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## 28 Day Reset Challenge Blogilates

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### TREASURE YOURSELF

12-Week Fitness Journal

12 Weeks to Mental and Physical Strength

The Simple 3-Week Plan for Supercharged Weight Loss

Narrating the Self

Great-Tasting Recipes that Keep You Lean!

Kade's Dark Embrace

Power Thoughts for My Generation

How I Kicked the Plastic Habit and How You Can Too

Tactical Barbell 2

200 Recipes and Weekly Menus to Kick Start Your Journey

5-Day Reset for Your Body, Mind, and Spirit

The Six-Week Plan to Flatten Your Belly and Firm Up Your Body for Life

Anti-Diet

The Blood Sugar Solution 10-Day Detox Diet Cookbook

Body For Life

A Woman's Guide to Building a Better Butt and Body

28 Days to Fit, Fierce, and Fabulous

Jumpstart to Skinny

The Eat Clean Diet for Men

Deadline

Unprocess Your Diet with Super Easy Recipes—Lose Up to 5-7 Pounds the First Week!

#EATMEATLESS

The 3 Diet Secrets to Naturally Balancing Your Hormones for a Hot and Healthy Body!

The Right Exercises to Get Back Your Dream Body and the Secrets to Living a Fit Life

Tone It Up

• Identify Your True Body Type • Understand Your Carb Tolerance • Accelerate Fat Loss

Because Life Is Already Happening and You Don't Need Flat Abs to Live It

Veganist

Eat.Lift.Thrive.

28 Days of Clean Eating: The Healthy Way to Kick Dieting Forever

The Abs Diet for Women

Fictions of Japanese Modernity

Sarah Fit: Get Skinny Again!

Conditioning

embody

An Inspiration Today

The Bikini Body 28-Day Healthy Eating & Lifestyle Guide

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## SARIAH ACEVEDO

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### **TREASURE YOURSELF** Createspace Independent Publishing Platform

Promotes weight loss, healthy eating, and conscious consumerism through veganism, arguing that a meat and dairy-free lifestyle helps one lose weight, live longer, and is better for the economy and the environment.

### **12-Week Fitness Journal** Grand Central Life & Style

Ready to transform your body and mind into the healthiest, happiest you? You're going to need enthusiasm, an open mind, and a good deal of grit. In *It Takes Grit*, fitness expert and mindset coach Rebecca Louise shares a practical no-BS guide to take your workouts, health, and motivation to the next level—along with a 30-day challenge to kick-start your results. Through her ultrapopular YouTube channel and social media, Rebecca Louise has helped millions of people improve their mindset and achieve their wellness goals. Rebecca knows what it's like to feel lost, unable to find the right career, live broke, go through a divorce, and struggle with a negative relationship with food. It wasn't until she changed her mindset and started to master high-performance habits that she truly found her way to a career she loved and a healthy lifestyle. Now, in *It Takes Grit*, Rebecca shares her tried-and-true tools to lock onto your purpose, uncover your inner grit, and get in the right mindset to go after your goals. She shares:

- Her 10-step guide to getting results in all areas of your life
- An action plan to get started, no matter where you are right now
- Tips to create a meal plan and training routine you can stick to forever
- How to get and stay motivated no matter what life throws at you
- Interactive tasks after each chapter to master your daily habits

Rebecca also shares her 30-day targeted daily workout program (with bonus online workout videos), to make sure you're never overworking your body, recipes for every meal, and daily tasks that will help you get to the next level. *It Takes Grit* will give you the tools needed to take control of your health and happiness.

### **12 Weeks to Mental and Physical Strength** Andrews McMeel Publishing

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.

### **The Simple 3-Week Plan for Supercharged Weight Loss** Springer Science & Business Media

**COOKING COMPANION TO MASTER YOUR METABOLISM** Master Your Metabolism, the phenomenal diet bestseller by Jillian Michaels, has been helping millions of people become hotter and healthier without their having to obsess over food or exercise. The key is ditching fad diets and chemical-filled Franken-foods in order to optimize your metabolic function and maximize your overall health. Through the Master Your Metabolism plan, Jillian has taught readers how to balance their hormones naturally so their bodies become energetic, thriving, fat-burning machines. Now Jillian makes it even easier for you by bringing the Master program right into your kitchen. With more than 125 recipes specifically designed for the Master Diet and including health tips tailored to enhance your nutrition and weight loss, *The Master Your Metabolism Cookbook* will help make living a long, healthy life easier—and tastier. Jillian understands that your life is busy and your time is precious. She believes that being healthy shouldn't financially strap you. That's why she designed these recipes with a professional recipe developer to provide you with healthy bites for when you're in a hurry. The Master Your Metabolism Cookbook delivers simple, great-tasting meals with minimal ingredients that can be made in thirty minutes or less! Mastering healthy eating and living has never been easier.

### **Narrating the Self** Harmony

*An Erotic Paranormal Romance...* After a series of girls are ritualistically murdered on the cold streets of Philadelphia, seasoned detective, Sydney Willows, is forced to work with sexy, alpha vampire, Kade Issacson. While working the case, Sydney finds herself inexplicably drawn to Kade, fighting the passion she feels towards him. Kade, determined to solve the case and mete out justice, is captivated by the independent, fiery detective. As he attempts to protect her from a very real murderer, Kade grows concerned that the beautiful, but very human detective, could easily end up dead should she tangle with supernatural forces that are beyond her control. The investigation leads them into a dark and dangerous world, deep in the heart of New Orleans, where together, they search for the perpetrators of the Voodoo killings. Sydney soon becomes the target of the killer and ends up fighting for her life and love in the Big Easy. If she makes it out alive, will she give into the intoxicating desire she feels for Kade?

### **Great-Tasting Recipes that Keep You Lean!** Rodale

**Embody: A Guide to Celebrating Your Unique Body** (and quieting that critical voice!) brings to life the work of The Body Positive, a non-profit organization founded in 1996 by Connie Sobczak and Elizabeth Scott, LCSW. This book's message is rooted in the philosophy that people inherently possess the wisdom necessary to make healthy choices and to live in balance. It emphasizes that self-love, acceptance of genetic diversity in body size, celebration of the unique beauty of every individual, and intuitive self-care are fundamental to achieving good physical and emotional health. It encourages readers to shift their focus away from ineffective, harmful weight-loss efforts towards improving and sustaining positive self-care behaviors. Initial research indicates that this work significantly improves people's ability to regulate eating, decreases depression and anxiety, and increases self-esteem—all critical resources that promote resiliency against eating and body image problems. *Embody* guides readers step-by-step through the five core competencies of the Body

Positive's model: Reclaim Health, Practice Intuitive Self-Care, Cultivate Self-Love, Declare Your Own Authentic Beauty, and Build Community. These competencies are fundamental skills anyone can practice on a daily basis to honor their innate wisdom and take good care of their whole selves because they are motivated by self-love and appreciation. Rather than dictating a prescriptive set of rules to follow, readers are guided through patient, mindful inquiry to find what works uniquely in their own lives to bring about—and sustain—positive self-care changes and a peaceful relationship with their bodies. Through workshops, lectures, and leadership trainings, Sobczak and Scott have helped thousands of people of all sizes, ages, sexual orientations, genders, ethnicities, and socioeconomic levels to lead healthier and more meaningful lives by learning how to cherish their unique bodies—no small task given today's barrage of thin images and emphasis on dieting. *Embody* offers practical tools as well as personal stories to bring Sobczak and Scott's work into one's own life. It is a resource that can be read cover to cover as well as revisited time again while moving through the inevitable changes that come with personal growth. A lifeboat in the sea of messages that demean the bodies of both men and women, *Embody* is a safe haven for all.

*Kade's Dark Embrace* Seal Press

Crush your weight loss goals with the ultimate workout and diet planner from *The 12-Week Fitness Journal*. If you want to lose weight, you need a plan—and the *12-Week Fitness Journal* is the best way to make one. Setting targets from your own personal stats, this fitness journal helps you plan your workouts and track your diet so that you achieve your weight loss goals. Featuring a simple, intuitive design, the *12-Week Fitness Journal* gives you the guidance you need to get motivated and get fit. The ultimate fitness journal for losing weight, *12-Week Fitness Journal* features: A goal-oriented structure setting targets based on your height, weight, and lifestyle A fitness journal and diet plan keeping you on track with a weekly schedule and daily entries Easy-to-use and portable design providing a large format for filling in daily workout and diet entries Set a goal, track your progress, and lose weight with the *12-Week Fitness Journal*.

**Power Thoughts for My Generation** HarperCollins

Use the power of motivation and good habits to become fitter, healthier, and stronger, for life! *Bikini Body Guides (BBG)* co-creator Kayla Itsines, named the world's number one fitness influencer by Forbes, shows you how to harness the power of motivation and build good habits around health and fitness. Drawing on more than 40,000 survey responses from her global online community, as well as extensive research and her experience as a trainer, Kayla addresses what stops us from following through on our health and fitness goals. In her second book, *The Bikini Body Motivation & Habits Guide*, Kayla explores how you can overcome those obstacles, set goals and stick to a long-term plan for better health. Inside, you'll find helpful checklists and templates, a 28-day meal plan, more than 200 simple and delicious recipes, shopping lists and a pull-out 28-day workout poster. Let global fitness phenomenon Kayla show you how YOU can stick to a plan for long-term health. "In this book, I give you the keys to achieving your goals and show you how to use motivation to create healthy habits that will stick."

*How I Kicked the Plastic Habit and How You Can Too* Ulysses Press

The new healthy eating and lifestyle book from the inspirational and widely followed personal trainer, Kayla Itsines.

*Tactical Barbell 2* Random House Digital, Inc.

White women are one of the most influential demographics in America—we are the largest voting bloc, with purchasing power that exceeds anybody else's, and when we unify to demand change, we are a force to be reckoned with. Yet, so many of us sit idly on the sidelines, opting out of raising our hands to do, learn, and engage in ways that could make a difference. Why? White American women are no monolith. Yet, as Women's March national organizer Jenna Arnold has learned over the past few years criss-crossing the US in conversations with white women about their identity and role in the country, we do possess common characteristics—ones that get in the way of us becoming more engaged as citizens. We're so focused on checking off our to-do lists, or so afraid of getting it wrong, or so busy trying to avoid conflict, that we are actively avoiding the urgent conversations we need to have. We are confused about how we got here and unsure how to do better. *Raising Our Hands* is the reckoning cry for white women. It asks us to step up and join the new frontlines of the fight against complacency—in our homes, in our behaviors, and in our own minds. Consider *Raising Our Hands* your starting place, your "Intro to Being a White Woman in Today's World" freshman-year class. In these pages, Jenna peels back the history that's been kept out of textbooks and the cultural norms that are holding us back, so we can finally start really listening to marginalized voices and doing our part to promote progress. The American white woman is a powerful force—an essential participant—to mobilize alongside the rest of humanity on behalf of the world, and we can no longer make excuses for why we don't have time or don't know enough.

**200 Recipes and Weekly Menus to Kick Start Your Journey** Ballantine Group

*CLEANSE WITHOUT BEING STARVED OR DEPRIVED* Follow the delicious and hunger-satisfying raw-food diets offered in this book and you will lose weight, gain energy and feel vibrantly healthy while clearing your body of toxins. *Raw Food Cleanse* offers four customized plans that provide you with everything needed for an easy and powerful detox, including: \*toxin self-assessment \*day-by-day programs \*mouth-watering recipes \*real-life success stories \*3-Day Energy Boost Cleanse Give your body an all-natural weekend to start your Monday feeling great. \*7-Day Rejuvenation Cleanse Enjoy a week of delicious raw foods to thoroughly refresh your system. \*14-Day Deep Detox Cleanse Go longer to experience better skin and hair, a clearer mind and a slimmer body. \*28-Day Total Reset Cleanse Give the body a full recharge with an intense, nutrient-packed month of raw foods.

*5-Day Reset for Your Body, Mind, and Spirit* Harper Collins

Featuring thirteen short-term rules for weight loss, the coach of NBC's "The Biggest Loser" provides a four-part plan that includes a precise breakdown of the proper protein/carbohydrate proportions for every meal and simple exercise routines.

**The Six-Week Plan to Flatten Your Belly and Firm Up Your Body for Life** Harmony

*Clean Eating Is Easy. Now Clean Meal Planning Is, Too.* The beauty of eating clean is that it just makes sense—fresh, whole foods are by nature delicious and nutritious. If only deciding what to cook for breakfast, lunch, and dinner were as simple. Now it is, with a 28-day meal plan developed by the creators of New York Times bestseller *Clean Eating Made Simple*. In these pages, you'll find: • Weekly menus of breakfast, lunch, and dinner recipes—even snacks and dessert • Grocery shopping lists and the exact amounts you'll need to buy for the week. No waste! • Prep ahead tips to make a week's worth of cooking completely doable. These 150 recipes prove that when you consume the best

ingredients in sensible amounts, you don't need to take extreme measures to cut fat, calories, and sugar. It's never been easier to start and stick to clean eating--and clean your plate in the process. Recipes include: Eggs Poached in Spicy Tomato Sauce \* Beef and Goat Cheese Quesadillas \* Vietnamese Tofu Lettuce Wraps \* Grilled Scallops with Mango Salsa and Grilled Zucchini \* Braised Pork Loin with Dried Figs and Roasted Asparagus \* Sausage, Lentil, and Kale Stew \* Carrot Cake Cupcakes, and much more!

#### **Anti-Diet Penguin**

Teaches readers how to continue to stay fit through fun and innovative exercises that will help them regain and maintain the body they have always wanted.

#### **The Blood Sugar Solution 10-Day Detox Diet Cookbook BenBella Books**

This book takes a deep dive into the crucially important world of core values. Values are at the center of our lives and impact either consciously, or unconsciously, our happiness levels, peace of mind and overall contentedness. When we are unsure of what are values really are then we struggle to make decisions. Or even worse, we keep making poor decisions and don't understand why. After 14-years of working on core values with hundreds of clients all around the world I have seen first hand the massive beneficial impact they can have on peoples lives. And the one thing that keeps coming back again and again both from clients and other coaches that utilize this process is that it gives them clarity. The Clarity Method can not only help you in your life, but it can help those who you manage, coach and support.

#### **Body For Life Little, Brown**

A body-positive call to arms that's as inspirational as it is practical, from Instagram star Megan Jayne Crabbe For generations, women have been convinced that true happiness only comes when we hit that goal weight, shrink ourselves down, and change ourselves to fit a rigid and unrealistic beauty ideal. We've been taught to see our bodies as collections of problems that need to be fixed.

Instagram star Megan Jayne Crabbe is determined to spread the word that loving the body you have is the real path to happiness. An international body positive guru with fans in all corners of the world, Megan spent years battling eating disorders and weight fluctuations before she found her way to body positivity. She quit dieting, discovered a new kind of confidence, and replaced all those old feelings of body shame and self-recrimination with everyday joy. Free of the pressure to fit in a size 2, her life became more satisfying than ever before. In her debut book, Megan shares her own struggles with self-acceptance and her path to body positivity. With whip-smart wit and a bold attitude that lights up her Instagram feed, Megan champions a new worldview for all of us: It's time to stop dieting and get on with your life.

#### **A Woman's Guide to Building a Better Butt and Body St. Martin's Griffin**

Social media sensation, fitness trainer, and sports nutritionist Natalie Jill offers her popular 7 day jump start program for weight loss, with recipes and tips

#### **28 Days to Fit, Fierce, and Fabulous HarperCollins**

Best Sellers - Books :

- [How To Win Friends & Influence People \(dale Carnegie Books\)](#)
- [The Wonderful Things You Will Be By Emily Winfield Martin](#)

This is not just a book about running. It's a book about cupcakes. It's a book about suffering. It's a book about gluttony, vanity, bliss, electrical storms, ranch dressing, and Godzilla. It's a book about all the terrible and wonderful reasons we wake up each day and propel our bodies through rain, shine, heaven, and hell. From #1 New York Times best-selling author, Matthew Inman, AKA The Oatmeal, comes this hilarious, beautiful, poignant collection of comics and stories about running, eating, and one cartoonist's reasons for jogging across mountains until his toenails fall off. Containing over 70 pages of never-before-seen material, including "A Lazy Cartoonist's Guide to Becoming a Runner" and "The Blerch's Guide to Dieting," this book also comes with Blerch race stickers.

#### **Da Capo Press**

Karena Dawn and Katrina Scott, the founders of the Tone It Up fitness and health brand, have taken the world by storm with their fun, energetic, girlfriend-to-girlfriend approach to getting fit. In their Tone It Up book, the girls' genuine, relatable philosophy is boiled down to a 28-day program that incorporates fitness routines, nutritional advice, and mental and spiritual practices to transform readers' bodies, attitudes, and lives. Dawn and Scott take a holistic approach to fitness, including the same principles in their book that make their brand so popular--a sense of community, empowerment, and lightheartedness in every healthy, feel-good technique they recommend. Dawn and Scott will help readers get: • FIT. With daily fitness challenges, workout plans, healthy-eating tips, and delicious recipes, readers will be on their way to the strong, sexy body they're after. • FIERCE. Dawn and Scott will empower readers to be their best self-motivators by aligning their minds and bodies with their intentions through visualization exercises, daily meditations, confidence-boosting tips, and dares to move outside their comfort zones. • FABULOUS. This is the fun stuff: beauty, sparkle, friendship, inspiration, joy, and all the things that give readers that unmistakable glow so they radiate from the inside out!

#### **Jumpstart to Skinny GŸrze Books**

From the Pulitzer Prize-winning author comes a brand new Virgil Flowers thriller that will keep you gripped until the very last page. "Barns, the chairman, looked around the room and said, 'Okay. We can do this. Let's see a show of hands. It's unanimous, or it's prison. Do we kill Clancy Conley?' "They all looked around at each other, each of them reluctant to go first. Then the fat man raised his hand, and then Kerns, and then the rest of them. "'It's unanimous,' Barns said." In southeast Minnesota, down on the Mississippi, a school board meeting is coming to an end. The board chairman announces that the rest of the meeting will be closed, due to personnel issues. "Issues" is correct. The proposal up for a vote before them is whether to authorize the killing of a local reporter. There are no votes against. Meanwhile, not far away, Virgil Flowers is helping out a friend by looking into a dognapping, which seems to be turning into something much bigger and uglier -- a team of dognappers supplying medical labs -- when he gets a call from Lucas Davenport. A murdered body has been found -- and the victim is a local reporter...

- [Lessons In Chemistry: A Novel](#)
- [It Ends With Us: A Novel \(1\) By Colleen Hoover](#)
- [Blowback: A Warning To Save Democracy From The Next Trump](#)
- [Young Forever: The Secrets To Living Your Longest, Healthiest Life \(the Dr. Hyman Library, 11\) By Dr. Mark Hyman Md](#)
- [The Housemaid's Secret: A Totally Gripping Psychological Thriller With A Shocking Twist](#)
- [The Collector: A Novel](#)
- [Daisy Jones & The Six: A Novel](#)
- [What To Expect When You're Expecting By Heidi Murkoff](#)