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Woman who Glows in the DarkA Curandera Reveals Traditional Aztec Secrets of Physical and Spiritual HealthTarcher

Provides information on the basics of skin care--cleansing, protection from the elements, acne, etc.--and on the essentials of hair and nail care, with a section on such related topics as diet, exercise, and stress.

A modern healer bridges the gap between Western medicine and Mexican folk medicine to offer a new perspective on women's health.

Who knew dragons could be so...hot? I grew up as a trashbag kid. I don't want to even try counting how many foster homes I've lived in since I was orphaned at the age of five. When some long-lost relatives take me in during my last year in the system, I'm careful to remain on my best behavior. Finding family and living happily ever after has always been a secret fantasy, so getting the boot would be devastating. But these perfect strangers are turning out to be perfectly strange. Like when they tell me dragons are real and my great-aunt's husband just happens to be one. Um... But before I can pack my few belongings and bolt, I see the evidence with my own eyes. Then I catch sight of my new uncle's five

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gorgeous nephews and decide...maybe dragons aren't so bad after all. The Glow of the Dragon's Heart is the prequel to the Harem of Fire series.

"What if you, as a girl battling stage fright before a dance recital, suddenly found yourself in Rebecca's world in 1914? Join Rebecca on adventures where the two of you can try out for a vaudeville show, put on a musical, or even sneak into a factory to deliver an important message. Your journey back in time can take whatever twists and turns you choose, as you select from a variety of options in this multiple-ending story"--

Kirkus Reviews Best Books of 2017 Selection Lydia is thrilled to join the working girls in the factory, where they paint luminous watch dials for the soldiers fighting in World War I. In the future, these girls will be known as the tragic Radium Girls: factory workers not only poisoned by the glowing paint, but who also had to fight against men who knew of the paint's deadly effect. One hundred years later, Julie, whose life is on hold after high school, becomes intrigued by a series of mysterious antique paintings she finds in a thrift store. When she discovers their hidden-and increasingly nightmarish-glowing images, Julie is determined to learn more about them. As Julie's obsession mounts, truths about the Radium Girls-and her own complicated relationships-are revealed. Can she uncover the secrets behind the paintings before she puts herself and everyone she loves at

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risk?

Selected short stories translated from Hindi.

Explores traditional Mexican healing arts while offering insights into the soul-diminishing forces of modern society and suggestions for coping strategies for balancing one's life.

An investigation into the societal impact of intelligent, high-achieving women who are honing traditional homemaking skills traces emerging trends in sophisticated crafting, cooking and farming that are reshaping the roles of women.

This journal book is a canvas and as the writer YOU get to paint your masterpiece. Allow yourself to capture life thru your eyes, thoughts and feelings.

Winner of the Reader Views Reviewers' Choice Award Have you ever asked yourself, What is the purpose of my life? If so, read this book. At the age of forty-four, Jan Vallone is everything her Italian American parents brought her up to be--a lawyer, wife and mother who owns a vintage home and takes European vacations. But instead of feeling happy and successful, she's consumed by frustration and anxiety that threaten to shatter her marriage and have dimmed her faith. Discarding prosperity and prestige, she takes a job teaching English at a yeshiva--an Orthodox Jewish high school--though she was raised Catholic. There, she opens her heart to her students, who bloom under her tutelage and teach her the meaning of faith and fulfillment. Set in New York, Seattle and Italy, this memoir portrays how one woman fuses the facets of her life--family,

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career, ethnicity, spirituality and dreams--into a cohesive picture as luminous as stained glass. Includes a special vocation workshop for readers who would like to discover their callings.

The twentieth anniversary edition of a transformative blueprint for ancestral healing—featuring new material and gateways, from the renowned herbalist, natural health expert, and healer of women’s bodies and souls “This book was one of the first that helped me start practices as a young woman that focused on my body and spirit as one.”—Jada Pinkett Smith Through extraordinary meditations, affirmations, holistic healing plant-based medicine, KMT temple teachings, and The Rites of Passage guidance, Queen Afua teaches us how to love and rejoice in our bodies by spiritualizing the words we speak, the foods we eat, the relationships we attract, the spaces we live and work in, and the transcendent woman spirit we manifest. With love, wisdom, and passion, Queen Afua guides us to accept our mission and our mantle as Sacred Women—to heal ourselves, the generations of women in our families, our communities, and our world.

An inspiring and engaging historical nonfiction book for kids 9 to 12, this newly adapted young readers' edition of the acclaimed national bestseller tells the story of America's glowing girls and their brave fight for justice Amid the excitement of the early twentieth century, hundreds of young women spend their days hard at work painting watch dials with glow-in-the-dark radium paint. The painters consider themselves lucky—until they

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start suffering from a mysterious illness. As the corporations try to cover up a shocking secret, these shining girls suddenly find themselves at the center of a deadly scandal. The Radium Girls tells the unbelievable true story of these incredible women, whose determination to fight back saved countless lives. This enthralling and accessible young readers' edition of the New York Times and USA Today bestseller includes all-new material, including a glossary, timeline, and dozens of bonus photos.

Own Your Glow is an inspirational, actionable, and wildly enriching companion for change. Celebrity wellness and lifestyle guru, Latham Thomas provides soulful principles that offer an illuminated path for examining life's challenges, helping you curate your path to greatness, while embracing your uniquely feminine attributes. Packed with rituals, meditations, and snackable lifestyle tips, Thomas provides a clear framework for harnessing your passion, developing spiritual fitness, and embracing true vulnerability. This guide is for anyone who wants to witness her own life transform and contribute to the positive change of the world around her. Combining spiritual, psychological, and self-reflective tools, Thomas offers an antidote to the hustle-hard, make-it-happen mainstream culture and fosters slowing down, intentionality, and self-care as a pathway to empowerment. How much more potent and powerful would we all be if we embraced our inherent talents, strengths, and feminine edge, rather than dwelling in patterns of self-criticism, doubt, and catty competition? Thomas invites you to step into a soulful, fulfilling life of freedom, transcending self-destructive habits and

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creating a blueprint for a more gratifying, centered, and bountiful way of living. *You Glow Girl* is an awakening roar for women to mobilize, become the masters of their lives, and hold their crowned heads up high, letting their relentless light from within shine bright for the world.

You are Woman, You will Roar...You Glow Girl! Discover how to ignite the fire within, live your passion, and become the woman you've always dreamed of. In *You Glow Girl!* serial entrepreneur, mother, dreamer, and doer Beth Wilson-Parentice shows women how to dig deep and become their best selves. If you're ready for a life-changing journey, sister, then *You Glow Girl!* is for you. Whether you're looking to grow personally or professionally; Beth tells personal stories of persevering through tremendous obstacles growing her multimillion-dollar beverage company while juggling her roles as a wife and mother, overcoming abuse as a child, and learning to truly love herself. This book is a mix of practical and empowering advice, actionable tools, and powerful storytelling. Beth is like a trusted friend - inspiring you with vulnerability letting you know you are not alone. You'll laugh, you'll cry--you'll learn to glow, girl. If you're ready to face your fears, dream big and live your purpose, then pick up a copy of *You Glow Girl!* and unleash your inner sparkle. Why "*You Glow, Girl!*"? You glow girl has so many meanings and that's why I chose it for the title of my book. It means women supporting one another, rising up and shining through the darkness, believing in yourself when no one else does, not letting anyone else dim your glow, and it means

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seeing the light at the end of the tunnel. It was my mission to write this book and if I can help one woman by sharing my stories, then mission accomplished! XO, Beth

Glow Girl is a story about a young girl named Lilly. Damaged from a lifetime of being ridiculed for her weight, and obsessed with the dream of finding love, she escapes into her mind where not having friends or knowing love doesn't matter. Until the first semester of her college career when Lilly falls for a real boy in English class. Adam is the strong, confident, men-want-to-be-him, women-want-to-be-on-him guy. Lilly's obsession with her dream world turns into a fixation on getting Adam to notice her. She allows herself to be bent and broken to fit the mold of a woman he demands her to be, losing herself along the way, and coming to in an unfamiliar world. A new culture takes hold of her, disguised as a misfits' playground full of neon lights and cuddle puddles, where EDM reigns and evil people lurk in plain sight. Her only protection? A coke-addicted boyfriend who's probably too busy screwing someone else, anyway. Lilly finds herself in a deadly situation naivety can't save her from. Who will save her this time? Or is she doomed to face the consequences of her choices that become her end? Trigger Warning: Content includes imagery of drug abuse, violence, strong language and death.

She emerged as innocent as any newborn. The party of starbursts and sparkles came to a standstill. In awe, millions of heavenly beings paused. Shine Star, Princess of the Universe, was the most precious and rare of all creations. As an expression of perfect

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happiness, thus was the king's daughter born. A magical love story unfolds in Vikrant Malhotra's wondrous debut, *The Stories of Goom'pa: Book One*. Meet Goom'pa. He is a Poofy, a small furry creature who resides on Earth in a place called Palidon, on the edge of the Miron National Forest. His world is a quiet one-until he spies Shine Star, a glorious star in the sky and the daughter of Prime Ray, the king of the universe. Enchanted by her elegance, Goom'pa knows he is willing to do anything to win the love of this celestial beauty. As the two meet and fall in love, Shine Star's father worries about his only daughter. Exploiting that concern is the Star Lord, Rath, who wants nothing more than to wrestle control of the universe away from Prime Ray. Will Goom'pa and Shine Star find a way to be together? Or will Rath's evil plan doom them all?

Home Building for the Wise Woman: A Blueprint for Designing a Life That Fits. Seven lessons for group or individual study. Do you feel like a failure next to your best friend who works part-time, helps out at school, and has a perfectly clean house and a husband who's always smiling; while you feel like you're drowning if you have to make cookies for the bake sale? Do you find yourself asking, "Did I choose the wrong priority? After all, aren't the kids more important than . . .?" Do you wish you could just be you? Through *Home Building for the Wise Woman*, you will develop a personalized blueprint that will help you: visualize your priorities, make wise decisions, defeat guilt, and build the beautiful life God created you to live-a life that fits!

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Hey, Glow Getter! Have you ever wished you were living a fulfilling, beautiful, kick-ass life of your own-but you have no idea how or where to begin? Maybe you want to start eating cleaner and living a healthier lifestyle, start your own business and eventually quit your job, or you're done with crummy relationships and you want to attract the partner of your dreams? Perhaps even all of the above! Glow Getter is for any woman who wants to transform her life or is in the process of already making some big changes, but feels overwhelmed by the gravity of the task and needs a helping hand to guide and reassure her along the way. Stick with Glow Getter and you'll see the only person truly standing in the way of your dream life is you. This book is packed with helpful tips and tricks that have worked for countless successful women already, including me. In this book, you will discover how to transform your life by learning: - The many challenges you'll face along your journey - Success secrets on how to overcome these (you're stronger than ALL of them!) - Words of wisdom from some of the world's most inspirational women - How to change and realign your daily habits - What it means to be a true glow getter (FYI it's got nothing to do with make-up!) - How to find your souls sisters who will cheer you on - Bonus 'Glow Guides' at the end of each chapter helping you to take action right away - All the encouragement and inspiration you need to become the woman you dream of being This book will change you-all you have to do is pay attention, do the work, and show up for yourself. What's stopping you from taking a chance and living the glow getter life? What are you waiting for? Your

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fabulous new life awaits you inside.

Lily is the daughter of Lucifer, a mother she's never met. When she's laughed off the soccer field, Lily's delivered to her FBI uncle and a new, paranormal, high school where she'll be trained to keep other creatures in line. Gaining few allies under the thumb of her obsessive mentor, she struggles to prove that something more is going on in their little town than anyone wants to admit. If you like the innocence of Twilight, the snark from Buffy, and the wit of the Lunar Chronicles, you'll be engrossed by Alisha Costanzo's new dark and satirical YA series. Buy THE GIRL WITH THE GLOWING HAIR and fall into a world worse than hell-welcome back to high school.

This 8.5" x 11" appointment book is great for keep tracking of all your customers' appointments and log their information. Inside: 170 Pages 3 Year Full Calendar for 2020, 2021, 2022 A-Z Client Details - to keep records for customers details. 52 Weekly, Undated 2 Page Spread Per Week - from 8AM to 9PM, 15 minutes increments, notes + Self Love + Nutritional Recipes + Fitness + Do it Yourself Girl, We Got This, is an eBook created by Bluhazl, four women who dream to inspire you to live your best life holistically, physically and mentally. BluHazzl is a space for women to connect and embrace sisterhood because we believe that we are all sisters here. Sharing our passions through nutritional recipes, health + wellness, and empowerment has created a community of strong and committed women who want to live their best life surrounded by powerful and supportive women. Girl, YOU got this. - @Bluhazl

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Women, you need to stop and take a good look at what is real to see your position in a relationship. Where is it going? Has marriage been discussed after one year of courting? Does integrity guide this man? Can his word be depended upon? In **WOMEN DON'T TAKE THE BLAME**, Dr. Margarita D'Andrade helps to answer these questions and more.

Many of us absorbed the rules for being male or female from our families and the culture in which we grew to adulthood. We formed beliefs about a man's role and a woman's role based on what we observed and experienced; mostly, those beliefs had to do with what men and woman did rather than who they were. Our ideas about what constitutes "masculine" and "feminine", by now outdated and inadequate, have led to a precarious imbalance both in our inner lives and in our external lives of relating to men and women. The result? A gender war. In *Joining Forces*, Jeanie Miley explains that our deeply ingrained gender expectations have created an imbalance in our emotional and spiritual lives and have kept us from becoming our most authentic selves. *Joining Forces* will help readers discover the masculine and feminine characteristics that connect, unite, and restore us—traits that men and women alike can and do express. By joining our masculine and feminine strengths, we restore our own souls, our creative energies, and our own true, essential natures.

A Cute, Practical Guide Packed with Useful, Straightforward Information for All! In this day and age, women are expected to have a killer full-time job, time to hang out with

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friends and family, a successful fitness regime, and oh yeah, glowing skin. According to just about every traditional media source, women have never been more into skincare, and the craze shows no signs of abating. So it's no surprise that in these stressful times, we've turned to skincare not only for hygienic purposes, but as a form of self-care and belonging. However, with more products on the market than ever, the beauty industry can sometimes feel a bit overwhelming and confusing. Do I need a toner? Is it best to use organic products? Should I try Gwyneth's bee sting therapy? Every *Woman's Guide to Healthy, Glowing Skin?* answers your burning questions and delves into the specifics of all these new treatments and trends—in a way that feels informative and fun! This practical guide makes the material easily understandable for everyone from ultimate multi-step skin gurus to someone venturing out for their first facial. In Chapter 1, you'll start off learning the essentials (think: product layering and “do I really need that vitamin C serum?”), while later on you'll explore special occasion procedures, body creams, and SPF. Plus, you'll learn how to read product labels like an expert and which “classics” are here to stay (say “hello” to your grandma's favorite cold cream). Gift it to that friend who already has too many face masks, or as a treat for yourself—it'll make a nice addition to any book shelf or coffee table. So go ahead, indulge. Written as an engrossing fictional story, the book, essentially, is guidance for every woman in her journey towards love, happiness and fulfilling her most daring dreams! This book reveals ancient sacral knowledge of Ayurveda and Yoga mixed with practical

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psychological advice, which will transform any woman into a strong, confident, independent and yet, feminine, passionate and desirable woman, who effortlessly creates the world of her dreams, both in her career and love life. In the book you will learn energy practices, meditations and exercises from Kundalini and Tantra Yoga - to attract men you always wanted and meet your soul mate. - to become a love goddess and give unforgettable pleasure to your partner - to use your inner power to make your wishes come true - to open your heart in order to find your calling in life and fulfil your destiny The book shares some life wisdom to help you learn - what to do during all stages of dating, from the first meeting to the first night - effective methods to get over your ex-boyfriend, gain confidence and increase your self-awareness. - 4 manifestations of a true woman, that every man looks for - enjoy every moment of being and bring love, happiness, creativity and passion into your life Join the heroine in her exciting journey to find her true self! One spring day, hopelessly unlucky in love Alexandra leaves her dull office life in London for the sunny South of France to visit her aunt, who promises to teach her some ancient secrets about the art of seduction and mystical women's power. The young lady is intrigued by an opportunity to gain love and happiness. As her lessons progress, she tries out the newly acquired knowledge in her romantic affairs with two gentlemen. However, she has no idea how dramatically her life will change... Where will her journey bring her?

A girl and her God was written for the woman who is hungry and thirsty for a closer

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relationship with the Lord. As modern day women, we have become caught up with the cares of this world and as a result, our relationship with God has taken a serious hit. Getting back to our first love is crucial if we are to survive the nuclear bombs of this life. The seed is planted, God is watering, so why are we not growing? Growing in the Lord means that we start to glow in Him. For we carry His glow in our appearance by being in constant communion. Shaniqua uses the stories of women in the Bible to draw out major character qualities we should strive to attain as godly women if we are to be who Christ calls us to be. This book encourages the reader to get to the place where they want to grow and glow in His glory above all else.

A New York Times, USA Today, Wall Street Journal, and Amazon Charts Bestseller! For fans of Hidden Figures, comes the incredible true story of the women heroes who were exposed to radium in factories across the U.S. in the early 20th century, and their brave and groundbreaking battle to strengthen workers' rights, even as the fatal poison claimed their own lives... In the dark years of the First World War, radium makes gleaming headlines across the nation as the fresh face of beauty, and wonder drug of the medical community. From body lotion to tonic water, the popular new element shines bright. Meanwhile, hundreds of girls toil amidst the glowing dust of the radium-dial factories. The glittering chemical covers their bodies from head to toe; they light up the night like industrious fireflies. With such a coveted job, these "shining girls" are the luckiest alive — until they begin to fall mysteriously ill. And, until they begin to come

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forward. As the women start to speak out on the corruption, the factories that once offered golden opportunities ignore all claims of the gruesome side effects. And as the fatal poison of the radium takes hold, the brave shining girls find themselves embroiled in one of the biggest scandals of America's early 20th century, and in a groundbreaking battle for workers' rights that will echo for centuries to come. A timely story of corporate greed and the brave figures that stood up to fight for their lives, these women and their voices will shine for years to come. Written with a sparkling voice and breakneck pace, *The Radium Girls* fully illuminates the inspiring young women exposed to the "wonder" substance of radium, and their awe-inspiring strength in the face of almost impossible circumstances. Their courage and tenacity led to life-changing regulations, research into nuclear bombing, and ultimately saved hundreds of thousands of lives...

"When the "Kirkland Lake gals of 1941" begin to share their story with a present-day audience, a siren sounds and they soon find themselves pulled right back into the fateful winter of 1941-42. There, they gather again at the mine-head, waiting for word on the men trapped underground, as their fear and rage builds. When the husband of one of the women is badly injured, their desire to help her quickly leads them into a much larger campaign to help all the families they can. Before long, they've become the heart and soul of a large-scale union-organizing drive that is fuelled by their sheer will--and sometimes giddy enthusiasm--but that is also put to the test by their own inexperience, a bitter strike, and the brutal force of the powers that be."--

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Part of the first generation to be conceived in deep space, fifteen-year-old Waverly is expected to marry young and have children to populate a new planet, but a violent betrayal by the dogmatic leader of their sister ship could have devastating consequences.

Do you know someone who is Proud and Black Chic? This would make a fantastic gift for family, friend or coworker

Based on the practices of a cureander, who reveals aztec secrets of physical and spiritual health, this text is a guide guide to healing mind, body and spirit.

Do you know your purpose? Do you feel lost and like a complete failure some days? Go deep into Tyra Banks' journey to success and learn how to respect your journey to greatness. See the connected dots of your own life as you read Tyra's personal stories and the failures that have made her a successful small business owner, single mother, Christian author and woman of faith.

This is a not for profit project to help empower women and give support through our stories of survival, overcoming abuse, self-doubt, our environment and cultures to find true freedom and love ourselves as well as others. The mission was to tell raw unfiltered stories of faith, love, tragedy and get down to what really makes us who we are. We have not censored or edited out any of the triggers, language, or voice of our authors...this is as raw as you can get! Find out what we are up to next on Facebook: Wild Woman Sisterhood Anthology

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ONE OF NPR'S BEST BOOKS OF 2020 LONGLISTED FOR THE 2021 JOYCE CAROL OATES PRIZE A lush, glittering short story collection exploring female obsession and desire by an award-winning author Roxane Gay calls "a consummate storyteller." From Kentucky to the California desert, these forty-two short stories -- ranging from the 80's and 90's to present day -- expose the hearts of girls and women in moments of obsessive desire and fantasy, wildness and bad behavior, brokenness and fearlessness, and more. On a hot July night, teenage girls sneak out of the house to meet their boyfriends by the train tracks. Members of a cult form an unsettling chorus as they proclaim their adoration for the same man. A woman luxuriates in a fantasy getaway to escape her past. A love story begins over cabbages in a grocery store, and a laundress's life is consumed by her obsession with a baseball star. After the death of a sister, two high school friends kiss all night and binge-watch Winona Ryder movies. Leesa Cross-Smith's sensuous stories -- some long, some gone in a flash, some told over text and emails -- drench readers in nostalgia for summer nights and sultry days. They recall the intense friendships of teenage girls and the innate bonds between mothers, the first heady rush of desire, and the pure exhilaration of womanhood, all while holding up the wild souls of women so they can catch the light. You're three steps away from living your potential and shaking the world. Are you a heart-centered, ambitious woman trying to figure out how to be a dynamic, awesome you in a money-driven world? You know that there is something more to life. You want

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to be excited about waking up, do things you're naturally great at, that you're passionate about, AND profit, but you're struggling to get a leg up. This is the manual to help anyone frustrated by self-doubt and overwhelm feel powerful, clear, and capable to create any possibility. The goal is to develop the strength and confidence to help you go from living small and fearful, to living big and free. The Glow Effect is a step-by-step proven method, developed and tested on real, creative and accomplished women across the world. Whether you're just starting your search for meaning, or in a life-work transition, The Glow Effect helps you make your potential a reality and live a life of meaning. Ready to experience your glow effect? With this book you will: * Learn the 3-Step Process that allows you to find your own version of success, happiness, and abundance * Discover unshakeable confidence to serve the world powerfully * Find powerful solutions for dealing with fear, failure, and other roadblocks * Heal yourself, your family, and your world through groundbreaking conversations * Become vibrantly aware of your vision and actively create it daily * Inspire other women to not only live, but love, their own brilliant wisdom

Everything you need to know to look after yourself to bring about and maintain perfect health, prosperity, wealth, happiness, quality of life and longevity. It reveals that we are, without realising, not doing enough or the right things to protect our health and prosperity which is equally extremely damaging to nature, wildlife, oceans, sea-life, fresh springs, waterways and air, and us. The Book by Linde utilises new and ancient

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knowledge from around the world, over the millennia identifying what changes we need to make to enhance every aspect of our lives with simple solutions for almost every situation. It is your most powerful contribution to protecting, nurturing and saving our planet. In summary, 'THE BOOK' Consists of Six Chapters which incorporates a summary within each one: Lifestyle; Food & Nutrition; Medical Care; Mind; Water; and Now Live the final chapter which you can cast your eye over first as it is a synopsis of the complete works. It is highly recommend to read from cover to cover but, it is packed with valuable information to just use as a Reference Manual on a day to day basis. Teaches you how to look after your body and mind to ultimately prevent illness, but also to help regain and maintain perfect health; Provides countless number of practical, realistic & simple tips to easily adopt into your day to day lifestyle improving quality of life, saving time & money and gaining longevity; Fuses together specialised areas in health & mind, lifestyle & environment under one cover; Identifies our day to day toxic exposures that we are unaware of and provides successful resolutions; Gives you complete fundamental knowledge and awareness, to use your courage to take responsibility for your life enhancing your health, prosperity and happiness; Provides you with ancient knowledge and practices to new, from science including quantum physics, to philosophy, psychology, and important detail on nutrition, exercise, energies and medicine; Is very current, answering all the conflicting hype about diets, the next super food or the bad effects of conventional drugs or sugar that are in the media

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weekly, even daily; For more information please visit www.thebookbook.co.uk

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