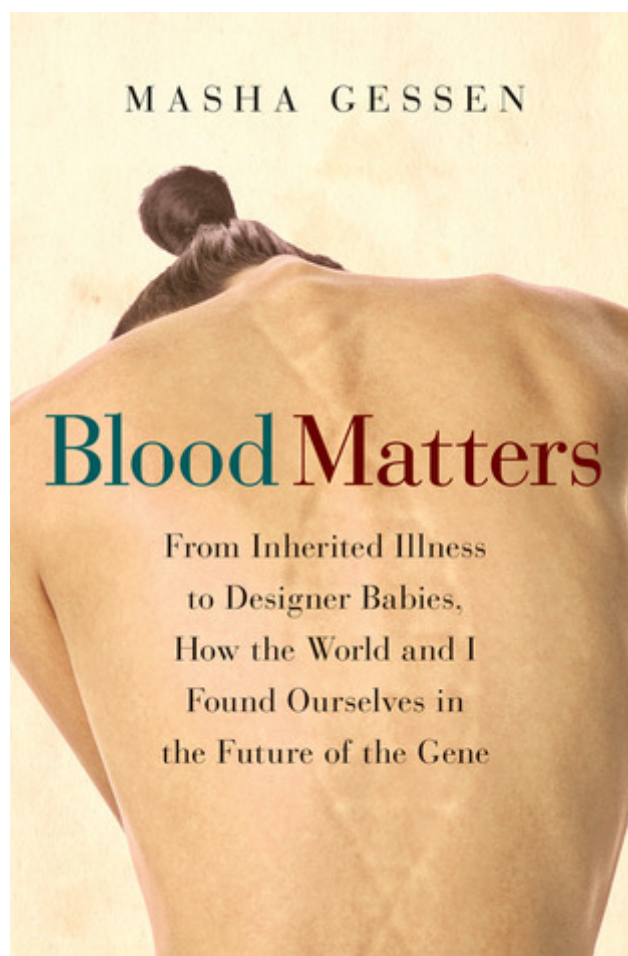



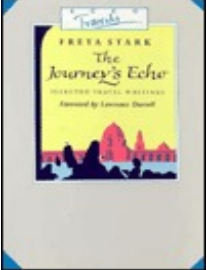

BLOOD MATTERS: A JOURNEY ALONG THE GENETIC FRONTIER



Take a look at this blood matters: a journey along the genetic frontier by masha gessen in 2004 genetic testing revealed that masha gessen had a mutation that predisposed her to ovarian and breast cancer. the discovery initiated gessen into a club of sorts: the small (but exponentially expanding) group of people in possession of a new and different way of knowing themselves through what is inscribed in the strands of their dna. as she wrestled with a wrenchin in 2004 genetic testing revealed that masha gessen had a mutation that predisposed her to ovarian and breast cancer. the discovery initiated gessen into a club of sorts: the small (but exponentially expanding) group of people in possession of a new and different way of knowing themselves through what is inscribed in the strands of their dna. as she wrestled with a wrenching personal decision—what to do with such knowledge—gessen explored the landscape of this brave new world,

speaking with others like her and with experts including medical researchers, historians, and religious thinkers. blood matters is a much-needed field guide to this unfamiliar and unsettling territory. it explores the way genetic information is shaping the decisions we make, not only about our physical and emotional health but about whom we marry, the children we bear, even the personality traits we long to have. and it helps us come to terms with the radical transformation that genetic information is engineering in our most basic sense of who we are and what we might become. ...more

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| Cover | Title & Description | Status |
|---|---|--|
|  | <p>COMPLETE DIANA GABALDON OUTLANDER SERIES EIGHT BOOK HARDCOVER SET [OUTLANDER, VOYAGER, DRAGONFLY IN AMBER, DRUMS OF AUTUMN, FIERY CROSS, A BREATH OF SNOW AND ASHES, AN ECHO IN THE BONE, WRITTEN IN MY OWN HEART'S BLOOD:DIANA GABALDON:OUTLANDER SERIES</p> <p>#1 new york times bestseller in her now classic novel outlander, diana gabaldon told the story of claire randall, an english ex-combat nurse who walks through a stone circle in the scottish highlands in 1946, and disappears into 1743. the story unfolded from there in seven bestselling novels, and cnn has called it "a grand adventure written on a canvas that probes the #1 new york times bestseller in her now classic novel outlander, diana gabaldon told the story of claire randall, an english ex-combat nurse who walks through a stone circle in the scottish highlands in 1946, and disappears into 1743. the story unfolded from there in seven bestselling novels, and cnn has called it "a grand adventure written on a canvas that probes the heart, weighs the soul and measures the human spirit across [centuries]." now the story continues in written in my own heart's blood. ...more</p> | <p>Readable/Downloadable</p> |
|  | <p>THE JOURNEY'S ECHO: SELECTIONS FROM FREYA STARK (TRAVELS)</p> <p>in an age where the tourist has replaced the traveler, these essays, culled from over half a century of travel writing, transport us back to a time gone by. these selections have been made without any particular objective, except to illustrate freya stark's talent. whether she's discussing the middle east or following alexander's path, her stories are rich not with people b in an age where the tourist has replaced the traveler, these essays, culled from over half a century of travel writing, transport us back to a time gone by. these selections have been made without any particular objective, except to illustrate freya stark's talent. whether she's discussing the middle east or following alexander's path, her stories are rich not with people but with individuals -- men and women living their lives in patterns that reflect traditions and ceremonies now largely gone or forgotten. "the language is as beautiful as ever, the descriptions are sharp, the insights into men and places suddenly revealing." (the new york times) ...more</p> | <p>Readable/Downloadable</p> |
|  | <p>THE CHRONICLES OF AMBER: NINE PRINCES IN AMBER/THE GUNS OF AVALON/SIGN OF THE UNICORN/THE HAND OF OBERON/THE COURTS OF CHAOS/TRUMPS OF DOOM/BLOOD OF AMBER/SIGN OF CHAOS/KNIGHT OF SHADOWS/PRINCE OF CHAOS/DWORKIN BARIMEN/THE LOGRUS</p> <p>please note that the content of this book primarily consists of articles available from wikipedia or other free sources online. hephaestus books represents a new publishing paradigm, allowing disparate content sources to be curated into cohesive, relevant, and informative books. to date, this content has been curated from wikipedia articles and images under creative common please note that the content of this book primarily consists of articles available from wikipedia or other free sources online. hephaestus books represents a new publishing paradigm, allowing disparate content sources to be curated into cohesive, relevant, and informative books. to date, this content has been curated from wikipedia articles and images under creative commons licensing, although as hephaestus books continues to increase in scope and dimension, more licensed and public domain content is being added. we believe books such as this represent a new and exciting lexicon in the sharing of human knowledge. this particular book contains chapters focused on the chronicles of amber, chronicles of amber books, and the chronicles of amber characters. more info: the chronicles of amber is a popular fantasy series by roger zelazny. the main series consists of two story arcs, each five novels in length. additionally, there are a number of amber short stories and other works. ...more</p> | <p>Readable/Downloadable</p> |

HARLEQUIN KIMANI ROMANCE FEBRUARY 2015 BOX SET: THE WAY YOU LOVE ME\FOREVER WITH YOU\THIEF OF MY HEART\JOURNEY TO SEDUCTION

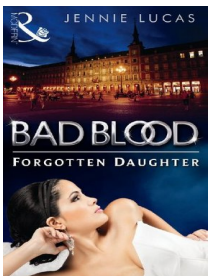
looking for entertaining stories of drama, glamour and passion featuring sophisticated and sensual african-american and multicultural heroes and heroines? harlequin kimani romance brings you all this and more with these four new full-length books for one great price! the way you love me (lawsons of louisiana) donna hill struggling law student bailey sinclair is working tw looking for entertaining stories of drama, glamour and passion featuring sophisticated and sensual african-american and multicultural heroes and heroines? harlequin kimani romance brings you all this and more with these four new full-length books for one great price! the way you love me (lawsons of louisiana) donna hill struggling law student bailey sinclair is working two jobs to make ends meet when she encounters justin lawson, the richest, most hotly pursued bachelor in new orleans. all he wants is to lavish bailey with gifts and his passionate attention. but she's determined to make it on her own. they may come from different worlds, but is she willing to trust him with her heart? forever with you (bayou dreams) farrah rochon widow leslie kirkland is starting over with her daughters. but she soon finds herself caught between the community and science-teacher-turned-assistant-principal gabriel franklin. a teacher once saved gabriel from the path to destruction, and now he's dedicated to his students and his hometown. can he convince leslie that it's time to move on and make a bright future...with him? thief of my heart (kimani hotties: forever my lady) janice sims psychologist desiree gains diagnosed decker riley the day they met: he's a sexy smooth-talker who loves the thrill of the chase. but for the first time since she lost her fiancé, desiree is intrigued. when desiree finally steps into his arms, he realizes she was worth the wait. but decker's past makes desiree doubt herself, so he'll have to earn her trust, one sweet, sizzling kiss at a time... journey to seduction (chasing love) candace shaw sydney chase has been driving attorney bryce monroe crazy. no one else combines tough and tender in such a sexy, irresistible package. though syd has him pegged as a spoiled brat, a spur-of-the-moment vegas road trip is bryce's one chance to prove otherwise. yet what happens in vegas is impossible to forget, and bryce isn't letting go until he's crashed through every single one of her defenses... ..more



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FORGOTTEN DAUGHTER (BAD BLOOD/THE NOTORIOUS WOLFES #7)

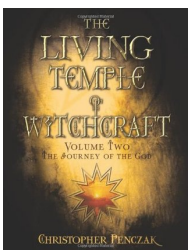
annabelle...reserved. elegant. scarred. sister to seven brothers, annabelle should be used to men, but her trust was shattered the night her father almost killed her. now annabelle is an ice-queen, whom no man has ever touched... stefano cortez can tame a wild horse quicker than any man, and this passion heats the blood in his veins. annabelle may seem untouchable, but beneath annabelle...reserved. elegant. scarred. sister to seven brothers, annabelle should be used to men, but her trust was shattered the night her father almost killed her. now annabelle is an ice-queen, whom no man has ever touched... stefano cortez can tame a wild horse quicker than any man, and this passion heats the blood in his veins. annabelle may seem untouchable, but beneath the frost, he sees the real woman... .more



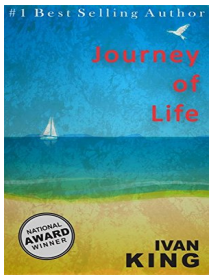
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THE LIVING TEMPLE OF WITCHCRAFT: THE JOURNEY OF THE GOD (TEMPLE OF WITCHCRAFT, #6; LIVING TEMPLE OF WITCHCRAFT, #2)

in the sixth installment of the award-winning temple of witchcraft series, popular author christopher penczak explores the quest of the god. in this volume, the twelve signs of the zodiac represent the god's symbolic journey through the sky. each archetypal astrological force offers readers unique insight into the mysteries and the role of a high priest or high priestess. in the sixth installment of the award-winning temple of witchcraft series, popular author christopher penczak explores the quest of the god. in this volume, the twelve signs of the zodiac represent the god's symbolic journey through the sky. each archetypal astrological force offers readers unique insight into the mysteries and the role of a high priest or high priestess. this manual of practical exercise, witchcraft theology, and ministerial advice also explores witchcraft and the modern world, discussing how contemporary issues can be approached from the perspective of witchcraft spirituality. a magickal education through the zodiac signs • learning tools for pagan ministers earth stewardship and working with ley lines • ancestor work trance work through dance and plant substances • mediumship within witchcraft communing with your own personal twelvefold pantheon the lessons in this advanced magickal book culminate in a powerful self-initiation ritual that combines the lessons of the goddess's descent and the god's journey, to bring awareness, understanding, and personal power. ...more



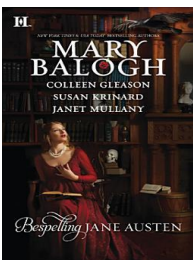
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EBOOKS: JOURNEY OF LIFE [EBOOKS] (EBOOKS, FREE EBOOKS, KINDLE BOOKS, EBOOKS FOR KINDLE, AMAZON KINDLE BOOKS, EBOOKS BEST SELLERS, EBOOKS FREE, EBOOKS FOR WOMEN)

hear what the critics are saying "wow, what an amazing book for young adults; truly inspirational, very entertaining and highly thought provoking. journey of life is by far one of the best books to have come out in a long time." -mary jones -valley daily news "journey of life is a book that will really challenge the way you view the world. a must read." -judy b. cohen – hear what the critics are saying "wow, what an amazing book for young adults; truly inspirational, very entertaining and highly thought provoking. journey of life is by far one of the best books to have come out in a long time." -mary jones -valley daily news "journey of life is a book that will really challenge the way you view the world. a must read." -judy b. cohen – elite media group "deliciously entertaining and a very thought inducing book; i bought it for a friend as a gift and she loved it as well. it's by far one of the finest books to have come out in the last decade." -dave baker -book bloggers of america "journey of life is an extremely fascinating book; it really made me think. if you're looking for a book that will not only make you emotional, but will also exercise your mind, then look no further than this book. five stars all the way." -debra eisner -literary times inc. "my favorite book this year; so far i have read more than eight. highly recommend." -emma righter -writers united group "very interesting story; it was cerebral yet emotional. i highly recommend this book to any book lover. great book." -carl mosner –readers cove unlimited editorial review journey of life in itself is a journey. by the end of the book, you will feel like you have gone through an emotional and cerebral roller-coaster. this book will really make you think; but more than that, it will make you feel. journey of life is a call to action for all generations, young and old. not since paulo coelho's the alchemist, has a book come out as thought provoking and inspiring. mr. king does it again. excellent book! jim s. stein book description a little boy gets lost in a path; along the way, he meets three versions of his future self and discovers the meaning of life. what lessons will he learn? what secrets are going to be revealed? jump into the path and you will find out... [publisher's note: this book is an amazon #1 bestseller.] [james patterson and paulo coelho– thank you for inspiring me to write!] for readers of ian mcewan, stephen king, j.d. salinger, alice sebold, mark twain publishing co my goal with this novel is that you get a better understanding in the following areas: suspense suspense books suspense thrillers thriller kindle books free thrillers thrillers thriller books my personal goals as an author are: bestselling author top kindle books bestsellers list #1 selling author #1 selling book book of the year top books in kindle top fiction books bestselling books [related categories: personal growth, self-help, personal growth best sellers, personal growth fiction, personal growth books, health, fitness & dieting, best personal growth books, best personal growth books on kindle, happiness, personal growth for teens, personal transformation books about personal growth, motivational, psychology & counseling, motivational books, motivation & self-improvement, inspirational for teen, kindle ebooks, motivational books for teens, best motivation books, motivational, spiritual growth self ...more


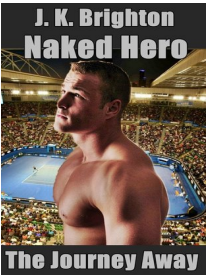
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BESPELLING JANE AUSTEN: ALMOST PERSUADED\NORTHANGER CASTLE\BLOOD AND PREJUDICE\LITTLE TO HEX HER (THE GARDELLAS #5 4)

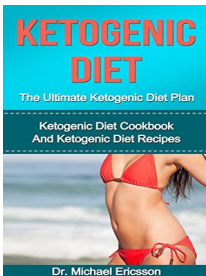
but even if the whole world was against them, it would not matter. they were together—again. and this time they would remain together. until death do them part and, of course, long after that.what if austen had believed in reincarnation and vampires? join four bestselling romance authors as they channel the wit and wisdom of jane austen. almost persuaded in this regency ta but even if the whole world was against them, it would not matter. they were together—again. and this time they would remain together. until death do them part and, of course, long after that.what if austen had believed in reincarnation and vampires? join four bestselling romance authors as they channel the wit and wisdom of jane austen. almost persuaded in this regency tale of robert and jane, new york times bestselling author mary balogh brings together former lovers who have seen beyond the veil of forgetfulness to their past mistakes, and are determined to be together in this life, and forever. northanger castle caroline's obsession with gothic novels winds up being good training for a lifetime of destroying the undead with her newfound beau, in this regency by colleen gleason. blood and prejudice set in the business world of contemporary new york city, liz bennett joins mr. darcy in his hunt for a vampire cure in new york times bestselling author susan krinard's version of the classic story. little to hex her present-day washington, d.c., is full of curious creatures in janet mullany's story, wherein emma is a witch with a wizard boyfriend and a paranormal dating service to run. ...more

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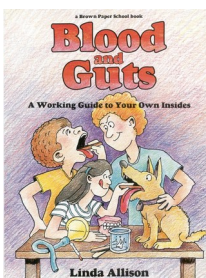
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|  | <p>THE MYSTERIOUS BENEDICT SOCIETY AND THE PERILOUS JOURNEY (THE MYSTERIOUS BENEDICT SOCIETY #2)</p> <p>the fabulous foursome readers embraced as the mysterious benedict society is back with a new mission, significantly closer to home. after reuniting for a celebratory scavenger hunt, reynie, kate, sticky, and constance are forced to go on an unexpected search--a search to find mr. benedict. it seems that while he was preparing the kids' adventure, he stepped right into a tr the fabulous foursome readers embraced as the mysterious benedict society is back with a new mission, significantly closer to home. after reuniting for a celebratory scavenger hunt, reynie, kate, sticky, and constance are forced to go on an unexpected search--a search to find mr. benedict. it seems that while he was preparing the kids' adventure, he stepped right into a trap orchestrated by his evil twin mr. curtain. with only one week to find a captured mr. benedict, the gifted foursome faces their greatest challenge of all--a challenge that will reinforce the reasons they were brought together in the first place and will require them to fight for the very namesake that united them. ...more</p> | <p>Readable/Downloadable</p> |
|  | <p>NAKED HERO - THE JOURNEY AWAY (NAKED HERO #1)</p> <p>naked hero is the story of lewis macleod's search for the elusive perfect man as he battles with the adversities of life. told in two parts, the first the journey away is set in melbourne and sydney during the australian open tennis tournament where lewis is competing as the only openly gay man in the sport. eighteen months after claiming the wimbledon title at the tender naked hero is the story of lewis macleod's search for the elusive perfect man as he battles with the adversities of life. told in two parts, the first the journey away is set in melbourne and sydney during the australian open tennis tournament where lewis is competing as the only openly gay man in the sport. eighteen months after claiming the wimbledon title at the tender age of 21, lewis's life has spiralled out of control: his career in decline and his love life a mess. with the tennis establishment against him and the tabloids scenting blood, lewis's motivation is at an all time low. but two men are in australia who will turn things around. scott taylor is an ex-champion who hides his bi-sexuality firmly in the closet, and was lewis's sporting hero as a lad. now retired from the game, the american idol is enlisted to help with the young scotsman's game, but his interest in lewis goes way beyond tennis. lee porter is an entirely different prospect: a male model who is out loud and proud. the body perfect englishman is a figure of internet fantasy for our naive young hero. lee is also a top class schemer, whose agenda regarding lewis is complex to say the least. both will compete for lewis's affection as each in their way help him to deal with the adversities he faces. but can either live up to the ghost of his father – the perfect man in lewis's eyes, and the benchmark for everyone else? note: naked hero – the journey away was originally released as an experimental piece of work under the title man in the box and is now offered as a rewritten polished novel. ...more</p> | <p>Readable/Downloadable</p> |

KETOGENIC DIET: THE ULTIMATE KETOGENIC DIET PLAN: KETOGENIC DIET COOKBOOK AND KETOGENIC DIET RECIPES TO BURN FAT QUICKLY, REMOVE CELLULITE, LOWER BLOOD DIET COOKBOOK, KETOGENIC DIET KINDLE BOOKS)

ketogenic diet: the ultimate ketogenic diet plan: ketogenic diet cookbook and ketogenic diet recipes to burn fat quickly, remove cellulite, lower blood pressure and increase vitality today only, get ketogenic diet: the ultimate ketogenic diet plan: ketogenic diet cookbook and ketogenic diet recipes to burn fat quickly, remove cellulite, lower blood pressure and increase v ketogenic diet: the ultimate ketogenic diet plan: ketogenic diet cookbook and ketogenic diet recipes to burn fat quickly, remove cellulite, lower blood pressure and increase vitality today only, get ketogenic diet: the ultimate ketogenic diet plan: ketogenic diet cookbook and ketogenic diet recipes to burn fat quickly, remove cellulite, lower blood pressure and increase vitality. read on your pc, mac, smart phone, tablet or kindle device. this book contains proven steps and strategies on how to adapt the ketogenic diet into your life and lose excess weight and body fat. the book starts with an introduction to the ketogenic diet and the science behind this healthy eating pattern. it then proceeds with discussing the amazing benefits of this diet system. there are also quite a few recipes included in this book that should inspire you in coming with some of your own. here is a preview of what you'll learn what is the ketogenic diet? the science behind the ketogenic diet what are the benefits of the ketogenic diet? etogenic sample diet plan and recipes much, much more! what is the ketogenic diet? there are a lot of fad diets floating around in the weight loss market and they can range from weird to expensive. but one diet has been around for 90 years and has been proven to significantly reduce body fat while keeping you healthy. this is called the ketogenic diet. the ketogenic diet is basically a low-carb diet wherein carbohydrate consumption is drastically reduced and is often used for the treatment of diabetes and obesity. this eating pattern recommends that foods that contain easily digestible or simple carbohydrates (e.g. sugar, white bread, white pasta) be limited or substitute with foods that contain a high percentage of protein and fats. examples are meat, fish, poultry, eggs, shellfish, nuts, cheese, and seeds. most vegetables are also allowed while fruits are limited because of their high sugar content. the carbohydrate-fat-protein ratio in the ketogenic diet is sufficient to cause ketosis, which is the mechanism behind this eating pattern and has been proven to improve the conditions of epileptic children. the ketogenic diet was designed by dr. russel wilder in 1924 at the mayo clinic for the treatment of epilepsy in children. although it was highly effective, its fame slowly diminished because of the release of new medications for seizure in the 1940s. the charlie foundation, which was founded in 1994 by the family of charlie abraham, picked up the principle behind the ketogenic diet. charlie used to have daily seizures even after trying all known anti-seizure medications. a brain surgery also didn't help his condition so his family turned to the decades old ketogenic diet. take action today and download this book for a limited time discount! tags: ketogenic diet, ketogenic healthy lifestyle, ketogenic diet for beginners, ketogenic diet book, how to lose weight, natural weight loss, ketogenic recipes, loss weight naturally, ketogenic diet for weight loss, ketogenic diet guide, ketogenic diet recipes, ketogenic healthy living, raw food, ketogenic how to lose weight fast, ketogenic weight loss diet, lose weight, lose weight fast, ketogenic lose weight in 1 week, ketogenic lose weight naturally fast, ketogenic lose weight for women, ketogenic lose weight in one week, ketogenic lose weight naturally, ketogenic how to lose weight, ketogenic how to lose belly fat, ketogenic weight loss motivation, ketogenic weight loss books, weight loss for women, free diet and weight loss, ketogenic diet books ...more



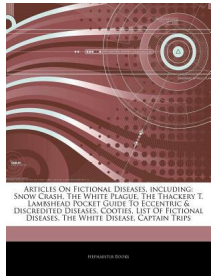
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BROWN PAPER SCHOOL BOOK: BLOOD AND GUTS (BROWN PAPER SCHOOL BOOK)

discusses the elements of the human body. includes suggestions for related experiments and projects.

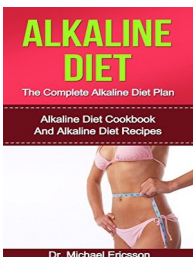
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FICTIONAL DISEASES, INCLUDING: SNOW CRASH, THE WHITE PLAGUE, THE THACKERY T LAMBSHEAD POCKET GUIDE TO ECCENTRIC & DISCREDITED DISEASES, COOTIES, LIST OF FICTIONAL DISEASES, THE WHITE DISEASE, CAPTAIN TRIPS, CORRUPTED BLOOD INCIDENT, VIRTUAL PLAGUE

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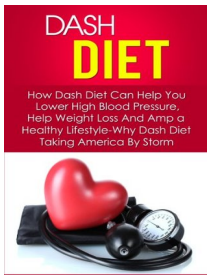
ALKALINE DIET: THE COMPLETE ALKALINE DIET PLAN: ALKALINE DIET COOKBOOK AND ALKALINE DIET RECIPES TO LOSE 7 POUNDS A WEEK, LOWER BLOOD PRESSURE, BOOST METABOLISM HEALTH FOODS, DIET BOOKS, DIET RECIPES)

alkaline diet: the complete alkaline diet plan - alkaline diet cookbook and alkaline diet recipes to lose 7 pounds a week, lower blood pressure, boost metabolism and look beautiful today only, get alkaline diet: the complete alkaline diet plan and read on your pc, mac, smart phone, tablet or kindle device. this book is available free for amazon prime members. this bo alkaline diet: the complete alkaline diet plan - alkaline diet cookbook and alkaline diet recipes to lose 7 pounds a week, lower blood pressure, boost metabolism and look beautiful today only, get alkaline diet: the complete alkaline diet plan and read on your pc, mac, smart phone, tablet or kindle device. this book is available free for amazon prime members. this book contains proven steps and strategies on how to understand what the alkaline diet is about. with the help of this book, you will also get to learn about the foods that are included in the alkaline diet food list and what you should take off your grocery list. now, you will no longer be confused about what you can and cannot eat. plus, it includes a one week diet plan complete with recipes to help you get started on the said diet and get to lose weight fast—in the natural manner! your chance to live a healthier and better life starts with this book! here is a preview of what you'll learn the alkaline diet meal plan for day 1 meal plan for day 2 meal plan for day 3 meal plan for day 4 meal plan for day 5 meal plan for day 6 meal plan for day 7 much, much more! the alkaline diet recognized as a diet that most hollywood celebrities love, the alkaline diet is said to help a person lose weight and also avoid certain diseases such as cancer, heart ailments, arthritis and alzheimer's disease. the alkaline diet also keeps muscles and bones strong, turning you into a more active and reliable individual, and this diet is also very beneficial when it comes to losing weight safely in a short amount of time. because the alkaline diet eliminates the consumption of the bad kinds of meat, processed foods, refined sugar and wheat that make your body produce more acid (which is not healthy at all) your body will be able to maintain a healthy ph balance. by eating the right kinds of food then you can be sure that you'll be on the path to good health—and the alkaline diet has basically everything you need to be on the said path. it is said that by minimizing or completely eliminating the intake of acidic foods, your body will not be susceptible to diseases and you'll be more energetic. getting into an alkaline diet will also help you detoxify not just your body but your mind as well. download your copy today! take action today and download this book for a limited time discount! tags: alkaline diet, healthy lifestyle, alkaline diet for beginners, alkaline diet book, how to lose weight, natural weight loss, alkaline recipes, loss weight naturally, alkaline diet for weight loss, alkaline diet guide, alkaline diet recipes, healthy living, raw food, alkaline how to lose weight fast, alkaline weight loss diet, alkaline lose weight, alkaline lose weight fast, lose weight in 1 week, lose weight naturally fast, lose weight for women, lose weight in one week, lose weight naturally, how to lose weight, how to lose belly fat, weight loss motivation, weight loss books, weight loss for women, diet and weight loss, diet books, paleo diet, diet pills, diet cookbooks, diet recipes, diet books for kindle, health and fitness, healthcare, wellness, fitness, healthy eating, healthy food, healthy living, healthy recipes, healthy cookbooks ...more

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DASH DIET: HOW DASH DIET CAN HELP YOU LOWER HIGH BLOOD PRESSURE, HELP WEIGHT LOSS AND AMP A HEALTHY LIFESTYLE-WHY DASH DIET TAKING AMERICA BY STORM (DASH DIET ACTION PLAN, DASH DIET MENU, DASH DIET)

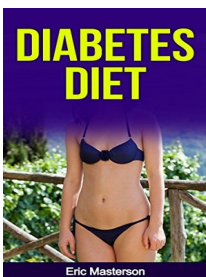
proven steps and strategies on how to use the dash diet to achieve health and weight loss today only, get this amazon bestseller for just \$0.99. regularly priced at \$4.99. read on your pc, mac, smart phone, tablet or kindle device. dash diet helps protect your body against the risk of having cardiovascular diseases. lifestyle and food choices are main risk factors for dev proven steps and strategies on how to use the dash diet to achieve health and weight loss today only, get this amazon bestseller for just \$0.99. regularly priced at \$4.99. read on your pc, mac, smart phone, tablet or kindle device. dash diet helps protect your body against the risk of having cardiovascular diseases. lifestyle and food choices are main risk factors for developing severe debilitating conditions. cardiovascular diseases have been ranked as among the top reasons for disability and death, worldwide. obesity is one of the major predisposing factors to this type of health problem. food choices are the main culprit in developing obesity. the dash diet targets this predisposing factor. it aims to reduce or prevent obesity, which in turn, decreases the risk for heart and blood vessel problems. as a result, the body loses weight or is prevented from gaining weight. what a great way to keep the body healthy. protect the heart and get a great lean and healthy body on the side. now you wonder how that works. get to know the “miracle” that is dash. this book contains all the information you need on what the dash diet is, how it works, and how to make it effective for you. keeping the body slim, fit and healthy needs adequate knowledge on how the body works, the effects of diet, and benefits of exercise. having a great body should reflect the health from within. this book contains guidelines on how to properly use the dash diet to achieve a healthy body. answers to the common problem of getting past the plateau and how to stick to this diet for life are also found here. read on and learn how to get amazing results. here is a preview of what you'll learn... hypertension and health dash for health dash for weight loss dash food guidelines how to effectively use dash dash for your life much, much more! download your copy today! take action today and download this book for a limited time discount of only \$0.99! tags: dash diet, dash diet kindle, dash diet cookbook, dash diet weight loss solution, dash diet for beginners, dash diet action plan, dash diet menu, dash diet recipes, the dash diet, what is the dash diet, diet plans, paleo diet, gluten free diet, blood pressure, how to lose weight, weight loss, losing weight, how to lose weight fast, high blood pressure, hypertension, diabetes, cholesterol, normal blood pressure, low blood pressure, heart disease, pulmonary hypertension, how to lower blood pressure, high blood pressure lowered naturally, high blood pressure diet, high blood pressure cookbook, high blood pressure cure, hypertension diet, hypertension high blood pressure, hypertension cookbook, dash diet handout, dash diet guidelines, dash diet book, low carb diet, dash diet foods, healthy diet foods, lose weight fast, hcg diet .more



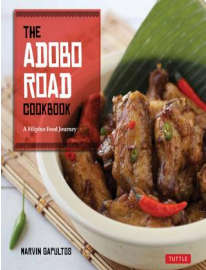
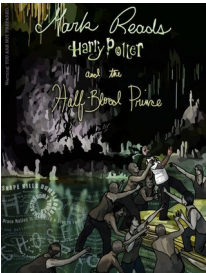
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**DIABETES DIET - THE ULTIMATE DIABETES DIET GUIDE:
DIABETES DIET PLAN AND DIABETES DIET RECIPES TO LOSE
WEIGHT FAST, BEAT DIABETES NATURALLY, CONTROL BLOOD
DIABETES TREATMENT, DIABETES DIET COOKBOOK)**

diabetes diet - the ultimate diabetes diet guide: diabetes diet plan and diabetes diet recipes to lose weight fast, beat diabetes naturally, control blood sugar and increase vitality today only, get the ultimate diabetes diet guide for just \$2.99. regularly priced at \$4.99. read on your pc, mac, smart phone, tablet or kindle device. this book contains proven steps and str diabetes diet - the ultimate diabetes diet guide: diabetes diet plan and diabetes diet recipes to lose weight fast, beat diabetes naturally, control blood sugar and increase vitality today only, get the ultimate diabetes diet guide for just \$2.99. regularly priced at \$4.99. read on your pc, mac, smart phone, tablet or kindle device. this book contains proven steps and strategies on how to beat diabetes by adhering to a diet specially formulated to control blood sugar. this diet also works to improve the body's health, vitality and weight loss. here is a preview of what you'll learn what is diabetes? carbohydrates & blood sugar what to eat & what not to glycemic index diabetic dietary guidelines guide to eating well much, much more! what is diabetes? diabetes is a sweet disease - not the easy, charming sweetness, but a disease that many believe to be from eating too much sweet treats. first off, anything in excess is always bad. but when in moderation, that's a different story. there are two types of diabetes: type 1 or insulin dependent diabetes mellitus, and type 2 or non-insulin dependent diabetes mellitus. in type 1 diabetes mellitus, the body (specifically the pancreas) cannot produce enough insulin. this type was previously believed to occur only in children, hence, a now defunct name juvenile diabetes. recent studies show that type 1 diabetes can also happen or become manifest during adulthood. type 1 diabetes is due to the destruction or inability of the pancreatic beta cells to produce insulin. antibodies are released by the immune system that targets and destroys the beta cells. the reason for this autoimmune reaction remains unknown. the type of diabetes responsible for the growing epidemic is type 2 diabetes mellitus. the pancreas produces enough insulin. the problem lies in the responsiveness of the cells to the circulating insulin. the course of type 2 diabetes the beta cells of the pancreas functions adequately, and insulin is normally produced by the body. the problem mainly lies in the cells. normally, glucose in the blood enters the cells because of insulin. it changes the structure of the cell membrane (covering of the cell) so that glucose, which is a large molecule, can easily pass through. whenever insulin attaches to the cell membrane, the cell responds and allows it to make changes in order to let glucose enter. in type 2 diabetes, the cells ignore the presence of insulin. the cell membrane remains unresponsive, despite insulin's attempt to make changes. as a result, glucose remains in the blood and slowly accumulates. the blood absorbs more glucose from the digestive tract (from food digestion) but remains unused. download your copy today! take action today and download this book for a limited time discount! tags: diabetes diet, diabetes healthy lifestyle, diabetes diet for beginners, diabetes diet book, how to lose weight, natural weight loss, diabetes recipes, loss weight naturally, diabetes diet for weight loss, diabetes diet guide, diabetes diet recipes, diabetes healthy living, raw food, diabetes how to lose weight fast, diabetes weight loss diet, lose weight, lose weight fast, diabetes lose weight in 1 week, diabetes lose weight naturally fast, diabetes lose weight for women, diabetes lose weight in one week, diabetes lose weight naturally, diabetes how to lose weight, diabetes how to lose belly fat, diabetes weight loss motivation, diabetes weight loss books, weight loss for wom ...more

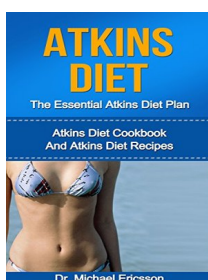


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|  | <p>THE ADOBO ROAD COOKBOOK: A FILIPINO FOOD JOURNEY-FROM FOOD BLOG, TO FOOD TRUCK, AND BEYOND [FILIPINO COOKBOOK, 99 RECIPES]</p> <p>in the adobo road cookbook, marvin gapultos, a food blogger-turned-gourmet food trucker, brings the exotic—yet easy to make—flavors of the philippines into your home. with a distinct lack of filipino restaurants to be found, the road to great filipino food begins and ends at home. in his debut cookbook, marvin demonstrates that filipino cuisine can be prepared in any kitche in the adobo road cookbook, marvin gapultos, a food blogger-turned-gourmet food trucker, brings the exotic—yet easy to make—flavors of the philippines into your home. with a distinct lack of filipino restaurants to be found, the road to great filipino food begins and ends at home. in his debut cookbook, marvin demonstrates that filipino cuisine can be prepared in any kitchen—from manila to los angeles and everywhere in-between. marvin interprets traditional filipino flavors with equal parts kitchen savvy and street smarts—providing easy-to-follow, tried-and-true recipes that serve as a guide to the pleasures of filipino cooking. the nearly 100 recipes in these pages pave a culinary road trip that transports home cooks to the roadside food stalls, bars and home kitchens of the philippines, to the hungry streets of l.a., and even into the kitchens of marvin's grandmother, mother and aunties. a highly personal take on traditional filipino cooking, the adobo road cookbook boasts a tantalizing mix of native filipino flavors, as well as influences from spain, mexico, china, and the u.s. from chapters featuring surefire entertaining foods like filipino bar food, street food and cocktails to a complete section of adobo recipes, both traditional and with a twist, the recipes found in the adobo road cookbook express marvin's unique approach to cooking. all of his recipes emphasize their authentic filipino roots, taking advantage of traditional island flavors for which the philippines is rightly renowned. recipes include: slow-braised pork belly and pineapple adobo spicy sizzling pork (sisig) salmon and miso sour soup (sinigang) chili crab spring rolls (lumpia) coconut milk risotto with kabocha squash and long beans chicken adobo pot pies sweet corn and coconut milk panna cotta spicy sizzling pork gin fizz tropical banana-nut spring rolls ...more</p> | <p>Readable/Downloadable</p> |
|  | <p>MARK READS HARRY POTTER AND THE HALF-BLOOD PRINCE (MARK READS HARRY POTTER #6)</p> <p>this book version of mark reads harry potter and the half-blood prince is fully adapted from the original set of reviews on buzznet. additionally, it also contains every re-read review posted on mark reads.</p> | <p>Readable/Downloadable</p> |

ATKINS DIET: THE ESSENTIAL ATKINS DIET PLAN: ATKINS DIET COOKBOOK AND ATKINS DIET RECIPES TO LOSE WEIGHT QUICKLY, LOWER BLOOD PRESSURE, ELIMINATE TOXINS DIET PLANS, HEALTHY FOODS, LOW CARB DIET)

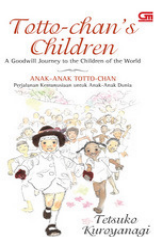
atkins diet: the essential atkins diet plan - atkins diet cookbook and atkins diet recipes to lose weight quickly, lower blood pressure, eliminate toxins and feel great today only, get atkins diet: the essential atkins diet plan and read on your pc, mac, smart phone, tablet or kindle device. here is a preview of what you'll learn the plan and the promise the four phases atkins diet: the essential atkins diet plan - atkins diet cookbook and atkins diet recipes to lose weight quickly, lower blood pressure, eliminate toxins and feel great today only, get atkins diet: the essential atkins diet plan and read on your pc, mac, smart phone, tablet or kindle device. here is a preview of what you'll learn the plan and the promise the four phases benefits over other diet plans soups salads sandwiches main dishes delicious desserts much, much more! the plan and the promise ever since dr. robert atkins founded the dietary method in the early '70s, the atkins diet has remained popular because of how it breaks away from conventional methods that most other diets follow. how it gained popularity the atkins diet first came out in 1972 when the late dr. atkins, who was once overweight, published a series of books inspired by his own efforts to resolve his weight problems, called dr. atkins' diet revolution. he used a research paper that was published in 1958 and entitled "weight reduction" that he found from the journal of the american medical association as his primary resource material for coming up with a dietary method that will help him lose weight. after its success, he released another book 30 years later, dr. atkins' new diet revolution, in which he had introduced some modifications and additions without altering the original core concepts of the first book. after having shown how successful the diet was on his own overweight condition, dr. atkins' dietary plan quickly gained a huge following in the usa, particularly in 2003 and 2004, during which as much as around one in eleven americans was using it. it was during this time that the american market experienced a huge decline in the sales of food products that are discouraged by the atkins diet, which was even being blamed for a sudden drop in sales of the famous american donut company, krispy kreme. a lot of companies had started to capitalize on the then-becoming famous "low-carb craze" that was attributed to the atkins' diet's success. now, decades after it had first been introduced to the public, and even years after dr. atkins' unfortunate accident that led to a fatal head injury in 2003, the atkins diet still remains to be one of the most well-known, trusted and recommended dietary plans in and out of the usa. while most other diets are more concerned with cutting down and monitoring calorie intake, the atkins diet focuses mainly on limiting carbohydrate consumption. the idea behind this revolves around the principle of "ketosis," which is the process wherein the body shifts its metabolic functions to burning stored body fats instead of burning glucose to supply the body with energy. the body uses either carbohydrates or fats as its source of energy. download your copy today! take action today and download this book for a limited time discount! tags: atkins diet, atkins healthy lifestyle, atkins diet for beginners, atkins diet book, how to lose weight, natural weight loss, atkins recipes, loss weight naturally, atkins diet for weight loss, atkins diet guide, atkins diet recipes, healthy living, atkins how to lose weight fast, weight loss diet, atkins lose weight, atkins lose weight fast, atkins lose weight in 1 week, atkins lose weight naturally fast, atkins lose weight for women, atkins lose weight in one week, atkins lose weight naturally, atkin ...more



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TOTTO-CHAN'S CHILDREN: A GOODWILL JOURNEY TO THE CHILDREN OF THE WORLD (ANAK-ANAK TOTTO-CHAN: PERJALANAN KEMANUSIAAN UNTUK ANAK-ANAK DUNIA)

indonesian editor: nina andiana totto-chan kini sudah dewasa. ia sekarang menjadi aktris terkenal dan punya banyak penggemar. tapi totto-chan tak pernah melupakan masa kecilnya. karena itulah totto-chan langsung setuju ketika unicef menawarinya untuk jadi duta kemanusiaan. sejak itu, totto-chan berkunjung ke banyak negara dan menemui berbagai macam anak. di negara-negara yan indonesian editor: nina andiana totto-chan kini sudah dewasa. ia sekarang menjadi aktris terkenal dan punya banyak penggemar. tapi totto-chan tak pernah melupakan masa kecilnya. karena itulah totto-chan langsung setuju ketika unicef menawarinya untuk jadi duta kemanusiaan. sejak itu, totto-chan berkunjung ke banyak negara dan menemui berbagai macam anak. di negara-negara yang mengalami kekeringan hebat atau terkena dampak perang, anak-anak yang sebenarnya polos dan tak berdosa selalu jadi korban. ternyata masih banyak sekali anak-anak dunia yang tidak bisa makan, tidak bisa sekolah, tidak bisa dirawat ketika sakit, bahkan mengalami trauma hebat akibat perang. lewat buku ini totto-chan ingin menceritakan pengalamannya saat bertemu anak-anak manis itu supaya semakin banyak orang bisa membantu anak-anak dunia menggapai masa depan yang lebih baik. ...more



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