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Mimi Kirk is the author of numerous books including Raw-Vitalize and The Ultimate Book of Modern ...

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The most current and comprehensive juicing guide available Step aside, Juicing Bible and Big Book of Juices: Mimi Kirk is back with the most current and fresh guide to juicing yet. With more than 200 recipes, handy advice on how to get the most from your juicing, and an eye toward taste, health, and cost, The Ultimate Book of Modern Juicing is the only book on the topic you'll ever need. Kirk has been juicing vegetables and fruits for more than 40 years, yet she doesn't look a day over 50. (And yes, those two things are connected.) She recently became more interested in how to use juicing to feel and look even better. Her discoveries—genuinely up-to-the-minute—are shared here, along with vibrant photographs of her creations The Ultimate Book of Modern Juicing is a must-have for everyone interested in or committed to the juicing lifestyle.

Presents a collection of fifty card games, organized by type and difficulty, and complete with instructions, rules, and strategies.

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The 12-week plan for men to get into the best shape of their life. Burn fat, build muscle and get that ideal body.

The Ultimate Book of BBQ builds on the expertise of Southern Living magazine to create the definitive barbecue and outdoor grilling guide. The book features more than 200 of the highest-rated Southern Living recipes for barbecued meats and sides, plus pit-proven tips, techniques, and secrets for year-round smoking, grilling and barbecuing. With full color, step-by-step photos and mouthwatering recipes, this book includes everything the home cook needs to achieve first-rate backyard barbecue. Proven cooking techniques and equipment, expert advice from award-winning pitmasters, and a Rainy Day BBQ chapter with stovetop, oven, and slow-cooker options make this Southern Living's most definitive book on barbecue.

A practical, step-by-step guide to help men know themselves deeply, root out weaknesses, enhance strengths, and upgrade their experience of life So many self-help books encourage men to get in touch with their feminine side if they truly want to embrace change. This book blows this theory out of the water, enabling men to transform themselves entirely—to find their mission; to live a life of strength, wisdom, and honor—while working with their positive masculinity instead of against it. Straight talking, down-to-earth, and humorous life coach David Wagner addresses the challenges that modern men typically face. He asks the reader to join him in a series of profound self-examination exercises and

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questions covering life purpose, male identity, spirituality, self-limitation, sexuality, relationships, fatherhood, and more. Every chapter offers practical advice and also includes observations and examples from David's own life as well as insights gained from the many clients and men's groups he has worked with over the years. Combining no-nonsense wisdom with brutally honest exercises, Backbone is the ultimate man's handbook to understanding himself, his purpose, his passion, and his power.

Hello there crafty friends of mine! I'm Kristin - mama to the most incredible little human around, graphic designer, hand letterer, and creator of June & Lucy. I love the 4 C's in my life: cats, coffee, couches, and cooking, and as you can tell from my Instagram captions, I think I am much funnier than I probably am. My goal with this book is to help you avoid the countless months of research, trial and error, and mistakes that I made along the way, by giving you a straight forward, easy to understand explanation of the process behind hand lettering so that you can start your lettering journey with a strong foundation.

As even a quick glance around a saddler shop or through a tack store catalog will show, the world of horse bits is both enormous and mystifying. The primary means of communicating with and controlling a horse, Western and English bits come in a bewildering assortment of materials, sizes, and shapes. Their descriptions—full-cheek snaffle, hackamore, high port, French link, Tom Thumb, spade, KK Ultra—are no less puzzling, and with new bits and refinements being produced every year, even

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Recipes To Cleanse, Gain And Kruglyu Health

The most experienced horseman must struggle to keep up with the state of the art. The Ultimate Book of Horse Bits will answer all your questions on the subject . . . and then some. Not only does the author and horsewoman Emily Esterson go into detail about all kinds of equine mouthware and how each is constructed, but she also explains how and why each works in the context of what the rider wants the horse to accomplish. Does your horse have difficulty bending or flexing? Suggestions and solutions to these and myriad other horse-and-rider problems will be found throughout these authoritative yet user-friendly pages. Whether a novice or expert horseman, every rider, trainer, or owner in any equestrian discipline will benefit from this book's wide-ranging and practical information for years to come.

Being uncertain or indecisive about the future has always been a taunting part of human nature; no-one likes being in the dark, especially in matters that we hold most dear to our hearts. Whether we're jumping into a new and exciting relationship, making an important career choice, or deciding on the next huge investment, we always find ourselves with more questions than answers: Will it work? Is it worth the sacrifice? Do I really want to take that kind of risk? In Modern Tarot, you will discover: A way to uncover your deepest inner workings so you never have to make a decision you will regret ever again The secrets behind the most important symbols in the tarot cards and how to effectively interpret them to go through life with a sense of empowerment Why colours and numbers in tarot decks are a fantastic means to get a more revealing telling, and how you could let them

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guide you on the best path to getting what you want How to avoid falling into the traps of general misconceptions regarding the tarot making the best out of your divination experience Why asking the right questions is of primordial importance and how to formulate them to get the best results An in-depth guide to the meaning of each tarot card and the way it can guide you in your revelations The extraordinary connection between tarot and magic, and how you can go beyond divination to cast spells that will completely transform life as you know it and much more... Some lucky people have found a way to fulfil that very desire and, rest assured, nothing stops you from being one of them! If you're ready to explore the secrets of the cards and let them guide you through life, then Scroll Down Now and discover how Modern Tarot can help you!

Whether it's lively with citrus, or chilled to frosty perfection, nothing beats a perfectly mixed cocktail -- served in the right glass, at the right time, your signature drink can lift any mood. In *The Ultimate Book of Cocktails*, Dan Jones shows you how to turn out drinks like a pro with 100 of his best-loved concoctions. Loaded with all the essential know-how, including the basic kit for your home bar, and recipes for homemade syrups, sours and infusions, discover how to make classics like an Old Fashioned, Vodka Martini or the perfect Gin & Tonic to more adventurous mixed drinks such as The Rattlesnake, Rhubarb Mojito or the Pomegranate Sour. Featuring all the top spirit bases including gin, rum, vodka, tequila and everything in-between, alongside top tricks of the trade *The Ultimate Book of Cocktails* is an

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Recipes To Cleanse Your Body, Keep You Healthy
Indispensable guide to making simple, delicious and highly creative cocktails from scratch.

Classic and comprehensive, this guide to over 350 games is sure to appeal to all ages. From Bridge to Poker and Solitaire to Hearts, card games are a beloved source of entertainment and competition (and they are recession proof!). This authoritative book is ideal for every household, college dorm, family cabin, or neighborhood bar that has a pack of cards. Designed in the style of the popular Ultimate Bar Book, this essential resource provides the rules to dozens of variations of your favorite games, and a few you've probably never heard of (Bezique, anyone?). With simple instructions and clear illustrations to guide the way, this volume will be a welcome addition to any gamer's library.

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