

15 Minute



At-Home

**WALKING
WORKOUT**

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M Walker



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Fitness for Moms Liam Brown, AI, 2025-02-22 Fitness for Moms offers a comprehensive guide for mothers seeking to reclaim their health and well being amid the demands of family life Addressing the crucial need for maternal fitness the book provides practical exercise strategies and routines tailored to the unique challenges mothers face It emphasizes that incorporating regular physical activity is not only achievable but essential for overall well being Did you know that mothers who engage in regular physical activity experience reduced stress levels and increased energy positively impacting their families The book begins by exploring the physiological and psychological benefits of exercise for women raising children It then progresses into time efficient workouts like HIIT and bodyweight circuits demonstrating how short bursts of activity can yield substantial results Later chapters provide nutritional guidance for postpartum recovery and breastfeeding alongside stress management techniques The book uniquely acknowledges the real world constraints of motherhood offering practical solutions and an empathetic approach to integrating fitness into busy lives

Simply Keto Suzanne Ryan, 2017-12-12 A practical approach to health weight loss with 100 easy low carb recipes Cover

Fear-Proof Your Mind and Take Control: How to Stop Holding Yourself Back Silas Mary, 2025-02-22 Fear is a natural part of life but it doesn't have to control your decisions or actions In this book you'll learn how to fear proof your mind and take control of your life so you can stop holding yourself back Fear whether it's fear of failure fear of rejection or fear of the unknown can keep you from pursuing your goals and living up to your full potential This book provides a proven system to help you overcome fear and take action with confidence You'll learn how to reframe your fears use them as stepping stones for growth and build the mental strength to push past your comfort zone This book will teach you how to identify and eliminate the thought patterns that fuel fear so you can make bold empowered decisions Through practical exercises and mindset shifts you'll learn how to replace fear with focus doubt with belief and hesitation with action By the end of this book you'll have the tools to take control of your mind crush fear and step confidently into your future

The Truth About Men and Women Conrad Riker, Are you tired of being told that men are privileged oppressors and women are helpless victims Are you confused by the constant contradictions in the media about male and female roles If so then this book is for you The Truth About Men and Women Debunking Feminism's Lies takes an unflinching look at the scientific biological and historical evidence to expose the lies and misconceptions perpetuated by mainstream feminism

- 1 Discover the real biological differences between men and women that have been ignored or denied by society
- 2 Explore the origins of the feminist movement and its negative impact on men's rights
- 3 Uncover the truth about the wage gap myth and the statistical manipulations that perpetuate it
- 4 Learn about the true nature of domestic violence and who the real victims are
- 5 Examine the systematic disadvantages faced by boys in the modern education system
- 6 Understand how feminism has contributed to the decline of the nuclear family leaving children without fathers
- 7 Recognize the ways in which society views and treats men as disposable
- 8 Explore the reversal of the

sexual dynamic between men and women where men are now sexually objectified If you want to fight back against the lies and misconceptions about men and women then buy this book today Together we can create a more balanced and fair society for everyone

Antisocial Andrew Marantz, 2019-10-08 Trenchant and intelligent The New York Times As seen heard on NPR New Yorker Radio Hour The New York Book Review Podcast PBS Newshour CNBC and more A New York Times Book Review Editors Choice A New York Times Notable Book of 2019 From a rising star at The New Yorker a deeply immersive chronicle of how the optimistic entrepreneurs of Silicon Valley set out to create a free and democratic internet and how the cynical propagandists of the alt right exploited that freedom to propel the extreme into the mainstream For several years Andrew Marantz a New Yorker staff writer has been embedded in two worlds The first is the world of social media entrepreneurs who acting out of na vete and reckless ambition upended all traditional means of receiving and transmitting information The second is the world of the people he calls the gate crashers the conspiracists white supremacists and nihilist trolls who have become experts at using social media to advance their corrosive agenda Antisocial ranges broadly from the first mass printed books to the trending hashtags of the present from secret gatherings of neo Fascists to the White House press briefing room and traces how the unthinkable becomes thinkable and then how it becomes reality Combining the keen narrative detail of Bill Buford s *Among the Thugs* and the sweep of George Packer s *The Unwinding* Antisocial reveals how the boundaries between technology media and politics have been erased resulting in a deeply broken informational landscape the landscape in which we all now live Marantz shows how alienated young people are led down the rabbit hole of online radicalization and how fringe ideas spread from anonymous corners of social media to cable TV to the President s Twitter feed Marantz also sits with the creators of social media as they start to reckon with the forces they ve unleashed Will they be able to solve the communication crisis they helped bring about or are their interventions too little too late

The HBR Work Smart Collection (4 Books) Harvard Business Review, Russell Glass, Susan David, Amy Gallo, Lily Zheng, 2024-06-25 Rise faster with quick reads real life stories and expert advice It s not easy to navigate the world of work when you re exploring who you are and what you want in life How do you translate your interests skills and education into a career you love The HBR Work Smart Series features the topics that matter to you most in your early career including being yourself at work collaborating with sometimes difficult colleagues and bosses managing your mental health and weighing major job decisions Each title includes chapter recaps and links to video audio and more The HBR Work Smart Series books are your practical guides to stepping into your professional life and moving forward with confidence This specially priced four book collection available as a paperback or ebook set includes *Authenticity Identity and Being Yourself at Work* *Bosses Coworkers and Building Great Work Relationships* *Boundaries Priorities and Finding Work Life Balance* *Experience Opportunity and Developing Your Career*

Myth Of Chronic Fatigue Conrad Riker, 101-01-01 You re Tired of Being Told You re Sick When You re Just Strong Ever been called weak for pushing through Wonder why everyone else gets a pass while you re expected

to grind harder Why does society reward collapse instead of courage They said it was a disease but no lab test no cure just excuses They built an industry around fatigue therapists pills disability checks They flipped weakness into victimhood and made it fashionable They told women to collapse then called it empowerment They turned TV binges and junk food into symptoms not choices They made failure feel noble if you claim you re broken They let the soft live in comfort while the strong carry the weight They sold surrender as healing but real strength comes from refusal If you want to stop being pathologized for being human and start living like a man again buy this book today **Marriage Treadmill** Conrad Riker, 101-01-01 You Were Set Up to Fail And It Wasn t Your Fault Why do good men lose everything their money their kids their dignity while their exes walk away celebrated Why does society tell you to be a man until you actually act like one then punish you for it Why do women scream I m not happy after years of taking spending and changing the rules while you re left broken and erased This book isn t therapy It s a war report Written for men who ve been ambushed by love betrayed by the system and gaslit by culture Reveals the biological truth behind the modern divorce epidemic not just emotion but evolutionary mismatch Exposes how no fault divorce became a legal weapon against men designed to extract wealth and erase fathers Shatters the myth that marriage is a partnership in practice it s a one way contract where men pay women decide Documents how feminism didn t liberate women it infantilized them and turned motherhood into a crisis Proves family court isn t broken it s working exactly as intended to punish men and reward female default Uncovers why antidepressants are surging in women not depression but guilt from destroying families they claimed to want Exposes toxic masculinity as the ultimate double bind strong you re a threat vulnerable you re trash Shows how to build brotherhoods protect your future and father like a king even in a gynocratic world If you want to wake up protect your future and reclaim your dignity as a man buy this book today The Anti-Marxist Manifesto Conrad Riker, The War on Reason Revealing the Hidden Plan to Destroy our Culture Are you tired of seeing your culture beliefs and values being attacked by the radical left Are you concerned about the rise of intolerance and activists infiltrating our institutions Are you ready to take a stand against the slow decline of our civilization Discover the hidden agenda of cultural Marxism its origins techniques and strategies to undermine our way of life Learn how to recognize and combat the misinformation critical theories and gnostic Hegelian dialectic Satanic theory that threatens our society Grow a strong backbone to defend our values and resist the cultural Marxist onslaught Get empowered to take action and fight back against the long march of Satanic Marxist Leninists and their sinister plot to create a dystopian world Protect the future of your family your country and yourself by preventing the reemergence of totalitarian regimes that killed millions Don t wait for the cultural left to ruin everything you love take control of your life by buying this book today *THE BOOKSELLER* ,1866 **28 Questions** Indyana Schneider, 2022-01-20 They say it takes 28 Questions to fall in love Then what Funny clever sad without self pity and with an uplift that is the writing itself Jeanette Winterson If it s an addictive read you re after consider this your next stop Stylist An intensely beautiful cleverly layered story of young queer love An

intense but entertaining read Highly recommend Juno Roche A queer When Harry Met Sally for the Sally Rooney Generation Reader imagine yielding to someone with a power so strong she has the ability to slice time Before Her After When first year music student Amalia stumbles into her Oxford college bar she has no idea that everything is about to change Seated across from her is Alex a velvety voiced fellow Australian with eyes the colour of her native sky They strike up a friendship that is immediate its intensity both thrilling and terrifying As the days and weeks go by they spend more and more time together philosophising hypothesising questioning everything There is nothing they cannot talk about except the one thing that matters most Dare they risk a romantic entanglement if it threatens this most perfect of friendships Set across four years and five cities and suffused with music literature art dance sex and the exquisite pain and pleasure of first love 28 Questions is a passionate and unforgettable first novel about love in all its guises growing up and figuring out who you are along the way

Technology for Seniors - Bridging the Digital Divide DIZZY DAVIDSON, 2025-03-28 Technology for Seniors Bridging the Digital Divide Unlock the power of technology and embrace the digital age with Technology for Seniors Bridging the Digital Divide a thoughtfully crafted guide designed to empower elderly individuals with confidence independence and connection in the modern world Packed with practical tips real life stories engaging illustrations and relatable examples this book transforms technology from a daunting mystery into a tool for enhancing your daily life Discover how technology can make your golden years even brighter whether you re keeping in touch with loved ones managing your finances or exploring new hobbies from the comfort of your home What This Book Offers Step by Step Guidance Easy to follow instructions for smartphones tablets and computers tailored for seniors Confidence in Online Safety Tips to navigate the internet securely and avoid common scams Stay Connected Learn to video call message and share memories with friends and family anytime anywhere Explore Creativity Unleash your potential with digital photography blogging and crafting Independence Through Tech Manage your healthcare finances and errands with user friendly apps Health Fitness Tools Track your activity join virtual classes and explore smart home devices to stay active Real Life Success Stories Be inspired by seniors who ve embraced technology to lead fuller lives Engaging Examples and Illustrations Visual guides and relatable anecdotes make learning effortless Community Connections Join online hobby groups forums and virtual volunteering opportunities Lifelong Learning Opportunities Discover endless possibilities for education hobbies and personal growth Budget Friendly Recommendations Find affordable devices and apps designed with seniors in mind Why You ll Love This Book Written in easy to understand language that eliminates tech jargon Packed with practical advice and solutions to suit every senior s needs Inspires confidence and empowers seniors to embrace the digital age Encourages readers with heartfelt stories and real world examples Makes technology approachable enjoyable and beneficial for daily life Whether you re a technology beginner or eager to master the digital world Technology for Seniors Bridging the Digital Divide is your ultimate guide to harnessing the power of technology to thrive in your golden years Your journey into the digital era begins here GET YOUR COPY TODAY

AI Business for Everyone Michael T. Murphy, 2025-10-22 AI income strategies that actually work for YOUR life This 1 800 page manual guide delivers hyper personalized passive income roadmaps for 15 demographics parents retirees freelancers everyone With 2 100 ready to use prompts case studies exposing costly pitfalls and aggressive 30 day action checklists you ll build your 1 000 monthly automated income while others just read about AI While others debate whether AI will take their jobs smart individuals across every demographic are quietly building automated income streams generating thousands monthly This isn t another generic make money with AI guide assuming everyone s a tech savvy twenty something This is the first truly democratized roadmap to AI wealth crafted for YOUR specific situation Whether you re a stay at home parent squeezing work between school runs a retiree navigating technology a burned out freelancer seeking leverage or an influencer fighting algorithm changes this 1 800 page manual guide delivers hyper personalized strategies for your unique circumstances Each of fifteen demographic focused chapters weaponizes your specific advantages and turns perceived limitations into competitive edges What sets this guide apart is relentless practicality This isn t theoretical exploration it s a bootcamp Every chapter demands action through implementation checklists leaving zero room for procrastination You ll launch micro businesses during naptime automate client work during lunch breaks and build passive income streams aligned with your lifestyle constraints At its heart lies an arsenal of 2 100 battle tested prompts categorized by industry and demographic needs These aren t generic templates they re precision engineered tools transforming ChatGPT and Claude into your personal workforce From healthcare practitioners needing HIPAA compliant content to pet entrepreneurs dominating Instagram every prompt delivers immediate monetizable results Through detailed case studies you ll witness actual people not gurus building sustainable AI businesses Meet the seventy year old launching an AI consulting firm the exhausted mom automating her way to 3 000 monthly the weekend hobbyist whose Chrome extension generates 5 000 monthly Crucially you ll learn their failures and costly mistakes too This isn t success theater it s unvarnished truth about building AI income Every chapter follows an aggressive thirty day timeline transforming overwhelming possibilities into daily actions Week one tool setup and niche selection Week two minimum viable product Week three testing and refinement Week four launch and scale The structure pushes you from zero to revenue through forced accountability and relentless momentum Specialized sections address challenges facing regulated industries and creative professionals Healthcare practitioners monetize expertise while maintaining ethical boundaries Artists discover how AI enhances rather than replaces creativity Educators transform teaching skills into automated course empires Small business owners multiply revenue without multiplying headcount This isn t about replacing human creativity with artificial intelligence It s about amplifying existing advantages through strategic automation The book teaches you to identify unfair advantages whether life experience professional network or availability during odd hours and systematically convert them into income generating systems working while you sleep parent travel or pursue passions The comprehensive prompt library eliminates the learning curve allowing immediate implementation Action

checklists ensure you're not just reading but doing Real world examples show both spectacular wins and cautionary tales preparing you for every scenario Join thousands discovering the AI gold rush isn't just for Silicon Valley insiders Your demographic isn't a limitation it's your secret weapon in the 72 billion AI economy Stop watching Start building Your automated income stream awaits

[Blogging for Business: Build a Profitable Blog from Scratch \(Complete Guide\)](#) Jesse Hamilton, 2025-10-12 Turn your ideas and expertise into a profitable online business even if you've never written a blog before Blogging for Business is your complete roadmap to creating growing and monetizing a blog that drives traffic builds your brand and generates real income Whether you're a business owner entrepreneur or aspiring blogger this guide walks you through every step to launch a blog from scratch and turn it into a revenue generating machine Why this book will work for you Step by step instructions From setting up your blog to creating content attracting readers and driving sales Profit focused strategies Learn how to monetize your blog through ads affiliate marketing products and services Marketing and growth tactics Discover how to increase traffic engage your audience and turn visitors into loyal customers Beginner friendly approach No prior experience needed the guide breaks down everything into actionable steps What's inside How to choose a profitable blog niche and define your target audience Techniques to create compelling high converting content SEO social media and email marketing strategies to grow your blog traffic Monetization methods to generate consistent income Case studies and real world examples to help you avoid common mistakes Benefits you'll notice Build a blog that drives income and supports your business or personal brand Grow a loyal audience that trusts your expertise and products Work from anywhere and enjoy the flexibility of an online business Develop valuable skills in writing marketing and digital entrepreneurship Who this book is for Entrepreneurs business owners and professionals looking to expand their online presence Beginners who want a clear step by step guide to start blogging Anyone interested in building a blog that generates income and long term opportunities Why buy this book now Stop wasting time on guesswork or following outdated blogging advice Blogging for Business gives you proven strategies actionable steps and insider tips to create a profitable blog from scratch Turn your passion knowledge or business into a revenue generating platform today Click Buy Now to start building your profitable blog and grow your online presence

[Unschooling To University](#) Judy L. Arnall, 2018-09-21 School is one option for education homeschooling is the second and unschooling is the third Many parents are frustrated by the school system perhaps because of bullying crowded classrooms and outdated dull online courses Disengaged learners that have no say in their coerced curriculum tend to act out tune out or drop out Education must change and unschooling is the fastest growing alternative method of learning Two decades ago students registered with their local school based on their house address Now with the internet students are borderless Learning can occur anywhere anytime anyway and from anyone including self taught Self directing their education unschoolers learn through Play Projects Reading Volunteering Video games Sports Mentorship Travel Life This book explores the path of 30 unschooled children who self directed all or part of

their education and were accepted by universities colleges and other postsecondary schools Most have already graduated What children need most are close relationships parents teachers siblings relatives coaches and mentors within a wider community not just within an institutional school Educational content is everywhere Caring relationships are not Families that embrace unschooling do not have to choose between a quality education and a relaxed connected family lifestyle They can have both

Mood Machine Liz Pelly,2025-01-07 Drawing on over a hundred interviews with industry insiders former Spotify employees and musicians music journalist Liz Pelly examines the inner workings of today s highly consolidated record business showing what has changed as music has become increasingly playlisted personalized and autplayed

Love Where You Work Anna Pulley,2022-02-08 Warning No mimes were injured in the making of this queer workplace rom com For Clare Kolikov her work is her life A successful HR manager with a heart of gold the reserved Clare has no time for relationships or anything else that might distract her from climbing the career ladder at a San Francisco Bay Area matchmaking startup W nkdIn When she s force volunteered as an LGBTQ beta date tester at W nkdIn the buttoned up Clare teeters on the edge of despair especially when the experiences involve pole dancing meet n greets plant healing workshops and miming But Clare has her real work cut out for her when she meets Julia Dawes the hot coworker who s organizing her dates Julia is a free spirited multiracial fashionista with roller blade confidence and a Kristen Stewart haiku fan blog whose attraction to Clare is as immediate and crippling as the debt she s drowning in thanks to the failed essential oils business her ex left her saddled with Workplace rules aim to keep Clare and Julia apart especially after Clare becomes Julia s boss but their attraction only grows like an out of control Excel spreadsheet When an office rival threatens to expose their budding secret relationship Clare is left with an impossible choice Give up her dream job or lose out on the girl of her dreams Mixing business with pleasure has never been more bold steamy or hilarious Fans of Casey McQuiston and Karelia Stetz Waters will love this hilarious heart warming lesbian romance

Side Hustles That Actually Make Money: Passive vs. Active Income Ikechukwu Kelvin Maduemezia,2025-08-19 Not all side hustles are created equal some drain your time while others build wealth quietly in the background Side Hustles That Actually Make Money helps you separate hype from reality by exploring proven opportunities that deliver results This book breaks down the difference between active hustles like freelancing or driving for rideshare apps and passive ones like digital products investments or rental income With real world examples income breakdowns and practical steps to get started you ll learn how to choose the right hustle based on your skills resources and lifestyle goals It s not about chasing every shiny trend it s about focusing on sustainable profitable options that fit your long term vision Whether you need extra cash to pay off debt or want to build financial independence this book equips you with the knowledge to pick side hustles that truly pay off

Everything to Play For Marijam Did,2024-09-17 Everything To Play For asks if videogames can achieve egalitarian goals instead of fuelling hyper materialist reactionary agendas Combining cultural theory and materialist critiques with accessible language and personal anecdotes

industry insider Marijam Did engages both novices and seasoned connoisseurs From the innovations of Pong and Doom to the intricate multiplayer or narrative driven games the author highlights the multifaceted stories of the gaming communities and the political actors who organise among them Crucially the focus also includes the people who make the games shedding light on the brutal processes necessary to bring titles to the public The videogame industry now larger than the film and music industries combined has a proven ability to challenge the status quo With a rich array of examples Did argues for a nuanced understanding of gaming s influence so that this extraordinary power can be harnessed for good *Mastering Fear*

Brandon Webb,John David Mann,2018-08-07 From New York Times bestselling author and former Navy SEAL Brandon Webb comes a simple yet powerful five step guide to transforming your life by making your fears work for you instead of against you Brandon Webb has run life threatening missions in the world s worst trouble spots whether that meant jumping out of airplanes taking down hostile ships on the open sea or rolling prisoners in the dead of night in the mountains of Afghanistan As a Navy SEAL he learned how to manage the natural impulse to panic in the face of terrifying situations As media CEO and national television commentator he has learned how to apply those same skills in civilian life Drawing on his experiences in combat and business along with colorful anecdotes from his vast network of super achiever friends from astronauts to billionaires Webb shows how people from all walks of life can stretch and transcend their boundaries and learn to use their fears as fuel to achieve more than they ever thought possible Fear can be a set of manacles holding you prisoner writes Webb Or it can be a slingshot catapulting you on to greatness The key says Webb is not to fight fear or try to beat it back but to embrace and harness it In the process rather than being your adversary your fear becomes a secret weapon that allows you to triumph in even the most adverse situations In *Mastering Fear* Webb and his bestselling coauthor John David Mann break this transformation down into five practical steps creating a must read manual for anyone looking for greater courage and mastery in their lives

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