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Slim Down Now Cynthia Sass, 2015-03-17 Cynthia Sass New York Times bestselling author of *SASS Yourself Slim* and coauthor of *Flat Belly Diet* introduces a new superfood that holds the power to whittle your waistline in no time Called pulses this unique class of protein rich carbs includes lentils chickpeas and many varieties of beans By incorporating just one serving of these supershredders into your daily meals you ll burn more fat feel more full and have more energy The weight will come off immediately and you ll reap the many rewards of Sass s Pulse Plan lose up to 8 pounds in the first four days no counting calories eat carbs and still get great results that s right they re not the enemy enjoy over 100 delicious satisfying and affordable recipes adopt a less is more exercise philosophy focused on fun methods that don t feel tedious or punishing protect your heart lower your risk for type 2 diabetes and cancer and improve your overall nutrient intake My skin looks better and the dark circles under my eyes are gone I feel great and I m happy with the amount of weight I was able to lose in thirty days DIONNE age 43 I think the Rapid Pulse really did reset my system Flavors became more prominent I can actually taste the sweetness in tomatoes and I m now eating less because I can pay attention and stop when I m full YADIRA age 39 Throughout the thirty days I felt confident because I knew I was getting healthier and my body was changing My husband also lost 10 pounds by loosely following the plan with me He was surprised that he could lose weight while eating healthy meals that tasted great with bold flavors AMY age 28

The Feel-Good Way Cara Clark, 2025-05-13 A sustainable science based plan for nourishing your body mind and spirit from a celebrity nutritionist and bestselling co author of *The Wellness Remodel* Cara s approach to diet and health is a lifestyle that is completely attainable for anyone who is seeking to take care of this one precious body that God has given to them Carrie Underwood from the foreword As a certified nutritionist who works with celebrities professional athletes and people from all walks of life Cara Clark knows that taking care of yourself physically does not need to add to your hardship with deprivation or crash diets And it doesn t have to mean completely overhauling your life Packed with nearly a hundred easy delicious macro balanced recipes including Peach Berry Cobbler Overnight Oats Make Ahead Pad Thai Chili Lime Chicken and nourishing snacks smoothies shakes bowls and desserts *The Feel Good Way* will empower you to become an expert on the food that fuels your body and soul With the *Feel Good* fundamentals there is no deprivation and no absolute restrictions it s not all or nothing approach Instead only a forever healthy lifestyle that you ll want to continue because it makes you feel good inside and out Whether you ve tried every diet and ended up more discouraged or you re looking for creative healthy recipes that your family will love *The Feel Good Way* is an essential guide to a better kitchen and a better life

Beyond the Wound Conrad Riker, 101-01-01 Transform Existential Crisis into Unbreakable Purpose Struggling to find meaning in a world that mocks your masculinity Trapped between societal lies and your soul s call to lead Fearful that progress has made men weak lost and replaceable Unlock the ancient blueprint for masculine rebirth hidden in spiritual traditions Shatter the double binds of modern ideology that keep

you weak and divided Harness pain as the catalyst for ego death and evolutionary growth Reclaim your role as a leader protector and truth seeker in a broken world Forge unbreakable brotherhoods that transcend cultural decay Discover why feminine support thrives under strong masculine sovereignty Master shadow work techniques to integrate darkness into unstoppable power Align with cosmic order through rituals that anchor biological truth If you re ready to rise from the ashes of modern deception as the sovereign man you were born to be buy this book today Your rebirth starts now **Samantha Sweet Mysteries Boxed Set Books 1-4** Connie Shelton,2024-07-10 Ready for a delectably sweet treat Indulge in this boxed set of the first four books in the Samantha Sweet cozy bakery mystery series by USA Today bestselling author Connie Shelton Here s what others are saying Connie Shelton gets better with every book she writes The Midwest Book Review I m addicted to this series M Williams 5 star review online Great series Holds your interest and leaves you wanting more Paula Kroencke 5 stars online review Book 1 Sweet Masterpiece Author Connie Shelton introduces her most delightful cozy mystery series yet with a little romance a little magic and a lot of chocolate When she s not baking her scrumptious pastries Samantha Sweet breaks into houses for a living and sometimes the things she discovers lead to trouble When she finds an unmarked grave on a property in a remote spot in Taos County New Mexico Sam calls in the authorities A small mural painted inside a closet in the abandoned house provides clues and Sam is caught up in an investigation with the good looking Deputy Beau Cardwell A fortune in artwork a bogus will and a wooden box that seems to give Sam powers she never dreamed she possessed it all adds up to a dynamic paranormal romantic mystery Then there is all that chocolate Sam s real goal in life is to use her elegant baking skills to open her own pastry shop Sweet s Sweets She s gaining quite the reputation as a baker with a magical touch but a few obstacles stand in her way Her grown daughter shows up on her doorstep jobless and homeless her bank account is at an all time low and trying to work from the tiny cramped kitchen in her home is becoming impossible Somehow Sam copes and she finds that her dreams might just have a chance of coming true Book 2 Sweet s Sweets Samantha Sweet is about to realize her dream of opening her pastry shop Sweet s Sweets in picturesque Taos New Mexico Juggling the crazy amount of work to get her new business off the ground with her old job of breaking into houses she s got her hands full When a blood soaked garment is found among the discards at one of her properties and a friend makes a shocking confession Sam finds herself pulled into a pair of mysteries The wooden box that came into her possession in Sweet Masterpiece is still working its magic giving Sam the power to see inside people s secrets and figure out who the killer is Book 3 Sweet Holidays In this third book in the Samantha Sweet cozy mystery series it s Christmas and a quirky Romanian chocolatier shows up at Sweet s Sweets offering to create a special line of hand dipped chocolates for Samantha s customers He says he will work for no pay just to prove himself But when she learns that he has connections to the wooden box which seems to give Sam her mystical powers she discovers that certain evil people may do just about anything to take it away from her With the same combination of mystery romance and that touch of the paranormal for which the series has become known

Sweet Holidays carries the reader into the special and magical world of northern New Mexico at the holiday season Book 4 Sweet Hearts Sam s bakery Sweet s Sweets is busier than ever during Valentine week as she struggles to replicate the magical chocolate making techniques of the enigmatic chocolatier who boosted her winter holiday sales into the stratosphere However candy classes take second place to a new mystery when Sam meets a woman whose missing son s case seems to have been dropped by the authorities Marla Fresques learns that she is dying and needs for her son to come home and raise the daughter he left behind Sam agrees to help hoping that Sheriff Beau s inside connections will bring about a quick and happy resolution But what about Sam s and Beau s own wedding plans They may be in jeopardy when an entirely new development appears in the form of Beau s ex girlfriend who is determined to win him back With the familiar mix of mystery romance and a touch of magic that has enchanted readers of this series Sweet Hearts draws the reader even further into the captivating world of Samantha Sweet Connie Shelton has another winner The Book Report Shelton continues to combine suspenseful storytelling with sensitive portrayals of complex family relationships Booklist Fans of Southwestern mysteries will find that Shelton s engaging story likable heroine and comfortable prose make this a good choice Library Journal

Carrots 'N' Cake Tina Hupert,2011-05-03 Let them eat cake From one of the most popular blogs on the internet comes an innovative even fun way to diet Carrots N Cake is all about eating your carrots and savoring your cupcake too For some people losing weight means restrictive dieting obsessive calorie counting and constant hunger Not Tina Hupert She learned that it didnt have to be that way Tina shows how to drop the pounds and keep them off by adopting eating habits that are healthy balanced and above all livable She serves up easy to follow fitness routines food tips and her most popular feature cookie Friday TINA TELLS HOW TO Hang with your friends on a Friday night without packing on the alcohol pounds Navigate buffet tables at parties Handle the holidays painlessly And more *Sweet Holidays* Connie Shelton,2011-10-16 USA Today bestselling author Connie Shelton introduces her most delightful cozy mystery series yet with a little romance a little magic and a whole lot of chocolate In this third book in the Samantha Sweet cozy mystery series it s Christmas and a quirky Romanian chocolatier shows up at Sweet s Sweets offering to create a special line of hand dipped chocolates for Samantha s customers He says he will work for no pay just to prove himself But when she learns that he has connections to the wooden box which seems to give Sam her mystical powers she discovers that certain evil people may do just about anything to take it away from her With the same combination of mystery romance and that touch of the paranormal for which the series has become known Sweet Holidays carries the reader into the special and magical world of northern New Mexico at the holiday season Readers are raving about these lighthearted relaxing well written books Samantha may not be young beautiful or have the perfect body but she is intelligent independent and hard working the kind of person you feel you already know Praise for USA Today bestseller Connie Shelton s previous mysteries Connie Shelton gets better with every book she writes Midwest Book Review Shelton again has done a superb job in bringing New Mexico to life Albuquerque

Journal Connie Shelton has another winner The Book Report USA Today bestselling author Connie Shelton is the author of three ongoing mystery series In the Samantha Sweet cozy mystery books Connie draws upon her own love of baking and eating pastries to bring a sweet element to the business of solving crimes for her new female sleuth Her original series features female accountant and part time sleuth Charlie Parker and her loyal sidekick dog in a series that is now eighteen books strong And her Heist Ladies series features a group of women friends who steal stuff from the bad guys Connie and her husband live in northern New Mexico with their two dogs Visit her website at connieshelton.com Search words mystery mystery series series books holiday stories Christmas mystery stories bakery culinary mystery paranormal mystery paranormal romance romantic suspense romance

Gift Wrapped For Murder Connie Shelton, 2015-12-02 Come visit New Mexico at Christmas Three full length books and a novella by USA Today and international bestselling author Connie Shelton Featuring the characters from both of her popular cozy mystery series each of these stories features a holiday setting that is sure to whet your appetite for the season Shelton again has done a superb job in bringing New Mexico to life in her colorful vivid description Albuquerque Journal Connie Shelton gets better with every book she writes The Midwest Book Review Sweet Holidays This book is third in the Samantha Sweet mystery series which features a fifty something woman who breaks into houses for a living Her sideline business baking delectable cakes and goodies has now blossomed into a full time pastry shop and Sam is about to experience her first Christmas season as entrepreneur which she juggles with the commitments of her previous job and a budding romance with Beau Cardwell the county sheriff Honeymoons Can Be Murder This book is sixth in the Charlie Parker mystery series in which Charlotte Charlie Parker finds herself drawn somewhat against her better judgment into the cases that come into her family private investigation firm This time Charlie and her husband Drake newlyweds have been given the chance for an extended Christmas season honeymoon at a cozy cabin in the snowy mountains near Taos New Mexico While the fireplace burns brightly indoors a new mystery presents itself and Charlie becomes wrapped up in a puzzle involving false murder accusations stolen artifacts and someone whose actions mean to leave Charlie to die in the cold Buried Secrets Can Be Murder Charlie Parker is hoping for a holiday season without drama but that just isn't going to happen Her office assistant's baby is due any moment her brother is engaged to a woman Charlie is only now beginning to know and her social calendar is becoming incredibly full When she and Drake are invited to a soiree at a showplace historic home she's eager to go But before she can fully settle in and enjoy the season a disturbing case comes through the door at RJP Investigations and Charlie can't turn away the distraught man whose life was ripped apart by the disappearance of his children several years earlier She has to do everything in her power to make his family holiday a happy one even if the effort might very well destroy her own Holidays Can Be Murder This Christmas novella brings together all that we love about the holidays special foods plenty of sweets and visiting mothers in law Charlie is about to host Drake's mother for the week and isn't at all sure how that will work out They make ready for the visit with all the extras that make a

New Mexico Christmas so special setting out luminarias hanging the outdoor lights putting up the tree making green chile stew and hoping for snow It should be perfect It would be perfect except for the murder that happens right in their neighborhood Includes two bonus New Mexico holiday recipes Delectable Desserts for Breakfast Barrett Williams, ChatGPT, 2024-08-18 Delectable Desserts for Breakfast Transform Your Mornings with Sweet Delights Start your day with a touch of sweetness Delectable Desserts for Breakfast is your gateway to transforming ordinary mornings into extraordinary indulgent experiences Discover a delightful array of breakfast treats that blend the joy of dessert with the essential nutrition you d expect from a wholesome breakfast Chapter Highlights Introduction to Breakfast Desserts Begin your journey with insights into the joy of sweet mornings how to balance them with nutritional needs and the essential ingredients and tools to get started Muffins and Scones Picture savoring classic blueberry muffins right out of the oven or biting into a decadent chocolate chip scone Explore the tangy twist of lemon poppy seed muffins and the zesty sweetness of cranberry orange scones Pastries and Croissants Awaken your senses with flaky almond croissants sweet cherry danishes and rich puff pastry cream cheese squares Experience the bliss of warm apple turnovers Pancakes and Waffles Delight in buttermilk pancakes with berry compote melt in your mouth chocolate chip banana pancakes classic Belgian waffles and the irresistible fusion of cinnamon rolls and waffles French Toast Delights Indulge in the classics with brioche French toast discover new favorites like stuffed strawberry cheesecake French toast and enjoy the comfort of a French toast casserole or caramelized banana French toast Breakfast Cakes From lemon ricotta pound cake to chocolate zucchini breakfast cake find the perfect breakfast cake to satisfy your morning sweet tooth Sweet Breakfast Loaves Whether it s banana bread with walnut streusel lemon blueberry loaf or carrot cake breakfast bread these recipes will make your mornings special Donuts and Fritters Baked cinnamon sugar donuts glazed chocolate donuts and apple fritters are just the beginning of your morning treat options Sweet Breakfast Bars Quick and convenient enjoy raspberry crumble bars chocolate nut breakfast bars and the seasonal favorite pumpkin spice granola bars Crepes and Blintzes Elevate your breakfast with classic French crepes blueberry cheese blintzes and more Light and Fluffy Souffl s Sink into the airy delight of vanilla bean souffl chocolate mint souffl and more Breakfast Tarts and Galettes Rustic apple galettes berry mascarpone tarts and chocolate hazelnut tarts will surely impress Sweet Quiches Discover the perfect blend of sweet and savory with maple bacon sweet potato quiche cranberry brie quiche and more Frozen Breakfast Desserts Yogurt parfait popsicles banana split breakfast sundaes and strawberry smoothie bowls promise a refreshing start International Sweet Breakfasts Travel the world from your kitchen with Italian tiramisu pancakes Swedish cinnamon buns Dutch apple pancakes and Japanese dorayaki with sweet red bean paste Unlock the secrets to starting your day with a smile a treat and a boost of energy Make Delectable Desserts for Breakfast your new morning ritual Your taste buds will thank you Today's Black Woman ,1997 **USA Today** ,1990
Forecast ,1921 **Orange Judd American Agriculturist** ,1919 **Collier's Once a Week** ,1902 *Table Talk*

,1899 **Columbia** ,1959 **The Country Gentleman** ,1924 **Southern Hospitals** ,1950 **Shipmates** Lewis E. Seeley,Lorraine Seeley Buell,1999 Shortly after one the morning of September 11 1943 the destroyer USS Rowan DD 405 was torpedoed by German e boats In less than a minute the ship was at the bottom of the Mediterranean and two hundred four men were dead including Francis Kirwin Bob Seeley Among the seventy two survivors was his older brother Lewis Everett Seeley Wracked by grief and guilt Lewis spent the next four decades trying to forget that night But eventually he found himself unable to ignore or resist the insistent nightmares of the sinking He realized that the only way he could lay to rest the ghosts of his past was to seek out the company of his shipmates Only with their help could he piece together the broken fragments of his life The Corrector ,1926 Instructor ,1987

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