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The Cheer Diet (Female Edition): A 60 Day Plan Designed to Help You Stunt Stronger, Tumble Harder Look Absolutely Fierce at Competitions

By Sahil Mulla

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 201 x 132 mm. Language: English . Brand New Book ***** Print on Demand *****.Going Full Out Just Got Easier! Say goodbye to feeling bloated, having low energy and getting cramps while doing the sport you love. Everything about The Cheer Diet has been designed to meet the demanding needs of today's All-Star and Varsity athlete. Inside, you'll learn: What to eat before practice to avoid energy crashes What you should be drinking during practices to keep you going for hours (Hint: it's not Gatorade!) How to prime your body to burn fat as fuel instead of sacrificing your muscles as the energy source How to prepare simple, delicious and easy to cook meals that require almost no cooking skills Exactly what to eat after practice so that your body goes into repair mode almost immediately! And much, much more. So while other girls are suffering by fueling their bodies with basic, low quality foods, you can give yourself the edge by being able to perform like a champion and look Instagram worthy from every angle! Free nutrition tips: Follow us on Twitter and IG:



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And You Know You Should Be Glad

HarperCollins Publishers Inc, United States, 2014. Paperback. Book Condition: New. Reprint. 201 x 132 mm. Language: English . Brand New Book ***** Print on Demand *****.A highly personal and moving true story of friend-ship and remembrance from the New York Times bestselling...



The Mystery at Big Ben

Gallopade International, United States, 2005. Paperback. Book Condition: New. 188 x 132 mm. Language: English . Brand New Book. Mimi and Papa speed away to London, England in their little red and white airplane, The Mystery Girl. Tagging along are grandchildren Christina,...



Soul Fire

Hachette Children s Group, United Kingdom, 2013. Paperback. Book Condition: New. 201 x 148 mm. Language: English . Brand New Book. Alice Forster regularly talks with her dead sister, Meggie, in the virtual world of Soul Beach - an online paradise where...



Any Child Can Write

Oxford University Press Inc, United States, 2003. Paperback. Book Condition: New. 4th Revised edition. 201 x 135 mm. Language: English . Brand New Book ***** Print on Demand *****.Harvey S. Wiener shows how parents can encourage their children to write with a...



Odd, Weird Little

Egmont USA, United States, 2015. Paperback. Book Condition: New. Reprint. 190 x 132 mm. Language: English . Brand New Book. New in paperback! * At last: a humorous, useful and pedantry-free book about bullying! -- Kirkus Reviews (starred) Readers who love Louis...



That Recoil of Nature

Charivari Press, Canada, 2011. Paperback. Book Condition: New. 202 x 132 mm. Language: English . Brand New Book. In 1598 a young Italian noblewoman named Beatrice Cenci murdered her abusive, rapist father. Her actions found many defenders but not the Romantic poet...