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Crazy Sexy Diet: Eat Your Veggies, Ignite Your Spark, And Live Like You Mean It! (Paperback)

By Kris Carr

ROWMAN & LITTLEFIELD, United States, 2011. Paperback. Condition: New. Reprint. Language: English. Brand new Book. The New York Times bestseller, now in paperback! Kris Carr, author of the best-selling Crazy Sexy Cancer Tips and Crazy Sexy Cancer Survivor, takes on the crazy sexy subject of what and how we eat, drink, and think. Infused with Carr's signature sass, wit and advice-from-the-trenches style, Crazy Sexy Diet is a beautifully illustrated resource that puts you on the fast track to vibrant health, happiness and a great ass! Along with help from her posse of experts, she lays out the fundamentals of her Crazy Sexy Diet: an anti-inflammatory, vegetarian program that emphasizes balancing the pH of the body with lush whole and raw foods, nourishing organic green drinks, and scrumptious smoothies. Plus, she shares the steps of her own twenty-one-day cleanse, and simple but delectable sample recipes. Carr empowers readers to move from a state of constant bodily damage control to one of renewal and repair, making this a must-have for anyone who seeks to be a confident and sexy wellness warrior. Including contributions by: Dean Ornish, M.D. - author and founder and president of the Preventive Medicine Research Institute Neal Barnard, M.D. -...



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Skyhorse Publishing, United States, 2016. Hardback. Condition: New. Richard Fairgray, Terry Jones (illustrator). Language: English. Brand new Book. The day the Turner family gets their very own monster is a momentous event in the neighborhood. Everyone gathers for the occasion. The monster...



Muse of Nightmares: the magical sequel to Strange the Dreamer (Hardback)

HODDER & STOUGHTON, United Kingdom, 2018. Hardback. Condition: New. Language: English. Brand new Book. 'Muse of Nightmares is a philosophical fantasy adventure, an epic love story, a daring quest that demands to be read and reread and deserves to be remembered forever.'...



Nightmares! (Hardback)

Delacorte Press, United States, 2014. Hardback. Condition: New. Karl Kwasny (illustrator). Language: English. Brand new Book. "Coraline meets Monsters, Inc. in this delightfully entertaining offering from actor [Jason] Segel and co-author [Kirsten] Miller."--Publishers Weekly The hilariously frightening, middle-grade novel Nightmares! is a...



How to Know You Are Going to Heaven (Ats) (Pack of 25) (Pamphlet)

CROSSWAY BOOKS, United States, 2017. Pamphlet. Condition: New. Language: English. Brand new Book. A professor of philosophy in a university was lecturing on the lack of certainty in our age. "Certainty is impossible," he said. "We can know nothing for certain." A freshman...



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Penguin Putnam Inc, United States, 2015. Paperback. Condition: New. Language: English. Brand new Book. The New York Times bestselling author of the Wild About You series delivers the first in a brand-new series that takes readers on the wild ride that comes...