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Athletes love smoothies because they offer a simple, delicious way to get the nutrients they need. Smoothies are one of the most athlete-friendly drinks. Packing in the nutrients, calories, and hydration that are so essential to athletic performance, smoothies are an athlete-friendly way to fuel the body and recover after workouts. Sport Smoothies offers more than 60 fully-illustrated smoothie recipes for before and after workouts, for building muscle, and for carb-loading. Athletes can choose the smoothie that best fuels the workout goals of each day--or just pick the flavors they're in the mood for. Each Sport Smoothie recipe contains a tasty mix of 4-6 healthy ingredients that are easy to find in any grocery store. Combining the unique benefits of a variety of fruits, vegetables, nut butters, and seeds, Sport Smoothies offers up great flavors for athletes to improve their health and recovery.

A collection of 66 illustrated smoothies, juices, nut milks, and tonics to kick-start metabolism, fire up the mind, and promote whole-body health. An easy-to-follow and informative guide, this book pares smoothie-making back to its essence. Each recipe is presented in a highly visual spread, and grouped ingredients are displayed opposite finished smoothies and juices, providing at-a-glance instruction. Recipes like Dandelion Tonic, Popeye's Juice, Coconut Kale, and Pineapple Twist provide a simple introduction for the new smoothie maker, as well as new inspiration for the experienced blender. A seven-day detox plan with straightforward recipes energizes and invigorates.

A leading biblical scholar offers a powerful reexamination of the Bible's origins and its connections to human suffering Human trauma gave birth to the Bible, suggests eminent religious scholar David Carr. The Bible's ability to speak to suffering is a major reason why the sacred texts of Judaism and Christianity have retained their relevance for thousands of years. In his fascinating and provocative reinterpretation of the Bible's origins, the author tells the story of how the Jewish people and Christian community had to adapt to survive multiple catastrophes and how their holy scriptures both reflected and reinforced each religion's resilient nature. Carr's thought-provoking analysis demonstrates how many of the central tenets of biblical religion, including monotheism and the idea of suffering as God's retribution, are factors that provided Judaism and Christianity with the strength and flexibility to endure in the face of disaster. In addition, the author explains how the Jewish Bible was deeply shaped by the Jewish exile in Babylon, an event that it rarely describes, and how the Christian Bible was likewise shaped by the unspeakable shame of having a crucified savior.

Are you becoming more conscious of the ingredients you use to clean your home? Are you fed up with using strong chemicals and aware these could be having a detrimental effect on your health? In this book, you will find over 110 recipes for practically any cleaning dilemma, from natural disinfectant to safe and effective stain removal. Each chapter covers every room in your home with simple recipes to make your house sparkly clean, as well as being good to the environment and your health. From bathroom battles to kitchen messes, this book solves every cleaning problem that you might come up with at home. Learn how to make everyday products, such as an all-purpose cleaner and laundry detergent, but also the best way to clean things, such as pillows or carpet that you don't clean every day. You can also find out how to scent your homemade products with essential oils to make your home smell how you want it to. Homemade cleaning products can just as powerful as store-bought, and Natural Home Cleaning shows you how.

That's right, you already know Italian--even if you never took a language course in your life! Many of the words you know in English are similar and often the same in Italian, such as

arte and delizioso. And pizza, bambino, and diva have been part of our lexicon for so long you forget they were ever "foreign." You Already Know Italian is the easiest and fastest way to build your Italian vocabulary by using your prior knowledge as the foundation for language learning. Inside you will find chapters devoted to three types of words: familiar terms, identical and similar terms, and "falsely similar" terms. By studying these words, you will realize just how many Italian words you already know and how easy it is to pick up those terms that are close in meaning to their English counterparts. You will have a 5,000-word Italian vocabulary in no time at all! Look how much Italian vocabulary you already know: Familiar Italian terms: Amore--Love Bandito--Outlaw Ciao--Hello Pasta--Pasta Simpatico--Agreeable Vino--Wine Italian words identical or similar to English ones: Computer--Computer Jazz--Jazz Leader--Leader Quota--Quota Uso--Use Virus--Virus But beware these falsely similar words: Ago--Needle Camera--Room Fatto--Fact Salto--Jump Stare--To stand Villano--Inconsiderate

In Breakfast: Morning, Noon and Night, Fern Green encourages readers to enjoy their most-loved meal at any time of the day. Covering all the morning favourites, and often adding an indulgent or inspired twist, she shares recipes for sweet and savoury dishes that you won't be able to confine to just the morning hours. Simple but satisfying, and super easy to prepare, these recipes will suit any time of day. Try smoked salmon and eggs served with quinoa crackers, apple, sorrel and crispy capers; cheese on toast gets upgraded to griddled halloumi served with basil, tomato and ciabatta; and waffles get a delicious side of maple and blueberry butter. Fern also takes inspiration from breakfasts with more exotic flavor combinations, such as the Adai Indian crpe with coconut chutney, and Mexican corn and zucchini hash with fried egg. These mouth-watering dishes show how you can make breakfast favorites work at any time of the day.

The evidence is in— millions of people are moving toward a vegetarian diet because it offers a healthful and environmentally sound alternative to the standard diet. Becoming Vegetarian is the ultimate source for making this valuable and beneficial life change. Packed with authoritative vegetarian and vegan nutrition information from established and savvy experts, this powerful book takes the worry out of making an important, healthy transition. Here' what's inside: Vegetarian food guide for optimal nutrition and easy meal planning Delicious, easy recipes Helpful guidelines for those who are just starting out Cutting edge scientific information for experienced vegetarians Nutrition essentials from infancy through our senior years Practical tips for weight control Much, much more This comprehensive update of an international bestseller is the one resource that contains everything you need to know about becoming a vegetarian or fine-tuning a vegetarian diet. From dealing with awkward social situations to making sure you're getting all the necessary nutrients, let Vesanto Melina and Brenda Davis give you the information you need to achieve a healthful vegetarian life with ease. Change the way you look at food and your health forever— start following the dynamic, easy-to-implement advice in Becoming Vegetarian today.

This self-help guide shows the reader step-by-step how to perform at their peak while gaining emotional and financial freedom, attaining leadership and self-confidence, and winning the confidence of others. It should enable the reader to gain the knowledge and courage to remake themselves.

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