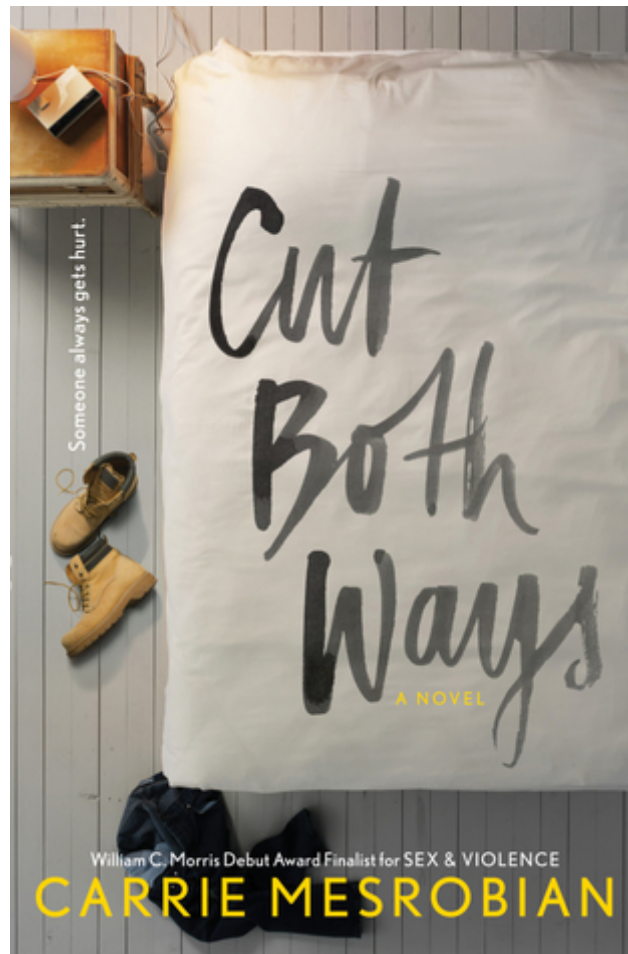


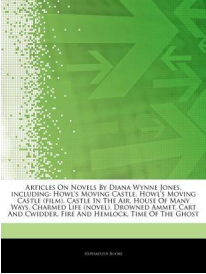
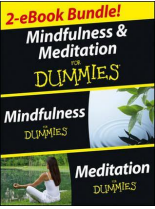
## CUT BOTH WAYS

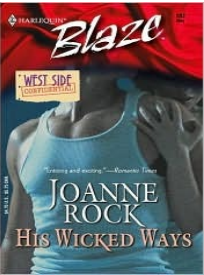
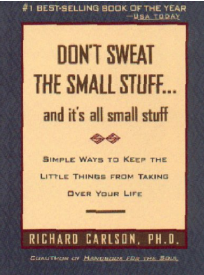



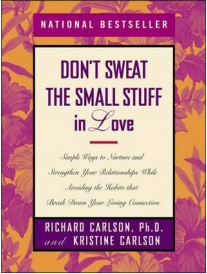
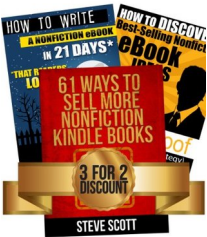
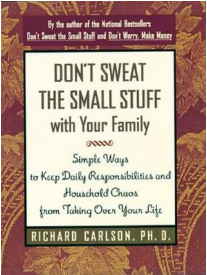

Free pdf ebook of cut both ways by carrie mesrobian will caynes never has been good with girls. at seventeen, he's still waiting for his first kiss. he's certainly not expecting it to happen in a drunken make-out session with his best friend, angus. but it does and now will's conflicted—he knows he likes girls, but he didn't exactly hate kissing a guy. then will meets brandy, a cute and easy-to-talk-to sophomore. he's total will caynes never has been good with girls. at seventeen, he's still waiting for his first kiss. he's certainly not expecting it to happen in a drunken make-out session with his best friend, angus. but it does and now will's conflicted—he knows he likes girls, but he didn't exactly hate kissing a guy. then will meets brandy, a cute and easy-to-talk-to sophomore. he's totally into her too—which proves, for sure, that he's not gay. so why does he keep hooking up with angus on the sly? will knows he can't keep seeing both of them, but besides his new job in a diner, being with brandy and angus are the best parts of his whole messed-

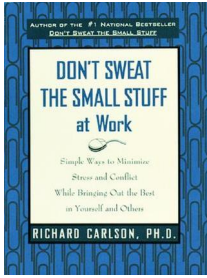
up life. his divorced parents just complicate everything. his father, after many half-baked business ventures and endless house renovations, has started drinking again. and his mom is no help—unless loading him up with a bunch of stuff he doesn't need plus sticking him with his twin half-sisters counts as parenting. he's been bouncing between both of them for years, and neither one feels like home. deciding who to love, who to choose, where to live. whichever way will goes, someone will get hurt. himself, probably the most. ...more

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Cover	Title & Description	Status
 <p>ARTICLES ON NOVELS BY DIANA WYNNE JONES, INCLUDING: HOWL'S MOVING CASTLE, HOWL'S MOVING CASTLE (FILM), CASTLE IN THE AIR, HOUSE OF MANY WAYS, CHARMED LIFE (NOVEL), DROWNED AMMET, CART AND CWIDDER, FIRE AND HEMLOCK, TIME OF THE GHOST, A TALE OF TIME CITY, WITCH WEEK</p>	<p><b>NOVELS BY DIANA WYNNE JONES, INCLUDING: HOWL'S MOVING CASTLE, HOWL'S MOVING CASTLE (FILM), CASTLE IN THE AIR, HOUSE OF MANY WAYS, CHARMED LIFE (NOVEL), DROWNED AMMET, CART AND CWIDDER, FIRE AND HEMLOCK, TIME OF THE GHOST, A TALE OF TIME CITY, WITCH WEEK</b></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 novels by diana wynne jones, and castle series. ...more</p>	<p><a href="#">Readable/Downloadable</a></p>
	<p><b>MINDFULNESS AND MEDITATION FOR DUMMIES, TWO EBOOK BUNDLE WITH BONUS MINI EBOOK: MINDFULNESS FOR DUMMIES, MEDITATION FOR DUMMIES, AND 50 WAYS TO A BETTER YOU</b></p> <p>two complete ebooks for one low price and a bonus mini edition! created and compiled by the publisher, this bundle brings together two enlightening titles and a bonus "mini" edition of "50 ways to a better you." with this special bundle, you'll get the complete text of the following two titles and the following mini edition: mindfulness for dummies a cutting-edge meditation therapy that uses self-control techniques, mindfulness has taken off across the globe as a way of overcoming negative thoughts and emotions and achieving a calmer, more focused state of mind. written by a professional mindfulness trainer, this practical guide covers the key self-control techniques designed to help you achieve a more focused and contented state of mind, while maximizing the health benefits of mindfulness—from reducing stress, anxiety, and high blood pressure to overcoming depression and low self-esteem and battling chronic pain and insomnia. meditation for dummies, 3rd edition meditation is a great way to reduce stress, increase energy, and enjoy better health. it is believed to result in a state of greater calmness and physical relaxation, and psychological balance. plus, practicing meditation can change how you relate to the flow of emotions and thoughts in your everyday life. this fun and easy guide has long been a favorite with meditation newcomers and now it's even better. "meditation for dummies" offers a newly recorded bonus cd (available for download after purchase) featuring more than 70 minutes of music and guided meditations that are keyed to topics in the book, from tuning in to your body, transforming suffering, and replacing negative patterns to grounding yourself, consulting the guru within, and finding a peaceful place. 50 ways to a better you, mini edition now, you can find the happiness you want and live "the good life" you deserve by applying the helpful information in this easy-to-follow guide. you'll discover proven techniques for living a meaningful, healthy, and productive life no matter what your life circumstances happen to be. you'll learn why having positive emotions can improve your health and well-being. plus, you will find out what happiness isn't and how to avoid confusing happiness with culturally valued outcomes like wealth, power, and success. pursue what you want, seize the day, find benefits in life's challenges, and live a happy lifestyle. about the author of mindfulness for dummies shamash alidina is a professional mindfulness trainer, speaker and coach specializing in mindfulness training for therapists, coaches and executives, as well as the general public. he has trained with jon kabat-zinn, thich nhat hanh and matthieu ricard, and at bangor university's centre for mindfulness. he has over ten years of experience in teaching mindfulness. about the author of meditation for dummies, 3rd edition stephan bodian, a licensed psychotherapist and former editor-in-chief of yoga journal, has practiced and taught meditation for over 40 years and has written extensively on meditation, stress management, and spirituality. his articles have appeared in "fitness, cooking light, natural solutions," and other national magazines. about the author of 50 ways to a better you for dummies, mini edition w. doyle gentry, phd, is a clinical psychologist whose "scientist-practitioner" career spans almost four decades. dr. gentry is a distinguished fellow in the american psychological association and is the founding editor of the journal of behavioral medicine. he has authored over 100 scholarly works, has edited eight textbooks, and has authored three self-help books, including "happiness for dummies." ...more</p>	<p><a href="#">Readable/Downloadable</a></p>

	<p><b>HIS WICKED WAYS (WEST SIDE CONFIDENTIAL) (WEST SIDE CONFIDENTIAL #2)</b></p> <p>nypd police report re messina case 1900 hrs: subject alec messina (going by the name of al perez--no priors under either) detained by detective vanessa torres. subject alleged to have embezzled funds. charges possible pending investigation.2100 hrs: subject and officer en route to subject's place of residence to examine evidence when assailed by two men dui. shots fired; nypd police report re messina case 1900 hrs: subject alec messina (going by the name of al perez--no priors under either) detained by detective vanessa torres. subject alleged to have embezzled funds. charges possible pending investigation.2100 hrs: subject and officer en route to subject's place of residence to examine evidence when assailed by two men dui. shots fired; subject and officer sustain non-life-threatening injuries. all-points bulletin out on perps. subject claims incident proof someone's out to silence him.2300 hrs: subject debriefed at length at his place of residence, during which time officer deems him to be impressively armed and very dangerous. subject ready to deal. will expose his highly secret activities...but only if detective torres agrees to extended undercover ops with him! .more</p>	<p><a href="#">Readable/Downloadable</a></p>
	<p><b>DON'T SWEAT THE SMALL STUFF AND IT'S ALL SMALL STUFF: SIMPLE WAYS TO KEEP THE LITTLE THINGS FROM TAKING OVER YOUR LIFE (DON'T SWEAT THE SMALL STUFF)</b></p> <p>don't sweat the small stuff... and it's all small stuff is a book that shows you how to keep from letting the little things in life drive you crazy. in thoughtful and insightful language, author richard carlson reveals ways to calm down in the midst of your incredibly hurried, stress-filled life. you can learn to put things in perspective by making the small daily changes don't sweat the small stuff. and it's all small stuff is a book that shows you how to keep from letting the little things in life drive you crazy. in thoughtful and insightful language, author richard carlson reveals ways to calm down in the midst of your incredibly hurried, stress-filled life. you can learn to put things in perspective by making the small daily changes he suggests,including advice such as "think of your problems as potential teachers"; "remember that when you die, your 'in' box won't be empty"; and "do one thing at a time." you should also try to live in the present moment, let others have the glory at times, and lower your tolerance to stress. you can write down your most stubborn positions and see if you can soften them, learn to trust your intuitions, and live each day as if it might be your last. with gentle, supportive suggestions, dr.carlson reveals ways to make your actions more peaceful and caring, with the added benefit of making your life more calm and stress-free. .more</p>	<p><a href="#">Readable/Downloadable</a></p>
	<p><b>DONT SWEAT THE SMALL STUFF ABOUT MONEY: SPIRITUAL AND PRACTICAL WAYS TO CREATE ABUNDANCE AND MORE FUN IN YOUR LIFE (DON'T SWEAT THE SMALL STUFF)</b></p> <p>previously published as don't worry, make money, a number one national bestseller, don't sweat the small stuff about money is revised and updated to join richard carlson, ph.d.'s phenomenal don't sweat series. with twelve brand-new essays and a new introduction by the author, this audiobook shows us how to: learn more about the relationship between moods and money be aware of what you don't know, and what you're not good at spend the bulk of your time on the "critical inch" of your business avoid giving away your power replete with fascinating ideas and new concepts for everyone from businesspeople to those who manage the money in their households. don't sweat the small stuff about money reveals how to live a life that's more wealthy, productive, and carefree. ...more</p>	<p><a href="#">Readable/Downloadable</a></p>

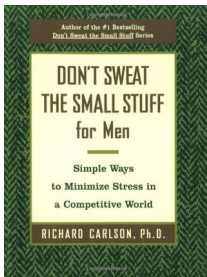
	<p><b>DON'T SWEAT THE SMALL STUFF IN LOVE: SIMPLE WAYS TO NURTURE AND STRENGTHEN YOUR RELATIONSHIPS WHILE AVOIDING THE HABITS THAT BREAK DOWN YOUR LOVING CONNECTION (DON'T SWEAT THE SMALL STUFF)</b></p> <p>heartache, anger, insecurities, and just the daily hassles of living together can cause friction in even the most happy couples. and for people who've been together for years, there's the problem of simply taking each other for granted, and not putting enough energy into keeping the relationship vivid and alive. don't sweat the small stuff in love shows couples how to live heartache, anger, insecurities, and just the daily hassles of living together can cause friction in even the most happy couples. and for people who've been together for years, there's the problem of simply taking each other for granted, and not putting enough energy into keeping the relationship vivid and alive. don't sweat the small stuff in love shows couples how to live together with revived passion, how not to let the little everyday irritations get to them, and how to appreciate each other in new and exciting ways. in one hundred beautifully written but very practical essays, richard and kris carlson show readers how not to overreact to a loved one's criticism, how to get past old angers, how to let go of your top three pet peeves, and how to choose peace over irritation. they include such helpful advice as thinking before you speak, learning to cast away jealousy, avoiding one-upping, and not confusing your own frustration with a problem in the relationship. essays such as "try not to treat ordinary stuff like front-page news" and "become a low-maintenance partner" will spur discussion with your spouse that will shed new light on even the longest-term relationships. don't sweat the small stuff in love is the book that will help make you and your partner's life together more peaceful, less stressful and more fun. in don't sweat the small stuff in love, readers learn how to improve their relationships by following richard's and kris carlson's best personal advice: learn to laugh at yourself don't come home frazzled don't make your partner walk on eggshells be sensitive when you use sarcasm don't sweat the occasional criticism become a world-class listener look out for each other - and much more. ...more</p>	<p><a href="#">Readable/Downloadable</a></p>
	<p><b>KINDLE PUBLISHING PACKAGE: HOW TO DISCOVER BEST-SELLING EBOOK IDEAS + HOW TO WRITE A NONFICTION EBOOK IN 21 DAYS + 61 WAYS TO SELL MORE NONFICTION KINDLE BOOKS</b></p>	<p><a href="#">Readable/Downloadable</a></p>
	<p><b>DON'T SWEAT THE SMALL STUFF WITH YOUR FAMILY: SIMPLE WAYS TO KEEP DAILY RESPONSIBILITIES AND HOUSEHOLD CHAOS FROM TAKING OVER YOUR LIFE (DON'T SWEAT THE SMALL STUFF)</b></p> <p>in don't sweat the small stuff with your family, we see how not to let small annoyances in our home lives get us down. from defusing kids who are whining or fighting, to working out issues with a spouse, to reducing the hassles over household chores, richard carlson shows us ways to make our relationships at home - the place where it counts most - more peaceful and loving.</p>	<p><a href="#">Readable/Downloadable</a></p>
	<p><b>DON'T SWEAT THE SMALL STUFF FOR WOMEN: SIMPLE AND PRACTICAL WAYS TO DO WHAT MATTERS MOST AND FIND TIME FOR YOU (DON'T SWEAT THE SMALL STUFF)</b></p> <p>for women everywhere: encouraging and soothing advice on reducing stress and increasing enjoyment, from the co-author of the new york times bestseller don't sweat the small stuff in love. with more than 12 million copies sold and still going strong, the don't sweat the small stuff series has helped countless readers rethink the way they address lifes big and small problems for women everywhere: encouraging and soothing advice on reducing stress and increasing enjoyment, from the co-author of the new york times bestseller don't sweat the small stuff in love. with more than 12 million copies sold and still going strong, the don't sweat the small stuff series has helped countless readers rethink the way they address lifes big and small problems. now in a book written specifically for women, kristine carlson offers the same calming and encouraging advice in 100 short and spirited essays. don't sweat the small stuff for women addresses such important and timely issues as balancing family and work demands, debating effectively with spouses and partners, dealing with children and friendships, finding time for reflection and self-care, and much more. with clever and memorable titles as don't be a backseat driver (unless it could save your life), know your hot spots, make peace with the mundane, and stop comparing yourself to the media measuring stick, kristine carlson helps readers focus on what's really important, keep in touch with their feelings, live with spirit, and--when all else fails--learn to laugh. a true life-saver, this potent book is full of sage advice and comforting thoughts, from one busy woman to another. ...more</p>	<p><a href="#">Readable/Downloadable</a></p>



**DON'T SWEAT THE SMALL STUFF AT WORK: SIMPLE WAYS TO MINIMIZE STRESS AND CONFLICT WHILE BRINGING OUT THE BEST IN YOURSELF AND OTHERS (DON'T SWEAT THE SMALL STUFF)**

carlson shows readers how to interact more peaceably and joyfully with colleagues, clients, and bosses. spending forty hours or more a week in an office, along with rush deadlines, heavy workloads, and daily dilemmas, can make working a very stressful experience. richard carlson reveals tips that will transform your outlook at the office, easing stress there and also leadin carlson shows readers how to interact more peaceably and joyfully with colleagues, clients, and bosses. spending forty hours or more a week in an office, along with rush deadlines, heavy workloads, and daily dilemmas, can make working a very stressful experience. richard carlson reveals tips that will transform your outlook at the office, easing stress there and also leading to a happier life at home. ...more

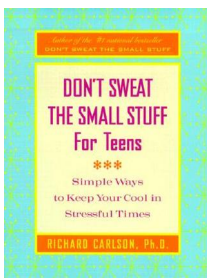
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**DON'T SWEAT THE SMALL STUFF FOR MEN: SIMPLE WAYS TO MINIMIZE STRESS IN A COMPETITIVE WORLD (DON'T SWEAT THE SMALL STUFF)**

over the past five years, richard carlson has shown countless families, lovers, and workers how to live in a more calm and productive manner. now he turns his attention to men, with numerous simple strategies and life lessons that blend humor, warmth, and uncommon wisdom. carlson invites men of all ages to enjoy the benefits of simplification and discover what so many of u over the past five years, richard carlson has shown countless families, lovers, and workers how to live in a more calm and productive manner. now he turns his attention to men, with numerous simple strategies and life lessons that blend humor, warmth, and uncommon wisdom. carlson invites men of all ages to enjoy the benefits of simplification and discover what so many of us already know: that its a stressful world out there, but it doesn't have to be. ...more

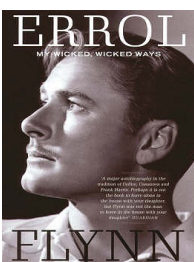
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**DON'T SWEAT THE SMALL STUFF FOR TEENS: SIMPLE WAYS TO KEEP YOUR COOL IN STRESSFUL TIMES (DON'T SWEAT THE SMALL STUFF)**

now the #1 bestselling author of the don't sweat the small stuff series, richard carlson, ph.d., offers teenagers simple, helpful wisdom for coping with everyday issues anyone who thinks teens have it easy hasn't been to a high school recently. as the headlines remind us almost daily, america's teenagers deal with stress in just about every facet of their lives: academics, now the #1 bestselling author of the don't sweat the small stuff series, richard carlson, ph.d., offers teenagers simple, helpful wisdom for coping with everyday issues anyone who thinks teens have it easy hasn't been to a high school recently. as the headlines remind us almost daily, america's teenagers deal with stress in just about every facet of their lives: academics, sports, social situations, family life, money matters, even work. now richard carlson, author of the don't sweat series, with sales of 12 million copies, applies the same techniques to teens that have made his other books required reading for anyone coping with life's everyday challenges. in simple, straightforward language, dr. carlson addresses common teen concerns with chapters such as: "make peace with your mistakes," "be creative in your rebellion," "be okay with your bad hair day," "turn down the drama meter," and "notice your parents doing things right." as with his other don't sweat the small stuff titles, teens and their parents will find that richard carlson's positive approach helps to minimize the impact stressful situations have on their lives. ...more

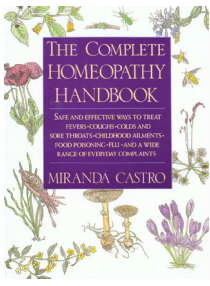

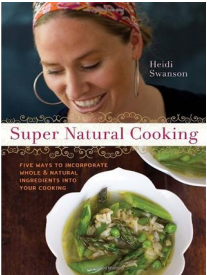

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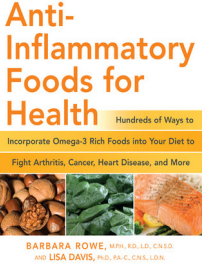
**MY WICKED, WICKED WAYS**

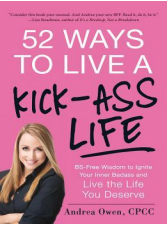
a hero to millions who adored his portrayals of robin hood and fletcher christian, errol flynn (1909-59) lived a life that far surpassed any adventure he ever acted out on screen: exotic travels, criminal exploits, passionate love affairs, violent confrontations, scandals, and international fame. in this highly readable, witty and colourful autobiography, reissued by aurum a hero to millions who adored his portrayals of robin hood and fletcher christian, errol flynn (1909-59) lived a life that far surpassed any adventure he ever acted out on screen: exotic travels, criminal exploits, passionate love affairs, violent confrontations, scandals, and international fame. in this highly readable, witty and colourful autobiography, reissued by aurum press in b-format using the original uncensored text, flynn reveals himself and his remarkable life as he did nowhere else. ...more

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	<p><b>THE COMPLETE HOMEOPATHY HANDBOOK: SAFE AND EFFECTIVE WAYS TO TREAT FEVERS, COUGHS, COLDS AND SORE THROATS, CHILDHOOD AILMENTS, FOOD POISONING, FLU, AND A WIDE RANGE OF EVERYDAY COMPLAINTS</b></p> <p>homeopathy is an approach to medicine based on the principle that nay substance that can cause illness can also be a cure. centuries old, its practice has always enjoyed wide popularity among individuals looking for safe and effective ways to treat illness as well as to improve their health. the complete homeopathy handbook is the definitive guide for using homeopathic reme homeopathy is an approach to medicine based on the principle that nay substance that can cause illness can also be a cure. centuries old, its practice has always enjoyed wide popularity among individuals looking for safe and effective ways to treat illness as well as to improve their health. the complete homeopathy handbook is the definitive guide for using homeopathic remedies at home. it includes a-to-z listings for external and internal remedies, with explanations for correctly diagnosing the symptoms of any particular injury or illness. the book also includes ten case studies and specific dos and don'ts to follow when treating more than seventy conditions. ...more</p>	<p><a href="#">Readable/Downloadable</a></p>
	<p><b>177 WAYS TO LOSE WEIGT (WEIGHT LOSS, WEIGHT LOSS BOOKS)</b></p> <p>if you struggle with weight gain it's a good bet that you have tried at least one of the "fad" diets that crop up on a regular basis. the truth is that some of these diets may grant you temporary weight loss. in the usual case, however, the weight returns as soon as you stray from the diet.</p>	<p><a href="#">Readable/Downloadable</a></p>
	<p><b>SUPER NATURAL COOKING: FIVE DELICIOUS WAYS TO INCORPORATE WHOLE AND NATURAL FOODS INTO YOUR COOKING</b></p> <p>everyone knows that whole foods are much healthier than refined ingredients, but few know how to cook with them in uncomplicated, delicious ways. using a palette of natural ingredients now widely available in supermarkets, super natural cooking offers globally inspired, nutritionally packed cuisine that is both gratifying and flavorful. with her weeknight-friendly dishes, everyone knows that whole foods are much healthier than refined ingredients, but few know how to cook with them in uncomplicated, delicious ways. using a palette of natural ingredients now widely available in supermarkets, super natural cooking offers globally inspired, nutritionally packed cuisine that is both gratifying and flavorful. with her weeknight-friendly dishes, real-foodie heidi swanson teaches home cooks how to become confident in a whole-foods kitchen by experimenting with alternative flours, fats, grains, sweeteners, and more. including innovative twists on familiar dishes from polenta to chocolate chip cookies, super natural cooking is the new wholesome way to eat, using real-world ingredients to get out-of-this-world results.an inspiringly stylish introduction to nutritional superfoods, with an emphasis on whole grains, natural sweeteners, healthy oils, and colorful phytonutrient-packed ingredients.features 80 recipes, a comprehensive pantry chapter, and 100 stunning full-color photos. shows how to build a whole-foods pantry with nutrition-rich ingredients like almond oil, pomegranate molasses, and mesquite flour--each explained in detail.winner of the 2005 webby award for best personal website, heidi swanson's recipe blog (www.101cookbooks.com) attracts close to 500,000 page views a month, making it one of the most widely read recipe journals online. ....more</p>	<p><a href="#">Readable/Downloadable</a></p>
	<p><b>UNIVERSAL PRINCIPLES OF DESIGN: 100 WAYS TO ENHANCE USABILITY, INFLUENCE PERCEPTION, INCREASE APPEAL, MAKE BETTER DESIGN DECISIONS, AND TEACH THROUGH DESIGN</b></p> <p>whether a marketing campaign or a museum exhibit, a video game or a complex control system, the design we see is the culmination of many concepts and practices brought together from a variety of disciplines. because no one can be an expert on everything, designers have always had to scramble to find the information and know-how required to make a design workuntil now. uni whether a marketing campaign or a museum exhibit, a video game or a complex control system, the design we see is the culmination of many concepts and practices brought together from a variety of disciplines. because no one can be an expert on everything, designers have always had to scramble to find the information and know-how required to make a design workuntil now. universal principles of design is the first cross-disciplinary reference of design. richly illustrated and easy to navigate, this book pairs clear explanations of the design concepts featured with visual examples of those concepts applied in practice. from the 80/20 rule to chunking, from baby-face bias to ockham's razor, and from self-similarity to storytelling, 100 design concepts are defined and illustrated for readers to expand their knowledge. this landmark reference will become the standard for designers, engineers, architects, and students who seek to broaden and improve their design expertise. ....more</p>	<p><a href="#">Readable/Downloadable</a></p>

	<p><b>FAMILY CIRCLE ILLUSTRATED LIBRARY OF COOKING VOLUME 4: CAK CAN, CAKE BAKER'S ART, CAKES TO BUY AND BUILD UPON, CANDY KITCHEN, CANNY WAYS WITH CANNED FOODS (1972 HARDCOVER PRINTING, VOLUME FOUR)</b></p> <p>family circle illustrated library of cooking volume 4: cak-can, cake baker's art, cakes to buy and build upon, candy kitchen, canny ways with canned foods (1972 hardcover printing, volume four) by family circle, rockville house publishers, best foods, cpc international, blue bonnet, general mills, peanut growers of georgia and alabama, planters peanuts. isbn 0721157041. ea family circle illustrated library of cooking volume 4: cak-can, cake baker's art, cakes to buy and build upon, candy kitchen, canny ways with canned foods (1972 hardcover printing, volume four) by family circle, rockville house publishers, best foods, cpc international, blue bonnet, general mills, peanut growers of georgia and alabama, planters peanuts. isbn 0721157041. ean 9780721157047. special limited edition. 136 pages. cookbook for making cakes, candies, and canned foods. * volume four hardcover 1972 rockville house publishers edition only * ...more</p>	<p><a href="#">Readable/Downloadable</a></p>
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	<p><b>ANTI-INFLAMMATORY FOODS FOR HEALTH: HUNDREDS OF WAYS TO INCORPORATE OMEGA-3 RICH FOODS INTO YOUR DIET TO FIGHT ARTHRITIS, CANCER, HEART DISEASE, AND MORE</b></p> <p>great food for inflammation sufferers.cut your finger accidentally and the area will swell, redden, and heat up. this type of acute inflammatory response is the body's reaction to trauma, and it's an essential part of the healing process. but inflammation can be harmful when it hangs around too long and refuses to leave. when the inflammation switch refuses to turn off, th great food for inflammation sufferers.cut your finger accidentally and the area will swell, redden, and heat up. this type of acute inflammatory response is the body's reaction to trauma, and it's an essential part of the healing process. but inflammation can be harmful when it hangs around too long and refuses to leave. when the inflammation switch refuses to turn off, the body operates as if it is always under attack (the older we get, the more likely this is to happen). white blood cells flood the system for weeks, months, and even years. researchers are now linking low-grade, persistent inflammation to premature aging, heart disease, m.s., diabetes, alzheimer's, psoriasis, arthritis, and cancer. while anti-inflammatory drugs do exist, they can injure the stomach or suppress the immune system. fortunately, the situation can be remedied by a change in diet, specifically by altering the kinds of fats you eat. omega-3 fatty acids tend to decrease inflammation while omega-6 fats and trans-fats increase inflammation. while many foods in the standard american diet (unrefined white flour, sugar, red meat, diary, fast food, and food additives) exacerbate inflammation, a healthy diet made up of fish, nuts, seeds, oils, lean grass-fed meats, and fruits and vegetables can help lessen or prevent inflammation. likewise, certain spices such as turmeric, cloves, and ginger have proven anti-inflammatory activity. anti-inflammatory foods for health will help those with inflammation incorporate anti-inflammatory foods into their everyday diet. sample recipes may include french-canadian pea soup, sumac salmon, maple-ginger butternut squash, lime-ginger glazed chicken with fennel relish, green salad with grapes and sunflower seeds, cod with saffron sauce, and more. ...more</p>	<p><a href="#">Readable/Downloadable</a></p>
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	<p><b>52 WAYS TO LIVE A KICK-ASS LIFE: BS-FREE WISDOM TO IGNITE YOUR INNER BADASS AND LIVE THE LIFE YOU DESERVE</b></p> <p>a much-needed kick in the ass for women everywhere!like many women, andrea owen always lived life on the sidelines, watching each day pass by without ever catching a glimpse of the happiness she yearned for--until the day she had enough. she realized that she had to take action and step out of the box she had created for herself if she really wanted the best life possible. a much-needed kick in the ass for women everywhere!like many women, andrea owen always lived life on the sidelines, watching each day pass by without ever catching a glimpse of the happiness she yearned for--until the day she had enough. she realized that she had to take action and step out of the box she had created for herself if she really wanted the best life possible. and now, as a celebrated life coach, she shows thousands of women how to take the reins, create an actionable plan for their goals, and finally reach their full potential. in this powerful book, owen guides you through her acclaimed strategies for creating a more fulfilling life. each goal-orientated lesson empowers you to take control of the barriers that keep you from achieving the love and success you desire. from breaking the unrewarding cycle of people pleasing to dealing with unsupportive friends, this book approaches the problems you face with a candid look at why you aren't satisfied--and how to fix it. owen's life-changing wisdom helps you uncover your self-limiting beliefs as well as push you out of your comfort zone by zeroing in on the most difficult issues. never one to sugarcoat the truth, she holds you accountable for your actions while offering expert advice for knocking down that cynical inner-voice and loving yourself wholeheartedly. with "52 ways to live a kick-ass life," you will shut off your internal auto-pilot; kick empty expectations to the curb; and live a bigger, gutsier life. ...more</p>	<p><a href="#">Readable/Downloadable</a></p>
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