

Are you fed up with being carried along by life, drifting along aimlessly? Are you fed up with feelings of inadequacy or just feeling restless? Not really knowing what is gnawing at you? Feelings that you just cannot pin point, yet you know or feel like there is something missing? Something is not quite sitting as it should within you? Then this book is for you. Are you drinking, drugging, shopping, or eating your way to "happiness"? Then this book is for you. Are you resisting life? Hiding within the confines of your self-composed cell? Then this book is for you. Are you one of many who want and seek change? Who wants to live a better life? Then this book is most definitely for you. This little spiritual self-help book is small, but it can make big changes for you, and for the better, if you simply take on board its wisdoms. By reading this book you will learn how to properly invest in yourself and you will be pleasantly surprised how easy life can really be.

To do what no other magazine does: Deliver simple, delicious food, plus expert health and lifestyle information, that's exclusively vegetarian but wrapped in a fresh, stylish mainstream package that's inviting to all. Because while vegetarians are a great, vital, passionate niche, their healthy way of eating and the earth-friendly values it inspires appeals to an increasingly large group of Americans. VT's goal: To embrace both.

Lose up to 7lbs in 7 days with The Juice Master Jason Vale's ultra-fast 1-week super juice cleanse. The man who helped Jordan to get her post-baby body back has designed a healthy and effective diet and exercise programme to reshape your body in just one week, but with lasting results.

Simplified Chinese edition of Dog Man Unleashed: From the Creator of Captain Underpants (Dog Man #2)

A traumatic event near the end of the summer has a devastating effect on Melinda's freshman year in high school.

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