

15 Minute



At-Home

**WALKING
WORKOUT**

Stagram Picks Walking Workout Latest

Judd E. Hollander



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Train Like a Human: Movement for Life, Not Instagram Michelle Grain, Forget flashy gym selfies and chasing viral trends Train Like a Human is your down to earth guide to moving your body in a way that actually improves your life Rooted in science common sense and a healthy dose of humanity this book shows you how to build strength flexibility and endurance that serve you for years to come Whether you re a fitness newbie or tired of the Instagram highlight reel discover how to train smarter move naturally and reclaim fitness as a lifelong journey not a quick fix or performance for likes This is fitness for real people in the real world on your terms *Pick a Colour* Souvankham Thammavongsa, 2025-09-25 From Giller Prize and O Henry Award winner Souvankham Thammavongsa comes a revelatory novel about loneliness love labor and class I live in a world of Susans I got name tags for everyone who works at this nail salon and on every one is printed the name Susan One of the greatest novels I have ever read RITA BULWINKELL Wickedly funny and moving AVNI DOSHI A knockout every punch lands ELEANOR CATTON Ning is a retired boxer but to the customers who visit her nail salon she is just another worker named Susan On this summer s day much like any other the Susans buff and clip and polish and tweeze They listen and smile and nod But beneath this superficial veneer Ning is a woman of rigorous intellect and profound depth A woman enthralled by the intricacy and rhythms of her work but also haunted by memories of paths not taken and opportunities lost A woman navigating the complicated power dynamics among her fellow Susans whose greatest fears and desires lie just behind the gossip they exchange As the day s work grinds on the friction between Ning s two identities as anonymous manicurist and brilliant observer of her own circumstances will gather electric and crackling force and at last demand a reckoning with the way the world of privilege looks at a woman like Ning Told over a single day with razor sharp precision and wit *Pick a Colour* confirms Souvankham Thammavongsa s place as literature s premier chronicler of the immigrant experience in its myriad complex and slyly subversive forms Hauntingly good ED PARK Subverts the comforting mundane PITCHAYA SUDBANTHAD A master over the sentence DAISY JOHNSON Reader Reviews Unlike anything I ve read before a talent to watch 5 star review The prose was liquid gold 5 star review I was devastated to finish it so soon 5 star review

Bodychanger Bilyana Stoeva, 2018-08-09 As a little girl author Bilyana Stoeva was active involved in sports and didnt worry about weight But when she became a teenager her body changed and she gained weight and didnt feel healthy Stoeva lived like that for a few years until she realized she needed to do something about it In *Bodychanger* she shares the story of her lifestyle change and offers advice and inspiration for others facing the same challenges In this memoir and self help guide she tells how she got started how she stayed motivated and how she changed her life through healthy living and exercising Stoeva incorporates photos of her body transformation samples of exercises and training routines for beginners advanced and pros and examples of supplements and diets with healthy homemade recipes included *Bodychanger* provides firsthand insight into one womans journey and supports those who are seeking to lose weight work out and become healthier

Muscle for Life Michael Matthews,2024-12-03 Mike offers a realistic starting point and doable goals no matter where you are in your fitness journey The principles in Muscle for Life are tried and true Featuring in depth guidelines for workouts at every skill level plus a meal planning guide Matthews offers encouragement no matter what your challenges are and answers any questions you may have Whether you want to lower your cholesterol levels reduce your risk of heart disease eliminate aches and pains or simply burn fat and build muscle Mike s advice at the beginner intermediate and advanced levels offers actionable takeaways for everyone and every body type Can't Even Anne Helen Petersen,2021-01-14 An incendiary examination of burnout what got us here the pressures that sustain it and the need for drastic change Are you tired stressed and trying your best but somehow it s never enough Does your job seep into your evenings and your home life creep into your work Does the bottom half of your To Do list feel unreachable This is burnout and it is affecting how we work parent socialise and live Through her own experience original interviews and detailed analysis Anne Helen Petersen traces the institutional and generational causes of burnout And in doing so she helps us to let go of our guilt and imagine a possible future Genuinely enlightening Can t Even is a reminder to the burned out generation that things can be different Observer

The Influencer Code Amanda Russell,2020-09-02 The Influencer Code is the essential reference for any company looking to leverage the power of influencers to elevate their brand and grow their business From Fortune 500s to local fitness studios whether you offer financial services or sell donuts reaching today s consumers is more complicated than ever More and more marketers are reaching out to people who style themselves influencers those people who have a big and more importantly loyal audience ready to hear what they have to say about anything Yet despite influencer marketing fast becoming one of the biggest buzz terms of the decade it couldn t be more misunderstood Written by an accomplished entrepreneur professor and award winning YouTube star The Influencer Code breaks down the biggest myths that brands are getting wrong and shows you how to get it right by defining and showcasing what true influencer marketing is and how to leverage it to achieve your business goals in a simple yet powerful 3 step code The Influencer Code simplifies the complex world of influencer marketing covering how to research evaluate and employ the right influencers for their markets as well as how to legally and strategically integrate them into marketing campaigns to achieve specific goals The future of marketing depends on forming authentic partnerships between brands and influencers The go to resource for all things influencer marketing The Influencer Code is your shortcut to making that future a reality *Lucky Bounce* Cait Nary,2024-01-09 *Lucky Bounce* is a funny and charming hockey romance that I couldn t put down Rachel Reid USA Today Bestselling author of *Time to Shine* A single dad pro hockey player falls for his biggest fan who just happens to be his five year old daughter s teacher in this fun flirty romantic comedy Ezekiel Boehm is no stranger to teaching kids with famous parents But when the pro hockey player he s been thirsting after walks into the Rittenhouse Friends School gym hand in hand with a tiny kindergartener he figures he must be hallucinating Spencer McLeod is a lot of things Zeke s favorite winger on the Philadelphia Liberty a

menace on the ice a mumbling reluctant but somehow captivating as hell postgame interview but he's not a dad Except he is Apparently Zeke can be chill about this He can Surprisingly the more time he spends with Spencer the easier this becomes School volunteer events turn into reserved seats at games turn into more And even though Zeke is 100 percent committed to ignoring Spencer's blush to ignoring the way he looks in that one pair of gray sweatpants he can't take his eyes off him This can never work Can it

The Essential Guide to Hiking with Dogs Jen Sotolongo,2021-05-01 With The Essential Guide to Hiking with Dogs you and your four legged friend can be ready for anything the wilderness might throw at you Set yourselves and others up for the very best hiking experience Need to know topics are covered for the novice hiker or new owner from trail etiquette to leave no trace ethics important gear and packing guides to essential commands you should train on the trail Featuring beautiful and illustrative photography this must have guide will inform and inspire any adventure dog and their parents Inside you'll find Tips for minimizing impact on the trail and practicing dog hiking etiquette Gear and packing lists Multi sport information including camping backpacking mountain biking and paddle boarding with your dog The very best hike to take with your dog in every state

Into? North Morgan,2018-05-22 You must read this now The New York Times Book Review In Into North Morgan shines a coolly mesmerizing light on the modern generation of gay men that are living firmly outside the closet elevated by popular culture but plagued by a new set of problems insecurities and self destructions As the men of Into swipe right from bed to bed North Morgan spins a darkly hilarious and shockingly perceptive story of excess and love that's like nothing you've ever read You know Konrad from your various social feeds sun kissed gym ripped and always having a better time than you Or is he Konrad Platt needed to get out of town Heartbroken after his boyfriend left him for another man Konrad abandoned his life in London for the warm sun and blue surf of LA Here he attends parties in the Hollywood Hills filled with handsome men and beautiful women snorts mountains of Adderall and dances the weekends away at Coachella with each move endlessly documented on social media He mends his broken heart through dating apps constantly scrolling through profiles and chatting with a seemingly endless supply of men each one handsomer than the last But when one captures his heart a twisted modern romance takes root that's thrilling confusing and devastating revealing that underneath this perfectly curated profile is a man desperate for real connection

The Game Trinity Faraz Anwar Khan,2025-01-18 What is the nature of the Universe Is it moral or is it immoral Lord Krishna said to Arjuna that the Universe is only a vast playground which is neither moral or immoral Many millennia ago He also instructed Arjuna about Natural Selection and it's unity with the Game Trinity He also said that only those organisms survive and prosper that are great in the art of Gaming This book takes a deep look into the qualities of such organisms and the Organisation that they create the Fascist nation The book then analyzes the structure of our soul and its physics This physics will determine not only the destiny of our Species but also that of Artificial Intelligence What is Climate Change The book takes a new look at the problem through the lens of the physics of our soul and the Game Trinity The analysis ultimately

leads to the Truth about the Universe a KOAN hierarchy pyramid of unknown height

Why Women Lie Conrad Riker, Are you tired of being confused and frustrated by women's lies Do you want to understand the reasons behind their deceptive behavior This groundbreaking book *Why Women Lie: An Evolutionary Explanation* offers a comprehensive and enlightening look at the science behind women's lies Have you ever wondered why women lie from a biological perspective Are you interested in exploring the psychological factors behind their deception Do you want to understand the societal pressures that lead women to lie This book delivers the answers you seek backed by evolutionary biology and psychology *Why Women Lie: An Evolutionary Explanation* covers The self-preserving reasons women may lie and the role of fear in their deception The manipulation tactics women use to control men from historical context to today The communication differences between men and women that can lead to misunderstandings and lies Cultural influences that contribute to women's dishonesty and the effects of political correctness and feminism Emotional and biological reasons women lie including hormonal fluctuations and their impact on behavior The evolutionary advantage of lying for women in terms of protection and resource acquisition The power dynamics between men and women that can lead to dishonesty in women Potential solutions for reducing dishonesty in women through societal changes and personal development strategies If you want to gain a deeper understanding of why women lie and how to navigate their deceit then *Why Women Lie: An Evolutionary Explanation* is the book for you Order your copy today to uncover the truth behind women's lies

Tell Me You're Mine Elisabeth Norebäck, 2018-09-04 In this

riveting domestic suspense debut a woman's life shatters when she meets a girl she believes is the daughter she lost years ago and she finds that reclaiming the life she lost might cost her the life she has *Tell Me You're Mine* is a story of guilt grief and the delicate balance between love and obsession Where is the line between hope and madness Three women one who believes she has found her long lost daughter one terrified she's about to lose her child and one determined to understand who she truly is Stella Widstrand is a psychotherapist a happily married mother to a thirteen-year-old son But when a young woman named Isabelle steps into her clinic to begin therapy Stella's placid life begins to crumble She is convinced that Isabelle is her daughter Alice The baby that tragically disappeared more than twenty years ago on a beach during a family vacation Alice is believed to have drowned but her body was never found Stella has always believed that Alice is alive somewhere but everyone around her worries she's delusional Could this be Alice Stella will risk everything to answer that question but in doing so she will set in motion a sequence of events beyond her control endangering herself and everyone she loves

WHY I WOULD RATHER BE A WARRIOR THAN A WEIGHTLIFTER! Yashesh Shethia, 2025-09-09 Strength isn't just about how heavy you can lift it's about how lightly you can tread through life For years Yashesh Shethia fought against the odds Type 2 Diabetes 140 kgs on the scale and a heart stent before most people even consider their first health check up Yashesh had two options give in or fight back What followed wasn't a diet or a passing trend It was a quiet steady transformation in how he moved what he ate and how he chose to live Along the way he discovered the gada a traditional

Indian mace It became more than a training tool It was a teacher demanding focus breath and rhythm instead of brute force Through it he discovered a different kind of power quiet and steady This isn't a fitness book It's a reckoning It's a story of choosing food that heals movement that sustains and rest that restores It's about reshaping not just the body but the life around it Because when the right choices become your daily rhythm health isn't something you chase it's something that stays

Finding Mr Perfectly Fine Tasneem Abdur-Rashid, 2022-07-07 Last week I turned 29 Along with the usual homemade Victoria sponge helium balloon and Selfridges gift vouchers my Mum's birthday present to me was the threat that if I'm not engaged by my 30th birthday she's sending me off to the Motherland to find a fresh from the Dosh husband When Zara's Mum puts together the most archaic of arranged marriage resources not exactly the romcom worthy love story she had envisioned for herself she is soon exhausted by her family's failed attempts to set her up with every vaguely suitable Abdul Ahmed and Farook that they can find Zara decides to take matters into her own hands How hard can it be to find a husband at twenty nine With just a year to go time is of the essence so Zara joins a dating app and signs up for speed dating She meets Hamza a kind British Egyptian who shares her values and would make a good husband Zara knows that not all marriages are based on love or lust at first sight but struggles with the lack of spark Particularly when she can't stop thinking of someone else As her next birthday looms and family pressure intensifies Zara knows she must make a decision but will she make the right one

Gist Michael W. Anderson, L.P., Timothy D. Johanson, M.D., 2019-10-01 Gist offers a fresh look at parenting that's effective efficient and enjoyable The focus is on instilling life readiness in age appropriate ways at any stage of child rearing Parents who read this book will understand why their previous parenting efforts may have been frustrating and futile and they'll learn how to prepare life ready kids with less drama and more joy This is the latest edition with updated content Gist is a potent dose of advice from a pediatrician and a child psychologist both of whom have witnessed the unfortunate results that come when parents try to protect prevent and control at every turn instead of preparing their kids for life Combining the expertise of their respective professions with very practical tips this is a how to manual for any parent who wants to prepare their kids to thrive as adults Julie Lythcott Haims former dean of students Stanford University Gist is a powerful book that reviews and examines what the journey to adulthood entails along with a clear look at those parenting efforts that over the years have been proven not to work The book looks at many aspects of life that wouldn't typically be associated with parenting Its focus on life readiness offers parents a new lens through which to see their parenting interactions and translates to an approach that eliminates many of the power struggles and ineffective patterns that can rob families of much of their joy

She's Gone Susan Wilkins, The unputdownable new psychological thriller full of suspense family secrets and lies from best selling author Susan Wilkins An adrenaline fuelled tornado of a novel with such strong female characters I loved it Laura Wilkinson This is the fear she's had from the beginning the fear every mother has of a loss too terrible to bear Marcia Lennox has a life most people would envy a loving husband Harry a

beautiful and clever daughter Phoebe a high flying career and a pristine London home But in her third week at university Phoebe disappears She leaves her phone her credit cards and all her possessions in her room Detective Sergeant Jo Boden is new to Cambridge just finding her feet after leaving the Met when Phoebe s case lands on her desk The police track Phoebe s last known movements But as Jo investigates she begins to suspect the worst A young love affair gone wrong A botched kidnap attempt An ex out for revenge Clinging to the hope that Phoebe will be found Marcia discovers her daughter had a secret life she had hidden from her parents And Marcia knows about secrets Her carefully constructed life is a front created to escape her own past Estranged from her own family with a marriage on the verge of breakdown Marcia must find the courage to return a journey that drags her from her safe London bubble back to the wilds of East Anglia and the desolate Norfolk Fens Can she face her demons to save her child An emotional thriller with a jaw dropping twist for fans of Rachel Abbott and Lisa Jewell Readers love Susan Wilkins crime thrillers Well plotted and unflinchingly told Sunday Express Murder corruption and a crafted plot make for a fine read The Sun This stylish clever crime story never lets up Blazingly brilliant Sunday Mirror Dark and gripping from first page to last this is Susan Wilkins at her nail biting best Jessie Keane I was engaged from the very first chapter Brilliant Goodreads reviewer [Your Fully Charged Life](#) Meaghan B

Murphy,2021-02-23 A high energy guide to living with presence optimism and joy one yay at a time Ever wish you were one of those upbeat positive people who embrace every day with a can do mindset that motivates others and simply makes life more fun Longtime magazine editor Meaghan B Murphy is one of those high energy people and she s here to share her secrets for finding more yay every day Your Fully Charged Life is Murphy s practical guide to bringing your best self to every moment even when the pressures of daily life leave you feeling overwhelmed exhausted and wallowing in negative thoughts and a pint of your favorite gelato Spanning health work family time and more this book reveals small changes in outlook and habits that yield big results without ever sacrificing who you are Informed by the latest research in neuroscience positive psychology and inspiring examples of women and men who live fully charged every day the book presents simple ways to cultivate gratitude and pass it along make meaningful connections with the people around you learn to say no so you can fill your days with things that matter to you most recharge when you need it spread the positive charge to others to make the world a happier healthier place Going beyond platitudes and shallow Insta inspiration this inspiring and empowering book provides a blueprint for feeling less stressed and genuinely making the most of your every day **Handbook of Cultural**

and Creative Industries in China Michael Keane,2016-05-27 China is at the crux of reforming professionalising and internationalising its cultural and creative industries These industries are at the forefront of China s move towards the status of a developed country In this comprehensive Handbook international experts including leading Mainland scholars examine the background to China s cultural and creative industries as well as the challenges ahead The chapters represent the cutting edge of scholarship setting out the future directions of culture creativity and innovation in China Combining

interdisciplinary approaches with contemporary social and economic theory the contributors examine developments in art cultural tourism urbanism digital media e commerce fashion and architectural design publishing film television animation documentary music and festivals Students of Chinese culture and society will find this Handbook to be an invaluable resource Scholars working on topics related to China s emergence and its cultural aspirations will also find the themes discussed in this book to be of interest Contributors R Bai M Cheung Y Chu P Chung J Dai J De Kloet A Y H Fung L Gorfinkel M Guo E C Hendriks C M Herr V Ho Y Huang M Keane W Lei H Li W Li Y Li W Lei B Liboriussen T Lindgren R Ma L Montgomery E Priest Z Qiu X Ren F Schneider W Sun M A Ulfstjerne J Wang Q Wang C Hing Yuk Wong H Wu B Yecies L Yi N Yi X Zhang E J Zhao J Zheng

Project 258 Zak Pelaccio, 2023-09-15 Fish 2015 James Beard Award finalist for Outstanding Restaurant Design 2015 and 2014 James Beard Award semifinalist for Best New Restaurant Project 258 Making Dinner at Fish Game presents an enticing selection of seasonal recipes profiles of key producers who supply the restaurant and a fascinating beautifully illustrated look at the processes both intellectual and culinary behind the food at Fish Game Taking no shortcuts Pelaccio and his staff handcraft many staple ingredients including fish sauce vinegars maple syrup and prosciutto He explains how the methods and techniques practiced at Fish Game can be applied to the food that grows wherever you live If you ever wonder what does this place taste like let Project 258 be your guide and inspiration for locally based food sourcing and eating

Declutter Your Life Gill Hasson, 2017-12-06 Take back your space your time and your mind to live your authentic life You have too many commitments in your life and too much stuff in your home It s no wonder you feel overwhelmed and stressed out You don t need to just throw out a few bits and bobs you need to declutter your life Our homes and workspace are a mirror of what s happening inside us Declutter Your Life explains how you can change your relationship with the things you own Instead of being weighed down with objects and possessions that keeps you stuck in the past you can learn to think about your things in a new light in a way that s constructive and helpful to you There are plenty of ideas advice tips and techniques to help you You ll discover how outer order leads to inner calm Declutter Your Life explains how the principles and steps taken to clear and simplify your living space can improve not just your home but also other aspects of your life your work relationships and general wellbeing An ordered environment leads to ordered thinking When you stop allowing your life to revolve around things that don t matter you instantly gain the time space and energy to focus on the things that do Declutter Your Life will help you to Let go of guilt and get rid of the emotional baggage that keeps you stuck in the past Feel less overwhelmed and stressed Clear out your unnecessary commitments Simplify and improve your work life Declutter your relationships Simple living doesn t end at home Declutter Your Life shows you how to reclaim your space your time and your mind to achieve the life you want to live

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