
Making The Cut

Jillian Michaels

Flat Belly Diet!

The Smitten Kitchen Cookbook

The Wild Diet

The Little Lady Agency

Don'T Lose Your Mind, Lose Your Weight

Unlimited

Fraiche Food, Full Hearts

Minimize Injury, Maximize Performance

This Is Why You're Fat (And How to Get Thin Forever)

Slim for Life

Women's Health and Fitness Guide

The Immunity Breakthrough

The Bikini Body Diet

Making the Cut (Enhanced Edition)

Gold Medal Fitness

Adventures in Chicken

Kim Lyon's Your Body, Your Life

Unlimited

75 Hard

The Big Fat Truth

The New Rules of Lifting for Women

Making the Cut

I Have Something to Tell You

Complete Keto

The Cut

The Gluten Lie

All About Braising: The Art of Uncomplicated
Cooking
The Garage Gym Athlete
Listful Thinking
Dr. Abravanel's Body Type Diet and Lifetime
Nutrition Plan
Master Your Metabolism
Winning by Losing
How Not to Die
Healthy Tipping Point
The Master Your Metabolism Calorie Counter
Cory Everson's Workout
Secrets (Sweet Valley High #2)
The 6 Keys
Tracy Anderson's 30-Day Method
15 Minutes to Fit

*Making The
Cut Jillian
Michaels*

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MICHAEL MELODY

Flat Belly Diet! Hay
House, Inc
Reverse the effects of
aging and maintain
optimal health for life
through the
revolutionary 6 Keys
program by New York
Times bestselling
author Jillian Michaels.

With Master Your
Metabolism, Jillian
Michaels showed us
how to take control of
the metabolic
machinery underneath
our weight and health
struggles. Now she's
ahead of the curve
again -- conquering the
mayhem, myths, and
misunderstandings
associated with aging.
After all, if you can
decide your weight,

why not your age? Scientists and doctors have identified six major age inciters: metabolism, damaged macromolecules, epigenetics, inflammation, stress adaptation, telomeres. The 6 Keys presents an ageless health, fitness, and beauty plan that addresses all six of them -- and gets them working for you instead of against you. Empowering and rigorously researched, The 6 Keys outlines powerful lifestyle interventions, dietary guidelines, exercise plans, and vanguard strategies for cultivating mindfulness that restore and protect human performance, keeping you fit, healthy, and beautiful for life.

The Smitten Kitchen Cookbook Bantam

Six-time Ms. Olympia leads the charge into the fitness philosophy of the nineties. This comprehensive program ties weight training to such diverse sports as basketball, track, swimming, cycling, hockey, tennis, gymnastics, and more, providing adaptable routines targeted to beginners, intermediates, and advanced fitness devotees. 150 photographs.

The Wild Diet Avery
The unique body-typing program that teaches you how to:
Lose weight Achieve your ideal body shape
Target your trouble spots Boost your energy
Eliminate food cravings forever Feel better than you ever thought possible
Do you crave coffee and sweets--or a nice thick

steak? Do you get love handles--or jiggly pockets on your thighs? Are you quick-tempered--or impatient and easily depressed? Believe it or not, your answers to these and other questions posed in this breakthrough book will help you discover which of the four basic "Body Type" categories you fall into--the first step toward determining what you need to do to lose weight and look and feel better than ever. More than just a diet, Dr. Abravanel's one-of-a-kind plan is a complete health, fitness, and nutrition program that first teaches you how to determine your body type and then custom-tailors a three-step weight-loss plan and exercise regimen just for you. Using the

latest scientific research, Dr. Abravanel has revised and expanded this successful strategy to make it even more effective and easy to follow. This revolutionary program includes: A newly revised Body Type questionnaire you can do at home A detailed list of foods you should avoid--and those you must eat A four-week eating plan, complete with daily menus and recipes A guide to supplements, herbal remedies, and exercise routines for each Body Type A Long Weekend of Rejuvenation to purify your system and clear your mind Now, to find out which Body Type you fall into, turn to the first page....

The Little Lady Agency Human Kinetics

Jessica would stop at nothing... Gorgeous but ruthless, Jessica Wakefield is determined to be the chosen queen of Sweet Valley High's fall dance this year. Once she's crowned queen, surely Bruce Patman, the most popular boy in school, will finally notice her. And the only person standing in her way is Enid Rollins, Elizabeth's best friend. But when Jessica uncovers a secret about Enid's past, she knows the crown is within reach. She doesn't care that revealing the secret could cost Enid both her reputation and boy she loves. Can Elizabeth save Enid from Jessica's vicious gossip? Can she stop her scheming twin in time? From bestselling author Francine Pascal.

Don'T Lose Your Mind, Lose Your Weight
Harmony
On NBC's hit TV show *The Biggest Loser*, trainer Kim Lyons encouraged, cajoled, and inspired her team members to change their lives. And they did, not only losing an incredible amount of weight in the process, but gaining a world of knowledge about fitness, nutrition, and enjoying an all-around healthy lifestyle. Now Kim is leading the way again, ready to work that same magic on everyone. Her totally life-changing new guide, bursting with color illustrations, presents Kim's tested program for optimizing your health . . . in just 12 short weeks! You'll feel almost as if she's right there, working with you. Kim, who

received her personal training certification from the National Academy of Sports Medicine, puts her time-tested, fat-burning circuit-training system and solid, comprehensive nutrition plan right at your fingertips. She understands the psychological and practical barriers facing those starting a new program, and offers simple strategies to help anyone adopt and maintain a healthier lifestyle. Every aspect of fitness and nutrition is explained, such as the role of genetics, metabolism, and body type in achieving success; the importance of meal planning and journaling; and how to exercise to maximize your time and increase

your calorie burn. To illustrate her key points, many of Lyons' clients tell their uplifting personal stories, and Lyons herself answers a wide range of "burning questions." At the end of each chapter, a "Homework" section sets out several goals to achieve be they mental, physical, or emotional that reinforce key points learned in that chapter. Unlimited Penguin YouTube workout video star Zuzka Light presents her long-awaited debut fitness book, with a 30-day fitness regime of powerful, effective 15-minute workouts. Filming first from a tiny basement in Prague, and eventually settling in Los Angeles, Zuzka Light has single-handedly ushered in

the YouTube fitness revolution. Viewers love Light for her short, ferociously effective workouts and her in-the-trenches, never-give-up positive attitude—and she’s racked up more than half a billion views to prove it. Now, finally, comes 15 Minutes to Fit, Light’s hotly anticipated debut, with a 30-day fitness plan guaranteed to burn fat and build ripped muscles. Based on innovative high-intensity interval training, the workouts in 15 Minutes to Fit are designed to be done anywhere, anytime (no fancy gym equipment necessary), in just 15 minutes a day. This book takes the guesswork out of the workout, providing:

- A 30-day workout plan to whip your body into

shape—in 15 minutes a day or less

- A companion meal plan, with delicious and healthful recipes for each day
- Step-by-step photographs throughout to illustrate proper form for the workouts
- Quick facts on health and nutrition to help readers separate fact from fiction
- Support and motivation from Light, who overcame many obstacles to become the female face of fitness

As Light says, “Give me 15 minutes a day and I’ll give you a badass body.”

Coauthored by New York Times–bestselling author Jeff O’Connell, 15 Minutes to Fit is the book legions of fans have been waiting for.

Fraiche Food, Full Hearts Flatiron Books

Does it feel as if you’re fighting your body to

lose even one pound—or just to maintain your current weight? Respected health and wellness expert and bestselling author Jillian Michaels has been there, too. So she consulted top experts in the field of metabolism and discovered that she'd inadvertently been abusing her endocrine system for years. After “fixing” her own metabolism, she decided to share what she learned by devising this simple, 3-phase plan that engages all the weight-loss hormones (including the friendly HGH, testosterone, DHEA; and the not-so-friendly: insulin, cortisol, and excess estrogen). In *Master Your Metabolism*, discover how to:

- REMOVE “anti-

nutrients” from your diet • RESTORE foods that speak directly to fat-burning genes • REBALANCE energy and your hormones for effortless weight loss Michaels offers a wealth of information throughout, including: shopping lists and online shopping resources, hormone-trigger food charts, how to eat “power nutrient” foods on a budget, smart strategies for eating out, quick and easy recipes, as well as mini-programs for addressing PMS, andropause, metabolic syndrome, PCOS, and menopause.

Minimize Injury, Maximize Performance
 Rodale
 Imagine. Believe. Achieve. Many self-help books offer a lot of new age platitudes

and sappy mantras: Just love yourself. See the glass as half full. Believe it and it will come. Really? That's not how it works, and you know it. A lifetime's worth of struggle is not overturned in a small moment of positive thinking. But if you have the right attitude—attitude and skills—you can and will accomplish anything and everything you want. This book gives you both, attitude and action. By its end you will have all the tools you need to change your life. No hype. No false promises. You will learn to:

- Cultivate your passion and embrace your uniqueness to create a purpose-filled life . . . on your own terms.
- Transform your suffering into peace,

wisdom, and strength.

- Work through fear, worry, shame, and negative self-talk to blast through obstacles and create self-confidence, self-esteem, and a healthy self-image.
- Take powerful, informed, deliberate actions to make your dreams a reality. Forget surviving: it's your time to thrive. You do have the ability and potential to achieve unlimited health, wealth, and happiness. Getting there won't all be easy—nothing worthwhile ever is—but take this journey and your life will change dramatically. Your possibilities are unlimited, and your life is waiting for you to break free and claim it

This Is Why You're Fat (And How to Get Thin Forever)

National Geographic Books

Few things in life are simple and straightforward, and losing weight is no different—it's not easy, and anyone who says otherwise is trying to pull a fast one. *Winning by Losing* is a comprehensive, inspirational, and real solution to your weight problems. Taking a triple-threat approach, Biggest Loser trainer Jillian Michaels identifies and illuminates the three keys to health and lasting weight loss so that you can become a winner in mind, body, spirit, and life. Focusing on both the psychological aspects of being overweight as well as nutrition and fitness, Jillian's program is designed to help you safely shed

weight fast. So, are you ready to chuck the excuses and the quick-fix fantasies and get real about what it takes to change your life for the better? If so, this is the book for you. Come on. Losing has never felt so good!

Slim for Life Harmony New York Times Bestseller “This book may help those who are susceptible to illnesses that can be prevented.”—His Holiness the Dalai Lama “Absolutely the best book I’ve read on nutrition and diet” —Dan Buettner, author of *The Blue Zones Solution* From the physician behind the wildly popular NutritionFacts website, *How Not to Die* reveals the groundbreaking scientific evidence behind the only diet that can prevent and

reverse many of the causes of disease-related death. The vast majority of premature deaths can be prevented through simple changes in diet and lifestyle. In *How Not to Die*, Dr. Michael Greger, the internationally-renowned nutrition expert, physician, and founder of NutritionFacts.org, examines the fifteen top causes of premature death in America—heart disease, various cancers, diabetes, Parkinson's, high blood pressure, and more—and explains how nutritional and lifestyle interventions can sometimes trump prescription pills and other pharmaceutical and surgical approaches, freeing us to live healthier lives. The simple truth is that

most doctors are good at treating acute illnesses but bad at preventing chronic disease. The fifteen leading causes of death claim the lives of 1.6 million Americans annually. This doesn't have to be the case. By following Dr. Greger's advice, all of it backed up by strong scientific evidence, you will learn which foods to eat and which lifestyle changes to make to live longer. History of prostate cancer in your family? Put down that glass of milk and add flaxseed to your diet whenever you can. Have high blood pressure? Hibiscus tea can work better than a leading hypertensive drug—and without the side effects. Fighting off liver disease? Drinking coffee can reduce liver inflammation. Battling

breast cancer?

Consuming soy is associated with prolonged survival. Worried about heart disease (the number 1 killer in the United States)? Switch to a whole-food, plant-based diet, which has been repeatedly shown not just to prevent the disease but often stop it in its tracks. In addition to showing what to eat to help treat the top fifteen causes of death, How Not to Die includes Dr. Greger's Daily Dozen -a checklist of the twelve foods we should consume every day. Full of practical, actionable advice and surprising, cutting edge nutritional science, these doctor's orders are just what we need to live longer, healthier lives.

Women's Health and

Fitness Guide

Harmony

Dara Torres has been to the Olympics five times, she's won twelve medals, and now, at the age of 42, she still competes with girls half her age and is one of the most celebrated swimmers of all time. But you don't need to list her accolades to understand why people admire her athleticism so much—just look at her! Perfect abs, enviable arms—she's as strong as can be and continues to redefine established wisdom about staying in shape at any age. So, what's her secret? In Gold Medal Fitness you'll find all of Torres's tips for getting back into the game and staying in shape for many years to come. Her unique

combination of stretching and strengthening exercises both tone and elongate your muscles, leaving you with that perfectly sculpted and slender shape. And in this revolutionary 5-week program, she's adapted her workout plan for you! Torres will take you step by step through a nutrition plan to prepare for the workouts. She'll walk you through the strengthening and stretching exercises, including the Ki-Hara method that has transformed her body. She'll give you hints on how to enjoy your cardiovascular activities. And, finally, she'll share her wisdom about rest and recovery and why it is as essential for your body as your training.

Whether you're looking to lose those last ten pounds or get back into a sport that you used to love, Gold Medal Fitness will produce the results that you want, reignite how you feel in your own skin, and change your lifestyle.

The Immunity Breakthrough Perigee Trade

Abel James, the ABC star and creator of the #1 Fat-Burning Man Show, shares his revolutionary weight-loss program in *The Wild Diet* - now a New York Times Bestseller! Can you really lose 20 pounds in 40 days while enjoying real butter, juicy burgers, chicken parmesan, chocolate, and even cheesecake? The answer might surprise you. By focusing on simple, fresh

ingredients and nutrient-dense meals, The Wild Diet programs your body to burn fat as its main fuel source. Eating Wild, thousands of people across the world have dropped 20, 60, or even more than 100+ pounds without hunger... and often with minimal exercise. In The Wild Diet, you'll find that we are not meant to starve ourselves, count calories, or avoid delicious food. We're wired to eat luxuriously and live well without getting fat. If you think that you're stuck with the genes you inherited and there's nothing you can do about it, read closely. The Wild Diet paints a different picture, one in which we have the power to influence our genetic expression by taking control of the

quality of food we eat, the way we move, and the environment around us. We once had access to an immense variety of fresh seasonal foods from small, local sources. Now we have access to few varieties of processed foods from a massive industrial system often thousands of miles from where we live. The secret to great health simply getting back to our wild roots and enjoying real, Wild foods grown on a farm and not in a factory. By prioritizing foods found in the natural world, rich in fiber and nutrients, your body will burn fat instead of sugar for energy. When you reduce your consumption of processed grains, sugars and other simple carbohydrates

in favor of healthy plants and animals, you will be shocked by how quickly you can reverse the damage of decades of poor eating. The Wild Diet proves that it's possible to get in best shape of your life while eating delicious foods like chicken parmesan, bacon cheeseburgers, and even chocolate pudding. If you want to know how to burn more fat by indulging in incredible meals and exercising less, it's time to treat yourself to The Wild Diet.

The Bikini Body Diet St. Martin's Paperbacks
Dr. Tommy John's unique program: a diet, lifestyle, and movement plan (Rethink. Rebuild. Replenish. Recover) for injury- and performance-proofing young athletes in every

sport Beginning as early as age 6 and continuing through the teenage years and on into their twenties, both male and female athletes are more at risk of serious injuries at younger ages than ever before. Dr. Tommy John, son of lefty pitcher Tommy John and also a sports performance and healing specialist, offers an invaluable diet, lifestyle, and movement plan (Rethink. Rebuild. Replenish. Recover) for injury- and performance-proofing young athletes in every sport. Dr. John explores the sudden rise of Tommy John surgeries being performed on young athletes today, as well as the many injuries--and the surgeries required to fix them--increasing at

an alarming rate in baseball and all youth sports. Dr. John's book outlines the three top causes behind this "injury epidemic": The American lifestyle, the business of youth sports (from coaches to corporations), and the decisions we believe as parents are truly benefiting our children. Minimize Injury, Maximize Performance focuses on prevention, and also offers tips on how to tailor the advice for athletes coming back from an injury, with over 120 black and white photographs.

Making the Cut

(Enhanced Edition)

Simon and Schuster

Winner of the James Beard Foundation Book Award From the perfect pot roast to the fragrant complexity of braised endive, there's

no food more satisfying than a well-braised dish. The art of braising comes down to us from the earliest days of cooking, when ingredients were enclosed in a heavy pot and buried in the hot embers of a dying fire until tender and bathed in a deliciously concentrated sauce. Today, braising remains as popular and as uncomplicated as ever. Molly Stevens's *All About Braising* is a comprehensive guide to this versatile way of cooking, written to instruct a cook at any level. Everything you need to know is here, including: • a thorough explanation of the principles of good braising with helpful advice on the best cuts of meat, the right choice of fish and vegetables, and the

right pots • 125
reliable, easy-to-follow
recipes for meat,
poultry, seafood, and
vegetables, ranging
from quick-braised
weeknight dishes to
slow-cooked weekend
braises • planning tips
to highlight the fact
that braised foods
taste just as good, if
not even better, as
leftovers • a variety of
enlightened wine
suggestions for any
size pocketbook with
each recipe.

Gold Medal Fitness

Simon and Schuster
Reviled by her snobby
family but adored by
her friends,
unemployed etiquette
expert Melissa
Romney-Jones
reinvents herself as
Honey, and goes into
business as a
matchmaker for inept
bachelors.

Adventures in Chicken

Harmony

A respected
immunologist, allergist,
and functional
medicine doctor breaks
down the latest science
on immunity, offering
“the most important
guide available” (Mark
Hyman, MD) to
balancing your system
for optimal health and
longevity. To most of
us, the immune system
is seemingly
unknowable—it's an
invisible, complex
network of cells,
receptors, and
messengers, and
there's no standard
way to see if it's
functioning as it
should. Yet in spite of
this, it affects every
aspect of our health,
influencing (and
sometimes even
causing) nearly every
disease known to
humanity. Much has
been made about

“boosting” immunity, but what exactly does that mean, and what if boosting isn't really what your unique system needs? In *The Immunity Breakthrough*, Dr. Heather Moday explains that for most, immune system balance is key. Drawing on a wealth of cutting edge research and fascinating case studies, Dr. Moday explains that the immune system is fluid and significantly influenced by our behaviors, diet, habits, and environment. She identifies four primary Immunity Types—Smoldering, Weak, Hyperactive, and Misguided—that underlie the immune imbalances that commonly lead to disease, chronic inflammation,

infection, allergies, and autoimmunity. By identifying your personal immunity type—where you fall on this immunity spectrum—you can intervene by making focused, individualized, natural lifestyle changes to ensure it functions optimally. Featuring engaging and accessible science, practical and customizable takeaways, and interactive quizzes to help you zero in on your specific needs, *The Immunity Breakthrough* is a revolutionary program for creating an individualized lifestyle and diet that will lead to immune resilience, vitality, and longevity. *Kim Lyon's Your Body, Your Life* Knopf
NEW YORK TIMES BEST

SELLER • Celebrated food blogger and best-selling cookbook author Deb Perelman knows just the thing for a Tuesday night, or your most special occasion—from salads and slaws that make perfect side dishes (or a full meal) to savory tarts and galettes; from Mushroom Bourguignon to Chocolate Hazelnut Crepe. “Innovative, creative, and effortlessly funny.” —Cooking Light Deb Perelman loves to cook. She isn’t a chef or a restaurant owner—she’s never even waitressed. Cooking in her tiny Manhattan kitchen was, at least at first, for special occasions—and, too often, an unnecessarily daunting venture. Deb found herself

overwhelmed by the number of recipes available to her. Have you ever searched for the perfect birthday cake on Google? You’ll get more than three million results. Where do you start? What if you pick a recipe that’s downright bad? With the same warmth, candor, and can-do spirit her award-winning blog, Smitten Kitchen, is known for, here Deb presents more than 100 recipes—almost entirely new, plus a few favorites from the site—that guarantee delicious results every time. Gorgeously illustrated with hundreds of her beautiful color photographs, The Smitten Kitchen Cookbook is all about approachable, uncompromised home

cooking. Here you'll find better uses for your favorite vegetables: asparagus blanketing a pizza; ratatouille dressing up a sandwich; cauliflower masquerading as pesto. These are recipes you'll bookmark and use so often they become your own, recipes you'll slip to a friend who wants to impress her new in-laws, and recipes with simple ingredients that yield amazing results in a minimum amount of time. Deb tells you her favorite summer cocktail; how to lose your fear of cooking for a crowd; and the essential items you need for your own kitchen. From salads and slaws that make perfect side dishes (or a full meal) to savory tarts and galettes;

from Mushroom Bourguignon to Chocolate Hazelnut Crepe Cake, Deb knows just the thing for a Tuesday night, or your most special occasion. Look for Deb Perelman's latest cookbook, *Smitten Kitchen Keepers!* **Unlimited** Houghton Mifflin Harcourt Backed by the latest cutting-edge nutrition science, and featuring celebrity fitness instructor Obi Obadike 's trademark fat-burning exercise program, *The Cut* is designed to help readers drop pounds quickly—up to 10 pounds in 10 days and 40 pounds in 12 weeks—without stalling on the scale! *Transform Your Body in Just 12 Weeks!* Hollywood leading man Morris Chestnut may

be known for his washboard abs and ripped arms, but not too long ago he was in the worst shape of his life: 30 pounds overweight, avoiding the gym, and frequenting drive-through. Morris turned to celebrity fitness and nutrition expert Obi Obadike to help get back in shape—and the results were astounding. Morris went from 220 pounds to 187 pounds in just 12 weeks, and audiences haven't stopped raving about his new look since. Now Morris and Obi are joining forces to share their life-changing program with fans nationwide. Featuring Morris's personal diet and exercise plan, plus dozens of success stories from everyday people who've lost

weight and kept it off, The Cut will help readers reclaim their health and discover the lean and toned body they've always wanted. Join the revolution and get ready to get cut!

75 Hard Harmony In The New Rules of Lifting for Women, authors Lou Schuler, Cassandra Forsythe and Alwyn Cosgrove present a comprehensive strength, conditioning and nutrition plan destined to revolutionize the way women work out. All the latest studies prove that strength training, not aerobics, provides the key to losing fat and building a fit, strong body. This book refutes the misconception that women will "bulk up" if they lift heavy weights. Nonsense! It's tough

enough for men to pack on muscle, and they have much more of the hormone necessary to build muscle: natural testosterone. Muscles need to be strengthened to achieve a lean, healthy look. Properly conditioned muscles increase metabolism and promote weight loss -- it's that simple. The program demands that women put down the "Barbie" weights, step away from the treadmill and begin a strength and conditioning regime for the natural athlete in every woman. The New Rules of Lifting for Women will change the way women see fitness, nutrition and their own bodies.

The Big Fat Truth

Simon and Schuster
New York Times best-

selling author and expert trainer Drew Manning offers a ketogenic lifestyle reset that really works. His highly accessible program is filled with the practical tools, emotional support, and real-life wisdom readers need to get lasting results. Keto for your life! A ketogenic diet can kick start incredible weight loss, cut through brain fog, boost your energy, and even relieve some health conditions by reducing inflammation throughout your body. It can also be difficult to stick with once the two, three, or four weeks of a program are up. Lifestyle changes just aren't sustainable if you don't have the right support. This is where health and fitness expert Drew Manning comes

in--with a solution that goes way beyond willpower. Complete Keto offers a total ketogenic lifestyle reset that's based on a deep understanding of the challenges in living keto, as well as the benefits it brings and the science that makes it work. It's keto for life--your life. In these pages, you'll find: All the nuts and bolts of keto, including what to eat, what to avoid, and how to adapt the plan if you're vegan or vegetarian Drew's signature 30-Day Keto Cleanse to jump-start your journey A second-phase plan for living keto long-term More than 75 delicious recipes for eating keto,

illustrated with mouthwatering photos Easy-to-follow exercise routines Supportive strategies for a journey of true transformation--in body, mind, and spirit Changing your lifestyle can be hard no matter what diet you choose, but this authoritative, engaging book brings true transformation with keto within your reach. Drew's comprehensive program is filled with the practical tools, emotional support, and real-life wisdom you need to create lasting change and become the best version of you. Your keto journey begins here--and Drew is an amazing companion every step of the way.

Best Sellers - Books :

• [Mad Honey: A Novel](#)

• [It's Not Summer Without You By Jenny Han](#)

- [Dog Man: Twenty Thousand Fleas Under The Sea: A Graphic Novel \(dog Man #11\): From The Creator Of Captain Underpants By Dav Pilkey](#)
- [A Court Of Wings And Ruin \(a Court Of Thorns And Roses, 3\) By Sarah J. Maas](#)
- [Baking Yesteryear: The Best Recipes From The 1900s To The 1980s](#)
- [Stop Overthinking: 23 Techniques To Relieve Stress, Stop Negative Spirals, Declutter Your Mind, And Focus On The Present \(the](#)
- [The Nightingale: A Novel](#)
- [American Prometheus: The Triumph And Tragedy Of J. Robert Oppenheimer](#)
- [Verity By Colleen Hoover](#)
- [The 48 Laws Of Power](#)