum sauce Kasha-stuffed red peppers Cranberry pecan biscotti Chocolate cheesecake mousse This trusted resource also includes a ten-week plan to help you see results immediately. Certified Diabetes Educator Gretchen Scalpi also provides you with techniques for helping children with pre-diabetes gain control of their health. With this expert guide, you can recognize unhealthy behaviors and eating habits--and stop diabetes in its tracks!

All you need to know about investing safely and smartly, with new information on the latest options—from cryptocurrencies to social media IPOs—in this comprehensive and updated guide to understanding the current market, setting realistic goals, and achieving financial success. The best time to start investing is now—even as little as a few years can make a difference of hundreds of thousands of dollars by the time retirement comes around. Investing early in your career is the best way to ensure a secure and successful life all the way through retirement. For years, *The Everything Guide to Investing in Your 20s and 30s* has been guiding young professionals on how to capitalize on the investing market and make the most out of their money. This all-new and fully updated edition includes all of the tips, tricks, and investing knowledge while also explaining: —New technological investing options —How the changing political climate affects your money —What the rising interest rates mean —Active investing versus passive investing *The Everything Guide to Investing in Your 20s and 30s* teaches you how to maximize your investing strategy and make your money work for you. Don't wait. Start investing today!

Do you love throwing parties? Are you the most organized person you know? Can you thrive in a fast-paced environment? If so, event planning could be your perfect career choice! Seasoned event planner Jennifer Mancuso helps you to get started and succeed in this exciting field. This book's insider tips and step-by-step guidance will teach you how to: Tailor events to each client - from a corporate dinner to an intimate wedding Market and network to keep business coming Hire vendors that your client will love Build a great reputation in your area and beyond Whether you've recently earned a hospitality degree or are simply looking for a fun career change, *The Everything Guide to Being an Event Planner* will help you break out of the routine and start a new, creative endeavor—one celebration at a time!

For an aspiring novelist, nothing is more intimidating than a blank page or computer screen. This step-by-step guide helps you get past that hurdle, start writing, and cross the finish line to first draft in only twenty-six weeks! This guide covers the entire novel-writing process--from polishing an idea to finding an agent and submitting to publishers. This practical guide takes you through the ins and outs of writing and publishing your first book, including how to: Create authentic characters, engaging plotlines, and believable settings Edit for tone, structure, and pacing Find the right agent Market and sell your work to publishers Build a career as a novelist Complete with writing exercises, inspiring examples, and expert advice from bestselling novelists, this book is an excellent starting place for anyone interested in the art, craft, and business of writing fiction.

150 recipes to ease painful symptoms and improve digestion! If you suffer with symptoms of IBS, you know that digestive troubles and pain can disrupt your day-to-day life. Fortunately, researchers have come up with a new treatment plan to help you control symptoms: a low-FODMAP diet. FODMAPs are a collection of short-chain carbohydrates that are difficult to digest and found in many common foods, like wheat, milk, beans, and some vegetables, fruits, and sweeteners. *The Everything Guide to the Low-FODMAP Diet* walks you through the step-by-step process for identifying your individual sensitivities--and gives you options and substitutions so you can enjoy your favorite foods again. Learn how to: Understand food allergies and intolerance Identify high- and low-FODMAP foods Eliminate FODMAP sources from your diet Stock your pantry for success Create your own personalized diet based on your unique needs Re-create favorite recipes using low-FODMAP ingredients Dr. Barbara Bolen, an IBS specialist, provides advice and tips for developing a personalized and realistic healthy eating plan. And with 150 low-FODMAP and gluten-free recipes, you can reduce digestive distress and feel great while enjoying satisfying and nutritious meals!

Whether you need help solving equations or determining the slope of a line, this guide gives you the tools you need to find your answers! Beginning with the basics, you will learn and practice all the skills needed to enhance your algebra expertise. This comprehensive guide covers all the key concepts, including: Variables and expressions Linear equations and inequalities Monomials and polynomials Exponents Rational expressions The Pythagorean theorem Area and perimeter Graphs and charts Inside you'll find hundreds of examples to illustrate the basics and plenty of exercises to ensure mastery of these fundamentals. No matter if you're a student looking for a companion to your textbook, or a curious learner who's been away from the classroom too long, this will be your indispensable algebra primer.

Narcissistic Personality Disorder, often mistaken for a too-big ego or inflated self-esteem, is in actuality a severe psychological condition that ruins marriages, social relationships, work environments, and the sufferer's own sense of self. Although perceived as self-confident and arrogant, narcissists are really victims of devastatingly low self-esteem and insecurity. *The Everything Guide to Narcissistic Personality Disorder* is a comprehensive resource for readers who need guidance, including information on: Identifying the symptoms in themselves and their loved ones Different types of narcissists Living with a narcissistic (one-way) relationship Treatment options and methods Preventing narcissism in children and young adults Recovering from a narcissistic relationship with a parent, spouse, or friend Complete with an exclusive section on the epidemic of "net narcissism" due to social media, *The Everything Guide to Narcissistic Personality Disorder* is the complete guide to a misunderstood disorder that impacts millions everyday.

A successful nonprofit organization needs more than a good idea and enthusiastic volunteers. It needs careful planning, realistic goals, and sustainable financing. With *The Everything Guide to Starting and Running a Nonprofit with CD*, nonprofit advisor Jim Goettler walks you through each step of the process. Learn how to take an idea from a grassroots group to a federally recognized nonprofit organization. This book features information on: The differences and similarities between organizations and corporations Forming the initial board of directors and filing incorporation documents Attracting the best volunteers and staff members Using publicity and community outreach to raise money Turning a for-profit organization into a nonprofit one A bonus CD includes sample documents needed for any new nonprofit: articles of incorporation, bylaws, budgets, and IRS nonprofit status applications and instructions. With these tools, you'll be able to turn your dreams and passions into a thriving nonprofit organization.

The Everything Guide to Writing Children's Books How to Write, Publish, and Promote Books for Children of All Ages! Simon and Schuster

Your guide to online success! Here's all you need to realize your dreams of turning your handiwork into cash--online! With the popularity of Etsy and Pinterest, serious art and craft buyers and sellers are

turning to the online world to buy, sell, and promote beautiful, homemade creations...but where to start? This A-Z guide provides expert advice on building an online presence and getting your creations into the hands of buyers, including: Tips on creating a sound business plan. Techniques for writing effective copy and taking professional-level photographs. Help with creating a comprehensive marketing strategy. Ways to increase sales through online networking and social media. Best practices for accounting, packing, shipping, and customer service. You'll learn about the pros and cons of all the major art and craft sites, as well as tips for creating your own store online. With The Everything Guide to Selling Arts & Crafts Online, your online business can be up and running in no time!

Heal your thyroid with the Paleo diet! If you've been diagnosed with the autoimmune condition Hashimoto's thyroiditis, you know how difficult it can be to improve symptoms. However, scientists are discovering ways to address this disease without resorting to prescription drugs and synthetic treatments: through the Paleo diet. By using functional medicine and healing foods, you may finally find relief! In The Everything Guide to Hashimoto's Thyroiditis, you'll discover the causes and symptoms, as well as the link between gut health and thyroid health. You'll learn exactly which foods can help improve your condition and which ones exacerbate problems. This all-in-one health guide features meal plans, 200 nutritious recipes, and easy tips for transitioning to the Paleo lifestyle--so you can improve your well-being and heal your body naturally.

When your chakras are in balance, you feel safe, creative, strong, and secure in yourself and in your relationships. However, at times in your life, your chakras can lose their equilibrium. If you can learn to balance your chakras, you will enjoy better health, increased contentment, and a stronger awareness of your life's true purpose. This easy-to-grasp guide teaches you how your chakras function and provides simple techniques and meditations to keep them active and healthy. Inside you'll find: Exercises and guided meditations to balance the energy of each chakra Methods for removing energy blocks that cause illness, dissatisfaction, and pain A comprehensive list of physical, emotional, and social problems associated with each chakra Techniques for chakra work to complement the law of attraction to bring positive energy and people into your life This guide helps you take charge of your mental and physical well being and develop the skills to create the life you desire.

Thyroid disease affects millions of patients every year. The Everything Guide to Thyroid Disease is an authoritative, updated resource for all readers, offering helpful and professional guidance on: how the thyroid functions (and malfunctions!); who is at risk for thyroid disease; well-known thyroid disorders like hyper and hypothyroidism; thyroid disease in pregnant women and young children; and treatment options and living with the disease. The Everything Guide to Thyroid Disease is the reassuring guide readers need, whether they are a patient, spouse, or parent.

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